

**Norm Pratt Seminar**  
**PATH of Heart-Centered Awareness**  
**www.normpratt.com**

1. **“God speaks to us through our feelings.”** Feel for inner guidance by focusing on and attuning awareness to your innermost thoughts and feelings - not mind noise or emotional reactions - the ‘bubbings’ from deep within that pull and tug, seeking fuller expression and realization.
  2. **“All we take with us is our growth.”** Choosing pure growth of spirit and personal well-being over psychic ‘powers’ or drama or ego-based agenda. Opens a door to heartfelt and conscious expansion in a balanced, sustainable and enjoyable manner.
  3. **“Everything happens for a reason - to trigger growth.”** Identify and acknowledge unseen forces - who or what is Spirit and how does that feel to you? Questioning, seeking answers and pushing old boundaries of understanding leads to new discoveries. Try to feel the underlying design and intention of the Universe.
  4. **“The meaning of life is to know yourself as God.”** Embrace your higher, divinely-connected self. Know the energy of universal intelligence runs through us at all times, connecting us to all things, the answers we seek are resonating within us, awaiting conscious expression.
  5. **“When we doubt ourselves, we doubt God.”** Trust yourself. Know yourself. Realize how much we impact events around us, that we co-create reality through our thoughts, feelings and actions. Look for the meaning and lessons in everything that happens. See the design you’ve helped create.
  6. **“As we expand, God expands.”** Take ownership of who and how you are, when you’re needy, projecting or reactionary. Move from fear-based behaviour to heart-based conscious choices. Notice what influences contract or expand your being. Align yourself with expansive ways of being.
  7. **“We are not de-ceased. We have not ceased to exist. There is no such thing as ‘death.’** The only ‘death’ is death in life, when we are not growing.” Take personal inventory. Ask the big questions of yourself: what do I really want out of my life? What am I doing to undermine or help that to happen? Answers tend to come first from the head, then emotions, and finally an intuitive and heart-centered knowing of personal truth.
  8. **“God is Love, and the purpose of life is to take Love for a walk in the world.”** Establish a healthy way of being. Find new levels of clarity, willingness and intuitive capacity through daily practices that sing to you - meditation, journaling, prayer, so many others. Find what works best at this time, things will shift and change as you expand and grow.
- \* physical attunement first - isolate one sense at a time - will likewise attune psychic senses
  - \* practice “observational” awareness - notice thoughts, feelings, emotional roller-coasting
  - \* savour the physicality of yourself and the world - leads to appreciation of spiritual nature as well
  - \* make heart-centered choices based on how you feel, not how you think
  - \* clarify and articulate your intention, everyday - give guidance something clear to respond to
  - \* acknowledge everything that happens, what you’ve helped create - feel and express gratitude
  - \* have a personal, heartfelt and conscious experience with everyone and everything everyday!!!