

194: Healed by Ayahuasca

10 Point Checklist

Dennis Notten

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"The test of time is the most difficult test to stand."

DENNIS NOTTEN

10 STEPS YOU CAN TAKE TODAY

Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.

- Research plant medicines, specifically Ayahuasca and the Ayahuasca vine, and how they can be used to treat or cure physical diseases or other physical conditions.
- Obtain assistance from experienced facilitators when inviting plant teachers to guide me on my spiritual path and help me heal spiritually.
- Change or shift my negative state of being to a more natural state of being by speaking completely different words and manifesting them.
- Learn more about the three main groups of substances, namely entheogens, psychedelics, and fungi –what they do, how they work, and how to compare them.
- Explore the process of dietas as a way to tame forces of power, money, and sexuality inside of myself and build personal leadership.
- Try the tea made from pure Ayahuasca vine without the added leaves. Adding leaves or any other added mixture adds the DMT component which could have legal implications.
- Look for microdosing programs that administer medicine safely as per the legal construction here in the United States.
- Live every moment that I have as if it was my last moment. Live my visions in full passion, full thrust, and full courage because that's what life is about.
- Learn more about microdosing with Ayahuasca and its long-term effects by visiting [AyaFlow.com](https://www.getyourselfoptimized.com/healed-by-ayahuasca-with-dennis-notten/).
- Download the free intention-setting guide from [AyaFlow.com](https://www.getyourselfoptimized.com/healed-by-ayahuasca-with-dennis-notten/) to help me get more clarity on my goals and intentions.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/healed-by-ayahuasca-with-dennis-notten/>