

151: Finding God in Quantum Physics

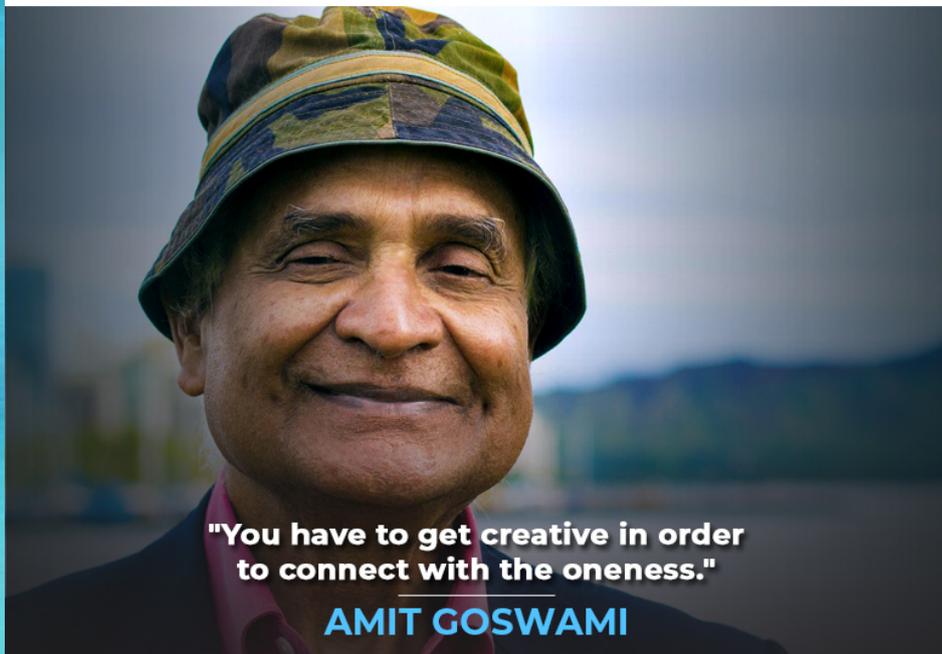
10 Point Checklist

Amit Goswami

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**



"You have to get creative in order to connect with the oneness."

AMIT GOSWAMI

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.**

- Create urgency when it comes to finding answers in my life. If I am going to embark on a journey of enlightenment, I should be ready and driven enough for that transformation.
- Develop a deeper sense of meaning with the help of quantum physics. This will help me rationalize my spiritual and godly beliefs.
- Find the “why” in my transformation. I shouldn’t start my journey until I determine my true purpose and goal.
- Have an open mind towards others types of philosophies if I truly want an eye-opening journey into my spiritual self. God is more of an experience than a belief.
- Regularly meditate to remain in a conscious state. It can be my preference of chanting a mantra, deep contemplation, prayer, or other meditative activities.
- Be creative when connecting to oneness. Go out of my comfort zone, explore new places and experience new things.
- Don’t get too attached to worldly and material things. Focus on my quality of life and my happiness.
- Undergo spiritual transformation not just for myself but also for those around me. Let my newly developed profoundness improve the lives of others.
- Take note of the 9 fundamental archetypes that develop a human being: love, truth, duty, justice, wholeness, goodness, power, abundance, and self.
- Check out Dr. Goswami’s workshops and start my journey of transformation at www.quantumactivism.org

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

<https://www.getyourselfoptimized.com/finding-god-in-quantum-physics-amit-goswami/>