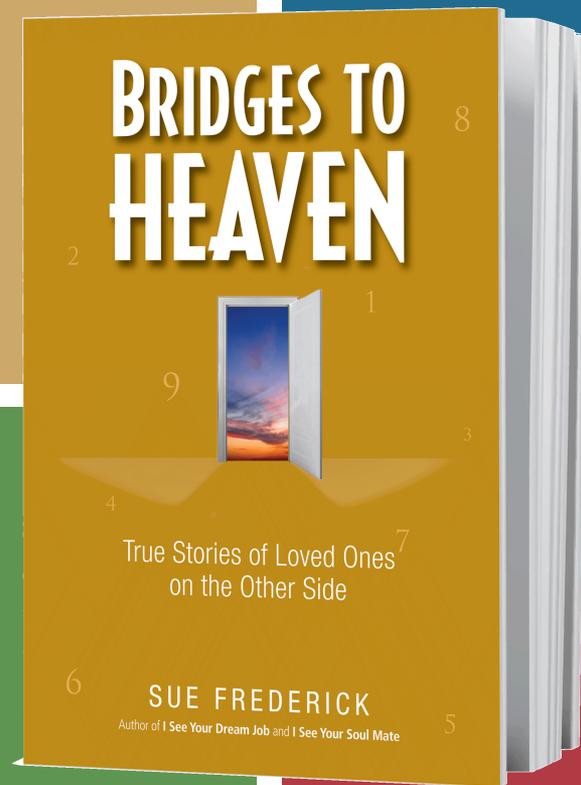




SUE FREDERICK'S

*GRIEF  
RECOVERY  
WORKBOOK*

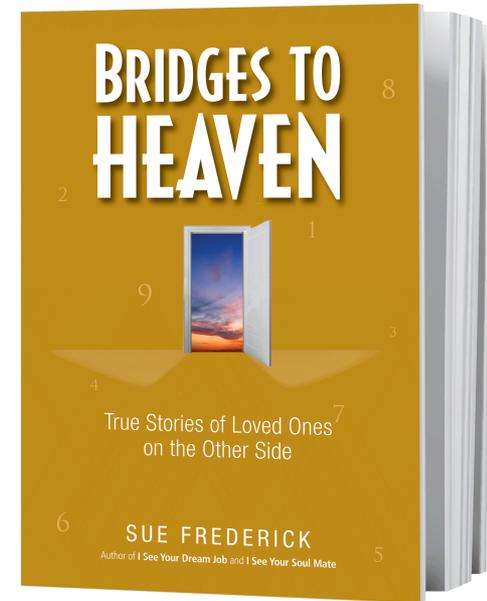


Created by Sue Frederick, Intuitive & Author of *I See Your Dream Job*, *I See Your Soul Mate* & *Bridges to Heaven: True Stories of Loved Ones on the Other Side*

**For Grief Recovery Workshops**

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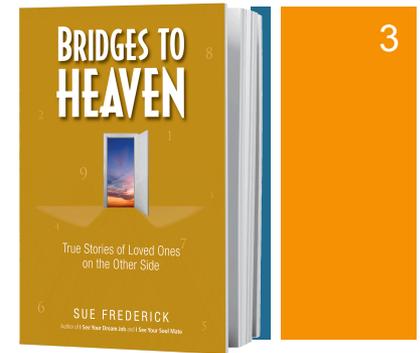
# Welcome to Sue Frederick's Grief Recovery Workshop



- **This material was created by:**
- Sue Frederick, Intuitive, Certified Grief Intuitive Coach and Author of I See Your Dream Job, I See Your Soul Mate & Bridges to Heaven; True Stories of Loved Ones on the Other Side [Sue@BrilliantWork.com](mailto:Sue@BrilliantWork.com)
- <http://www.careerintuitive.org>

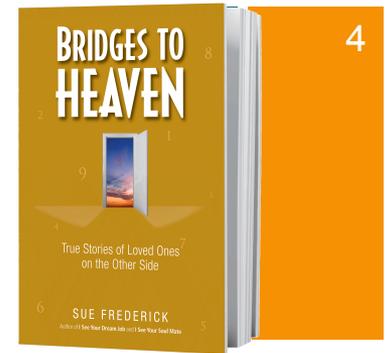


# Grief pushes you into the deep ocean of your soul's wisdom; It breaks your heart wide open.



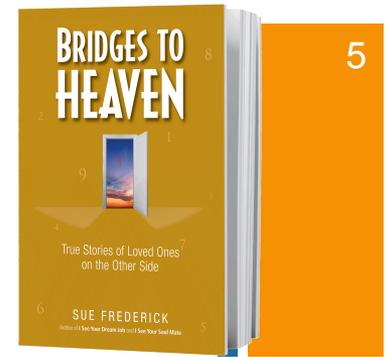
- In a dream...I'm standing on a beach surrounded by a vast expanse of dark sand as far as I can see. Gulls are squawking in the distance. I'm looking into my father's watery blue eyes. He's animated and young, explaining something to me with more passion than I ever saw in the last years of his life. His brother, my beloved Uncle Pete, who died soon after my dad, is standing beside us, laughing.
- We're enjoying the vivid openness of the sand and sky and sharing stories, when behind them in the distance, I see a huge tidal wave rolling along the sand toward us—maybe a hundred feet high and towering ominously over the flat landscape. We turn and see another powerful wave rolling directly toward us from the opposite direction. We're standing between these two oncoming waves, and in an instant, we realize there's nothing we can do. I grab their hands. "How will we remember?" I ask, staring into their eyes. "How will we find each other again?"

# + The Deep Ocean of Your Soul's Wisdom



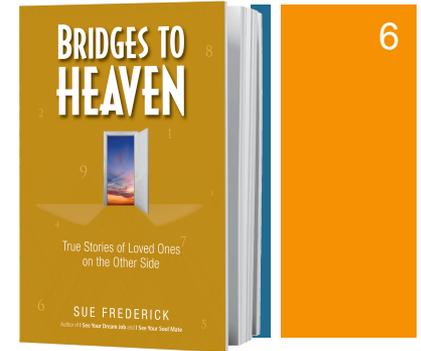
- “Don’t worry,” answers my Uncle Pete. “We always find each other.”
- He shouts something else, but I can’t hear his words through the sound of the crashing waves. I wake up gasping for breath—still feeling their strong hands wrapped around mine—longing for that moment again, hearing their voices in my head, unable to get back to sleep.
- Do we always find each other again? Isn’t that endless longing the tyranny of grief? Or is it simply our limited perspective on time and space? Aren’t we longing for the divine realms, where everything and everyone is luminous and connected—and aching to return to a home we can’t quite remember?
- When our loved ones step into the other realms, they never fully leave us. We abandon them—by not believing they’re still with us. We stop listening. Our pain blocks them out.

# + The Deep Ocean of Your Soul's Wisdom



- Of course, we're angry that our loved ones left us alone when we needed them. And we're angry with the doctor who didn't diagnose the cancer or the drunk driver on the road that night. But mostly, we're angry with ourselves because we might have prevented it if only we had...
- Yes, there's plenty to be angry about in the physical world and life is unfair—until you realize it's all on purpose. This tragic event is only a brief blip in your soul's journey.
- Grief is in your life today to help you. It's your divine reveal—pushing you to remember who you really are and what you came to do.

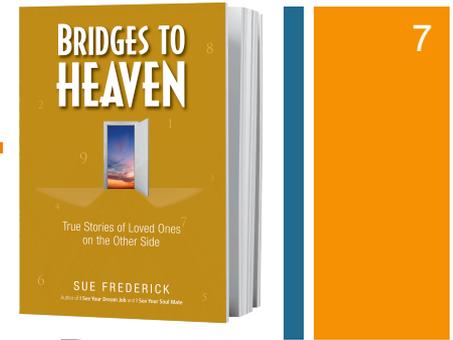
# + Divine Mother Grief: Our Great Teacher



- There's no teacher as powerful as Divine Mother Grief—the spiritual master of pain and enlightenment. If you've chosen Mother Grief as your teacher, you're clearly a powerful old soul who came here to do great work and to help raise the consciousness of humanity. You're here to be a beacon of light for others. And yes, of course you'll make your living from these gifts and find the love you crave. It's all waiting for you to take a step in a new direction.
- Let me take you on a journey to the divine. I'll unfold your wings and help you remember how to fly. We'll soar into the vast ocean of the higher realms. We'll leave your pain behind.
- Then you'll remember that you came from a world of grace and light and will return to it soon enough—and that this earth-bound life is your brief dream. You'll see your departed ones dancing in the ethers and soaring through your house like children at play.

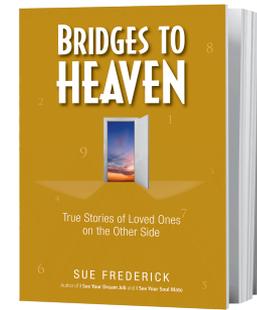


# You Came Here on Purpose...



- This part here—this physical world—is the hard part. But you came here on purpose to educate yourself, expand your boundaries, and emerge brilliant and powerful. You're not a victim—no matter how tragic your story.
- When you're stuck in your grief, your departed loved one sees you wrapped in a grey cloud of negative energy and longs to take away your pain.
- Your grief keeps your loved ones from communicating with you. It becomes a wall they can't break through.
- Those wasted days of feeling not good enough, strong enough, smart enough, or saying, "I don't care" are when we disappoint our higher selves and push away our departed.

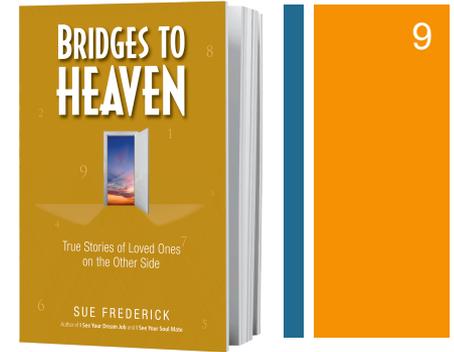
# + You Are Divine & This is Your Moment...



- When you once again open your heart and trust your intuition, you'll hear your departed speaking. You'll embrace your spirituality and help others. You'll walk away from the bitterness that damages your soul and separates you from love.
- Mother Grief will teach you ultimately that your life must have meaning and purpose or there's no reason to be here, and only you hold the key to finding that purpose. This workbook reveals your soul's mission and illuminates your next steps. But you have to take the first step...
- If you seek only to stop the pain, your pain increases exponentially. Addictions and distractions pull you off course and make your journey harder. When you trust your higher self instead, you become a beacon of light for the world. And this is why you came here.
- This painful moment is your spiritual reawakening—provided courtesy of your higher self. It's your moment of grace. There's only one solution now—fulfill your soul's mission and become the light being you came here to be. Here and now, you get to choose. Everything you need is here. All is forgiven. And you—YOU are divine. And this is your moment.



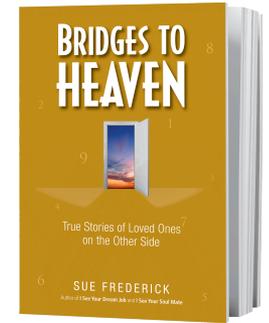
# Sue Frederick's 8 Essential Steps To Heal Your Grief



- **Share Your Story**
- **Explore the Spirituality Question**
- **Feel and Release the Pain**
- **Reconnect with Your Departed**
- **Plan Your Daily Healing Schedule**
- **Understand Your Soul's Mission & Reinvention Cycles**
- **Use Pain as Fuel**
- **Shift Your Energy**



# Step One: Share Your Story

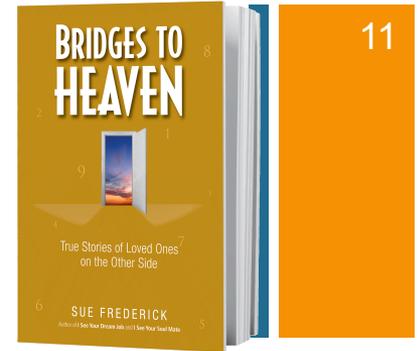


## *Tell Me Your Story—How Did Your Loved One Die?*

- **A story of painful loss can't be fully released until it has been fully told.**
- Tell or write the story of his death. Was it sudden? How long was he sick?
- What were the final days like?
- Were you with him at the moment of crossing over?
- What was that experience like for you?
- Did you have any premonitions or dreams about this death before it happened?
- Have you had any visits from him or dreams that he was in since his death?
- Do you feel your loved one fulfilled her life mission or accomplished her great work?
- Tell me about his life. What did you love the most about him? What do you miss the most?



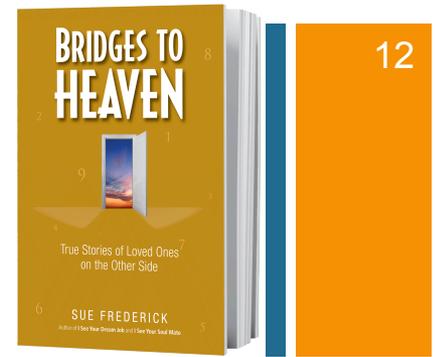
# Step One: Share Your Story



- Share one of your best memories.
- What would he want you to do now to fulfill your mission here?
- If she were standing here now what would she say to you?
- What would she want you to do with your life to move forward?
- What would you say to him/her?
- What insights do you have now about this loss that you wish you had known sooner?
- What soul lesson was your departed loved one teaching you by putting you through this loss?

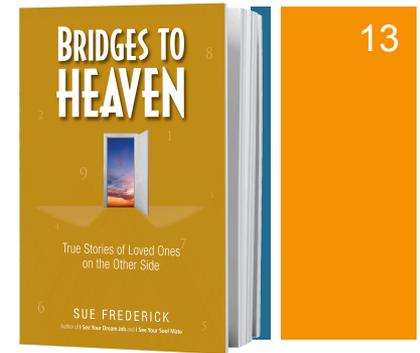


## Your Plan for Meaningful Holidays to Honor Your Departed...



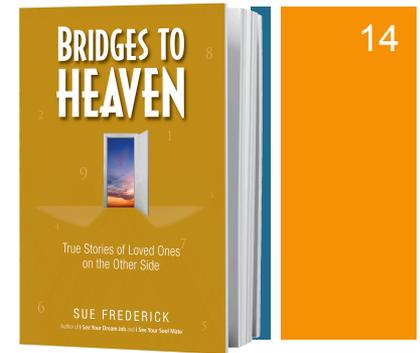
- Have you had a hard time with holidays or anniversaries?
- Describe how you might get through the next holidays or anniversaries with more of a focus on spirituality, healing, reconnection & meaningful service?
- You'll find examples in Chapter Six of ***Bridges to Heaven: True Stories of Loved Ones on the Other Side*** by Sue Frederick
- Describe how you might bring meditation or prayer more powerfully into your daily holiday routine:
- Describe how during the holidays you might volunteer or do service work in honor of your departed:

# + Step Two: Explore the Spirituality Question



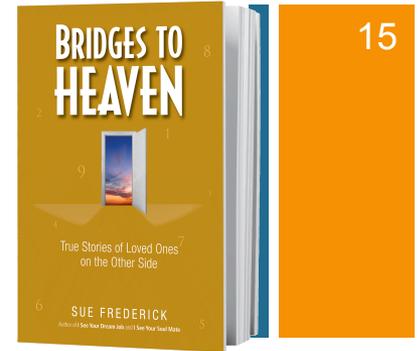
- *Tell me what you believe in....*
- Do you follow a religion or do you have a daily spiritual practice of some kind?
- Share the details of your spiritual journey: How were you raised?
- What do you believe in now?
- Have you explored other religions beyond the one you were raised in?
- Is spirituality a focus of your daily life or not?
- Do you **pray or meditate every day**? Is so, describe what you do.
- **Where do you believe your departed is now?**

# + Step Two: Explore the Spirituality Question



- When you're in pain, your most pressing questions are 'why did this loss happen?' and 'where is my loved one now?'
- By exploring a broad spiritual (not religious) perspective you may find answers that are truly healing.
- This loss is your moment of true spiritual (not religious) awakening. It's calling you to experience first-hand your own divine nature.
- Your pain will diminish the instant you have an experience of communicating directly to your departed and feeling their presence.
- You'll have first-hand confirmation that the unseen realms are real.

# + Step Two: Explore the Spirituality Question



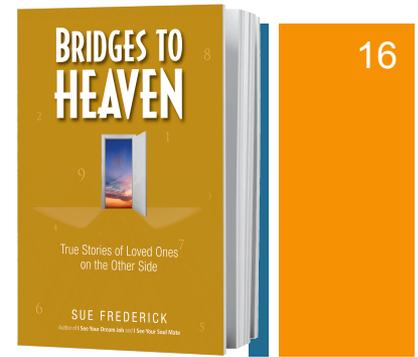
- There's a difference between spirituality and religion.
- Religion is a set of beliefs and rules governed by a church. If you're already deeply comforted by your church and don't question those beliefs, that's terrific.
- If your church's beliefs don't fully resonate with you - are you willing to step out of your comfort zone **to explore new ideas & develop your own personal connection to the divine?**
- Write your thoughts:

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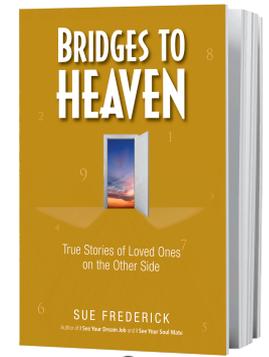
# + Step Two: Explore the Spirituality Question



- To explore this bigger view of spirituality, would you be willing to go on a spiritual journey of exploration?
- Would you consider spending time at a monastery, ashram or spiritual center or taking a meditation class?
- Would you be willing to visit a Hindu and Buddhist Ashram, Unity Church, Science of the Mind Church, Kabala center or read metaphysical books?
- This spiritual journey of exploration would help you understand what others believe about the after life and see if those ideas resonate with you.
- Write your thoughts on this:



# Notes on your spiritual journey



- What do you believe in spiritually? An afterlife? Heaven?

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- What did you grow up believing?

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- What do you believe now?

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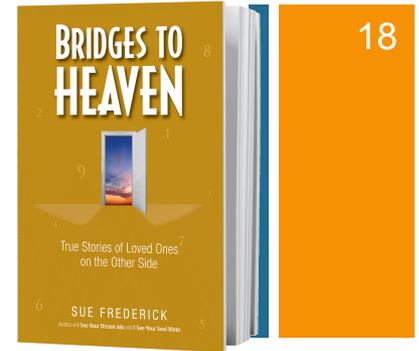
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- How can you bring spirituality more into your day to day life?

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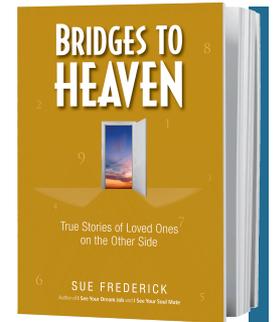
# + Step Two: Explore the Spirituality Question



- Suggested books include:
- ***Proof of Heaven*** by Eben Alexander, MD.;
- ***The Conscious Universe*** by Dean Radin;
- ***Science and the Akashic Field*** by Laszlo;
- ***After We Die, What Then?*** by George Meek;
- Movies ***What The Bleep Do We Know & Something Unknown is Doing We Don't Know What (award winning documentary)***.



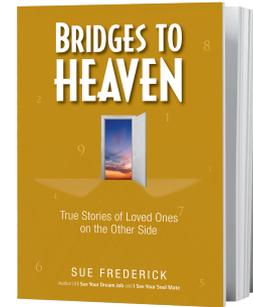
# Step Three: Feel & Release the Pain



- It's necessary to feel your pain in order to release it and heal. This daily meditation is a powerful way to do that. This practice will make you feel better from the first day you try it. I've used it many times in my life and it has helped hundreds of my grieving clients.
- ***The Break Your Heart Wide Open Meditation***
- 1. Start each morning with a ten- to twenty-minute meditation. During this meditation, quiet your mind with mantra or prayer repetition. I repeat the ancient mantra ***Om Namah Shivaya***, a Sanskrit phrase meaning "I bow to the divine self." Or you can repeat the Lord's Prayer.
- 2. Whenever your thoughts wander into your meditation, gently bring your focus back to the mantra.
- 3. At the end of the meditation, when your mind has settled down, ask to fully feel and release the pain in your heart.



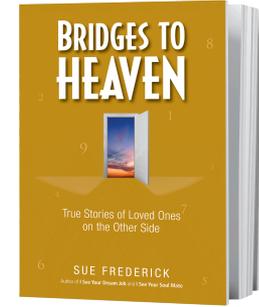
## Step 3: Break Your Heart Wide Open Meditation



- 4. Focus your attention on the heart chakra, take several deep breaths, and allow yourself to deeply experience your grief. Cry if you need to. To focus the energy, you can place your palm facing upwards in front of your heart.
- 5. Whenever you feel the pain, picture it 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. (Picture the pain moving out of your heart as you move your palm away from your heart chakra and up to the divine realms.)
- 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 and you'll find the energy to move forward with your life.



# Break Your Heart Wide Open Meditation



- Describe your experience with the Break Your Heart Wide Open Meditation: \_\_\_\_\_

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- If you believe this practice can help you, when & how during your day will you create time and space to do it?

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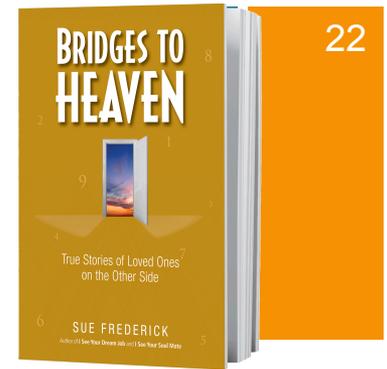
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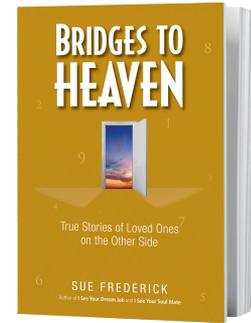
# Step Four: Reconnection Ritual



- Your loved ones are always there for you.
- Please suspend whatever limited thinking is holding you back from reconnecting with your departed. You'll be amazed at the powerful guidance and loving energy you receive when you reach out.
- Over the years I've developed this powerful reconnection technique. It has profoundly helped me—whether I was asking for relief from the pain of grief or needed help writing a section of my book.
- It works whether your loved one just crossed over or crossed over decades ago.
- I've seen this technique create incredible healing for my clients & students. I know it will help you too.



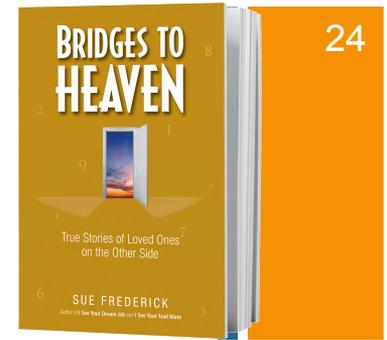
# Step Four: The Reconnection Ritual



- When first recovering from grief, practice this Reconnection Ritual **at least once a day**. If you doubt the connection and don't believe the images and whispers are real, ask your departed for a sign to help you believe. You can ask for flickering lights or a phone call with no one on the other end. Or you can ask to have someone say something to you that day that replicates a phrase you used with your departed.
- If you practice this ritual once a day for seven days, it will remove any doubt that your loved one lives on and is still accessible to you. You'll gain a new perspective on your life and see why you're still here. Remember, you have to surrender what you "know" and quiet the logical mind to experience this powerful connection.

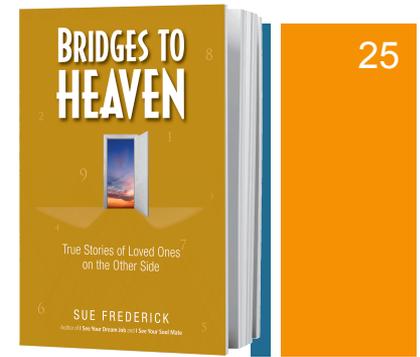


## Step Four: Reconnection Ritual



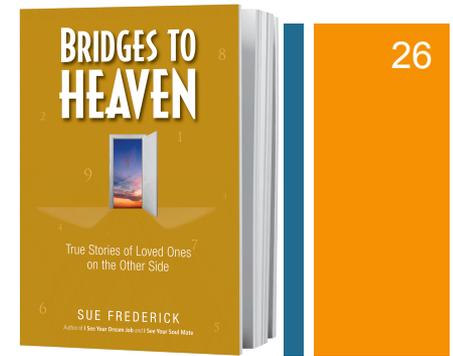
- **1. Sit in a quiet space and close your eyes.** If it's noisy, use earplugs to create quiet. Take three deep breaths.
- **2. Repeat a high-frequency Sanskrit phrase such as Om Namah Shivaya (I bow to the Divine Self) or repeat the Lord's Prayer.** You can do this quietly in your head. When you notice your thoughts getting in the way, gently bring your focus back to the mantra. I recommend either using this mantra or the Lord's Prayer. You're trying to raise your energy frequency and don't want to attract lost souls. Sanskrit mantras and the Lord's Prayer carry sacred energy and will protect you.

# + Step Four: The Reconnection Ritual



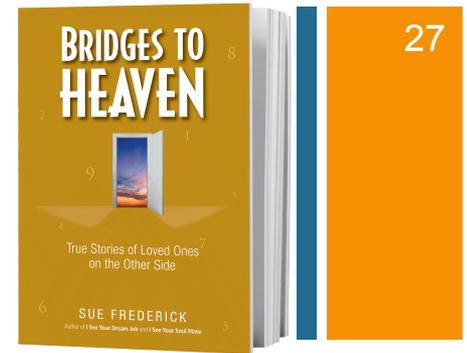
- 3. At the end of fifteen minutes (when you've noticed your mind settling down), stop repeating the mantra and keep your eyes closed. Take a deep breath and open your heart. **Send loving energy to your departed. Feel the love and see them feeling it and smiling back at you.** Love protects you from anything negative and strengthens your intuition. It opens your connection to the departed.
- 4. **Speak directly to your loved one.** Repeat their full name three times. Then say, ***“Hi, are you there?”*** With your eyes closed, notice the flicker of an image in front of you. Don't fixate on the image or look directly at it. Keep your eyes closed. But be aware that your loved one is taking form for you. Don't be afraid. Concentrate on feeling love in your heart. It enhances your connection and protects you.

# + Step Four: The Reconnection Ritual



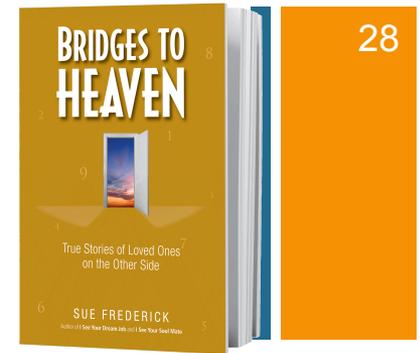
- **5. Ask your most pressing questions.** Examples: Will I find love? Will I find work? Should I sell the house? Can you help me feel stronger? Why am I still here? Why did you have to go? What should I do now? Can you help ease my pain?
- **6. Then be quiet and listen.** They're speaking to you. You may doubt it because it will feel as if you're imagining the conversation. You're not. This is how they communicate. If you're feeling cynical, tell yourself, "Okay this is a fun game of imagination..." But stick with it. Take note of everything they say, the ideas that pop into your head, and the images you get. This is all guidance for you.

## + Step Four: The Reconnection Ritual



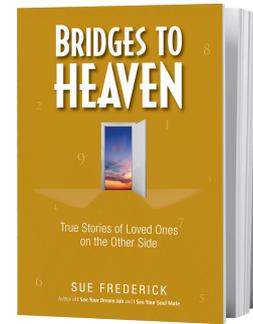
- **7. Send them gratitude!** Say, “Thank you for your help! I feel your presence and I appreciate it!”
- **8. Write down any ideas, phrases, images, or feelings you received** or that come to you now upon reflection.
- **9. Get up and go about your day.** Later take time to reflect on what you experienced. Contemplate how the guidance applies to your life.
- ***Write about your experience with this technique:***

# + Protection Techniques



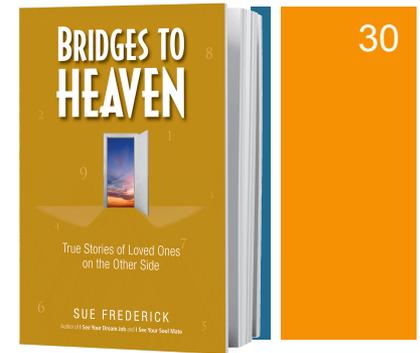
- Once you begin daily meditation to access your higher consciousness, you also open yourself up to other energies.
- Just as there are positive energies in the universe, there are negative ones. Our universe is composed of both light and dark, yin and yang. When we venture into the other realms, we need to wrap ourselves in high-frequency prayer, mantra, or chanting for protection.
- 1. 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.

# + Protection Techniques



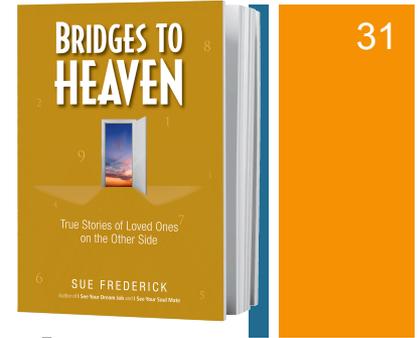
- 2. The mantra ***Om Namah Shivaya*** is a Sanskrit phrase meaning, “I bow to the divine self.” This sacred, high-vibration chant has been used for thousands of years to raise consciousness and will also wrap you in protective energy. I use it every day in my meditations and before working with my clients.
- 3. Energy healers use techniques such as picturing a bubble of white or blue light surrounding and protecting them. I’ve also found this to be helpful.
- 4. 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 sends it into the earth to be recycled.

# + Protection Techniques



- 5. Water is a powerful cleansing agent and you can use it to do more than cleanse your body. Swimming, showering, or taking a bath will also energetically cleanse you—washing away dark or negative energies and feelings you’ve picked up during the 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 everything away until you feel pure and light.

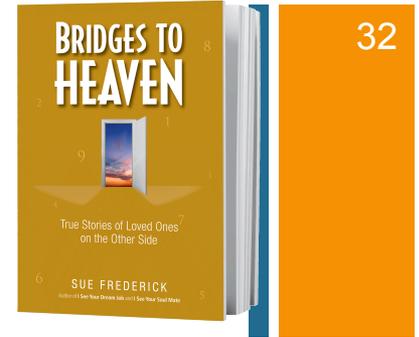
# + Protection Techniques



- 6. Love is the most powerful positive force of all and it always trumps darkness. When you're afraid, send love to what you fear. It's like turning on a light in a dark room. Open your heart and pump the love. Darkness will disappear. When you're afraid, this 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 your 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.



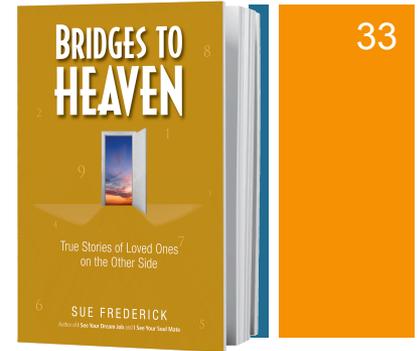
# Remembering Your Intuition



- 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?
- As a child, were your intuitive experiences encouraged or dismissed by your family of origin?
- When does your intuition show up most powerfully?
- When your loved one died did you feel him/her communicating with you?
- Have you felt his presence in your life since he died? How so?
- Describe any dreams you've had that may have been a message from your departed:

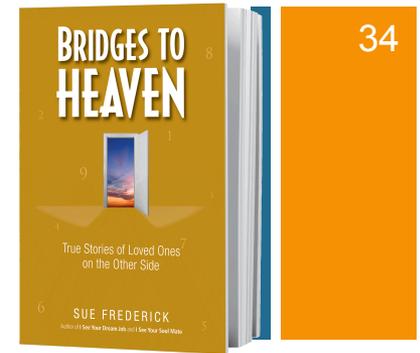


# Remembering Your Intuition: Ask Yourself...



- Does your current circle of friends and partners embrace or dismiss intuition?
- If you have not felt your departed's presence could it be because your grief and pain has been so intense that it blocked the communication?
- Are you willing to do the ***Break Your Heart Wide Open Meditation*** to release your pain and then try connecting to your departed?
- Are you willing to do the ***Daily Reconnection Ritual*** to experience first-hand the presence of your departed loved one?
- Write your thoughts on this:

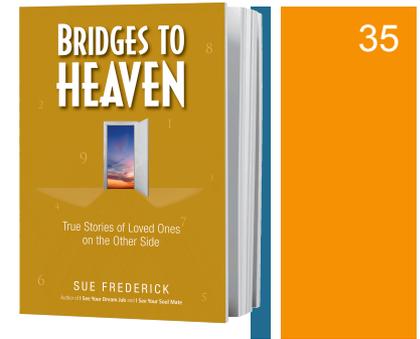
# + Dreaming



- My dreams have been one of my primary tools for seeing the future and connecting with departed loved ones.
- I share many of my pre-cognitive dream experiences in my books ***I See Your Soul Mate & Bridges to Heaven***.
- You can develop this ability by asking for dream guidance & communication from your departed before you go to bed.



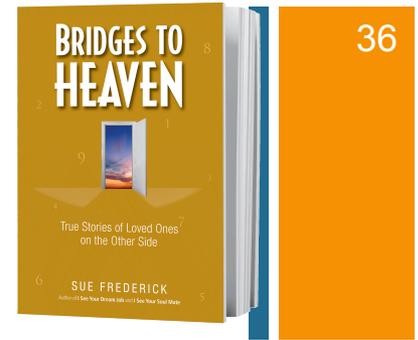
# Getting Dream Guidance



- Before going to sleep, sit up in your bed and do a short meditation.
- At the end of the meditation, ask your departed for dream guidance.
- You can be specific and ask for guidance with career, children, health or money.
- You can simply ask for healing and comfort from your departed loved one.
- Keep a notebook by your bed. The moment you wake up write down any dream memories you can capture.



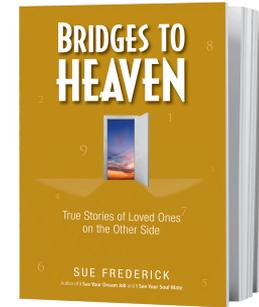
# Step Five: Your Daily Grief Healing Schedule



- **5 A.M.: Wake Up Early and Pray!** Set your alarm for no later than 6 A.M. or whenever the sun comes up in your area. Sit up and immediately do **The Break Your Heart Wide Open Meditation**. If you have a need to talk to your departed do the **Reconnection Ritual** after you've felt and released your grief.
- **6 A.M.: Move Your Chi** -Waking up early to meditate and then exercise will prime your **Chi**--or life force--in such a way that your grief will soon feel lighter. You can start with moderate exercise. Just get your four limbs moving--whether it's dancing, yoga or Tai Chi. Always begin your day with 30 minutes of exercise in your living room in front of your DVD.
- **7 A.M.: Feed Your Chi** - Healing grief requires boosting your immune system and enhancing your life force. I recommend a two-week raw foods diet to cleanse your system and recharge your health. Then stay away from processed foods and sugar. Take a good B-vitamin daily supplement. Ask your local natural foods retailer to suggest a St. John's Wort herbal supplement; it's been shown in research to ease depression. Bach flower remedies (such as Rescue Remedy and Beech) are also used to improve mood and reduce the effects of emotional trauma. The essential oils Rose and Lemon are used to heal the heart and uplift the spirit. The homeopathic remedy Ignatia is beneficial for reducing sadness and healing grief. All of these remedies can be found in your local natural foods store.

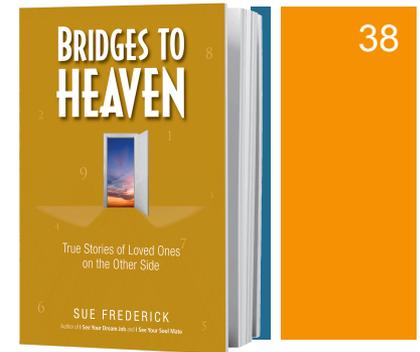


# Step Five: Your Daily Grief Healing Schedule



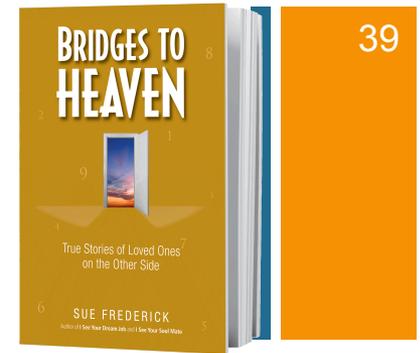
- **Noon: Have a Chat with Your Departed** - To connect at the appointed time follow the **Reconnection Ritual**. Or you can quickly check in and say, “Do you have any guidance for me? What should I do about such and such...” Listen for their end of the conversation. Write down any ideas or insights that come to you. After a few months of doing this, you’ ll feel less of a need for daily connection with your departed. You’ ll simply know it’ s time to let go, and that will feel okay with you. You’ ll know that whenever you need to talk, your loved one will find you.
- **2 P.M.: Mid-Afternoon Energy Boost:** - Instead of a snack, practice wild forgiveness and random gratitude towards office mates or people you interact with. Tell a co-worker something about herself that you’ re grateful for. Walk up to someone with whom you’ ve experienced negative energy in the past and send fearless love and forgiveness their way. Look them in the eye and tell them something wonderful and true about themselves. Call a family member whom you’ ve had a strained relationship with. Tell them how awesome they are and wrap them in forgiveness.
- **6 P.M.: Evening Meditation to Release Grief** - Find a quiet space to sit in meditation. Close your eyes and repeat the **Break Your Heart Wide Open Meditation**. Then eat a healthy dinner with as few processed foods as possible.
- **10 P.M.: Prepare for Sleep by Reconnecting to Your Loved One** - Before going to sleep, say prayers or do your evening meditation. Then do the **Reconnection Ritual** as described above. You can also ask for dream guidance from your departed.

# + Step Six: Understanding Your Soul's Mission & Reinvention Cycles



- Once you find your path, you understand your soul mission and what you came to do. It reveals your Golden Key for this lifetime.
- Your path illuminates your reason for still being here in the physical world even though your loved one has moved on.
- By embracing the soul mission, you rise to the challenge of your lifetime and fulfill your purpose. Only then are you able to join your loved one in the highest realms.

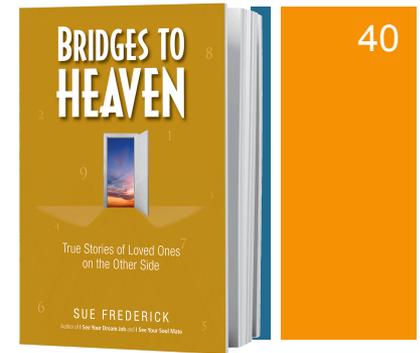
## + Step Six: Understanding Your Soul's Mission & Reinvention Cycles



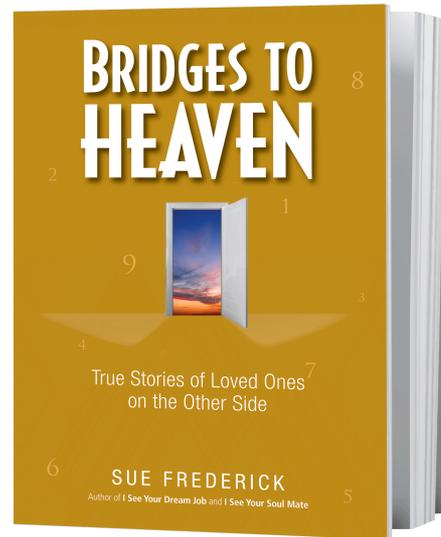
- Finding your soul's intention by using the numbers in the date of birth.
- You have to know who you are and why you're still here; this empowers you to focus on the future, move through grief and fulfill your mission (which is the reason you're still here).



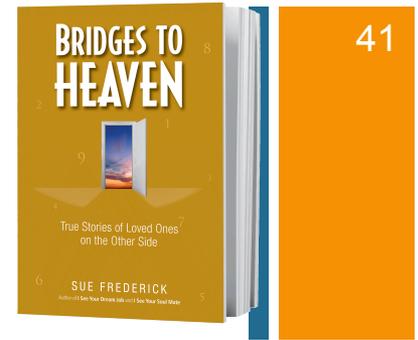
# The Meaning of Numbers



- To study the meaning of each number see Chapter 7 of the book **Bridges To Heaven.**



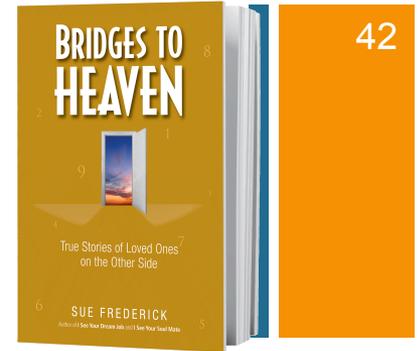
# + Meaning of Numbers



- 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  $(1 + 0 = 1)$



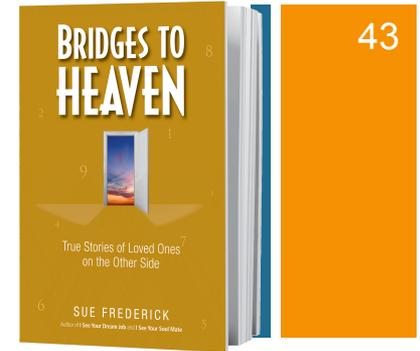
# Your Birth Path



- 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:



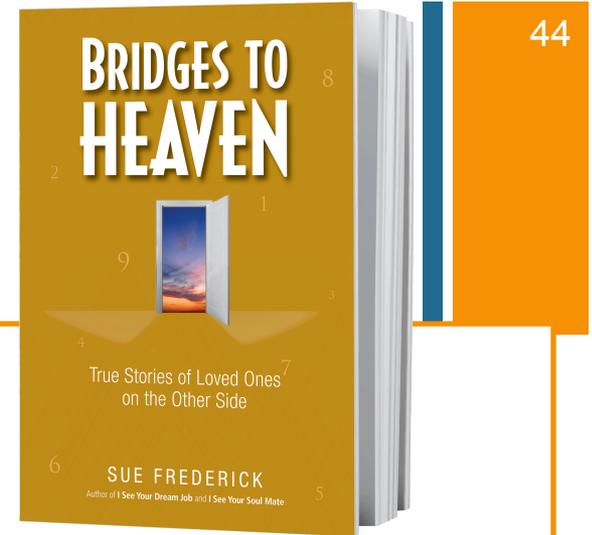
# 3 Ways of Adding Birthdates



- 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



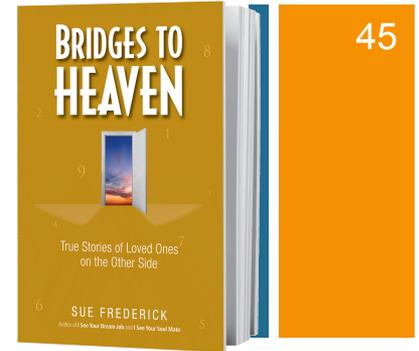
- Using Birth Date May 1, 1960
- This is a 22 birth path:

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

5	=	5
1	=	1
+1960	= 16 =	+7
<hr style="border: 0.5px solid black;"/>		<hr style="border: 0.5px solid black;"/>
1966=	<span style="color: orange;">22/4</span>	<span style="color: orange;">13/4</span>



# 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:

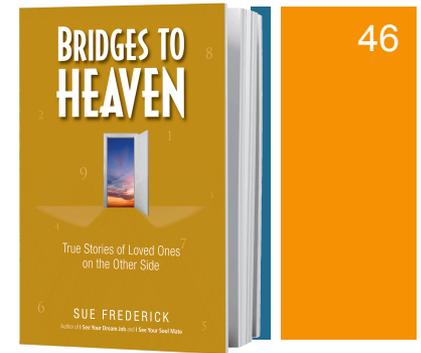
■ Birth date Sept 15, 1951

■ 1951

■ 15

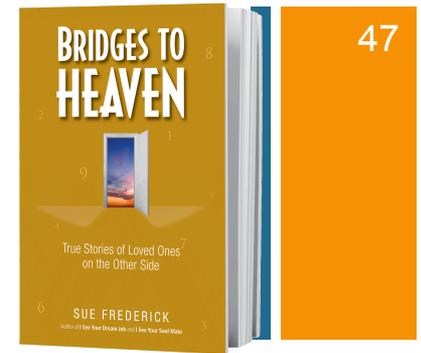
■ +9

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





## Third Method:

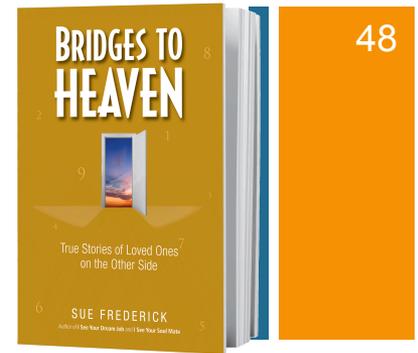


- Birth date Sept 15, 1951

- $9+1+5+1+9+5+1=31=3+1=4$

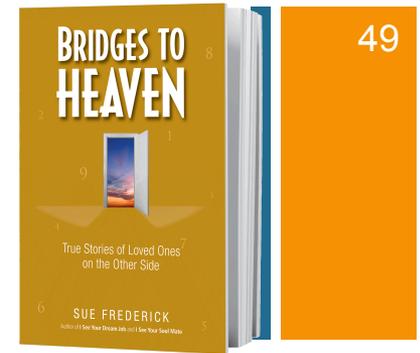
- This is a 22 birth path that shows up as 22 two ways out of three. If it had shown up as 22 only one way it would still be a 22 birth path.

# + Calculate your birth path 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).

# + How birth paths reveal your soul mission...

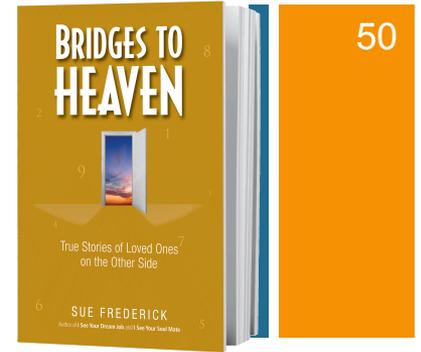


- To apply the numbers specifically to birth paths & understand how to use the information to heal grief and move forward see Chapter 7 of the book **Bridges To Heaven.**





Explain what your birth path reveals about your life purpose:



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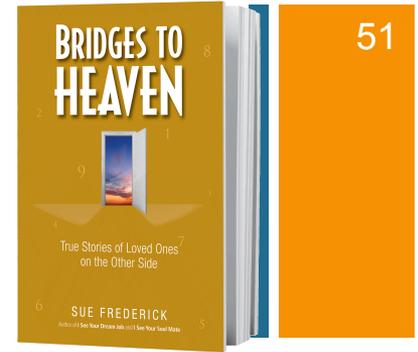
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# Explain what your birth path reveals about healing your grief:



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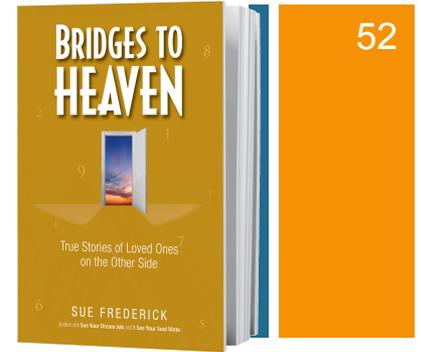
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Explain what Your Golden Key reveals & how to line it up with your soul's mission: See chapter 7...



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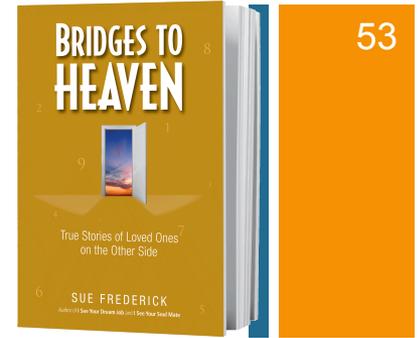
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# In Summary...



- Write a brief summary of your path and include the suggestions for healing grief:

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- Write your ideas for how you can use this information to realign your life:

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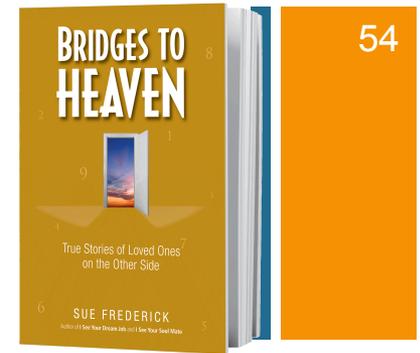
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- Describe your Golden Key and how you might find a new career direction by aligning your Golden Key with your birth path mission:

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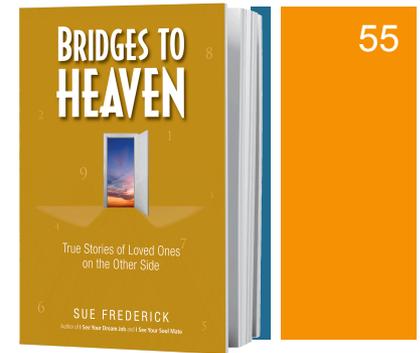
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# + Personal Year Cycles



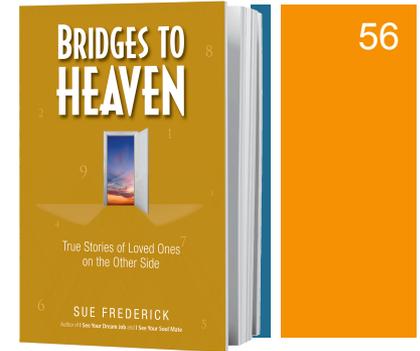
- All of your life you've experienced repeated nine-year cycles of reinvention. By understanding where you are now in your reinvention cycles, you can more gracefully heal your life.

# + 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 and loss; helping you master the challenges you signed up for, and accomplish the work you came here to do.

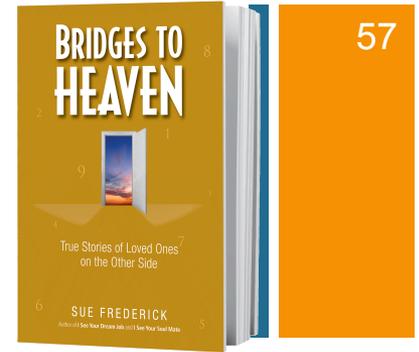
# + Personal Year Always Begins in January...



- 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...



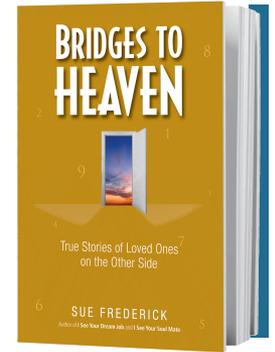
# Calculate Your Personal Year



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



Write a brief description of the personal year you're experiencing right now and the implications it has for your healing:



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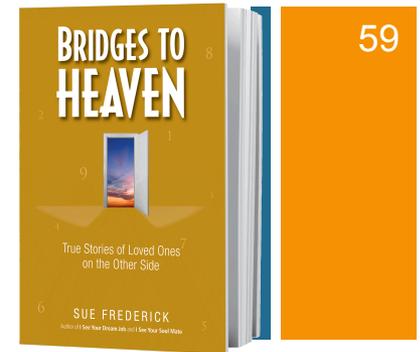
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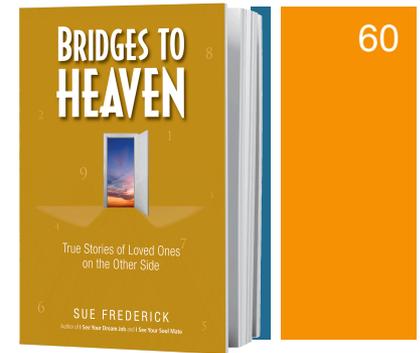


# Saturn Returns



- At the **ages of 28 and 29**, you go through your **First Saturn Return**. 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. You'll see that your life is going to turn out differently from how you thought it would be. And you'll understand that you're not here to meet the expectations of family and friends. This is your moment of seeing who you really are. You may lose someone you love at this transition point--whether it's a parent, friend or spouse. This loss is meant to fuel your reinvention.
- At the **ages of 58 and 59**, you go through your **Second Saturn Return**. This is the second major transition point of your lifetime--where you're stripped naked until you finally become your true self in the world. You're no longer allowed to hide behind limiting job titles or relationships. It's time to be the authentic self you came here to be--doing your great work in the world. **This is also a time when you may lose someone you love and use grief to fuel your reinvention.**

# + Map Your Own Reinvention Cycles

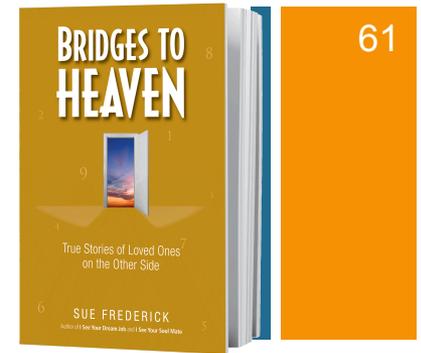


- One of the most helpful steps of your recovery process is looking through all of your **previous nine-year cycles** and discussing what was going on during each cycle. Starting with your birth year, write each year of your life to the left of the personal year number you were experiencing. Also include your age. **(Use the charts at the back of this workbook.)**
- Make notes by the years when important events occurred--especially note when relationships and careers began or ended, and when you experienced grief and loss. Note any changes that took place when one nine-year cycle ended and a new one began. **Note what you learned about yourself during the Saturn Return.**
- By examining your past reinvention cycles what insights do you have about your current grief challenge and moving through it? **What insights have you gained from reviewing your cycles?**



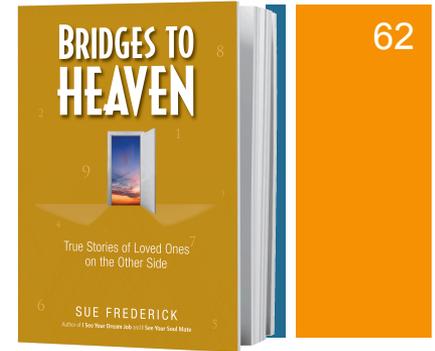
# Ask Yourself...

- How did each 9 year cycle begin and end?
- What was my intention at beginning of each cycle?
- What did I let go of at end of each cycle?
- When did I fall in or out of love?
- When did I have children or long to have children?
- When did my loved one die?
- What did I learn?
- What did I learn about myself during the Saturn Return?
- When I look at my Saturn Returns what can I learn about the purpose of my pain and how it fuels my life and great work?





## Step Seven: Use Pain as Fuel



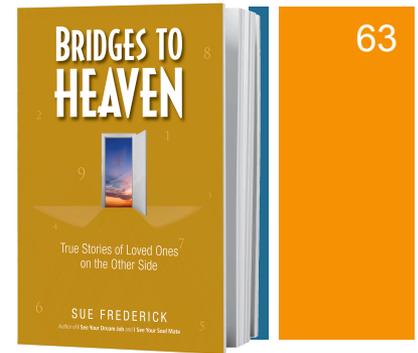
- ***Consider the possibility that all of your pain***--every wound you've ever experienced, from loss to illness to disappointment--was exactly what you needed and chose in order to arrive at this point in your life, which is exactly where you're supposed to be.
- Imagine that your soul chose to experience this loss to **open your heart** and **strengthen your connection to the divine**--to push you onto your true path and **inspire you to accomplish your soul's greatest mission.**
- **Grief fuels your greatest spiritual & emotional reinvention; it breaks your heart wide open & sends you searching for the truth of where your loved one went & why you're still here.**



## Step Seven: Use Pain as Fuel

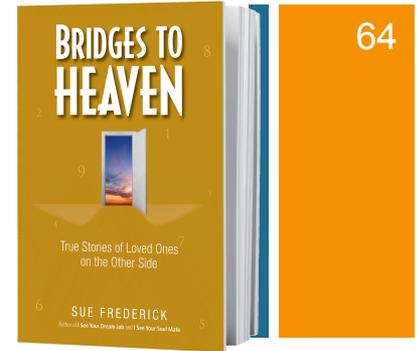
### *Consider this...*

- Your greatest work offers to the world what you wish had been offered to you in your moment of greatest pain.
- Grief brings a clarity and focus to your life's purpose that gives you a powerful advantage in everything you do.
- Grief will drive you to see beyond the surface and embrace a truly spiritual perspective in every area of your life.





# Step Seven: Use Pain as Fuel

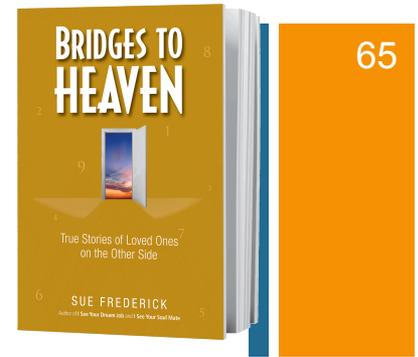


- Our losses heal us by giving us a chance to refocus on what's important, truly love the people still in our lives & find the great work that fulfills our mission & answers the question 'why am I still here?'
- Write your thoughts on this & how it might apply to your life:

- ---
- ---
- ---
- ---



# Step Seven: Use Pain As Fuel



- Tell or write the story of your loved one's death. In the story answer these questions:
  - 1. What soul lesson was your departed loved one teaching you by putting you through this loss?
  - 2. What would your departed want you to do with your life now?
  - 3. If you knew your departed was here beside you, what would you say to him? What would he say to you?

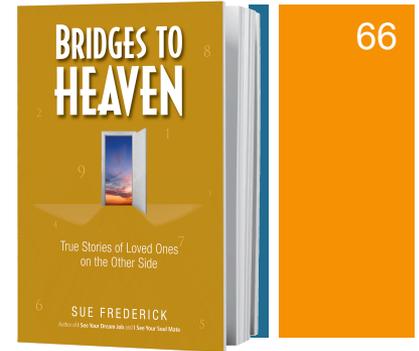
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# Step Seven: Use Pain As Fuel



- 4. From **your most spiritual perspective**, what has been the gift of this experience?
- 5. What three steps are you willing to take to bring a more powerfully spiritual perspective into your daily life and work?
- 6. What steps are you willing to take to use your pain as fuel to accomplish your soul's greatest mission?

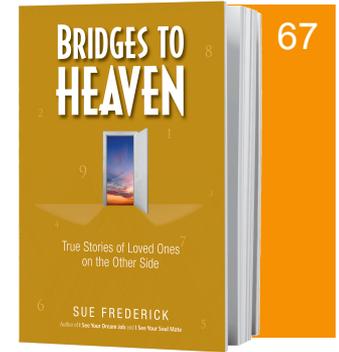
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# Step Eight: *Use Energy Shifters*

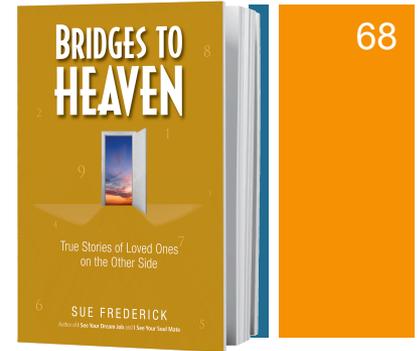


See Chapter Nine of Bridges to Heaven:

- **Open Your Heart: Love Recklessly**
- **Refocus Your Thoughts**
- **Tell A New Story**
- **Shift from Superficial to Super-Spiritual**
- **Laugh Like There's No Tomorrow**
- **Forgive With Abandon**
- **Get Wildly Grateful**
- **Sweeten Up**
- **Move Your Chi**
- **Feed Your Chi**
- **See Your Future**



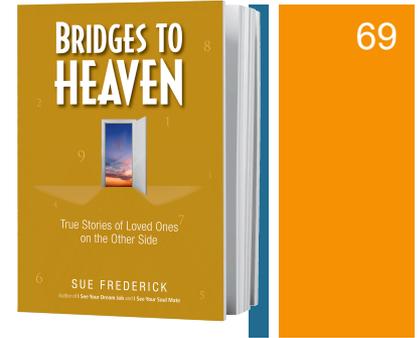
## Step Eight: *Energy Shifters*



- Share **one thing that you're grateful to have in your life now:** \_\_\_\_\_
- Just focusing on that one thing will help you shift your energy to a higher frequency and allow healing to happen.
- Share one thing that you're grateful for about this painful loss: \_\_\_\_\_
- Start each day by saying out loud something you're grateful for, and then repeat it again before bedtime. Gratitude is a potent energy shifter that will make you feel better instantly.
- **Study the 11 Energy Shifters listed in this workbook and in *Bridges To Heaven*. By using these energy shifters every day you regain control of your life and regain your happiness.**



# Step Eight: *Energy Shifters*



- What is the purpose of these Energy Shifters & how can they help heal you?



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- Give examples of how you might bring these energy shifters into your life more often:



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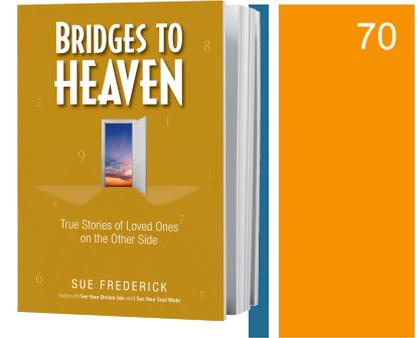
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# 5 steps in 3 months



- List 5 steps you'll take in the next 3 months to fulfill your soul's mission, use your pain as fuel, & live as if you know your departed loved one is watching you:

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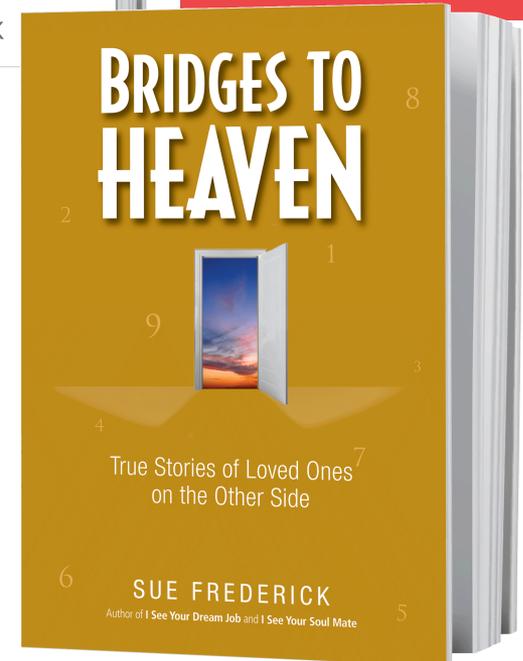
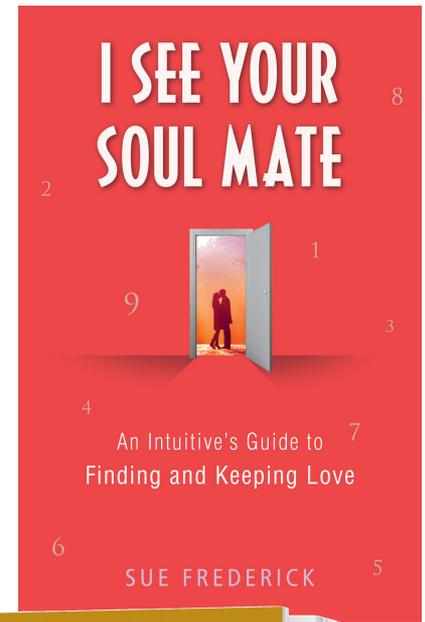
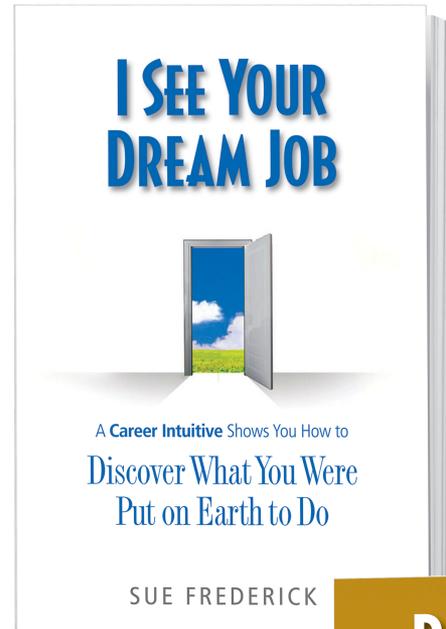
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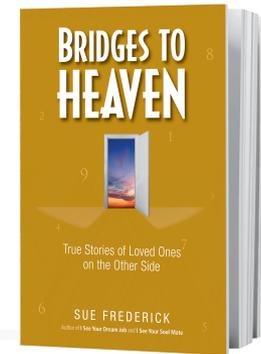


# Contact Info

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- [Sue@Brilliantwork.com](mailto:Sue@Brilliantwork.com)
- [www.CareerIntuitive.org](http://www.CareerIntuitive.org)
- 303-939-8574

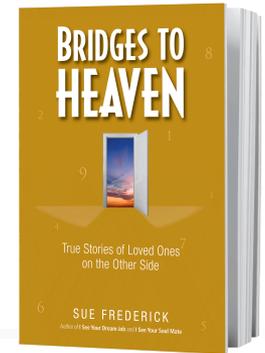


# 1 Birth Path Chart

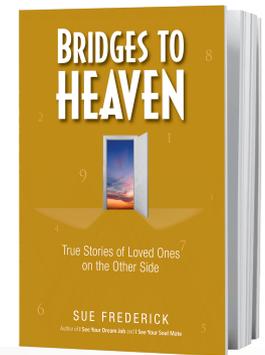


<u>PY</u>	<u>AGE</u>							
■	1	0 years	■	4	21	■	8	43
■	2	1 year old	■	5	22	■	<u>9</u>	<u>44</u>
■	3	2	■	6	23	■	1	45
■	4	3	■	7	24	■	2	46
■	5	4	■	8	25	■	3	47
■	6	5	■	<u>9</u>	<u>26</u>	■	4	48
■	7	6	■	1	27	■	5	49
■	8	7	■	2	28 SR	■	6	50
■	<u>9</u>	<u>8 years old</u>	■	3	29	■	7	51
■	1	9	■	4	30	■	8	52
■	2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

# 11 or 2 Birth Path Chart



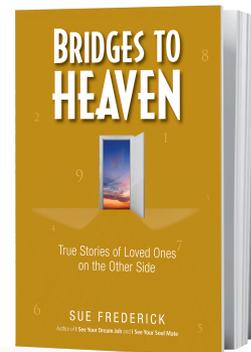
<u>PY</u>	<u>AGE</u>										
■	2	0 years	■	5	21	■	<u>9</u>	<u>43</u>	■	4	65
■	3	1 year old	■	6	22	■	1	44	■	5	66
■	4	2	■	7	23	■	2	45	■	6	67
■	5	3	■	8	24	■	3	46	■	7	68
■	6	4	■	<u>9</u>	<u>25</u>	■	4	47	■	8	69
■	7	5	■	1	26	■	5	48	■	<u>9</u>	<u>70</u>
■	8	6	■	2	27	■	6	49	■	1	71
■	<u>9</u>	<u>7</u>	■	3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



# 3 Birth Path Chart

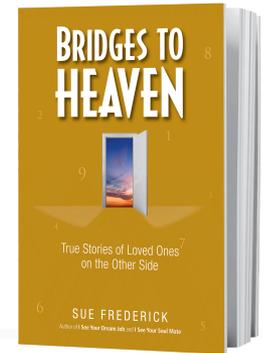
<u>PY</u>	<u>AGE</u>							
■	3	0 years	■	6	21	■	1	43
■	4	1 year old	■	7	22	■	2	44
■	5	2	■	8	23	■	3	45
■	6	3	■	<b><u>9</u></b>	<b><u>24</u></b>	■	4	46
■	7	4	■	1	25	■	5	47
■	8	5	■	2	26	■	6	48
■	<b><u>9</u></b>	<b><u>6</u></b>	■	3	27	■	7	49
■	1	7	■	4	28	■	8	50
■	2	8 years old	■	5	29 SR	■	<b><u>9</u></b>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

# 22 or 4 Birth Path Chart



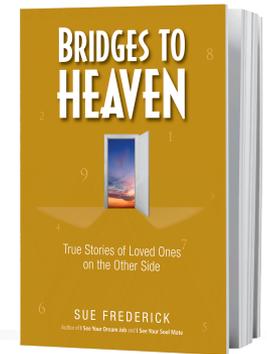
<u>PY</u>	<u>AGE</u>										
■	4	0 years	■	7	21	■	2	43	■	6	65
■	5	1 year old	■	8	22	■	3	44	■	7	66
■	6	2	■	<u>9</u>	<u>23</u>	■	4	45	■	8	67
■	7	3	■	1	24	■	5	46	■	<u>9</u>	<u>68</u>
■	8	4	■	2	25	■	6	47	■	1	69
■	<u>9</u>	<u>5</u>	■	3	26	■	7	48	■	2	70
■	1	6	■	4	27	■	8	49	■	3	71
■	2	7	■	5	28	■	<u>9</u>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

# 5 Birth Path Chart



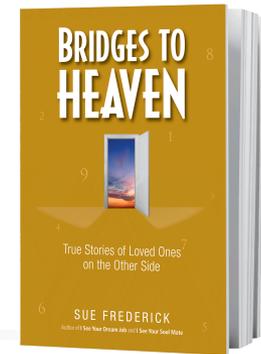
<u>PY</u>	<u>AGE</u>										
■	5	0 years	■	8	21	■	3	43	■	7	65
■	6	1 year old	■	<u>9</u>	<u>22</u>	■	4	44	■	8	66
■	7	2	■	1	23	■	5	45	■	<u>9</u>	<u>67</u>
■	8	3	■	2	24	■	6	46	■	1	68
■	<u>9</u>	<u>4</u>	■	3	25	■	7	47	■	2	69
■	1	5	■	4	26	■	8	48	■	3	70
■	2	6	■	5	27	■	<u>9</u>	<u>49</u>	■	4	71
■	3	7	■	6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

# 33 or 6 Birth Path Chart



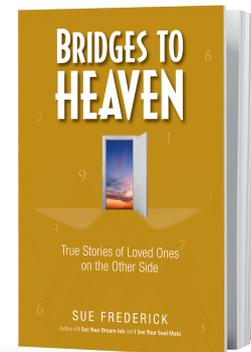
■	<u>PY</u>	<u>AGE</u>	■	<u>9</u>	<u>21</u>	■	4	43	■	8	65
■	6	0 years	■	1	22	■	5	44	■	<u>9</u>	<u>66</u>
■	7	1 year old	■	2	23	■	6	45	■	1	67
■	8	2	■	3	24	■	7	46	■	2	68
■	<u>9</u>	<u>3</u>	■	4	25	■	8	47	■	3	69
■	1	4	■	5	26	■	<u>9</u>	<u>48</u>	■	4	70
■	2	5	■	6	27	■	1	49	■	5	71
■	3	6	■	7	28	■	2	50	■	6	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



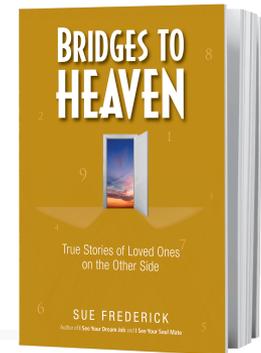
<u>PY</u>	<u>AGE</u>										
■	7	0 years	■	1	21	■	5	43	■	<u>9</u>	<u>65</u>
■	8	1 year old	■	2	22	■	6	44	■	1	66
■	<u>9</u>	<u>2</u>	■	3	23	■	7	45	■	2	67
■	1	3	■	4	24	■	8	46	■	3	68
■	2	4	■	5	25	■	<u>9</u>	<u>47</u>	■	4	69
■	3	5	■	6	26	■	1	48	■	5	70
■	4	6	■	7	27	■	2	49	■	6	71
■	5	7	■	8	28	■	3	50	■	7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

# 8 Birth Path Chart



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

# 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			