318: Meet Your Spirit Guides

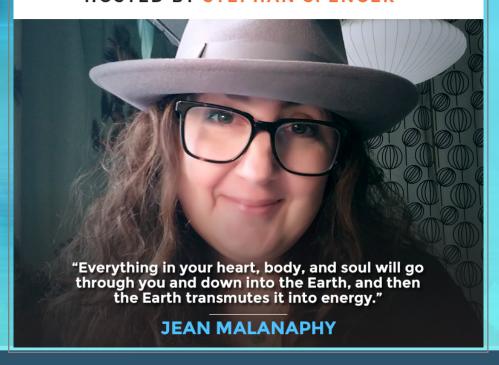
10 Point Checklist

Jean Malanaphy

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



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.

	Develop an innate sense of curiosity about the spirit world. The more I ask questions, the more I discover the answers I am seeking.
	Hold clear intentions whenever I pursue the practice of connecting with the spiritual realm. Let the guides know what my mission is so they can help me in my journey.
	Constantly practice, learn and grow. The world beyond society's perceived reality is more extensive than anyone can imagine. The possibilities are endless.
	Journal my deepest, subconscious thoughts. Keep a record of my dreams, thoughts during meditations, and my enlightenment journey.
	Meditate regularly. Find time to quiet my mind so I can think and see clearly.
	Set boundaries. Connecting with spirit guides may become heavy on the heart. Make sure I separate myself from what I can and can't control.
	Implement a cleansing ritual now and then. For example, clear my space of negative energy through chants and prayers.
	Welcome and embrace blessings and abundance. The spirit guides are here to lead me to the greater good.
	Focus and listen ever so closely. Sometimes signs are whispers that can only be heard when I am paying attention.
	Visit Jean Malanaphy's <u>website</u> to learn more about her spirit healing sessions and readings.
То	view the transcript, resource links and listen to the podcast, visit:

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