

212: Wisdom from Another Realm

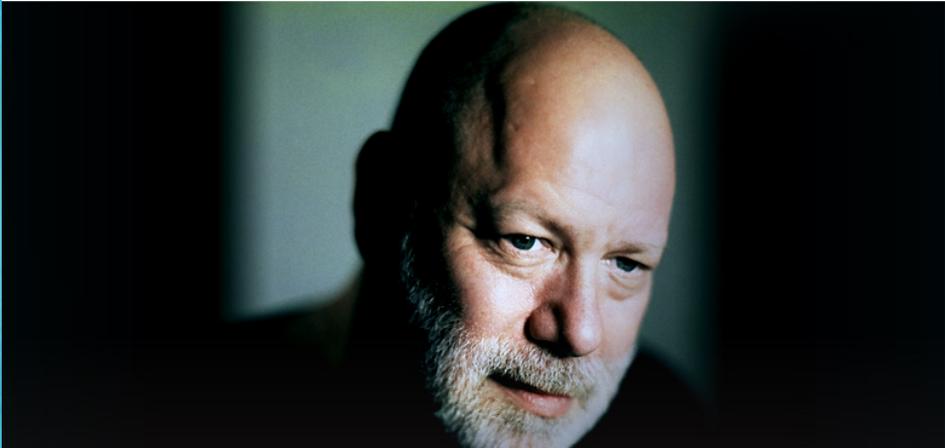
10 Point Checklist

Paul Selig

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**



**“Until we realize that there is one source
and manifestation, we’re going to be operating
with this illusion that we’re separate from
one another and from all things.”**

PAUL SELIG

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.

- Keep an open mind on beliefs and perceptions that are beyond me. Embrace the diversity we have in this world. This new knowledge will allow me to form deeper connections with different cultures.
- Let go of the material world and focus on my spiritual self. When my spirit is nourished, I will become more content and self-sufficient.
- Don't resist my true nature and calling. I should accept my destiny and use the gifts I have to help others.
- Create a practice or routine that will keep nourishing and refreshing my spiritual health so that I don't lose sight of the bigger picture.
- Develop a more heightened consciousness of the guides the universe is sending by simply being more aware of what's happening around me.
- Let my spiritual journey elevate the quality of my life by applying the principles I learn in my daily activities.
- Take every life experience, whether it's good or bad as an opportunity to learn. Whether what you go through is good or bad, in the end it will only sharpen your instincts.
- Spend time in prayer and meditation for a few minutes each day to stay aligned with my spiritual power.
- Share the guiding light with others and help them find their way, especially if they are lost.
- Grab a copy of Paul Selig's book, [Beyond the Known: Realization \(The Beyond the Known Trilogy\)](#).

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

<https://www.getyourselfoptimized.com/wisdom-from-another-realm-with-paul-selig>