

350: Become Superconscious

10 Point Checklist

Monika Reimann and Stephen Renton

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**



"Conscious breathing is what we do when we are aware of how we breathe and if we can alter it."

MONIKA REIMANN & STEPHEN RENTON

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.**

- Let my breathwork experience be embodied in the body so that I'm not disconnecting to spirit, but I'm embodying spirit.
- Become the flow. Rather than seeking the flow experience, let the flow take me on many levels. I really feel it because things just happen.
- Raise my ability to be in states of expanded consciousness. Bring in what is needed, remember my intention, and then express that out.
- Use breathwork to release energy blockages in the body. This will help me relax and get into the flow state easier.
- Set my intention before working on the modalities. This will allow me to address the bigger areas of my life and be more aware of how to navigate myself in and out of the flow state.
- Healing is a journey. Being healed does not mean that all issues will suddenly disappear. Instead, it's a journey that moves through levels of understanding with whatever condition I'm looking at.
- Understand duality. This will make me appreciate the things around me. By seeing the duality over the contrast, I can appreciate the light because I see the darkness. Or I can enjoy the sun because I experienced the rain.
- Tap into the unconscious, which is the expression of the body. This will allow me to become more aware of my body.
- Take one step at a time. Instead of trying to solve my problems at the same time, I need to learn how to take things slowly but surely.
- Visit [peakflow.life](https://www.peakflow.life) to chat with Stephen and Monica about the course they offer.

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

[https://www.getyourselfoptimized.com/become-superconscious-with-monika-reimann-and-stephen-
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