

351: The Stuff of Miracles

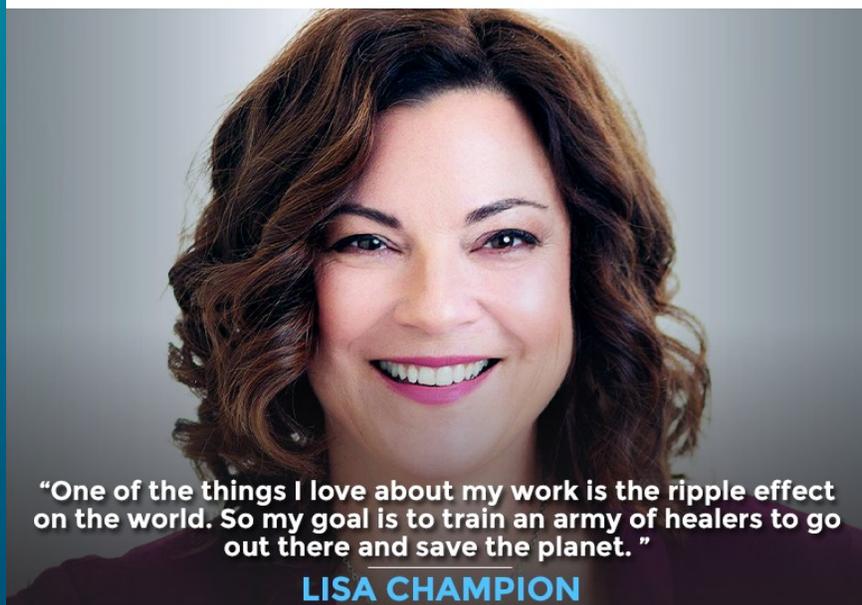
10 Point Checklist

Lisa Champion

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**



“One of the things I love about my work is the ripple effect on the world. So my goal is to train an army of healers to go out there and save the planet.”

LISA CHAMPION

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.**

- Do practices like Reiki, yoga, and meditation that can wake up your sensitivity and pop open your psychic ability.
- Work on the back of your heart to be more protected, be able to help more people, and flow your compassion even more open-heartedly.
- Don't get your education by watching what people do on TV because they don't always take steps to protect themselves. Even if they do, they're not showing it on camera, so it's a high-risk psychic activity.
- Don't play with the ouija board. It seems fun until it gets real, and then it very quickly becomes not fun. Ouija boards create a lot of problems.
- Bring a lot of light into your heart, solar plexus, or lower belly — wherever you feel is the center of your being.
- Start meditating, do yoga, and take Reiki classes to have psychic openings. It opens up a whole level of gifts and skills that you can provide for people.
- You have to show up and choose, take a moment to step back, and see that great pattern of your individual life and the universe's unfolding.
- Have faith that what you are going through — pain, suffering, and chaos — is part of the unfolding of the universe that will take you to an upgrade.
- Help people to have that shift in their own lives as it will greatly impact your spiritual world, and your life will deepen.
- Visit Lisa Champion's [website](https://www.getyourselfoptimized.com/the-stuff-of-miracles-with-lisa-campion/) to know more about online Reiki and psychic development classes of all different kinds and learn to manage your energy.

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

<https://www.getyourselfoptimized.com/the-stuff-of-miracles-with-lisa-campion/>