

Transformation
happens when you
have clarity – not goals



Heidi Unlimited 1-2-1
Mentorship Transformation

intuitive  sensitives
intuition | curiosity | belonging

The Heidi Sawyer Group

Who are we?

The Heidi Sawyer Group are worldwide leaders in helping Intuitive-Sensitive People realise sensitivity is their greatest asset. We provide life training for Intuitive-Sensitive People who want to increase their inner awareness and solve emotional patterns of the past. We believe intuition is the heightened ability to see truth. To see truth, life must first be cleared of untruths, many of which are hidden in the unconscious. Since 1996 we've built our global business working with clients in 121 countries.



GLOBAL
Business

74,409 Intuitive-Sensitive People have connected with us. More than 1 million views on YouTube.



70,000+
Intuitive-Sensitives

We have worked directly with more than 5000 clients to help them heal emotional wounds through the power of the unconscious. Our work is with Intuitive-Sensitive People at every stage of the enlightenment journey. We do what we do because emotionally aware people are planet conscious people.



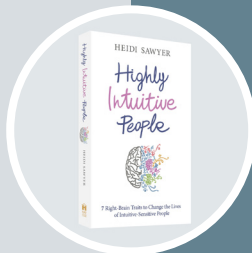
5000+
Clients

Our flagship Enlightenment Path are run by Heidi Sawyer, one of the most well-known and respected authors on intuition today. We provide services for the keen beginner right through to those who have been soul seekers for many years. Our programmes are delivered through Heidi's acclaimed attended and online training.



ONE
Uniquely Talented

Highly Intuitive People has consistently been in the top 0.05% of all books sold on Amazon.



TOP 0.05%
On Amazon

Enlightenment is the journey
from fear to peace Turn to page 4



Your Mentorship Programme

**Heidi Unlimited
1-2-1 Mentorship**

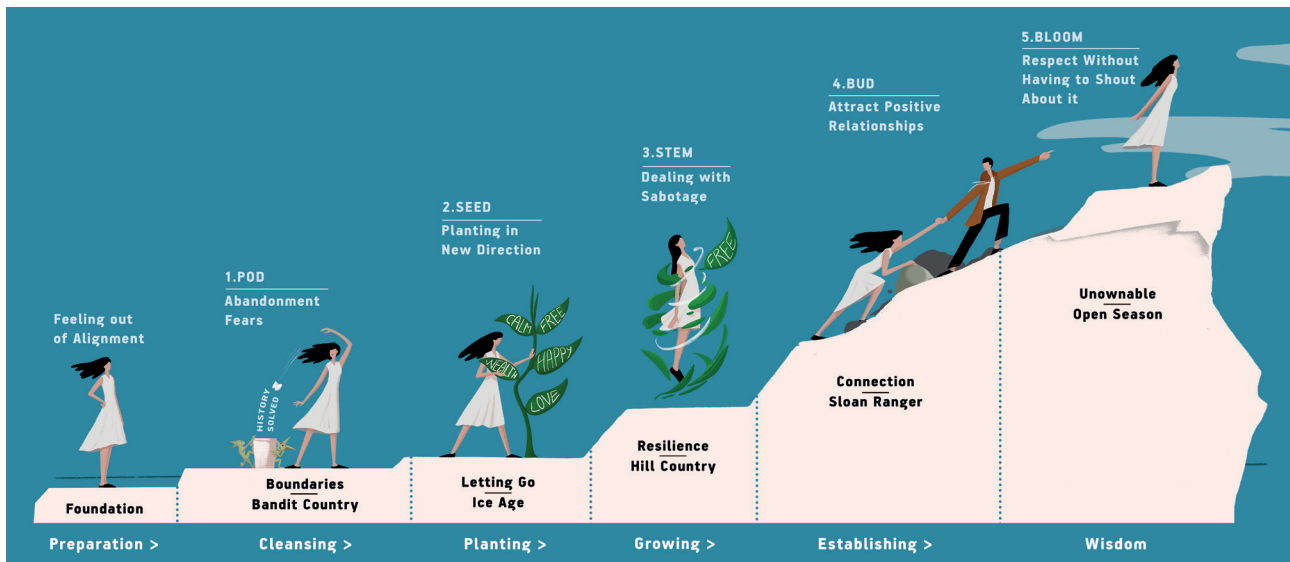
*You've asked the life question: "Who can
guide my path because they know it?"*

**Discover your 1-2-1
transformation path**

Turn to page 7

You're on the Enlightenment Path if...

you want more than superficial connections
and to find your life purpose



FOUNDATION

Wanting to step out of appeasing people and other people's insecurity. Feeling frustrated because life runs smoothly for other people but not for you, despite your efforts. Stage of solving prosperity and emotional abandonment fears to transform base insecurity to stability. Then have the ability to engage fully with the enlightenment path.



BOUNDARIES

Naturally empathic, intuitive and kind natured, but others take advantage and you don't know how to stop them. Stage of resolving the history stored in the unconscious of lack of respect and people-pleasing. Inner world transforms, to create boundaries, not barriers. Boundaries save time, effort and hurt.



LETTING GO

Wanting to be heard but not currently listened to, so keep trying but feel frozen out. Developing the framework to let go of the 'wrong people' and mastering the ability to spot them quickly. Life created in a new, vibrant direction.



RESILIENCE

Releasing the resentment of feeling life is 'one hill after another' into intuitive resilience, the ability to see the truth of what is. Seeing 'what is' gives the instant ability to spot and solve self-sabotage patterns to therefore accelerate self-growth and dissolve boredom.



CONNECTION

Going beyond the impression you don't need anyone and the belief there are not enough decent people in this world. Creating meaningful, high value relationships based on communication.



UNOWNABLE

Freedom of self-regulation and instant intuition means you can be empathic, kind natured, intuitive and have boundaries without having to be mean, withdrawn, people-pleasing or cutting ties you want to keep. Wisdom is fast, efficient and natural.

Your Enlightenment Path

You've spent your life being the 'strong, resilient one,' the silent warrior who gets on with their life and work. You're so good at hiding any aspects of anxiety, worry or feelings of aloneness; no one really notices you're a person too.

Making your thoughts known isn't really your option: if you say something, you assume others will judge or abandon you, because you're the strong one, you're not meant to have vulnerabilities and besides, vulnerabilities make for weakness in your environment. You at times, start to feel empty, as if you're a robot on auto-pilot with a hint of resentment tucked away in the background.

Transformation happens when you have clarity – not goals



How does a nice person, an Intuitive-Sensitive, get their needs met without having to get angry about it?

The 5 Step Pod to Bloom Process



Foundation:

Get your basic security in order



1. POD:

Resolve abandonment fears created by a lack of boundaries



2. SEED:

Instead of trying to change people, change your environment



3. STEM:

Deal with self-sabotage patterns rather than be ashamed of them



4. BUD:

Create meaningful communication with emotional honesty



5. BLOOM:

Be seen as an Intuitive-Sensitive, because hiding doesn't bring respect

Most self-development programmes don't address the subject of emotional abandonment, yet emotional abandonment, in many forms, is the usual cause of dissatisfaction, anxiety and emotional aloneness.

The reason our mentorship programmes are so successful is because we make emotional abandonment the focus of your transformation.

If you're determined to create meaningful relationships, have clarity about what you want and wish to develop an incredible ability to plan for the future, we have a mentorship programme for you.

NAME Herlina Sari
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 AGE RANGE 30 - 50
 LIFE CODE 9
 FOCUS OF TRANSFORMATION Health and happiness
 MOST IMPACTFUL EXPERIENCE Enlightenment Path Mentorship
 FIRST MEDITATED 5 years ago



SUMMARY

I live in Indonesia, near the capital, Jakarta. In my culture, people who can claim they can read minds are seen in a very negative way, so I looked for answers outside my immediate society. **I am a professional academic, so I also sought something with a proven scientific basis.**

Struggling with emotions

I knew I was intuitive, but I was doubting it too. I was very depressed and low, and was looking for answers as to what was happening to me? I felt I was going through my mid-life crisis. I was trying to write my PhD, but I was stuck. I felt angry towards my mother, though I didn't really understand where that came from.

Looking for answers

I used my access to the University's resources, and started looking for academic journals and articles. I also looked on YouTube for mentors and coaches. **There were a lot of people offering advice and life solutions, but somehow I kept coming back to Heidi Sawyer.** It was not an easy journey. I feel very envious of empaths and intuitives who live in Europe and America, where such skills are recognised. Here, we have barely started to explore this area of human ability: Intuition and sensitivity are not recognised or valued.

Passing the knowledge to other intuitives

Some of my students are intuitives, and I suggest they listen to Heidi's online videos, then we talk about them together. This helps them to understand their skills, and reassures them that **they are not 'mad' or 'weird'.**

It really helps that I am an academic, trained in logical thinking and analysis, requiring hard-proven science, so my students listen to what I am saying. They are interested in my opinion, and often they want to dig deeper and learn more about their sensitivity.

I also give them Heidi's book, *Highly Intuitive People* and we discuss the content.

Understanding sensitivity

If someone is worried about their sensitivity, maybe a bit scared of it, I tell them that I used to feel the same way, and not to be anxious – it has been scientifically proven by some very well-respected academics. I point them in the direction of articles and papers. and let them know that I am here if they want to talk to me about anything.

Becoming valued

Our culture makes children very dependent on their parents. I deal with freshmen and sophomores – they look like grown-ups, but inside they are still children, wary of freedom. They are often still under their parents' financial jurisdiction, and thus controlled by them. **I tell them that they are valued.**

Moving into my own power

My own life has changed a lot.

My mother died a few months ago. She was my hero, but now I believe that her passing marks the beginning of my new independent life. I worry less. I fear less. I make my own decisions. No one can own me - I am my own power now. I have become an adult.

Without this transformation I would still be a dependent – living in my parents' house, feeling angry with myself and depressed. I think I would not take care of myself, and I'd be fat, ugly and old!

My guidance to others

If I had to guide someone, in one sentence I would say Heidi's words to them: **"You are valuable. No matter what, you are valuable."**

"I looked for the science behind my sensitivity - now I pass it on to my students"

Heidi Unlimited

1-2-1 Mentorship

People who choose 1-2-1 Mentorship with Heidi know big changes live outside of their current comfort zone. They want a path mapped out with the help of someone unafraid to go there.

They want to create a new-ness in their inner world, to see things differently and find a path into deeper trust, feelings, expansion and new opportunities. Those who have worked with Heidi through 1-2-1 Mentorship have created huge pay increases, transformed failing marriages, moved out of debt, resolved / been at peace with family dysfunction, bought their 'home' and seen monumental inner transformation.

They work with Heidi specifically because they want to work with someone who can get to the core of an issue very quickly. They want someone who will tell them the truth, help them see with clarity and give them the answers no one else has seen, yet make perfect sense.

What makes Heidi unique?

Heidi has a form of mirror neuron synaesthesia impacting less than 1.6% of the population. It means she has an elaborate form of cognitive empathy so can very effectively 'see around corners' and predict future behaviour.

Having come from a psychologically intense environment, once described by senior police officers and psychiatrists as *"The most intense there is,"* she believes negotiating an acute environment on a daily basis refined her core instincts and forced a naturally very high intuitive capability. Heidi is known for her accuracy when looking into the world of other people.

*"Your sensitivity
IS your greatest asset"*



Your journey to becoming unownable with Heidi's 1-2-1 guidance

This unique and rare ability means Heidi has very regularly worked with:

- Medical professionals
- High level executives
- Government officials
- Authors / speakers
- Business owners
- Individuals going through intense periods of change
- Individuals who want to create inner transformation

Heidi has an exceptionally wide knowledge base with university degrees in Literature, History & Politics and a post-graduate degree in Spirituality, Consciousness and Transpersonal Psychology. She has more than 20 years' experience working with individuals and is a best-selling self-development author.

Heidi's deep understanding of psychological perspectives, spiritual beliefs and the mechanisms of consciousness gives an incredible view of how to rectify parts of the unconscious, such as historic abandonment fears passed through the generations that impact the now. This unique depth of insight mixed with mirror neuron synaesthesia means her clients have a rare and highly powerful mentorship opportunity, where it has been proven anything is possible.

Heidi Unlimited

1-2-1 Mentorship

What's included in this 12 week Mentorship?

Direct Access to Heidi

- Heidi's direct access email address - where you are able to email Heidi between sessions
- One hour personal '*Life Map Session*' with Heidi to create your 12 week tailored '*Mentorship Transformation Map*' for you, rather than you having to do it by yourself
- Five 45-60 minute 1-2-1 '*Transformation Sessions*' with Heidi spread across your 12 weeks

Additional Training and Support

- One 40 minute '*Setup and Welcome Session*' to ensure you are settled and ready to maximise your time with Heidi
- One 90 minute '*Group Mapping Sessions*' with Heidi and a select group of your peers
- One 20 minute '*Progress Check-in Session*' to make sure you feel on track with your progress
- One 20 minute '*Evaluation Review*' at the end of your Mentorship programme

Who's this for?

Heidi Unlimited is designed for people who want powerful guidance through a period of transition or transformation and take action to achieve their results. This mentorship is suitable for those who want a fresh perspective to resolve work or personal dynamics that have become uncomfortable, master their environment so they can make changes on their own terms, develop fast instincts, communicate effectively, or re-jig their circumstances for more security.

Heidi Unlimited is suitable for managing changes in work or personal dynamics, intense internal transformations, crossroads in life, negotiating narcissistic relationships or adjustments in circumstances which require managing worry, anxiety or the possibility of rejection.

N.B. If you own an established business or if you are making a transition into your own consultancy, you will likely be asked to apply for the business version of **Heidi Unlimited**.

What do we want from you?

- 1. Be Intuitive.** On **Heidi Unlimited** we will ask you questions to step outside your comfort zone. In moments of discomfort, be open to new perspectives - we are on your side, fighting your corner.
- 2. Be Curious.** Some of your moments will be completely new to you. Be open and less determined to keep what holds you back.
- 3. Belong.** You're part of a bigger picture, no matter what. We assume you're busy and that you have other commitments, but we also assume you belong. Don't come to your 1-2-1 session assuming you're less than, come in as an equal who grows through fresh perspectives.

Please note: Heidi Unlimited is restricted to a maximum of 10 spaces. Access is open four times a year (March, June, September & December) if space is available.

NAME Jane Barnes

LOCATION UK

OCCUPATION Trainee Nutritional Therapist

AGE RANGE 50+

LIFE CODE 2/11

FOCUS OF TRANSFORMATION Health & Happiness

MOST IMPACTFUL EXPERIENCE Heidi Unlimited 1-2-1 Mentorship

FIRST MEDITATED 10 years ago



SUMMARY

I didn't really know what I was looking for: **I just knew there was something missing in my life.** I had excellent academic qualifications, including a PhD in Biochemistry but I wasn't using them. I had made the children and their needs my excuse for not changing. I told myself, *"I'm being a Mum – I'm being really useful,"* but I secretly felt guilty at not using my skills - I thought: **I'm wasting my brain. I'm wasting my education. I want to contribute,** but I didn't know how to make the change. I wasn't aware of feeling unhappy - it all felt normal... till I discovered it wasn't.

What was I doing wrong?

I had no real complaints, other than a vague sense of wanting more. I saw my friends having what seemed to be easy lives, and I couldn't work out what I was doing wrong. I was very sensitive - so much so that my family had often scolded me for being *'too sensitive'*.

Trying to find a solution

I had a reading with a psychic online, which gave me some insights, but there was something missing: I didn't know how to get to where I wanted to be. Or even quite where that was.

Inspire - A revolution!

Then, some years back, I attended **Inspire** – Heidi's annual conference for Intuitive-sensitives. I was not at all sure it was right for me (I thought it might be full of people in wafty skirts with bells). My husband thought I was mad!

It was a complete revelation - **I found a room full of people like me: a safe cocoon.** It was the first time I had heard the phrase 'intuitive-sensitive' and I realised immediately: **'THAT'S ME!'**

Straightaway I wanted to develop my sensitivity, to find out more about it and about myself. I began to learn about my internal world,

and **it all made sense, removing fear and uncertainty, and teaching me to trust myself and my intuition.**

A brush with death

This self-trust came into practical use when I found I had breast cancer. It came out of the blue - there was no history of the disease in my family and I had a healthy lifestyle.

I had a dream telling me to get a health check. Previously I would probably have ignored it – now I felt it was my inner world giving me an important message and I followed my intuition.

Initially, I struggled to make my voice heard. The doctors told me there was nothing wrong with me, to go away and stop worrying but I knew there was. **Previously I would have meekly agreed with the professionals. Now I was able to tell them they were wrong and had to look again.**

It was lucky I did. When I was finally diagnosed they told me it was an aggressive strain of the disease which would have spread rapidly and inexorably. **Listening to my inner self and trusting my intuition had saved my life.**

My success speaks for itself

My life has changed so much for

the better. Opportunities present themselves and now I listen to my intuition all the time. I have a job I love - I am training as a Nutritional Therapist, working with people and using the qualifications I studied so hard to achieve.

My advice for people looking for transformation

My suggestion to people who are feeling unsure and want to find out more about their intuition is simple: **Try it! You have nothing to lose so take that first step.**

My life without Heidi's work?

Without my transformation, life would be very different.

For a start, **I'd be terminally ill, or even dead!** I wouldn't have trusted my intuition so I would have accepted the doctors' diagnosis that nothing was wrong. Even if I hadn't had cancer, without the work I've done with Heidi I'd still be feeling hopeless, depressed and ill!

Finding my gift as an intuitive-sensitive saved my life.

"I found my intuition - and it saved my life"

Heidi's Philosophy

When I started out in the world of the enlightenment journey, I had no idea what it was, or what I had got myself into. All I knew, I was fascinated with intuition, consciousness and psychology.

The fascination I believe started with wanting an answer to life's 'why' questions:

- *Why did I feel other people's emotions intensely?*
- *Why was I sensitive?*
- *Why did I seem to know people's true motivation rather than the one they presented?*
- *Why did I know the general patterns people would follow?*
- *Why did I always want to do the opposite to what I was told to do?*
- *Why was I feeling the only one who thought the environment I grew up in wasn't quite right?*

I felt alone in my quest for finding a sense of truth and where I fit in.

We provide a service for Intuitive-Sensitive People to find their own sense of truth and to never feel alone on that journey the way I did. I wanted other people like me to find their life purpose and fulfilment without feeling they were either weak for exploring their psychological make-up or weird for wanting more than superficial connections.

I also understood I wanted some sort of answers to spiritual questions but my beliefs were not religious or superstitious. I wanted to honour the idea of faith, but without religion.

Since 1996, I have pursued the answers to those questions whilst building a business that honours the values of Intuitive-Sensitive People. I wanted to show you can create the life you believe in, despite any previous limitations.

I started the enlightenment journey with no family, no friends, no home, no car, no job and no money. I felt stripped to the bone, completely naked, yet determined. I started with faith, not in a God, a faith in the journey, a belief I would do whatever it takes. I was 23 and possibly very naive.



Today, I have created the working and personal life most people only get to dream of. My work is completely in line with my values and has a strong purpose. I have family, I have a very happy marriage, I have a lovely home and I have amazing friends. I even have a stunning office environment with a very dedicated team.

There are no game players in my existence yet I have experienced many. Your Journey with us, whether you're just starting out or you're a seasoned (enlightenment) traveller, is through our core concept, Enlightenment Path, which supports you through the stages of your journey to enlightenment.

Enlightenment is the journey from fear to peace and can be experienced through our Enlightenment Path Group Mentorship 6-month programme up to this Heidi Unlimited (Personal) 1-2-1 Mentorship with me over an intense 12 week period.

Visit www.HeidiSawyer.com/hup to submit your application to work 1-2-1 with me. Bespoke programmes are available via Heidi Unlimited (Business).

I look forward to working with you.

Heidi x

NAME Cecile Plouy
LOCATION France
OCCUPATION Operations Manager
AGE RANGE 30 - 50
LIFE CODE 9
FOCUS OF TRANSFORMATION Relationships
MOST IMPACTFUL EXPERIENCE Enlightenment Path Mentorship
FIRST MEDITATED Over 5 years ago



SUMMARY

I felt something wasn't right in my life. I wasn't happy but I had no reason to be unhappy. I had a great job, good friends and a lovely flat, but something was missing. I always wanted children - a family of my own. ***Time was passing and I hadn't found a partner.*** I began to think 'normal people' meet someone: I felt somehow I was wrong.

Was I too fussy?

I couldn't find a relationship.

I'd been in one for two and a half years before I was thirty. Ending that relationship had left me feeling hurt, but I knew it wasn't the right relationship for me.

I wanted to be in love and have a family. I realised this needed to be a serious trigger for healing. Surely everyone deserves a loving relationship to help them blossom?

Talking ...

I tried talking to friends and my parents. I didn't really try therapy or psychotherapy - talking to my close circle seemed practical, but there was no real progress or growth - it was a safe space, rather than healing of any depth.

I felt connection and empathy was somehow missing from these conversations. I found others helped me but **I was not making the breakthroughs I longed for so I tried energy healing.**

... and listening

I found myself listening to my intuition; I took some time off to go to the Mind Body Spirit event in London where I found Heidi's book. I then looked online at her work and it spoke to me more than other things had done.

I took this opportunity to start looking for depth - **I decided to engage and find solutions that spoke to me rather than drift and hope for the best.**

Curious for change

If you're not ready to look for depth and you feel scared to look within, I think the first point of call is a therapist. It's a way to start to **get comfortable with self-awareness.** I tried lots of things before I really engaged with my own healing.

I think the key is to **become curious with the idea you can change something.** Whilst you're preparing yourself to be ready for change, try lots of things, read books, experiment with different healing models.

Heidi's way worked for me because I came to her way of doing things when I was ready for change.

Breaking free of controlling love

Heidi's guidance helped me to put things in order, to step back and understand my relationships.

I began to understand that **my parents were controlling me through their love for me** - we were close - we are still close - but they felt their way was best, that if I did what they suggested they could keep me safe.

I realised I had to break free, to start making my own way, supported, rather than led, by them.

Happy Family!

Now my life is the way I wanted it.

I have a partner and two lovely children.

When I step back and look at it, **I no longer see myself as a victim of life not working out.**

Whenever I feel down or sad, I remind myself **I changed my life - I am in fact empowered.**

If I hadn't taken that decision to step into transformation, I feel certain I would still be coasting today. I would be doing a job but not loving it. I would not be aware of my strength and I would be stuck in 'why me?' thinking.

"I am deeply grateful for my life choice, my sensitivity to KNOW I had to engage for things to be different"



ALTERNATIVES

"We provide a bridge between scientific thought and 'whole thinking' helping you to develop fast instincts, empathic connection and instant rapport. We use a unique combination of cognitive science, spirituality, consciousness and transpersonal psychology." - Heidi Sawyer

This is your time to bloom.



www.HeidiSawyer.com/hup

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