

***Awakening Your Intuitive Potential***  
***Norm Pratt Seminar***  
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### **What is Intuition?**

- \* **Innate, natural sense of knowingness both physical and spiritual**
- \* **Includes physical, psychic and intuitive senses**
- \* **Beyond rational mind - linked to an expanded universal energy and intelligence**
- \* **Flows through lifeforce energy - what leaves the body as a shell upon death**
- \* **Like a muscle, intuition needs to be activated, stretched and used repeatedly**
- \* **Needs only conscious realization and a willingness to perceive**

### **What is Intuitive Guidance?**

- \* **What we call Mother Nature/Higher Power/God/Universal Mind/Spirit**
- \* **The life-giving energy that flows through and gives form to all things seen+unseen**
- \* **Our own spirits seeking fuller expression of human and spiritual potential**
- \* **From gut instincts to inspirational truths**
- \* **Highest consciousness of creative intention, love and light**
- \* **Our innate awareness that there is more - “the world behind this one”**

### **Why Awaken Intuition?**

- \* **Fitting response to inner discomfort - knowing you want more out of life**
- \* **“All we take with us is our growth” - measure success by growth = lasting value**
- \* **Life is not about *what* you do, but *how* you do it - your way of being**
- \* **Increase well-being by making heartfelt, intuitive choices based on love, not fear**
- \* **“The only death is death in life, when we are not growing”**
- \* **Better sense of self and spiritual understanding based on your own experience**
- \* **Function at a higher level - lighter, more conscious, seeing the big picture**
- \* **Live in a context of overall growth and value rather than temporary or meaningless goals/successes - discover a deeper sense of fulfillment**
- \* ***We know all this already* - the intuitive capacity to realize and attune with universal lifeforce is inside you, why not awaken yourself to an expanded, heartfelt and conscious life experience that brings greater meaning and satisfaction?**

## ***How to Awaken Intuition?***

- 1. Consciously commit yourself - get in touch with *why* you want to - ask the big questions - be clear about exactly what you are asking for, then ask/pray.**
- 2. Practice slowing down and paying close attention to your inner workings - when you are being triggered or reactionary - move from fear- to love-based decisioning.**
- 3. Practice meditation (quiets mind), journaling (brings intuition into conscious awareness), yoga/stretching/bodywork (release pent-up energy and gets body-mind intuition flowing).**
- 4. Focus on physical sensing - really seeing, smelling, hearing, tasting, touching the world as it is, not from memory - helps activate psychic senses.**
- 5. *Guidance speaks through our feelings and in moments of stillness* - attune your conscious awareness to your feelings and inspirational thoughts, not surface emotions or normal mind noise - see what bubbles up from deep within.**
- 6. Do what sings to you - what makes you feel expansive and open - nurture these moments and help to create them - feel for your intuitive sense of things everyday.**
- 7. Self-scrutiny without judgement - take ownership of ego/agenda/projection, then let it go and feel for your natural, knowing self - let feelings of disconnect take you deeper - believe in your own self-worth and potential and help make it so.**
- 8. See yourself as your spirit - your highest, purest aspect of self - the direct link to greater Spirit/Universal Intelligence - let it speak within and guide you - recognize when you are being less than you can be and consciously choose to do better**
- 9. Be your own boss! - take charge of your life and fortunes by being conscious, knowing you are empowered to co-create your reality - invite good things to happen by clear intentions, asking and trusting that it will happen - be open to how it comes.**
- 10. Embrace guidance however it comes - dreams, intuitive insights, premonitions, psychic sensing, signs and signals, synchronicities, deep emerging feelings.**
- 11. Align yourself with your deepest understanding of reality, truth and human potential - actualize yourself and your intuition by willing to do the highest good for all things - let go of old, non-serving beliefs - let yourself shine!**
- 12. Practice conscious gratitude - be thankful for all you have, all you've learned, express it verbally, speaking from the heart - be aware that you impact all things - "The purpose of life is to take Love for a walk in the world" - live it like you mean it!**