

***Your Divine Lens;
A Prescription for Soulful Living***

The Secret to finding purpose, healing grief and
living in alignment with your soul.

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Ones on the Other Side**

**FREE CHAPTER EXCERPT
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2. Self doubt: How the ego lens destroys confidence.
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4. Anger and Jealousy: How the ego fires you up.
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When I'm on path and in alignment with divine order, I feel of use to the greater message, the larger truth, the highest good. Love moves through me like a ray of light piercing everything, a laser beam opening my heart. I just finally get out of the way.

When I forget about divine order, nothing makes sense. My sadness is legendary. My hunger is hopeless. Heartbreak brings me to my knees in despair. Everyone betrays me; my mother, brother, sister, lover, friend. I'm a boat without a mooring. Fear blocks my inner voice. My mind tricks me. I let it.

When I remember to throw out the ego lens and reach for my divine lens, I see the loving God-ness of our universe. Sacred wisdom once again pours through me, showering the world in diamonds - each one forged from the fire of tremendous loss. Forgiveness abounds. I'm held by the angels.

Chapter 14. Success and meaningful work

You still have something important to do – even if you can't see it right now. Even when you feel lost and pointless, without direction, floating in grief – that great thing still lives inside of you. Deep down.

When the time is right and the world is ready and you've learned what you needed to learn – your great gift will come pouring out of you like an Arkansas Spring flood, like a hurricane downpour, unstoppable and urgent.

It will save every heart, crack the world wide apart, pour light into darkness, open minds, heal souls and change lives – especially yours.

It's the gift you agreed to bring into this lifetime. Nobody else brought it. Only you. You signed up for this one – orchestrated the precise childhood to bring this gift to birth inside of you, designed the perfect pain to wake you up and break your heart wide open and turn everything you've learned into soaring wisdom that sings in just this key, this chord, that nobody else can strike, that nobody else could possibly deliver, that nobody else is capable of sharing in your exact way.

This gift has your number on it – no one else's. It fits perfectly into the puzzle slot that's waiting empty now. Not until every empty slot of this puzzle is filled can we change this world, light it up with consciousness and shift it over into bliss.

When everyone brings their unique piece to the table we all win. And right now everyone is wondering exactly where your piece is and when you'll bring it to the puzzle because your gift is the tipping point, the one we've all been waiting for, and it changes everything.

So you've been laid off...

Maybe you've been laid off or fired or you didn't get that new job. You feel like the wind has been knocked out of you; it's a punch to the gut. The job and career you've steadily built for years has now been unfairly taken away.

When you first hear the news, you'll notice a brief moment of calm because your ego mind is momentarily stunned into silence. This gap allows you to hear your powerful intuition and higher-self whispering: "Everything is okay. Something better is waiting. This is all in divine order for your highest good."

Your soul's wisdom speaks up the moment your ego mind receives a swift blow and is temporarily stunned into silence. We sometimes call this being in "a state of shock." We feel numb and the mind is quiet.

But very soon, within minutes, the ego mind fires up and whispers: "I don't deserve this! I'll never find another good job. How dare they! I'll lose my home!"

Your ego mind is launching its battle of survival exactly as it was designed to. This is the mind you agreed to have when you took a physical body for this incarnation. Yet it's only half of your mind.

The other half of your mind holds the doorway to your highest self, your divine intuition and your true essence. In brief gaps when the ego is silenced, you can hear your higher-self whispering the truth.

Grab hold of that deep inner voice. It's the wisdom of your soul. Listen to it before the ego mind overpowers it with fear. Shortly after you get bad news of any kind, the ego mind shifts into full-blown desperation. That brief silent gap before ego steps in is your golden opportunity for salvation.

Unrestrained, the ego mind can push you to the edge of sanity. During crisis, your sanity will depend on how well you've learned to quiet the mind through meditation or other forms of spiritual practice.

When you indulge the fear, you allow it to grow stronger until it becomes your boss. If you haven't developed the mental discipline of quieting fear thoughts, ego will reign supreme over your higher self. It will provoke you to defend yourself at all costs and trust no one. This ego-based attitude will destroy your happiness, future success and relationships - until you recognize that fear is your only enemy.

Everything changes the moment you listen to your soul's wisdom; it's a simple request: "Please show me my soul's lesson in this crisis and help me move through it with love and courage."

That simple request calls wisdom to your side, fills you with light, opens your heart, quiets your mind, and reveals an enlightening new perspective on the situation. You'll feel empowered from within. Your inner victim will settle down.

Your soul created this moment to allow you to step up to your wisdom, awaken into love, and embrace spirituality. You're not being punished. You're not a victim. You've done nothing wrong. It's simply a reinvention point designed for your highest good. By embracing the lesson of the job loss, you'll discover a new career that brings you to a greater level of meaningful work and abundance.

You're not a victim to the economy, your manager, or corrupt politicians. You're a divine being who created this moment to shake up old patterns and free

yourself to become who you came here to be. You've been stuck for too long and this is your wake-up call.

You didn't come here to live in fear, to be hidden or unimportant. You came to be grand and fearless, bold and awake, and infused with wisdom. When you activate your divine lens, this is who you are.

Your ego, nurtured by teachers, priests, ministers and well-meaning loved ones, is your "should-do" self. It says: This is who you "should be" in order to please others. This is what I "should do" to be practical and survive.

Your divine self whispers: This is what I know to be true about my gifts and who I came here to be. It will take courage to follow this path, but it feels right.

Your ego and divine self are often in direct opposition, pulling you in conflicting directions. Your should-be, should-do voice is the truth-slayer; it's a defeater of wisdom and confidence. You can hush it with a prayer in the night or a heart felt request for divine intervention.

Everything shifts as soon as you say: "I will not live in fear. When fear arises, I'll reach for love instead. I'll find courage within my heart."

This aligns you with your divine self rather than the ego. Higher consciousness lives within you, always. It's part of your DNA. You've grown used to ignoring this higher consciousness because the ego mind deletes it immediately with fear thoughts. You've allowed this pattern to continue for too long. It takes courage to break it.

What is courage to a person who trudges along untethered from their soul's longing? What is love to someone who finds pleasure only in the mundane? Those who fear the richness of fearless love and courageous choices are asleep. Their souls walk through this world unaware.

Courage is essential to living your best life. It serves you well to make irrational career choices as you pursue what you know to be true about yourself. This world will scare you away from boldness. It will diminish your dreams with fear. You may reset your course to be practical above all else - believing that this will save you. The opposite is true. Your compromised choices will lead nowhere. They'll feel safe enough to grab hold of. Yet fear never leads to success. A leap of faith is always required.

Eventually you'll end up separated from true self. By honoring the ego above all else, you'll lose your connection to the divine. Without this inner compass, you'll find yourself adrift on ravaged seas, alone and hopeless. Your separation from divinity will damage relationships, destroy careers, make you sick, and empty your bank account. When everything is taken away, when you're disgusted with this mundane world, you might finally make a different choice.

At any moment, you can choose to live in alignment with higher self - rather than ego. This changes everything. As soon as you surrender ego, you find the fulfillment, happiness and success you've always sought.

Each lifetime contains a series of awakenings. If we embrace the lessons within each challenge, we find our way. We stay on path. We're given many opportunities to change direction, reinvent and rethink - each time we hit a crisis.

The journey of awakening is harder if we resist it until we're in our 50s and 60s. Surrendering ego becomes harder as we age because we've become addicted to

our fear-based point of view. Our courage to choose the unknown determines our future. The sooner we choose the more enlightened perspective of the soul, the sooner we find happiness.

Encourage your children to search for answers that inspire them rather than diminish their self-esteem. Teach them to use the divine lens perspective whenever they face a choice. Model these wise choices for your children. They learn by watching you, not by listening to your words. If they see you living in fear, they absorb your negative pattern - no matter what you teach them. If they've been raised with authentic love, they'll find their way to courage.

Our children push us to the next level of our soul growth - not the other way around. When we see fear reflected in our children's choices, we realize our own shortcomings. We're meant to learn from this and redirect our lives.

Children illuminate the flaws in our journeys; the places where we haven't listened to soul, and the moments we've given ourselves away to ego. Their actions say to us: "Your refusal to grow is reflected in my own pain and failures. Heal me by healing yourself. Live in alignment with your divinity, so I can do the same."

Which lens did you choose this morning?

Pick your viewpoint carefully. Because the one you choose today determines everything. It pushes you down a path that becomes your story. What will your story be at the end? Will it be a tale of meaningless work and choices made from fear? Or will it be a grand and bold tale of courage, wisdom and laughter on the path less traveled? You get to choose....

Remember, it takes baby steps to climb any mountain. You may see what you came here to do and the greatness of it may overwhelm you. You need to focus on what's right in front of you today and ask, "**What is one small step I can take today that will begin to turn my life in this new direction?**"

If you ask that question everyday and keep moving forward with little steps, you **will always** arrive where you're meant to be - doing your great work.

If today you feel joyful about your career and are creating abundance - you're on path. However in a few years, changes may be required. We all have many reinvention points in our lives that are designed to nudge us forward and help us kick it up to the next level.

Growth and change ARE required here. They're part of our shared human experience. If you embrace these changes, trust your intuition rather than your monkey mind, and gracefully step up to the next level, your life just gets better and better.

Our broken hearts and disappointments are meant to wake us up to our great potential and help us reinvent and go in a new direction - the right direction. The more off-path we are, the greater the nudges will be.

If you're a very old soul who came in to do great work and help raise consciousness (and you ARE), you'll get big wake up calls (job loss, divorce, bankruptcy, illness) until you stop hiding and start living true to your highest self. When you're ready to listen, your intuition will guide you flawlessly in the right direction.

We should all be thanking the bosses who fire us and the lovers who break our hearts. These are our greatest teachers. They agreed before this lifetime began to help us remember who we are. The pain they cause in our lives forces us to ask the good questions: Who am I? Why am I here? Where do I go when I die? Did I come here to do great work? How can I navigate differently now to find my true purpose?

Until we ask these questions, we can't find our way. Sometimes it takes great pain to wake us up to our purpose here – though it doesn't have to. But pain seems to be what gets our attention easily.

Sue Frederick is the author of ***Bridges to Heaven: True Stories of Loved Ones on the Other Side; I See Your Soul Mate & I See Your Dream Job (St. Martin's Press)***. An intuitive since childhood, Sue draws upon decades of spiritual study and practice, and powerful inner wisdom to help her clients and students fulfill their soul's mission, access their divine lens and use their pain as fuel for a meaningful life. Sue has trained more than 500 intuitive coaches around the world. Her work has been featured in the New York Times, CNN.com, Real Simple, Yoga Journal, Natural Health and Complete Woman Magazines. She's been a guest on more than 200 radio shows and numerous TV shows including Bridging Heaven & Earth.

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