

# 294: Wonders of Sound Therapy

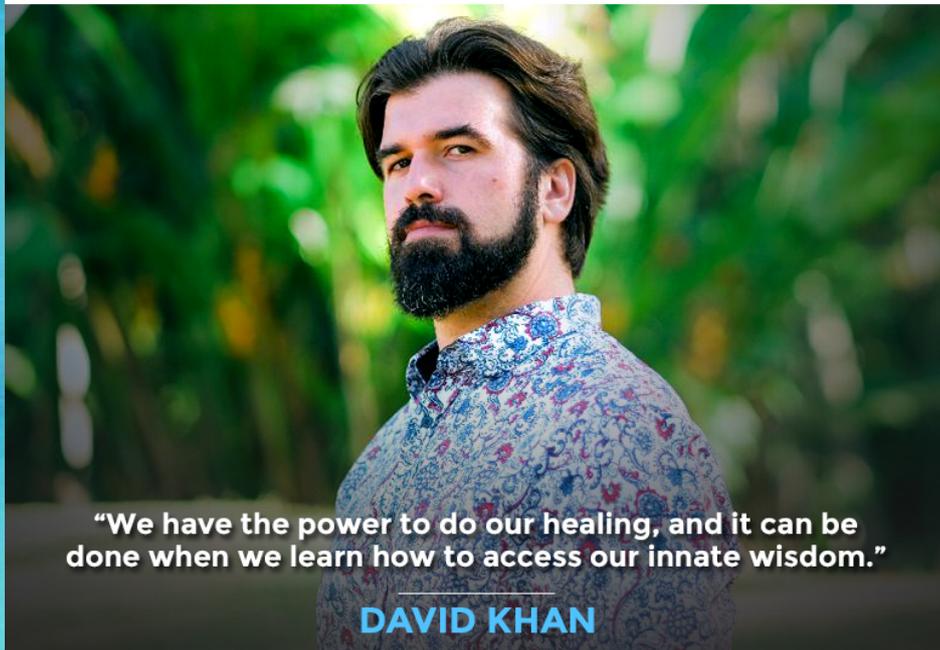
## 10 Point Checklist

David Khan

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**



**“We have the power to do our healing, and it can be done when we learn how to access our innate wisdom.”**

**DAVID KHAN**

# 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.**

- Learn more about sound healing and how frequencies and vibrations can help ease stress and heal the body.
- Recognize, express, and release negative emotions. Suppressing them may affect the state of my health. Best to find an activity or outlet to help deal with or let go of these feelings.
- Breathe with intention. Do some regular breathing exercises that can help ease stress and tension.
- Be more open to alternative and naturopathic forms of healing. Don't disregard science and the medical field. However, it's good to have more options when it comes to the wellness of my body.
- Find what type of music soothes my soul. Stephan and David both agree that it is relaxing and empowering when listening to Gregorian chants.
- Take as much break as I need. It's good to pause everything once in a while to refresh and rejuvenate my soul.
- Be more in tune with my body by leading a healthy lifestyle. Get better sleep, eat nutritious meals, exercise regularly, and maintain healthy relationships with others.
- Practice self-care more and pay more attention to strengthening and developing myself. Aim to be the best version of myself.
- Visit David Khan's [website](#) to learn more about soul healing, accessing my inner wisdom, and find my alignment in this world.

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

<https://www.getyourselfoptimized.com/wonders-of-sound-therapy-with-david-khan/>