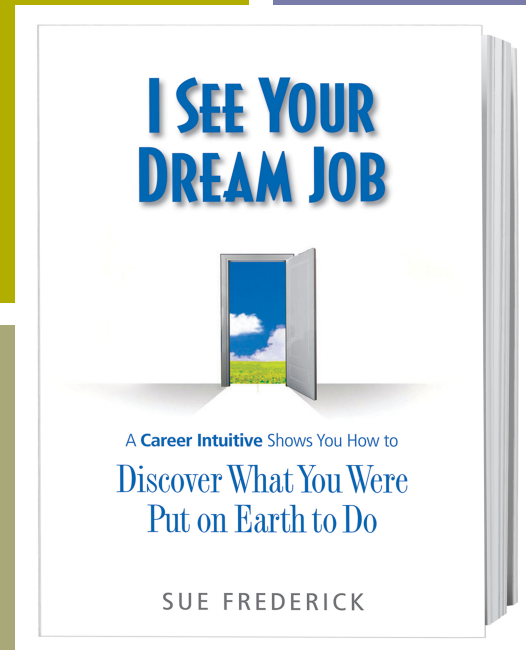




# Sue Frederick's Career Intuitive Workshop *Manual*



## ***The I See Your Dream Job E-Book***

Created by Sue Frederick, Career Intuitive & Author of *I See Your Dream Job*

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# + I was born in New Orleans...



- I'm a career intuitive, and I see dream jobs. When I work with clients, I see their gifts and potentials; what they came here to do; the careers they would love; and where they should live. This information comes to me as photographic images and strong messages that I transmit directly to my clients. Sometimes I see my client's departed loved ones, who come to the session to offer career guidance.
- This joining of two seemingly disconnected worlds--the divine realms and the world of work--seems to be my particular talent. I was born in New Orleans to a French Cajun mother who came from a long line of women with "the gift." I inherited a double dose of telepathy, clairvoyance and precognition from her and her mother, and on back through generations of Degas women.
- These unusual gifts were nurtured by the mysterious city of my childhood. In the haunted alleys of the French Quarter, most everybody gives respect to the "unseen" world in some form or other: voodoo, Catholicism, psychics, vampires, Mardi Gras. My early years were flavored with this spicy magic, from my Grandpa's stories of the swirling Mississippi River to the unforgettable images I absorbed in the dark recesses of Crescent City life. I thrived on the rhythms of my crazy Cajun ancestors.

# + My Story: Owning my intuition

- And, like them, I heard other people's thoughts and had vivid dreams of events that would happen in the future. My psychic gift is most powerful now that I use it to help others. The precognitive images that I see help me guide my clients to their true work. But it took nearly 55 years to embrace this ability to see the unseen world, and to learn what it had to teach--rather than being ashamed or afraid of it.
- One of my strongest experiences in confirming the power of the unseen realm began in 1978, when I met and married a fellow mountaineer, Paul Frederick. We were crazy in love and planning a family when, at only 35 years old, he was diagnosed with colon cancer and given two weeks to live.
- From the moment of his diagnosis, we were determined to overcome it. We explored conventional and alternative healing methods, and quickly became immersed in energy work, visualization, herbal medicine and Native American medicine. Paul was part Cherokee, so his mother provided us with books and healers from the Native American tradition. She got us an audience with a famous Sioux healer, Chief Fools Crow.

# + My Turning Point

- Over the next few months, as Paul's health deteriorated, I experienced many extraordinary other-realm experiences with him. Chief Fools Crow became Paul's constant dream companion. Paul awoke each morning with a new story to report about something Fools Crow had taught him the night before. The most dramatic was Paul's sudden ability to speak Lakota, the language of the Sioux.
- In the last few weeks before he died, Paul woke up singing a Lakota death song every morning. He said Fools Crow taught him two songs--one to deal with the pain and one to help him die. When the doctors heard this strange singing, they thought he was either speaking in "tongues" or was delirious, and they reported this in his medical charts. In college, I had studied Native American history and was very familiar with the language of Lakota. I knew exactly what he was singing.
- On a rainy summer day in July 1980, Paul slipped into a coma. For nearly 24 hours, the accumulated stress of the past year washed over me and, eventually, I fell asleep on the floor. As soon as I dozed off, Paul appeared in front of me. He was smiling and quite happy. He touched my arm and said, "Don't worry. I'm free. But what are you waiting for? You said I could die in your arms."
- I awoke with a jolt and cleared everyone out of the room. Paul's mother and I stood on either side of him. We rubbed his arms and legs and told him it was okay to go now--that we wanted him to be free. We told him to leave his body and fly out into the soothing summer rain storm.

# + Intuitive Gifts

- As soon as we spoke those words, Paul's breathing changed. He took one long peaceful sigh, and his spirit left his body. I saw it leave as clearly as you can see your hand in front of your face. It was an image I'll never forget. It was Paul's gift to me.
- I could never again doubt the spirit world or my ability to see it. That final moment was a confirmation of what I was here to do. I realized for the first time that we are all in charge of how and when we die – even how and when we take our last breaths. And I knew with every cell in my body, that death was only a passage of the spirit into the unseen realms.
- Today, I'm abundantly grateful for my work, which is my passion. My intuitive gifts are finally out of the closet, and I'm freely able to share them with others. The images and dreams that have always guided me are now guiding others through this work.
- **This intuition program that I've put together will help you own your inner guidance. It will empower you to make flawless decisions and move powerfully through your challenges.**

## + 3 Essential Steps

- Path – The mission you came to accomplish as revealed in your birth path number.
- Intuition – Tapping into your higher self for divine inner guidance
- Energy – Moving powerfully through your challenges to fulfill your true mission

# + Path, Intuition & Energy

- We are all intuitive and naturally able to access our right brains – which embody our intuition, creativity & connection to divinity.
- We talk ourselves out of listening to this inner guidance by focusing on our left brain chatter – which is our linear thinking, practical, realistic side.
- Meditation quiets our monkey mind chatter so we can better tune into our intuition & higher self.
- The numbers of the birth path act as a doorway to intuitively connect us with our soul's intended mission for this lifetime.
- Combining the information you get from your birth path with your own powerful intuition will move you forward on your soul's mission.
- Using your positive-focused energy will move you powerfully through the challenges you've set up for yourself.

## + Step One

- Finding your path by using the numbers in your date of birth.



## + History & Meaning of Numbers

- Greek philosopher and mystic Pythagorus, father of our modern number system, designed a theory of numbers based on the digits 1 through 9 in 580 BC.
- Pythagorus taught that each number has a meaning or vibration and by adding the numbers within your birth date and reducing them to single digits, you reveal the nature of the work you came here to do.

# + Pythagorus Number System

- All numbers are reduced to digits 1 through 9 except for three cosmic vibrations symbolized by the master numbers 11, 22 & 33.
- All other numbers are reduced to the basic digits 1 through 9 by adding the digits of the entire number together.
- For example: the number 43 equals 7
- $(4 + 3 = 7)$
- The number 10 equals 1  $(1 + 0 = 1)$

## + Meaning of Numbers

- Example of Birth Path Calculation:
- Birth Date: October 16, 1980
- Month = October = 10 = 1 ( $1+0 = 1$ )
- Date = 16 = 7 ( $1+6 = 7$ )
- Year = 1980 = 9
- ( $1+9+8+0 = 18$ ) ( $1+8 = 9$ )
- Birth Path = 8 ( $1+7+9 = 17 = 8$ )

# + Meaning of Numbers

- The **Master Soul Numbers** of 11, 22 & 33 represent sacred birth paths designed to help humanity evolve. Those numbers are not reduced to a single digit in birth path calculations. Example:
- Birth Date **Sept 15, 1951**
- September = 9
- 15 = 6 ( $1 + 5 = 6$ )
- 1951 = 7 ( $1+9+5+1=16$ ) ( $1+6=7$ )
- Total 22 master path soul ( $9+6+7=22$ )

## + 3 Ways of Adding Birthdates

- It's important to add each birth date **three different ways** to check your addition & to look for hidden master path numbers.
- This is especially important if you've arrived at a 2, 4, or 6 birth path which could contain a hidden 11, 22, or 33 path if added two other ways.



## 3 Different Ways to Add Birth Dates

- Using Birth Date May 1, 1960

$$5+1+1+9+6+0 = 22/4$$

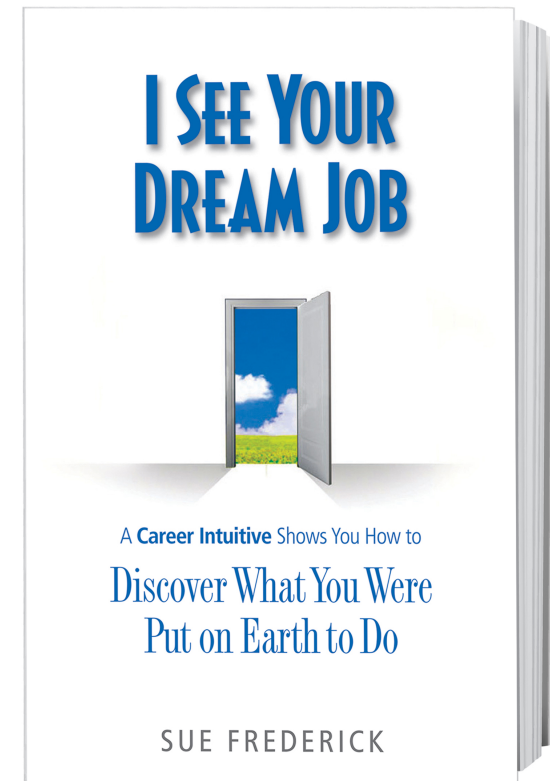
|                  |   |            |
|------------------|---|------------|
| 5                | = | 5          |
| 1                | = | 1          |
| +1960= 16        | = | +7         |
| <hr/> 1966= 22/4 |   | <hr/> 13/4 |

# + 3 Different Ways to Add Birth Dates

## ■ Using Birth Date May 1, 1960

$$5+1+1+9+6+0 = 22/4$$

|                  |   |            |
|------------------|---|------------|
| 5                | = | 5          |
| 1                | = | 1          |
| +1960= 16        | = | +7         |
| <hr/> 1966= 22/4 |   | <hr/> 13/4 |





# **Traditional Method #1**

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- **Birth date Sept 15, 1951**
- September = 9
- 15 = 6
- 1951 = 7
- Total = 22 (9+6+7=22)



## + Secondary Method

- Birthdate Sept 15, 1951

- 1951

- 15

- +9

$$1975 = 1+9+7+5=22$$

## **+ Third Method:**

■ **Birth date Sept 15, 1951**

■  $9+1+5+1+9+5+1 = 31 = 3+1 = 4$

## + Another Example of Third Method:

- Using President Barack Obama's birth date of August 4, 1961
- $8+4+1+9+6+1 = 29 = 2+9 = 11$

# + Meaning of Numbers

- To calculate **your birth path** from your date of birth:
- Your birth month:
- Your birth date:
- Your birth year:
- Total:
- Reduced to a single digit:
- Your birth path number:

## + Positive & Negative Meanings of Numbers

- 1 - Leadership, vision, independence **OR** Loneliness, self-doubt, arrogance
- 2 - Intuition, understanding, detail **OR** dependency, paranoia, obsession with meaningless details
- 3 - Self expressive, creative, uplifting **OR** coldhearted, overintellectual, lack of responsibility

## + Positive & Negative Meanings of Numbers

- 4 - Self discipline, strength, determination, practicality **OR** too practical, lost in drudgery & routine
- 5 - Change, sensuality, freedom, passion **OR** over-indulgence, addictions, impulsive & uncentered
- 6 - Social consciousness, healer, teacher **OR** slave to others needs, supercritical of loved ones.

## + Positive & Negative Meanings of Numbers

- 7 - Intellectual & spiritual focus, wise, dignified, refined **OR** isolated, hypersensitive, skeptical.
- 8 - Power, wealth, accomplishment & generosity **OR** abusive, manipulative & controlling.
- 9 - Humanitarian, accomplished, artistic **OR** bitter, blameful & focused on past.

## + Master Soul Numbers

- 11 - Intuitive, artistic, humanitarian, healer **OR** too sensitive & egocentric.
- 22 - Inspired visionary, practical genius **OR** greedy, abusive & lost in drudgery.
- 33 – Visionary artist, clairvoyant, master healer **OR** hyper-sensitive, lost in addictions & disconnected from others.



## + Birth Paths

- To apply the numbers specifically to birth paths see Chapter 7 page 56 of the book ***I See Your Dream Job.***

## + Talents & Birth Paths

- Birth Path 1: Leadership, courage, truth, visionary, inventor
- Birth Path 2: Communication, intuition, sensitivity, attention to details
- Birth Path 3: Creativity, design, self-expression, words, language, dance
- Birth Path 4: Strength, determination, organizer, builder
- Birth Path 5: Charisma, adventurous, generosity, sensuality, food & travel

## + Talents & Birth Paths

- Birth Path 6: Teacher, collaborator, bringer of peace & harmony, artistic.
- Birth Path 7: Analytical, philosopher, visual, intuitive, spiritual, writer.
- Birth Path 8: Powerful, entrepreneurial, strong, ability to accomplish anything.
- Birth Path 9: Humanitarian, leader, writer, wise, compassionate insight.

## + Talents & Birth Paths

- **Birth Path 11:** Ability to bring divine inspiration and healing to the world through the arts or through healing work, intuition, inspired leadership.
- **Birth Path 22:** Ability to bring inspired new thinking & solutions to everyday challenges
- **Birth Path 33:** Clairvoyance and healing work capable of changing the world with your many artistic, spiritual & healing gifts.



What talents are linked to your Birth Path?  
Are you using them in your work now?  
How could you better use them in your new work?

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## + The Flavor of the Birth Path

- How do the numbers in the birth date interface with **Astrology**? In many ways.
- However we're keeping it simple here and focusing on how the sun sign interacts with and flavors the birth path.

## + Sun Signs

- Aries = Ram = March 21 - April 19
- Taurus = Bull = April 20 - May 20
- Gemini = Twins = May 21 - June 21
- Cancer = Crab = June 22 - July 22
- Leo = Lion = July 23 - August 22
- Virgo = Virgin = August 23 - Sept 22

## + Sun Signs

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- Libra = Scales = Sept 23 - Oct 23
- Scorpio = Scorpion = Oct 24 - Nov 21
- Sagittarius = Archer = Nov 22 - Dec 21
- Capricorn = Goat = Dec 22 - Jan 19
- Aquarius = Water Bearer = Jan 20 - Feb 18
- Pisces = Fish = Feb 19 - March 20



## + Sun Signs

- Your sun sign reveals the flavor of your work mission. Someone who is on a 7 path with an Aries sun sign will fulfill their destiny with a different style than someone on a 7 path with a Pisces sun sign.
- By combining the birth path number & sun sign, you will get more specific ideas about the nature of your true work.
- For examples, read Chapter 9 page 74 of ***I See Your Dream Job.***

## + Personal Year Cycles

- Every year of your life you've been under the influence of a particular number - 1 through 9, 11, 22 or 33.
- You're working with a different type of energy each year within a repeating nine-year cycle.
- These nine-year cycles are designed to move you through cycles of necessary reinvention; helping you master the challenges you signed up for and accomplish the work you came here to do.

# + Personal Year Cycles

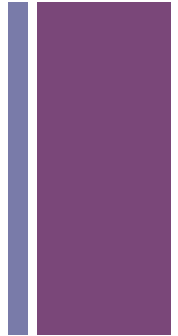
- **Your current personal year** is determined by the single-digit numbers of your birth month and birth date added to the current calendar year and reduced to a single digit or master number.
- Example: **Birth date Sept 15, 1951**
- Month: Sept = 9
- Date: 15 = 6
- Current Year: 2011 = 4
- $9 + 6 + 4 = 19 = 10 = 1$
- **Personal year 1**

## + Calculate Your Personal Year

- Your birth date:
- Your birth month:
- The current calendar year:
- Total:
- Reduced to a single digit:
- This is your personal year:



# Meaning of the Personal Years



- **Personal Year 1:**

- This is an important new beginning: launch your business, get a new job or title, start a graduate program, or move to a new location. Everything you do this year will influence the events of your life for the next nine years. There's lots of new energy helping you change directions. There's never been a better time for reinvention. This is also a year of intense self-focus, personal development, and cultivation of talents. Everything evolves around you and is dependent upon you. Have courage to make important decisions and move forward bravely – like a pioneer. At times you may feel alone, but this year demands that you work mostly alone.

- **Personal Year 2:**

- This is the year for cooperating with others to develop the vision you started last year. It's a slower, more gestative year – nurturing what you've already started rather than launching new things. Collect and assimilate data, and organize details. Your success hinges on working with and cooperating with others. Be receptive. Soften the forceful energy you thrived on last year. You might feel highly sensitive this year and develop warm friendships – even romances.

- **Personal Year 11:**

- In this highly charged year of personal illumination, your intellect is capable of achieving its greatest capacity – as well as intense psychic perception and artistic creation. Inspiration and revelation are yours to create with. The spiritual, psychic and artistic are your focus, and meditation or prayer will enhance all of your gifts. Refine your tastes, collect art, associate with creative people. This is not your best year for commercial success, but rather for inner evolution of your spiritual, intuitive, and artistic gifts.

# + Personal Years

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- **Personal Year 3:**

- This is a social, playful year, full of social events and new interests. Express yourself, get into the center of things, entertain groups. Forget long-term planning and just enjoy life; don't make important decisions about your future. The performing arts will call you, and it's time to look your best. Develop your skills with words – written or spoken. Life is your stage – enjoy it! Whatever you started in your one year is now reaping enjoyment for you. It's your year to blossom.

- **Personal Year 4:**

- It's time to get to work in this serious and responsible year. Get practical, establish organization and efficiency systems, build the foundation for future growth, set a budget, and do the physical work. Focus on the physical details of getting your home in order – whether that means moving, remodeling or cleaning. Engage in fitness and sports activities. Dependability and responsibility are your keys to success.

- **Personal Year 22:**

- This year your greatest aspirations and inspirations will be put into practical reality. You'll be bringing your most advanced ideas to a realistic and workable form. Humanity and society as a whole will benefit from your work, if you choose to step up to the plate. It's a year of putting personal concerns aside and doing your best for the world at large. Make big plans and introduce enormous changes. By focusing on the positive vibrations of this number, you'll have the opportunity to ascend to your greatest career achievements and acquire abundant financial rewards. You'll also feel the sting of criticism that greatness attracts. Focus on your work and keep moving forward.

# + Personal Years

## ■ **Personal Year 5:**

- Get ready for expansion, adventure, and the unexpected in this turning-point year. During this fast-moving, action-packed time, you'll be happiest and doing your best work when everything is changing around you. Take trips, investigate opportunities, and get rid of anything that is monotonous or boring. Eliminate conditions and people that are holding you back. Make room for the new. Focus on freedom and adapting to change. Enjoy this sensual year with many opportunities for physical indulgence. You'll be super-charged, attractive, and sexual. Revive your relationships or work circumstances with new energy.

## ■ **Personal Year 6:**

- In this more responsible year, you'll take care of the important people in your life and career. Rather than focus on yourself, you'll adjust to the needs of others and enjoy group activities as you shift away from the sensual and passionate excesses of the 5 year. Marriage and close friendships will blossom due to your efforts to understand the people in your life. Let go of superficiality and take responsibility for yourself and others. Yet don't take on more than you can carry, or you'll fall into depression and overwhelm. This is one year, though, when general harmony is more important than your own needs.

## ■ **Personal Year 7:**

- Enjoy this sabbatical from the physical aspects of life and focus your attention on the study of abstract ideas, science, mysticism, spirituality and artistic endeavors. Withdraw from the center of things and write books, go to school, meditate, and do research. Refine what you began in this nine-year-cycle by analyzing and perfecting projects, relationships, and goals. Your intuition will be at its most powerful – rely on it for all decisions. Pursue nothing; you will naturally attract what is meant to be in your life.

# + Personal Years

## ■ Personal Year 8:

- The serenity and reflection of the 7 year is over as you jump head-first into the world of career, power and money. If you wrote a book last year, this is the year to promote and sell it. If you researched and developed your new business last year, now is the time to get it funded. Physical accomplishment and material success are your focus, as you reap the seeds of success that you planted early in this nine-year-cycle. During this powerful year, claim recognition and take command to get concrete results. Think big, manage and direct others, move forward. Yet beware of abusing your power or becoming greedy. Be patient and generous to others - even if that feels tedious.

## ■ Personal Year 9:

- This year you will wrap up what you started in your one-year. Lingered relationships will surface to be examined - then kept or discarded for the next cycle. Your career will conclude the focus that it's had for the past nine years, even though you won't see the new cycle just yet. Open your hands and let go, with faith that something new and better will arrive in your one year. You may be fired or laid off, or simply come to the end of a project you've worked on for years. Relationships will fall away or be transformed; and you'll grieve for your losses over the past nine years. Peace comes from higher wisdom and a greater connection to spirituality. The larger lessons of life will call to you, and your insights will be heightened. Use this awareness to benefit the people around you. Focus on artistic and spiritual disciplines, and wait for the new inspiration that begins soon in your approaching one-year.



# + Saturn Returnings

At the **age of 28 & 29** you go through your **First Saturn Returning**.

This is a major transition point of the lifetime – your first true wake up moment of recognizing your journey for this lifetime and what it's really about – as opposed to what you thought it was about & the expectation of family & friends. It's your moment of seeing who you really are.

At the **age of 58 & 59** you go through your **Second Saturn Returning**.

This is the second major transition point of your lifetime – where you are stripped naked until you are finally your true self in the world, not hiding behind any job titles or relationships – being the authentic self you came here to be - doing your great work in the world.

# + Map Your Reinvention Cycles

- Find your birth path chart on the following pages.
- Starting with your birth year, write each year of your life to the left of the personal year number.
- Make notes by the years when important events occurred in your life.
- Note any changes in your life that took place when one nine-year cycle ended and a new one began.
- Ask yourself what you were learning during your Saturn Returnings.
- By examining your past reinvention cycles what insights do you have about your current challenges?

- Pain
- Spirituality

- Pain
- Spirituality

- **Pain**
- **Spirituality**

- Pain
- Spirituality

- Pain
- Spirituality

- **Pain**
- **Spirituality**



- **Pain**
- **Spirituality**

- **Pain**
- **Spirituality**

- **Pain**
- **Spirituality**

## + Step Two

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- Intuition – Learning to access your intuitive guidance.

## + Intuition

- What is intuition?
- Is everyone intuitive?
- Remembering your intuitive experiences.
- Opening your gateways through ***dreaming***.
- Trusting what you get.
- Protecting yourself.

# + Right Brain = Intuition

- Our left brain hemisphere allows us to organize information, master language and learn to read.
- Our right brain hemisphere embodies intuition, creativity and spirituality.
- Today's modern culture pressures us to **favor our left brain** & minimize the input from our right brain. This is how we learn to follow rules, get good grades, learn a skill & get a “good” job.
- Because of the encouragement we constantly receive to develop our left-brains, we learn to ignore the constant input we're receiving from our right brains – thus shutting out our intuitive guidance.
- Daily mantra-based meditation quiets your left brain and opens you up to your right brain which is your higher consciousness. From there you have easy access to information from your divine guides and your higher self.
- Through practice you'll learn to trust the information you get from your intuition or higher self and use it in your daily life & to help others.
- More than 200 studies have been published in mainstream scientific journals validating intuition.

# + Meditation to Enhance Intuition

- Sit comfortably without letting your head lean against anything ( a sure way to fall asleep). Take several deep releasing breaths.
- Silently repeat either Om Namah Shivaya or the Our Father or another sound of your choice. Sit for ten minutes (at least) silently repeating these words. When you notice your mind wandering to other thoughts, gently bring it back to your mantra or prayer. Don't struggle. Be gentle.
- After 20 minutes, slowly stop repeating the words. In this quiet gap before getting up and going back to your routine, ask for guidance. Say, "Show me my next step for manifesting my destined work."



# Notes on your meditation experience

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# + Developing Your Intuition

- Describe moments in your life when you've felt intuitive or had intuitive experiences and dreams:

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What did you learn from these intuitive experiences?

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How can you strengthen  
your intuitive abilities?

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## + Intuitive Living Meditation

- Right now test out a possible choice in your future to see how it feels in your body. This could be a small choice like what movie to see or a large choice like what career to choose.
- See yourself doing it as if it's already done & you are there living in the future.
- Now **check in with your physical body sensations**. Are you smiling & feeling good? That's a yes from your intuition. If you feel tired or drained in your body that's a no from your intuition.

# + Dreaming

- My dreams have been one of my primary tools for seeing the future, connecting with departed loved ones, and getting divine guidance when I'm in a challenging situation.
- You can develop this ability by asking for dream guidance before you go to bed.
- Before going to sleep do a short meditation & end it by asking for dream guidance for a problem you're facing.
- Keep a notebook by your bed. The moment you wake up write down any dream memories you can capture.

## + Protecting Yourself

- Just as there are positive energies in the universe there are negative ones. When you feel afraid, wrap yourself in high vibration prayer, mantra, or chanting. This protects you from anything negative.
- Protection techniques include: The Lord's Prayer, the mantra *Om Namah Shivaya*, picturing a bubble of white light surrounding you, and using water to cleanse your energy after a negative interaction with someone - either by showering, salt-water bathing or swimming.
- Love is the most powerful force of all and it always trumps darkness. Whenever you're afraid, send love to what (and whom) you fear. It's like turning on a light in a dark room. Open your heart and pump the love. Darkness will disappear.

## + Step Three

- Using your positive-focused energy to move through challenges and fulfill your mission.



# Energy

- Scientists and spiritual teachers alike have aligned themselves behind one idea – everything is energy. Everything you see, sit on, feel – the sun on your face, children’s laughter, a good run, prayer, a great kiss – is all source energy: that which everything and everyone came from.
- You’re composed of this same energy – and its frequency can be raised or lowered according to your thoughts, feelings and beliefs. The frequency you send out at any given time attracts like frequencies.
- Like attracts like.





# Energy

- Each of us has an energy continuum – negative at the bottom, positive at the top. Positive energy includes our brilliance, goodness, divinity, inspiration, love, passion, optimism, happiness and joy (our connectedness).
- Negative energy includes our anger, depression, sadness, guilt, pessimism, meanness, sense of lack, drudgery and separateness – not only from others, but from our source energy.
- Moving up your energy continuum (in spite of circumstances) by changing your energy to a higher frequency and opening up to source energy connects you to inspiration, spirituality and goodness.
- This changes your life for the better.



# Energy

- You can imagine your energy continuum as a fuel gauge. When the fuel tank in your car nears empty, you worry about running out of gas and being stranded – which is separateness and stagnation. When it's full, you're confident and able to explore. You have unlimited energy and ideas – which is connectedness, inspiration and productivity.
- You're in control of what level you vibrate on, thus you're in control of what happens to you in any given day. It's your emotions that determine what level you're vibrating on. When you feel love and joy, you're at the highest level attracting the most wonderful things into your life. When you're feeling despair, you attract more of the same.
- No matter how positive your energy is, you will still have challenging events happen to you. We sign up for these (karmas) in order to evolve. However, your reaction to these difficult events determines their outcome. Your energy level determines whether you react well or poorly to a crisis.
- A good life requires good energy. It's that simple. So what fills your energy tank?



# The Energy Graph

- Write words next to the top, middle and bottom that describe your personal emotional traits at each point. For example, next to the top you could write funny, excited, talking frequently, etc. At the bottom you could write sullen, quiet, not laughing, weepy or whatever your personal behaviors are at each point.

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# Naming Our Characters

- **My Brilliant Self** is named:
- Description of Brilliant Self:
- **My Pitiful Self** is named:
- Description of Pitiful Self:
- **Ask yourself:** Who makes my career decisions? My brilliant self or my pitiful self? How's that working for me?



## EPR = Good Vibrations

- My favorite technique for quickly raising energy to a higher vibration is what I call – EPR – energetic personal resuscitation. These three quick emergency switches for changing your energy are humor, gratitude and sweetness.
- (To learn more about EPR read **I See Your Dream Job Chapter 16** – page 171.)



# EPR

- Write an example of a challenging situation and your response – where you used one of these quick energy switches to make it turn out better than it started:

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# EPR

- Describe a current situation in your life and how you will improve it with humor, sweetness or gratitude:

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# Solutions vs Problems: The Proper Focus

- When we focus on our problems, our energy sinks to the low end of our continuum. And our problems get bigger. One of the fastest ways to feel happier and have more energy is to focus on at least three potential solutions to every problem that worries you.



## + Focus on Solutions Rather than Problems

- **Problem:** I can't find work I love that creates abundance.
- **Solution:** I'm using my positive energy and taking action steps to create work in alignment with my path. My true work will bring me happiness and abundance.

+ Write a problem you're worried about now & its positive solution.

■ Problem:

■ Solution:

## + Negative Beliefs & Their Solutions

- It's important to realize how your negative beliefs are influencing your reality. When you think, it doesn't matter how hard I work I never get recognition, the source energy aligns itself with your negative belief and says, Make it so!
- The first step is recognizing your negative beliefs.



# Turning Around Negative Beliefs

- **Negative Belief:** No matter how hard I work, I will never make enough money.
- **Antidote:** When I work from the high end of my energy continuum, and my work is in alignment with my birth path, financial abundance flows gracefully into my life.
- **Negative Belief:** I can either do work I love and make very little money or I can take a job I don't love and have financial security.
- **Antidote:** Divine order says that only when I do my true work, the work I love that's in alignment with my path, will I attract true abundance and success.

## + Pain as Fuel

- Consider the possibility that all of your pain - every wound you've ever experienced, from loss to illness to disappointment - was exactly what you needed and chose in order to arrive at this point in your life, which is exactly where you're supposed to be.
- Discussion of this idea.

## + Pain as Fuel

- Imagine that you've chosen (consciously or unconsciously) every important job you've had because it was healing you.
- Our work heals us by letting us offer to the world exactly what we need to heal ourselves.
- Discussion of this idea.



# Your Fuel

1. When I was a child, what caused me the greatest pain and why?
2. In my entire life, what caused me the greatest pain and why?
3. What pain is calling my attention right now?
4. When I look at my answers, I gain these insights into my work:

## + Asking the \$5 Million Question

- If I gave you \$5 million & the universe said you could only keep it if you used the money to create the career you long for - what would you do?
- Of course you'll take a long vacation & travel. But after that you'll need to plug into the world with your meaningful, joyful work.
- How would you use the \$5 million to create this new work?





## Your Mission:

- **Answer the \$5 million question:**

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# + Opening the Mind to New Ideas

- The beauty of the \$5 million question is that once we remove our self-imposed thought limitations by imagining we have unlimited resources to manifest our true work, we actually see what our true work is.
- Your \$5 million dream indicates the direction you're meant to go in.
- Our dreams reveal our soul's highest intention.
- Divine order states that we need to take action in the direction of our true work in order for the energy (money) to rally to our support.
- Once we take even a few steps in the right direction, doors open, opportunities arise and everything we need to manifest this dream career flows to us.
- Simply put: Start moving in the right direction & the money will follow.



# Vision of my perfect future work

- I am powerful, happy & successful doing this work:

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# 5 steps in 3 months

- List 5 steps you'll take in the next 3 months to launch your true work:

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