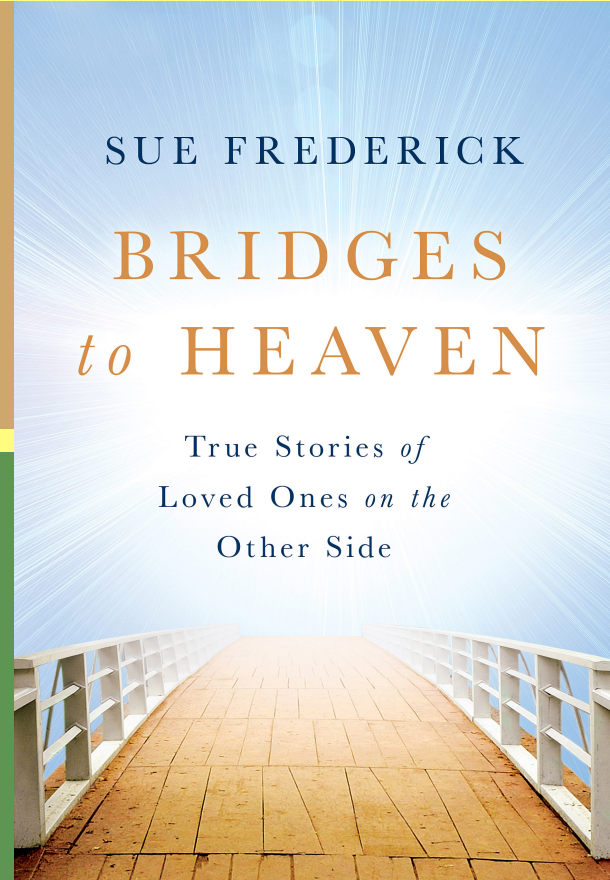




Certified Professional  
Grief Intuitive® Coach

# *Training Manual*



SUE FREDERICK  
**BRIDGES**  
*to* HEAVEN  
True Stories of  
Loved Ones *on the*  
Other Side

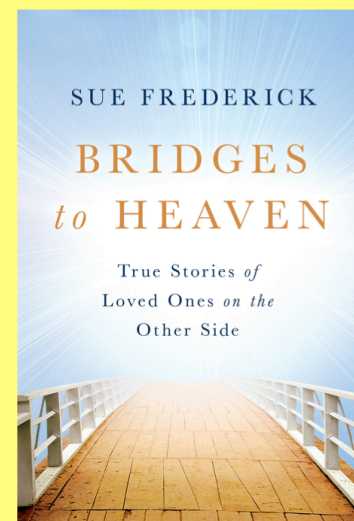
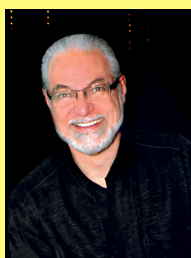
## ***The Bridges to Heaven Approach To Grief Intuitive Coaching***

Created by Sue Frederick, Career 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*

## **Teacher's Powerpoint Presentation**

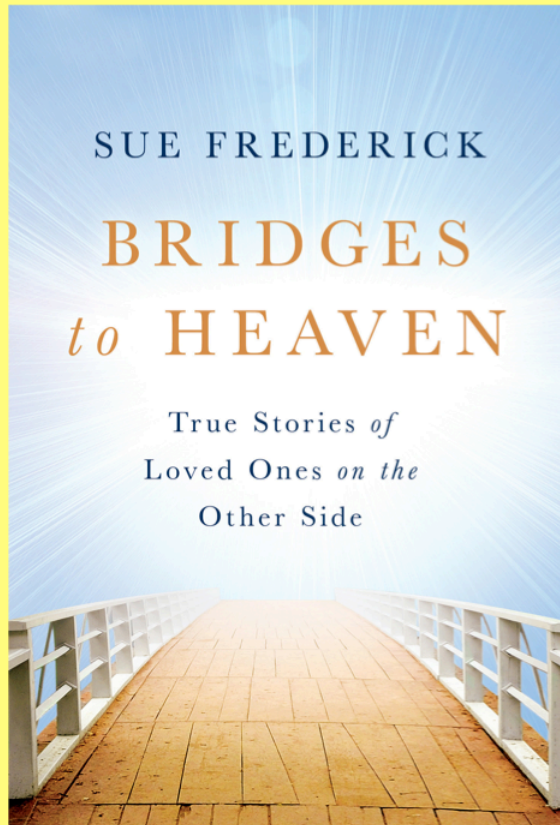
©February 2013 Intuitive Coach Institute

# Welcome to the Intuitive Coach Institute Professional Coach Training



- **Your instructors are:**
- Sue Frederick, Intuitive, Coach and Author of I See Your Dream Job, I See Your Soul Mate & Bridges to Heaven. [Sue@BrilliantWork.com](mailto:Sue@BrilliantWork.com)
- Gene Malowany, Certified Professional Life Coach; Career Intuitive, Soul Mate Intuitive & Grief Intuitive Coach [Malowany@comcast.net](mailto:Malowany@comcast.net)

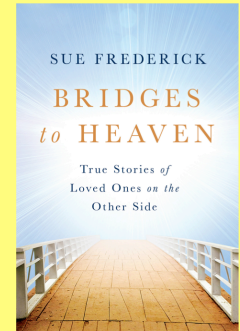
# Bridges to Heaven Professional Grief Intuitive Coach Training



Intuitive Coach International presents a 10 hour Professional Coach Certification Course based on the book **Bridges to Heaven** by Sue Frederick.



# Our Objective

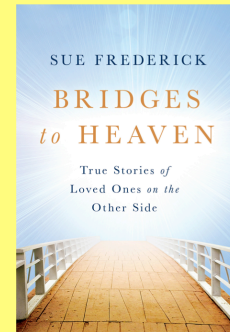


- To supply you with professional tools, methodologies, insights, techniques and systems that will allow you to provide powerful, effective, insightful and intuitive grief recovery guidance to every client you serve.





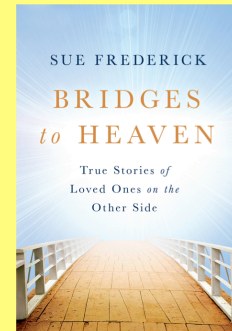
# Powerful & Life-Changing



- Certified Professional **Grief Intuitive Coaches** have the privilege and responsibility of empowering, mentoring, encouraging & motivating clients to access their intuition & use it to reconnect with departed loved ones, identify their soul's mission & make choices in alignment with their path to heal their grief; Our coaches use their own powerful intuition to communicate with their client's departed loved ones.



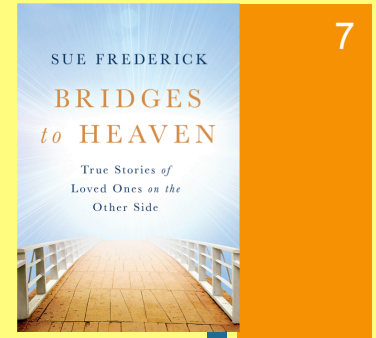
# Coaching Process



- With the *Bridges to Heaven* Professional Grief Intuitive Coaching System, you will assist your clients in recovering from grief by identifying and clarifying their soul's mission and aligning their life with that purpose. You will teach techniques that show your clients how to access their intuition to communicate directly with their departed.



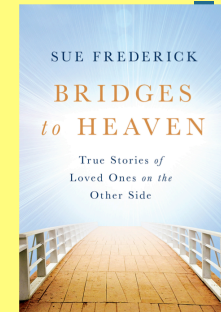
# Bridges to Heaven Professional Coaching System Overview



- **Listen to client's story and share intuitive insights about their soul's purpose.**
- **Encourage and discuss spiritual exploration & how to bring spiritual practice into daily life.**
- **Teach client the Break Your Heart Wide Open Meditation for healing grief.**
- **Teach client energy-shifters to help them move through pain & explain purpose of pain as fuel for their great work.**
- **Conduct Reconnection Ritual to receive intuitive guidance from the client's departed to help the client heal.**
- **Teach Reconnection ritual to empower client to access their own intuition & use it to communicate directly with their departed to heal their grief.**
- **Decipher client's Birth Path & Personal Year reinvention cycles based on Pythagoras' doctrine of numbers to reveal client's soul mission.**
- **Empower client to move through grief by navigating intuitively and working within the flow of the 9 year cycle.**
- **Create baby-step action plan to get client moving forward in alignment with their soul's mission.**



# Bridges to Heaven Professional Coaching System



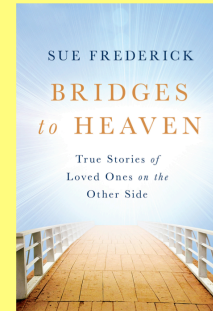
## Upon completion of the course, Certified Professional Coaches will be able to:

1. Decipher clients' birth paths & reinvention cycles based on Pythagoras' doctrine of numbers.
2. Conduct and teach Reconnection Ritual to connect clients to their departed loved ones.
3. Deepen clients' understanding of the purpose of their lifetime journey and the agreement they had with their departed.
4. Explain how the client's birth path reveals why they're still here and how to heal their grief.





# Bridges to Heaven Professional Coaching System

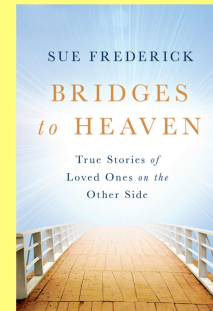


4. Encourage and discuss spiritual exploration and how to bring spiritual practice into daily life.
5. Develop the rapport required to listen to client's grief story, challenge limiting beliefs, and empower clients to make healing choices in alignment with their soul's mission.
6. Assist clients in defining a future in harmony with their soul's intention.
7. Deepen their own intuitive powers & use them to assist themselves and others in communicating with the departed.
8. Teach the Break Your Heart Wide Open Meditation and the Energy Shifters that client can use daily to move through pain.
9. Build a successful grief coaching business that creates financial abundance and helps others heal from loss.



# Bridges to Heaven

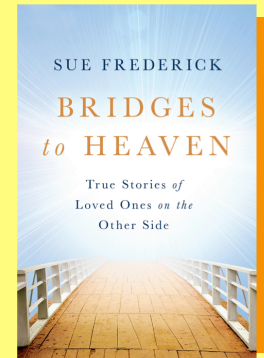
## Coach Training Methods



- The training methods include lecture, demonstration and practicum. There will be strong emphasis on experiential learning with interactive activities, exercises, interviews and demonstrations.
- Handouts & workbooks will be supplied. Students are required to purchase & read the text – ***Bridges to Heaven*** (St. Martin's Press) before the course begins.
- Certification is assessment-based and there will be a test at the end of the course.
- Final certification is contingent upon student conducting 3 one-hour-long ***Bridges to Heaven – Grief Intuitive*** coaching sessions with 3 different clients and submitting notes for approval.



# Class Section One Overview

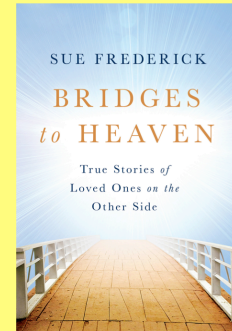


- Overview of the 5 Essential Steps to Healing Grief:
- 1. Listen to the Story
- 2. Explore the Spirituality Question (includes Teaching the Break Your Heart Wide Open Meditation)
- 3. Teach the Energy Shifters (includes discussing Pain as Fuel).
- 4. Reconnect them to their departed (Reconnection Ritual & Meditation)
- 5. Reveal the Soul's Mission & Reinvention Cycles (Pythagoras Theory)
- In Class Section One we focus on the first Four Steps:
- Giving & Receiving 15 minute grief intuitive coaching sessions using Steps One, Two & Three: Listening to the story, Asking the Spirituality Question, Teaching the Break Your Heart Wide Open Meditation & Shifting Energy.
- After the 15 minute coaching sessions, we discuss Pain as Fuel, Meditation to access guidance for clients; The Reconnection Ritual for connecting clients to their departed & Protection Techniques.



# DAY ONE: AFTERNOON

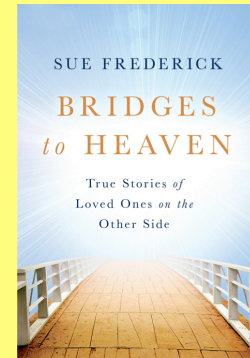
## Grief Intuitive Coach Training



- **1:00** – Introductions. Follow teaching manual to **page 26**.
- **2:00** – Students break off for 15 minute readings.
- **2:00** – Student calls first partner to give 15 minute reading.
- **2:15** – Student calls second partner to give 15 minute reading.
- **2:35** – All back here. Discussion of coaching experience.
- **2:35 – 4:00** – Discuss Pain as Fuel, Meditation to access guidance for clients; The Reconnection Ritual for connecting clients to their departed, & Protection Techniques. All material to **page 45**.
- **4:00** – Day One finished. Be sure to do your homework tonight.



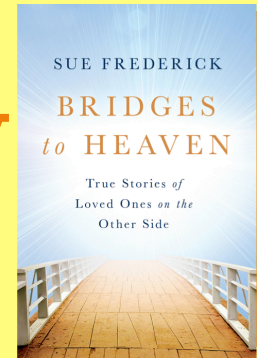
# 5 Essential Steps To Heal Grief



- Listen to the story
- Explore the Spirituality Question
- Teach the Energy Shifters
- Reconnect them to their Departed
- Reveal the Soul's Mission & Reinvention Cycles



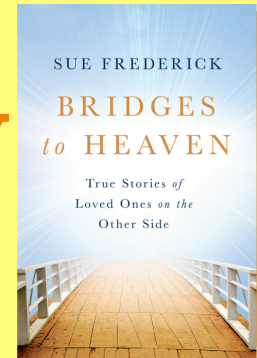
# Step One: Listening to the story



- *Tell Me Your Story—How Did Your Loved One Die?*
- Open your heart and listen. Grieving people need to share their experience and tell their story. In our culture, we're terribly uncomfortable with death. We feel it's impolite to ask someone the details of how their loved one died or how they feel now.
- Yet when you connect your open-heart energy with their loss and listen deeply to their story, you become a healer. Stepping into this role will accelerate your own evolution, and help heal any unresolved grief you still carry.
- A story of painful loss can't be fully released until it has been fully told. Become the sounding board and listen to it all detail-by-detail. Eventually, the grieving client needs to surrender this story and change their perspective from 'here's my tragic tale' to 'here's my life-changing experience.' Guiding a grieving person through the coaching steps outlined here helps them make that life-changing shift.
- Ask how it happened. Ask, **“What were the final days like? Were you with her when she took her last breath? What did you experience? Have you felt her presence since she crossed over?”**



# Step One: Listening to the story

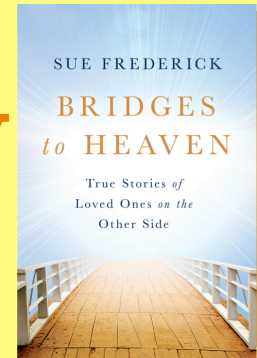


## Questions to ask:

- Tell me the story of his death. Was it sudden? How long was he sick?
- 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 his life mission or accomplished his great work here?
- Tell me about his life. What did you love the most about him? What do you miss the most? Ask the grieving person to share their best memories.



# Step One: Listening to the story



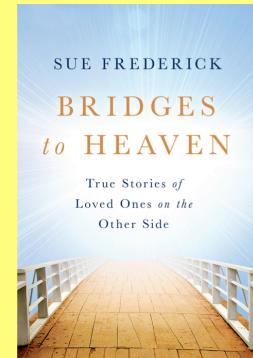
## ■ More Questions to Ask:

- What would he want you to do with your life moving forward?
- What would you say to him?
- Share your own visits from your departed loved ones.
- Would you like to talk to him and communicate the things you needed to say but didn' t?
- How can I best help you move forward?
- Have you had a hard time with holidays or anniversaries?
- Can we make a plan for getting through the next ones?



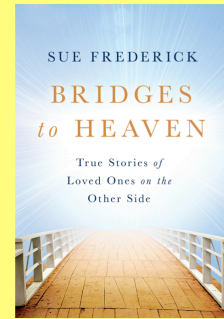


# Step Two: Ask the Spirituality Question



- ***Tell me what you believe in....*** ” Use your intuition to know when it’s time to address this question. When it feels right, say, **“Please tell me what you believe in spiritually. Do you follow a religion or do you have a daily spiritual practice of some kind?”**
- Ask the **grieving person to share the details of their spiritual journey** with you; how they were raised, what they believe in or don’t believe in now, and whether spirituality is a focus of their daily life or not.
- Ask if they **pray or meditate every day** and ask them to describe how they do it.
- The purpose of this conversation is to unfold the many complex beliefs a person might have in order to get to the core of their spiritual beliefs--which may be different from their religion. There’s a difference between spirituality and religion. Religion is a set of beliefs and rules governed by a church. If the grieving person is already deeply comforted by their church and does not question their beliefs, that’s terrific. Just **ask them to explain fully what they believe about where their departed is now.** You might be surprised at the answers. If they cite answers that come from their church but they don’t seem fully fleshed out, keep asking questions. **Ask them lovingly if those religious beliefs resonate as true for them.**

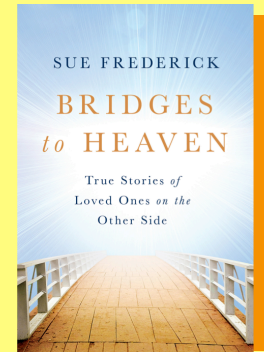
# + Step Two: Ask the Spirituality Question



- If they're not fully satisfied with their church's answers, it's time to have a discussion about a bigger picture of spirituality. When they're in pain, their most pressing questions are 'why did this loss happen?' and 'where is my loved one now?' By helping them explore a broader spiritual (not religious) perspective you can help them find answers that are truly healing.
- You'll find that those who don't believe in any form of spirituality, or anything beyond what they can see and touch, will be in the most pain. They'll feel that their loved one has simply vanished and that life is meaningless and tragic. Yet this loss is their moment of true spiritual (not religious) awakening. It's calling them to experience first-hand their own divine nature. Their pain will diminish the instant they have an experience of communicating directly to their departed.
- Having this spiritual conversation with a grieving person will require that you've already taken your own personal spiritual journey to look beyond the limits of religion and find your spiritual truth. If not, this is a great opportunity for you to do so.
- To help the grieving person explore this bigger view of spirituality, **ask her to go on a spiritual journey of exploration;** encourage her to spend time at a monastery, ashram or spiritual center. Invite her to step beyond her comfort zone and visit Hindu and Buddhist Ashrams, Unity Churches, Science of the Mind Churches, Kabala centers and whatever else she's willing to try.



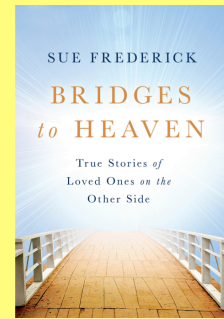
# Step Two: Ask the Spirituality Question



- The most essential healing step that you can provide is to teach the client to meditate. By quieting the monkey mind, they' ll begin to have a personal daily experience of something greater than the physical world. Teach the Break Your Heart Wide Open Meditation & the Reconnection Ritual Meditation described in the next pages.
- Suggested books to share include ***The Conscious Universe*** by Dean Radin; ***Science and the Akashic Field*** by Laszlo; ***After We Die, What Then?*** by George Meek; and the movies ***What The Bleep Do We Know & Something Unknown is Doing We Don' t Know What*** (award winning documentary). You can offer to discuss a different book or film each week (or session).



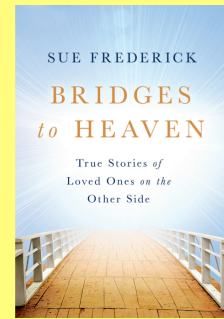
# Break Your Heart Wide Open Meditation



- This daily meditation will help your client release grief and begin to move forward. I've used it many times in my life and it has helped all of my clients.
- 1. Start each morning with a 10 or 20 minute meditation. During this meditation, quiet your mind with mantra or prayer repetition. Repeat the mantra *Om Namah Shivaya*, a Sanskrit phrase meaning, "I bow to the highest self." Or repeat 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 fully any pain in your heart. Cry it out if you need to.



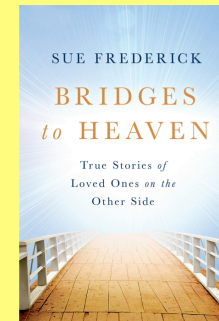
# Break Your Heart Wide Open



- To focus the energy, place your palm facing upwards in front of your heart chakra.
- 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. Say: “I release this pain for its highest good.”
- 5. 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 very quickly and you’ ll have energy to move forward with your life.



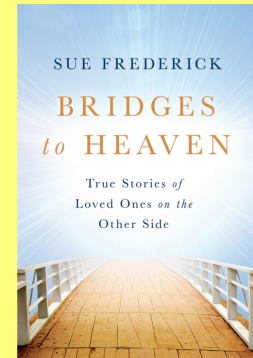
# Step Three: *Energy Shifters*



- Healing grief requires a shift of energy from sorrow and sadness to love and gratitude. This shift of energy to a higher frequency is necessary for moving forward, and you're the facilitator for this shift.
- In **Chapter Nine of Bridges to Heaven**, we discussed many ways to shift energy from sadness, anger, blame and guilt to love, gratitude and forgiveness. As you talk to your grieving client, use these potent energy shifters.
- Share a funny memory from your life and ask the grieving person, Ashley, **to share a funny memory of her departed**. Share this laughter authentically and observe her energy shift to a higher frequency. Ask how she can bring more laughter into her daily life as a way to ease the pain. Explain that it makes her departed happy to see her laughing again. Ask her to tell you three ways she'll bring more laughter into her life – like watching funny movies.
- Use your **sweet authentic self** to connect with her authentic self. This happens when we share our vulnerability, love and pain. By sharing your authenticity, you help her open her heart and shift her energy. When we're grieving, we shut the heart to avoid pain. But it's only when we open the heart and feel the pain that we can release it and heal. **Teach her the Break Your Heart Wide Open Meditation** and practice it with her.



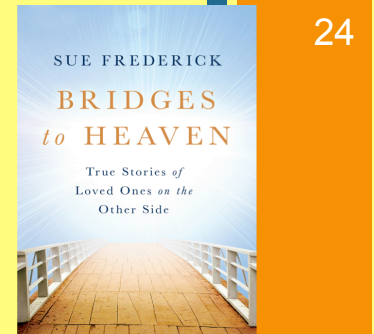
# Step Three: *Energy Shifters*



- Ask her to tell you **one thing that she's grateful to have in her life now.** Just focusing on that one thing will help her shift her energy to a higher frequency and allow healing to happen.
- Ask her **one thing that she's grateful for about her painful loss.**
- Ask her to start each day by saying out loud something she's grateful for, and then repeat it again before bedtime. **Remind her to be thankful for whatever time she did have with her departed.** Gratitude is a potent energy shifter that will make her feel better instantly.
- Finally ask, **"What would your loved one say to you right now?"** She may instantly smile or perk up and tell you that he would say to stop crying or be strong. This is always an energy shift for the better.
- Share the **11 Energy Shifters** listed on the next page to teach your client that they are in charge of how they feel. They're not a victim to the circumstances of loss and pain in their life. By teaching them how to use these energy shifters, you give them control of their life.



# Step Three: *Energy Shifters*

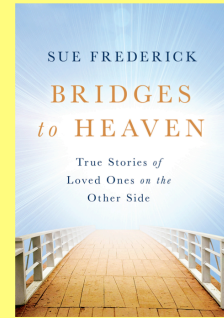


See Chapter Nine of Bridges to Heaven:

- **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**



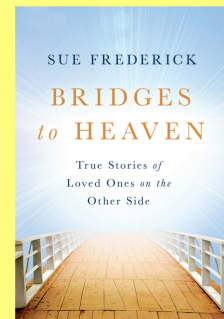
# + Moving clients through fear & negativity



- **Socratic questioning** - to bring clients to their own conclusions
- What exactly does that mean?
- Can you give me an example?
- Please explain why/how...
- What would happen if...?
- Is this how your departed would want you to feel?
- What would he say to you now?
- How did that work for you?
- Is there another way we can look at this?



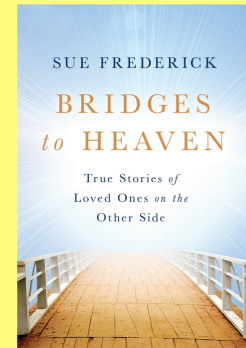
# Teach Clients: Daily affirmation to heal grief



- 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 still here on purpose, and that this loss is my greatest fuel for accomplishing my soul' s mission.
- My departed waits for me to remember this and to move forward boldly doing my great work.
- I will live from this day on knowing that my departed watches me. I will live to my highest potential and make him proud. When I cross over I' ll see how important it was that I stayed here to fulfill my soul' s mission. I' ll be proud of the choices I made.
- All good things begin today....



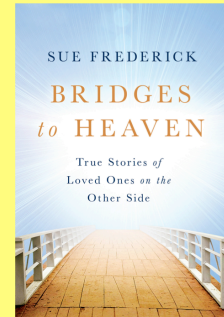
# 15 Minute Practice Readings



- Try this now for your fellow student.
- Call them and conduct a 15 minute reading.
- Listen to their story.
- Ask open-ended questions about the details of their loss.
- Discuss the Spirituality Question.
- Teach the Break Your Heart Wide Open Meditation.
- Practice the Energy Shifters.
- Optional: Discuss Pain as Fuel for their great work.
- Use the outline on the following page.



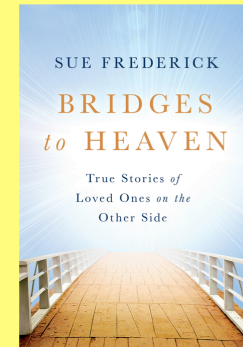
# 15-Minute Session Outlined:



- 1. Call client & **Ask to hear their story of loss.** (Page 13, 14, 15 of manual.)
  - Say: Tell me the story of his death. Was it sudden? How long was he sick? 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? Etc...
- 2. Discuss **The Spirituality Question:**
  - Say, “Please tell me what you believe in spiritually. (Page 16, 17, 18 of manual.) Ask: Do you follow a religion or do you have a daily spiritual practice of some kind?” Continue asking detailed open-ended questions about their belief & daily practice. Ask: “Would you be willing to go on a spiritual exploration journey to find answers that resonate with you?”
- 3. Teach the **Break Your Heart Wide Open Meditation.** “I have a technique I’d like to share with you... (Page 19 of manual.)
- 4. Help them move through pain, fear and doubt with the **Energy Shifters:** Is there anything about that painful loss that you feel grateful for now? (Page 21 & 22 of manual.)
- 5. Optional: Discuss how their **Greatest Pain can be their Fuel for their Greatest Work.** “Sue teaches that our greatest pain is designed to be our greatest fuel for doing our true work. Do you get any ideas about your career when you think of your life that way?”



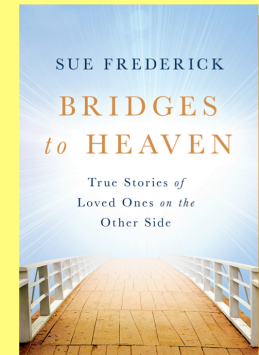
# Discussion of 15 minute Coaching Session



- What helped you the most in the 15 minute coaching session you just received?
- What was the least helpful part?
- How did it feel to listen to someone else's story, explore the spirituality question, and teach the Break Your Heart Wide Open Meditation & the Energy Shifters?
- What did you learn?
- What was the easiest part for you?
- Was there anything difficult about coaching your client this way? Explain.



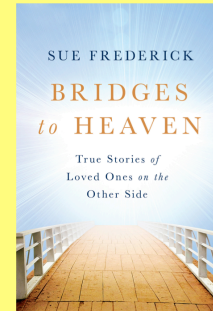
# DAY ONE AFTERNOON: After 15 minute coaching sessions



- 2:35 All back here. Review coaching experience.
- Follow teaching manual to page 45.
- Pain as Fuel.
- Meditation to enhance intuition.
- How to meditate on client' s path and receive intuitive guidance from their departed.
- How to conduct the Reconnection Ritual.
- Protection Techniques.
- 4:00 – Day One finished. Be sure to do your homework tonight.



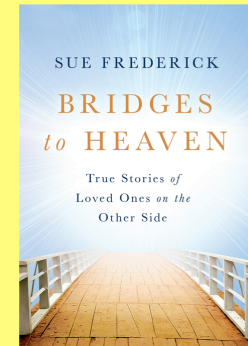
# Pain as Fuel



- ***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.**



# Pain as Fuel

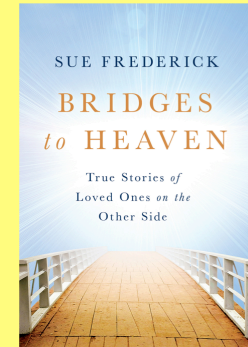


- Our work heals us by letting us offer to the world exactly what we need to heal ourselves.
- Our relationships heal us by letting us offer the love to others that we wish had been given to us.
- Our losses heal us by giving us a chance to refocus on what's important, truly love the people still in our lives & find the great work that fulfills our mission & answers the question 'why am I still here?'



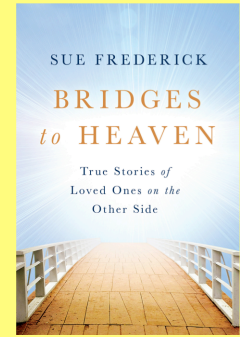


# Pain as Fuel



- 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.

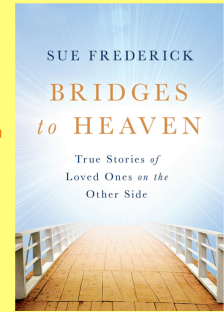
# + Daily Meditation: Why is it important?



- There have been hundreds of studies touting the benefits of daily meditation - from reduced blood pressure, depression and stress to increased ability to concentrate & solve problems.
- Meditation quiets your worry-mind (left-brain) and shifts you into right-brain expanded consciousness – also known as intuition.
- The most powerful way to enhance your intuition is through daily mantra-based meditation.
- The most powerful way to connect with departed loved ones is through daily mantra-based meditation.
- To become a powerfully intuitive grief coach, daily meditation is required. It reprograms the brain to accept input from your higher consciousness & from loved ones on the other side.



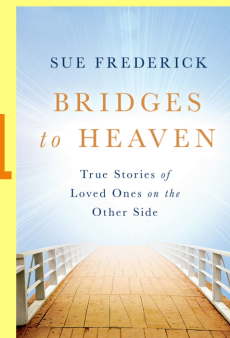
# Meditation to Enhance Intuition



- 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 to twenty minutes (at least) silently repeating these words. When you notice your mind paying attention to your thoughts, gently bring your focus back to mantra or prayer. Don' t struggle. Be gentle.
- After 20 minutes, slowly stop repeating the words. In this quiet gap before getting up and going back to your routine, ask for guidance. Say, “Please divine guides show me ...”
- Or speak directly to your departed. “Hello .... Please help me understand...”



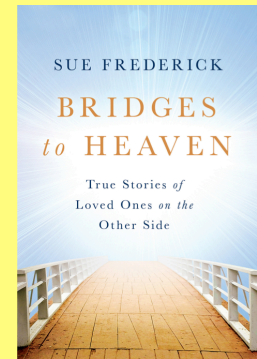
# Step Four: Reconnection Ritual



- Meditate before conducting this ritual & ask for divine guidance & protection.
- Light a candle or incense and have a picture or statue of a divine being in front of you---- such as Jesus, Buddha, Mary, Laxmi, or your own guru. This will bless the space you're working in and protect you from negative energies. Call your client from the **sacred space** you've created, or invite her to join you there in person.
- Sit in **quiet meditation together**. Begin by taking several deep breaths. Ask her to repeat mantra with you--such as **Om Namah Shivaya** or a prayer such as the **Lord's Prayer**. Reciting these sacred sounds will connect you both to the highest realms and protect you. After repeating mantra for a few minutes, when you feel the energy shift and your mind has settled down, go to the next step.
- Tell your client to open her heart **and fill the space with the love and gratitude** for her departed. You should also do this. By filling the room with love for the departed you call in his spirit, and you protect yourselves from dark entities.
- Repeat the **departed one's full name three times**. Ask him to join you in the room. Say: "Please, John, come into the room to help heal Ashley (the client)."

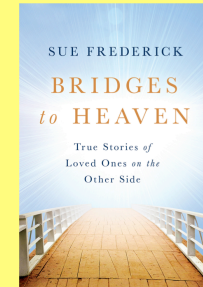


# Step Four: The Reconnection Ritual



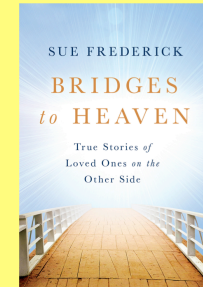
- When you feel an energy shift that signals the presence of someone from the other realms say: **“Thank you for joining us. We’re grateful you’re here, and we’re grateful for the chance to heal Ashley.”** Ashley needs to release you to the highest realms and move forward with her life. Please assist us with this for Ashley’s highest good.”
- Ask Ashley to focus only on the love and gratitude she feels. **Tell her to share three happy memories (out loud)** that she experienced with her loved one.
- Then ask her to say **three things (out loud) about her loved one that she’s most grateful for** from their time together.
- Now invite her to **ask her departed any questions that she needs answers to.** Examples: Why did you have to leave? Why am I still here? What am I supposed to do now? Can you help me heal my grief? What am I supposed to learn from this? Is there anything you need to tell me?

# + Step Four: The Reconnection Ritual



- If the grieving client, (we'll call her Ashley), crumbles into sadness or rage, let her express those feelings for a few minutes. Then gently bring her focus back to the three things she's most grateful for about her time with the departed. **Remind the grieving client that her sadness and pain blocks communication with the departed.**
- After Ashley asks her questions to the departed, sit together in silence for several minutes. **Ask Ashley to write down any thoughts or ideas** that pop into her head during this silence. You can do the same.
- Close by **thanking the departed for their help** and asking them to wrap Ashley in healing light to help her recover and move forward.
- **Repeat mantra** or the Lord's Prayer together to clear the space.

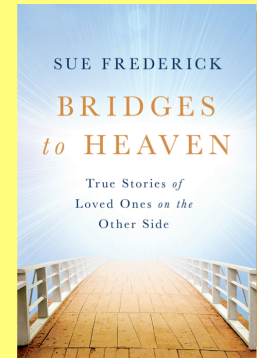
# + Step Four: The Reconnection Ritual



- Ask Ashley to share any information that she received from her departed. You can **share what you received**.
- If the grieving person says she did not experience any communication from her departed, explain that the left-brain logical mind was probably filtering out what she received. Explain that doing **daily meditation at home will help her learn to quiet her thoughts** and open up to her right-brain intuitive perceptions.
- Ask her to **repeat this exercise at home** on a regular basis until she's able to receive the messages directly. (See next pages for more details.)



# Step Four: The Reconnection Ritual



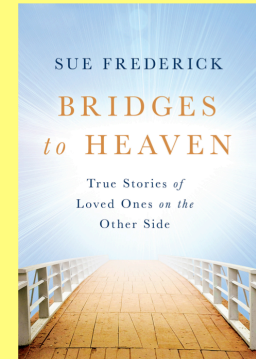
## *Hook Them Up: Teach the Grieving Person to Feel the Connection*

- After you take your client through this reconnection ritual, it's essential to teach her how to do this on her own at home. We can all learn to access our connection to the higher realms. But it does require the discipline of daily meditation to quiet the monkey mind and tap into our higher consciousness.
- Offer to sit with your client and **guide her through a simple ten-minute meditation using mantra (sacred sound)** or repetition of the Lord's Prayer. Tell her that she can meditate without trying to connect with her departed. Simple daily mantra meditation will open her channel to the divine.
- If she's ready to learn the entire process of meditating to quiet the mind and then connecting to her departed, **share the Reconnection process** on the next pages:



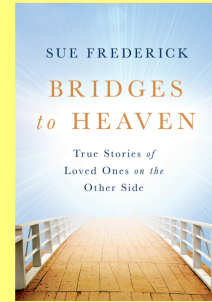


# Step Four: Teaching Client to do The Reconnection Ritual



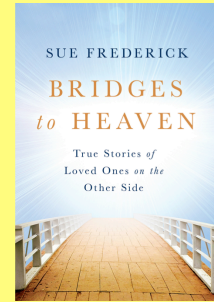
- Tell her to close her eyes and sit comfortably without leaning her head back on anything. Just as you did during the reconnection ritual, **repeat mantra or prayer out loud together.**
- After the rhythm of the mantra is established out loud, sit together **silently repeating mantra** for ten minutes. Explain to Ashley that when she notices her thoughts getting in the way, she should gently bring her focus back to the mantra.
- At the end of ten minutes, tell her to **stop repeating the mantra.** In this quiet space, ask her to focus on **her feelings of love and gratitude to call in his spirit.**
- Tell her to **call his name out loud three times and then to ask her questions directly to him** & listen for the reply. Encourage her to have a conversation with him and to say anything that needs to be said.
- Have her **write down any images, ideas or whispers** that come to her during this process. Tell her she can do this every morning by herself to get daily guidance from her departed.
- Remind her how essential it is that she learn to quiet her thoughts through meditation in order to receive messages from beyond.

# + Protection Techniques



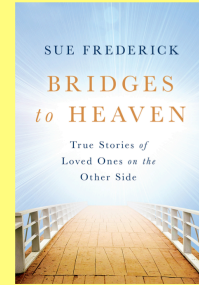
- Once you begin daily meditation to access your higher consciousness & connect with the departed, you also open yourself up to other energies. Just as there are positive energies in the universe, there are negative ones. Our universe is composed of both light and dark, yin and yang.
- When we venture 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.
- 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.

# + Protection Techniques



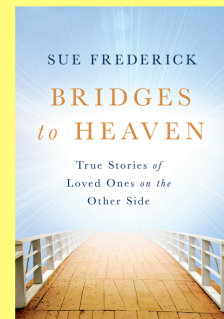
- 3. Energy healers use techniques such as picturing a **bubble of white or blue light** surrounding and protecting them. I've also found this to be helpful.
- 4. In my years of studying Hinduism and Buddhism, I've used many **spiritual cleansing techniques**, but here is my favorite: Sit on the ground 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 send 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



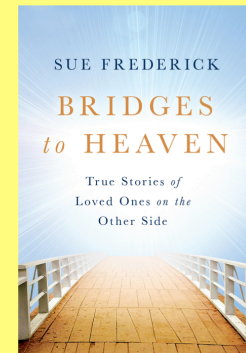
- **6. Love is the most powerful positive force of all** and it always trumps darkness. Whenever you're afraid, send love to what (and whom) you fear. It's like turning on a light in a dark room. Open your heart and pump the love. Darkness will disappear.
- **This meditation will help you:** Sit in meditation 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.



# Class Section 1 Review

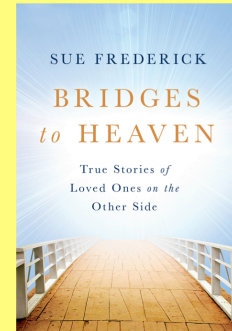
## ■ You've learned:

- How to Listen to the story
- How to explore the Spirituality Question with a client.
- How to teach the Break Your Heart Wide Open meditation.
- How to move them through pain & fear with energy shifters.
- The purpose of pain as fuel.
- A meditation technique to enhance your intuition & connect to the departed.
- How to reconnect your client to their departed.
- Protection Techniques.
- How to coach a client based on these ideas.





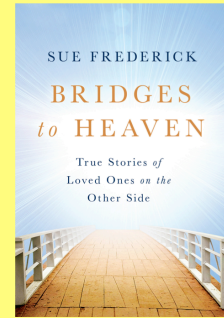
# Day 1 Homework



- Practice meditating with mantra.
- Practice Break Your Heart Wide Open Meditation.
- Conduct Reconnection Ritual to connect with your departed loved one.
- Meditate on the two partners you' ll be reading tomorrow. Ask for guidance for them from their departed. Write it down.
- Finish Class Section 1 in workbook.



# Class Section Two Overview



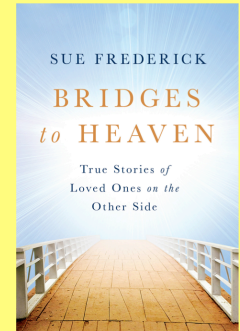
- Meditation review. Reconnection Ritual Review. Homework review.
- Giving & receiving 30 minute coaching sessions: listening to the story, exploring the spirituality question, teaching the Break Your Heart Wide Open Meditation, teaching Energy Shifters, discussing Pain as Fuel & conducting the Reconnection Ritual with the client.
- Understanding the Power & Meaning of Numbers according to the teachings of Pythagoras, Greek philosopher and founder of our number system. De-coding the Birth Path. Adding the Astrological flavor of the Sun Sign to the birth path. Learning best grief-healing tips and challenges for each birth path. Understanding Personal Year Cycles, Saturn Returns & how to use the energy of each year for healing grief.
- Discussion of intuition & how best to access it for your clients to connect to their departed and see their soul mission. Discussion of accessing dream guidance for clients.
- Giving baby-step homework & teaching the Daily Healing Schedule.
- Giving & Receiving 60 minute coaching sessions based on all the ideas taught.



# + DAY TWO: MORNING

## Bridges to Heaven

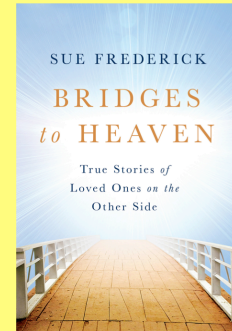
### Coach Training



- **9 AM** - Review homework.
- Discuss meditation practice & Reconnection Ritual. Answer questions.
- Prepare students to do 30 minute coaching sessions.
- **9:30** - Students break off to prep for clients by meditating to connect with partner's departed loved one.
- **9:45** – Students call first client for 30 minute session.
- **10:15** – Students call second client for 30 minute session.
- **10:45** - All back here.



# Giving a 30 minute session after meditating on client

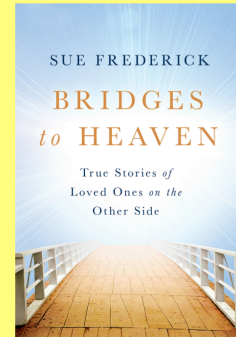


50

- Meditate on their path for 15 minutes & write the intuitive guidance you receive for them from their departed.
- Give a 30 minute phone reading to them: listen to their story, explore the spirituality question, teach the energy shifters & conduct the Reconnection Ritual.
- Use outline on next page to guide your 30 minute session.



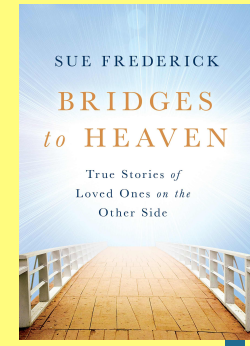
# 30-Minute Session Outlined



- Call client & ask to hear their story of loss.
- Explore the Spirituality Question.
- Ask what they believe in spiritually & discuss bringing meditation into their daily life.
- Teach the Break Your Heart Wide Open Meditation.
- Help them move through pain, fear and doubt with the Energy Shifters.
- Discuss their greatest pain & how that can be their fuel for a better life.
- Share the intuitive guidance you received from their departed in meditation.
- Conduct the Reconnection Ritual to connect them directly to their departed.
- Teach them to do the Reconnection Ritual on their own.



# Discussion of 30 Minute Coaching Session

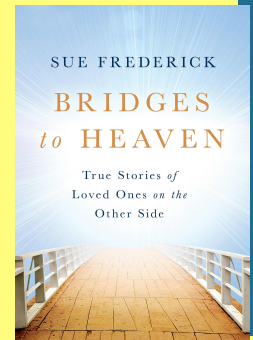


- What helped you the most in the 30 minute coaching session you just received?
- What was the least helpful part?
- How did it feel to conduct the Reconnection Ritual?
- Were you happy with it? Why or why not?
- Was it helpful to them?
- What did you learn?
- What was the easiest part for you?
- Was there anything difficult about coaching your client using these techniques? Explain.



# DAY TWO MORNING:

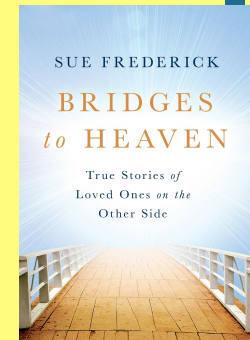
## After 30 minute coaching sessions



- **10:45: All back here.** Review coaching experience.
- Follow teaching manual **to page 138** (60 minute coaching sessions).
- Understanding the Power & Meaning of Numbers according to the teachings of Pythagoras, Greek Philosopher & founder of number system. Decoding the Birth Path. Adding the Astrological flavor of the Sun Sign to the birth path.
- Learning the best grief-healing tips & challenges for each birth path.
- Understanding Personal Year Cycles, Saturn Returns & how to use the energy of each year for healing grief.
- How to meditate on client's path and receive intuitive guidance about their soul's mission & connect to their departed.
- Discuss the science of intuition, remembering intuitive experiences, strengthening intuition & accessing dream guidance.
- Giving baby-step homework & reviewing the daily healing schedule.
- **12:30- Students break off to prep for 60 minute coaching sessions.**



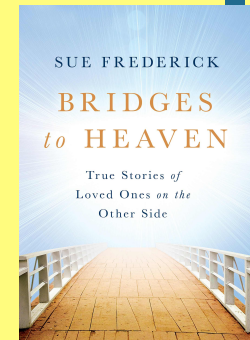
# Step Five: Reveal the Soul's Mission & Reinvention Cycles



- Finding the 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).

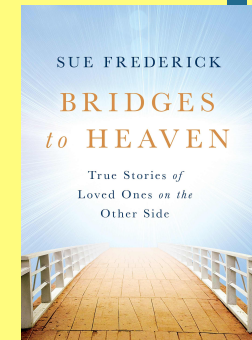


# History & Meaning of Numbers



- 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.

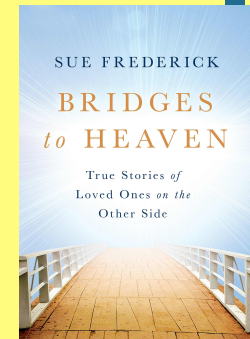
# + Meaning of Numbers



- Today we still use the number system Pythagoras created but we've disregarded the core meaning that was central to his system - that each number carries a meaning that goes beyond mere quantity.
- In Pythagoras' system every number has a positive and negative vibration which shows its potentials and challenges. Your destiny number, which is derived from your birth date contains the vibrations of the greatness you came to achieve along with the potential pitfalls of your path.

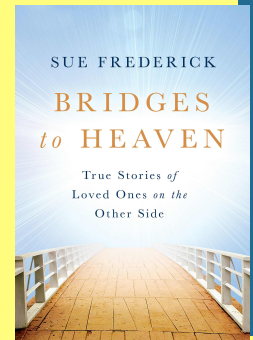


# + Meaning of Numbers



- 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  $(1 + 0 = 1)$

# + Meaning of Numbers



## ■ Example of Birth Path Calculation:

■ Birth Date: October 16, 1980

■ Month = October = 10 = 1 (1+0 = 1)

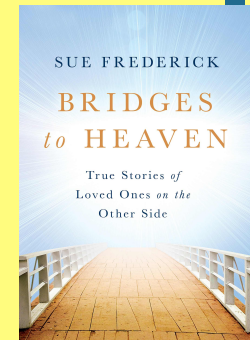
■ Date = 16 = 7 (1+6 = 7)

■ Year = 1980 = 9

■ (1+9+8+0 = 18) (1+8 = 9)

■ Birth Path = 8 (1+7+9 = 17 = 8)

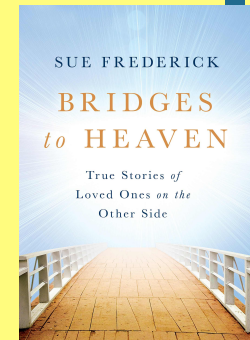
# + Meaning of Numbers



- 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)



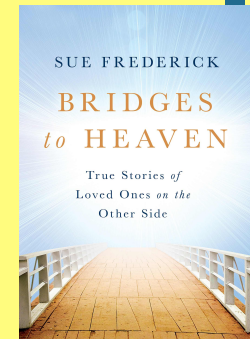
# Your Birth Path



- 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.

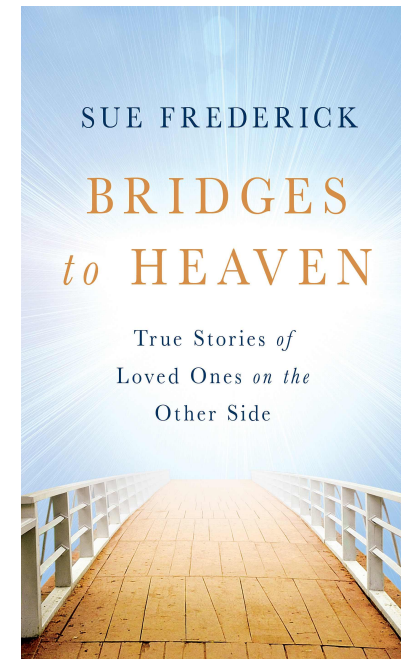
# 3 Different Ways to Add Birth Dates

- Using Birth Date May 1, 1960

- This is a 22 birth path:

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

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





**Birth Date: May 1, 1960** = 22 Master Soul Life Path

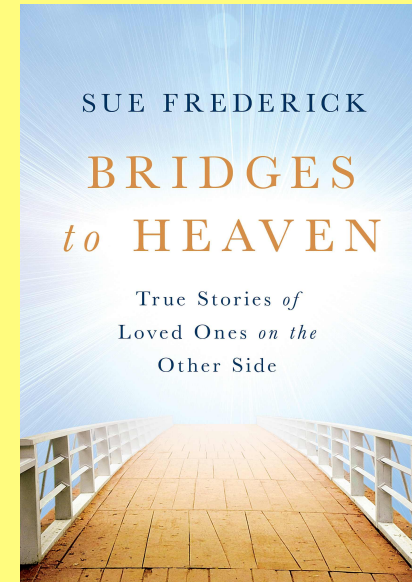
Two out of three ways reveal a 22/4 path while the third way reveals a 13/4.

## Traditional Method #1

May = 5 = 5  
 1 = 1 = 1  
 1960 = 7 = +7  
 13 = 4

## Second Method

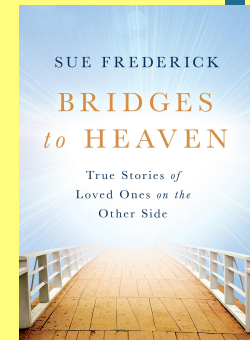
5  
 1  
+1960  
 1966 = 22/4 (1 + 9 + 6 + 6 = 22)



**Third Method** 5 + 1 + 1 + 9 + 6 + 0 = 22/4



# Traditional Method #1

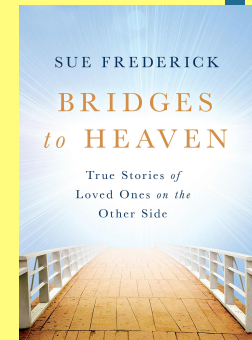


- Birth date Sept 15, 1951
- September = 9
- 15 = 6
- 1951 = 7
- Total = 22 (9+6+7=22)
- This is a 22 birth path





# Secondary Method:



■ Birth date Sept 15, 1951

■ 1951

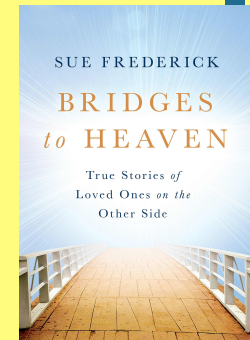
■ 15

■ +9

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

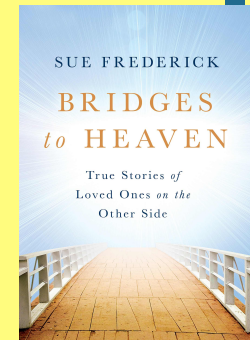


## Third Method:



- 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.

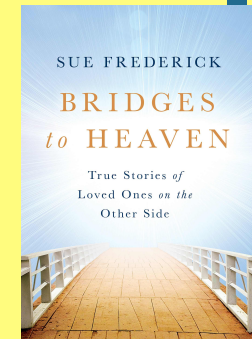
## Another Example of Third Method:



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.

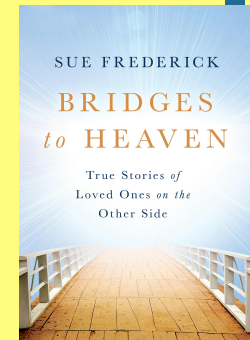
# + Calculate your birth path using all three of the methods:



- 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).



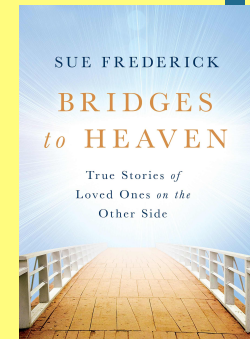
# Positive & Negative Meanings of Numbers



- 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



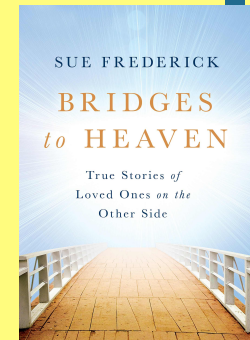
# Positive & Negative Meanings of Numbers



- 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.

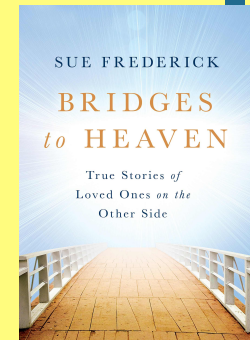


# Positive & Negative Meanings of Numbers



- 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.

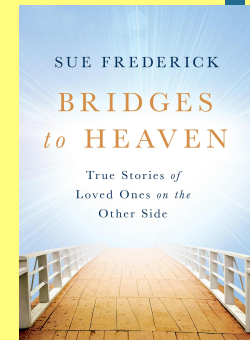
# + Master Soul Numbers



- 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...

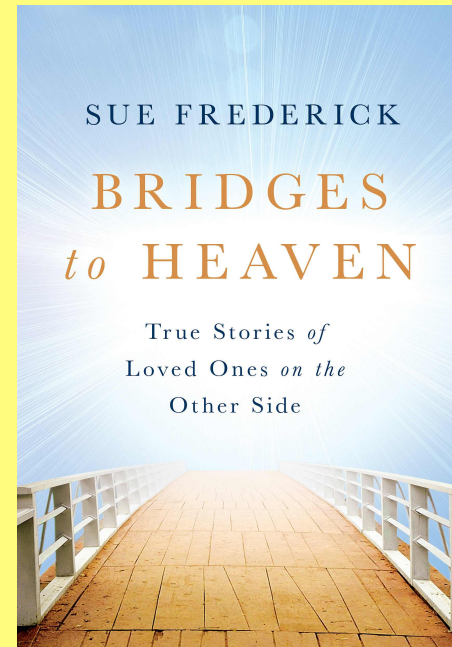


- To apply the numbers specifically to birth paths & understand how to use the information to heal grief and move forward see Chapter 7 of the book ***Bridges to Heaven.***



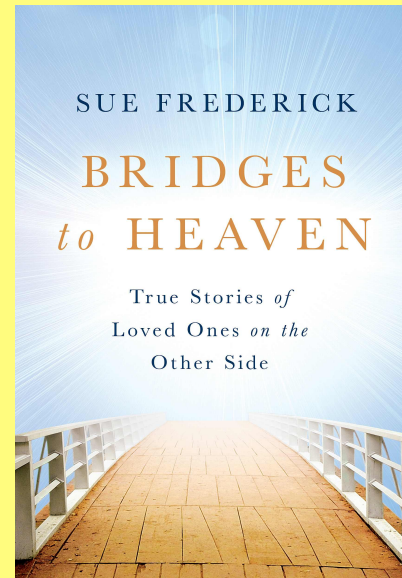
# How birth paths reveal what you need to do to heal from grief...

- To learn how your birth path reveals what you need to do to heal your grief see Chapter 7 of the book ***Bridges to Heaven.***
- The next few pages also explain this.



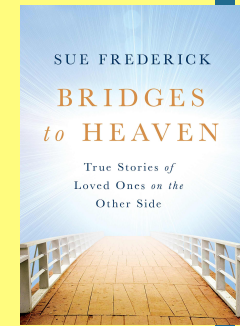
+ Your Golden Key reveals the Activity that lines up with your path to fulfill the soul mission

- To understand your Golden Key & use the information to heal grief and move forward see Chapter 7 of the book *Bridges to Heaven.*





# Your Path For Healing Grief

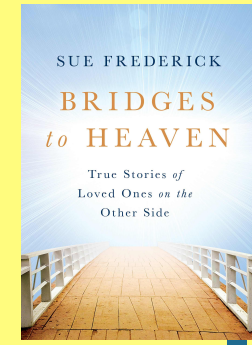


## ■ **Birth Path 1:**

- You've done nothing wrong to cause this grief you're experiencing. You just need a little space to follow your independent heart. You're a visionary, a born leader – this is your Golden Key. Self-doubt is your downfall, and your grief has probably triggered it. Once you get on your feet, your visionary ideas will help thousands of people. Stop listening to what everyone tells you to do to recover from this loss. Take your own path and do it your way. Start meditating to hear your inner guidance. Get back on your feet. You designed your body and its great strength to carry you forward no matter what and now is not the time to lie down. Stand up! Speak your truth, follow your intuition, and go your independent way--even if that means walking away from old friends and security. You'll only find financial security when you're doing your great work, even if it's unconventional.
- **To Recover You Need:** Reconnection with your own higher self. This means getting away from everyone and everything you know – even if it's just for a weekend retreat. As you get out of your routine, connect to your higher self through nature, spirituality, meditation and writing you will hear your own inner truth again. That's the only voice you should listen to. Don't underestimate the lesson of your loss; to nudge you to embrace your highest self and your spiritual soul mission. Your career needs to be meaningful which in your case means leading others to new discoveries. Inspired leadership is your Golden Key. If you're working at a corporate job with little power to do things independently, it's time for a major career reinvention! Your work is meant to lead the way for others – as a consultant, teacher, coach, writer or entrepreneur. If you're pursuing an artistic career, now is the time to teach others what you've already learned in this lifetime.



# Your Path For Healing Grief

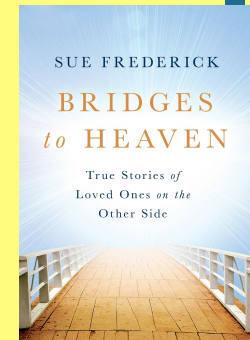


## ■ Birth Path 2:

- The loss of a loved one is especially hard for you because you merge so deeply with those you love. This great sensitivity means that you still “feel” your loved one even though they’ve crossed into another world. This, my dear, is your Golden Key to recovery. Daily intuitive connection with your departed will heal you and help you realize that connecting to others as a therapist, healer or intuitive is your mission and should be the way you make your money. As you embrace spiritual knowledge and open your powerful heart, grief will slip away and you’ll embrace the beauty of your sensitivity. You’ll finally realize it’s your greatest gift. Since you manifest all your challenges and gifts through your interactions with others in the workplace and at home, healing yourself requires daily connection with friends, family and your departed. Isolation is not healthy for you. Volunteer in a shelter for abused women or at a daycare center. Your gifts will create a golden light around you and inspire clients to seek you out.
- **To Recover You Need:** Connection with people! Being home alone or isolated in a cubicle at work will only increase your pain. Get out of your house and away from your desk. Get up and offer a helping hand or a healing conversation to anyone you meet. Making a sacred connection with others is your Golden Key. I suggest going to luncheon networking events or charity benefits--anything that gives you an opportunity to share your healing voice with others.



# Your Path For Healing Grief

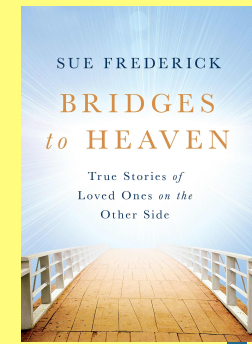


## ■ Birth Path 11:

- You have a huge connection to the other realms that enables you to channel in love, intuition, and healing. This divine connection is your Golden Key. Grief is your wake up call to become the divine healer and light-being you came here to be. Instead of crying about your departed, show them you will become a channel of artistic and spiritual inspiration for others. Make them proud. They know you're an angelic being. They want to see you use this gift to help others. This is your chance to get it right and make your living from your amazing gifts! You vibrate on such an amped-up frequency that it sets you apart. When you enter a room, your energy demands attention. Use this charisma to share positive, helpful and inspiring ideas. Refuse to speak hurtful words to others, even when you feel wounded.
- **To Recover You Need:** Daily connection with your spirituality, higher self, and departed loved ones! Start every morning with a 20-minute meditation and your pain will diminish. You'll feel your loved one's arms around you and you'll know that they're with you. This will motivate you to step away from meaningless actions and empty careers. You'll know in your heart how gifted you are and you'll someday embrace intuition as your Golden Key and use it to teach others to see their loved ones in the other realms.



# Your Path For Healing Grief



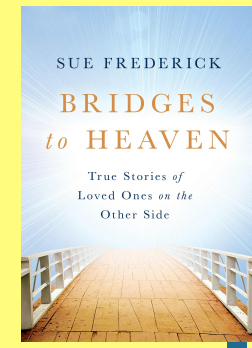
## ■ Birth Path 3:

- Get out of your head and stop analyzing every feeling--from devastating grief to passionate love. Feel it all--from joy to pain! Move your body to get your feelings flowing. Open your heart and connect to your highest self through dance, creativity, writing and play. This grief is meant to break you wide open and fill your heart with compassion. A life lived in the mind is not what your soul intended. You're capable of enormous love and of using that love to inspire others! Your Golden Key involves creativity, artistic expression, and leading others (as a teacher, writer, or entrepreneur) to find their own unique self-expression. This requires inner work as you quiet your brilliant mind, open your heart, and learn to feel. Words are essential to the work you came to do. Tell your story of grief and recovery! Through exploration of the written word, you'll find your ultimate gift as a speaker and enlightened writer. Your books, inventions, and other works of creativity will someday be held in reverence as examples of great genius and inspiration.

- To Recover You Need: To feel your pain and release it! Now is **not** the time to bury your head in analytical thinking and distance yourself from emotion. Your witty cynicism is **not** what's needed now, nor will it help you or those around you deal with the pain of grief. Do the **Break Your Heart Wide Open Meditation** each morning to open your heart, feel the pain and release it. Without this daily practice, you'll shut down your emotions to avoid feeling the pain of your loss. Open your heart and use it to inspire your brilliantly creative efforts. Use your Golden Key of creative self-expression to produce your most divinely inspired work! Moving your body with dance, yoga or athletic activities will help you move out of your head. Open your heart and feel; the lesson of your grief will be illuminated and your life will unfold on path.



# Your Path For Healing Grief



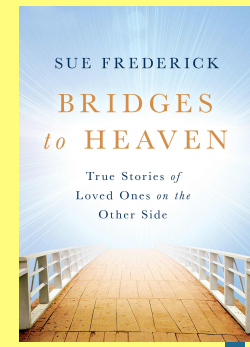
## ■ Birth Path 4:

- Your great integrity and sense of humor will help you move forward through this painful time. Use your Golden Key of strength and determination to dive wholeheartedly into your career and accomplish your great work. Your grief is truly the fuel you need to accomplish your mission. The time to take action is now! Include laughter, fun, and relaxation in your hard-working life or you could exhaust yourself and damage your health. You possess more natural courage, honesty, and determination than others. Embrace the challenge of hard work as your opportunity for spiritual and emotional growth through this devastating loss. Your positive attitude will lead to great happiness and success. The courage and strength you build in this lifetime will serve you and the world as you use it to accomplish feats impossible for others. Your strength, focus, and willpower can accomplish any challenge, from climbing Mount Everest to running a newsroom, or building homes from scratch. You always get it done, no matter how big the job or short the deadline. You're meant to pursue and succeed at impossible dreams when others can't. Never limit your expectations and always say yes to challenges.
- **To Recover You Need:** To dig deep and accomplish your great work, run your marathon, and never look back! Write the book, study at the university, make your film, climb your mountain. Using strength to accomplish whatever you put your mind to is your Golden Key to the life you desire. Don't sit around doubting yourself. Wasting time won't make you happy. Don't be seduced into a pain-numbing relationships. It will increase your pain in the long run. You're here to accomplish what others only dream of doing and this grief is your nudge to get it done. Find a brilliant, intuitive friend to discuss the meaning of life with, begin your great work, and embrace your spiritual path 200%!





# Your Path For Healing Grief

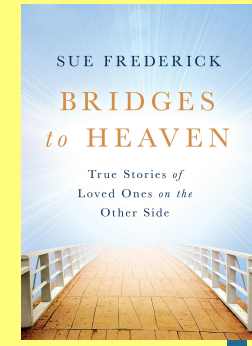


## ■ Birth Path 22:

- It's time to embrace your spirituality and use it as your Golden Key to uplift and inspire others. This is why you signed up for this devastating loss. By spirituality, I don't mean just reading a book or two. I mean daily connection to the divine through meditation and intense spiritual practice. It's time to embrace your intuition profoundly enough to build your great work around it. You've been driven to do something great with your life from the time you were very young. And you're acutely aware of your unique perspective and how it differs from mainstream thought. Let this pain fuel you to move forward and succeed at something that inspires and changes our world. It's time to quit trying to fit in and be someone you're not. You've hidden your unusual gifts in order to be loved. But the world will embrace you for who you truly are when you share your story through your great work.
- **To Recover You Need:** To do your work--the work you signed up for that will enlighten the world! Your Golden Key is to inspire us all with your paradigm-shifting ideas. Nothing will ease your pain like inspiration and accomplishment. Embracing daily spiritual practice is a necessary step to healing. Remember your departed loved one is watching and knows you have lots of work to do. They're ready to help! Don't frustrate them by giving into indulgences that lead nowhere. You don't need a resting place now. That will only increase your pain. Just do it!



# Your Path For Healing Grief

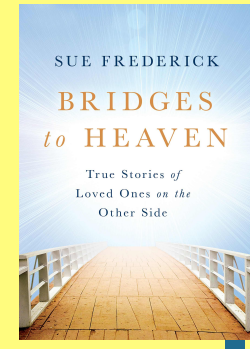


## ■ Birth Path 5:

- You need to dig deep in your core and embrace a new spiritual perspective or this pain will lead you into destructive behaviors. You'll get lost in addictions, indulgences, and passions--following your propensity to learn all your lessons through the flesh. You have enormous personal charisma, and this is your Golden Key. But charisma can also lead you down the dark-side if you're not using your presence to help others. Your indulgences can put you in rehab--or worse--endanger your life. But you're here for a reason. It's not your time to exit the physical world. Your wide-open sensuality and powerful passion are designed to open your heart. Your mission is to drink fearlessly from the cup of life--learning everything there is to learn about the physical realm and experiencing it through every cell. Earthly pleasures, from food to music and drugs, will seduce you. Early childhood pain and abuse may have caused you to shut down your wise spirit and hungry heart. It's time to wake up. You came to this lifetime to embrace courage and step out of bounds. You're capable of sharing big love and healing through your work. But fear will shut your heart right down and pull you far off-path.
- **To Recover You Need:** Self-discipline and courage! It's time to make some big changes in your life and find your solid inner strength and wisdom. If you hide out now and bury your pain in addictions, you're just making life harder. Realize that you have a great mission to help others! Your Golden Key of charisma is on purpose to get everyone to listen to your ideas. Use that! Tell your story of pain and recovery! Heal those who wallow in indulgences. Become the voice of courage and change. Courage is the only road to take and the only way to accomplish what you came here to do.



# Your Path For Healing Grief

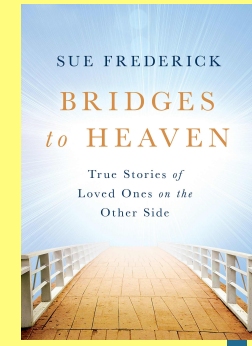


## ■ Birth Path 6:

- It's time for you to become the healer you came here to be. This grief is what you asked for to help you remember your mission. Put your focus on the world, the community, and the needs of others. Healing and helping others is your Golden Key and the antidote to your pain. Explore great artistic and philosophical ideas to rewire your brain. Use your healing and artistic gifts to help others instead of using your rock-star beauty to manipulate. Your presence is angelic and gives you charisma that you can use to either heal the world with your enormous heart or slide down a dark path of self-destruction. It's your choice. You may need to experience both sides before choosing to heal. Your boundless gifts--especially the creative ones--allow you to pursue the artistic genius or gifted athlete path. You have profound intuition and the ability to sense energy. But without spirituality as your anchor, you may become un-tethered. If you're grieving today, it's because you forgot that your heart is for healing others' pain. Shine that love and compassion out to everyone you meet and your life will blossom.
- **To Recover You Need:** Forgiveness and gratitude! You've sometimes blamed others for your losses and ignored the lesson of your grief. Once you embrace your masterful healing gifts as your Golden Key to the life you desire, you become the compassionate leader at the front of the room--healing all of us with your grace and kindness. Your wise presence will make you very successful as a spiritual guide for others.



# Your Path For Healing Grief

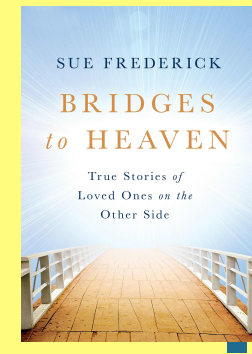


## ■ Birth Path 33:

- You're on a highly sensitive and gifted lifetime journey. This highly evolved and enlightened path is sometimes called the "Christ path." You have the highest frequency a soul can carry in this physical realm. Your Golden Key is your wide-open channel to the divine. Grief may open you up to the highest realms in a way that could completely disconnect you from reality. You don't have much of a tether to this physical realm anyway, and unless you embrace your spirituality and use it to guide your everyday life, you may end up doing a stint in the loony bin or rehab center. Remember the reason for your gift! You bring spiritual and intuitive guidance to the world. Your charisma and artistic gifts must be used to make a difference in the world or you'll lose your way through psychosis or addiction. You chose this path to use love, artistic talents, and clairvoyance to transform consciousness. It's a big task but you're completely capable of success.
- **To Recover You Need:** Prayer, meditation and daily service to others. Connecting to the divine will mend your heart. This loss has occurred to remind you that you're not here to be like everyone else. You have huge work to do and this is your moment. A spiritually evolved perspective is your Golden Key. To heal your pain you must heal others. Read the lives of great saints including Mother Theresa and St. Francis of Assisi. You're not required to sacrifice yourself, but you are here to save everyone else. Forgiveness would be a good place to start.



# Your Path For Healing Grief

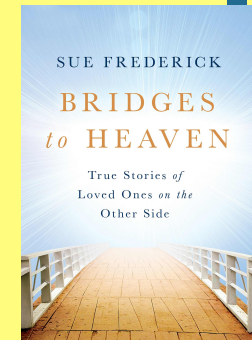


## ■ Birth Path 7:

- You're hungry for the truth and this grief will spur you to either find enlightenment or become a deeply cynical and lost soul. It's your choice. Your Golden Key is your ability to see beyond the illusion and find answers about why you're here and who you really are. Embrace spirituality, intuition, and higher consciousness as your new perspective. Moving forward requires basing your career on higher thought and spiritual insight. Release the cynicism and doubt. Surround yourself with beauty and color to help you heal. Release the details and see the bigger picture. This pain is designed to help you see that perfection does not exist in the physical world--only in the unseen worlds. Embrace your true intuitive gifts and use them in your work. You chose this lifetime to bridge the physical and divine realms--to live in the physical world without losing your spiritual connection. Your greatest work is to meld these two worlds through art, music, and intuition. Your brilliant creativity comes from your unique ability to channel inspiration from the highest realms. This gift can change the world if you allow it to manifest through your work.
- **To Recover You Need:** Quiet and reflection. Contemplation is the balm your soul needs to heal this loss and find answers to your painful questions. You'll recover quickly if you focus on spiritual practices, write your innermost thoughts, and study the teachings of the greatest spiritual guides. Read, write and meditate. You'll feel at peace in nature. And when you've fully embraced this contemplative lifestyle, true healing will begin. Daily communication with your departed will come easily to you. Seeing the great spiritual truth of our shared human journey is your gift and your Golden Key. Telling that story to others is what you're here to do.



# Your Path For Healing Grief

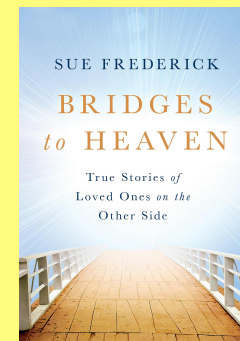


## ■ Birth Path 8:

- What a powerful life you came here to live, and this grief is your soul's nudge to fully step into that greatness. Owning your power is your Golden Key to a successful life. Playing victim or being abusive are both signs that you're avoiding the lesson at hand. This is your moment to embrace generosity, truth, and a relentless spiritual focus. You're a truly brave and wise old soul, and you've already developed spiritual wisdom and genius in other lifetimes. When you chose this incarnation, you tackled the most difficult lesson that humans can take on: How do I own my power in every area of life and use it generously to empower others? Every lesson of your lifetime will be embodied in that simple question. Your grieving heart is your greatest fuel to help you find your power and master the game of money (rather than avoiding it). You're more than capable of doing this even though it terrifies you.
- **To Recover You Need:** To become truly powerful and independent--financially, emotionally, and spiritually! This is the point of your pain. Hiding out is not allowed and if your spouse has crossed over leaving you penniless that's on purpose! This is your moment to shine and accomplish what you came here to do. Be bold! Use the Golden Key of this powerful lifetime to step fearlessly into your great work. You'll become the generous millionaire you're meant to be.



# Your Path For Healing Grief

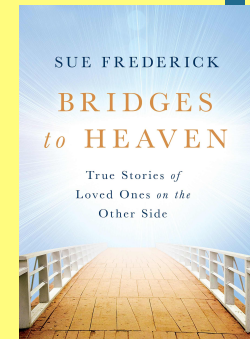


## ■ Birth Path 9:

- This grief is designed to help you master your final achievement in the physical world – surrendering everything to compassion, love, and forgiveness. Wisdom is your Golden Key to success. You’ve developed enormous spiritual and intuitive gifts over many past lifetimes. You’ve risen above many painful challenges. This loss is the ultimate challenge; forgiveness is required. Slipping into bitterness will be a temptation. Arrogance is your greatest flaw. Bitterness and arrogance only keep you from accomplishing your soul’s true intention. Open your heart in ultimate surrender to what you don’t yet know. This wide-open heart will move you quickly through pain and allow your wisdom to shine! This final lifetime ties up the loose ends of your karma and teaches you to live in tune with your highest self and pass your soul’s final exam. You’re asked to face heartbreak with compassion, loss with understanding, and disappointment with wisdom. It’s time to realize you’re here to guide others. Take your place on the stage and teach. You still have a huge humanitarian mission to accomplish. If your grief is weighing you down today, ask yourself if it’s because you let loss and disappointment turn you into a bitter, blameful person, and forgot to do your humanitarian work. If you can truly say that you’ve released past grudges and disappointments, you’re fulfilling your mission!
- **To Recover You Need:** Daily spiritual connection and work that serves the world. If your work is meaningless, you’re off-path and your pain will stop you from living the life you came to live. Wisdom is your Golden Key. Share your many wise lessons through your work, become a powerful teacher and writer, and speak for those who suffer in silence. Become the guide to our shared unrealized potential as spiritual beings on a journey of evolution.



# Ask Your Client...

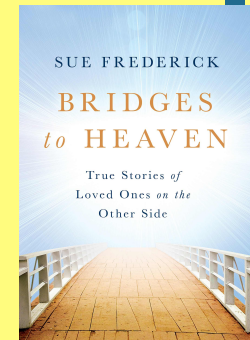


- **Review the summary of your client's path (found in Chapter Seven & in the previous pages of this manual) including the suggestions for healing grief.**
- **Ask client: What can you learn from this? How can you use this information to re-align your life?**
- **Say: Describe your Golden Key...**
- **Ask: How might you find a new direction by aligning your Golden Key with your birth path mission? (See Chapter 7 for more details on the Golden Key.)**





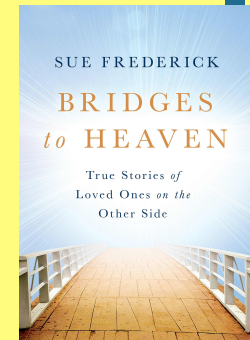
# The Flavor of the Birth Path



- 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.



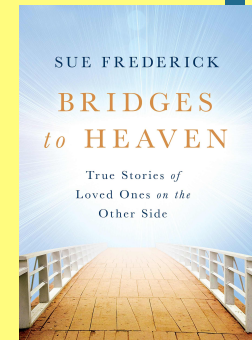
# Sun Signs



- 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 move through your grief.
- By combining the birth path number & sun sign, you will get more specific ideas about the nature of your soul's mission **& how best to heal your grief.**



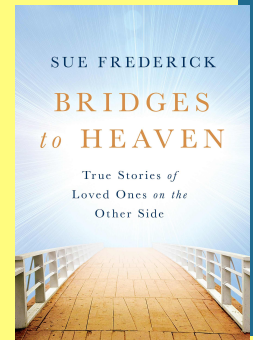
# Sun Signs



- 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



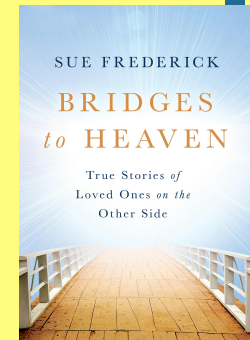
# Sun Signs



- 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



# Energy of the Sun Signs



- **Aries (Ram) = March 21 – April 19**

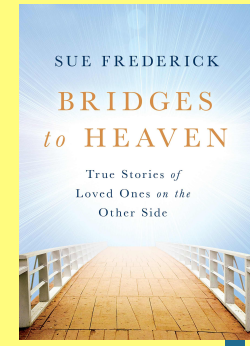
If you wrapped your Birth Path number with Aries, you will be powerful and bold - leading others to new ideas. This boldness is required now to heal the pain of your loss and move into the big life you came here to live. Holding back or hiding out in your pain will sabotage your life and prevent you from healing.

- **Taurus (Bull) = April 20 – May 20**

If Taurus is the flavor you chose, you're made of pure force and solid will-power. Being practical puts you at ease. You may take awhile to get going on your higher mission, and it's essential that you loosen your tight grip on practicality in order to fulfill your potential. Practicality can become your most cherished value at the cost of everything else—including happiness. Be aware that your stubbornness can prevent you from moving forward with your life. Opening up to new ideas and embracing the unknown will help you now. Growth and change are required to heal your grief.



# Sun Signs



## ■ Gemini (Twins) = May 21 – June 21

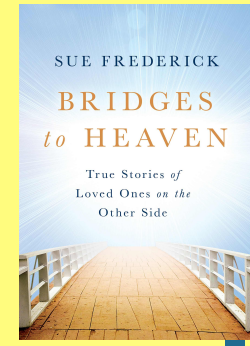
Your agile, hungry mind is a great gift, but it can distract you from the intuitive knowledge of what's right for your life. You'll change perspectives frequently and become quite brilliant, cunning, and accomplished. Let your heart and intuition serve as your compass, or you'll lose your way and fall far off-path. The cold-heartedness that goes along with that great mind will not serve you and it will prevent you from moving on. Your challenge is to quiet that brilliant mind enough to embrace a more spiritual perspective on your loss. You must meditate every day to quiet your mind, open your heart and move forward. Your heart holds the answers you need now, not your mind.

## ■ Cancer (Crab) = June 22 – July 22

Your heightened sensitivity and secretive nature is your gift and challenge. You feel everything and process it through your silent filter - rather than readily sharing it with others. Yet your feelings and intuitions are your gift. Don't hide that brilliant wisdom and retreat into self doubt and fear. You're meant to use your big love to help others heal their grief. Coming out of your shell and shining love on others in pain is required now. Show your sensitivity to the world, bare your sweet soul, and speak the truth. Share your story of loss.



# Sun Signs



## ■ **Leo (Lion) = July 23 – August 22**

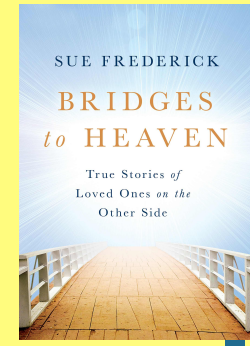
The majestic, warm, and kindly lion, Leo rules with generosity of spirit and fiery passion. Your noble and confident presence will dominate any environment you work or live in. But don't get lost in "showmanship." Without a spiritual core, your power is pointless, even destructive—especially when facing the loss of someone you love. But your heart is enormous and whenever you shower your loved ones with healing energy, you heal yourself. Reach deep into your essence for the purpose of this great loss – to push you to become a teacher of higher knowledge.

## ■ **Virgo (Virgin) = August 23 – September 22**

The ultimate seeker of truth and understanding, your relentless analysis and pursuit of perfection is your gift and curse. In any career, you'll get to the core of the problem and perceive the essential truth instantly. Your challenge is to refrain from pointing out those flaws and imperfections, until you've found solutions. This is especially true when facing a loss, where you can either destroy or empower yourself by your choice of perspective. Realize that your analytical mind is meant to focus on the true meaning of spirituality and reveal it to others. If you use that mind to destroy your belief in what you can't see, your life will spiral downwards into negativity, pain and bitterness.



# Sun Signs



## ■ **Libra (Scales) = Sept 23 – Oct 23**

Grace, beauty, truth, and fairness flavor your mission. Rather than focusing on injustices, you'll create solutions. Your abundant talents will find a home in the arts - whether you choose acting, dance, writing, or design. And those artistic talents hold the key to your own healing. Write, sing or act out your story of loss. Open your heart whenever you're stuck in your head. Remember that love is not an idea. It's a feeling. And that feeling is the key to your great life.

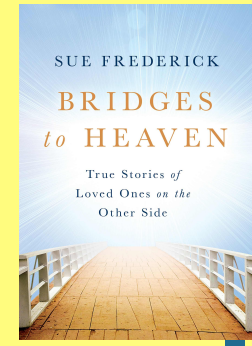
## ■ **Scorpio (Scorpion) = Oct 24 – Nov 21**

No matter what you're here to accomplish, this sun sign will flavor your path with intensity, sexuality, and charisma. Use those gifts to shed light on the unseen world and guide others through traumatic pain – which doesn't intimidate you. Your healing & insightful visions carry a depth of understanding that the world needs. But don't dive so deep into the pain that you get stuck there. Healing others from your own deep wisdom is required in this lifetime. This loss will fuel your wisdom if you let it and open the door for your greatest healing work.





# Sun Signs



- **Sagittarius (Archer) = Nov 22 - Dec 21**

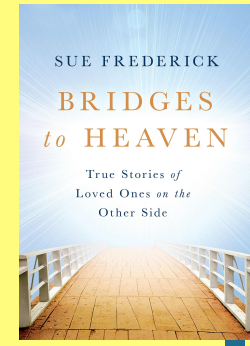
You can start up a conversation with anyone - from the president of the United Nations to a computer nerd. Yet don't let your social personality pull you from your mission and sidetrack you. Your social gifts are on purpose - to help you succeed as a teacher and visionary. You'll need to learn when to stop talking and start feeling - even though you'll do nearly anything to avoid the pain of your loss. Be quiet, open your heart, feel the pain of grief and release it. Then move forward teaching and guiding others in pain.

- **Capricorn (Goat) = Dec 22 – Jan 19**

You came here to immerse yourself in the earthy, practical details of day-to-day reality. That gift of plodding determination, coupled with your intense focus on what you want, will get you where you want to go. Loosen your grip on mundane details and you will heal your grief. Open up to the less practical ideas of spirituality and intuition that, until now, have made you feel uncomfortable. This expanded awareness will help you heal from this loss and move you forward to fulfill your great potential.



# Sun Signs



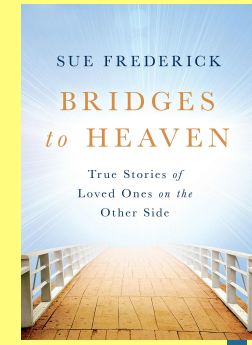
- **Aquarius (Water Bearer) = Jan 20 – Feb 18**

Your ability to teach and inspire others with new ideas is paramount on this path. Use these great strengths to change the world. Take classes, read great books, surround yourself with thought-provoking people. In your grief, you need to surrender what you know and become vulnerable. Consider yourself the student on a spiritual exploration journey and be open to all new ideas and paths. The journey will heal your grief and fill you with new enlightened ideas for helping others in pain.

- **Pisces (Fish) = February 19 – March 20**

Profound intuition and innate spiritual wisdom are your gifts. You have daily easy access to the highest realms and to your departed loved ones. Whenever you stifle that intuition to fit in, you're off path. Be sure to focus your intense feelings on the highest wisdom and don't get lost in your sensitivity. It's essential to live with an open heart and wrap others in healing love--even when you feel wounded yourself. This is especially true when facing a loss. By offering your boundless compassion and intuitive gifts to help the world, you transcend the losses of this lifetime and rise to your full potential.

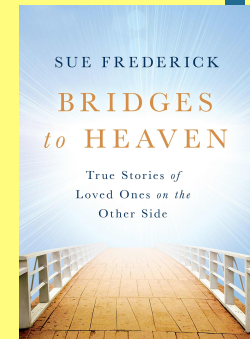
# + Personal Year Cycles



- 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.



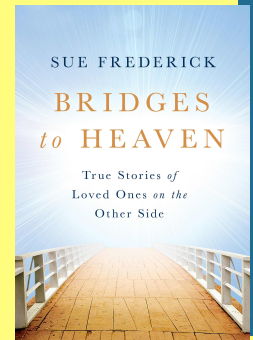
# Personal Years



100

- 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).

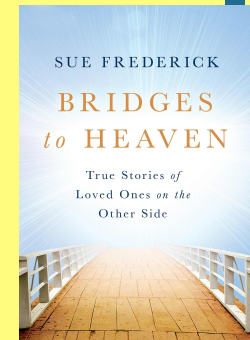
# + Personal Year Cycles



101

- **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**

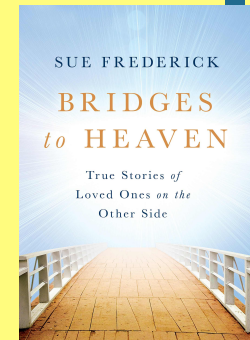
# + Personal Year Always Begins in January...



- 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...



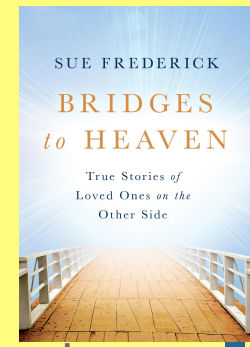
# Calculate Your Personal Year



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



# Meaning of the Personal Years



## ■ Personal Year 1

- When you're grieving in a 1 year, you feel especially lonely and isolated. But that's because it's a year to focus on YOU. Your healing happens when you remember who you are, get back in touch with your soul's mission, and own your intuition to move forward on your terms. It's time to launch a completely new and better direction in your life. Start 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 so you want to take as many positive steps moving forward as possible. 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 your grief and reinvent. There's never been a better time for taking steps forward. Everything revolves around you and is dependent upon you. Believe in your vision, make important decisions alone, and move forward bravely.

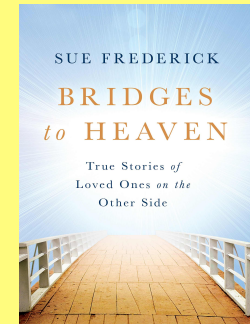
## ■ Personal Year 2

- This year, your healing happens when you connect deeply with others and use your wise insights to help them. As you reach out to others in pain, you heal your own grief. This only works if you've released your past and are not clinging to your losses. Others will step forward to offer support. It's a slower, sweeter year than last year. 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 of last year. You might feel highly sensitive now, but don't let this get in the way of healing. Your solution is to become the source of love for others--even when you're feeling heartbreak.





# Personal Years



## ■ Personal Year 11

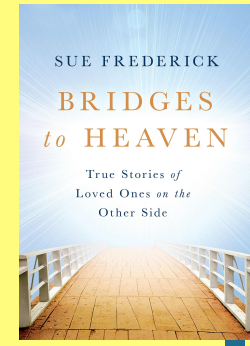
■ This is a sacred year for healing your grief. But true healing will only come through your connection to the divine. You should be focused now on spiritual insights and practices of meditation and prayer. It's a year of personal illumination if you use grief as fuel to embrace a new perspective. You'll be inspired to accomplish your most enlightened work. Intuition, inspiration, sensitivity and artistic creativity are magnified. Make them the cornerstone of your new career. Daily meditation will open a powerful channel of communication with your departed loved one. This intense intuitive connection will provide important guidance. Your spiritual connection is more powerful than ever. Use it as your source for all actions and decisions. Spend time with highly evolved, conscious people who inspire you to create. Small talk and meaningless social engagements will increase your grief. This is your best year for developing intuitive gifts and healing yourself in a new way.

## ■ Personal Year 3

■ This is a year to socialize and share your story of loss and recovery. Your grief will ease up when you immerse yourself in the fun, sexy, playful opportunities that come your way. Fully express yourself and create brilliant projects for your new career. Embrace artistic adventures such as painting, music and dance and use those outlets to heal. Join social groups, and entertain. Forget long-term planning and enjoy life; don't make important decisions about your future. Develop your skills with words--written and spoken. Whatever you started in your 1 year through hard work and diligence is now reaping enjoyment for you. It's a year to blossom and heal by sharing your creations with others.



# Personal Years



## ■ Personal Year 4

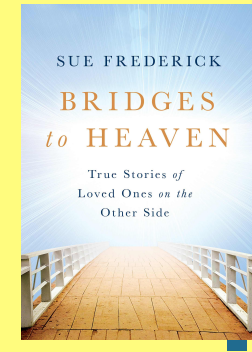
- To heal now, you need to focus on your great work. Just get it done. Next year's energy will push you out into the world to pursue fun and adventure. This is the year to build your house, so to speak. Focus on being responsible and tapping into core strengths. It's a serious year to fulfill obligations, get practical and organized, and build the foundation for your future life. 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 to heal your grief and move forward.

## ■ Personal Year 22

- Manifesting inspired work in the world is your key to healing now. Roll your sleeves up and get to work creating new ideas that inspire others. Ignoring your work will leave you feeling off-balance, unfocused, and useless. Use inspiration as your fuel to get it all done. Don't waste time going on long vacations (you won't be able to relax). Focus on your great work and trust that fun 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 now fueled by the pain of your grief. Focus on your work and keep moving forward.



# Personal Years



## ■ Personal Year 5

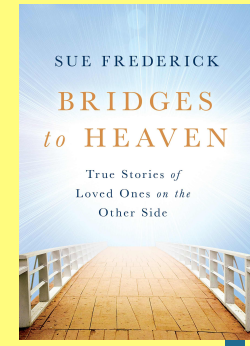
- Healing arrives now in the form of vacations, travel and adventure. Step out of your comfort zone. Your charisma is amped up and your magnetism is attracting opportunities and people to change your life. Say yes! Be open, fearless and passionate. Your heart will heal when you expand instead of contract. You'll have unexpected events that turn your life in a new and positive direction. Everything is changing around you. Investigate new career opportunities and get rid of anything or anyone stuck in the past. Eliminate conditions that hold you back. Make room for the new. Focus on freedom and adapting to change. Heal yourself with good food, new relationships, and trips to exotic places--all of which will soothe your grief.

## ■ Personal Year 6

- This year is a time to heal by offering love and nurturing to others. Embrace family and friends. Open your heart. Become a hospice volunteer or a grief coach. Rather than focus on yourself, focus on the needs of others. Close friendships will blossom as you nurture them with your open-hearted energy. Reach out and try to understand the people in your life in a deep way. Let go of superficiality and take responsibility for others. Yet don't take on more than you can carry, or you'll fall into overwhelm. This is one year, though, when general harmony and giving love to others is the only solution to your pain.



# Personal Years



## ■ Personal Year 33

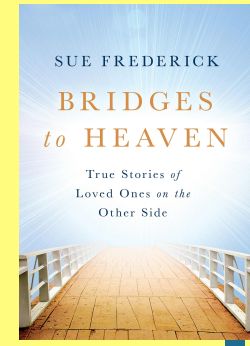
- You'll heal best this year when you focus on mystical knowledge, intuition, and spiritual guidance. But if you're not grounded, you could become disconnected to everyday reality. Stay away from alcohol and drugs, and meditate every day. If you embrace your higher self, this will be your most enlightened year. You'll use your intuition to connect easily to your departed. Your pipeline to the divine is opened wide and flowing freely. Take a meditation retreat and connect with your loved ones on the other side.

## ■ Personal Year 7

- This year, true healing only appears when you take the inner journey. It's time for deep reflection, intuitive development, and spiritual growth. Take meditation classes and spend a weekend in prayer and silence. Strength comes from your connection to the divine. You may feel a bit lonely or isolated. 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; social events won't even feel good. Your sensitivity and intuition are heightened; you'll feel other people's feelings everywhere you go. You'll feel your departed with you and communicate easily with him. Rely on your inner guidance for all decisions. Develop a strong daily spiritual practice. Don't grasp for what you want--you'll naturally attract what is meant to be in your life.



# Personal Years



## ■ Personal Year 8

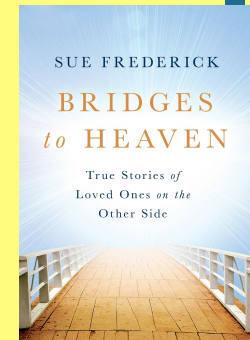
- Even though you're grieving this year, money and career will still be your main focus and the topic of nearly every conversation. Pursuing your true work and creating financial success will be the antidote to your grief. You'll have many opportunities to make money and become entrepreneurial and that should be your focus. It's a year to go to the bank--not the bar--no matter how much your heart hurts. Own your power spiritually, emotionally, financially and physically. Get back into shape--financially and physically. Take command of your own life. Think big, manage and direct others, and move forward. Be patient and generous to others—and your own pain will heal.

## ■ Personal Year 9

- This year, the answer to your pain is to open your hands and let it all go. Surrendering what you know is required. You'll heal only when you release the past. Friends and lovers from the previous nine years will resurface to be examined, then kept or discarded for the next cycle. Your career and life will conclude the focus that it has had for the past nine years, even though you won't see a new cycle just yet. Have faith that something new and better will arrive next year. You may be fired or laid off, and you'll grieve for your many losses over many lifetimes. Peace comes from higher wisdom and a greater connection to your spirituality. Your insight and wisdom will be heightened. Use this enlightened new perspective to benefit the people around you. Focus on spiritual discipline, and wait for the new inspiration that begins soon in your 1 year.



# Saturn Returns

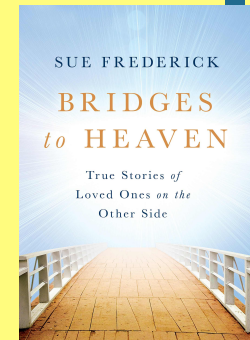


## ■ Saturn Returns

- 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.

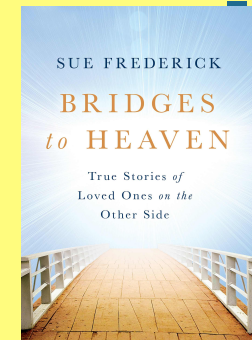


# Ask Your Client...



- Ask your client to reflect on what was learned during the Saturn Returning. It can open a deep conversation about the purpose of pain and how it fuels our great work.
- Saturn Returning is almost always a painful time of transition that is long remembered – on purpose – to help us find our true path.
- Whether we begin a relationship or lose a loved one in the Saturn Returning it will be a powerfully karmic (teaching) experience in our lives. One that sets us on our life course.

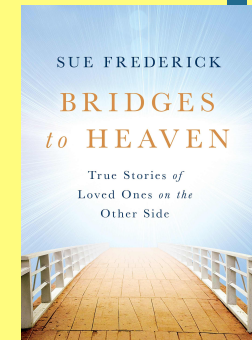
# + Map Your Own Reinvention Cycles



- 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.
- 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?**



# + Map Your Client's Reinvention Cycles

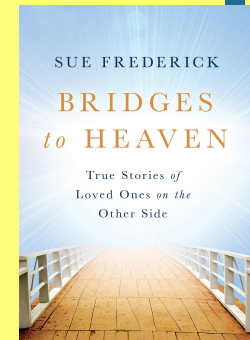


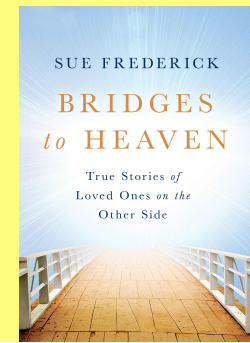
- Find the client's birth path chart on the following pages.
- Starting with their birth year, write each year of their life to the left of the personal year number.
- During the session make notes by the years when important events occurred – especially note when relationships & careers began & ended.
- Note any changes that took place when one nine-year cycle ended and a new one began.
- Ask your client what they were learning during the Saturn Returning.
- By examining their past reinvention cycles what insights do you have about their current experience of losing a loved one?
- Ask the client what insights they've gained from reviewing their cycles.



# Ask Your Client

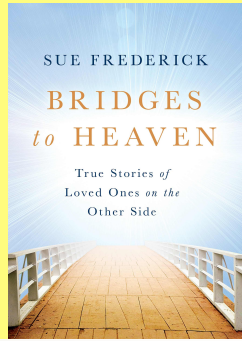
- How did this cycle begin and end?
- What was my intention at beginning of each cycle?
- What did I let go of at end of each cycle?
- When did I fall in love?
- When did I have children or long to have children?
- When did my loved one die?
- What did I learn?
- What did I learn about myself during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





# 1 Birth Path Chart

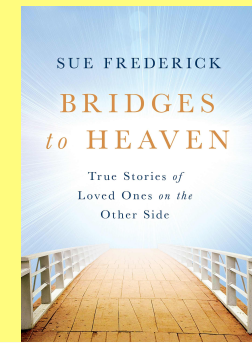
<u>PY</u>	<u>AGE</u>							
■	1	0 years	■	4	21	■	8	43
■	2	1 year old	■	5	22	■	<u>9</u>	<u>44</u>
■	3	2	■	6	23	■	1	45
■	4	3	■	7	24	■	2	46
■	5	4	■	8	25	■	3	47
■	6	5	■	<u>9</u>	<u>26</u>	■	4	48
■	7	6	■	1	27	■	5	49
■	8	7	■	2	28 SR	■	6	50
■	<u>9</u>	<u>8 years old</u>	■	3	29	■	7	51
■	1	9	■	4	30	■	8	52
■	2	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

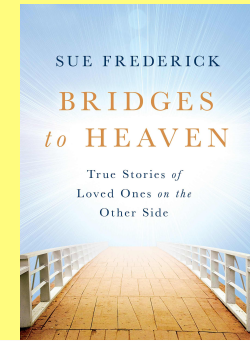
<u>PY</u>	<u>AGE</u>										
■	2	0 years	■	5	21	■	<u>9</u>	<u>43</u>	■	4	65
■	3	1 year old	■	6	22	■	1	44	■	5	66
■	4	2	■	7	23	■	2	45	■	6	67
■	5	3	■	8	24	■	3	46	■	7	68
■	6	4	■	<u>9</u>	<u>25</u>	■	4	47	■	8	69
■	7	5	■	1	26	■	5	48	■	<u>9</u>	<u>70</u>
■	8	6	■	2	27	■	6	49	■	1	71
■	<u>9</u>	<u>7</u>	■	3	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
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■	8	15	■	2	36	■	6	58 SR	■	1	80
■	<u>9</u>	<u>16</u>	■	3	37	■	7	59	■	<u>Pain</u>	
■	1	17	■	4	38	■	8	60	■	<u>Spirituality</u>	
■	2	18	■	5	39	■	<u>9</u>	<u>61</u>			
■	3	19	■	6	40	■	1	62			
■	4	20	■	7	41	■	2	63			
			■	8	42	■	3	64			

# 3 Birth Path Chart



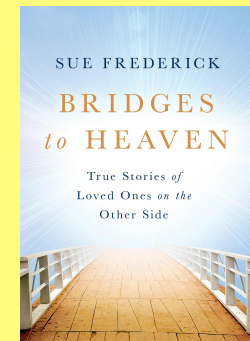
<u>PY</u>	<u>AGE</u>							
▪ 3	0 years	▪ 6	21	▪ 1	43	▪ 5	65	
▪ 4	1 year old	▪ 7	22	▪ 2	44	▪ 6	66	
▪ 5	2	▪ 8	23	▪ 3	45	▪ 7	67	
▪ 6	3	▪ <u>9</u>	<u>24</u>	▪ 4	46	▪ 8	68	
▪ 7	4	▪ 1	25	▪ 5	47	▪ <u>9</u>	<u>69</u>	
▪ 8	5	▪ 2	26	▪ 6	48	▪ 1	70	
▪ <u>9</u>	<u>6</u>	▪ 3	27	▪ 7	49	▪ 2	71	
▪ 1	7	▪ 4	28	▪ 8	50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

# 22 or 4 Birth Path Chart



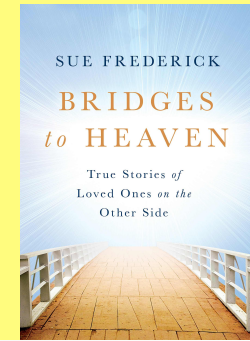
<u>PY</u>	<u>AGE</u>							
■	4	0 years	■	7	21	■	2	43
■	5	1 year old	■	8	22	■	3	44
■	6	2	■	<u>9</u>	<u>23</u>	■	4	45
■	7	3	■	1	24	■	5	46
■	8	4	■	2	25	■	6	47
■	<u>9</u>	<u>5</u>	■	3	26	■	7	48
■	1	6	■	4	27	■	8	49
■	2	7	■	5	28	■	<u>9</u>	<u>50</u>
■	3	8 years old	■	6	29 SR	■	1	51
■	4	9	■	7	30	■	2	52
■	5	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	■	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			

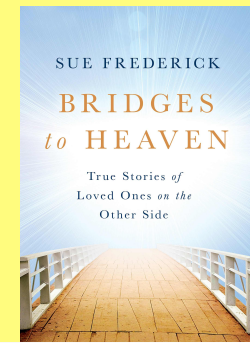
# 33 or 6 Birth Path Chart



▪	<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			

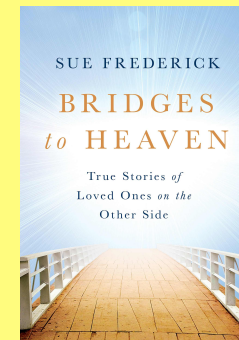


# 7 Birth Path Chart



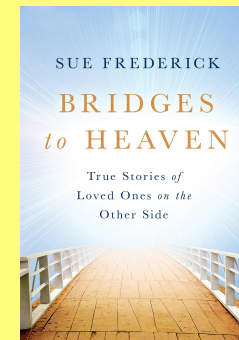
<u>PY</u>	<u>AGE</u>										
■	7	0 years	■	1	21	■	5	43	■	<u>9</u>	<u>65</u>
■	8	1 year old	■	2	22	■	6	44	■	1	66
■	<u>9</u>	<u>2</u>	■	3	23	■	7	45	■	2	67
■	1	3	■	4	24	■	8	46	■	3	68
■	2	4	■	5	25	■	<u>9</u>	<u>47</u>	■	4	69
■	3	5	■	6	26	■	1	48	■	5	70
■	4	6	■	7	27	■	2	49	■	6	71
■	5	7	■	8	28	■	3	50	■	7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



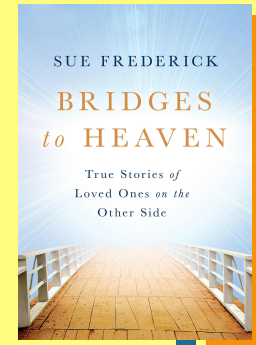
<u>PY</u>	<u>AGE</u>										
■	8	0 years	■	2	21	■	6	43	■	1	65
■	<b><u>9</u></b>	<b><u>1 year old</u></b>	■	3	22	■	7	44	■	2	66
■	1	2	■	4	23	■	8	45	■	3	67
■	2	3	■	5	24	■	<b><u>9</u></b>	<b><u>46</u></b>	■	4	68
■	3	4	■	6	25	■	1	47	■	5	69
■	4	5	■	7	26	■	2	48	■	6	70
■	5	6	■	8	27	■	3	49	■	7	71
■	6	7	■	<b>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

# + Meditation on Client's Birth Path

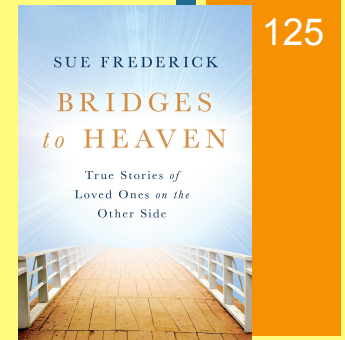


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- When prepping for a session, write client's birth path and sun sign on folder.
- Sit in meditation to quiet your mind. Place your hand on the client's information and request intuitive guidance from divine guides & departed loved ones to help them move through their grief and fulfill their greatest potential.
- Ask: "What is this soul here to accomplish?"
- Ask their departed loved one: "What is the purpose of this grief? What guidance do you have for them?"
- Meditate for at least 20 minutes & listen. Write down the information you receive as a **mission statement for the client**. Start by writing: "This soul is still here to ...." Also write: "The departed loved one says..."



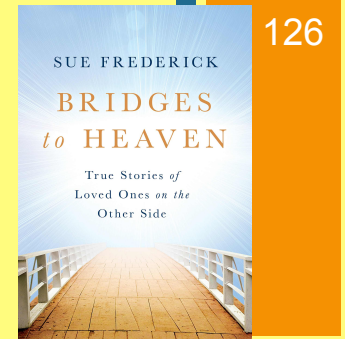
# Using Your Intuition To access guidance for clients



- Intuition – Learning to access your intuitive guidance and use it to navigate your life, communicate with the departed & receive guidance for your clients.

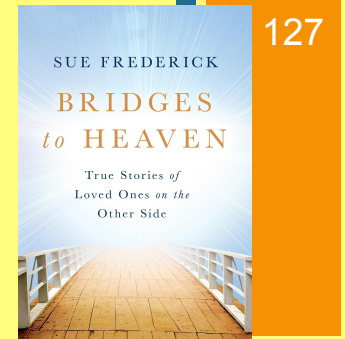


# Intuition



- What is intuition?
- Is everyone intuitive?
- Share some of your intuitive experiences.
- Opening your gateways through ***dreaming***.
- Trusting what you get.
- Asking your guides & the client's departed to help you access information for a client.

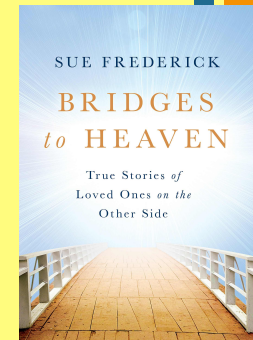
# + Right Brain = Intuition



- 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

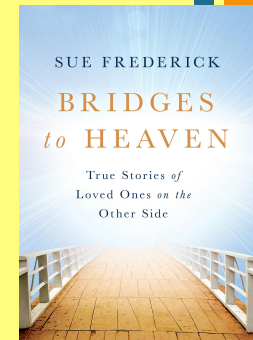


- **Daily mantra-based meditation** quiets your left brain and opens you up to your right brain which is your higher consciousness. From there you have easy access to information from your divine guides, your higher self & departed loved ones.
- Through practice you' ll learn **to trust the information you get** 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 my book *I See Your Soul Mate*.





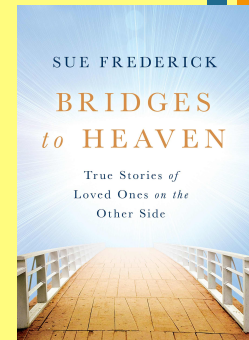
# Remembering Your Intuition: Ask Yourself & Your Client...



- 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?
- 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 & Your Client...

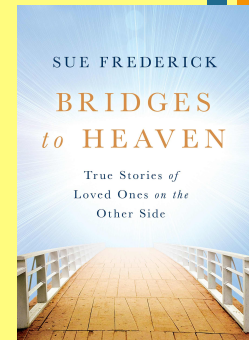


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- As a child, were your intuitive experiences encouraged or dismissed by your family of origin?
- Does your current circle of friends and partners embrace or dismiss intuition?
- Do you remember feeling intuitively connected to your loved one before he died? Describe:
- 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?



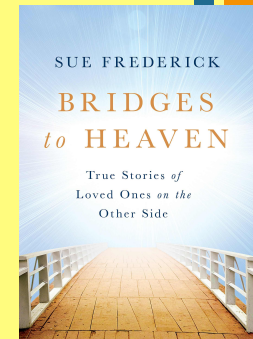
# Strengthening Your Intuition Ask Yourself & Your Client...



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



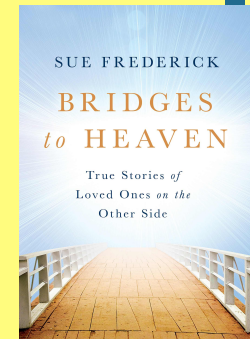
# Teach Your Clients: Intuitive Living Meditation



- 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. And the more confident you’ll become about communicating with the departed.



# Dreaming

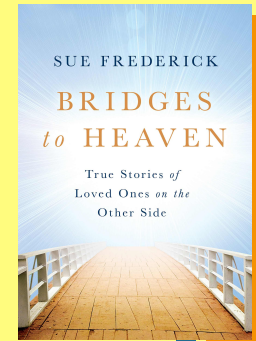


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- My dreams have been one of my primary tools for seeing the future and connecting with departed loved ones.
- I share many of my pre-cognitive dream experiences in my books ***I See Your Soul Mate & Bridges to Heaven.***
- You can develop this ability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



# Getting Dream Guidance

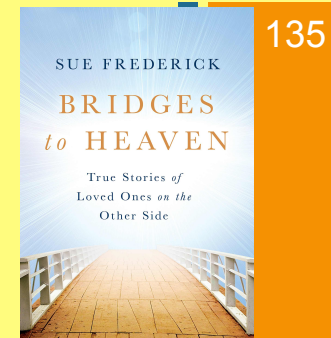


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- Before going to sleep, sit up in your bed and do a short meditation.
- At the end of the meditation, ask your departed for dream guidance.
- You can be specific and ask for guidance with career, children, health or money. Or you can simply ask for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



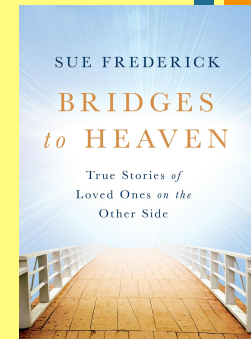
# Daily Grief Healing Schedule



- **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** (see above) 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.



# Daily Grief Healing Schedule

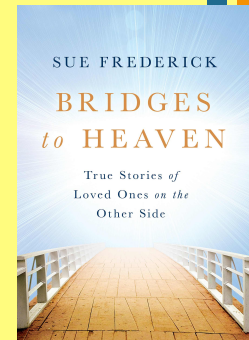


- **Noon: Have a Chat with Your Departed** - To connect at the appointed time follow the **Reconnection Ritual**. Or you can quickly check in and say, “Do you have any guidance for me? What should I do about such and such...” Listen for their end of the conversation. Write down any ideas or insights 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.





# Giving Baby-Step Homework

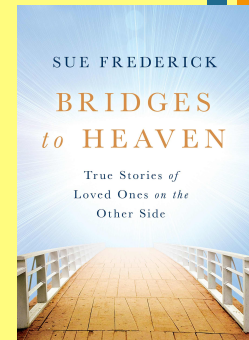


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- During the session, it's essential to list action steps for each idea you discuss with your client.
- These include daily meditation practices, affirmations, websites, books, people to meet, classes to take, spiritual paths to study, retreats to go on & the daily healing schedule.
- Always record the session so your client can re-visit these steps.
- Repeat these action steps clearly at the end of the session to summarize.
- End session by asking, “What steps are you willing to take to follow up on these ideas?”



# 60 Minute Coaching Sessions

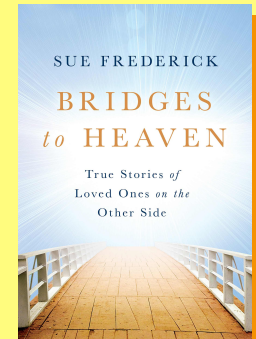


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- **12:30** - Students break off to prep for 60 minute coaching sessions.
- **12:45** – First partner calls client for 60 minute coaching session.
- **1:45** – Second partner calls client for 60 minute coaching session.
- **3 PM** – All back here.



# 60-Minute Coaching Prep:

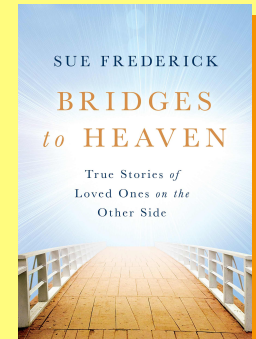


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- Using the client's date of birth, determine their birth path, sun sign, & personal year cycles - from birth on (using the charts in this manual).
- Write their name, birth path, sun sign & personal year on their folder. Place your hand on this information and request intuitive guidance from divine guides & departed loved ones to help them move through their grief and fulfill their greatest potential.
- Ask: "What is this soul here to accomplish?"
- Ask their departed: "What is the purpose of this grief? What guidance do you have for them now?"
- Meditate for at least 20 minutes & listen. Write down the information you receive as a **mission statement for the client.**
- Start by writing: "This soul is still here to ...." Also write: "Your departed loved one says..."
- Call client & follow outline on following page.



# 60-Minute Session Outlined

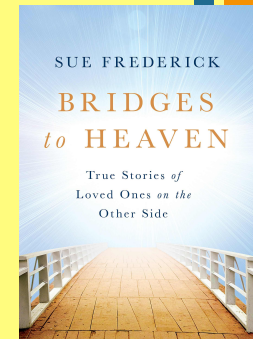


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- Call client & ask to hear their **story of loss**.
- Explore the **Spirituality Question**. Discuss bringing meditation into their daily life.
- Share the **intuitive guidance you received from their departed** in meditation.
- Say I'd like to share some information that **may help you see why you're still here**: Share their birth path, sun sign & current personal year. Discuss their **soul mission** as revealed in the birth path. Ask if they feel their life is in alignment with that mission.
- Review **9-year PY cycles** & the choices they made & what they learned. Discuss what they learned in the Saturn Returns.
- Conduct the **Reconnection Ritual** to connect them directly to their departed.
- Help them move through pain, fear and doubt with the **Energy Shifters**. Discuss their **greatest pain & how that can be their fuel for a better life**.
- Teach the **Break Your Heart Wide Open Meditation**. Teach the **Reconnection Ritual**.
- Create a baby-step **action plan** & review the **Daily Grief Healing Schedule**.



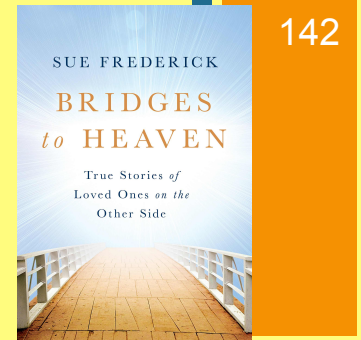
# Class Section Two Review



- Listening to the story, exploring the spirituality question, teaching the Break Your Heart Wide Open Meditation, teaching Energy Shifters, discussing Pain as Fuel & conducting the Reconnection Ritual with the client.
- Understanding the Power & Meaning of Numbers according to the teachings of Pythagoras, Greek Philosopher & founder of number system. Decoding the Birth Path. Adding the Astrological flavor of the Sun Sign to the birth path.
- Learning the best grief-healing tips & challenges for each birth path.
- Understanding Personal Year Cycles, Saturn Returns & how to use the energy of each year for healing grief.
- How to meditate on client's path and receive intuitive guidance about their soul's mission & connect to their departed for guidance.
- The science of intuition, remembering intuitive experiences, developing your intuition & accessing dream guidance for clients.
- Importance of giving baby-step homework & teaching the Daily Healing Schedule.
- How to coach a client using all the techniques learned in Sections One & Two.



# Class Section Three Overview

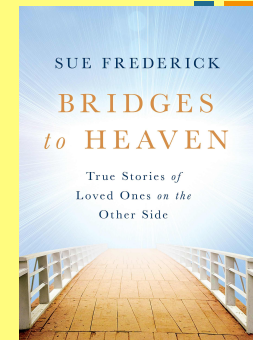


- Review 60-minute coaching experiences.
- Take assessment test.
- How to build a successful business.
- Giving homework.
- Sharing gratitude.



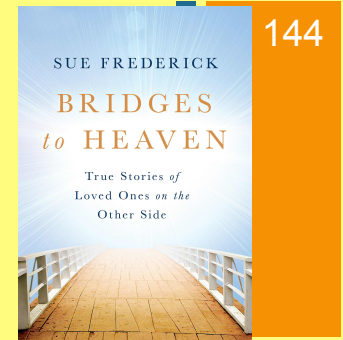
# DAY TWO: AFTERNOON After 60 Minute Sessions

- 3 PM – All back here.
- Review coaching experiences.
- Take assessment test.
- How to build a successful business.
- Giving homework.
- Sharing gratitude.
- 4 PM – End of training.





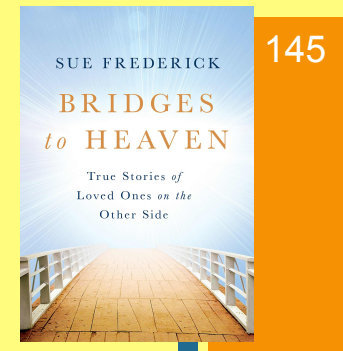
# Discussion of 60 Minute Coaching Session



- When giving your coach session, what was the most challenging part for you?
- What was the easiest part of giving your coaching session?
- What was the most helpful part of the coaching session you received?
- What did you think your “coach” did best to help you during the session?

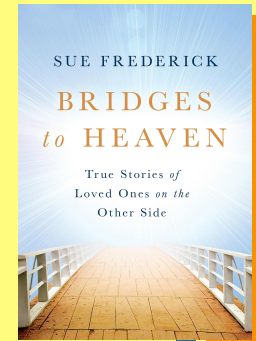


# + Assessment Test & 3 Practice Sessions



- This test will be provided for you to complete within a 45 minute time frame during this course.
- Fill it out to the best of your ability.
- It will be assessed by instructors.
- You must also do 3 practice sessions with 3 different clients & email us your notes from the sessions.
- You' ll receive a printed certificate & a seal to put on your website saying you' re a **Certified Professional Bridges to Heaven Grief Intuitive Coach.**

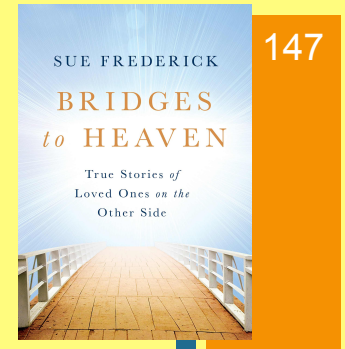
# + Building Your Business



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- It's essential to find your niche. As a grief coach do you want to work with clients who have recently lost someone or clients who suffered loss awhile ago but haven't healed? Do you want to focus on children, teens, or adults?
- What connections do you already have that would help you tap into this client base?
- Visit your local Hospice and explain your work and offer to give volunteer sessions to the loved ones of the patients who cross over.
- Write your elevator pitch: If you have 30 seconds to tell someone what you do & interest them in your work, what would you say? Explain your unique approach.

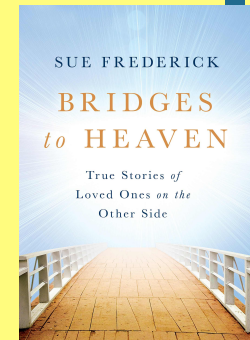
# + Your Elevator Pitch



- This is your quick answer to the question, “What do you do?”
- It includes your specialty, your target market & the benefit your clients receive from your work.
- It must emphasize how you help grieving people connect to their departed & see their soul mission (the reason they’ re still here).
- Write it now. Read it out loud.



# Online Marketing & P.R.

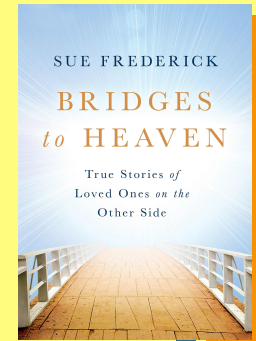


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- Online marketing includes:
- Your website, blog, podcasts, email newsletters, articles.
- Building your internet community:  
Facebook.com; SelfGrowth.com;  
LinkedIn.com; MeetUp.com; Twitter.com;  
YouTube.com



# Marketing & P.R.

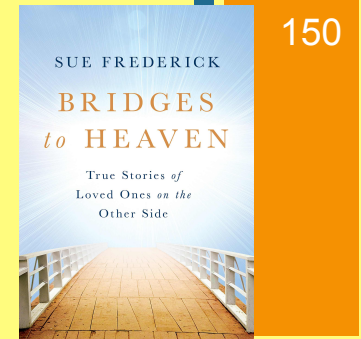


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- Give **free talks** at your local Hospice, at the community center, Network groups such as EWomen.com, & the local library.
- Use the **Workshop** outlined in the back of ***Bridges to Heaven*** to teach workshops in your home, community center, recreation center, library.
- Sell copies of ***Bridges to Heaven*** to your students to use as their workbooks.
- **Write articles** for local magazines & journals.



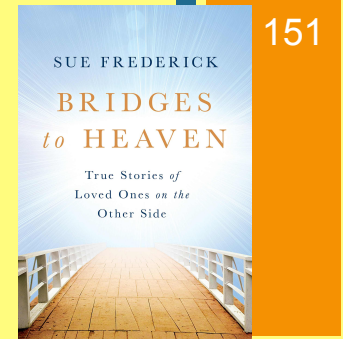
# Teach Workshops from the book *Bridges to Heaven*



- In the back of *Bridges to Heaven (Part Five)* you'll find a complete Grief Recovery Workshop outline with exercises you can guide your students through. This includes the 7 Steps to Healing Grief.
- Each of these 7 steps in Part Five of the book includes specific exercises and techniques to teach your students in a workshop setting.
- Sell copies of the book *Bridges to Heaven* to your students to use as their workbooks.



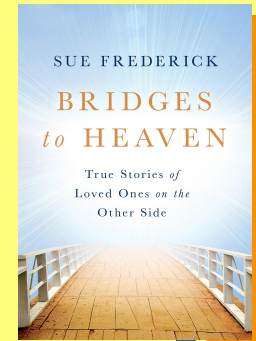
# Your Personal Intention Statement for Your Business



- State your intention for your new business.
- *“I will have a coaching practice that...”*
- Now that you’re a Certified Professional **Bridges to Heaven Grief Intuitive Coach**, what are **5 steps** you’re willing to take to launch your business? Say them out loud.



# Class Section Three Review



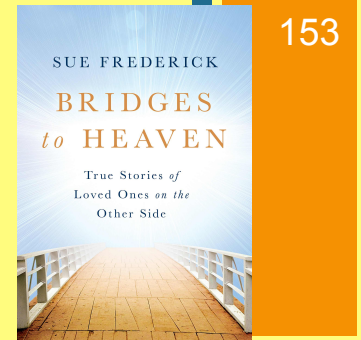
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- **You've Learned:**
- How to find your coaching niche.
- How to give your elevator pitch.
- How to use your connections to build your business.
- How to grow your market on social media sites & by writing articles.
- How to teach Grief Intuitive Recovery Workshops.
- How to build a successful Grief Intuitive Coaching business.





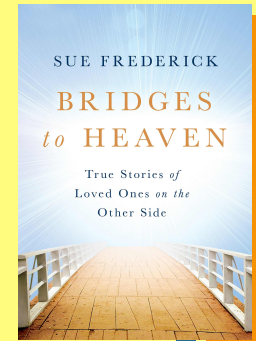
# Day 2 Homework



- Practice the Reconnection Ritual Meditation.
- Practice living intuitively.
- Line up your three practice clients.
- Finish Class Sections 2 & 3 in your workbook.



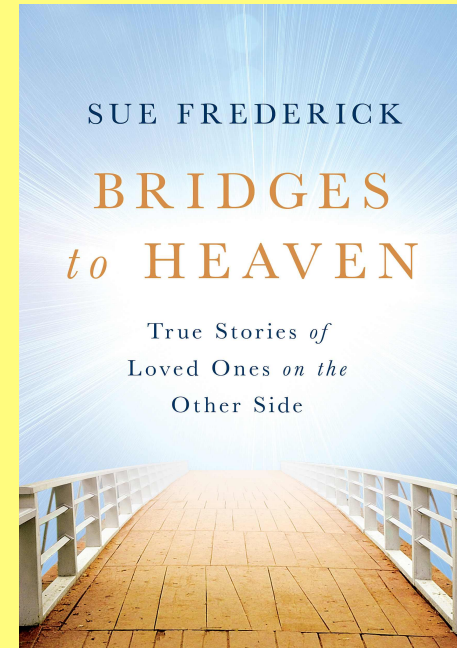
# Giving Gifts of Gratitude



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- Take a moment to thank the coaching partners who have helped you during this workshop.
- Share with them the most powerful gift you see in them & what you believe they're capable of.
- Make a promise to yourself to fulfill your greatest potential, own your intuition and move forward fearlessly.
- Make a promise to the group to own your intuition, develop your spiritual connection & use your pain to help others through your great work.

+ You are now a  
Professional Certified  
Bridges to Heaven  
Grief Intuitive Coach



- Pending having your 3 client coaching sessions approved & passing your final exam.

**CONGRATULATIONS!**



# Contact Info

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- 303-939-8574

