Sue Frederick’s Develop Your Intuition Program

- Created by Sue Frederick, Career Intuitive, Author of I See Your Dream Job
- ©2011 Career Intuitive Coach Institute®
I was born in New Orleans…

By Sue Frederick, Career Intuitive & author of *I See Your Dream Job*

- I’m a career intuitive, and I see dream jobs. When I work with clients, I see their gifts and potentials; what they came here to do; the careers they would love; and where they should live. This information comes to me as photographic images and strong messages that I transmit directly to my clients. Sometimes I see my client’s departed loved ones, who come to the session to offer career guidance.

- This joining of two seemingly disconnected worlds--the divine realms and the world of work--seems to be my particular talent. I was born in New Orleans to a French Cajun mother who came from a long line of women with “the gift.” I inherited a double dose of telepathy, clairvoyance and precognition from her and her mother, and on back through generations of Degas women.

- These unusual gifts were nurtured by the mysterious city of my childhood. In the haunted alleys of the French Quarter, most everybody gives respect to the “unseen” world in some form or other: voodoo, Catholicism, psychics, vampires, Mardi Gras. My early years were flavored with this spicy magic, from my Grandpa’s stories of the swirling Mississippi River to the unforgettable images I absorbed in the dark recesses of Crescent City life. I thrived on the rhythms of my crazy Cajun ancestors.
And, like them, I heard other people’s thoughts and had vivid dreams of events that would happen in the future. My psychic gift is most powerful now that I use it to help others. The precognitive images that I see help me guide my clients to their true work. But it took nearly 55 years to embrace this ability to see the unseen world, and to learn what it had to teach—rather than being ashamed or afraid of it.

One of my strongest experiences in confirming the power of the unseen realm began in 1978, when I met and married a fellow mountaineer, Paul Frederick. We were crazy in love and planning a family when, at only 35 years old, he was diagnosed with colon cancer and given two weeks to live.

From the moment of his diagnosis, we were determined to overcome it. We explored conventional and alternative healing methods, and quickly became immersed in energy work, visualization, herbal medicine and Native American medicine. Paul was part Cherokee, so his mother provided us with books and healers from the Native American tradition. She got us an audience with a famous Sioux healer, Chief Fools Crow.
Over the next few months, as Paul’s health deteriorated, I experienced many extraordinary other-realm experiences with him. Chief Fools Crow became Paul’s constant dream companion. Paul awoke each morning with a new story to report about something Fools Crow had taught him the night before. The most dramatic was Paul’s sudden ability to speak Lakota, the language of the Sioux.

In the last few weeks before he died, Paul woke up singing a Lakota death song every morning. He said Fools Crow taught him two songs--one to deal with the pain and one to help him die. When the doctors heard this strange singing, they thought he was either speaking in “tongues” or was delirious, and they reported this in his medical charts. In college, I had studied Native American history and was very familiar with the language of Lakota. I knew exactly what he was singing.

On a rainy summer day in July 1980, Paul slipped into a coma. For nearly 24 hours, the accumulated stress of the past year washed over me and, eventually, I fell asleep on the floor. As soon as I dozed off, Paul appeared in front of me. He was smiling and quite happy. He touched my arm and said, “Don’t worry. I’m free. But what are you waiting for? You said I could die in your arms.”

I awoke with a jolt and cleared everyone out of the room. Paul’s mother and I stood on either side of him. We rubbed his arms and legs and told him it was okay to go now--that we wanted him to be free. We told him to leave his body and fly out into the soothing summer rain storm.
As soon as we spoke those words, Paul’s breathing changed. He took one long peaceful sigh, and his spirit left his body. I saw it leave as clearly as you can see your hand in front of your face. It was an image I’ll never forget. It was Paul’s gift to me.

I could never again doubt the spirit world or my ability to see it. That final moment was a confirmation of what I was here to do. I realized for the first time that we are all in charge of how and when we die – even how and when we take our last breaths. And I knew with every cell in my body, that death was only a passage of the spirit into the unseen realms.

Today, I’m abundantly grateful for my work, which is my passion. My intuitive gifts are finally out of the closet, and I’m freely able to share them with others. The images and dreams that have always guided me are now guiding others through this work.

This intuition program that I’ve put together will help you own your inner guidance. It will empower you to make flawless decisions and move powerfully through your challenges.
2 Essential Steps

- **Intuition** – Tapping into your higher self for divine inner guidance

- **Energy** – Moving powerfully through your challenges to fulfill your true mission
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.

- Using your positive-focused energy will move you powerfully through the challenges you’ve set up for yourself in this lifetime.
Step One

- Intuition – Learning to access your intuitive guidance.
Meditation to Enhance Intuition

- Sit comfortably without letting your head lean against anything (a sure way to fall asleep). Take several deep releasing breaths.

- Silently repeat either Om Namah Shivaya or the Our Father or another sound of your choice. Sit for ten minutes (at least) silently repeating these words. When you notice your mind wandering to other thoughts, gently bring it back to your mantra or prayer. Don’t struggle. Be gentle.

- After 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.”
Notes on your meditation experience

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Developing Your Intuition

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

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
What did you learn from these intuitive experiences?

_________________________________
_________________________________
_________________________________
_________________________________
_________________________________
_________________________________
_________________________________
_________________________________
How can you strengthen your intuitive abilities?

_________________________________
_________________________________
_________________________________
_________________________________
_________________________________
_________________________________
_________________________________
_________________________________
Intuitive Living

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

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

- Scientists and spiritual teachers alike have aligned themselves behind one idea – everything is energy. Everything you see, sit on, feel – the sun on your face, children’s laughter, a good run, prayer, a great kiss – is all source energy: that which everything and everyone came from.

- You’re composed of this same energy – and its frequency can be raised or lowered according to your thoughts, feelings and beliefs. The frequency you send out at any given time attracts like frequencies.

- Like attracts like.
Energy

- Each of us has an energy continuum – negative at the bottom, positive at the top. Positive energy includes our brilliance, goodness, divinity, inspiration, love, passion, optimism, happiness and joy (our connectedness).

- Negative energy includes our anger, depression, sadness, guilt, pessimism, meanness, sense of lack, drudgery and separateness – not only from others, but from our source energy.

- Moving up your energy continuum (in spite of circumstances) by changing your energy to a higher frequency and opening up to source energy connects you to inspiration, spirituality and goodness.

- This changes your life for the better.
You can imagine your energy continuum as a fuel gauge. When the fuel tank in
your car nears empty, you worry about running out of gas and being stranded –
which is separateness and stagnation. When it’s full, you’re confident and able
to explore. You have unlimited energy and ideas – which is connectedness,
inspiration and productivity.

You’re in control of what level you vibrate on, thus you’re in control of what
happens to you in any given day. It’s your emotions that determine what level
you’re vibrating on. When you feel love and joy, you’re at the highest level
attracting the most wonderful things into your life. When you’re feeling despair,
you attract more of the same.

No matter how positive your energy is, you will still have challenging events
happen to you. We sign up for these (karmas) in order to evolve. However, your
reaction to these difficult events determines their outcome. Your energy level
determines whether you react well or poorly to a crisis.

A good life requires good energy. It’s that simple. So what fills your energy tank?
Draw a graph of your energy continuum from high to low

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

  ___
  ___
  ___
  ___
  ___
  ___
  ___
  ___
  ___
  ___
  ___
Name Your Characters: The high & low of your continuum

- My Brilliant Self is named:
  Description of Brilliant Self:

- My Pitiful Self is named:
  Description of Pitiful Self:
EPR = Good Vibrations

- My favorite technique for quickly raising energy to a higher vibration is what I call – EPR – energetic personal resuscitation. These three quick emergency switches for changing your energy are humor, gratitude and sweetness.

- (To learn more about EPR read I See Your Dream Job Chapter 16 – page 171.)
Write an example of a challenging situation and your response – where you used one of these quick energy switches to make it turn out better than it started:

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

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
Solutions vs Problems: The Proper Focus

- When we focus on our problems, our energy sinks to the low end of our continuum. And our problems get bigger. One of the fastest ways to feel happier and have more energy is to focus on at least three potential solutions to every problem that worries you.
Write a problem you’re worried about now & its positive solution.

- **Problem:** I can’t find work I love that creates abundance.
- **Solution:** I’m using my positive energy while taking action steps to attract work in alignment with my mission – which will create abundance.

- **Problem:**

- **Solution:**
Negative Beliefs & Their Solutions:

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

- The first step is recognizing your negative beliefs.
Write a negative belief about your life & its positive antidote.

- **Negative Belief**: No matter how hard I work, I will never make enough money.

- **Antidote**: When I work from the high end of my energy continuum, and my work is in alignment with my birth path, financial abundance flows gracefully into my life.

- **Negative Belief**: 

- **Antidote**: 

- **Negative Belief**: 

- **Antidote**: 

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.

- And imagine that you’ve chosen (consciously or unconsciously) every important job you’ve had because it was healing you. Our work heals us by letting us offer to the world exactly what we need to heal ourselves.
Your Fuel

1. When I was a child, what caused me the greatest pain and why?

2. In my entire life, what caused me the greatest pain and why?

3. What pain is calling my attention right now?

4. When I look at my answers, I gain these insights into my work:
Asking the $5 Million Question

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

- Answer the $5 million question:

  ___________________________________
  ___________________________________
  ___________________________________
  ___________________________________
  ___________________________________
  ___________________________________
  ___________________________________
  ___________________________________
Notes from your intuition:

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

- What’s the most significant thing I learned about myself?

_____________________________________________________________________
_____________________________________________________________________
Vision of my perfect future:

- I am powerful, happy & successful doing this:

_________________________________
_________________________________
_________________________________
_________________________________
_________________________________
_________________________________
_________________________________
_________________________________
5 steps in 3 months

- List 5 steps you’ll take in the next 3 months to move forward:

_________________________________
_________________________________
_________________________________
_________________________________
_________________________________
Contact Info

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