

339: Art and Divinity

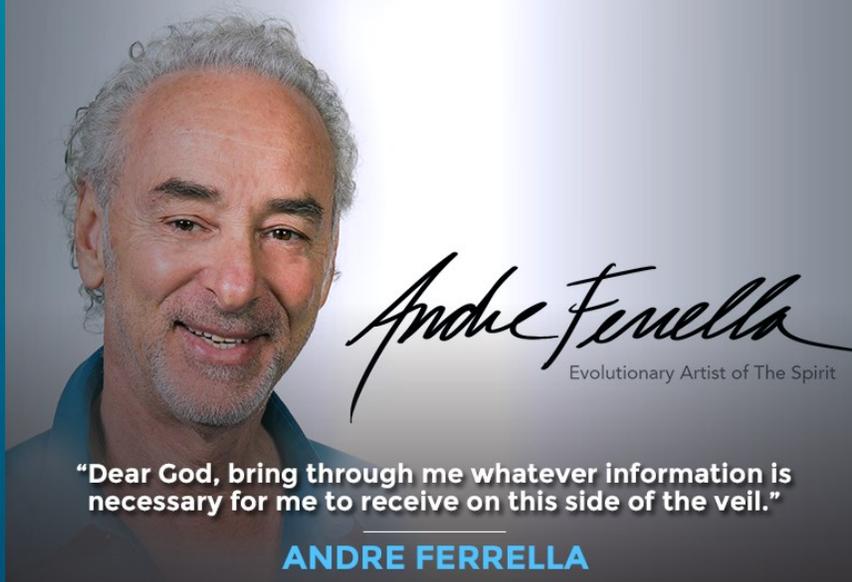
10 Point Checklist

Andre Ferrella

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.

- Believe in my higher consciousness or in a supreme consciousness. Look deep within myself to discover a higher power that gives me strength.
- Be more receptive to guidance. My spirit guides will lead me on my path of enlightenment.
- Pay more attention to messages the universe is sending me. Sometimes distractions can hinder me from being more open to the calling of my higher power.
- Be more open and accepting of what life has to offer. Everything happens for a reason; even the bad things that occur have a purpose.
- Learn how to focus. Accessing my Akashic Records takes a lot of concentration and practice. Focusing on one aspect can help me gain more clarity and understanding.
- Be open to the mysteries of the unexplainable things in life. Even the beginning of the universe or how consciousness came into being still has no definitive answer. There's so much in the world that's unknown.
- Listen and act on my intuition, so I remain guided and impeccably attuned to my true path.
- 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.
- Don't be afraid to astral travel. I'm being protected by a silver cord that comes out from my navel. It is connected to my higher self, so I don't have to worry that something will happen to me.
- Visit Andre Ferrella's [website](#) to know more about him and to get a spirit guide drawing. Use the coupon code: **SPIRIT2021** for a special discount of 30% for your first spirit guide drawing. Also, check out the new series he is working on, [The Dream Directors](#).

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

<https://www.getyourselfoptimized.com/art-and-divinity-with-andre-ferrella/>