

# 323: Breathwork Detox

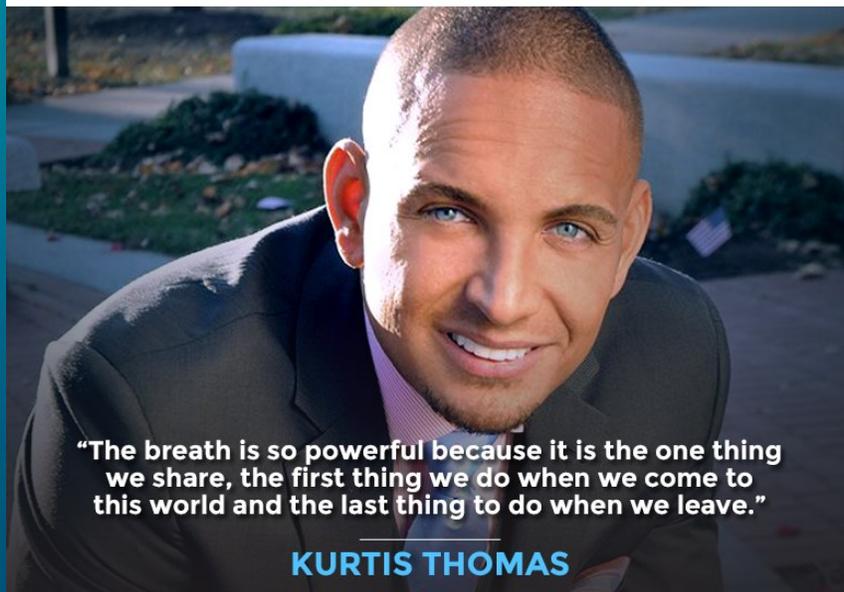
## 10 Point Checklist

### Kurtis Thomas

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**



**"The breath is so powerful because it is the one thing we share, the first thing we do when we come to this world and the last thing to do when we leave."**

**KURTIS THOMAS**

# 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.**

- Pay close attention to the messages around me. The universe will continuously send me signs as subtle as a feather or as hurtful as a brick until I become aware and move in a new direction.
- Be patient and trust the process. It takes work to get to that point of resistance where I can push through and enter into transient hypofrontality.
- Practice regular breathwork. Doing so will help me clear and release heavy stuff that I don't even know I'm holding. Then meditation will be easier and more enjoyable.
- Perform Kundalini yoga and breathwork detox. This will unclog the system that exasperates me and clean out my emotions.
- Make sure to have a regular regimen of cleansing my energy. Like batteries, I need time to re-charge my energy so I become a better person for others.
- Understand that breathwork involves many challenges. There are many ways, epiphanies, and realizations that come in, but it's a great problem solver when I successfully do it.
- Believe that anything is possible. The more I believe it, the more I see it.
- Start praying and make God a business partner. Have faith in Him and let Him lead the way for me.
- Be as specific as possible when saying a prayer. Ask the right beings with the right requests and continue asking for what I want in life.
- Start living with more transparency. There are no private thoughts & I don't have to hide.
- Visit the [website](https://www.getyourselfoptimized.com/breathworkdetox.com) of Kurtis Thomas by typing [breathworkdetox.com](https://www.getyourselfoptimized.com/breathworkdetox.com) to get this life-changing breathwork experience & join virtual events.

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

<https://www.getyourselfoptimized.com/breathwork-detox-with-kurtis-thomas/>