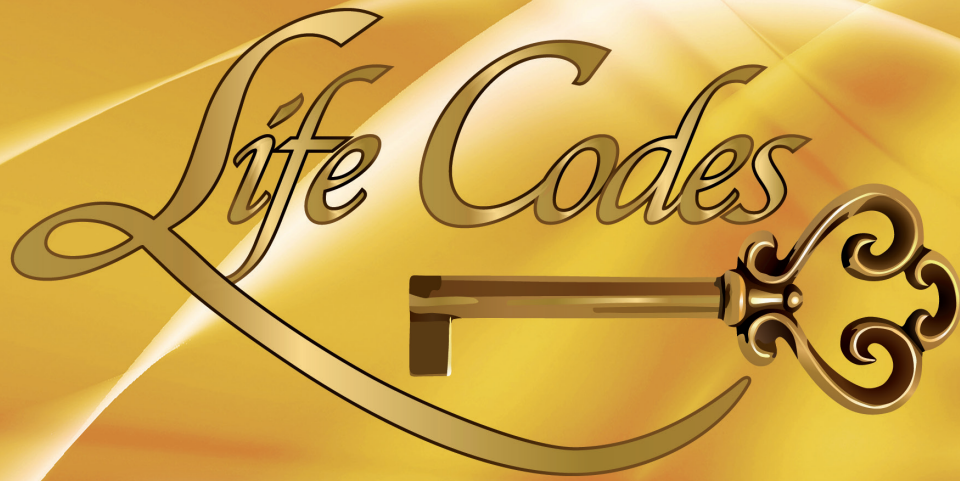


Heidi Sawyer's



# Heidi Sawyer

Born in Surrey, England, Heidi Sawyer studied at Brunel University to follow a profession in retail marketing. She discovered her intuition at an early age working full-time in her 20s and founded The Heidi Sawyer Group in 1996 to increase awareness and help others enhance their intuition.

Her courses have been used in 55 countries worldwide and are widely considered some of the highest quality home study spiritual development courses available. Heidi created Heidi's Circle in 2008 to strengthen the bond between Intuitive-Sensitives and now has a strong, committed membership of more than 500 members from 24 countries.



An author and presenter for publishers Hay House and Life Code columnist for magazines, Heidi has also written many articles, produced hundreds of videos for YouTube and has a popular podcast on iTunes.

Heidi is a passionate believer in the power of intuition and has extended her philosophy with numerous talks, presentations and workshops including certificated seminars and courses in the UK and Ireland. She is the leading expert on her creation called the Life Codes and interpreting its influence on our destiny. Married to Laurence with two sons, Charles and Etienne, Heidi divides her time between Surrey in the UK and Dublin in Ireland.

Heidi is a Life Code 11.



# The key to your destiny

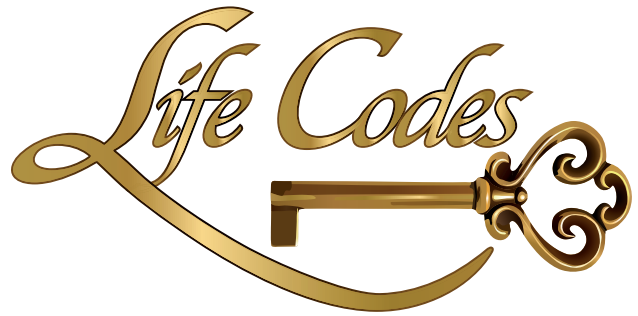
THE INSTANT YOU ARE BORN your life destiny begins and at this moment you are assigned a special code which holds the key to who you are and your unique fate. Life Codes are a powerful method to provide deep insight into your own life and to understand other people's lives and your relationships within them. To decipher the Life Codes, two main ancient enigma tools are combined and interpreted.

In their own right these tools are complicated and difficult to decipher. The Life Codes simplify this ancient knowledge into something both magical and intriguing in a way which is easy to understand and apply to modern life.

After plotting your own code on the map of the Tree of Life, work out the codes of your loved ones, friends and family. You can work out the Life Code of anybody that has influence in your life, for example a boss, colleague or best friend, as long as you know their birth date.

Remember to add together all the numbers of their date of birth individually then add the end figure together to get a number between 1 and 11. Plot their Life Code numbers on the Tree of Life map to reveal the basis of your relationships.

By looking at each of the Life Code descriptions in this edition, you will see why some of the relationships in your life work, and why others are not so strong.



The Life Codes provide the basic personality and outline character of each person. The position of your Life Code as it fits into the Tree of Life is essential to gain an insight into how you react to others in your life. Plot everybody you know, especially those who have caused you the most challenges in your life. They may still have an important impact on any movements forward.

For instance, if you and your partner have the same Life Code, e.g. Life Code 4, you will both have similar views and direction. Life Code 4 is a sensible energy, stoical and reliable. With both of you in that energy you may find your relationship has become stagnant. If you know the reasons as to why, then you have the choice and ability to adjust it.

**Remember to add together all the numbers of their date of birth individually then add the end figure together to get a number between 1 and 11. Plot their Life Code numbers on the Tree of Life map to reveal the basis of your relationships.**

**Example: 15th June 1967**

$$1+5+6+1+9+6+7 = 35$$

*Life Code 8*

# Life Codes...

The Tree of Life is not particularly easy to understand straight away but its pattern does reveal the patterns to life. Once understood, the Life Codes and the Tree of Life are very powerful tools to see how your life moves forward. Everyone's future can change; it is not set in stone. It is the patterns of our past and the impulses of our 'type' that directs many key aspects of our future. Once you can see the current direction you are taking, you then have the choice to change it. The Tree of Life and Life Codes offer you that choice.

If you are a Life Code 3 and your partner is a Life Code 9, you are some distance apart on the map. The influence a 3 has on a 9 is entirely different to the influence a Life Code 5 would have for instance.

A Life Code 9 will, for example, either thrive under the direction of a 3 or they will resent being told what to do. When you understand how the Life Codes work, the greatest influences in your life are very easy to interpret.

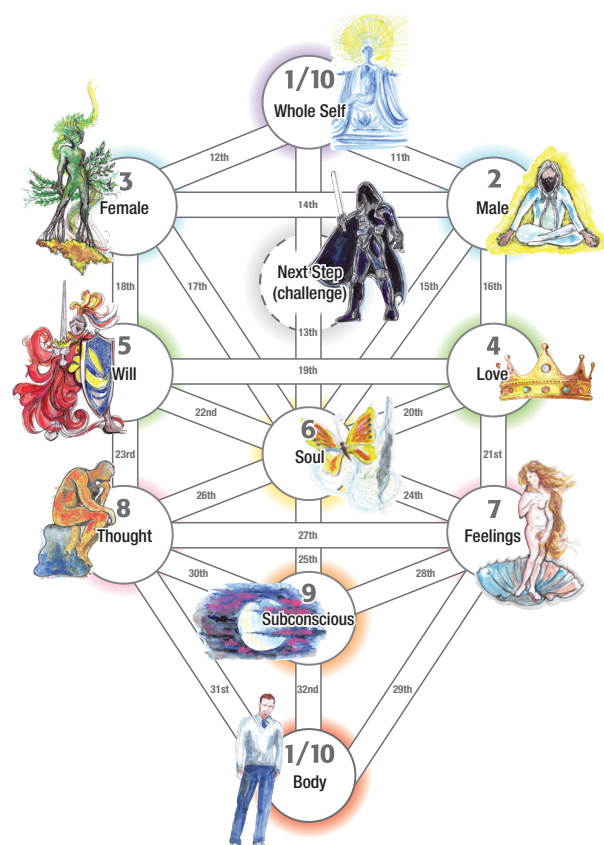
One young girl asked me why she had so much stress around work when it was a job she really loved. I looked at her Life Code and could see very quickly that her way of doing things was significantly, yet subtly, different from her boss. By pointing this out and giving her an easy way to solve it, she is now thriving at work with plenty of promotional opportunities being offered to her!

Using the simple information Life Codes can reveal, you are able to re-direct aspects of your life that are not currently working, and they will, as a result, work much more effectively for you.

A middle-aged lady was referred to me by her surgeon in order to help her accept her situation. She had an inoperable brain tumour. Using the Life Codes it was easy to see some of the things she was learning in life as a result of her challenge. She was then able to use the best of this new knowledge available to her to help her accept her life as it now stood.

This new insight into her own character and relationships gave her the courage to tackle the tumour on an emotional level. She is very much alive two years on.

## Heidi's interpretation of the Tree of Life





# Real Life Example of the Life Codes Effect

The Life Codes and Tree of Life mix can be quite an involved process. They can, however, give deep insight into your life and some of the answers you're looking for, whether that be about your working life or relationship dynamics.

The following example using the Tree of Life map shows you how to place each member of your family and friends on to the plan. This example is based on a real client (the photos are models) and illustrates how the system works.

First, work out your own Life Code Number from your birth date and place yourself at the correct position on the map. Then work out the code of each person who influences you. In the example below we had a best friend, brother, mother, father, boss, partner and the partner's ex-wife. This client wanted to know how she could improve the relationships in her life as she was finding both work and home a strain.

From the positions of each person the problem revealed itself and it was then easy to see what to do. As a Life Code 8, this lady would find it easy to get on with her brother, Joe, as they have a similar outlook. Their mum, however, as a 7, is ruled by her emotions in any relationship and thrives on her intuition. Mum then clashes with her children's methodical approach and worries about her children getting hurt.

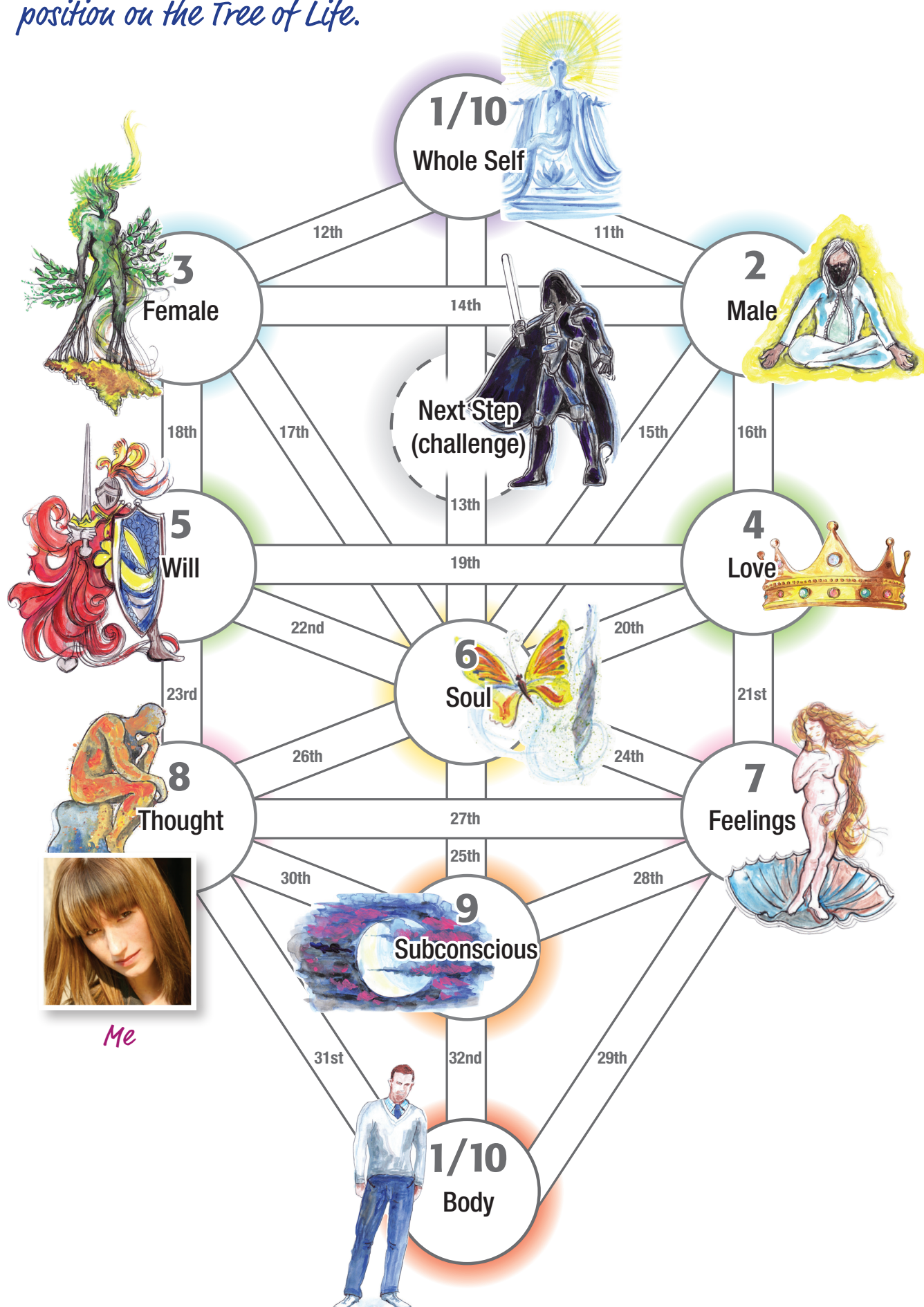
Mark, her partner, as a Life Code 3 gets on well with dad who is a number 2 Life Code. They will usually go off together and get out of the way. Mark's ex-wife, as a Life Code 4, is similar to the client. The client though is a stronger version as the 8. This means one of the reasons Mark's previous relationship failed was because there wasn't any buzz in the relationship, even though she was a caring partner.

Peter, the boss, is a 5. He is demanding and quite a handful but the client, because she is an 8, has the ability to handle him very well. She just needs to find more confidence and be very clear.

As you can see just from this one example, the Tree of Life, in conjunction with the individual's Life Code, can produce amazing results by displaying otherwise unseen routes and pathways forward.

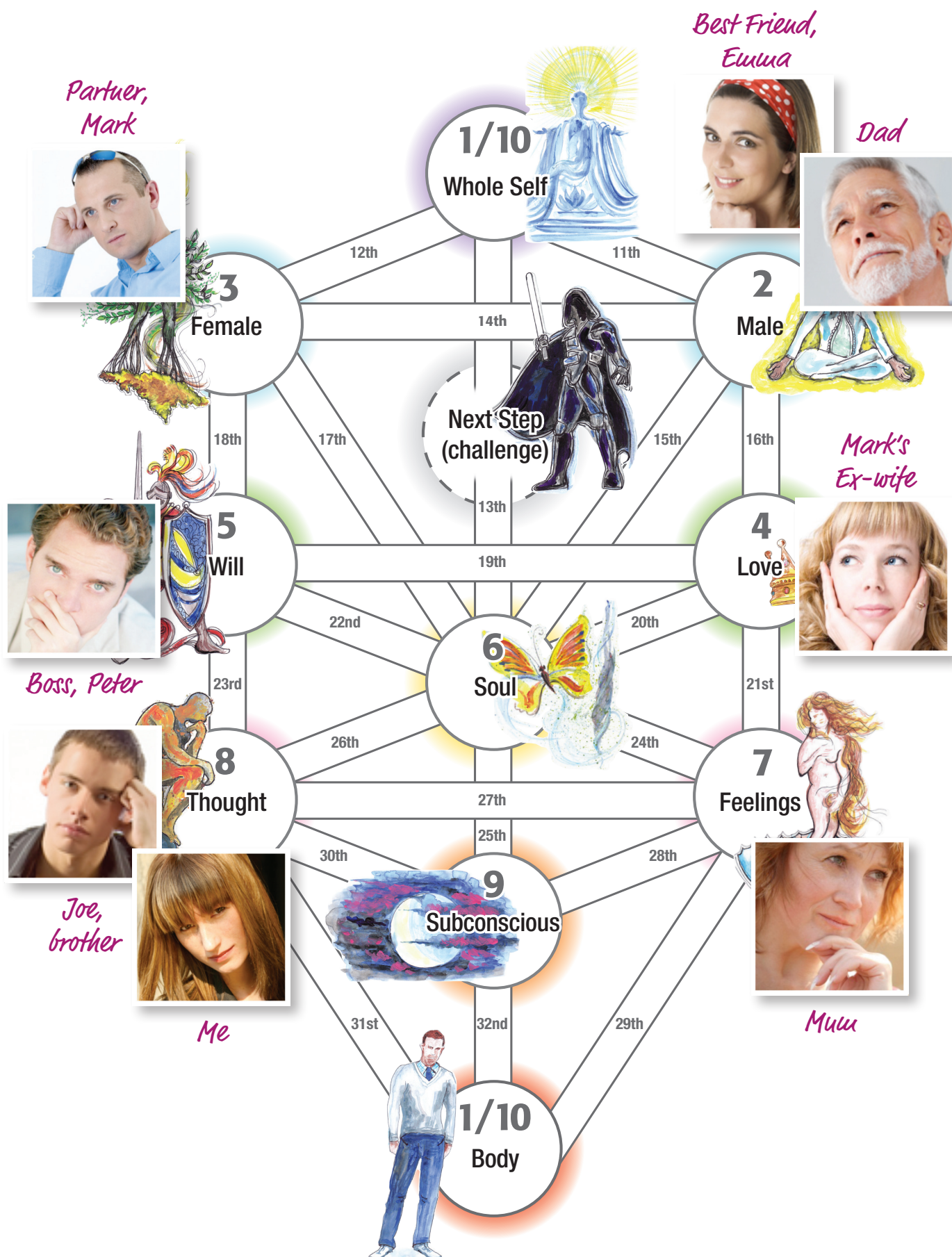


Work out your Life Code and then place yourself in the correct position on the Tree of Life.

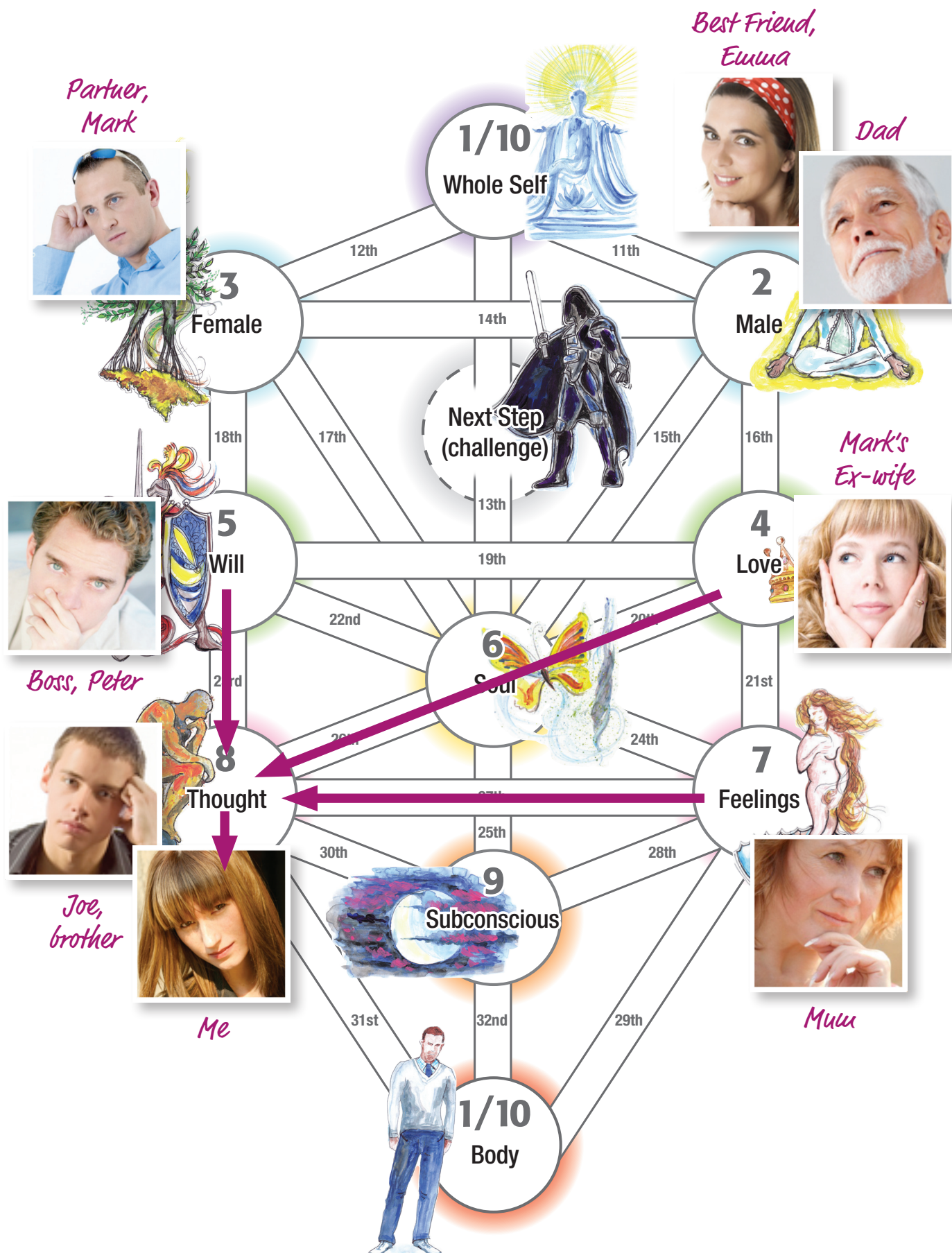




Next, place the people who influence you the most, or are the most challenging in your life, on the Tree.

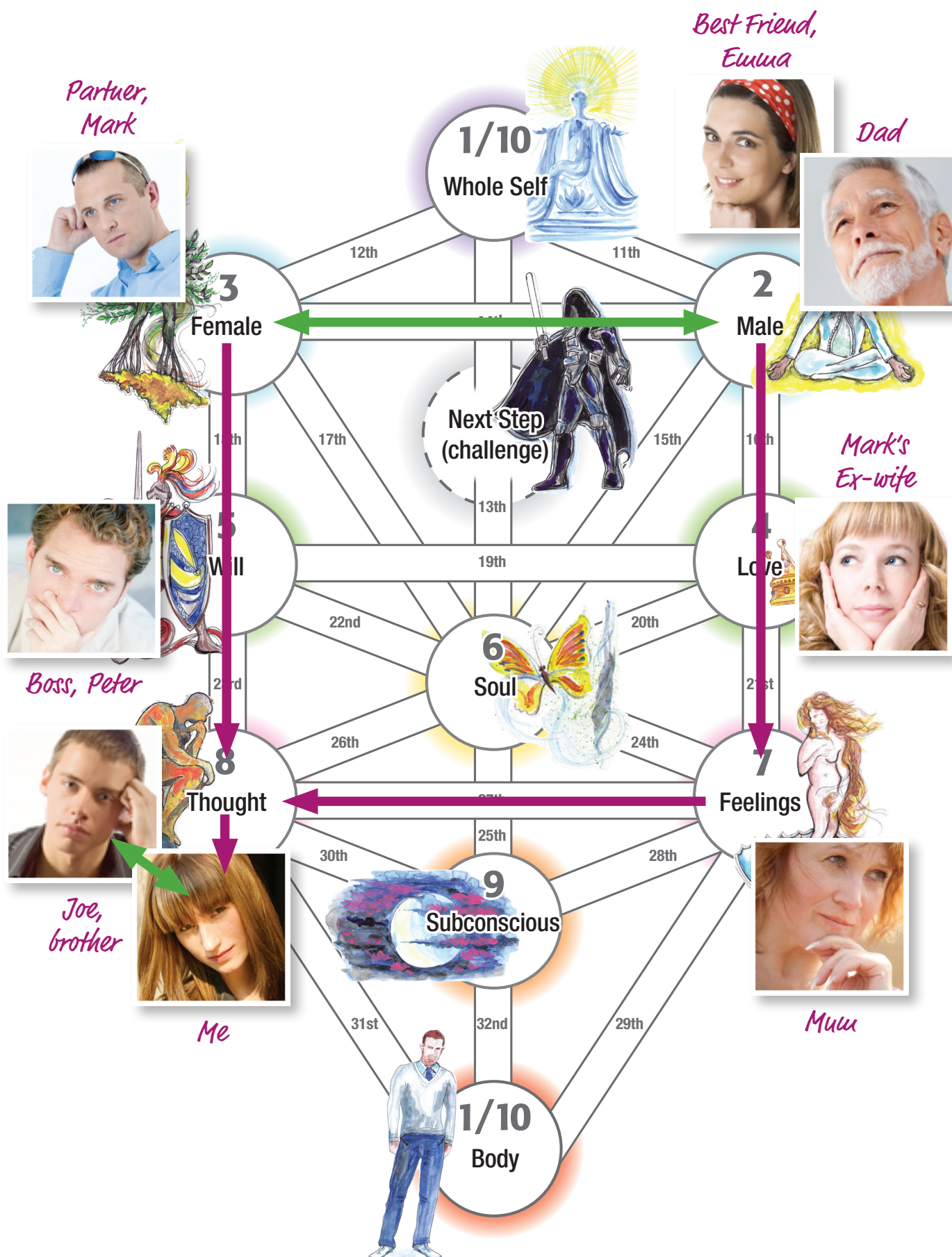


*You can now see how the mother, the boss and the partner's ex-wife are the greatest influence.*

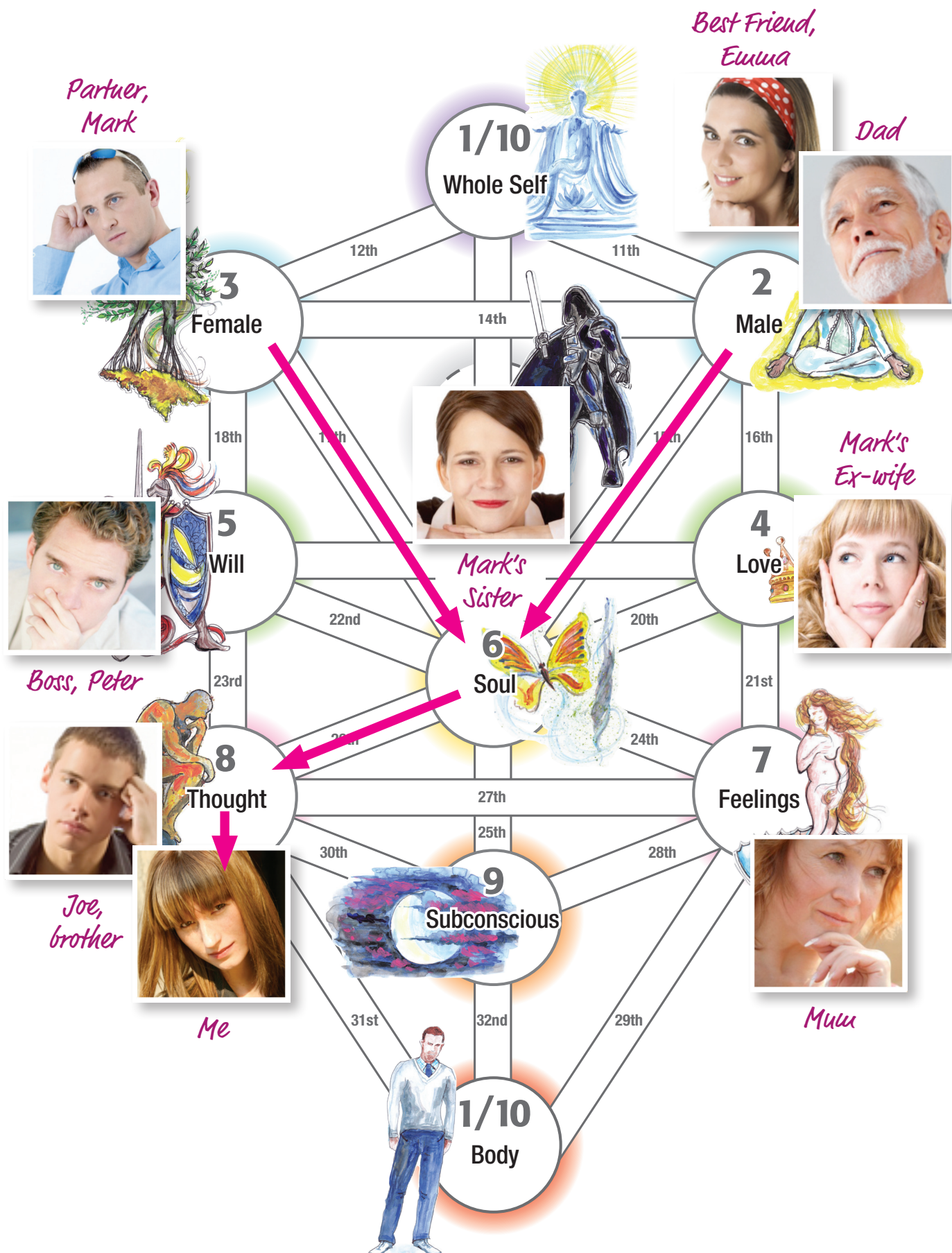




The below shows the partner, the best friend and the dad are more in direct contact with each other and the brother is similar to the client.



*By understanding a situation and even introducing someone new into the picture can change everything!*





# The Body & The Ultimate



**UPSIDE:** *Spiritual, strong willed, organiser, leader, well balanced, ambitious*

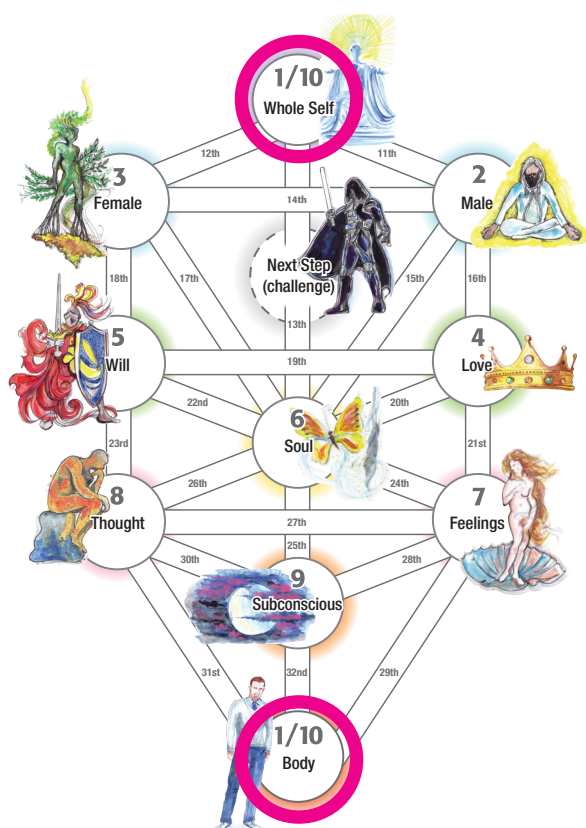
**SHADOW:** *Overbearing, stubborn, opinionated, egotistic*

**Life lesson for Life Code 1/10:** *learning to manage the spiritual with the physical to achieve a life of harmony.*

When using the Tree of Life to identify your life code, you will notice on the map a 1 and a 10 is both at the bottom and the top: 'as it is above, so it is below'. The 1/10 at the bottom of the Tree represents 'the body' and the 1/10 at the top, 'the ultimate' you. The symbolic meaning of this symmetry is that one energy is not more important than the other and that 1/10s are actually both very physical in nature but also very spiritual.

As a Life Code 1/10, you are very much in touch with the idea of there being a bigger world outside of the human experience, but you may wrestle with it significantly, fighting off your own or other people's disapproval. You will have kept your spiritual life to yourself feeling embarrassed by it. A 1/10 without much interest in the spiritual or without much self-awareness will firmly believe that there is no such thing as the 'wider picture', thinking 'you are buried in the ground when you die and that's that'.

A Life Code 1/10 is strong, you can organise a business, group or household very effectively. When in your 'physical' mode you are very determined and, at times, ambitious. You are at your best when you start projects from scratch and learn from your mistakes. However, those who are unaware of their 1/10 energy at the top of the Tree can get very stuck in selfishness and a fixation with the material world. Combining the two energies of the 1/10 from the Tree of Life, both above and below, means you are easily able to apply balance to your life but you need to put your mind to it.



# The Father

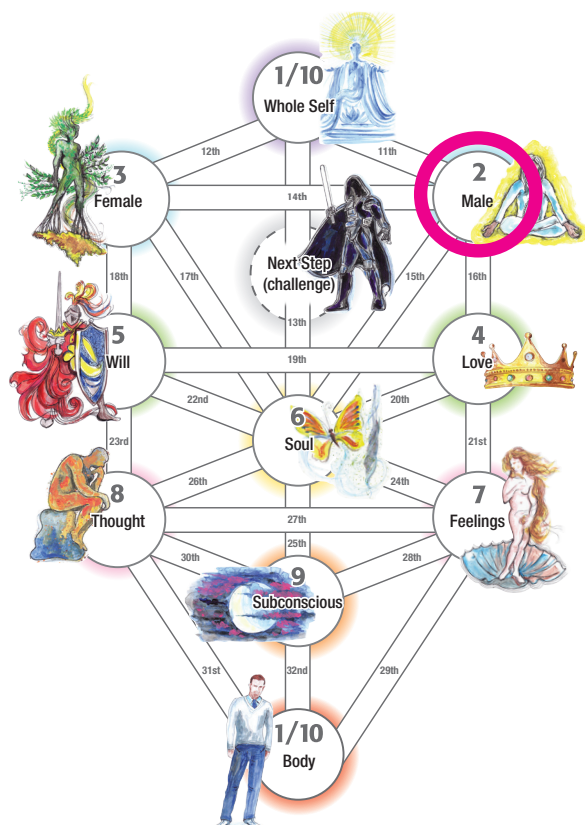


**UPSIDE:** Cooperative, ideal partner, peace maker, charming, creative, independent

**SHADOW:** Moody, indecisive, susceptible

**Life lesson for Life Code 2:** *harmonious relationships.*

The Life Code 2 energy is about the ultimate male frequency and vibration. It is the 'Guru' energy, the Buddha, Christ, or whichever belief system you may follow that involves a male as the figurehead. The energy of this area of the Tree of Life is non-physical; it is thought before form. Whatever you deem as 'life force', its frequency is this intelligence.



Life Code 2 means you are the ideal partner whether that is in love, friendship or business. Disharmony and unpleasant situations disturb you and you seek to create peace in troubled waters.

You are very pleasing to people, your charm ignites a room and impresses even the most sullen of individuals. You are capable of mastering any group or environment without friction. You have a great ability for concentration and cooperation, the rewards of which come naturally to you but others can spend their lives searching for. Ideas are moulded into reality in your hands but you need the help and cooperation of others to bring them properly into fruition.

It's also in your nature is to understand and forgive easily as you find it easy to see things from the perspective of others. Within troubled marriages, a Life Code 2 will do their best to resolve difficulties and will initiate change for the better. Your forgiving nature may though, at times, be a little too forgiving. Those of less integrity will attempt to take advantage of this.

Your darker energy is moody, undecided and oversensitive and easily influenced but you calm quickly to a place within yourself where you are able to forget what you were initially bothered by. You have an unusual ability to be comfortable on your own if you have to be, as you have a spirit of independence that makes you the perfect partner but also gives you the ability to feel emotional intimacy in all forms of relationships.



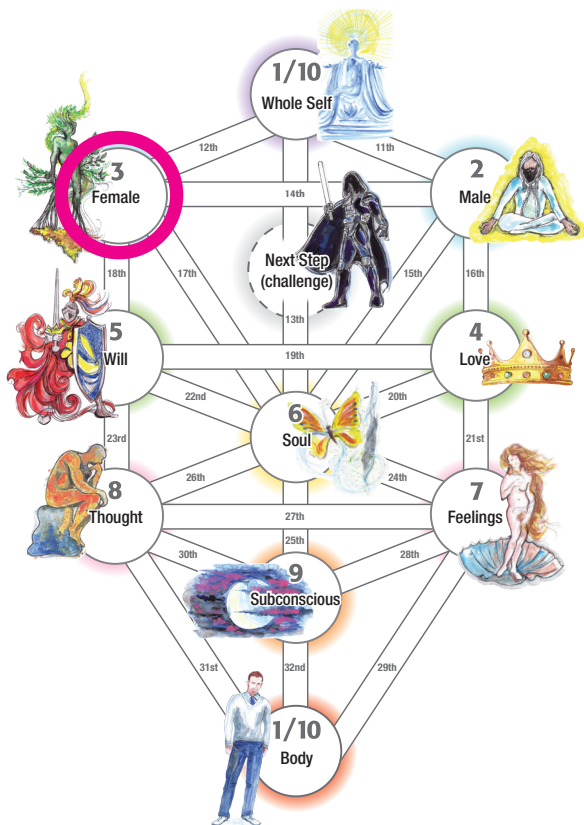
# The Mother

**UPSIDE:** *Bubbly, entertaining, friendly,  
easy learner, enthusiastic, good lover*

**SHADOW:** *Smotherer, obsessive, anatical*



**Life lesson for Life Code 3:** *feeling comfortable in your own skin.*



The Life Code 3 energy is about the ultimate female vibration and frequency. This is the 'earth' energy known as 'Mother Nature' and often symbolised by the Virgin Mary. Symbolically, this refers to an energy frequency in its true state and holds the key to life. It is the point at which all energy must pass through in order to become physical. All humans and mammals pass through the female energy in order to become physical. We are yet to see males giving birth. If that day comes, it goes so far against the natural grain of how the universe works, it is bound to have serious implications. Regardless of our gender, we all have a male and a female energy.

Those with the Life Code 3 will be learning to express the female energy in a coherent and balanced way.

Life Code 3 means you are bubbly to be around and hugely entertaining. A great friend, you are fun to be around and lift anyone who's a bit down. You learn things easily and quickly but once you've gained a good level understanding you tire and move on, rather than delve into it any deeper. Enthusiastic, you get very excited about things to then find the enthusiasm drifts and you suddenly want to drop that interest and move on to something else.

Your greatest happiness is feeling loved. The mother energy of the Life Code 3 means you are capable of great love but also need to receive it. It is a necessity for you to be emotionally involved, therefore this great need for love makes you an ideal partner as long as your partner shows you the affection you crave. However, this energy in its darkness can make you smothering and obsessive. It can also drive you towards a 'who cares' attitude where your talents and skills become wasted.

The Life Code 3 is a beautiful and powerful energy but it is also a hugely destructive energy and must be respected. Think about the earth energy as a whole - it gives life but, at the blink of an eye, it can also take it away.

# Abundance

*UPSIDE: Planner, thinker, logical, calm, stable, patient, tolerant, dependable*

*SHADOW: Picky, obstinate, envious*

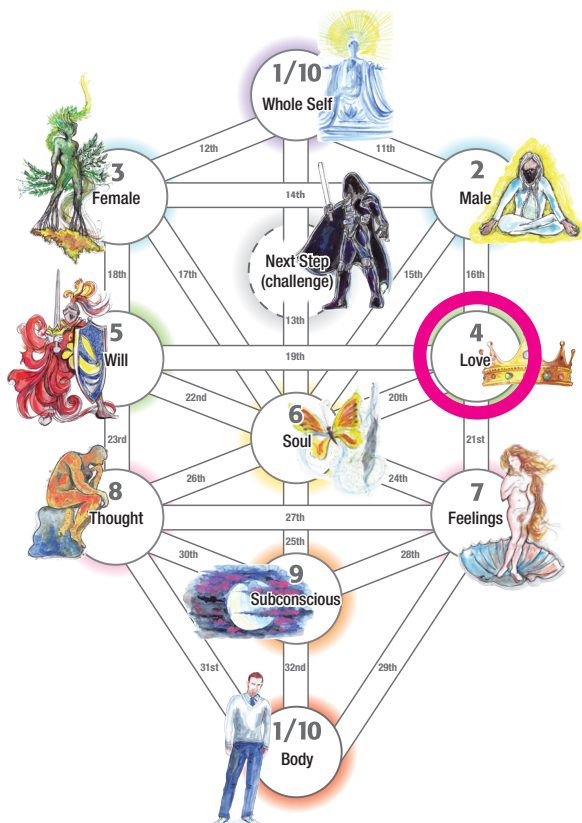


**Life lesson for Life Code 4:** *learning heart-felt expression.*

A Life Code 4 means you are not one of life's fleeting energies. You are a strong, solid foundation. You have the natural capacity for abundance and abundant thinking if you set your mind to it. Everything you build has a firm, logical and lasting foundation. If you are familiar with 'The Secret', a spiritual book and DVD, you will have a good idea of the energy of the Life Code 4. You are a calm and stable energy that holds itself together at times when all around you might be falling apart.

Not one for wandering, you stay firmly put once you've decided where you want to be. Your Life Code means you like to work steadily towards your goal with step by step thinking and planning on the way. Once attained, you'll then address a new goal moving forward methodically and practically. Always working and always building, you have a sound capacity for patience and are very well prepared.

At times you can get bogged down in your own details and can lose sight of the big picture. You can be extremely stubborn and jealous if pushed into a corner. Ready to take on anything, you are dependable and loyal.



# Spiritual

*UPSIDE: Witty, humorous, captivating,  
go-getter, achiever, perfectionist*

*SHADOW: Self doubting, temperamental, inconsistent*



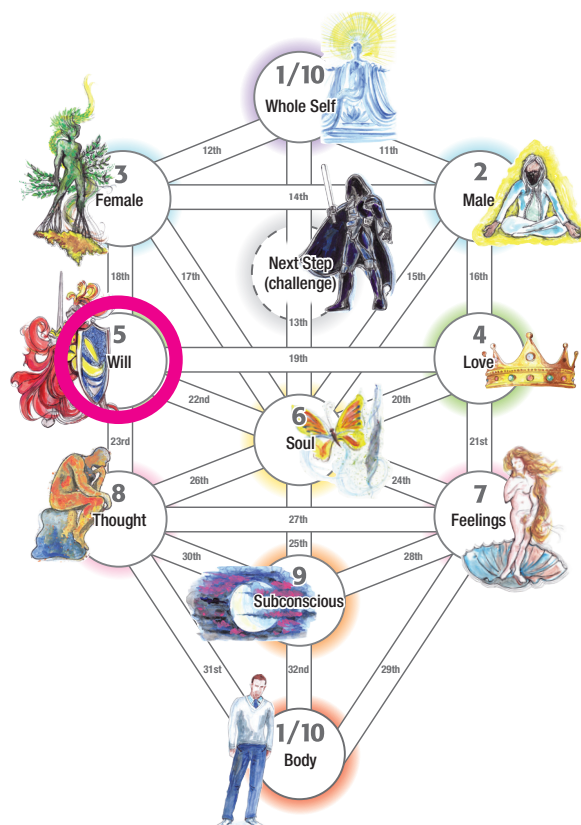
**Life lesson for Life Code 5:** *transforming self doubt into self confidence.*

Those with a Life Code 5 are learning to achieve spiritual strength. This energy, when looking at the Tree of Life as a map, is about facing all your fears. These are not little fears, these are the largest fears of the personality in order to make the transition into your spiritual strength.

Everyone has spiritual strength when they engage with it. This is the settling of the personality into a calm state and the strongest elements of your character achieving its state of 'perfection'. But with a Life Code 5, you will find this energy follows you around nudging you constantly to extend yourself out of your comfort zone and boundaries.

As a Life Code 5, you are inconsistent in your temperament but would be the last person to admit it. In your life you will have experienced strong highs and lows; you are a chameleon variance of mood and those around you will have found it difficult at times to assess where you are. You have, however, a combination of great wit and humour when in the right frame of mind, which makes you a very attractive and fascinating energy.

You love your freedom and need it in order to explore your Life Code. Your energy needs to be able to move around quickly in order to have the opportunity to experience the things in life that push your boundaries. Even though you may think you crave stability and consistency, you actually thrive on change.





# The Soul

*UPSIDE: Educator, catalyst, achiever, progressive, selfless, bright, altruistic, charming*

*SHADOW: flighty, meddler, over protective*

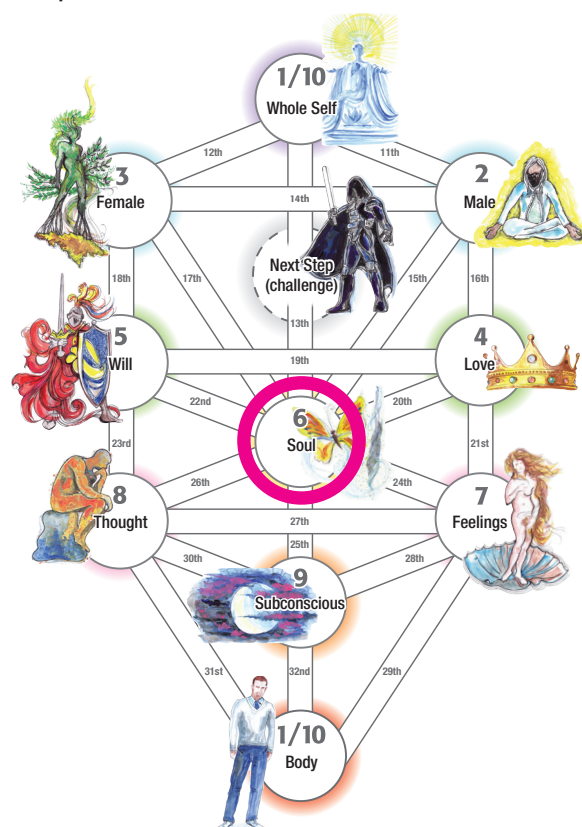


**Life lesson for Life Code 6:** *achieving the authentic self.*  
*Once achieved, helping others with confidence to do the same.*

If you look at the map of the Tree of Life, you'll see that Life Code 6 is right in the middle. If you look again, you'll see that there are lots of connecting pathways (the psychic pathways) that link into the Soul energy. This means those with this Life Code cross pollinate constantly within the life of others. You are a catalyst for change in people, you are the life-changer, the person people learn from. You will meet many changes, opposition, opinions and responsibilities. Some of these experiences will have been unpleasant but will also have been a huge opportunity to learn and progress. If you face your challenges head-on, you will find happiness and contentment. For those with a Life Code 6, stalling and putting things off means that things get desperately uncomfortable. This does not mean they become instantly uncomfortable, the discomfort progresses over time because your energy is progressive and it hates to be held back.

Code 6 people are usually of an 'unselfish' character. Consequently you struggle with the word 'no' and find yourself saying yes when you barely have time or energy for yourself. Relationships are a strong learning curve for you, both in a romantic and platonic sense.

You will either master this energy in your lifetime or find yourself moving from friendship to friendship or in relationships that work perfectly or not at all. An 'all or nothing' person, in your balance you are a very bright happy person. In your unbalanced state, you meddle in things that don't concern you and can be overprotective.



Beauty, peace and harmony in the home are important to you. Once you have achieved this, your attention turns to extending the warmth of your personality and charm beyond the peripheries of your immediate surroundings.

# The Emotions

*UPSIDE: Passionate, romantic, poetic, knowledgeable, understanding, appreciative, emotional*

*SHADOW: Self-deprecating, unsure, over delicate*

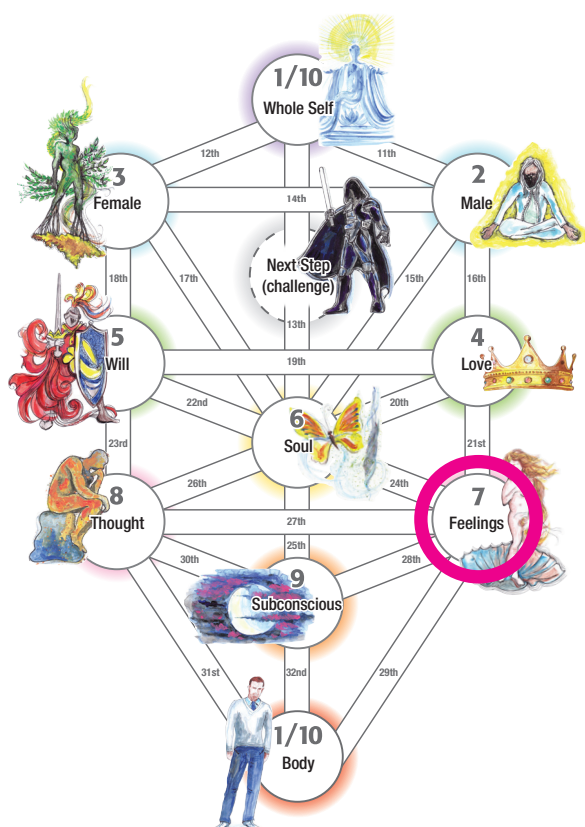


**Life lesson for Life Code 7:** *follow your heart's desire with passion once you've found it.*

Those with a Life Code 7, from the perspective of the Tree of Life, are learning about love. They are life's true romantics and lust after a life of poetic pleasure. This is the energy and frequency of fantasy, the world of nature spirits and elementals. As a Life Code 7 especially, you have much to learn about love and if you do so in your lifetime, you have tremendous knowledge to offer - those around you. In your true self you appreciate beauty, in your damaged self you suffer from extremes of emotional pressures and self-deprivation.

You delve into everything in an effort to find out the exact reason behind it. You cannot accept anything at face value and push to see if your opinions are sound. When an idea is absorbed into the deeper layers of your psyche, you will dwell on it, meditate on it, and talk about it, until you have dissected it into tiny pieces playing it over and over again. This often leads you to great philosophical truths which you use for your own advancement and an understanding of others.

Deeply psychic, you have an amazing capacity within meditation and the healing arts. Code 7s look at all things beautiful and impress people in both an intellectual and physical sense. Life is disappointing to you though, and you are often faced with sorting through uncomfortable emotions. More delicate than most, you are easily wounded. It's never good for you to hurry as you are easily flustered. It is beneficial for you to take in the scenery of life.



# The Intellect

*UPSIDE: intuitive, kind, prosperous, perceptive, resourceful, realist*

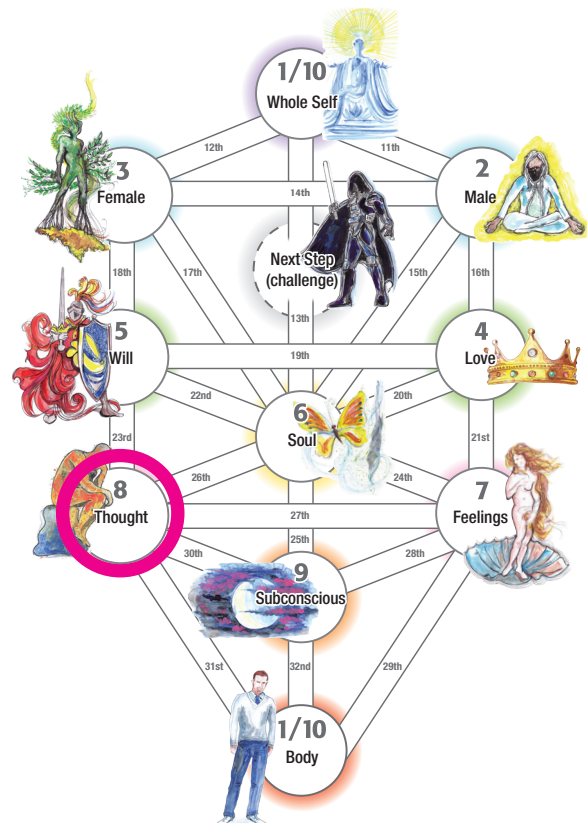
*SHADOW: tendencies to panic, worrier, forgetful, trivial, controlling*



**Life lesson for Life Code 8:** *enjoy the fruits of life and appreciate all that you have. Refrain from believing the 'grass is always greener on the other side'.*

The Life Code 8, when using the Tree of Life map, means you are learning the merits of the intellect from the higher frequencies. You are learning the frequency of the 'higher self' and the highest aspects of consciousness. You will have encountered your fair share of having to deal with other people's challenges and you will have endured a lack of imagination in finding a way to solve them. Panic may have been your theme in the past, but it is often the case that a Life Code 8 will find problems have solved themselves without much intervention. You like your emotional needs to be taken care of and ponder little on the true worries of your world, preferring to leave that to other people. You do though worry about trivial matters until you get bored with it to the point of forgetting what the original worry was all about.

As a Code 8, you have the ability to be very prosperous and powerful but you may seek to leave that energy alone in your lifetime. Remember that ultimately this was your choice and be careful not to blame others. You are perceptive and understand human nature and, therefore, have great empathy with those less fortunate.



Material things are certainly within your grasp and are yours without much effort. Although you will enjoy them less if you acquire them without the feeling of achievement. As you are the path of the intellect, imagination is not your strong point; your life lessons involve the development of a degree of efficiency within all that you do.



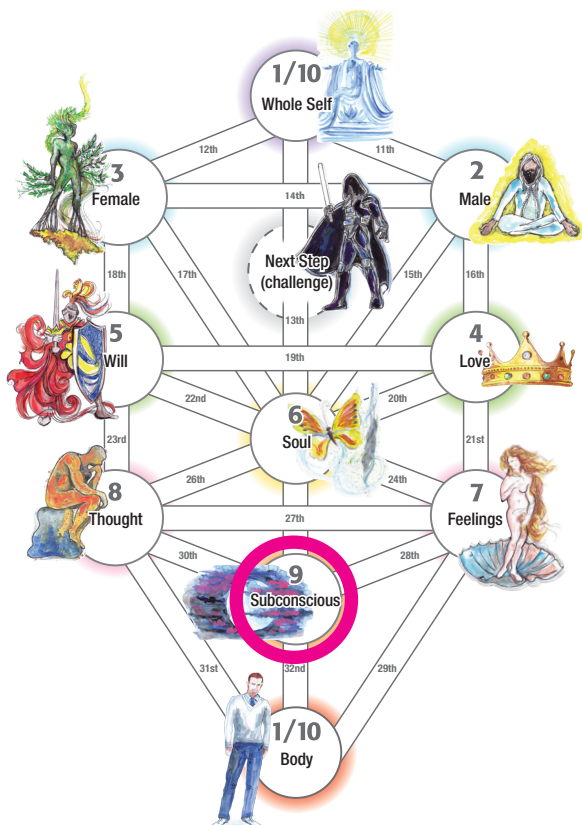
# The Subconscious

*UPSIDE: Sensitive, understanding, good partner, perceptive*

*SHADOW: Subservient, uncertain, dissatisfied, forager, acquiescent, frustrated*



**Life lesson for Life Code 9:** *mastery of emotions to achieve stillness of the mind & inner focus. Once achieved a Life Code 9 can achieve anything they set their mind to.*



You do well on your own but even better when you have direction. Friendships or partnerships with a Life Code 2 are deeply rewarding for a 9. The amalgamation of the 2 & 9 energies, from the Tree of Life perspective, is a soul mate combination.

As a Life Code 9 you are deeply perceptive and look for the meaning in anything you come across. A 'searcher', you will always be looking throughout your life. Uncertain of what it is you are looking for, you will experience a profound interest in anything that is deep and searching.

Wrestling with your emotions, life will have strong ups and downs but the embracing of your metaphysical interests will soften this energy into a deep place of enlightenment.

The Life Code of a 9, when using the Tree of Life as a map, means you are experiencing the path of the subconscious in your lifetime. Your extreme sensitivity makes you understand and respond to people very quickly. You take instruction well and respond to it effectively even though you don't like to admit it.

# Master Number



*UPSIDE: Charismatic, leadership qualities,*

*intuitive, sensitive, influential, powerful*

*SHADOW: Controlling, slow developer, nervous, irrational*

**Life lesson for Life Code 11:** *to search for balance in all areas of life.*

Master number 11 possesses more potential than the other numbers. Those who are an 11 are also a Life Code 2. Master number 11 is a highly charged version of the 2. 11 is the most intuitive of all numbers, it is the number of the psychic. Those with this master number possess the ability of illumination and act as a channel to the subconscious. They have insight without rational thought and find fulfilment only by focusing on a goal bigger than themselves.

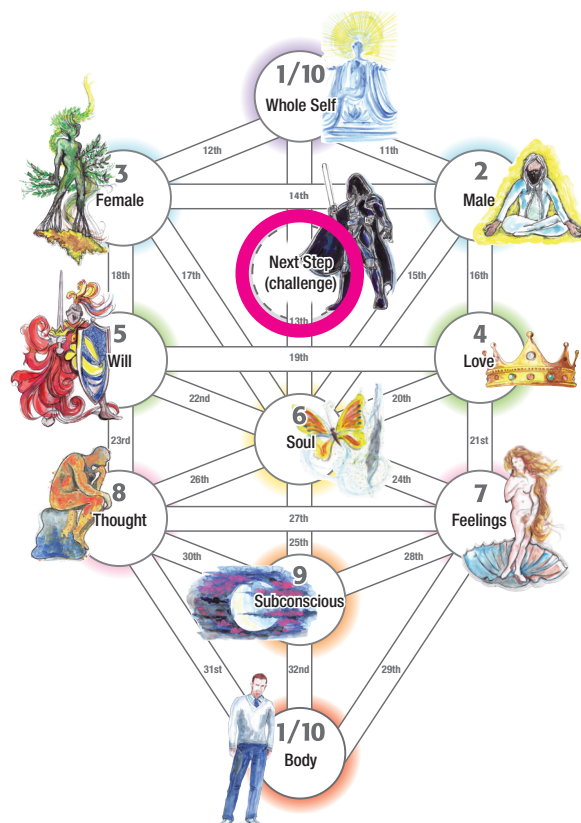
Life Code 11, within the map of the Tree of Life, walk three paths in life rather than the standard one path each of the other numbers follow. This means 11s have a chaotic life that's littered with new roles and responsibilities. Waiting for the day for it to all calm down is futile.

Life Code 11s develop slowly in life because they need more time to mature and to prepare themselves for the bigger goals and challenges they must face. If 11s fail to focus their energy on goals beyond the self, the energy turns inward to create fears and phobias.

Charged with charisma, inspiration and leadership, the 11 walks the fine line between greatness and self-destruction.

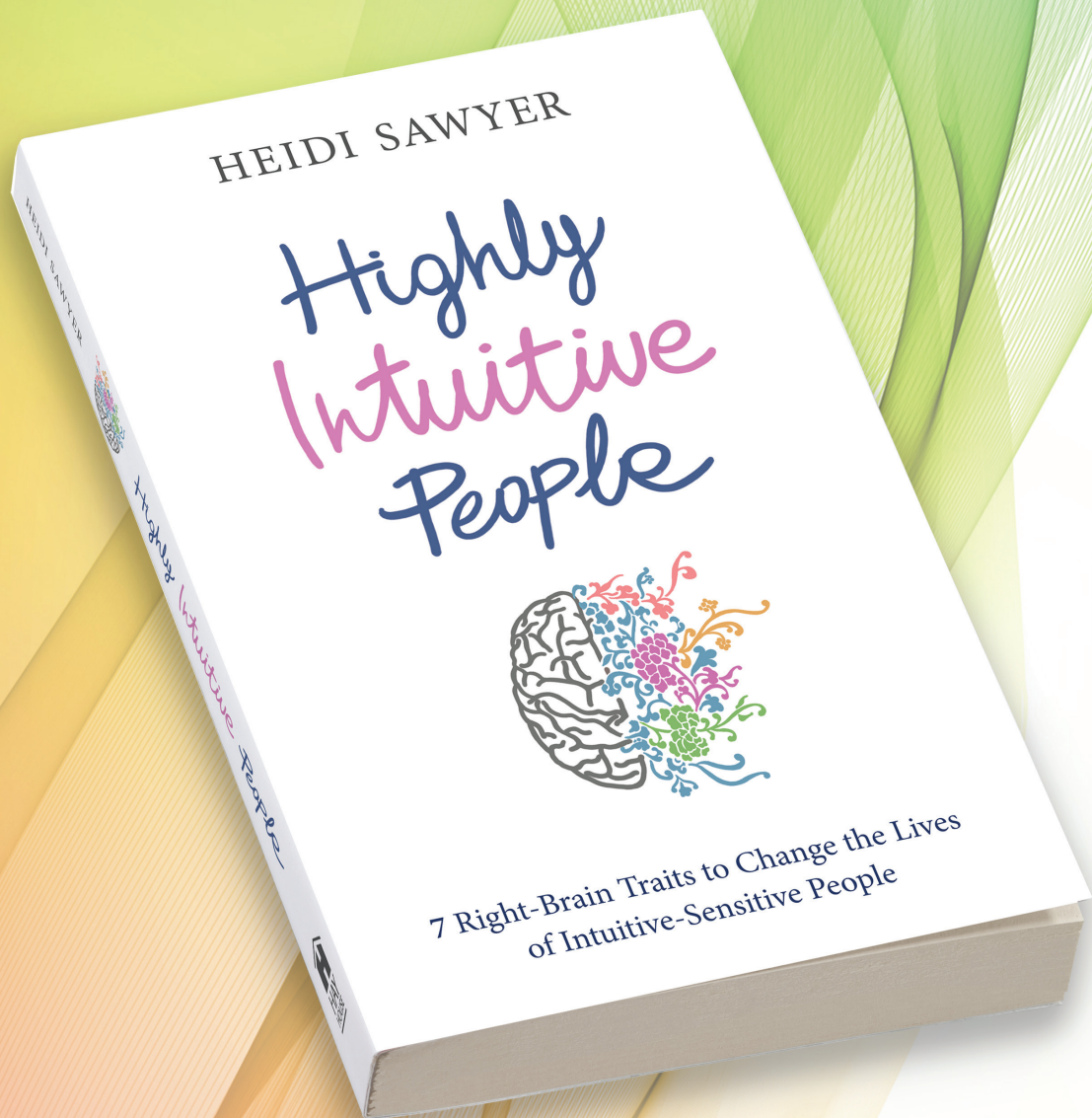
Their sense of peace is found in faith rather than logic, their psychic and intuitive insights when used properly, give them the edge over most situations.

11s live a life of responsibility and feel a strong urge to step up to be seen. Plagued by sensitivity, nervous energy and shyness, the 11 can find their path intimidating. But, this is the path of leadership and transformation, and in its balance, this is one of the most powerful energies of all.





# *“The Guidebook for Intuitive-Sensitives”*



- Finally feel understood
- Celebrate your difference
- Embrace an exciting future

Published by Hay House March 2015





## You are not alone

Get Heidi's input on your tough decisions in life, finally feel understood and feel empowered to embrace your unique gifts - access to Heidi, at a fraction of the price of her 1-2-1 appointments.

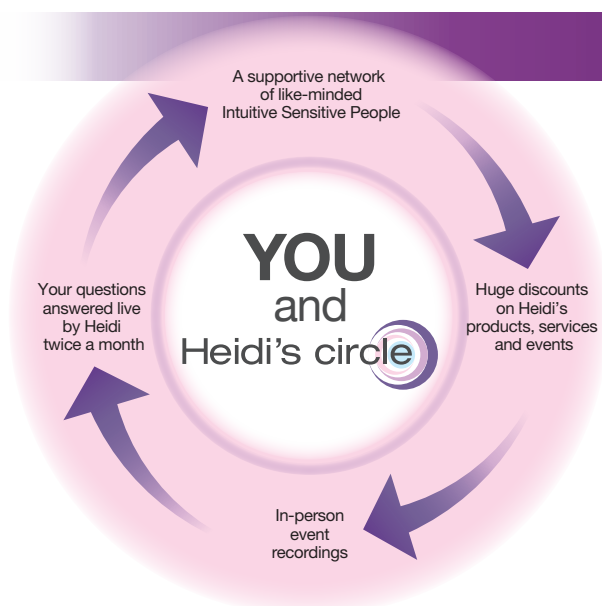
Test-drive for 30 days Heidi's very popular and enlightening monthly membership Circle with unrestricted access for just £1.

People see it as a very reasonable way to work through their development process regularly and consistently, surrounded by a supportive group of fellow Intuitive-Sensitives.



*“I've been able to learn that the people on the other end of the earth are as friendly and big hearted as my next door neighbors! What a great gift! I'm very grateful for you!”*

Kelli B, USA



## What is Heidi's Circle?

- ✓ Sequential meditations for your long-term development
- ✓ Preference tickets for your member yearly event 'Inspire'
- ✓ Very easy to use member's only website (see above)
- ✓ You are invited to Heidi's limited seat events before they go on general release
- ✓ 20% discount on events, readings and products
- ✓ Confidence in a successful Circle running since 2008

## What happens next?

Heidi would love to see you as one of the members she is so proud of. She has witnessed on a continual basis transformation, friendship and deep connection in The Circle. If you feel you want to be amongst 'your people' Heidi's Circle is for you. Join today for this £1 one month trial to see if you like it. If you don't, cancel at any time with just one email, no questions asked.

*“I just wanted to express my thanks for all the work that you do that helps so many people. I love all the meditations in their different forms. Thank you from the bottom of my now starting to heal heart.”*

Jennifer R, UK

**Heidi Sawyer** BA Hons, Heidi Sawyer, BA (hons), is a natural intuitive sensitive known across the world for her unique understanding of sensitive people. Her popular material is used for TV research, and featured on BBC radio.

Heidi's speciality is Highly Intuitive-Sensitive People, knowing who they are, what affects them in life, and how to engage their incredible skills. Heidi is an author and speaker whose best-selling courses are sold in 55 countries. Her popular book *The Intelligent Guide to the Sixth Sense* (Hay House) has been translated into four languages.



Within sensitive people are a refined group - Highly Intuitive Sensitive People. These people are especially sensitive to the energy of others, have health niggles different to the average person, yet have an extraordinary skill to 'see around corners' and a unique ability to heal.

*"Life is an experience,  
not a destination."*

Heidi Sawyer

*Are you ready to go deeper... much deeper?*

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