# 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.



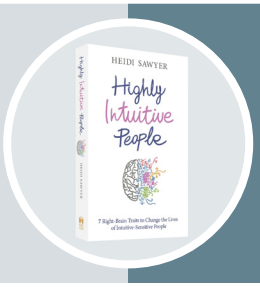
**5000+**
Clients

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



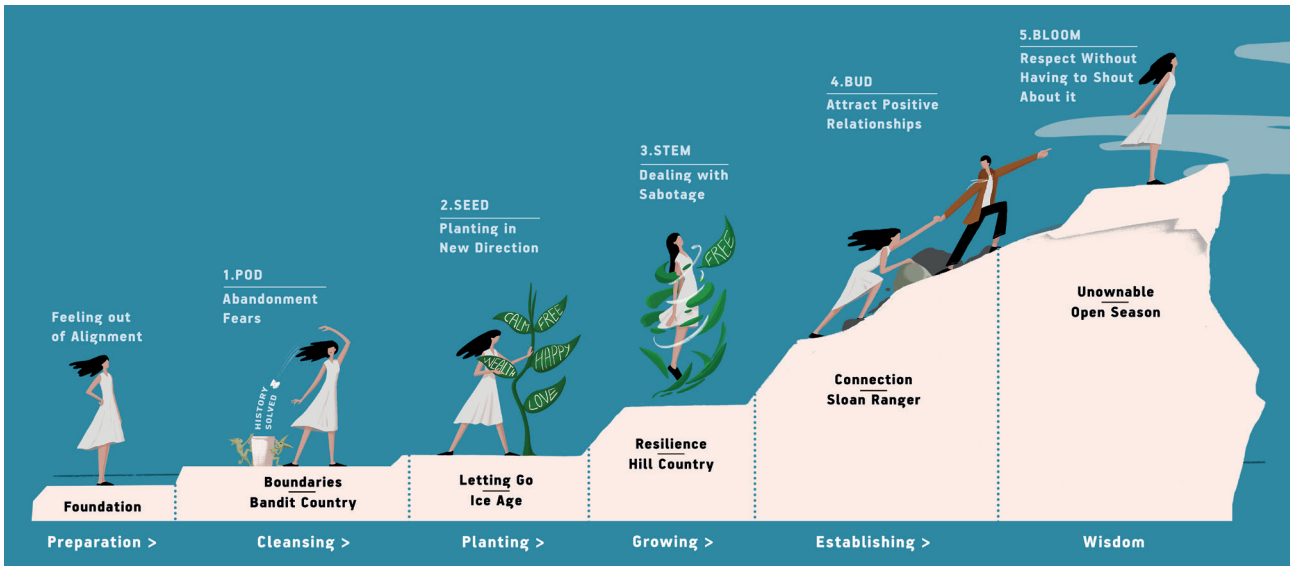
# Your Mentorship Programme

## 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.




*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 Jane Barnes
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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 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 assset"*






*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?

- Heidi's direct access email address - where you are able to email Heidi between sessions
- One 40 minute *'Setup and Welcome Session'* with Laurence to ensure you are settled and ready to maximise your time with Heidi
- 90mins personal *'Life Map Discovery Session'* with Heidi to create your 12 week tailored *'Mentorship Transformation Map'* for you, rather than you having to do it by yourself
- One 90 minute 'Group Mapping Sessions' with Heidi and a select group of your peers
- Two 45-60 minute 1-2-1 'Transformation Sessions' with Heidi to bash your repeating patterns
- Two 45-60 minute 1-2-1 'Implementation Success Sessions' with Jenni to implement your findings from working thus far with Heidi (Heidi guides and oversees these two sessions)
- One more 45-60 minute 1-2-1 'Transformation Sessions' with Heidi to clear anything outstanding
- One 20 minute *'Evaluation Review'* with Jenni 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 Tracy Barthorpe
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AGE RANGE 40 - 50
LIFE CODE 5
FOCUS OF TRANSFORMATION Health and happiness
MOST IMPACTFUL EXPERIENCE Enlightenment Path Mentorship
FIRST MEDITATED In her late 20's



SUMMARY

I think **I was** mainly **looking for** answers to questions I hadn't yet defined. I was on a continuous spiritual journey. I had a lot of information, but wasn't quite sure what to do with it. I had a sense that things weren't "quite right" and I knew transformation was possible.

## What was I looking for?

All my life I had been aware that there was always an inner guidance, and I wanted to tap into it; to discover who I was. There was always intuition at work, even though I wasn't actually calling it that yet.

## It was like driving down a motorway in heavy rain

You can't see very well through the windscreen, can't really see where you are going, but you still keep driving, hoping to arrive and stay somewhere safe.

In 2014 a video from Healing Never Good Enough caught my attention. I stopped and started it, but I kept thinking about it, kept coming back to it, with the feeling *"oh, there's more"*.

## The start of a gradual revealing of transformation

The foundational side, and the generational – fathers and mothers, giving more of a picture of myself, and how I had become who I was.

At the time I had been through a lot of emotional abuse, and, as is often the way, I believed that what I was being told was true. There was a key point in 2012 when it became scary – people around me were reflecting back to me those negative beliefs I had about myself, although they weren't true.

## A sort of unveiling took place

I understood that I was attracting this abuse. I had a personal reading with Heidi – it was an eye- opener – I became aware of the narcissistic relationship with my mother, and of our co-dependence – two different sides of myself. I was finally finding my identity.

## I had tried counselling

Cognitive Behavioural Therapy and some quantum healing, but this was deeper. I started meditating in my late twenties, and I rather liked the self-discovery.

All my life people had told me their life stories, and I thought maybe I could use this, so I went into counselling.

I had been working in banking, but I was drawn to learn more about people and their stories. I went part time in banking, and trained for 4 years to be a counsellor - counselling trainin in integrative therapy: I became interested in the impact from childhood and family dynamics – during which something spoke to me and I felt very strongly, *"I'm going to resolve the Family"*. I had no idea how or why now, but it was a very strong pull - I was always just drawn – I had no real plan.

As a counsellor I had to have therapy myself, and that's when I discovered I wanted to work on mental health. I particularly wanted to combine the spiritual side of things with daily life.

## Now I am a coach

Clients have 6 sessions of learning self-help to deal with mild to moderate depression, anxiety and stress issues.

Through this work I have met so many different people from all walks of life, and it has taught me to accept myself and to teach others that we are fine as we are.

**It's been raw, a back-to-the-roots journey.** I have come to love the Enlightenment Programme – uniting the child within, and monitoring the inner parenting: the guidance I don't feel I had when growing up – it taught me a great deal.

***"I know I can fall into* "being there"** ***for people and not be myself but I look forward to paving the way to look after myself and others safely and authentically"***

# **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 Alexandra Breedon
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AGE RANGE 40 - 50
LIFE CODE 9
FOCUS OF TRANSFORMATION Health and happiness
MOST IMPACTFUL EXPERIENCE Intuition Coaching MasterMind
FIRST MEDITATED Aged 4



SUMMARY

**About 3 months after I returned to my hometown, my father died**. Suddenly I had estate issues to try to settle with my brother. The conditions of my father's will were that my brother and I had to agree on all decisions made, which was difficult and stressful..

At the time, when I first came across Heidi's material, I was feeling a little bit flat – a lack of enthusiasm for life in general. I had just moved back to New York with my teenage daughter, to live near my father who was not in good health.

My younger brother was staying with my father, therefore I was suddenly spending a lot of time with him too, and with his alcoholism. My father had also been an alcoholic all of his adult life, so, understandably, seeing them grapple with the long term effects from that, was sad. For most of my life I had tried to avoid them – that's certainly true of my dad; with my brother I was probably less aware that his addiction had become so problematic.

My daughter was adjusting well, but it was my first winter in New York in 27 years, and I had other dependents - 4 horses and 2 dogs.

***"I was looking to learn about myself. I was really curious about my own potential"***

## Caring for everyone's needs involved long, hard commutes

I had never wintered with horses in a northern climate before, and found that especially challenging. I was also fairly isolated. I had my daughter, and my two other brothers and their children lived nearby, which was another reason for the move, but otherwise I was quite lonely, since most of my daily contact was with acquaintances.

## Heidi's material was very interesting for me

It was subject matter that I had been drawn to my whole life, since I was small.

Her videos were extremely comforting - the first I had ever seen that I found myself agreeing with everything I heard. There was nothing I had any issue with - that was amazing to me. I watched them in the evenings, they helped me relax.

I had previously tried to watch spiritual and self help videos, but I had not found much of substance – the internet had never been very appealing for me. I did a lot of reading, so I went to a local bookstore to order her books.

What was very important to me was the opportunity not to see myself in a negative light, not to judge myself for my own sensitivity. Heidi's affirmation, *"Your sensitivity is your greatest asset"* was incredibly inspiring.

**My advice to someone struggling would be to reach out and talk to people who are emotionally honest and supportive.**

When I discovered Heidi, I was looking for that encouragement, to understand myself positively through someone else's eyes.

I feel much more confident now, a lot more trusting of my own decisions.

**I'm no longer searching for something missing – I understand what I want to be spending my time doing, and I value that clarity.**

## The drive to do this work was very strong

I appreciate useful information, presented so well, and in a way that allows for learning to be efficient.

I found Heidi at a time when I was looking for help to make a difference in my life.

## The loyalty aspect was of supreme importance

By my second session with Heidi, I knew I had found personal support of a different quality from any that I have had for a long time.

My best friend died of breast cancer about 15 years ago, and she was at that time the only person in the world whom, I felt, really saw me and respected me.

I have that same intimacy with Heidi,and it gives me the security that I need to be confident.

***"I find it difficult to explain to others why I am happy - what has changed for me.***

***But I know in myself that I now have a comfort level that's different for me:***

***It feels really good, and I am grateful for it"***

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*"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.

heidi sawyer

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