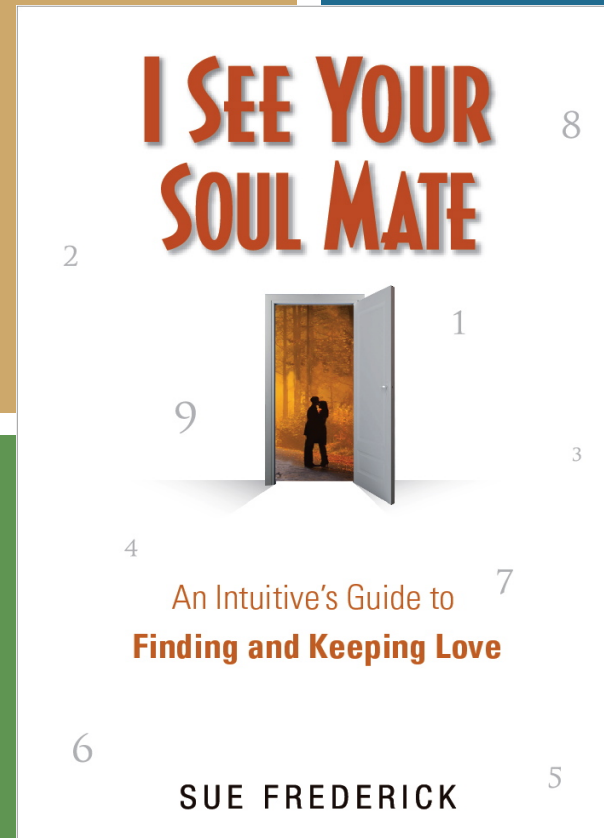




Sue Frederick's Soul Mate Workshop *Manual*



The I See Your Soul Mate E-Book

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

©Sept 2011 Career Intuitive Coach Institute



Love is the fabric of our universe...

2



- LOVE is the energy we swim in, the fabric of our divine universe, and the essence of our DNA. Yet today you may find yourself feeling alone, unloved, or afraid—lost in the struggle of your life.
- How did this happen to you? When did you lose your connection to love and grace? Why are you alone when you came here to share your life with a soul mate?
- Perhaps you've forgotten how this all began--that you came here on purpose to play in liquid love, bathe in the soup of divine energy, and manifest your sacred work. You knew the moment you were born that you were a superhero on a journey to change the world--with unlimited gifts to help you get it done.
- Your pain and loneliness today is because you've forgotten that mission--like an explorer who gets lost in the jungle without a map. Yet the sacred map is still inside of you. I'll teach you to access that map and find your way.
- Let's step back and take a good look at you. Put down the burdens you're carrying. Take the heavy load off your back. Shake off the pain and disappointments that weigh you down. Cry if you need to. Just let it go...
- True love IS waiting--but you have to reclaim YOU to find it.

+ I recognize where you've been...

- Don't worry; you are not facing an impossible task. I recognize where you've been and the challenges you've faced. I see pain in your eyes and hear the fear in your voice. I feel your loneliness--but I also see your amazing beauty, your limitless power, your astounding genius, and the great work you came to share with the world. It takes my breath away.
- In this workbook, I'll teach you to see this greatness in yourself and to embrace the person you came here to be. When you're back on path, your soul mate will stand beside you, fulfilling the agreement you made long before this lifetime began.
- Yes, I see your soul mate--standing just behind you--waiting in the wings for you to remember your mission.
- Heartbreak and loneliness occur NOT because of what anyone else has done to you, not because you're unattractive, and not because there aren't enough single people your age. You're not flawed, unlovable, or unlucky in love. A random tragedy did not ruin your life. No one unjustly stole your love away. There are no outside circumstances keeping you from finding true love. Only YOU stand in your way.

+ You ARE here on purpose....

- You ARE here on purpose to accomplish a powerful mission! You intended to be a fierce genius using your boundless gifts in your work--changing this world for the better.
- You made agreements with all the important players in your drama before you got here--even in those relationships that have wounded you. Those agreements occurred to serve your highest good--to help you find your way. This loneliness and pain is a tiny moment in the vast journey of your soul. It's your wake-up call.
- It's nudging you to turn your life in a powerful new direction and reclaim your soul power. Perhaps your zealous grip on mundane reality has blocked your intuition. Our world's negative viewpoint may have sucked the life force from you. Quit focusing on your flaws, and focus instead on your gifts and what you came to offer! Stop talking about what's wrong with the world, and ask how you can help raise the consciousness of the planet with your talents and wisdom.
- Turn out the lights, unplug the TV, take down the mirrors, and take a long look at yourself. You may be attractive, sexy, fun, and smart, but what hides beneath?
- Are you anything like the sweet, open-hearted, loving soul you were when you started this journey? It's time to reclaim that divine essence, your true loving nature, and become who you came here to be--the hero of your story.
- This workbook will take you down the path of powerful soul reinvention. At the end of this process awaits true love...

+ Owning your intuition...

- INTUITION is your gut feeling.
- It is, above all else, a feeling from the heart. It marinates you in confidence, wisdom, and empowerment--never in fear. It's the connection to your true self, your raw, unrefined truth unclouded by the monkey-mind. It's the shimmer of a spirit in the corner when you turn your head and the dream that wakes you up and stays with you. It's the knowingness that comes when you stop talking. It's the feeling that overpowers you in spite of logic. It's the voice whispering in your ear, and the nudge you often ignore in deference to being practical. It's our right-brain, expanded consciousness guiding our journey as planned.
- Your intuition is your sacred pool of divine knowing. It's a gateway to your higher self. It's not linear, logical, or realistic. It's your dreamy, gut feeling, creativity-- the part of you that knows the truth but doesn't know why it's true. Your intuition is your sweet spot. Robert Graves, an English poet, scholar, and novelist, said, "Intuition is the supra-logic that cuts out all the routine processes of thought and leaps straight from the problem to the answer." Intuition can navigate you successfully toward finding true love as effortlessly as a dream in the night. It works better than dating sites, speed dating, or singles' events.
- Love is the gateway to your intuition.

+ Love anyway...

- You'll never be as intuitive as when you fall in love. Your energy centers are most open and receptive, and your monkey-mind quiets down. You look into a stranger's eyes and remember him from another time. You know when he'll call. You feel his embrace long before it actually happens. And you sense what he's feeling even when the two of you are apart.
- We're all a little more comfortable with intuitive loving than we are with intuitive living--using intuition for our everyday life and career choices. Yet we can tap into this portal of sacred guidance whenever we open our hearts. When you fall in love, nurture this sacred gateway to the unknown. When you're not in love, love anyway. It will open the door to your divine intuition and your highest self.

+ 3 Essential Steps

- Path – You have to know who you are and why you're here; this opens the door for your soul mate to stand beside you.
- Intuition – Your powerful intuition will guide you directly to your soul mate.
- Energy – Your positive energy allows this love to blossom into the relationship you've always wanted. (11 Steps to BrilliantLove)

+ 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 intuitively connect us with our soul's intended mission for this lifetime – which opens the door for our soul mate to stand beside us.
- Accessing our intuition guides us flawlessly to our best love.
- Using positive-focused energy moves us through the challenges of relationship to share the love we each came here to know.

+ Step One

- Finding your soul's intention by using the numbers in your date of birth.
- You have to know who you are and why you're here; this opens the door for your soul mate to stand beside you.

+ History & Meaning of Numbers

- Greek philosopher and mystic Pythagoras, father of our modern number system, designed a theory of numbers based on the digits 1 through 9 in 580 BC.
- Pythagoras 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.

+ Pythagoras 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

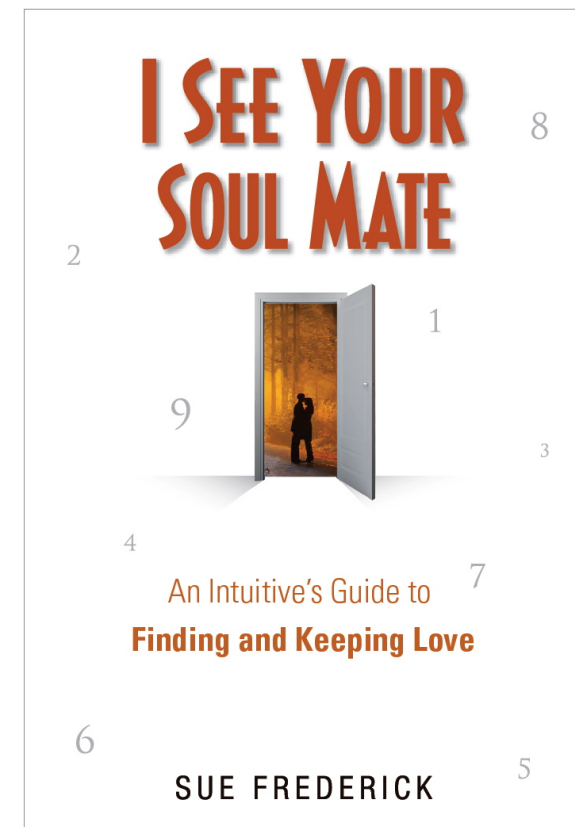
- It's important to add each birth date **three different ways** to check your addition & to look for hidden master path numbers.
- This is especially important if you've arrived at a 2, 4, or 6 birth path which could contain a hidden 11, 22, or 33 path if added two other ways.
- If the final sum of the birth date is 11, 22 or 33 just one of the three ways you add it, that means the person is on the master soul journey of 11, 22 or 33.

+ 3 Different Ways to Add Birth Dates

- Using Birth Date May 1, 1960
- This is a 22 birth path:

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

$$\begin{array}{r}
 5 \\
 1 \\
 +1960 \\
 \hline
 1966 = 22/4
 \end{array}
 = 16 = 13/4
 \begin{array}{r}
 5 \\
 1 \\
 +7 \\
 \hline
 13/4
 \end{array}$$



+ Birth Date: May 1, 1960

Two out of three ways reveal a 22/4 path while the third way reveals a 13/4.

Traditional Method #1

$$\text{May} = 5 = 5$$

$$1 = 1 = 1$$

$$1960 = 7 = \underline{+7}$$

$$13 = 4$$

Second Method

5

1

+1960

$$1966 = 22/4 \quad (1 + 9 + 6 + 6 = 22)$$

Third Method

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

+ Traditional Method #1

- Birth date Sept 15, 1951
- September = 9
- 15 = 6
- 1951 = 7
- Total = 22 (9+6+7=22)
- This is a 22 birth path

+ Secondary Method

- Birthdate Sept 15, 1951

- 1951

- 15

- +9

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

+ Third Method:

- Birth date Sept 15, 1951
- $9+1+5+1+9+5+1=31=3+1=4$
- This is a 22 birth path that shows up as 22 two ways out of three. If it had shown up as 22 only one way it would still be a 22 birth path.

+ Another Example of Third Method:

Using President Barack Obama's birth date
August 4, 1961

- $8+4+1+9+6+1=29=2+9=11$
- His birth date only shows up as 11 when you add it this way. Other two ways reveal a 2 path. He is still considered an 11 because 11 shows up at least one way when you add it three ways.

+ Your Birth Path:

- 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:

+ Calculate your birth path from your date of birth using all three of the methods:

- First method result:
- Second method result:
- Third method result:
- All three methods should arrive at the same final number-- even if you discover you're on a master soul path of 11, 22, or 33. Those master soul path calculations result in the consistent final combinations of 11/2, 22/4, or 33/6 --at least one of the ways you add the birth date. The other two ways may result in various other two-digit numbers that when added together total 2, 4 or 6. (Examples are 20/2, 13/4 or 15/6).

+ 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

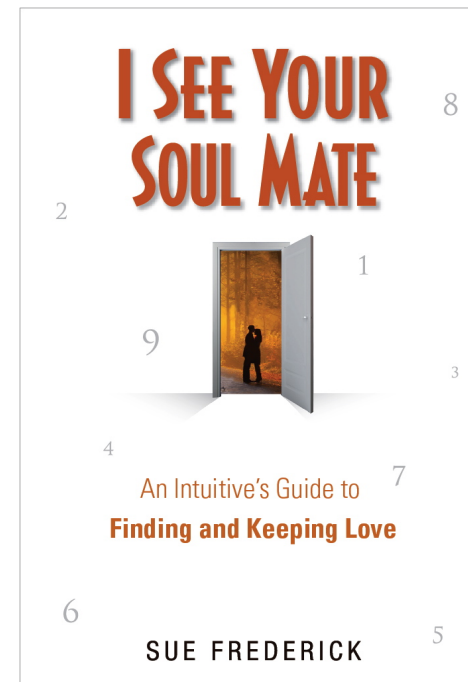
- 7 - Intellectual & spiritual focus, wise, dignified, refined **OR** isolated, hypersensitive, skeptical.
- 8 - Power, wealth, accomplishment & generosity **OR** abusive, manipulative & controlling.
- 9 - Humanitarian, accomplished, artistic **OR** bitter, blameful & focused on past.

+ 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.

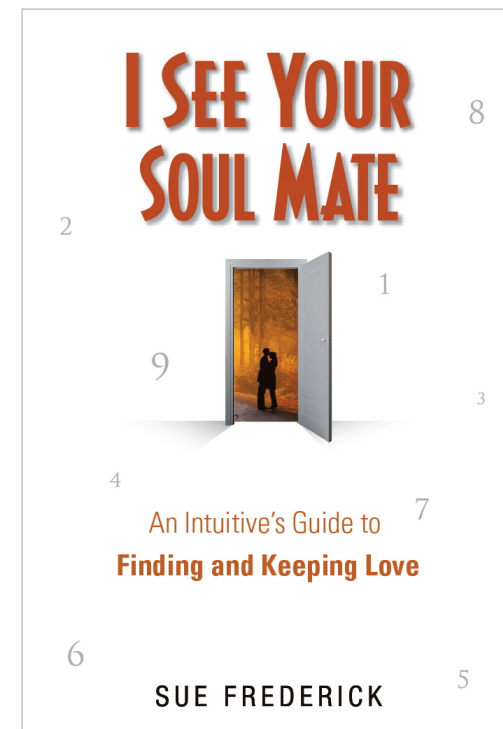
+ How birth paths reveal your soul mission...

- To apply the numbers specifically to birth paths & understand what you came here to accomplish see Chapter 9 of the book ***I See Your Soul Mate***.



+ Birth paths reveal what you need in a relationship...

- To learn which birth paths are most compatible with you and will most support you in doing your great work see Chapter 9 of the book *I See Your Soul Mate.*





Exercise:

- After learning about your birth-path number and what that means, do you believe you're doing your great work now? Write your thoughts about how your birth path applies to your career:
- How can you tweak your career to line it up more with your birth path? How can you focus more on aligning with your birth path in your career and life so that your soul mate can join you?
- In relationships, what other birth paths are most compatible with your path and why?
- Which paths are challenging for you and why?
- Do you see a pattern of certain birth path types that you've attracted in previous relationships? How's that been working for you?
- Which birth paths would you like to bring into your life more through friends and partners? Explain why:
- Write three steps you're willing to take to live true to your path so you can fulfill your great potential and attract your soul mate:

+ **Finding Your Relationship Number:**

How Do You And Your Partner Add Up?

- Once you understand what the numbers reveal, you'll probably figure out the birth paths of everyone you know--especially your family and previous partners.
- You'll notice that every relationship has its own unique flavor and that you've been drawn to have relationships with some birth paths more than others. You begin to see how your path carries a certain intention that meshes better with partners on a complementary path.
- When you add your birth path number to the birth path number of the person you're in a relationship with, you arrive at a number that reveals the flavor of that partnership. It reveals the karma (both good and bad) of your union.

+ Your Relationship Number

- Take your birth path number and add it to the person you're dating or in relationship with. Example:
- Your birth path: 7
- Your partner's birth path: 3
- Total: 10
- Reduced to a single digit: 1
- Your relationship number: 1

+ If your relationship number is...

- **If your relationship sum is 1 it means:**

- You'll both be empowered to own your truth and find your voice through this partnership. There will be enough space between you for each of you to grow and evolve independently. The challenge will be creating intimacy and truly connecting with one another. Instead, you may feel lonely and disconnected even though you're very happy in your own skin.

- **If your relationship sum is 2 it means:**

- Your challenge and your gift will be connecting deeply with each other. This will be the downfall or the salvation of your union. You're both very sensitive and intuitive and can be hurt easily. Once you move beyond the hurt to open your hearts to each other, you'll bond at such a deep level that you'll carry the other one in your heart every day.

- **If your relationship sum is 11 it means:**

- You'll have a powerful intuitive spiritual connection that you'll notice from day one. Together you'll create a healing business or platform to do your great work together. Your challenge will be the intense sensitivity that allows you to know each other's thoughts for better or worse. This requires honesty and shared positive thinking. If you're both spiritually evolved and focus your thoughts on love and gratitude, this could be a mystical union.

+ Relationship Numbers...

- **If your relationship sum is 3 it means:**

- You'll have a great time together being social, creative, and brilliant. Your parties will be the most fun and your home will be luscious. Your friends will love you and you'll have trouble getting them to leave. Your brilliance will bounce off the walls and you'll enjoy many creative projects together. The problem will be moving from your heads (where you prefer to live) into your hearts and souls. Once you master this and learn to open your hearts to each other, to have feelings, you'll have a wonderful relationship.

- **If your relationship sum is 4 it means:**

- You can both be stubborn, strong, and willful. It will take a little work to open your hearts and connect. Sharing physical sports and outdoor adventures will bond you. You may decide to run a business together, and your daily dialog will likely be about your business rather than your feelings. This relationship will probably need weekly therapy or at least family meetings to keep all the parts in working order.

- **If your relationship sum is 22 it means:**

- You have huge work to share with the world through your partnership. You'll love being inspired together, taking classes, sharing books. You'll want friends who are spiritually inclined and open to new ideas. Together you have a responsibility to teach what you've learned through your powerful, shared career.

+ Relationship Numbers...

- **If your relationship sum is 5 it means:**

- You have a passionate, sensual connection and love sharing food, music, and travel. This could be a life of pleasure and passion if you're both spiritually strong and aren't tempted by addictions or infidelity. At your best, the two of you will lead a life of fun and travel. You may share a successful business in the natural health or adventure industries. At your worst, you'll lose your way with addictions, jealousy, and self-indulgences.

- **If your relationship sum is 6 it means:**

- There's possibility for deep, lasting love in this partnership. You'll have a warm, loving home and family that will be hugely important to both of you. But you each must remember who you are and spend some time apart. Otherwise, you risk losing your essential selves and forgetting your own missions and careers.

- **If your relationship sum is 33 it means:**

- You have a mystical connection--so mystical that you might not be able to make it work in everyday life. Being practical and getting bills paid will be the challenge. You share enormous artistic gifts and could create a project together that uplifts the world. Your shared true work will ultimately have a healing focus. Doing spiritual practices together is essential for your sanity and fulfillment.

+ Relationship Numbers...

- **If your relationship sum is 7 it means:**

- Your beautiful home will be refined, pristine, and elegant. You'll enjoy exploring spirituality and the arts together. You'll have a powerful intellectual connection and spend many hours analyzing life together. Don't let perfectionism destroy your love, though. You'll intuitively feel each other's energy and may sometimes be wounded by this powerful connection. Opening your hearts to share true warmth and intimacy will be the challenge.

- **If your relationship sum is 8 it means:**

- Power will be the game you play with each other--for better or worse. Your passion and sexuality will be so powerful it may take you out of the bounds of convention and into dangerous territory. Yet you'll support each other's work and create true abundance together. The question will be: Is it true love or is it passion and power?

- **If your relationship sum is 9 it means:**

- Surrender everything and let the divine energy within you direct this one. You can't control it and you can't walk away from it. The revelations you get from this partnership will be the highest lessons of your lifetime. You'll someday find yourselves holding council for others who want to know how you've made love last. Your answer will be: Surrender with love.

+ Exercise:

- What can you learn from this? Which relationship numbers have been most successful for you in the past? Which relationship numbers have been least successful for you?
- Calculate your best friends' birth path and then calculate your shared relationship number. Does this relationship number reveal a pattern that you should look for in someone you date?
- When you study the relationship numbers that seem most positive in your life, what can you learn about choosing a partner?

+ 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

- 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 soul's 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.
- The sun sign also reveals the energy you bring to relationships.
- By combining the birth path number & sun sign, you will get more specific ideas about the nature of your soul's mission & who you mesh with best in relationships.
- For examples, read Chapter 9 of *I See Your Soul Mate*.

+ 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, accomplish the work you came here to do and embrace your soul mate when the time is right.

+ Personal Years

- Since all of our learning takes place within the vibrational range of these numbers, you're working with a different type of energy each year, within a repeating nine-year cycle.
- You started this lifetime in the vibration of the path you chose. If your path is the number 5, then the first year of your life was a 5 personal year. The second year of your life was a 6 personal year, and so on.
- By adding up your day, month, and year of birth, you'll find your path number as well as the personal year that began your journey. You've repeated those nine-year cycles throughout your life.
- 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 a master number of 11, 22, or 33).

+ 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: 2012 = 5
- $9 + 6 + 5 = 20 = 2$
- **Personal year 2**

+ Personal year begins in January...

- Your new personal year begins every January when the calendar year changes.
- However, the energy of your personal year peaks around your birthday.
- After your birthday, you begin to feel the influence of the coming personal year that will begin the following January.
- Let's compute your personal year on the following page:

+ 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**

- Relationships may spark your interest or tempt you into romance, but just say “no.” If love is meant to be it will still be there next year when you’re ready. You’ll have lots of new people coming into your life this year. But it’s a year to focus on YOU--and not on relationships. It’s time to 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. If you don’t plant seeds for a better future now, nothing will come to bloom as this cycle unfolds. Tap into all the new energy that will help you release the past and reinvent. There’s never been a better time for taking steps toward your ultimate dream. Everything revolves around you and is dependent upon you. Believe in your vision, make important decisions alone, and move forward bravely--like a pioneer.

■ **Personal Year 2**

- This is your year for connecting deeply with someone--but only if you’ve released the past and realigned your direction. Your career won’t be all on your shoulders anymore as others step forward to offer support for the project you started last year. It’s a slower, sweeter year, one in which you nurture what you’ve already started rather than pushing hard to launch new things. Success hinges on opening your heart, trusting your heightened intuition, and saying yes to collaboration. It’s important to be receptive. Soften the forceful energy you thrived on last year. You might feel highly sensitive now, but don’t let this get in the way of love. Your solution is to become the source of love for others--even when you’re feeling wounded.

+ Personal Years

■ **Personal Year 11**

- This year is a sacred one for relationships. If you're single, your best-ever partner shows up now. The success of this new relationship hinges on whether you've done your inner work and found your true path. With or without a partner, it's a highly charged year of personal illumination and intellectual achievement. You'll be inspired to heal all the relationships in your life and accomplish your most inspired work. Your intuition, inspiration, and artistic creativity are magnified and so is your sensitivity. Daily meditation or prayer will enhance all of your gifts and reinforce your connection to the divine. That spiritual connection is more powerful than ever this year. Use it as your source for actions. Spend time with highly evolved, conscious people who inspire you to create. Small talk and meaningless social engagements will drain you because of your heightened sensitivity. This is your best year for developing spiritual, intuitive, and artistic gifts as well as learning to love in a profoundly new way.

■ **Personal Year 3**

- If you started a new relationship last year, this is the fun, sexy, playful year to deepen your communication and get to know each other's friends. It's also time to create projects for your new work. Express yourself, get into the center of things, join social groups, and entertain. Forget long-term planning and just enjoy life; don't make important decisions about your future. Develop your skills with words--written and spoken. Life is your stage--enjoy it! Whatever you started in your 1 year through hard work and diligence is now reaping enjoyment for you. It's a year to blossom.

+ Personal Years

■ Personal Year 4

- If you're single in this 4 year, it's time to focus on your work. Just get it done. Next year's energy will push you back out into the world to find your mate. If you're in a relationship now, this is the year to build your house, so to speak. Focus on being responsible to your partner and career, combining your lives, and tapping into core strengths whenever challenged. It's a serious year to fulfill obligations, get practical and organized, and build the foundation for future growth. Create your budget and do the physical work. Get your home in order--whether that means moving, remodeling, or cleaning. Get in shape physically and cultivate strength in all areas of life. Dependability, honesty, and responsibility are required in relationship and career.

■ Personal Year 22

- This is your best year for manifesting inspired work in the world. Anything is possible! If you're in a relationship, harness your partner's help to accomplish all that's on your plate. Ignoring your work will leave you feeling off-balance, unfocused, and useless. Use inspiration as your fuel to get it all done. If you're single, don't waste a moment looking for love or going on long vacations (you won't be able to relax). Focus on your great work and trust that love and relaxation will come later. This is a year for putting personal concerns aside and doing your best for the world at large. Make big plans and introduce changes. 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

- This year, sparks of attraction will fly with everyone you meet. Your charisma is amped up and your magnetism is attracting everyone--from potential partners to new business opportunities. You're as potent as a cat in heat! Hold steady to your true self or you'll get pulled off path by every suitor. Instead, wait for the right one--the partner you've seen and felt intuitively in your dreams. Be open, fearless, passionate, and free, and your soul mate will show up beside you. You'll have opportunities for expansion, adventure, and the unexpected in this turning-point year. Everything is vibrant and changing around you. Take trips (it's time for that long vacation), investigate career opportunities, and get rid of anything or anyone monotonous or boring. Eliminate conditions and people that hold you back. Make room for the new. Focus on freedom and adapting to change. Enjoy this sensual year with good food, new relationships, and trips to exotic places. You'll be super-charged, attractive, and sexual. You can revive tedious relationships or work circumstances with your new energy and charisma.

■ Personal Year 6

- This year is time of deep love and nurturing. Focus on marriage, commitment, family, and responsibility. Your heart opens wide to embrace your partner. If you're single and someone new dances into your life, say "yes." It's time to either fall in love or deepen your commitment to the one already at your side. Rather than focus on yourself, adjust to the needs of others. Enjoy couple and family activities as you shift away from the passionate excesses of the 5 personal year. Marriage and close friendships will blossom as you nurture them with your new open-hearted energy. Reach out to understand the people in your life. Let go of superficiality and take responsibility for others. Yet don't take on more than you can carry, or you'll fall into depression and be overwhelmed. This is one year, though, when general harmony is more important than your own needs.

+ Personal Years

■ Personal Year 33

- You'll be drawn to mystical knowledge, intuition, and spiritual guidance this year. But if you're not grounded, you could become disconnected to everyday reality. Stay away from alcohol and drugs, and meditate every day. If you embrace your higher self, it will be your most inspired year artistically. You'll channel in genius--whether you're an actor, musician, or artist. Your pipeline to the divine is opened up and flowing freely with spiritual and creative inspiration. Take a meditation retreat and create, create, create! Your finished product and enlightened ideas will change the world.

■ Personal Year 7

- This is not a party year. It's time for deep reflection, intuitive development, and spiritual growth. If you're already in relationship, take your partner's hand and bring him on the inner journey with you. Sign up for a meditation and yoga retreat together. If you're single, deepen your connection with spirit. Take meditation classes and spend a weekend in prayer and silence. Strength will only come from your connection to the divine. You may feel a bit lonely or isolated, whether you're in a relationship or not. Use your alone time to write a book, research higher consciousness, or take a psychology class. Focus on finding your true purpose. Withdraw from the center of things; superficial social events won't feel good. Your sensitivity and intuition is elevated, and you'll pick up other people's feelings everywhere you go. Refine what you started in this nine-year cycle by analyzing and perfecting projects and relationships. Your intuition will be at its most powerful--rely on it for all decisions. Pursue nothing--you'll naturally attract what is meant to be in your life.

+ Personal Years

■ Personal Year 8

- If you're already in a relationship, money and career will be the topic of nearly every conversation. If you're single, you may meet your new partner through business connections. But you'll have many opportunities to make money and advance your career and that should be your focus. It's a year to go to the bank--not the bar. Even when you go out partying, your mind will be home crunching numbers to see how you can improve your business or pay off your debts. It's time to own your power both financially and physically. Get back into shape--financially and physically. 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, take command to get results. Think big, manage and direct others, move forward. Beware of abusing your power in relationships or becoming greedy with your partner. Be patient and generous to others--even if that feels tedious.

■ Personal Year 9

- If you're single, don't look for a new partner this year. You won't start a lasting relationship while wrapping up this nine-year cycle. You might bring in a new love who teaches you an important lesson for this lifetime. But it's not a year for lasting love. If you're married, you may consider ending your marriage. You'll review all the shortcomings of your partner and see clearly what needs to be fixed. If you choose to bring the partner into your next cycle, you'll have to heal and reinvent the marriage. Friends and lovers from the past will resurface to be examined, then kept or discarded for the next cycle. Your career will conclude the focus that it has 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 1 year. You may even be fired or laid off. 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. Your insights and wisdom 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 1 year.

+ Exercise:

- After discovering the personal year you're in and how those energetic influences are affecting your life, what new insights did you gain about your career and love life?
- Are you currently in a personal year when you should be focusing more on love or career or neither?
- When you look back at your past nine-year cycles, is there a certain personal year when you usually fall in love--such as a 5 or 6 personal year? Have you found any patterns?
- How might this knowledge influence your choices this year and next 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. If your relationship is not in alignment with accomplishing your soul mission, there may be heartbreak at this time.

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. If your relationship is not in alignment with this intention, it will probably fall apart.

+ Exercise:

- Are you in a Saturn Returning transformation right now? If so, what are you learning about yourself?
- If your Saturn Returning was a while ago, reflect on what you learned about yourself and how that applies to your life today:
- Are you heading towards a Saturn Returning? If so, how can you line your life up with your soul's mission so that your Saturn Returning becomes a graceful blossoming into who you really are?

+ 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 – especially note when relationships began & ended.
- Note any changes 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 & relationships?

1 Birth Path Chart

■	<u>PY</u>	<u>AGE</u>	■	4	21	■	8	43	■	3	65
■	1	0 years	■	5	22	■	<u>9</u>	<u>44</u>	■	4	66
■	2	1 year old	■	6	23	■	1	45	■	5	67
■	3	2	■	7	24	■	2	46	■	6	68
■	4	3	■	8	25	■	3	47	■	7	69
■	5	4	■	<u>9</u>	<u>26</u>	■	4	48	■	8	70
■	6	5	■	1	27	■	5	49	■	<u>9</u>	<u>71</u>
■	7	6	■	2	28 SR	■	6	50	■	1	72
■	8	7	■	3	29	■	7	51	■	2	73
■	<u>9</u>	<u>8 years old</u>	■	4	30	■	8	52	■	3	74
■	1	9	■	5	31	■	<u>9</u>	<u>53</u>	■	4	75
■	2	10	■	6	32	■	1	54	■	5	76
■	3	11	■	7	33	■	2	55	■	6	77
■	4	12	■	8	34	■	3	56	■	7	78
■	5	13	■	<u>9</u>	<u>35</u>	■	4	57	■	8	79
■	6	14	■	1	36	■	5	58 SR	■	<u>9</u>	<u>80</u>
■	7	15	■	2	37	■	6	59	■		
■	8	16	■	3	38	■	7	60	■	<u>Pain</u>	
■	<u>9</u>	<u>17</u>	■	4	39	■	8	61	■		
■	1	18	■	5	40	■	<u>9</u>	<u>62</u>	■	<u>Spirituality</u>	
■	2	19	■	6	41	■	1	63			
■	3	20	■	7	42	■	2	64			

11 or 2 Birth Path Chart

■	<u>PY</u>	<u>AGE</u>	■	5	21	■	<u>9</u>	<u>43</u>	■	4	65
■	2	0 years	■	6	22	■	1	44	■	5	66
■	3	1 year old	■	7	23	■	2	45	■	6	67
■	4	2	■	8	24	■	3	46	■	7	68
■	5	3	■	<u>9</u>	<u>25</u>	■	4	47	■	8	69
■	6	4	■	1	26	■	5	48	■	<u>9</u>	<u>70</u>
■	7	5	■	2	27	■	6	49	■	1	71
■	8	6	■	3	28	■	7	50	■	2	72
■	<u>9</u>	<u>7</u>	■	4	29 SR	■	8	51	■	3	73
■	1	8 years old	■	5	30	■	<u>9</u>	<u>52</u>	■	4	74
■	2	9	■	6	31	■	1	53	■	5	75
■	3	10	■	7	32	■	2	54	■	6	76
■	4	11	■	8	33	■	3	55	■	7	77
■	5	12	■	<u>9</u>	<u>34</u>	■	4	56	■	8	78
■	6	13	■	1	35	■	5	57	■	<u>9</u>	<u>79</u>
■	7	14	■	2	36	■	6	58 SR	■	1	80
■	8	15	■	3	37	■	7	59	■	<u>Pain</u>	
■	<u>9</u>	<u>16</u>	■	4	38	■	8	60	■	<u>Spirituality</u>	
■	1	17	■	5	39	■	<u>9</u>	<u>61</u>			
■	2	18	■	6	40	■	1	62			
■	3	19	■	7	41	■	2	63			
■	4	20	■	8	42	■	3	64			

22 or 4 Birth Path Chart

<u>PY</u>	<u>AGE</u>							
■	4	0 years	■	7	21	■	2	43
■	5	1 year old	■	8	22	■	3	44
■	6	2	■	<u>9</u>	<u>23</u>	■	4	45
■	7	3	■	1	24	■	5	46
■	8	4	■	2	25	■	6	47
■	<u>9</u>	<u>5</u>	■	3	26	■	7	48
■	1	6	■	4	27	■	8	49
■	2	7	■	5	28	■	<u>9</u>	<u>50</u>
■	3	8 years old	■	6	29 SR	■	1	51
■	4	9	■	7	30	■	2	52
■	5	10	■	8	31	■	3	53
■	6	11	■	<u>9</u>	<u>32</u>	■	4	54
■	7	12	■	1	33	■	5	55
■	8	13	■	2	34	■	6	56
■	<u>9</u>	<u>14</u>	■	3	35	■	7	57
■	1	15	■	4	36	■	8	58
■	2	16	■	5	37	■	<u>9</u>	<u>59 SR</u>
■	3	17	■	6	38	■	1	60
■	4	18	■	7	39	■	2	61
■	5	19	■	8	40	■	3	62
■	6	20	■	<u>9</u>	<u>41</u>	■	4	63
			■	1	42	■	5	64
						■	6	65
						■	7	66
						■	8	67
						■	<u>9</u>	<u>68</u>
						■	1	69
						■	2	70
						■	3	71
						■	4	72
						■	5	73
						■	6	74
						■	7	75
						■	8	76
						■	<u>9</u>	<u>77</u>
						■	1	78
						■	2	79
						■	3	80
						■		<u>Pain</u>
						■		<u>Spirituality</u>

5 Birth Path Chart

<u>PY</u>	<u>AGE</u>							
■	5	0 years	■	8	21	■	3	43
■	6	1 year old	■	<u>9</u>	<u>22</u>	■	4	44
■	7	2	■	1	23	■	5	45
■	8	3	■	2	24	■	6	46
■	<u>9</u>	<u>4</u>	■	3	25	■	7	47
■	1	5	■	4	26	■	8	48
■	2	6	■	5	27	■	<u>9</u>	<u>49</u>
■	3	7	■	6	28	■	1	50
■	4	8 years old	■	7	29 SR	■	2	51
■	5	9	■	8	30	■	3	52
■	6	10	■	<u>9</u>	<u>31</u>	■	4	53
■	7	11	■	1	32	■	5	54
■	8	12	■	2	33	■	6	55
■	<u>9</u>	<u>13</u>	■	3	34	■	7	56
■	1	14	■	4	35	■	8	57
■	2	15	■	5	36	■	<u>9</u>	<u>58 SR</u>
■	3	16	■	6	37	■	1	59
■	4	17	■	7	38	■	2	60
■	5	18	■	8	39	■	3	61
■	6	19	■	<u>9</u>	<u>40</u>	■	4	62
■	7	20	■	1	41	■	5	63
			■	2	42	■	6	64
						■	7	65
						■	8	66
						■	<u>9</u>	<u>67</u>
						■	1	68
						■	2	69
						■	3	70
						■	4	71
						■	5	72
						■	6	73
						■	7	74
						■	8	75
						■	<u>9</u>	<u>76</u>
						■	1	77
						■	2	78
						■	3	79
						■	4	80
						■		<u>Pain</u>
						■		<u>Spirituality</u>

33 or 6 Birth Path Chart

■	<u>PY</u>	<u>AGE</u>	■	<u>9</u>	<u>21</u>	■	4	43	■	8	65
■	6	0 years	■	1	22	■	5	44	■	<u>9</u>	<u>66</u>
■	7	1 year old	■	2	23	■	6	45	■	1	67
■	8	2	■	3	24	■	7	46	■	2	68
■	<u>9</u>	<u>3</u>	■	4	25	■	8	47	■	3	69
■	1	4	■	5	26	■	<u>9</u>	<u>48</u>	■	4	70
■	2	5	■	6	27	■	1	49	■	5	71
■	3	6	■	7	28	■	2	50	■	6	72
■	4	7	■	8	29 SR	■	3	51	■	7	73
■	5	8 years old	■	<u>9</u>	<u>30</u>	■	4	52	■	8	74
■	6	9	■	1	31	■	5	53	■	<u>9</u>	<u>75</u>
■	7	10	■	2	32	■	6	54	■	1	76
■	8	11	■	3	33	■	7	55	■	2	77
■	<u>9</u>	<u>12</u>	■	4	34	■	8	56	■	3	78
■	1	13	■	5	35	■	<u>9</u>	<u>57 SR</u>	■	4	79
■	2	14	■	6	36	■	1	58	■	5	80
■	3	15	■	7	37	■	2	59	■		
■	4	16	■	8	38	■	3	60	■	<u>Pain</u>	
■	5	17	■	<u>9</u>	<u>39</u>	■	4	61	■		
■	6	18	■	1	40	■	5	62	■	<u>Spirituality</u>	
■	7	19	■	2	41	■	6	63			
■	8	20	■	3	42	■	7	64			

7 Birth Path Chart

	<u>PY</u>	<u>AGE</u>	■	1	21	■	5	43	■	<u>9</u>	<u>65</u>
■	7	0 years	■	2	22	■	6	44	■	1	66
■	8	1 year old	■	3	23	■	7	45	■	2	67
■	<u>9</u>	<u>2</u>	■	4	24	■	8	46	■	3	68
■	1	3	■	5	25	■	<u>9</u>	<u>47</u>	■	4	69
■	2	4	■	6	26	■	1	48	■	5	70
■	3	5	■	7	27	■	2	49	■	6	71
■	4	6	■	8	28	■	3	50	■	7	72
■	5	7	■	<u>9</u>	<u>29 SR</u>	■	4	51	■	8	73
■	6	8 years old	■	1	30	■	5	52	■	<u>9</u>	<u>74</u>
■	7	9	■	2	31	■	6	53	■	1	75
■	8	10	■	3	32	■	7	54	■	2	76
■	<u>9</u>	<u>11</u>	■	4	33	■	8	55	■	3	77
■	1	12	■	5	34	■	<u>9</u>	<u>56</u>	■	4	78
■	2	13	■	6	35	■	1	57 SR	■	5	79
■	3	14	■	7	36	■	2	58	■	6	80
■	4	15	■	8	37	■	3	59	■		
■	5	16	■	<u>9</u>	<u>38</u>	■	4	60	■	<u>Pain</u>	
■	6	17	■	1	39	■	5	61	■		
■	7	18	■	2	40	■	6	62	■	<u>Spirituality</u>	
■	8	19	■	3	41	■	7	63			
■	<u>9</u>	<u>20</u>	■	4	42	■	8	64			

8 Birth Path Chart

<u>PY</u>	<u>AGE</u>							
■	8	0 years	■	2	21	■	6	43
■	<u>9</u>	<u>1 year old</u>	■	3	22	■	7	44
■	1	2	■	4	23	■	8	45
■	2	3	■	5	24	■	<u>9</u>	<u>46</u>
■	3	4	■	6	25	■	1	47
■	4	5	■	7	26	■	2	48
■	5	6	■	8	27	■	3	49
■	6	7	■	<u>9</u>	<u>28 SR</u>	■	4	50
■	7	8 years old	■	1	29	■	5	51
■	8	9	■	2	30	■	6	52
■	<u>9</u>	<u>10</u>	■	3	31	■	7	53
■	1	11	■	4	32	■	8	54
■	2	12	■	5	33	■	<u>9</u>	<u>55</u>
■	3	13	■	6	34	■	1	56
■	4	14	■	7	35	■	2	57
■	5	15	■	8	36	■	3	58 SR
■	6	16	■	<u>9</u>	<u>37</u>	■	4	59
■	7	17	■	1	38	■	5	60
■	8	18	■	2	39	■	6	61
■	<u>9</u>	<u>19</u>	■	3	40	■	7	62
■	1	20	■	4	41	■	8	63
			■	5	42	■	<u>9</u>	<u>64</u>
						■	1	65
						■	2	66
						■	3	67
						■	4	68
						■	5	69
						■	6	70
						■	7	71
						■	8	72
						■	<u>9</u>	<u>73</u>
						■	1	74
						■	2	75
						■	3	76
						■	4	77
						■	5	78
						■	6	79
						■	7	80
						■		<u>Pain</u>
						■		<u>Spirituality</u>

9 Birth Path Chart

▪ <u>PY</u>	<u>AGE</u>	▪ 3	21	▪ 7	43	▪ 2	65
▪ <u>9</u>	<u>0 years</u>	▪ 4	22	▪ 8	44	▪ 3	66
▪ 1	1 year old	▪ 5	23	▪ <u>9</u>	<u>45</u>	▪ 4	67
▪ 2	2	▪ 6	24	▪ 1	46	▪ 5	68
▪ 3	3	▪ 7	25	▪ 2	47	▪ 6	69
▪ 4	4	▪ 8	26	▪ 3	48	▪ 7	70
▪ 5	5	▪ <u>9</u>	<u>27 SR</u>	▪ 4	49	▪ 8	71
▪ 6	6	▪ 1	28	▪ 5	50	▪ <u>9</u>	<u>72</u>
▪ 7	7	▪ 2	29	▪ 6	51	▪ 1	73
▪ 8	8 years old	▪ 3	30	▪ 7	52	▪ 2	74
▪ <u>9</u>	<u>9</u>	▪ 4	31	▪ 8	53	▪ 3	75
▪ 1	10	▪ 5	32	▪ <u>9</u>	<u>54</u>	▪ 4	76
▪ 2	11	▪ 6	33	▪ 1	55	▪ 5	77
▪ 3	12	▪ 7	34	▪ 2	56	▪ 6	78
▪ 4	13	▪ 8	35	▪ 3	57	▪ 7	79
▪ 5	14	▪ <u>9</u>	<u>36</u>	▪ 4	58 SR	▪ 8	80
▪ 6	15	▪ 1	37	▪ 5	59	▪	
▪ 7	16	▪ 2	38	▪ 6	60	▪ <u>Pain</u>	
▪ 8	17	▪ 3	39	▪ 7	61	▪	
▪ <u>9</u>	<u>18</u>	▪ 4	40	▪ 8	62	▪ <u>Spirituality</u>	
▪ 1	19	▪ 5	41	▪ <u>9</u>	<u>63</u>		
▪ 2	20	▪ 6	42	▪ 1	64		

+ Step Two

- Intuition – Learning to access your intuitive guidance and use it to navigate your love life.

+ 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.

+ You Are Intuitive

- **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. Many of these studies are cited in *I See Your Soul Mate*.

+ Meditation to Enhance Intuition

- Sit comfortably without letting your head lean back against anything (a sure way to fall asleep). Close your eyes and take several deep, releasing breaths.
- Silently repeat either *Om Namah Shivaya* or the Lord's Prayer or another sacred sound of your choice. Sit for ten minutes (at least) silently repeating these words. When you notice your mind paying attention to thoughts, gently bring your focus back to mantra or prayer. Don't struggle. Be gentle.
- After ten 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 fulfilling my highest good." Or, "Show me my next step for preparing for my soul mate." Or, "Show me my next step for loving my soul mate."

+ Notes on your meditation experience

+ Remembering Your Intuition

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

Did you trust the information you received? Why or why not?



What did you learn from these intuitive experiences?

When does your intuition show up most powerfully?

+ Remembering Your Gifts

- Describe your most memorable precognitive or healing dream:
- What did you learn from these kinds of intuitive or pre-cognitive experiences?
- Were your intuitive experiences encouraged or dismissed by your family of origin?
- Does your current circle of friends and partners embrace or dismiss intuition?
- Do you remember feeling intuitively connected to your last partner when you fell in love? Describe this experience:
- Who in your life now do you feel intuitively connected to? Describe how this manifests in your life:

+ Owing Your Intuition

- Are you ready and willing to own your intuition, trust the guidance you receive and speak your truth?
- If not, what's holding you back?
- How can you change that?

+ Intuitive Loving 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 partner to choose.
- See yourself doing it as if it's already done & you are there living in the future with this partner.
- 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.

+ Intuitive Living

- Practice your intuition every day. Before heading home from work ask, “Should I take this route or the other route?” Now close your eyes and see yourself on one of the possible routes home and note how your body feels. Do you get a good or bad feeling in response to seeing that particular drive? If it’s good, take that route home.
- Afterward, reflect on how the commute went for you. Was it easier than usual? Was there less traffic?
- Plan an intuitively guided vacation. Visit a new city and plan your activities each morning based on your gut feelings. Keep a journal of how this works for you.
- As you learn to trust your intuition for these little everyday choices, you’ll be better able to trust your intuition for the big life choices of love, career, and health.

+ 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.
- I share many of my pre-cognitive dream experiences in my book ***I See Your Soul Mate.***
- You can develop this ability by asking for dream guidance before you go to bed.

+ Getting Dream Guidance

- Before going to sleep, sit up in your bed and do a short meditation.
- At the end of the meditation, ask your guides for dream guidance.
- You can be specific and ask to meet your soul mate. Or you can ask for healing and comfort from a departed loved one.
- Keep a notebook by your bed. The moment you wake up write down any dream memories you can capture.

+ Intuitive Dating

- Before going on a first date (especially a blind date) write down your date's name and birth date (if you have it) and place your hand over it.
- Close your eyes and do a short meditation with mantra to quiet your mind.
- Now ask to see what the person looks like and feel their energy.
- If the energy you feel and the person you see makes you smile and giggle, that's a yes from your intuition. Your higher self is telling you that this person will be a loving presence in your life.
- If the energy feels bad in your stomach and makes you feel anxious, cancel the date.
- If the energy you feel revs up your sexual chakra, that's telling you what the focus of this relationship will be.
- If you don't feel a loving warm energy in your heart while picturing and feeling this person's energy, this probably won't be a long-lasting or fulfilling relationship.

+ Extra Credit

- If you have the person's date of birth, decipher their birth path (as explained in Chapter 9 of *I See Your Soul Mate*) and write his name and birth path on a sheet of paper. Put your hand on this information and meditate to quiet your mind. Now ask to feel the person's energy and understand his journey.
- Ask if this person is someone you should connect with for your highest good. Pay attention to the feeling you get and note whether it's positive or negative. Write down any thoughts about this person and birth path that come to you during your meditation.
- If you're using dating websites print out a potential date's photo, name, and information. Practice this intuitive meditation technique using her photo, name, and birth date (if it's available). Notice your gut reaction. How do they feel to you? Trust your gut. If it feels bad, don't pursue this person no matter how beautiful the photo or how brilliant her story.
- Keep practicing. Use this intuitive technique with potential hires at your workplace or to decide whether to take a new job.
- The more you use your intuition, the more you'll trust it. Eventually you'll realize how good you are at trusting your intuition.
- You are now becoming a master of intuitive living, an approach that will put you right into the juicy flow of your life and bring you love, success, and happiness each day.

+ Protecting Yourself

- Just as there are positive energies in the universe there are negative ones. When you access your intuition you open yourself up to positive and negative energies.
- Whenever 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.

+ Protection Techniques

- The Lord's Prayer has been used in the Christian tradition for centuries to call in the light and protect us from dark energies. It's an extremely powerful high-vibration prayer. Repeat it whenever you feel afraid.
- The mantra *Om Namah Shivaya* is a Sanskrit phrase meaning, "I bow to the divine self." This sacred, high-vibration chant has been used for thousands of years to raise consciousness and will also wrap you in protective energy. I use it every day in my meditations and before working with clients.

+ Protection Techniques

- Energy healers often use techniques such as picturing **a bubble of white or blue light** surrounding and protecting them. I've also found this to be helpful.
- In my years of studying Hinduism and Buddhism, I've used many spiritual cleansing techniques, but here is my favorite: **Sit on the ground in meditation position with legs folded. Extend your arms straight down to the ground so that your fingertips touch the floor.** Visualize running energy from the top of your head down through your fingertips and into the ground. This practice works to flush negativity and exhaustion from your body and send it into the earth to be recycled.
- **Water is a powerful cleansing agent** and you can use it to do more than just cleanse your body. Swimming, showering, or taking a bath will also energetically cleanse you--washing away any dark or negative energies or feelings you've picked up during your day. Adding salt to your bathwater gives it more energy cleansing power. If water isn't available, sit in meditation and picture a shower or waterfall pouring over your head and washing away everything negative from you until you feel pure and light.

+ Protection Techniques

- **Love is the most powerful positive 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.
- **This meditation will help you:** Sit in meditation until you can feel love for just one person in your life. See that person wrapped in your powerful love. Pump the love to this person until you see them smiling and laughing. Now extend that love energy out to the entire space around you filling it with golden light. Now pump the love out to the entire world. See our planet wrapped in golden love and light, and all of its people looking peaceful and happy. Spend time with that image. When you open your eyes, the room you're sitting in will shimmer with love and light. Your fear will be gone.

+ A Five-Star Test for Recognizing Your True Soul Mate

- **If you've begun dating someone try these techniques to help determine if he's right for you:**
- **1. When you come home from an evening together,** notice how you're feeling about yourself. Sit in quiet contemplation for five minutes. Take note of your energy. Are you happy and loved? Have you been laughing a lot during your date? Do you feel energized?
- If the answer to these questions is yes, this is a healthy relationship and will help you thrive in your life. If instead you feel tired, drained, depleted, unhappy, criticized, or unloved, it's a sign that it's not a good relationship and will only make you feel worse as time goes on (no matter how strong your physical attraction is).
- **2. Try my intuitive-living exercise:** Sit in meditation and quiet your mind. Then move into your future five years from the present day. See your future life with this partner. Look at where you're living, how you communicate, what you're doing together, how you feel standing beside him in the future. Notice how your body feels in response to that future image. Do you feel excited, happy, energized? Are you smiling when you see it? Or do you feel drained, depleted, or anxious. Your body is telling you whether this relationship will have a positive or negative effect on your life.

+ The Five-Star Test

- **3. Take the laughter test:** Plan a silly date of meaningless activities like playing cards, miniature golf, or a child's board game such as Clue. Notice how often you laugh together and whether "doing nothing" feels easy or difficult. A positive relationship will feel joyous and filled with laughter even when you're doing silly meaningless things together.
- **4. Get a notebook and ask your partner what gifts he sees in you.** Write them down. Tell him the gifts you see in him. If he doesn't mention the core qualities and gifts you know about yourself, it's not a good sign. If he mentions those qualities and more, this is a good fit. Remember these qualities need to be much more than superficial traits like beauty, sexuality, and intelligence.
- **5. Pay close attention to the role of sexuality in your courtship.** If most of your time together is spent focused on your sexual connection and not your friendship, this isn't good. Sexuality is one way to measure your chemistry and it's important. However for a lifelong partnership, the communication, deep understanding, and shared laughter is the indicator of success. If more than half your time together is spent in communication, friendship, and laughter, this relationship is a winner.

+ Extra Credit

- **Your Relationship Number:** Add your birth path number to your dating partner's birth path number to arrive at your relationship number. (See Chapter 12 for more info). When you examine the challenges and gifts of the relationship number you share with this partner, are you excited about it? Do you feel energized? Or does it deplete you? If you feel excited and energized by looking at the relationship number, that's a good sign. Take another step forward with this partner.
- **After rating your mate on all of the above five-star test qualities, score him one point for success on each of the above five indicators.** You get an extra point if the Extra Credit exercise was a "yes." A score of five or six means this relationship will be a lasting and positive love in your life--helping you both live up to your great potentials with joy and happiness.

+ Strengthening Your Intuition

- Do you believe you can strengthen your intuitive abilities?
- List three steps you're willing to take to do this:
 - 1.
 - 2.
 - 3.



Write your intention for using intuition in your everyday life

+ Break Your Heart Wide Open

- If today you find yourself weighed down with heartbreak and grief, this daily meditation will help you move forward. I've used it many times in my life and it has helped my clients.
- 1. Start each morning with a ten-minute meditation. During this meditation, quiet your mind with mantra or prayer repetition. I use the mantra *Om Namah Shivaya*, a Sanskrit phrase meaning, "I bow to the highest self." You can also use the Lord's Prayer.
- 2. At the end of the meditation, when your mind has settled down, ask to feel fully the pain in your heart.
- 3. Focus your attention on the heart chakra, take several deep breaths, and allow yourself to experience deeply any pain in your heart. Cry it out if you need to.

+ Break Your Heart Wide Open

- 4. Picture the pain leaving your heart chakra and moving out of you, up to the divine source. Give it away to God. See divine beings taking your pain away and transforming it into love.
- 5. Offer to relieve the suffering of humanity. Picture a sick child in an impoverished country. Tell her you'll take her pain so she doesn't have to feel it anymore. Feel her pain and release it to the divine beings. Ask them to turn it into love.
- 6. Repeat this meditation again at the end of the day before going to sleep. By starting and ending each day with this process, your grief will dissolve very quickly and you'll have energy to move forward with your life.

+ Daily affirmation to attract & recognize your soul mate

- I wake every morning feeling deeply connected to my highest self and my sacred intuition. I realize that I'm a divine energy being with unlimited genius inside of me. I realize I'm here on purpose.
- My true partner waits for me to remember this. The moment I remember who I am, my soul mate appears. The moment we meet, we recognize each other as gifted, intuitive geniuses with unlimited potential.
- As we open our hearts and love each other, we transform our lives for the better and help raise the consciousness of the planet.

+ Step Three

- Using your positive-focused energy to move through relationship challenges and experience your greatest love.
- These are the 11 Steps to BrilliantLove.

+ 11 Sacred Steps to BrilliantLove

- **Understand**
- **Give**
- **Refocus**
- **Laugh**
- **Intuit**
- **Forgive**
- **Be Grateful**
- **Sweeten Up!**
- **Dance**
- **Speak the Unspoken**
- **Fantasize**

+ Step 1: Understand

■ **If Your Relationship Number is 1**

- You need to make an effort to create vulnerability and intimacy between you. Practice the workbook steps 5 (Intuit) and 8 (Sweeten Up) in this section. Schedule special intimacy dates like getting massages together and taking relationship communication workshops. Your independence is a given. It's your deep connection that needs to be renewed and strengthened. But once you do that, this relationship will be powerful and lasting.

■ **If Your Relationship Number is 2**

- You'll readily share deep intuition and intimacy. Yet you'll get your feelings hurt too easily and may bury yourselves in the mundane details of life to avoid relationship pain. Practice workbook Step 4 (Laugh) and Step 6 (Forgive) in this section. Let laughter and forgiveness help you embrace the bigger picture of life and see how truly blessed this relationship is. With abundant gratitude Step 7 (Be Grateful) and frequent forgiveness you'll make a great team whether you're creating a happy family or building a thriving business.

■ **If Your Relationship Number is 3**

- Having fun and being playful is easy. Your challenge is opening your hearts and quieting your brilliant minds enough to deeply connect and go beyond the words that come so easily to you. Practice Step 1 (Understand) and Step 2 (Give) to open your hearts. When you have that mastered, do daily meditations together to build your intuitive connection. Step 5 (Intuit) will help you with this.

+ Step 1: Understand

■ **If Your Relationship Number is 4**

- Your relationship is strong, traditional, and enduring. You're both determined to make it work. But it will require effort from both of you. I suggest adding playfulness, laughter and sweetness in large doses. You'll find those exercises in Step 4 (Laugh) and Step 8 (Sweeten Up!). But the most important work will be in your everyday communication skills. Step 10 (Speak the Unspoken) will help you.

■ **If Your Relationship Number is 5**

- Enjoy the physical passion and shared sensuality that this relationship brings out in both of you. Cook, travel, and play together as often as you can. This may be a wild and passionate ride, with plenty of drama, unless you center yourselves in daily meditation and honest communication. Keep drugs and alcohol out of this relationship or things will spiral destructively out of control. You'll love practicing Step 11 (Fantasize). But you really need to practice Step 1 (Understand) and Step 2 (Give) to bring depth to your partnership. Your hardest work will be speaking the truth to each other. Let Step 10 (Speak the Unspoken) guide you through this process.

■ **If Your Relationship Number is 6**

- Count your blessings! This partnership is capable of true love and a beautiful, healing home. But you'll have your challenges too. You may lose yourselves in each other if you aren't careful (and never want to leave the house again). And children will be a huge topic of discussion and debate. It's important that you build community together either in your circle of friends or with the family you create. This relationship won't thrive in isolation. Practice Step 9 (Dance) to help you each stay centered and keep the partnership balanced. And Step 4 (Laugh) and Step 7 (Be Grateful) will bring ease and grace into your daily lives.

+ Step 1: Understand

■ **If Your Relationship Number is 7**

- You'll have an easy intuitive connection. And it's essential that you go on spiritual retreats and read spiritual books together because finding divinity is one of the reasons you've hooked up. If not, your faultfinding tendencies could ruin the love between you. You need a higher perspective. Step 3 (Refocus) is essential for your success. Practice it everyday. Add in Step 7 (Be Grateful) and Step 8 (Sweeten Up!) and you'll have the perfect lasting relationship.

■ **If Your Relationship Number is 8**

- Balancing the power will be an issue here. Who's in charge? You may end up running a hugely successful business together. Be sure you've written down who has the final say or the power struggles will destroy your love. Your task is to bring fun and intimacy into this powerful union that has so much to accomplish in the world. Practice Step 4 (Laugh) and Step 8 (Sweeten Up!) to soften the energy between you. But daily forgiveness will be essential. Step 6 (Forgive) will help.

■ **If Your Relationship Number is 9**

- This may be the greatest love of your life but also the one you need to surrender—even though it may come back to you. This karmic relationship will teach you many important lessons, but it may be hard to make the union work on a daily basis. This major nudge from the universe will create great longing for each other and nearly impossible challenges beyond your control. To turn it into a daily lasting love, practice Step 1 (Understand) and Step 9 (Dance) to bring it into balance. Most importantly, practice Step 10 (Speak the Unspoken) so that your truth is always brought to the surface. This could create the groundwork for your greatest love.

+ Step 1: Understand

■ **If Your Relationship Number is 11**

- You've hit the jackpot with this deep connection, true intimacy and great intuitive connection. You both need to get over your hurt feelings and enjoy this divine partnership that brings healing into your lives and work. You may end up sharing your great work. Practice Step 2 (Give) to override the sensitivity. And use Step 11 (Fantasize) to keep you focused on what you want. It's essential that you both practice Step 7 (Gratitude) every day and give thanks for this sacred bond.

■ **If Your Relationship Number is 22**

- This partnership will inspire you both with new ideas for the world and for your careers. You'll probably share your work. Your daily conversations will be inspiring and mind-altering. But you need to make this personal! Build intimacy and fun into your daily routine. Practice Step 2 (Give) to soften things up around the house. And use Step 4 (Laugh) to lighten the conversation. But most importantly, practice Step 5 (Intuit) to build your intimacy and move beyond your great ideas into a deep heartfelt connection.

■ **If Your Relationship Number is 33**

- Your otherworldly connection will be intuitive, creative, and deeply spiritual. The deep bond will be felt whether you're making love or cooking dinner. But you'll need grounding and daily practical kindnesses to make this last. Stay away from drugs and alcohol and instead pursue spirituality together. Practice Step 2 (Give) to create a nurturing energy between you. And Step 4 (Laugh) will help you navigate the mundane challenges of life. Deepen your already profound intuitive connection with Step 5 (Intuit) and this partnership will last forever.



To deepen your understanding of your partner's path and cycles complete these exercises:

- My partner is on a ___ path, and I can best help him live up to his great potential by:
 - 1.
 - 2.
 - 3.

- I'm on a _____path and to align my work with my path more powerfully I need to:
 - 1.
 - 2.
 - 3.

+ Personal Year Exercise

- My partner is in a ___ personal year, and I can best support him this year by:
 - 1.
 - 2.
 - 3.

- I'm in a ___ personal year, and what I need most from my partner now is:
 - 1.
 - 2.
 - 3.

+ Relationship Number Exercise

- Because I'm on a ____ path and my partner is on a ____ path, when we add our path numbers together we arrive at a _____. This number represents our relationship challenges and gifts. Taking that number into account, these are the ways our relationship works well together:
 - 1.
 - 2.
 - 3.
- And these are our challenges:
 - 1.
 - 2.
 - 3.

+ See it...

- Describe a grand and magical future vision of your partner living up to his greatest potential. Include the details of how he's making a living:
- Now spend a few moments in silent meditation seeing your partner exactly as you describe him above.
- Describe a grand and magical future vision of yourself living up to your greatest potential. Include the details of how you're making a living:
- Now spend a few moments in silent meditation seeing yourself exactly as you described above.
- Now spend a few moments seeing both of you happy with each other, supporting each other's greatness, laughing together and loving each other.

+ Practice Daily Understanding

- Share open-ended questions about dreams. Imagine you each have a \$5 million gift from the universe but must use the money to launch your careers in new meaningful directions. What would you each do?
- Be clear on your own path and what you came here to do. Having a career that's in alignment with your own birth path may be the best way to help your partner if he's off-path. Become a model of someone doing their great work in the world--someone using innate talents to make the world a better place and create abundance.
- Practice daily meditation together as a way to quiet your minds and open to your highest inner guidance.

+ Take turns asking these questions

- How can you both use the information about your birth paths and personal years to understand and support each other better?
- When you add your birth path numbers together and arrive at your relationship number, what insights does this give you to help you move forward?
- Do you believe that your parents had a soul mate agreement to inspire you to live a bigger life than they did and to help you fulfill your potential more powerfully than they did? Could they have chosen to do this by showing you who you didn't want to be? How might this be true? Discuss the idea.
- Describe the happiest, most loving moment of your relationship. What were the elements of that experience that made it so wonderful? Write three things:
- How were you different then? How would you like to be today? Write your thoughts:
- Write three steps you're willing to take to move in that direction:

+ Step 2: Give

- **Here's a meditation to help you get started:**
- Sit in silent meditation or prayer, using mantra to quiet your mind. After ten minutes or so, when your mind begins to settle down, hold your right hand in front of your chest, palm facing up.
- Ask to become an open channel of divine love flowing from God to you, through you, and out into the world. See this divine love as golden light flowing through you and out of your heart chakra, right where you're holding your open palm.
- Extend your hand out in front of you--moving the golden light from you to others.
- Now specifically direct that love to your partner. Wrap him in the golden light. Hold him in that love for several seconds until you can imagine him smiling peacefully.
- Get up and go about your day knowing that you've energetically helped transform your partner. You've given him a few moments to experience pure love. This will empower him to channel love back to you.
- Now, let's put this love into action. Your first action step is to give!
- Do something loving for your partner right now!

+ Practice Daily Giving

- Bring tea, make dinner, give flowers, put on favorite music, or take a walk together. This will improve the energy for both of you.
- **Write three actions that would make your partner happy:**
 - 1.
 - 2.
 - 3.
- Do these today. Why? The energy between you needs to shift to a higher vibration before anything can get better or any problems get resolved.
- Taking just one action to make your partner feel good raises both of you on your continuums. Only then can positive change occur.
- Shift it higher by doing one loving action today.

+ Ask Yourself...

- In what areas of our life together could I offer more of myself to my partner?
- What everyday, small kindnesses would my partner most like to receive from me?
- What steps am I willing to take today to give more positive energy to my partner? (Realizing that when I do this, I raise the energy of our relationship to a level where love flows easily.)
- Write those steps here:
 - 1.
 - 2.
 - 3.

+ Remember...

- When we raise our energy (in spite of our partner), we connect with our divinity, which is the only place where true love exists. When we send that love out to EVERYONE in our lives exactly as we'd like to receive it, we no longer feel empty, lonely, or unloved. The unrestrained love that flows from us eventually flows right back to us--with abundance. Every drop of it gets recycled.
- Here is the most powerful secret to having loving relationships: Be the love you want to get!

+ Step 3: Re-Focus

- **List qualities you love in your partner and why you love them:**
 - 1.
 - 2.
 - 3.
- Read this list out loud. Keep it on your bathroom mirror and read it every day. By naming these good qualities, you're focusing on the brilliance in your partner. You're seeing his best self. This is exactly what you want him to focus on in you.
- **At least once a week, say to your partner, "These are the qualities I love in you..."**

+ Ask Yourself...

- Has anyone in my life ever focused on my flaws rather than my gifts? Describe the situation:
- How did that affect me?
- Did their negative focus on my flaws help me love them more or did it shut my heart down?
- Do I most often focus on my partner's flaws or gifts? Give a specific example:
- How can I focus more on his gifts?
- What are three things I'm willing to do to change my focus?
 - 1.
 - 2.
 - 3.
- Does my partner most often focus on my flaws or gifts? Give a specific example:
- Describe how you feel when this happens:

+ Practice Daily Refocusing

- If my partner annoys me by _____, I will focus on his positive qualities of _____ to switch my energy from anger to compassion and love.
- If my partner annoys me by _____, I will focus on his positive qualities of _____ to switch my energy from anger to compassion and love.
- If my partner annoys me by _____, I will focus on his positive qualities of _____ to switch my energy from anger to compassion and love.

+ Step 4: Laugh

- **Practice Daily Laughter**
- Find a way to break the daily grind. Move out of your routine to find silliness and humor in life again. Plan three silly things to do together to rekindle playfulness.
- **Here are some suggestions to start the laughter:**
- Watch comedy movies or TV shows together until you're laughing out loud. It's wonderful way to end your day.
- Do something silly, like playing miniature golf.
- Go out for ice cream cones.
- Plan a laughter date. When was the last time you just hung out together and made each other laugh--without a chore to do or a problem to discuss?

+ Laugh

- Tell your partner about an embarrassing moment in your life and laugh out loud about it. This exercise will help your partner open up to shared laughter.
- Look for the irony in your challenging moments. See the humor in your soul mate agreement and how perfectly you mirror each other's flaws and gifts.
- At the dinner table, ask your partner, kids, and friends to share the funniest thing that happened to them today, this week or ever.

+ Ask Yourself...

- What am I afraid of losing control of?
- Who am I afraid of losing control over?
- Can I consider the possibility that divine order is always acting in my favor--even when I don't realize it at the time?
- Can this realization help me feel more joyful and less controlling?
- What would I have to heal inside of myself to laugh more freely?
- Am I willing to take one small step towards healing that part of myself to let love flow in my relationship?
- How can I begin that process now? Write your thoughts:

+ Step 5: Intuit

- **Practice Daily Intuition**
- Write your thoughts on what it would be like to trade lifetimes with your partner.
- Say to your partner: “I see your journey of pain and I see your great gifts. I understand you more than you know. I will not separate myself from you in judgment, but rather take your hand and help you live up to your unrealized potential.”
- List the qualities that you and your partner share (such as a sense of humor, intelligence, compassion, love of nature, etc.):
- Imagine you’re connected to your partner through waves of pulsing light binding you together through numerous lifetimes in different roles. Draw a picture or write a paragraph describing this connection and discuss it with your partner.

+ Meditation to Enhance Your Intuitive Connection

- Write your partner's name, birth date and birth path on a sheet of paper. Put your hand on the information, close your eyes, and meditate. Quiet your mind with mantra or prayer.
- After a few minutes, when your mind settles down, ask to see the mission your loved one came to experience. Ask to understand his pain and clearly see his gifts and talents. Ask what he came to accomplish. Ask for divine guidance to help your partner move forward to his highest potential.
- Write down any guidance or images you receive--as long as it's wise, loving guidance from the highest source. (If anything ever feels frightening or negative, dismiss it immediately and repeat Om Namah Shivaya or The Lord's Prayer to protect yourself).
- Later, at a quiet time, share what you've written. Or use the information to help you understand and support your partner's journey.

+ Practice Intuitive Decision Making

- **To build your intuitive connection to each other, practice this exercise daily:**
- When you need to make a decision together--whether it's choosing a place to have dinner or choosing a place to live--close your eyes and quiet your mind with mantra meditation.
- Picture yourselves at the restaurant you're considering. Look at your surroundings. See and smell the food on your plates. Listen to the sounds. Now notice how your body feels. Does it feel good? Do you feel happy and excited? Are you smiling? If so, your intuition is saying yes to that choice.
- Share your impressions with your partner. Are they the same as his? When your intuitive connection is strong, you'll arrive at the same conclusions time and time again. And when you follow through and make choices based on that gut feeling, your experience will be positive.
- If your intuitive connection is not strong, it's time to meditate together daily. This is the greatest way to open your hearts and allow intuition to flow to one other.

+ Ask Yourself...

- Do I remember times from our past when we felt intuitively connected? Describe them here and how they felt:
- How can I better open our intuitive connection now?
- What steps am I willing to take to make that happen?
 - 1.
 - 2.
 - 3.
- What steps am I willing to take to change the negative energy patterns we've created in the past?
 - 1.
 - 2.
 - 3.

+ Step 6: Forgive

- **Practice Daily Forgiveness**
- **Say to your partner:**
- I forgive you for _____ and I recognize that I have played a significant role in creating this transgression.
- I have been part of this dance with you for many lifetimes and may have done this exact same act to you in previous incarnations.
- I ask your forgiveness for those karmic acts we can't remember in this lifetime, which still subtly influence our current reality.
- I understand that by carrying my blame, anger, and fear from lifetime to lifetime I continue the karmic dance that hurts both of us. I release it now for our highest good.

+ Practice Daily Forgiveness

- **Say to each other:**
- From this moment on, past mistakes and painful moments are forgiven and forgotten, and we create anew the healthy, loving relationship we both want.
- We no longer carry the story of our past mistakes because this story hurts both of us and prevents us from having the healthy life and love we want.
- I recognize you as an old soul mate who I've loved in many ways for many lifetimes. I'm deeply grateful to connect with you again now to serve our highest good and provide new opportunities for ultimate forgiveness and love.

+ Ask Yourself...

- What's one small step I can take today to shift my anger and initiate forgiveness?
- Can I bring tea, do the laundry, write a note, or touch my partner in a certain way to initiate forgiveness?
- Am I willing to meditate and see my partner happy and forgiving me?
- Am I willing to meditate and see myself happy and forgiving my partner?
- Am I ready to recognize that I am the source of all the love I want from my partner and that no one but me is ever to blame for my lack of love?

+ Step 7: Be Grateful

- **Right now, think of two things about your partner for which you're extremely grateful.** Here are some examples:
- I'm grateful that you're a good parent to our child.
- I'm grateful that you support me in my great work.
- I'm grateful that you see who I truly am.
- I'm grateful that I can talk to you.
- I'm grateful that I can laugh with you.
- I'm grateful for your wisdom.
- I'm grateful for our passionate sexual connection.
- Tell your partner the two things for which you're most grateful.
- Ask your partner to tell you two things for which he or she is most grateful.

+ Ask Yourself...

- Can I remember times in my past when I didn't express my gratitude and regretted it later? Describe how it felt:
- Can I fix that now by writing a letter or sending a prayer of gratitude that person's way? Begin the process here:
- What is the benefit I receive when I feel grateful to another?

+ Step 8: Sweeten Up!

- List the sweet qualities you love in your partner and explain why you love them:
 - 1.
 - 2.
 - 3.
- Describe sweet moments you remember sharing with your partner and tell your partner how they made you feel:
- Write three ways you can share more sweetness with your partner in daily life:
 - 1.
 - 2.
 - 3.
- Describe a memory of someone being surprisingly sweet to you and how that affected you:

+ Ask Yourself...

- When do I last remember feeling authentically sweet towards someone?
- How, why, and when have I buried my sweetness?
- Am I willing to recover it?
- What steps in that direction am I willing to take?
 - 1.
 - 2.
 - 3.

+ Step 9: Dance

- How fluid and dynamic is the dance with your partner right now? Is one of you pulling away? Is one of you pushing too hard? Take turns describing how you see your dance. Who is pushing? Who is holding back? Who is withdrawing? Who is aggressive? Describe how it feels to you:
- Now describe how you would like it to be:
- What are you willing to do to make that happen?
- Write three things you'll do to improve the dance:
 - 1.
 - 2.
 - 3.

+ Ask Yourself...

- Can I remember a time when our dance was fluid and graceful? Describe it:
- How have I caused our dance to lose its balance, grace, and beauty?
- Do I remember a specific moment when I stepped out of rhythm and damaged our flow? Describe it here:
- What can I do to heal that now?

+ Daily Dancing With Your Partner

- Take a dance class together--anything from hip hop to folk or ballroom dancing. The physical act of moving together will help you get more emotionally aligned.
- **Say to your partner:**
- If I've been withholding or pulling back, I promise to give more love and sweetness and bring us back into balance.
- If I've been cold or distant, I promise to open my heart with gratitude and forgiveness and love you passionately.
- If I've been aggressive and demanding, I promise to step back and hold you in loving acceptance and allow you to move towards me when you're ready.

+ Step 10: Speak the Unspoken

- Sit in quiet meditation beside your partner. Look into your heart and examine what you haven't been saying but have been thinking and feeling. Remember that our thoughts have energy and are felt in spite of the words we say.
- **Turn to your partner and say:**
- There's a truth I need to speak to be connected to you.
- Here's what I love about us...
- Here's what's not working for me...
- Here's a possible solution...
- Be sure to include a possible solution.
- Now sit and hold the energy of love around your partner while they absorb what you've said. Then say, "Please describe your feelings around this so we can solve it."
- Keep your discussions heading toward positive solutions.

+ Speaking the Unspoken

- **Here are some examples of positive beginnings:**
- I love our playfulness together and I cherish our loving family...
- Yet I need more time alone with you in order to connect deeply...
- Maybe we could leave the kids with my sister for the weekend and...
- Your intention must be to empower your partner to solve the problem. In this way, you both ultimately get what you want. It's best to take turns doing this exercise, with one partner speaking for one minute while the other only listens. Then switch.

+ Practice Daily Truth Sharing

- Once a week sit in mantra meditation quieting the mind. Reflect on what you haven't shared with your partner that could be damaging to your relationship. Reflect on how you might bring this to them in a healing way. Write your thoughts about it.
- Go for a weekly Sunday walk or drive with your partner. First, share things you're grateful for about the past week. Then share three things about your partner that you're especially grateful for this week. Follow that by saying, "Here's what I haven't told you..."
- Share your unspoken truth in a loving way offering three solutions to make this situation better for both of you.
- **Ask Yourself This Question**
- When I examine what I haven't told my partner in order to protect him, do I recognize how this unspoken truth has damaged us anyway?
- Write your thoughts about this:

+ Step 11: Fantasize

- Draw a picture or clip a photo from a magazine that reminds you of you and your partner doing something happy together.
- Draw or clip a picture of you in love. What do you look like? How are you acting? Start acting like that right now.
- Draw a picture of you receiving abundant love. What does your face look like? Look in the mirror and recreate that face of someone who is well-loved. This face is the one you want to show to the world and to your partner every day.
- Imagine a future together that makes you giggle. Write down your “giggle dream” for this relationship:
- **Extra Fuel:** spend five minutes each day imagining a passionate loving and sweet sexual relationship with your partner.
- Practice kissing every day: Share fantasies every night for a week without making love. On the last night, pick your favorite one and enjoy it together.

+ Ask Yourself...

- What would your relationship look and feel like if you were crazy in love right now? Describe it:
- Imagine being divinely happy in this relationship one, ten, or twenty years from now. Describe what it would look like:
- Imagine yourself teaching others how to have loving, joyful relationships. What would you tell your students to do?

+ Now You've mastered the 11 Sacred Steps to BrilliantLove

- **Understand**
- **Give**
- **Refocus**
- **Laugh**
- **Intuit**
- **Forgive**
- **Be Grateful**
- **Sweeten Up!**
- **Dance**
- **Speak the Unspoken**
- **Fantasize**



11 steps in 3 months

- List 11 specific examples of how you'll bring these steps into your relationship in the next 3 months:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____



Contact Info

- Sue Frederick
- Sue@Brilliantwork.com
- www.CareerIntuitive.org
- 303-939-8574

