

310: Messages from Angels and Deceased Loved Ones

10 Point Checklist

Karen Noé

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**



“Do whatever it takes to fulfill your dreams because you came here with them. If you don't, then you may have to come back in another life and deal with that again.”

KAREN NOÉ

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.**

- Ask for signs. Don't be afraid to ask for evidence and be patient when waiting. Not all signs happen immediately. However, I should be prepared to accept the message once I get it.
- Write letters to deceased loved ones. I can remind them how important they were to me and send my love through words.
- Be precise with requests. Signs are more likely to manifest when I indicate specifics. I shouldn't be afraid to be explicit with my wishes.
- Learn forgiveness. Letting negative energy go and moving forward with a light heart allows me to raise my vibration and have a better spiritual connection.
- Practice meditation. Knowing how to tap into source energy allows me to communicate with God and angels. I also learn how to listen and speak better when I work on my focus.
- Research throat chakra alignment. Clearing my throat chakra before talking to others lets me fully express myself and my truth.
- Fulfill my dreams. I should strive to achieve my goals in this lifetime. I need to do whatever it takes because I have all the abilities in the world to become successful,
- Listen to my intuition. When I feel the urge to do something, I should go for it. I should pay attention to what excites me and follow my gut feeling.
- Develop my psychic abilities. Pay attention to angel numbers and be open to receiving signs. I become more capable of communicating with deceased loved ones when I do.
- Visit Karen Noé's [website](#), join her [classes](#), and listen to her [radio show](#). Read her books: [Your Life After Their Death](#), [Through the Eyes of Another](#), [The Rainbow Follows the Storm](#), and [We Consciousness](#).

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

<https://www.getyourselfoptimized.com/messages-from-angels-and-deceased-loved-ones-with-karen-noe/>