# 414: Heavenly Court Is Now In Session

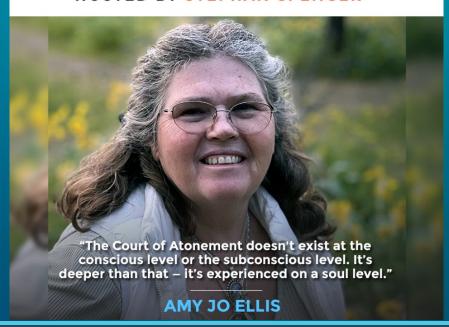
## 10 Point Checklist

# **Amy Jo Ellis**

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.



#### 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.

Formulate clear and specific questions and then seek answers from my higher source. Set aside quiet time and write down my thoughts and insights.
Understand that the Full Court of Atonement operates at the soul level, where profound transformations can take place. Trust the process and let go of conscious and subconscious limitations.
Respect free will when using the Court of Atonement with others. Ask for resolution or healing without imposing my will upon them. Allow their souls to guide their best interests.
Explore the Court of Atonement with an open mind. Embrace the limitless possibilities it offers for personal and spiritual development.
Resolve conflicts at the soul level. Analyze my trauma and address conflicts at their point of origing This allows for deep healing and personal transformation.
Embrace forgiveness to foster my personal and spiritual growth. Apologize and make spiritual amends if I find it challenging to directly ask for forgiveness from someone I've hurt.
Trust the messages I receive during the channeling process. Believe that the messages I am receiving hold value and significance.
Find a peaceful and distraction-free space where I can comfortably engage in channeling or receiving messages. Use tools (such as a dedicated journal) to document my experiences.
Take the time to establish a connection with my spiritual guides. Use methods such as quiet meditation or focused intention to initiate communication with them.
Learn more about the Court of Atonement spiritual healing, sign up for free lessons, and explore Amy Jo Ellis' services, upcoming live classes, book, and blog posts by visiting <a href="mailto:courtofatonment.com">courtofatonment.com</a> .

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

https://www.getyourselfoptimized.com/heavenly-court-is-now-in-session-with-amy-jo-ellis/