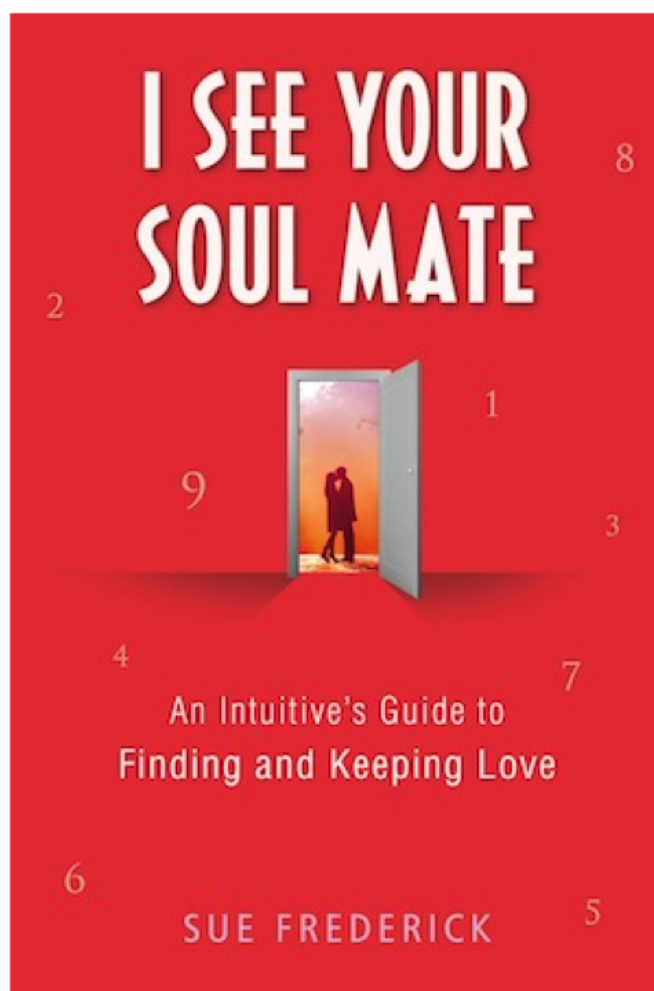


'I See Your Soul Mate': Sue Frederick Discusses How to Find the Love of Your Life



By Bernadettle McCadden

Sue Frederick is more than just an author; she is an intuitive life coach who helps people get in touch with their spirituality and higher self. She uses this intuition to guide her through life and encourages people to trust their gut when it comes to making decisions. Her previous book, *I See Your Dream Job: A Career Intuitive Shows You How to Discover What You Were Put on Earth to Do*, shows people how their specific birth date corresponds with the mission they were put on this Earth to do. Her newest book, *I See Your Soul Mate: An Intuitive's Guide to Finding and Keeping Love*, follows the same premise but focuses on romance instead. Frederick explains how you can't truly find your soul mate until you are fulfilling your unique mission. She uses birth paths to help you recognize your strengths and weaknesses in relationships and also provides other birth paths that work well with your own.

We had the chance to talk with Frederick about trusting your intuition to find the love of your life.

Your book focuses a great deal on discovering your own birth path before focusing on finding your soul mate. Can you briefly define birth path and explain the importance of it?

We all come here to do significant work that helps our own soul evolve and also helps to raise the consciousness of other people. We have the potential to do something great, which is explained in the vibrations in our birth path order. That's why we're drawn to different careers and have certain dreams. Yet, when we get here, we buy into the negative messages that talk ourselves out of that greatness. At every opportunity in life, we can still make a choice to live up to that full mission, and that's what's in the birth path.

You talk about intuition as well. How can you develop your intuition and make it stronger?

Intuition comes from our right brain, while logic and reason

come from our left brain. We live in a world dominated by the left brain, which is good and bad. We have great advancements in technology, but we've lost touch with our spirituality. That's why there is so much unhappiness in the world. As we each step into our right brain and trust our intuition, we're able to get in touch with our higher self. We can really see our mission and begin fulfilling it, which is what attracts true love and helps us find our soul mate.

My favorite way to make your intuition stronger is daily meditation, which quiets your left brain and gets you into right brain consciousness. The Buddhists and Hindus figured out a technique thousands of years ago where you repeat a sacred sound, which they called "a mantra."

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Can you give us an example of an intuitive dating technique?

The minute that somebody asks you out, make sure you have a piece of their information, whether it's their name, birth date or career. Write it down and put your hand on that piece of paper. Then, close your eyes and do a little bit of mantra meditation for a few minutes. You're going to start feeling their energy. These odd little images, words or thoughts, which are about this person, will start popping into your subconscious out of seemingly nowhere. If the words are good, like sweet and loving, that means you should go out with this person. If the words are negative or you feel fear, it's someone you don't want to pursue.

The book provides readers with birth path numbers that work well with their own number. What would you say to people who are currently in love or with someone whose birth path number does not match their own?

There's a lesson in that relationship. If you look at Kim Kardashian and Kris Humphries, both are master soul paths 22

who came together with great work to do. Their relationship number is an 8, which is the number of power. It would've worked if Kris hadn't become a conventional man who wanted Kim to give up her career and be a stay-at-home mom. Kris was abusing his power, and Kim could see that her life was going down the drain.

There is a lot of research we have to live through until we find our soul mate. I've had great passion and joy but also great heartbreak, and I think it's all been on purpose.

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What do you think about the ever increasing divorce rate? Are younger couples failing to find their soul mate as older couples have done? Or are they simply more open to splitting up and starting over?

I think the vibrations of awareness have increased. You can't just be miserable and hate your partner and not have it fall apart. It used to be that you could live a life in that negativity and never really wake up. Now, you get into that negative state and something instantly changes. You have to make a choice to evolve to your highest state and make the relationship work or to go on your own learning journey and find your own mission. If you're really living true to your mission and highest self, you can find your soul mate and have that love last for a lifetime.

How can someone truly know if their partner is their soul mate?

It's about how you feel when you're with them. If you feel empowered to be your best self and if your partner is looking at you and seeing that greatness in you, even when you can't see it, that's a soul mate.

In your book, you share that fear and worry prevent us from fulfilling our true mission and ultimately finding true love.

How can people avoid this pitfall?

Meditation. That negative self talk is part of being in the physical world, but we can learn to override it with a positive thought. Say to yourself, "Who am I to doubt myself? I came here with something important to do, and I brought gifts and talents to do it." It's not about the ego of doing your work; it's about letting the work come *through* you to help the world. Once we can look at our lives this way, everything shifts.

You can purchase 'I See Your Soul Mate: An Intuitive's Guide to Finding and Keeping Love' on Amazon. You can also receive guidance from Frederick or get information on her live events at www.CareerIntuitive.org.