

400: Modern-Day Mysticism

10 Point Checklist

Rabbi Chaim Miller

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 mystical truth reveals creation as an ongoing process sustained by God's continuous infusion of energy and consciousness. Without this infusion, all would dissolve into nothingness."

RABBI CHAIM MILLER

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.**

- Utilize my past as a learning tool. Learn lessons from my successes and failures alike.
- Discover Kabbalah wisdom to lead a meaningful and fulfilling life to positively impact the world.
- Find a solitary quiet place to reflect on my thoughts and emotions. For example, a quiet room at home, a roof deck in the city, at the beach, or a clearing in a forest.
- Erase distractions and let go of external pressures when connecting with God. Disconnect from social media and put my phone on silent mode to eliminate noise and stimulation.
- Listen for God's voice and wisdom through deep introspection and meditation. When I receive synchronicities, intuition, or dreams, they can serve as life messages or insights.
- Spend time in isolation to renew my relationship with God and strengthen my faith. I acknowledge God's presence and invite His wisdom and guidance into my heart and mind.
- Attend physical congregations to feel the power of communal worship and connect with others in my faith community.
- Be sincere in my repentance, and commit to change my life to avoid repeating past mistakes.
- Seek guidance and support from trusted spiritual leaders, mentors, or community members as I develop a deeper connection with God.
- Visit Rabbi Chaim Miller's [website](#) and [YouTube channel](#) for an abundance of inspiring and enlightening teachings and insights on topics ranging from Jewish history and tradition to spiritual growth and personal development.

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

<https://www.getyourselfoptimized.com/modern-day-mysticism-with-rabbi-chaim-miller/>