

Your 5 Steps to an Authentic Life



Heal Your Unconscious Patterns

ACCELERATORS



The Heidi Sawyer Group

Who are we?

The Heidi Sawyer Group offers courses and Specialist 1-2-1 coaching for sensitive high performers wanting to reach their authentic life beyond overworking and over-giving. We're best known for creating inner transformation using the power of the unconscious teamed with highly specialised deep process simulation meditations, which create a fast-track to rewire the unconscious for a vibrant life; and have been described as equal to *'10 years of psychotherapy in 10 minutes'*.



GLOBAL
Business

Since 1996 we've built our global business working with clients in 121 countries. 75,000+ have connect with us worldwide and more than 1.5 million views on YouTube.



1,500,000+
Views on YouTube

With the help of over 6,000 sensitive top performers we developed a 12-week 'Authentic Life Accelerator' programme which follows a proven 5-step method to orchestrate a truly magical life; becoming happier and in flow with an authentic life.



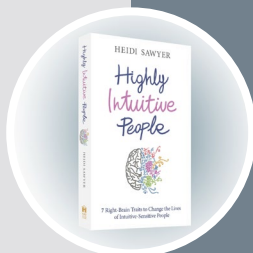
6000+
Clients

Our flagship mentorship programmes are overseen by Heidi Sawyer, one of the most respected authors on using intuition and consciousness as a recovery tool. We provide services for forward-thinking people who want to use the power of the unconscious to fast-track their movement forward. Our programmes are delivered through our acclaimed online training and mentorship.



ONE
Uniquely Talented

Heidi's book, **Highly Intuitive People** has consistently been in the top 0.05% of all books sold on Amazon and has been publicly recommended by Britney Spears.



TOP 0.05%
On Amazon

Your Path to Healing Patterns

[Turn to page 4](#)



Your 3 Mentorship Options to create your Authentic Life

Course only

[Turn to page 6](#)

You've asked the life question:

*"Why is this SO frustrating?
Everyone else seems to have their life
in more order than me"*

Course & Group Coaching

[Turn to page 8](#)

You've asked the life question:

"How do I get my life to flow?"

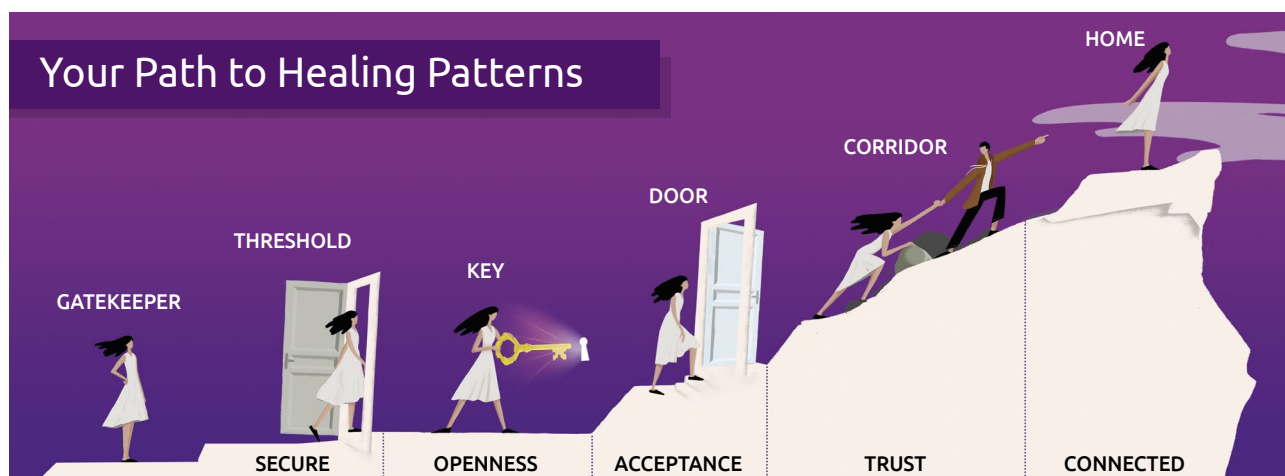
1-2-1 Mentorship with Heidi

[Turn to page 10](#)

You've asked the life question:

*"Who can guide my path because
they know it?"*

You're on the Journey to an Authentic Life if... You Want to Heal Your Unconscious Patterns Without Drama or Confronting Anyone



This is the Flow of the Authentic Life Journey

[Click here to submit your application](#)

SECURE

Self-preservation is natural to every human being because the 'ego' is concerned with making sure it keeps our physical presence real, therefore we all have imprinted in us, a fear of death. This deep fear can unwittingly put us in danger because we'll avoid confrontation or difficult conversations and we'll people please for an easy life that soon backfires. Stage 1 is learning to lose the 'ego' fear through the ego relaxing into feeling calm about change.

OPENNESS

Deep within us, the fear of incompleteness and loneliness can hold us at a distance from welcoming openness and trust. This is because one of our biggest fears is vulnerability. Most of us consider vulnerability as weakness, a way for others to break through our barriers and expose who we are. Stage 2 is about realising openness isn't about exposure, it's about confidence.

ACCEPTANCE

The herd instinct is strong in us as human beings. There is a primal desire to run with the herd and seek the company of others thus we have a deep fear of being separated and seen as weak and insecure. Acceptance is about letting go of what you think you should be and allowing what is, therefore, it's much easier to relax into your strengths. Stage 3 is about developing a sense of ease with who you are, rather than trying to be all things to all people.

TRUST

Whether you realise it or not, we all have a drive to be appreciated, recognised and respected. This is the difference between allowing ourselves to be noticed rather than hidden in a cloak of invisibility. Trust is about learning to feel that life has your back rather than believe you have to rely on weak individuals. Stage 4 is about reaching into the depths of connection and trust to know there is a 'hand' in life pulling you through to the next level of personal success.

CONNECTED

Probably the greatest fear of all is the fear of the unknown, of mystery. People reject the idea of their deeper self because they're terrified of what they might find or even more so, terrified of what's possibly not there. Both scenarios keep you distracted and separated from connection. Stage 5 is the authenticity of knowing who you are, having the freedom of self-regulation and a fast, efficient, natural level of wisdom.

Create Your Authentic Life

You are the first, the first in your family line to explore a deeper perspective and to take charge of the unconscious mind.

Everyone else in the family line all just bumbled along, made mistakes and never really thought about rectifying them. You've been left with the feeling of why couldn't I have found this stuff sooner? You have a silent anger that comes out in occasional resentment because you always thought you'd be further ahead by now.

Now, you feel your unconscious is calling you, you can feel something deep inside wants to clear but it's taking longer than you'd like, to get to the core of it. It's become annoying and you feel it's holding you back from your best self. You want the true vibrancy of close relationships, you want more energy, more enthusiasm and a new lightness that feels matched to your values.

*You can
heal your
unconscious
patterns*



The 5 Steps to an Authentic Life



Gatekeeper:

Tame your inner gatekeeper for access to your unconscious



1. THRESHOLD:

Resolve unconscious resistance and cross the threshold



2. KEY:

Unlock ego flaws



3. DOOR:

See through self-deception



4. CORRIDOR:

Acknowledge truth and roam the corridors of trust



5. HOME:

Be your authentic self without the worry of rejection

Most self-development programmes ignore the reality of anxiety; they make out it is some kind of weakness you should magically forget. We believe anxiety is actually your friend and it has been trying to show you the entrance to enlightenment by blasting you with signposts that life has trained you to ignore.

The reason our mentorship programmes are so successful is because we make sure you are never embarrassed by your anxiety and we use what you've seen as weakness, as the basis of your transformation.

If you are determined to transform fear into focus, be loyal to your true self, turn ego into enlightenment and want to develop an incredible ability to plan for the future, build the confidence to get you there and get rid of long held unconscious patterns, we have a mentorship programme for you.

Authentic Life Accelerator Course

There's a 'tipping point' in your journey where you ask: *"Why is this SO frustrating? Everyone else seems to have their life in more order than me."*

You are invited to blast through that threshold.

Life for an Intuitive-Sensitive is often frustrating. In addition to managing their own sensitivity, overwhelm and tendency to overwork, they are managing the ups and downs of other people.

Putting everyone's requirements ahead of their own, overwhelm sets in and they end up at the end of the day collapsed on the sofa mindlessly eating chocolate rather than putting systems in place to protect their future security and prosperity.

The sad truth is most Intuitive-Sensitive People feel on their own, they avoid prioritising what they need in order to thrive, whilst negotiating the quagmire of appeasing people and trying to outrun other people's insecurity, working hard but always feeling it's never enough.

The other side of this IS very different. Life is very different because the foundational level of security is addressed. Instead of metaphorically standing in the wobbling, overfilled, party boat for the insecure, you move across to the crusader boat, a high powered speed boat that charges to your destination and doesn't get caught in the current pulling the party boat back.



Moving from the Party Boat of The Insecure

Money is managed with new, unfazed responsibility. Inner communication is better managed so unconscious aspects of the fragile, critical, insecure self are easily dealt with. You have a receptive inner world to support your transformation and increased prosperity. Emotional abandonment fears are tackled to transform base insecurity to stability. This foundation of security creates the ability to fully engage with the journey to the authentic self.

***Your past echoes
into your future
– unless you
choose to change it***

Heidi Sawyer.



Authentic Life Accelerator Course

What's included in this on-going Mentorship?

- 6 Level 1 video sessions to work through the lower consciousness
- 6 Level 1 video sessions to access the higher levels of consciousness
- 6 Level 1 simulation meditation sessions to access and change aspects of the unconscious
- 6 Level 2 simulation meditation sessions to experience higher levels of consciousness
- 12 powerful (written) exercises

Additional Training and Support

- A personal Archetypes 1-2-1 session to support and strengthen your transformation
- Full access to our specifically curated Archetypes library for further optional self-training

Who's this for?

Journey To The Authentic Self – this course is designed for Intuitive-Sensitive People who are frustrated by life feeling out of alignment. They feel they have foundation issues linked back to areas in life they haven't yet discovered. They feel worried about making mistakes so want something that's in an order where they can feel changes. They are passionate about their inner growth but know that life feeling out of alignment is a distraction that holds up their transformation. They want to move from the 'party boat of the insecure' to the 'crusader boat' of fast and effective change.

This course-only option gives you access to deep inner work that you're able to do on your own but from a guided perspective rather than trying to find bits of the path to the authentic self in a haphazard fashion. The bespoke planning includes access to powerful archetype workshops which support and complement the course by helping you to feel internally protected throughout. The end result being that you will feel stronger, emotionally peaceful with a much more defined sense of self. Anxiety will slip away as your authentic self steps into your full view.

What do we want from you?

- 1. Be Intuitive.** We will ask you to allow your deeper instincts to surface especially with the exercises for each session. Some of these question areas will push outside your comfort zone. In moments of discomfort keep your eye on your inside world, you will see core truths surface and prosper.
- 2. Be Curious.** Some of your transformation moments will be subtle and symbolic. Be curious about how to interpret the information.
- 3. Belong.** We assume you are busy and have other commitments, but we assume you belong. Show up for the content, don't back off from your own development and make sure you find the time to complete the task in hand. You are the hero of your own journey.

Authentic Life Accelerator

Course & Group Coaching

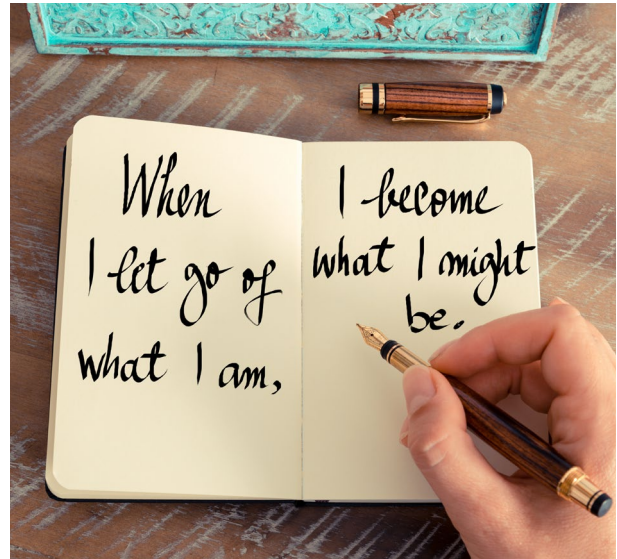
At the centre of the authentic self journey you will find a group of people who are heard without trying too hard, are respected without having to demand it and can deal with challenges without losing sight of themselves. Were they born that way? The answer is NO.

They are *Path Masters*, those who have discovered and worked the authenticity path to maintain their core integrity as an intuitive, empathic, prosperous person without being caught in the midst of other people's baggage.

You probably already know these people:

- Their name comes up in conversation for all the right reasons
- They glide past challenges others get caught in
- They can see situations clearly and are rarely caught in emotional webs
- They create success because it's easy for them to see opportunity
- They can handle notoriously difficult people

Path Masters know both sides of the coin because they were once insecure, afraid of abandonment and lived their life wanting something more, but were afraid of making a mistake.



Path Masters know in order to understand the true essence of transformation their life will have taken them on a road of challenges and tough lessons. They've experienced the dark side of anxiety, rejection, feeling they have no voice and a fear of the unknown. This motivated them, it didn't destroy them. They became motivated to change their consciousness into something lighter, higher, they are positive about change even though they're scared of it and are delighted to be shown a path rather than always having to discover it alone.

"Until you make the unconscious conscious, it will direct your life and you will call it fate."

Carl Jung.



Authentic Life Accelerator

Course & Group Coaching

What's included in this on-going Mentorship?

- 6 Level 1 video sessions to work through the lower consciousness
- 6 Level 1 video sessions to access the higher levels of consciousness
- 6 Level 1 simulation meditation sessions to access and change aspects of the unconscious
- 6 Level 2 simulation meditation sessions to experience higher levels of consciousness
- 12 powerful (written) exercises

Additional Training and Support

- Twice monthly LIVE group coaching sessions with Heidi and replays
- Priority invitation to exclusive, small, in-person events

Who's this for?

Journey to The Authentic Self Course & Group Coaching is for those who want to develop a relationship with their authentic self, doing it on their own but with the extra support of knowing if they are doing it right. It is for those committed to their long-term development who want to be part of a larger community but also want the confidence of knowing that this mentorship is kept to a level where it's not so big that it loses its personal feel.

An interest in discovering and resolving unhelpful patterns in life is essential.

Journey to The Authentic Self Course & Group Coaching is not for people expecting instant long-term changes without any input from themselves. It's not for those who want to avoid self-reflection and guided simulation meditation processes. If however you want positive relationships, to think with clarity and plan your life beyond the dread of self-doubt and emptiness, then **Journey to The Authentic Self Course & Group Coaching** is for you.

What do we want from you?

1. Be Intuitive. We will ask you to allow your deeper instincts to surface especially with the exercises for each session. Some of these question areas will push outside your comfort zone. In moments of discomfort keep your eye on your inside world, you will see core truths surface and prosper.

2. Be Curious. Some of your transformation moments will be subtle and symbolic. Be curious about how to interpret the information.

3. Belong. We assume you are busy and have other commitments, but we assume you belong. Show up for the content, don't back off from your own development and make sure you find the time to complete the task in hand. You are the hero of your own journey.

Authentic Life Accelerator

1-2-1 Mentorship *(personal 1-2-1 with Heidi)*

People who choose 1-2-1 Mentorship with Heidi have a life experience or business situation they want to transform. They choose Heidi because they want guidance that will focus on the core of the issue they want to transform. They want an answer as to the why's in their life. They want to calm their inner world, know their next move and have the freedom to be themselves.

They work with Heidi's guidance specifically because they want to avoid the fluff and get to the core of the 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.

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 as well as reveal hidden aspects of the past. Having also come from a background of psychological intensity, she believes negotiating an acute environment on a daily basis refined her core instincts and forced a naturally high, intuitive capability. Viewing through the psychological perspective, Heidi is known for her accuracy when looking into the world of other people.



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

- People going through intense periods of change
- People who want to calmly negotiate transition and change without panic
- People who want to know who they are so they can attract authentic relationships
- High level executives at a career crossroads
- Business owners who want to know their next move
- Coaches and therapists wanting to strengthen their client relationships to build their business

Our 'Secret Sauce'

UR UNCONSCIOUS
RESONANCE
METHOD

"The Unconscious Resonance Method works to find your unconscious patterns and disperse them so you're no longer bogged down with emotionally hostile surprises."

Heidi Sawyer

Authentic Life Accelerator

1-2-1 Mentorship *(personal 1-2-1 with Heidi)*

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
- Two 45 minute 1-2-1 Transformation sessions
- One 45 minute 1-2-1 Implementation discovery session
- Two 45 minute 1-2-1 Implementation success sessions

Additional Training and Support

- One 40 minute Set-Up & Welcome Session to ensure you are settled and ready to maximise your time with Heidi
- One 60 minute *'Group Mapping Session'* 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

Who's this for?

Journey to The Authentic Self 1-2-1 Mentorship is designed for people who want answers for their why in life, they want a calm inner world, to know their next move with the freedom to be themselves. They want powerful guidance through a period of transition and transformation and take action to achieve their results. This mentorship is suitable for those who want to resolve inner work and to gain a fresh perspective on persistent patterns, personal dynamics that have become uncomfortable or confusing and to master their environment so they can make changes on their own terms with the security of knowing they can have what they want.

Journey to The Authentic Self 1-2-1 Mentorship 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. It is also suitable for those looking to find their life direction.

What do we want from you?

- 1. Be Intuitive.** On **Journey to The Authentic Self 1-2-1 Mentorship** 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 transformation 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.

What clients are saying about working with Heidi 1-2-1

Matt: Commercial Pilot & Entrepreneur

Resolved: Despite achievements, feeling unfulfilled and incomplete

Having completed the 1-2-1 Mentorship I can say my life is truly beginning. Having experienced more than a decade of personal development, with great teachers and mentors, I can honestly say this is the best.

The work goes deeper - right to the core. A professional throughout my life in both military and commercial aviation, I am now emerging as an entrepreneur, bringing forward some challenging ventures. This emotional work can be applied throughout, and I have seen the results almost immediately, in my personal and in my business life.

Having led a somewhat dynamic life in both adventures and relationships I have always felt a deep sense of unfulfilment and incompleteness, despite my many achievements and experiences. With this personal 1-2-1 mentorship all that is changing. My inner journey is becoming one of increased calm, balance, focus and certainty.

As a Tai Chi practitioner of 20 years I am already tuned to these values, but until now they have been inconsistent. The tangible results in business opportunities speak for themselves as a true reflection of this work.

The online course is equally powerful. This course is probably the only course I have ever completed and even repeated. The understanding, the wisdom and the exercises combine to offer a powerful inner experience. It takes you on a journey, but one that is totally supported, with a map of understanding, and guidance, not just from Heidi, but from her team and peers in similar positions.

I can honestly say my life feels like it's now truly beginning - a life more purposeful, empowered, and free of the shackles of past emotions and unnecessary attachments.

Working with Heidi and Co really will be the best decision you'll make.



*The work goes deeper
- right to the core.*

*I can honestly say
my life feels like it's
now truly beginning.*

Matt.

What clients are saying about working with Heidi 1-2-1

Alexandra: Self-Employed

Resolved: Health and happiness

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 dependants - 4 horses and 2 dogs. 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 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 had previously tried to watch spiritual and self help videos, but I had not found much of substance. I did a lot of reading, so I went to a local bookstore to order Heidi's 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.

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.



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

Heidi's material was very interesting for me.

Alexandra.

What clients are saying about working with Heidi 1-2-1

Jane: Qualified Nutritional Therapist

Resolved: Health and happiness

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.

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!'

Straight away 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. 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.

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 a Nutritional Therapist, working with people and using the qualifications I studied so hard to achieve.

My suggestion to people who are feeling unsure and want to find out more about Heidi's work the answer 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 a room full
of people like me:
a safe cocoon.*

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

Jane.

Heidi's Philosophy

Were you brought up in the 70's and 80's?

Were you perhaps a latch-key kid?

Born to parents who had been immersed in the 1960s freedom movement, yet they lived themselves through a time when children were 'seen and not heard.'

Perhaps you played outside on your own at a very young age, something that was considered normal and you thought casual emotional insults and a clip around the ear was what parents did. Have you thought through your life – a bit of X never did me any harm?

If your answer is yes then perhaps you have found it harder in life to find your flow. Your unconscious world feels ruled by an invisible force, you find yourself pulling back at the moments when you should push forward, you're resourceful but tired and you just want your life to FLOW.

Imagine your life in flow; going seamlessly from one thing to the next, that everything you come up against you know how to handle. You have perspectives on any problem areas of life that enable you to overcome any blockage. Anxiety and worry lift to the point you feel in control of your life and the inner voice of self-doubt is silent.

Does being in flow sound far-fetched? It does until you know which screw to turn to make it happen. Imagine someone walks into your problem, looks around and knows the exact screw to turn to make the problems fall away and for equilibrium to return.

This is how I look at things. Back in the beginning I felt alone in my quest for finding a sense of truth and where I fit in. I wanted to find the right screw to turn. There was nothing for me to link with to find my own truth. I had done all the things expected of me by my parental and social background. I had achieved all those things that you 'should' do – I had gone to University, got a job, gone through the motions but all I was pleasing was everyone else.

What I wanted was some sort of answers to life questions, I was feeling alone, misunderstood and surrounded by people who just didn't get me.



I wanted to know the depth of life not just the surface. I had a lot of questions around WHY but no answers were forthcoming in my life.

Then I allowed it to happen, I learned the foundations to start making the unconscious conscious and then added to that by taking a second degree in Consciousness, Spirituality and Transpersonal Psychology. Only 12% of our brain is conscious, so the remaining 88% is still unconscious. This typically means that we have no idea as to our drivers in life. I wanted more control over my drivers in life, especially knowing I had come from a background where unhelpful cross generational patterns were on repeat or had the potential to be.

Since 1996 I have pursued the answers to the questions of people like me, Intuitive-Sensitives. These are people who were born sensitive, with a drive to find their authentic self and want a sense of meaning beyond the surface of what society expects. I have helped them discover their inner calm, to know their next move and gain the freedom to be themselves.

Now it's your turn. If you need help to know which screw to turn, let me offer to work with you personally through 1-2-1 Mentorship.

[Submit your application here because I personally read them all.](#)

With love,

Heidi x



ALTERNATIVES

"I believe a generational lack of knowledge about what a child needs as it matures, has led to a time in our history where a large portion of the adult population has no idea what makes them truly happy or in tune with an authentic life." - Heidi Sawyer

Always Know Your Next Step.


intuitive sensitives
intuition | curiosity | belonging

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