

# 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**



**"Everything in your heart, body, and soul will go through you and down into the Earth, and then the Earth transmutes it into energy."**

**JEAN MALANAPHY**

# 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 [website](#) to learn more about her spirit healing sessions and readings.

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

<https://www.getyourselfoptimized.com/meet-your-spirit-guide-with-jean-malanaphy/>