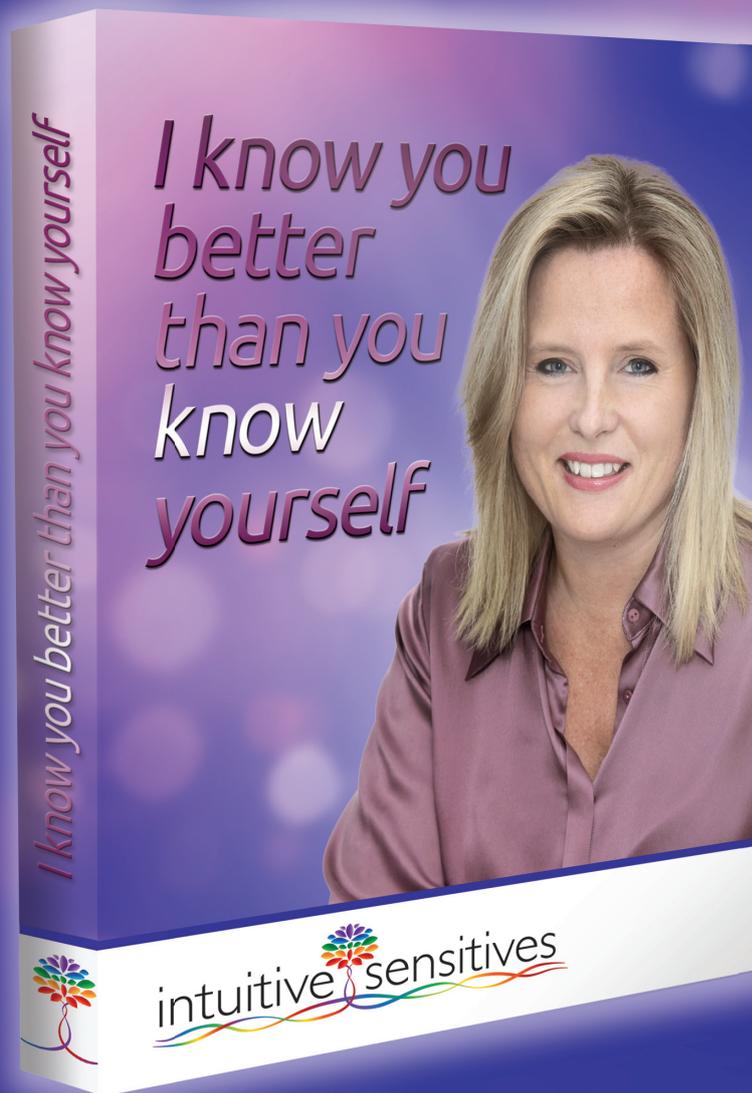


Heidi Sawyer's

# *I know you better than you know yourself*



# What do you want from life?

*A better car?*

*A bigger house?*

*A more loving relationship?*

*A lot more money?*

*or just a nice hand-bag?*



My bet is that what you really want is deep contentment and true happiness. Probably most of the above will go some way to provide that. The truth is that you want to be understood and to understand your sensitivity.

Achieving that goal means to learn more about yourself. To fully realise your life purpose and be understood by others and accepted without constantly explaining yourself.

Connecting with your Sixth sense gives you the incredible ability to tune into the unseen world. We all have this natural but unconscious ability. We have simply forgotten how to use it.

# So what can I do for you?

I don't sell sporty cars or mansions, I haven't got a cupboard full of nice, loving partners to give you or stock market tips to make your fortune. I am not a fortune-teller with a crystal ball ready to foretell your future, or give you instant happiness.

But I will reveal one close psychic secret; developing your internal world will give you an inner confidence, peace and direction in life.

To simply be here, wanting to find out more about you and your deeper senses, you are already exploring your psychic ability.

So probably you are wondering, what others will think.

Is it spooky? What if you find out things you don't want to know? The truth is your psychic curiosity isn't going away. You will continue to open up whether you like it or not. It's best you learn how to do so safely and properly.



# Are you a bit 'sensitive'?

You are sensitive to your own energy, your environment and that of other people.

You walk into a room and instantly know who is in a bad mood before they've even opened their mouth. You've probably had the experience of knowing who is on the phone before you've picked it up.

I expect you've suddenly thought of someone you haven't seen in years to find that afternoon you bump into them on the street.



*Is this all co-incidence?*

## Is there more to life, is there really a SIXTH SENSE?

You've begun to realise it can't be co-incidence as it's happening too often. Many more of us are now waking up to our deeper senses.

Recent research states that up to twenty per cent of the world population has this stronger ability than most to spontaneously tune into their intuitive and psychic skills.



# Are you special?



As sensitives we have an unusual insight into our world and that of our friends and family, some have premonitions, and dreams with clear glimpses into the future, others have instant knowledge about people who they have just met.

These experiences can be very daunting especially if they are new to you. The fact is your psychic experiences and fascination is only going to increase, your senses will sharpen and your abilities will open up. Many reject their natural skills because knowing what's going to happen in someone's life is too much of a responsibility.

For others it has begun as a curiosity they can't keep away from. Everything about the unseen world becomes fascinating even if it's a little scary or taboo.

For a Sensitive like you the sensory world may be overwhelming, noisy, and exhausting. You can be in the company of others and for some reason feel they use up a lot of your energy. You withdraw for no reason, you are easily stressed, have a vivid imagination, and 'know' things without any reasonable explanation.

# Seeing my Gran was my beginning

For me, natural psychic abilities have been there from an early age. In my early teens I would get into trouble for mentioning things I thought someone had told me to later find they hadn't told anyone it was something I had picked out of their mind.

I was completely unconscious of this ability and assumed everyone knew what others were thinking. When in my early twenties I was reversing the car out of the driveway I saw a figure moving in the hallway of the house.

At first I thought it was a burglar who had been waiting for everyone to go out. When I looked again I saw this figure standing there staring at me. It moved closer to me, until it stood at the front door waving to me. I could clearly see my grandmother who had passed several years previously. She looked happy and healthy the best I had ever seen her.

My grandmother consistently made her presence known to me from that day forward until I decided to develop my abilities. From the moment I 'took the hint' she has left me on my way and I haven't seen her since.

It is very common for sensitives to have an increase in psychic activity when they are supposed to take notice and start to develop their innate ability. These are the squeaks of the soul energy as it wishes to make its presence known.



Similar to my first experience, most people fear the unknown, and anything out of the ordinary fills them with anguish. Most of us are brought up with linear, logical thinking, our spiritual side squashed in early childhood as part of a vivid imagination.

We forget we have amazing intuitive skills that we naturally possess, so we stuff them deep down into the place no one goes until a chipping starts and the flame of the 'light-worker' within ignites, and the stretch for development begins.

For many, this reveals itself through constant and prolific flashes of intuition, the strong desire to change and grow, the fascination with bright colours such as pink, purple and white, or the meeting of spirits (as in my experience) or hearing their name called when no one else is in the room.



# Hearing voices? Seeing things? Have you gone mad?

Some of these things start with strong changes in your life, or perhaps they follow emotional trauma. Psychologists and psychiatrists have a less than polite name for it, but I have noticed over my many years of teaching psychic development a recurring pattern.

What I call 'The Opening' starts in similar ways for most people. There are several layers to 'The Opening' and not all of them happen in order. Here are the opening stages.

## Stage One of The Opening

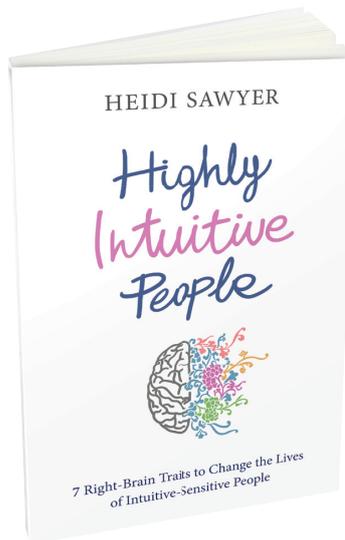
- \* *Coincidences occurring in your life.*
- \* *Seeing things out of the corner of your eye.*
- \* *Dreaming of events before they happen.*
- \* *Knowing who is calling before you've answered the phone.*
- \* *Feeling a 'breeze' or a presence.*
- \* *Fascination with the colours white, pink or lilac.*
- \* *Sensitivity to noise, needing period of peace and quiet.*
- \* *Sensitivity to the moods of others.*
- \* *People want to tell you their life history.*
- \* *Pick up on people's thoughts and emotions.*

- \* *Meeting in your sleep friends or relatives who have passed over.*
- \* *Hearing your name called and no one is there.*



The Opening is an extensive process that involves various levels to your development. When it spontaneously happens for people it can feel overwhelming and scary. I come across many people who wonder what on earth is happening to them.

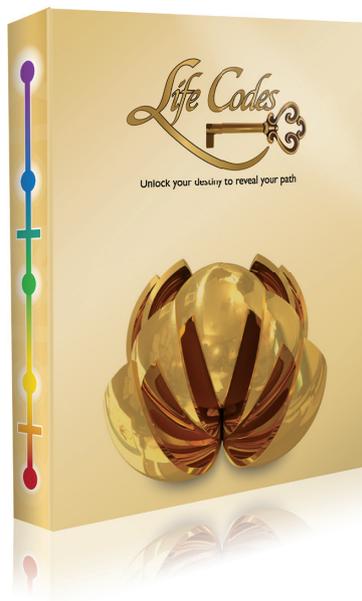
If you would like to discover the rest of the stages and how to control them, they are available in my book Highly Intuitive People (Hay House) available on-line at Amazon or any bookseller.



## Want to know YOUR purpose?

Want to know what works for you in love, career and your relationships? For more information on your Life Codes visit:

[www.HeidiSawyer.com/LC](http://www.HeidiSawyer.com/LC)



## Highly Intuitive People

*"At last! A Mind Body Spirit genre book that helps me better understand ME! I no longer feel misunderstood nor isolated.*

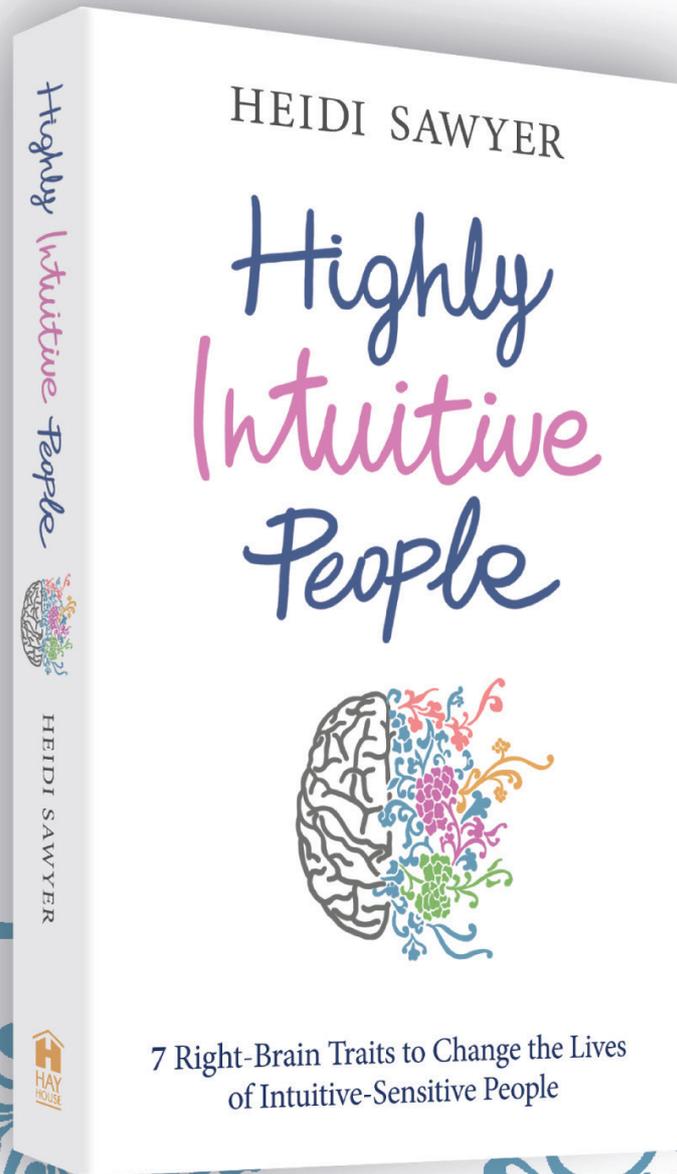
*If you have EVER been labelled as "too sensitive" then this book is well worth a read".*

Teresa (Amazon 5 Star reviewer)

I have spent many years helping people to understand their sixth-sense because I know what it feels like to be left in a world of not understanding what is happening to you and questioning your sanity.

Friends and relatives don't understand, or think you've joined some wacky club or you're going through a break-down. The truth is your energy is changing; through that process your inner and outer life changes.

You begin to understand yourself more and move to a deeper sense of inner peace few have the pleasure of in their life time.



# Highly Intuitive People

by  
Heidi Sawyer



"Now I better understand me!"



"Feeling understood and accepted"



"Wonderful insight into HIP in a fast paced world"

Published by Hay House

During my many years of teaching intuitive-sensitive people pursuing this part of their internal world is a new sense of inner confidence and peace. This is not the 'ra ra!' variety of inner confidence it is gentle, peaceful and lasts forever. It is the true sense of trust. It's the development of your own inner trust and self-knowledge.

You might be tempted to ignore your growing ability or psychic experiences. You think maybe if you ignore it, it will eventually go away. The fact is no matter how much you try and ignore it, it won't go away. It will keep coming back, making its presence more and more obvious.

Amanda had several persistent psychic experiences which included hearing her name called, numerous occasions of psychic activity in her home, and a growing fascination with psychic phenomena.

Amanda found it difficult to concentrate at work she was becoming more sensitive to the mood of others and the atmosphere at work. Her mind had become increasingly busy to the point of agitation.

*"When I started I was sceptical. I had never done anything like this before. I lost my mother two years ago and can occasionally feel her around me.*

*I was though never sure if it was all my imagination. One day though whilst searching the internet, looking for what I don't know. I felt drawn to the course so I bought it. Best thing I ever did, I'd been having sleep problems, anxiety around work, and general feelings of irritation. Within a week of following the relaxation meditation my sleep improved dramatically. I can now sleep with no problems at all. My dreams became more vivid, I started to receive clear thoughts as to what direction my life should take and I'm the happiest I've ever been. I feel at peace and comfortable in my own skin. Thank you!"*

Amanda Blackberry, Northampton UK

Psychic skills are not reserved for the lucky few, it is something natural, but as a sensitive you will find the skill easier to develop than the average person.

# Want to know YOUR Purpose?

Want to know what works for you  
in love, career and your relationships?

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Heidi Sawyer + FREE Life Codes Mini-Course

Get started here



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As seen in...



ALTERNATIVES

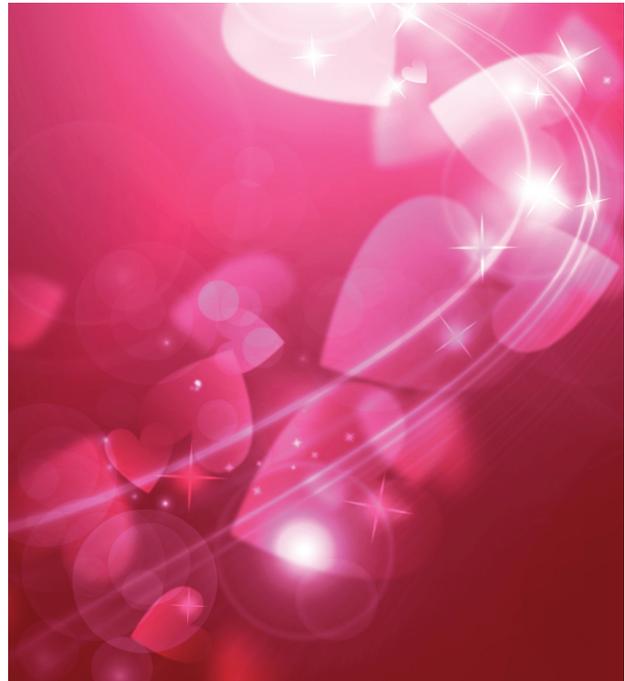
# We asked others how they started their journey, these are what they had to say:

## Q. What happened to cause you to want to develop? What was the trigger?

**Claire Cromarty:** *'Many years of interest in the so called Paranormal experiences and trying to make sense of my own experiences and trying to find a structure and discipline to unravel things so that I could understand them. Taking many false starts trying to find a teacher.'*

*'I told you it took me 2 years to trust Heidi which was nothing to do with Heidi but reflected on how difficult it is to find someone who wants you to progress and not conform, or having to see their way as the only way. Wanting to get reliable information. Without having to be caught up in an ego based hierarchical group.'*

**Caroline Flynn:** *'I needed to know what exactly it was I had been experiencing all my life, so curiosity was a big factor. The adults in my life wouldn't really talk about it so that just made me more curious and I remember playing the psychic game many times as a child.'*



**Seraphia Preston:** *'The trigger was why at 40 and not younger? Also, I realised that it was a gift and that could be put to good use.'*

**Yolanda Earl:** *'I had Cancer.'*

**Catherine Malone:** *'For me, I didn't have an experience I just had a huge fascination about anything psychic and wanted to find out more, where to do courses, get books etc and living in Ireland that is not easy as its not exactly something discussed much, even friends I had to be careful in case they thought I was off my head.'*

Stephanie Parks: 'Divorce, losing the family home and empty nest syndrome. There must be something better out there/within me'.

Anne-Marie Thompson: 'At the age of about 45 - 50 I started to question why things were happening in my life to make me so unhappy and which kept repeating. I had always had a sense of there being something more than our earthly living but wasn't sure what it was.

Also in my deep despair I would always talk to my Mother whom I had lost at the age of 4 but somehow drew some comfort from, whether that was something deep within my psyche that I had a knowing.

Now I feel stronger to look at things that are shown to me and if they resonate then I accept and if not I just let go. This I think is the biggest advantage of being psychic I can look at situations in the bigger picture without making any kind of judgement and I feel totally comfortable with as there is no inner conflict and it is something I can use in all aspects of my life.

I feel very privileged to have been drawn to Heidi for this part of my Psychic Journey and am thoroughly enjoying the work that she teaches, she makes it such fun and I want to do more.

If there is a chance to do the Life Codes Practitioner's Course in the near future I would very much like to do it as it is an area I think I could really enjoy doing in a teaching capacity if it were possible'.

Andrea Webb: 'Around 14 years ago, I met an old school friend who invited me for a coffee and during our meeting she told me that she was the President of a local spiritual church. I'd believed in reincarnation for years and had often wondered what happens to people after they die. She fully awakened this curiosity inside of me and during our meeting told me things that I'd no idea about. She also introduced me to meditation and healing'.

Sue Crosoer: 'I was being overwhelmed with "co-incidences" and people who had passed speaking to me, and seeing spirits all the time. In the end I realised I had to do something to learn about it rather than let it happen. I had to take the control back'.

**Sarah Palmer:** *'At a party when a friend suddenly came out with I have two steps/hurdles to get over in life. He later explained that he had been told this information by his spirit guides. He asked if I saw things out of the corner of my eye, which I had been. I was sure I was seeing my old black cat Gizmo out of the corner of my eye, and he reassured me I was not going mad but seeing the spirit of my old cat.'*

*It has made me think of other times in my life when I have taken notice from my spirit guides talking to me but not realising who it actually was that gave me the idea'.*



**Q. What was the first thing you did? Yellow pages, website, phoned a friend... Were you impressed with what you found or were you left deflated, if so why?**

**Claire Cromarty:** *'I had years of being not impressed, but I would not have been able to appreciate what I have now if I had not learned what is not right'.*

**Caroline Flynn:** *'I mentioned it to my mother when I was a teen because I knew she had a psychic gift, but it wasn't something anyone wanted to admit to. It was a taboo subject, so I looked for answers in books at that time.'*

*I wasn't impressed with what I found as it seemed to be aimed at an elite few and there was no training for anyone then. I felt many of the authors were deeply within their own ego and it came across in their attitude'.*



Seraphia Preston: *Told my sister. She is a very spiritual person whereas I am/was (still questioning it) a very religious person. Two years before all the opening signs she came to visit with a deck of cards I ignorantly called 'The Devil's Work!' (yep, it's true and embarrassing).*

*She told me to pursue it and then practically urged and threatened me to continue. Then I looked on the net, bought books, found a mentor who thought he was the messiah so I quickly left. My sister invited me to London to the Hay House thing and I crept into Heidi's workshop as I was booked for Gregg Braden. Bought the book, talked a little to Heidi and then joined the forum. In the meantime I practised on friends'.*

Yolanda Earl: *'I went for a tarot reading (via recommendation) I'd always wanted my cards read before cancer but something always held me back'.*

Catherine Malone: *'I googled psychic courses & development and came across Heidi Sawyer & saw that she was coming to Dublin to do a workshop so it felt right with me to sign up for it'.*



Andrea Webb: *'My friend started a healing circle which I was invited to, and afterwards I stayed to get even more insight into all this stuff. I was very hungry.'*

Sue Croser: *'I looked for someone with experience without luck at first. Then Heidi's book "Found" me and I have never looked back!'*

Sarah Palmer: *'I started reading as many angel and spirit guide books that I could find. It was fine at first, but I soon became confused as everyone seemed to have a different idea of what angels and guides are'.*

## Q. What were you scared of?

**Claire Cromarty:** *Not being psychic enough, there is a certain amount of "fisherman" type competitiveness... Some people [out] there are on a psychic ego trip and that is intentionally demoralizing. Being ripped off.*

**Caroline Flynn:** *'I was scared of attracting unwanted energies of a negative nature and spirits'.*



**Seraphia Preston:** *'If it really was the devil's work, of seeing evil, dark of the changes in my life of it affecting my family. That is why till now my relatives have no idea'.*

**Yolanda Earl:** *'I wasn't scared - I was eager and excited to explore'.*

**Catherine Malone:** *'What people would think (not the case now I can assure you), scared of the unknown too and frightened of being led astray'.*

**Anne-Marie Thompson:** *'Speaking my truth.'*

**Sue Crosoer:** *'Not much - mainly not knowing enough to make the most of what was going on for me and others'.*

**Sarah Palmer:** *'I was scared of the unknown and whether people would accept the new me'.*

## Q. What was your perspective, then, about psychics?

**Claire Cromarty:** *'Wary, people would tell you what they thought you wanted to hear, later I found that people were telling me things that I already knew.'*

*I have loved that aspect of being in Heidi's Circle there is a genuine caring and supportive energy. People take a chance in trust and mutual respect to try to give/practice readings for each other'.*

**Caroline Flynn:** *'That they were a bit on the kookie side and not honest. They acted like they were better than'*

other people. Many of them were scam artists and just told vulnerable people what they wanted to hear'.

Seraphia Preston: 'Evil, dark, witches etc. This is because here in Greece many take part in black magic and believe in hexes and spells etc., Also my religious upbringing didn't help'.

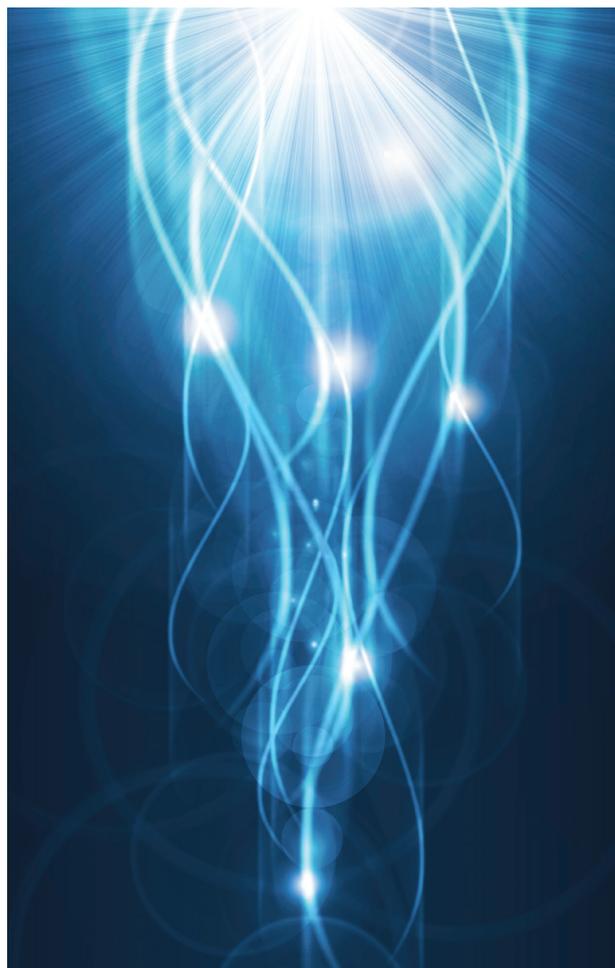
Yolanda Earl: 'I was open minded - I'd had a couple of experiences as a child that had scared me due to lack of knowledge but my mum's friend did tarot and my mum was interested - I wasn't really exposed to it much when younger but enough to think it was okay'.

Catherine Malone: 'I felt most were good but that like anything a few only in it for the money'.

Anne-Marie Thompson: 'Believed in it but not ready to openly admit I had psychic abilities'.

Andrea Webb: 'My perspective was that if they were so good, then they could give me the information with the least amount of help from me, including me clarifying any such information when it came through. I was still very curious'.

Sue Crosoer: 'I wanted to meet a good one and just take it from there. I thought most of them were probably not good enough or just pretending to know what they were doing. They would have to prove themselves to me!'



Sarah Palmer: 'Before I became interested in angels and becoming psychic I could not understand where psychics got their information from and dismissed them. I did not watch any tv with psychic or spiritual connections.'

**Q. When you found your first spiritual teacher, what character traits did they need to display in order to hold your attention? Is that still the case today?**

**Claire Cromarty:** *'Being completely present and their intention, this is still true today, although I am more open to being able to learn from everyone I meet, I have much better filters now. I also trust my intuition completely.'*

**Caroline Flynn:** *'Honesty was and still is very important to me. They could teach something in a humorous and compassionate way while maintaining a sense of serenity. The only thing that has changed for me is that I like to feel I connect to my spiritual teachers now, as some in the past, although they were wonderful people, they had a very separate energy from their students and didn't mingle with us.'*

**Seraphia Preston:** *'My spiritual teachers are the forum and Heidi - soft, calm, informative, honest, and I like the sense of humour that is displayed.'*

**Yolanda Earl:** *'Apart from books (and I've read a lot) I consider Heidi my first spiritual teacher. I always lean towards down to earth, normal people with good humour - all of which Heidi has. Nothing has changed in this regard.'*

**Catherine Malone:** *'Heidi was my first spiritual teacher so how lucky I was to have met her a few years ago. For me I need someone who challenges the mind, is 100%, has your interest at heart, is caring and genuine. Someone who has a gentle approach on sensitive matters and constantly coming up with new ideas, workshops to help me in my development.'*

**Anne-Marie Thompson:** *'Down to earth, fun, accepting.'*



**Andrea Webb:** *'My first spiritual teacher was this friend who at the time was extremely knowledgeable in comparison to me. During the next four or so years, I came to slowly realise that she was quite negative and I didn't want this type of energy in my life... Although I originally met Heidi several years ago at Brentwood, it is only in the last 12 - 18 months that I have got to know her better... Heidi's integrity is second to none and has no ego to be seen.*

*The first time I had a reading with her, she told me something so completely different to any other psychic that I felt was honest and not just trundled out rubbish. She knows just where to dig deep so that you feel the most pain, the type that you know you want to be rid of!*

**Sue Croser:** *'Integrity, being non-judgmental, belief in what they were doing, walking their talk, giving me space and time to process things. I need that still, but can now take the space and time I need, rather than it coming from them first.*



**Sarah Palmer:** *'My first spiritual teacher helped me by answering my questions, they are very self-confident and seem to know what they were talking about. I really enjoyed my first couple of courses with her. My feelings changed towards her when she enlisted me in another course as she said it would be great for me, but I hardly got anything from the course. To me it was a wasted £200. I had lost my faith in her. There are still areas of the first course which I still use in my meditation so I feel I was meant to meet this person on my life's journey, but not as a long term acquaintance/mentor.'*

**Q. Fast-forwarding to now, what has developing your psychic ability given you? Or to put it another way, what are the advantages of being psychic?**

**Claire Cromarty:** *'I am still finding that out and I think and hope that will continue, there are infinite layers, more and more colours and tones and shades to everyday life and to meditation. It is hard work and challenging but so worth the time.'*

**Caroline Flynn:** *'The advantages are you learn that we are all connected energetically and you learn to trust your intuition more as time goes by. You get deep insights into situations and into the people you work with. Being psychic has helped me make crucial life changing decisions without the stress or panic I would have felt previously.'*

*'I can manage life easier and more confidently and I tolerate negative energy a lot less. Developing my psychic ability has eased my mind over the years knowing we all have this ability it's just I chose to work with it on an everyday level.'*

**Seraphia Preston:** *'Stronger, happier, calmer. Confident and very peaceful. I do get anxious at times but that is quite normal as I'm still learning. It has enhanced my life.'*

**Yolanda Earl:** *'Peace. Happiness. Confidence. Great intuition. When you develop this side you are developing yourself as a person. The rewards are immense, even though it is something uncomfortable to go through. I'll continue to develop for the rest of my life, which I know will just get better & better. I'm a fan advert for developing this ability to improve your daily life.'*



**Catherine Malone:** 'I can not believe the transformation in myself - I am so much more confident, my self esteem has much improved. I can handle situations better and understand people & how they tick! Knowing that it is not a "gift" it is a sense that we all have & we just need to exercise it'.

**Anne-Marie Thompson:** 'Heightened self awareness, confidence and trust in the universe and the ability to help others'.

**Andrea Webb:** 'It has made me a much more confident person and I tend to be much more aware of other people and how I relate to them. I am much more developed as a person and more in balance. I am able to ponder and contemplate the bigger questions in our everyday life and come up with some realistic answers. I am also much more open in my thoughts and beliefs'.

**Sue Crosoer:** 'I am so calm and confident, I am happy almost all the time, nothing is a problem as I can accept everything that happens, I quickly understand how to help people, and also judge if they want to be helped!

The advantages are that I can live a full life, be who I really am and know that I am going in the right direction'.

**Sarah Palmer:** 'It is still early days for me but I use my psychic ability to see if people are lying to me, and I am able to see straight away if a person is not very well. One part of my psychic ability I would like to understand further is when a couple of days before a bad event happens in my life I get a dreaded feeling in my solar plexus and cannot understand why until the bad event happens.

I also have very vivid dreams and sometimes these are premonition dreams, I have been jokingly called a witch by a close friend when I said that her husband would change his mind about getting a couple of kittens/cats as that is what had happened in my dream. She said that they had recently had the conversation about the cats and he agreed to get one/two for the children's birthday this year. Hearing this has made me realise I need to take notice of my dreams and thoughts and have faith that they are correct'.

**Heidi Sawyer**, is a natural Intuitive-Sensitive with a unique understanding of Sensitive people. Heidi is known for her powerful techniques to reveal and work with the deepest parts of your psyche.

Her speciality is Highly Intuitive People, knowing who they are, what affects them in life, and how to engage their incredible skills.

Heidi helps Intuitive-Sensitive People understand their inner-world, she does this using methods to access their subconscious for interpretation, healing and transformation.

As an author and online trainer, Heidi speaks regularly at Mind & Body conferences in the UK and Ireland, her popular podcast and online programmes are enjoyed by thousands of Intuitive-Sensitives worldwide  
**[www.HeidiSawyer.com/LC](http://www.HeidiSawyer.com/LC)**



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