


The
INTELLIGENT
GUIDE
to the 6TH
SENSE

HEIDI
SAWYER



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HAY HOUSE

Australia • Canada • Hong Kong • India
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FOREWORD

We all have questions about the mysterious, the miraculous, the inexplicable and seemingly impossible phenomena that occur in our lives. They come at various stages in life, sometimes gradually and sometimes ‘out of the blue’, when one is faced with events that fall out of harmony with our everyday experiences. Often, such happenings can prompt the big life questions of existence and purpose. We all must face the questions of our existence, the ‘Why am I here? Where did I come from? Where do I go when I die?’ questions. We also often question the purpose of our existence, wondering, ‘Why is this happening? What does it mean? Why me?’ Sometimes those questions simply will not cease being asked; as the poet Emily Dickinson once wrote, they are like teeth that ‘nibble at the soul’, refusing to let go of one’s psyche. What do we do with them? How do we answer them? How do we deal with them?

Indeed, we all must face these questions, and each one of us will respond uniquely. Yet when we begin to explore them, when we begin to take notice of what is happening in and around us, we begin to notice that we are not alone with these questions. After all, we do not live in isolation! Instead, there are histories of people we begin to come into contact with who have the same questions that we do! Chances are that you are

one such person: someone who has been prompted to search deeper and to explore, someone for whom the mundane is not enough, someone who simply *has* to know more. I, too, am one such person. From early in my life I began to ponder the nature of existence and its purpose. I was beset with curiosities about a life beyond this one. As a result I have been blessed with myriad fantastic experiences and meetings with remarkable people to whom I have listened, with whom I have engaged in various ways, with whom I have talked and shared, and from whom I have learned and continue to learn. It is difficult to articulate how grateful I am for those questions and the individuals around me who sought to help me answer them!

Heidi Sawyer is one such remarkable person; indeed, she is truly remarkable! Having heard about her work, I had the privilege of meeting Heidi, thanks to an introduction from a respected friend and colleague who told me that we simply *had* to meet. We ‘met’ first on the telephone. It was one of those ‘meetings’ that brought an immediate sense of familiarity, of intimacy and of respect, even though we ‘met’ only through our voices transmitted over the ether. Nevertheless, our telephone calls led us to the immediate conclusion that we had to meet in person. Intuitively, instinctively and psychically I knew that this would be a life-changing meeting, one that would lead to developments and consequences that would affect not only both of our lives but also the lives of countless others.

When we met in one of my consulting rooms at The Diagnostic Clinic in New Cavendish Street, London, my initial impression was immediately confirmed. I found myself in the presence of an unusually gifted, intelligent and powerful woman committed to living an authentic life; her forthright honesty and courage immediately became evident. Heidi’s journey through disease to deepening health and wholeness has brought

her through great suffering of all types: physical, emotional, intellectual and spiritual. As we began to explore our respective situations, it was clear to both of us that the next steps demanded nothing less than total commitment. The work that Heidi describes in this book, her life's work thus far, is all about that commitment. This is no work of theory or fancy intellectualism. This is the outcome of a life of dedication, of long training, practice and deep inner resolve. It is the fruit of a vine that has been meticulously and very carefully pruned and nurtured.

I have worked as a physician, scientist, journal editor, academic and healer for over 30 years. Since early childhood I have been interested in the 'magical' and in mystery, utterly fascinated by the transformation of one thing into another, such as the metamorphosis of the caterpillar into the butterfly. I was keenly aware of the healing effects of my mother's hands that could become so very hot and made me feel so wonderfully different when she touched me if I was ill. I have always been acutely sensitive to the fact that some people could 'touch' me and 'knew' so much more about me than could have been known by ordinary means. I knew whilst at school that biomedical science could not provide me with the answers I was seeking. Nevertheless, I knew I needed to understand its language in order to function and progress in my understanding and to bridge the worlds I had met: the numinous, which Rudolf Otto used to describe those 'wholly other' invisible worlds, and the material world, the visible, physical world of everyday experience. The apprenticeship in science during my tenure as a medical student restricted my exploration of the psychic and healing realms, but the incessant search to keep those faculties alive never died. I nurtured them, stored up the experiences and determined that I would bring them all together, determining ultimately to utilize them in serving others. Heidi's book is a brilliant guidebook

for those seeking to do the same, to explore what it means to identify, understand, use and develop those skills. Her work is the instruction manual needed not only to begin that work but also to develop it.

In my own work as a consultant physician and medical homeopath in integrative medicine and healthcare and in Jungian analytical psychology and healing, I have encountered many people with great wisdom, knowledge and understanding, alongside charlatans and impostors claiming psychic abilities, healing gifts and mystical knowledge. Yes, the world of healing is a professional minefield! Amongst them all, Heidi Sawyer is a gem, a genuine soul of great integrity. Her book is a direct, down-to-earth, practical and no-nonsense resource, clearly written to assist and support individual and collective healing. It is a book that shows that there *is* a science to this work, there *are* roadmaps, and that there *is* structure that conforms to law. If followed, her guidance will help those seeking to find their way and to come to their senses, especially the sixth! This material may be centuries old, but it is no less relevant now than it was in the farthest reaches of antiquity. Even if she were only describing the terrain and the range of phenomena that there are to be encountered in the field, this book would render great service.

However, Heidi does much more in this book. She brings together an atlas of the terrain alongside a detailed roadmap and instruction manual warning of pitfalls and alerting the reader to watering holes and hidden opportunities that might not otherwise be visible. In so doing, she renders a service which will evoke gratitude in many hearts and minds, especially at this time when so many are awakening to their gifts and seeking to understand how to use and nurture them. In each chapter there is clear, concise material describing what may be felt or experienced, what can be done and what to look out for as one

FOREWORD

progresses through different stages in the evolution of the psyche. In this, it is an invaluable resource. Enjoy the book, learn from it and savour it. Read it from cover to cover or dip into it, knowing that what will serve in that moment will be offered in the pages on which the book falls open!

Professor Kim A. Jobst, MA, DM, MRCP, MFHom, DipAc
September 2008

INTRODUCTION

Whether at school, college, university or work, when I was tuned in to my sixth sense and operating by it, the results I gained were phenomenal. The moment I slipped into my 'ego' self, I lost confidence and results. Everybody has a sixth sense, but many of us either don't know it or we choose to ignore it. Psychic development is the earliest part of very deep and profound change in our inner world, for it is the process of getting to know yourself. If you are like me, you will want a quick route that is pain-free with lasting results.

At the beginning of becoming aware of intuitive and psychic abilities, I remember some key questions I certainly had. The key questions over the years have not changed, and I still get asked them on a daily basis:

- How do you know if you're psychic?
- I've had some strange experiences I don't understand; can you explain them for me?
- How do I explore my psychic side?
- What does it mean to be psychic?
- How do you deal with it?
- Who is it that stands at the bottom of my bed, and how do I get them to go away?

This book is the product of my journey so far, both from years of teaching people psychic awareness and as a result of my own personal process from rejection to acceptance. It explores the opening to the inner self. By the time you have finished it, you will have an excellent understanding of your sixth sense and how to use it for your best interests. Psychic ability enables us to ‘tune in’ to the energies around us; understanding it is the key to experiencing what it provides. But be advised: psychic skills are not party tricks, and opening yourself to this side of you creates huge potential within your awareness and sensitivity.

This book is designed for you to either read from cover to cover or dip into as a reference. With stories interspersed, it will spark your interest in the deeper, more spiritual side of your nature.

CHAPTER 1

The Opening – Beginning of Natural Psychic Skills

‘Those who have developed “psychic” powers have simply let some of the limitations they laid upon their minds be lifted.’

A Course in Miracles

I remember clearly the first time I knew I had experienced the spirit world. Reversing out of the driveway on my way to the supermarket, a figure caught my eye. It darted from the front room, appearing to be dressed all in black. I sat frightened in the car, thinking a burglar had waited until I had left the house before moving from his hiding place.

Continuing to look, I thought to myself, ‘Burglars do not pass through walls and remain standing looking at you.’ The figure moved closer to the front door, and as it did I saw a very happy woman, approximately in her seventies, waving at me. It was my grandmother who had passed over into spirit a few years previously. Relieved it wasn’t a burglar, I continued on my way to the supermarket. From that point forward for the next few months, I wandered around very confused. I had no way of understanding what had happened. No one in my immediate surroundings understood what I had experienced. Most thought I had temporarily lost my mind or they didn’t want to discuss it, as such things frightened them.

Like me with my first experience, most people fear the unknown, and anything out of the ordinary often fills them with anguish. Most of us are brought up with linear, logical thinking, and our spiritual and psychic side is often squashed in early childhood as part of a vivid imagination. We forget we have these amazing skills that we naturally possess, so we stuff them deep down into the place where no one goes until a chipping starts and the flame of the light-worker within ignites, and a 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 being called when no one else is in the room.

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 a recurring pattern in a lot of people during my many years of teaching psychic development. What I call ‘the Opening’ starts in similar ways for most people.

Stage One Opening – Common Signs

- coincidences occurring in your life
- seeing things out of the corner of your eye
- feeling a ‘breeze’ or a presence
- strong fascination for psychic or spiritual knowledge
- receiving ‘messages’ in dreams from friends or relatives who have died
- dreaming of events before they happen
- seeing those who are no longer alive

- hearing things repeated over and over in your mind
- people wanting to tell you their life history and things they have rarely told others, even if they do not know you very well
- ‘knowing’ people well when you have only met them recently
- strong feelings regarding the health of others which you later find out were correct
- sensitivity to noise
- sensitivity to the moods of others
- sudden and strong desires to clean up your health and eating habits
- fascination with angels or fairies
- being inexplicably drawn to the colours lilac, pink or white
- rubbing your forehead often and wanting to get hair away from your face. Strange pulling sensation across the forehead (‘third eye’ stretching)
- wanting to ‘save’ others and the planet

Downside to Stage One Opening

- increased irritability
- intolerance where previously you have been very tolerant
- willingness to speak up when previously you have kept quiet
- temporarily unreliable

Stage One Opening provides a grounding basis from which to work. Many who experience Stage One do so for quite some time before they decide to investigate and move further. Stage One can accompany fear and significant change in a person’s

life. This is because the drive of the inner world and spiritual shifts can conflict with the personality and cause fear within the ego. The ego is the part of you that makes decisions based on the self and perhaps on logical thinking, rather than the ‘gut’ feelings that so often tell the truth, even though this truth can be uncomfortable or the temptation can be to resist change.

The real issue with ignoring Stage One Opening can be the increase in activity from spirit and from your psychic channels; this will not go away and will only increase as you get older. As you are opening up and have a strong sensitivity to the psychic or intuitive side, you may find that life seems to conspire against you. It is not because some evil spirit is waiting to clonk you one; rather, it is because a part of you which wants to expand and change physically, emotionally and spiritually is being pushed back in every time it tries to escape. Fear will try to repress your psychic growth. You may experience fear of the unknown, fear of change and fear of growth because your psychic self creates change you can’t control. The good news is, once Stage One is embraced wholeheartedly in a trusting manner, interference from spirit will settle down and, if need be, go away to allow the continuation of the Opening at your own pace.

One woman I have observed over the years was desperately trying to avoid Stage One Opening. She would keep herself overly busy with work and with trotting from one failed relationship to another. For this particular woman, opening to her psychic and intuitive side was about self-esteem. Once she embraced this part of herself and started to develop it, she realized that her relationships hadn’t worked because she was going through intense and constant inner change. Once it all began to settle down, she met a man with whom she is very happy and has been for several years. She let herself slow down enough to realize that by accepting her instincts she made brave moves to new territory

that seemed to happen very naturally. The visits from spirit that she had once been disturbed by settled down, and she began to pass on very helpful insights to her friends and family, whereas previously she had been frightened of ‘bad’ things happening.

Stage Two Opening

- suddenly feeling you are uncomfortable in this world and wanting to go ‘home’, although it is unclear where ‘home’ is
- releasing strong emotions through unexplainable tears
- intolerance to alcohol
- increase in allergies
- strong desire for periods of silence and solitude
- strong desire to find ‘purpose’
- requiring deep relationships and a desire to move away from what you increasingly find superficial
- deep feeling within that change is about to happen, but can’t put your finger on it
- feeling you want to do something that significantly helps others

Downside to Stage Two Opening

- wanting to ‘help’ everyone
- ‘Messiah complex’ or feeling you are ‘the chosen one’, so to speak, and that your healing technique or choices are better than others. This is often a temporary phase and a reaction to an increase in energy flow.
- reluctance to indulge in over-eating or drinking – this can be seen by friends and family as being anti-social

- feeling less connected to friends, relationships and family dynamics. This can feel as though your friends are disappearing from your life or you have little still in common because you have ‘changed’. Again, this is a temporary situation and a reaction to energy shifts.

Stage Two Opening for some people corresponds to and happens simultaneously with Stage One. Stage Two can, on the one hand, be completely calming; on the other, it can be very alarming. Stage Two Opening allows for a deeper connection to your inner worlds and a knowledge of what is truly important to you. Intense flashes of intuition allow for profound and memorable changes to occur. These may take the form of complete external changes in your life – a career change, house move, new relationship, often all at the same time. These tend to occur when a part of your life isn’t progressing along a destined path and you need a bit of encouragement to get there. The more alarming part of this stage, which happens for some people but not all, is the ‘clearing’ process that tends to occur with it. This is a bit of clearing out of the unnecessary parts of your life, the parts that will deplete you of your energies, and it is an essential (if uncomfortable) part of your psychic development.

The strong feeling of not belonging in this world and wanting to ‘go home’ can be quite intense for some people. When this occurs, you know that a person is going through an amazing shift in consciousness and that their psyche has begun to trust in a part of life larger than their personality. Fortunately, crying for no real reason does not usually accompany depressed feelings. If it does, the depressed feelings are very temporary. There is a strong distinction between an Opening and clinical depression. An Opening does not display typical depression symptoms. Instead, a Stage Two Opening will only manifest

short-term emotional releases, accompanied by intense feelings leaving the body.

A chap who came to see me on several occasions was having typical Stage Two Opening symptoms. As many Stage-Two individuals do, he wanted to make changes in his life and work. He wanted to help people and he wanted to find his sense of purpose. These longings were corresponding with Stage One Opening symptoms, such as increased activity from spirit, pushing hair away from his face and a constant pulling feeling across his forehead. I started some healing work with this man and began to channel a level of energy that was appropriate to what his body seemed to request. Before long his body began to twist and turn and a strong choking noise came from his throat. As the healing continued I could see a grey mist begin to appear and then clear around his throat and head area. With that, he began to sob uncontrollably. The poor man was deeply embarrassed, as he had not cried in 30 years and couldn't understand where it was coming from or what it was about. After a few minutes the crying stopped and he felt fine. He said his body felt very light, and off he went.

The next time I saw him he reported how his life had very suddenly shifted and changed. He explained how he had actively embraced the changes and his skills, and that his confidence and ability within his working environment had increased to the extent that he had received a promotion to a very senior position within one of the world's largest companies. He was helping people within this environment create the best within themselves. He continues to acknowledge the psychic and highly intuitive part of his nature by responding wholeheartedly when this part of himself makes itself known or wants him to respond to events in life that perhaps others would be deeply afraid of.

The downside of Stage Two Opening can be, for some people, an area they need to watch closely. This is particularly the case if you have had a profound spiritual or psychic experience and want to shout about it from the rooftops. It is often best to keep these things to yourself or to choose carefully with whom you share them. People going through Stage Two often want to ‘fix’ everyone, or they believe their method of healing or development is the *only* route rather than *a* route. For most, this is a temporary situation and settles down after a while.

Likewise, for others, an emerging ‘Messiah complex’ can be a little alarming. This will mean they believe themselves to be part of a second coming, and this can be accompanied with strong new psychic skills. People with ‘Messiah complex’ type symptoms, as has been my observation, do display some of the energies associated with the Ascended Masters, but they are in fact only drawing on these energies. It is the personality or ego self that is often identifying with the idea that they are a reincarnation of Christ or Mary Magdalene, and often accompanies a period of low self-esteem. It may be coincidental, but the people I have come across going through this particular part of Stage Two tend to be going through relationship troubles.

Stage Three Opening

- strong connection to intuition and instinct
- trust of intuition and instinct
- growing sense of fearlessness (will do what you want to do even if scared)
- strong commitment to self-growth, whatever the consequences
- disappearance of addictive traits, such as drinking too much alcohol and smoking

- strong self-discipline
- emergence of committed and strong relationships in life.
- speaking the truth kindly
- feeling a ‘jarring’ in energy field if unkind words are spoken
- increased feeling of neutrality where strong feelings have been present previously, e.g. in cases of hostility, fear, mistrust
- seeing people for who they are and not expecting them to change to suit your needs
- willing and able to leave situations that no longer work for you
- dissolving of abandonment fears. Comfortable in your own company, not fearful of people leaving you. May prefer being alone.
- very strong sensitivity to the energy fields of others
- clear and accurate interpretations of the emotional states of others, free of judgement and fear
- consistency in emotional levels. No extreme highs or lows.
- people comment on how everything goes your way
- considered lucky
- considered wise
- great trust in the process
- easily able to ‘let go’ of things, people, feelings and situations, especially negative ones
- learn from life challenges; easily able to drop resentments
- able to spot and willing to change negative thought patterns
- strongly improved self-image
- no longer need to ‘save’ others but make a significant contribution to the development of others (don’t need to shout about it)

- make a conscious effort to prolong and enhance the life of the planet by contributing to energy-saving methods, but no longer need to ‘save’ it single-handedly
- no fear of ‘darkness’, awareness that it is simply a lack of light
- terrific insight into the unconscious motivations of others, requiring little effort
- drive is for continued self-expression rather than to prove anything

Downside to Stage Three Opening

People experiencing a Stage Three Opening can be seen as cold and uncaring. This is not the case, since people experiencing this level are not often in denial of anything that might create a need to shut out their feelings. People around someone going through this stage may not like the way that person does not react to their ideas, or acknowledge their attempts at manipulation. Furthermore, displaying a lack of guilt means that others find it difficult to incite a sense of duty from someone going through this stage; therefore, hostility from others in the early part of this stage may seem prolific as people adjust to your new behaviours.

The above stages are merely my observations from teaching psychic development since 1996. Some of the stages will cross into others; hence, you may have experienced some, but not all, of the aspects of the various stages. However, those who have reached Stage Three Opening experiences will have a fairly concise and consistent list. None of the stages is better than the others; each is simply an extension of the one that precedes it. Certainly those entering Stage Three have lost the sense of ‘ego’ and operate from a confident place within the self. This is not to say they are perfect. They do tend to show many of the

downside traits on a regular basis, which may lead to a short-term mini-crisis, especially in the opinion of loved ones who are not familiar with the ‘new’ person.

Nevertheless, people experiencing Stage Three Opening are showing very visible evidence of positive changes in their interactions with others. Therefore, it is important to emphasize that although these ‘opening stages’ can at first appear frightening, in my experience they will increase until you have acknowledged and developed the intuitive aspect of the self. Once this aspect is embraced, many of the negative side effects will settle down.

To return to my own story, following the vision of my grandmother which I had experienced, I tried to forget about it. To my detriment I found my experience of the activity in the house increased dramatically. On many occasions I could feel her presence, I could smell the cigarettes she smoked, and I heard my name being called loudly. This, for me, was not within my head, but appeared from a stern female voice trying to attract my attention. It seemed as though someone was standing right next to me, but no one was physically there. I also heard a very loud knocking, as though someone was rapping her knuckles on the windowsill. Still, I tried to ignore these experiences.

When it became too much and I was frightened, I finally told my mother. After all, it was in my parents’ house that I was experiencing the phenomena. This was at a time when psychic experiences were not as openly discussed as they are today. My mother was furious and horrified; she thought I was on the verge of joining ‘some cult’, as she put it. Now at the point of wondering if I needed help for mental health difficulties, I chose, like many others, not to discuss what was happening to me any more, with anyone. I just quietly apologized to my grandmother in my mind. I didn’t know what else to do or how to take it further.

My experience is very similar to many of the stories I have heard from other people over the years. They, too, experience the initial fear and desire for their experiences to go away, especially as their family and friends also reject them in the early stages of psychic opening. Society on the whole is still afraid of the idea of psychic skills and ability, still sceptical of the idea that we have a deeper part of our nature and understanding, and often individuals with such abilities are shunned. This is perhaps due to many centuries of social conditioning about our understanding of God and the doctrines of the Church. My mother grew up in a quietly Catholic environment, educated by nuns and with a mother who practised her religion quietly. Both believed their natural sixth sense was something that must be denied. Perhaps because they believed it to be sinful, their religious conditioning made it difficult for them to move beyond what others thought, whether it was their parents, the priest, the Church or society in general.

Over the years I have watched many people go through tremendous guilt, at least initially, for discovering the intuitive side to their nature, or even wishing to do so. When working in southern Ireland I noticed the guilt in people was, at times, overpowering. In this amazing country, full of truly wonderful people, I came across two men I remember distinctly. Both were nervous about talking to me as a psychic and healer. One of them had suffered as a child at the hands of monks who had consistently beaten him with a leather strap at school because of his curiosity about the sixth sense and his wonder at how the universe works. The other was a Catholic priest, a delightful man but one who worried about being 'caught' talking to me. He had discovered a healing gift and wanted to know how he could develop it. Both worried about real or imagined repercussions of taking any advice I gave them. The first man went through a powerful release, and with tears pouring down

his face he thanked me profusely for helping him understand there was nothing ‘wrong’ with him or his curiosity. The priest left with calm serenity after having satisfied his desire to start developing the wonderful healing energy he possessed. But both were deeply worried about the external consequences of telling people in their environments that they had been to see me.

Such fears are mainly due to our upbringing concerning what is ‘evil’ and to our struggle to move away from what other people think and towards thinking for ourselves. Such moves increase psychic and intuitive ability tenfold. The tenfold increase is due to the internal energetic channels clearing and a natural internal confidence building. The majority of people attending the psychic-development courses I have taught over the years have commented on how much their ability has increased, stabilized and become extremely useful, due to the results of actively engaging their psychic ability.

For myself and for others, I have seen a shift towards spiritual thinking as the most helpful. Spiritual thinking incorporates all beliefs regarding religion and ideas of God or the life source. Spiritual beliefs involve the idea that none of us is separate or judged as special or doomed because of what religious faith or ideas might tell us. Spiritual people generally have a lovely, peaceful demeanour; they are not critical or over-judgemental. This is not to say that spiritual people do not suffer from the same human shortfalls as others; rather, they are simply more aware of how negativity affects others. Stored judgements create bitterness, eventually harming the person storing the bitterness most of all. But it is not as simple as saying, ‘Just let go of the past pattern that creates limitation,’ because most people often need help releasing their limitations. Sometimes this might involve directed healing work from a therapist; for others, it is inspired through the ‘opening’ stages.

has noticed in recent times and is working hard on herself to resolve.

Many experience the fear of interpreting messages incorrectly or projecting their own issues on to others while passing on a message. This is a healthy fear in the early stages of development, and it shows a person who is aware of her possible limitations. Such fears are easily alleviated with a conscious effort to work on your own issues. We all carry heavy bags through life; it is part of the human experience. Once we begin to notice them and have a willingness to put them down, not only is life lighter but our ability to decipher the contents of other people's bags and help them to put them down becomes much easier.

When I did not know where to go with my experiences of spirit and my grandmother's increased presence, I went quiet for a few months, trying to busy myself and forget about the fact my mother thought I'd lost the plot. I continued to go about my life. At work one day during a dull data-entry task, I noticed I had been predicting the information coming next and entering it before I'd seen it. Believing it to be yet another coincidence, I made a few phone calls and found myself asking clients about products that hadn't been released yet. One asked me 'Heidi, are you psychic? That is not general information yet; how did you know that?' Of course I had no answer, just more confusion.

Confusion

Many of the strong psychic experiences people have stem from childhood or are a re-emergence of childhood abilities. For example, many children are incredibly sensitive to the words they hear adults say, and are often very intuitive as to the intended meaning. As a child, I assumed everyone knew that what people said was often not what they meant. I could never understand

away from where I lived. About to dial the number, I heard a very loud voice say, ‘No. Wait.’ Startled, I did as I was told and put the phone book down.