

2009

The year you
will succeed at
everything you
want to do..
by using your
psychic powers



The Heidi Sawyer
Institute of
Psychic Development

PsychicCourses.com

Why your 2009 resolutions will probably fail..

At the beginning of the year we all like a moment of reflection. Many of us will look upon the last year with disappointment, hoping that the New Year will bring what we desperately desire.

Perhaps, more money and less weight, more time to go to the gym, less bills mounting up. To give up fast food or give up on a relationship. The wish list will grow but it is likely your resolutions will disappear without trace by February or March.

New Year resolutions seldom make the third month and we are left wondering why.

So how do you make 2009 the year those aspirations hit their target? Take active steps to success by first understanding the why you have failed previously.

That means to understand yourself and why life has conspired against you.

Getting control of your sub-conscious

Imagine you have three heads, one inside the other. Each head tells you how to think and your actions in this world. The biggest head is your everyday thoughts, inside this is your sub-conscious head telling the bigger head what it needs to do, and inside that head is a super-head, the supreme intelligence that directs everything.



The Super-conscious Mind



The human mind is a labyrinth, a maze of memory paths, thoughts, and actions. Often we get lost in this maze and need direction. Constantly at hand is..

The Super-conscious Mind

This is the collective expression of the whole. Non-physical and the starting point of all thought. The super-conscious is the supreme intelligence behind the formation of every living thing. It directs all, sees all and has the ultimate power behind everything. Like a computer it's best not to pull it apart, just let it keep running along without problems.

The Sub-conscious Mind



The next level of the mind does not experience emotion it simply applies the rules of your patterns, this is called..

The Sub-conscious Mind

This mind is the power house behind your very being. It projects your thoughts and behaviours into your physical world. Much of this you are unaware of unless you actively explore this power source. It totally rules you and every part of you but has no ability to actually control you, it cannot apply reason and has no ability to do this that's up to your Everyday Mind.

The Everyday Mind



You may think on a day to day level we make our own choices. We choose when to get up at the beginning of the day, what we do with that day, where we work and what we eat, that's

The Everyday Mind

This is the part of your mind of every day things, the part we are most familiar with. Your everyday mind does what is necessary to motivate you to do what you need to do to survive, chores and plans for the day. It holds only a few thoughts at a time and concentrates on a handful of things at any given moment.

Our limits

We think we make choices but the truth is we usually react to emotions or emotional impulses. The reactions then become something that isn't necessarily the choices we want. For instance, we might be in a love relationship, friendship or work scenario that we know isn't good for us but we stay in it anyway.

On a logical basis we might avoid these feelings by pushing them to one-side or we make excuses for those involved including ourselves. Why? We do it because of sub-conscious patterning. If a programming is trapped in the sub-conscious no amount of applying your everyday mind to the task is going to change it. Think about why most diets don't work.

The person dieting might be able to control the impulses for a period of time and shift the weight. As soon though as they relax back into the normal patterns they pile the weight back on and some more for good measure! This is because the pattern that created the weight gain in the first place is still in the sub-conscious.



Our emotions

Imagine you meet someone for the first time and for some reason, you can't put your finger on it, but you don't like them. They haven't said anything that's offended you, they have been perfectly pleasant. Is it a feeling you have as to the truth of their character? It could be, but more than likely the culprit is a sub-conscious projection. If you rattle your brain you will probably find they remind you of someone who has disappointed you or let you down. The sub-conscious has simply triggered a response and thrown the instruction into the everyday thoughts 'do not like this person they are untrustworthy.'

The sub-conscious therefore is responsible for the things in life not coming into fruition. Those things or events we wish so hard to occur but they never seem to get off the ground.

Have the stomach to take the first step

Step 1 To master the sub-conscious is to understand that you have your brain in your head and your mind in the solar-plexus. The solar-plexus is the centre of your emotions it is positioned where we'd describe 'gut instinct'. It's the part of you that feels things as truth.

Step 2 To mastering the sub-conscious is to ask yourself when you have a feeling in the solar-plexus is it a reaction or a

response? Reaction means a sub-conscious poke to a previous patterning, response means a truth.

Step 3 To acknowledge the poke. Then to ask the sub-conscious to throw the details forward into the everyday conscious thoughts. Often, as soon as something becomes conscious there is no further need for an emotional reaction. Imagine realising the person you took an instant dislike to is someone who just reminds you of a person who has disappointed or let you down. As soon as you realise it then it becomes your choice as to whether you still want to be hostile.

Step 4 To ask the sub-conscious just before you go to sleep, to throw to the surface during your sleep anything trapped it needs to process. You may then find you go through all kinds of emotions during your sleep.

Step 5 To make an honest list of repeating patterns.

Step 6 To make a list of the things / events you blame others for.

Step 7 To make a list of what you feel is out of your control.

Step 8 To follow the above list and feel in the solar-plexus for 'reactions'.

Step 9 To allow the full 'reactions' to come up in the solar-plexus. These might spread feeling wise into the chest area and even into the throat to the point of feeling as though you're choking. Just wait, the feelings will pass through. Many people fail to move old things trapped in the sub-conscious that they no longer need because they fear this step and don't see it through to its conclusion.

Step 10 To include quiet time in your day. This starts to train your sub-conscious to communicate effectively with your conscious world. This is also necessary if you feel you are becoming more intuitive or psychic. If you don't start to develop a relationship between your conscious thoughts and the sub-conscious world of your deeper senses then they will eventually frighten you.

Why Balance Your Sub-Conscious?

The sub-conscious could be described as the most powerful part of you. If you imagine in life we look for pebbles, bricks and boulders. Those who have little knowledge or awareness of the sub-conscious wait until a boulder lands in their lap.

Boulders are pretty hard to ignore, they are the events in life we describe as awful and the most difficult. For instance, some people are aware their actions are leading towards illness yet continue with the thought 'it's not going to happen to me' or they are ruled by a patterning that doesn't serve them.



Perhaps that is, they don't eat properly; perhaps they are in a pattern of starving themselves of the nutrition the body needs to then find at an early age the bones are decaying into osteoporosis. They may have been warned of this, but something made them continue with wrecking the body. What was it? An avoidance of exploring their deeper motivations, the 'why' reasons for behaviour and then seeking to solve it. Boulders have the habit of forcing the issue.

When we start to become aware of the deeper layers of our worldly motivations and lessons in life we take notice at the brick stage. When we notice things at the brick stage we have plenty of time and warning to change what we need to.

Someone I know is brilliant at noticing her brick stages. She has struggled with patterns within relationships. Recently she had a liaison with a very attractive man whom she was very fond of. Noticing at the brick stage that he wasn't going to come up to her expectations she let the relationship go when really, desperately she wanted him to fit what she wanted. I believe her to be incredibly brave, she took the choice to trust her sub-conscious and move through the patterning. She could have stayed and waited for the boulder but got out when the bricks started to hurt.

Making the choice she did, the man is amazed that a woman made the choice to let it be rather than settle for something that wasn't matching what she wanted from a relationship. He's used to being able to manipulate a woman to the extent she does exactly what he wants.

Ultimately he doesn't respect a woman who gives into him but it's what he's used to, All of a sudden he has this woman around him that means what she says. She's become incredibly attractive to him - why? It's because she's trusted herself to break the pattern and go for what she actually wants and he's breaking his pattern by having a woman say no to being walked over before allowing it to become bitter by trying to change him. Now he's realised it's his choice to change, for if he changes he actually gets what he wants.

Feel the power

When we become very aware of the deeper layers of our consciousness we begin to notice the pebbles. Pebbles are the gentle wake up calls that we notice early on. They are there to gently guide us in the right direction before things get too uncomfortable. This is what we call strong intuition and psychic ability. It is not to say that all psychics notice things at the pebble stage! Most psychics have to pass through the boulder and brick stages to refine their skills and ability. If they hadn't experienced a



few boulders and bricks in life how could they possibly notice other people's experiences? Noticing pebbles means that we've started to develop a close relationship between the differing layers of consciousness. Everybody is capable of doing this, being able to notice life changes at the pebble stage before things take on a forced change. It does though take time to develop this trust and skill.

Why? Most people hate change, the conscious thought fields like to go with what it knows. If you think about it - most people are uncomfortable with changed circumstances that's why we stay in situations that don't suit us for longer than we should, it's part of human nature, but it's a part of us we can all learn to manage for a much easier life!

How a psychic can help you shift unwanted patterns in the sub-conscious mind

A good psychic is a psychic with a strong gift and an ego that's in hand and settled. Good psychics never make wild claims to be able to definitely 'fix' something for you, they offer their services to help you understand and change something if you want to. Psychics can 'see' the patterns of the past and the patterns of a likely future which is based on the consciousness of the individual they are working with. Most people don't change so when a psychic looks to the future it is based on the sub-conscious becoming conscious, and therefore a physical reality.



Get control of your life

This does not mean we are incapable of changing our own future it means we can change it if we want to. This often means though we have to take a conscious responsibility for patterns we run in life. By taking a conscious responsibility it means we can change them if we see fit.

A psychic can help us to see some of the patterns and help us to understand them. They can also help to settle irrational fears by placing perspective on situations and outcomes.

Ultimately though, no one can force us to alter or change something that comes from our own free will.

