

10 KEYS TO SPIRITUAL AWAKENING



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**GET YOURSELF
OPTIMIZED**
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Stephan Spencer

10 KEYS TO SPIRITUAL AWAKENING



What Is a Spiritual Awakening?

The spiritual leader and author Eckhart Tolle described a spiritual awakening as “awakening from the dream of thought.” It is about finding a new reality — one that is deeper and more complex than the world you experience every day with your five senses.

A spiritual awakening is a personal journey where one's self-awareness expands beyond the everyday limited self to grasp a broader, infinite truth or reality.



Imagine it's like hopping on an elevator, leaving behind the crowded, noisy clamor of your self-centered ego, and ascending through your consciousness to a place where you begin to access a higher purpose and the universe at large.

It's about stepping away from being entirely absorbed in your own experiences, and instead opening your eyes to wider causes, objectives, and energies that you can harmonize with.

If you're somewhere on the “spiritually curious” spectrum, I encourage you to treat this book as a guide to help invigorate your spiritual practice so that you can set your intention for a powerful, and potentially life-changing awakening.

Take some (or all) of the ten keys as suggestions, and go with the ones that spark joy for you. I will include resources, including links to Get Yourself Optimized episodes that will inspire you on your journey of self-realization.

These are my 10 Keys to Spiritual Awakening

Here are some of the keys I picked up along the way.
May you be blessed as you embark on your own journey.



Kindling the Flame: The Power of Desire and Request in Spiritual Awakening

“God is not a belief, but an experience.”
~ Douglas Bentley

Oftentimes, stating your intention to your higher power, whether it's God or the universe, is the first step that leads to a spiritual awakening.

After having [Sheila Gillette](#) on the show, I was so inspired by her story that I asked God to give me a job to do. He answered immediately. He showed me the Matrix — the equivalent of getting terabytes of data jammed into a tiny thumb drive! I was shown the nature of reality. Overnight, I became clear on what my mission is and I was able to access my psychic abilities, which profoundly changed the course of my personal and professional life.



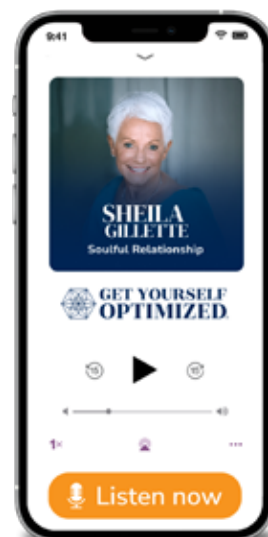
[Conversing with Angels](#)
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Whatever you ask of your Creator / Higher Power, you should know that every prayer is heard. When you speak your desires and requests out loud, you're not wasting your time, even if what you pray for doesn't materialize.

There's never been a thought in your head that God and your unseen support team doesn't hear.

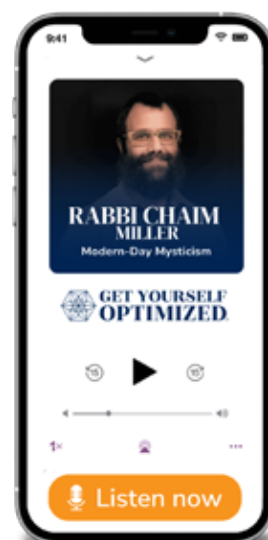
 **Secrets to a Soulful Relationship**
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I had a profound discussion on modern mysticism with [Rabbi Chaim Miller](#) on the 400th episode of my show. We covered so much really amazing terrain, including discussing the nuances of prayer.

In Hebrew, there are two words for prayer. One is for personal prayer. It's about candid conversation with the divine, sharing thoughts, requests, and feelings, and then quietly listening for responses.

 **Modern-Day Mysticism**
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The other word is for traditional prayer, involving specific prayers recited during various activities, like eating, drinking, or washing hands. These are time-tested structures that help us connect with the Creator's energy.

While traditional prayers follow established patterns, personal prayer is spontaneous, allowing for open communication with God in a humble and totally unstructured way.



Understanding Intuition: The Inner Voice Within You

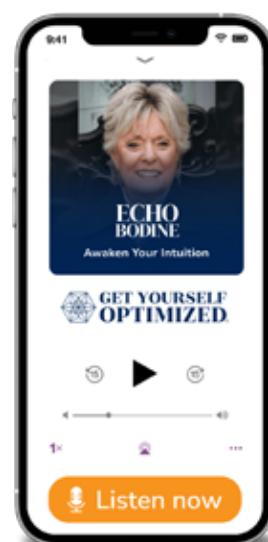
“Intuition is not based on logic or facts. It will simply guide you to where you’re supposed to be, but it will never tell you why.”

~ Echo Bodine

A while back, I read [Echo Bodine's](#) book [A Still, Small Voice](#), and it really impacted my understanding of, and access to, my intuition. I have recommended it to dozens of friends and clients.



[Awaken Your Intuition](#)
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My intuition has awakened to such a degree, I just can’t imagine not having it every minute of the day now. Over the last few years since I had my second spiritual awakening, I have my intuition as that still, small voice whispering into my consciousness, to contact people out of the blue, or make a book recommendation, or tell them something out of the ordinary that just popped in my mind. I know the stuff is not random. I know it’s not my subconscious. It’s coming from the Upper World.

Let’s start with: What is intuition? How can you recognize it? And then I’ll talk about the importance of improving your intuition, and how to ask for a sign.

Intuition: It's an intriguing concept, isn't it? It's that subtle whisper within you, the feeling in your gut, or a hunch that you can't quite explain, but often turns out to be surprisingly accurate. It's like having an internal GPS guiding you in ways you might not understand logically, but that somehow just feels “right.”

Recognizing intuition can be a tricky task because it's not a one-size-fits-all kind of thing. It's a deeply personal experience that varies from person to person. However, there are some common indicators that suggest you're tapping into your intuition.

Here are three distinctive attributes that set intuition apart from regular thoughts according to [David Sauvage](#) in the docuseries [Superpower](#):

- 1 Unexpected arrival: Intuitive thoughts often seem to come out of nowhere. They can pop up unexpectedly, without a clear logical sequence of thoughts leading up to them. They're like sudden flashes of insight that illuminate your mind.
- 2 Emotionally neutral: Despite being deeply personal, intuitive thoughts typically don't carry a strong emotional charge. They're not reactions driven by fear, desire, or other intense emotions. Instead, they present a clear, calm, and neutral perspective.
- 3 Persistence: Intuitive thoughts have staying power. They don't flit in and out of your mind like day-to-day thoughts. Instead, they keep coming back, like a song stuck on repeat. Even when your attention is drawn elsewhere, these thoughts tend to nudge their way back into your consciousness.

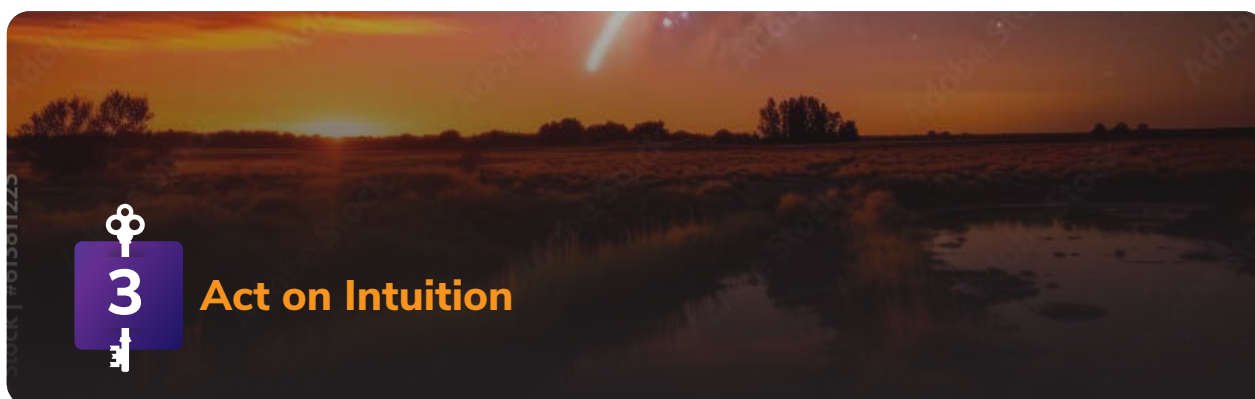
Understanding and improving your intuition is crucial for spiritual awakening. It's like tapping into a universal source of wisdom, allowing you to make choices and decisions that are in alignment with your highest good. But how can we improve our intuition?

Firstly, start by paying attention to it. Acknowledge those unexpected thoughts and give them space. Reflect on them without judgment and keep an open mind to the possibilities they present.

Secondly, practice quieting your mind. Meditation is an excellent way to calm the chatter of your conscious thoughts and allow your intuition to be heard more clearly. This doesn't mean you need to sit in silence for hours – even a few minutes each day can make a significant difference.

Finally, asking for a sign can be a powerful way to tap into your intuition. This could be asking for guidance on a decision or seeking confirmation that you're on the right path. You can ask for a sign in a way that feels right to you, whether it's through prayer, meditation, or simply asking out loud. Pay attention to the world around you after you ask — signs can come in various forms, from an unexpected conversation to a sudden change in circumstances, or even a literal sign!

Remember, intuition is like a muscle — the more you use it, the stronger it becomes. So, keep practicing, keep paying attention, and keep trusting in the wisdom of your inner voice.



"Everybody is intuitive. It is how we use and develop it that helps us get through everything in life."

~ Melanie Barnum

As we navigate the fast pace of our daily lives, our intuition often sparks brief moments of insight. This inner guidance system whispers to us, unveiling paths that may not be visible to our logical mind. But these whispered insights are useless if we don't get up, take the leap, and act on them!

 **Developing Your Intuition**
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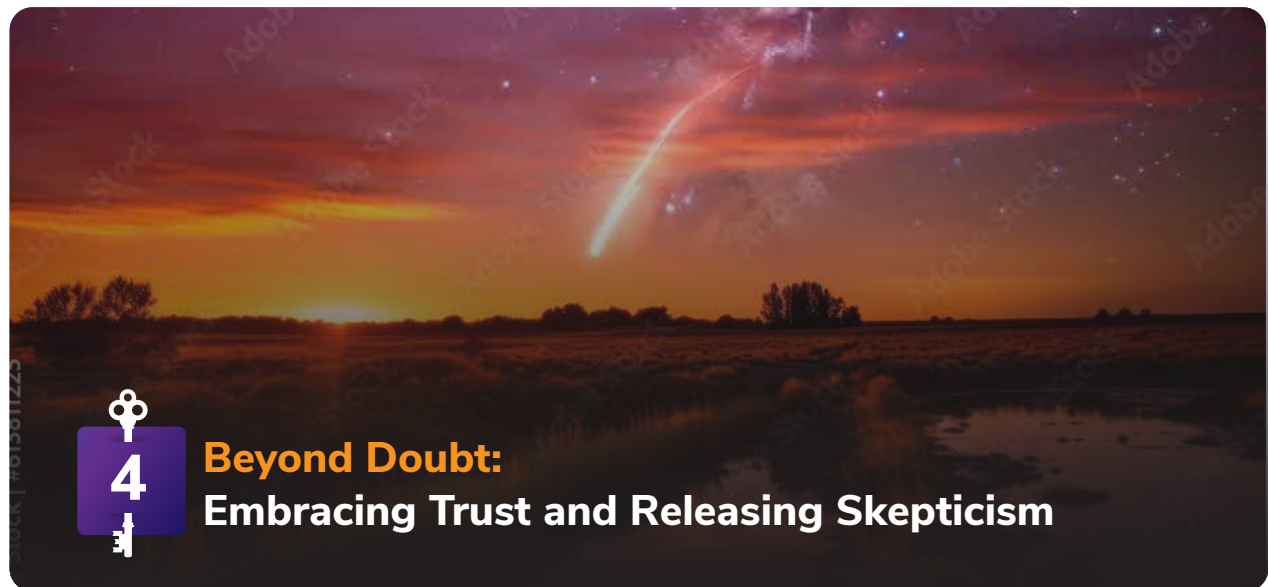
It's as if we're being handed a treasure map, but we choose not to follow it, expecting the treasure to magically appear at our feet.

A key in this step is openness, and a willingness to leave the familiar behind. Intuition invites us into the unknown. It nudges us to take risks, step out of our comfort zones, and embrace change. It's in this unfamiliar terrain that we often find our biggest rewards.

But why is action so crucial?

- **Confirmation and Clarity:** Acting on our intuitive insights helps confirm their validity. When you take a step, no matter how uncertain, you gain clarity. You begin to distinguish between fleeting thoughts and intuitive nudges, making it easier to trust your intuition in the future.
- **Increasing Intuitive Flow:** Think of intuition as a river, and action as the force that keeps the river flowing. When we act on our intuitive thoughts, we keep the river flowing, inviting a constant stream of intuitive insights. In contrast, inaction can block this flow, leaving us feeling stuck and disconnected from our intuition.
- **Unlocking Personal Growth:** Intuition often leads us down unexpected paths, fostering personal growth. When we act on our intuition, we open ourselves to new experiences, challenges, and opportunities that shape us and broaden our perspectives.
- **Demonstrating Trust:** Each time we act on our intuition, we're affirming our trust in it. This trust not only strengthens our relationship with our intuition but also boosts our confidence and faith in ourselves.

So, as you embark on this journey of spiritual awakening, remember that it's in these moments of decisive action that we truly honor our intuition, turning whispered wisdom into tangible progress.



Beyond Doubt: Embracing Trust and Releasing Skepticism

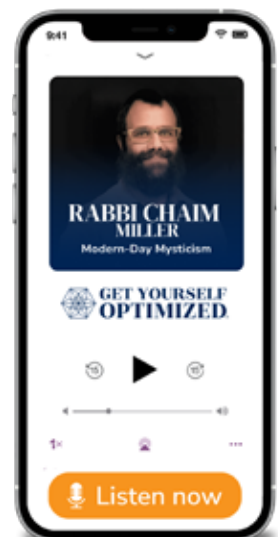
“The mystical truth reveals creation as an ongoing process sustained by God’s continuous infusion of energy and consciousness. Without this infusion, all would dissolve into nothingness.”

~ Rabbi Chaim Miller

If you’ve listened to my show, you may know that I started out in a lab coat, not a monk’s robe! I earned my master’s in biochemistry, so you can guess where I stood on things like mysticism and unseen realms. Let’s just say if there was a “believing” spectrum, I was hanging out on the far end of it, the side that needed hard facts and empirical data.



Modern-Day Mysticism
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However, in my own journey of spirituality and self-development, there is one truth that has become abundantly clear to me, which is that there is an undeniable connection between science and spirit. We are wired to be spiritual beings.

And this isn’t just a metaphorical concept, but something that has been observed and explored in fields like neuroscience and psychology. Consider this: We are spiritual beings having a human experience.

We're not defined by our bodies, but rather, we're the essence within them, like a hand that wears a glove. The body is merely a suit that we're wearing in this life.

This perspective helps us step outside of our thoughts and our narrow views of the world. We're not our thoughts either — we're the thinker, the consciousness behind those thoughts.

Realizing this allows us to step out of our myopic views. We begin to see ourselves as more than just physical entities, but as spirits who are temporarily occupying these bodies. This shift in perspective can be incredibly liberating, helping us to explore deeper dimensions of who we truly are.

George Harrison and I have something in common, which is that we both went to India on a spiritual quest. George wisely stated, “The living thing that goes on, always has been, always will be. I am not really George, but I happen to be in this body.”

Embracing spirituality may seem like a leap into the unknown, but it's crucial to understand that letting go of skepticism doesn't mean abandoning reason or critical thinking. Instead, it's about opening up to new ways of understanding our experiences and the world around us.

Here are some steps you might find helpful:

- **Stay Curious.** Remember that every great scientific discovery started with a question, an element of curiosity. Apply the same principle to your spiritual journey. Ask questions, seek answers, and remain open to new possibilities.
- **Explore Different Perspectives.** Read widely about various spiritual traditions and practices. This isn't about accepting everything at face value, but rather, gaining a broader understanding of spirituality and its many forms.
- **Experience It.** Spirituality is deeply personal and often more about what we feel than what we know intellectually. Try practices like meditation, yoga, or mindfulness. Spend time in nature. Listen to your intuition. These experiences can often provide a different kind of “proof” that resonates on a deep, personal level.

- **Respect Your Own Pace.** It's OK if you don't become a full-fledged spiritual believer overnight. Like any journey, it takes time. Celebrate each small step you take toward opening up to the idea of a broader existence beyond the physical.
- **Find Your “Why”:** Why are you interested in spirituality? Is it to find peace, to feel connected, or perhaps to understand the “bigger picture”? Keeping your “why” in mind can help you stay motivated on this journey.

Remember, skepticism is not a barrier to spiritual growth, but a stepping stone. It allows you to approach your spiritual journey with discernment, ensuring that your path is based on authentic experience rather than blind belief.

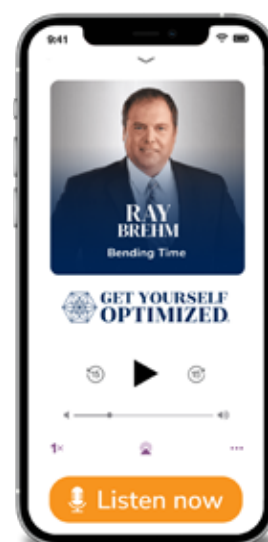


“The willing suspension of disbelief can open the floodgates to life-changing miracles.”

~ Ray Brehm

The follow-up to releasing skepticism is suspending disbelief. Recently, I was honored to have author and entrepreneur, Ray Brehm, as a guest on my podcast in an episode called Bending Time.

 **Bending Time**
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In 2016, Ray attended the Hoffman Institute, a week-long retreat focused on breaking negative love habits from childhood. There, amidst strict rules like no phones or external communication, he faced his past in a profound way.

His upbringing had been tough, marked by constant criticism and emotional abuse. At one point, in his desperation, he even considered running away or committing suicide.

During the retreat, he was guided through an exercise to speak to his younger self: “Everything’s going to be alright. I’m you in the future. I love you.” He had forgotten about that, but then the memory came flooding back. He HAD at age 8 heard a comforting voice in his distress, when he was sitting alone in a room contemplating his escape routes. And now it was confirmed — that voice was his own!

This insight was transformative for him, helping him to understand his past and how it had shaped him. It was also the first significant step toward accepting that there was more to the world than what could be seen or scientifically proven.

I bring it up because it’s such a powerful story and a true testament to the kind of awakening and healing you can open yourself up to when you willingly suspend disbelief.

In my own life, I’ve found that many more miracles happen when I have the willing suspension of disbelief. If I’ve put on that skeptic’s cap, then I’ve blocked my connection with the upper worlds and started to manifest the lack of miracles.

The willing suspension of disbelief has been an incredible hack in my life that has opened the floodgates to lots of miracles, lots of without-a-doubt signs, and crazy coincidences that you can’t kind of reason away.

To willingly suspend disbelief, start by acknowledging the infinite mysteries that our universe holds, and recognize that science doesn't yet have all the answers. This isn't about abandoning logic but rather, allowing space for the unknown and unproven.

Take the leap to be open to new possibilities, to ideas and experiences outside your comfort zone. You're not discarding reason, but choosing to step beyond its confines temporarily.

You're giving permission to the notion that reality could be richer than what we can physically measure or observe.

This doesn't mean accepting everything blindly, but greeting novel and challenging ideas with curiosity rather than immediate dismissal. Engage with the unknown, explore the magnificent mystery of existence, and allow the unimaginable to seep into your realm of possibilities.

When you open yourself up to those possibilities, the universe responds by bringing the right people and opportunities into your life.

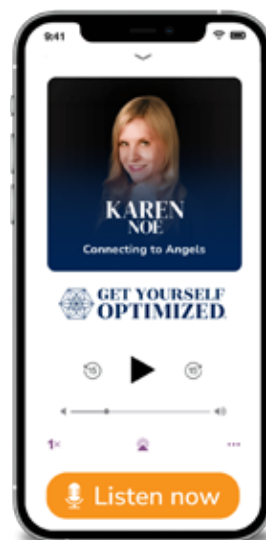
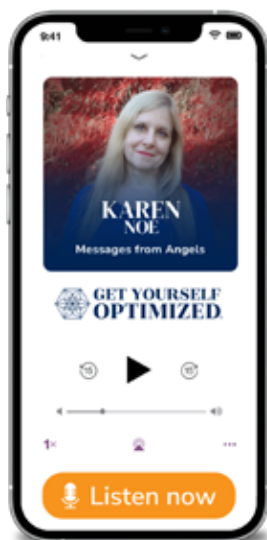


"We have to learn how to raise our vibration so it's more on par with the energy of angels and of our deceased loved ones."

~ Karen Noé

Throughout our lives, we are guided and supported by forces unseen — our spiritual support team. Understanding their presence, learning to lean on them, and utilizing their guidance can be pivotal to our life journey.

We aren't alone on this voyage. We're backed by divine and sacred beings, departed loved ones, and archangels, forming a remarkable assembly of spiritual allies. Yet, these benevolent presences often remain unnoticed due to our limited human perception.



**Connecting to Angels and
The Divine**
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**Messages from Angels and
Deceased Loved Ones**
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Your spiritual support team may be large or small, but it is potent. Understanding the challenges you face is part of your soul's contract, and when you realize that, it is oddly comforting. It's like a warm, cozy blanket telling you that you can weather any storm.

Recognizing our life's hardships as lessons to grow and aid others provides an empowering perspective. When we confront and overcome our trials, we earn spiritual wisdom that we carry forward into our next lifetime. These hard-earned lessons are not forgotten; instead, they are stepping stones, helping us ascend the ladder of spiritual evolution.

Let's consider archangels as part of our spiritual network. Each archangel doesn't work alone but in concert with a legion of other angels, moving and acting in harmony like a murmuration of starlings. Their unified efforts present a powerful testament to the interconnectedness of the universe.

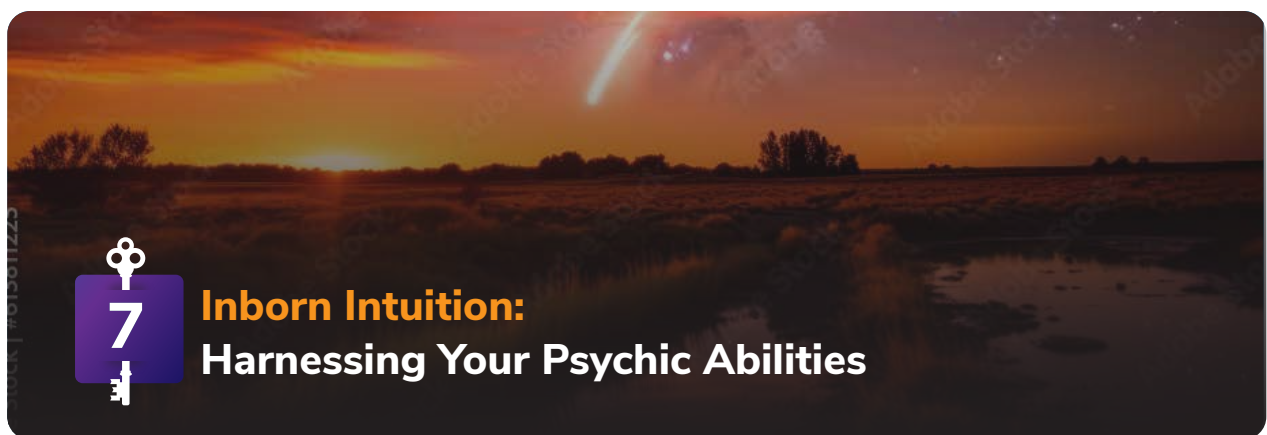
Understanding and acknowledging this unseen support brings clarity and encouragement. It's akin to unlocking the door to a whole world of miracles.

But how can we maintain or boost this spiritual connection? A key is purity of thought, a concept rooted in Kabbalah. Our thoughts, words, and deeds, when pure, cultivate positive spiritual energy.

Guarding our thoughts against negative influences like envy, jealousy, and lustful thoughts can significantly enhance our spiritual connectivity.

So, talk to angels. They are your guides. Ask them to help you with challenges you face and questions you need answers to. They can't interfere with your free will, but they can help you.

Once you ask for advice, make sure to listen! To ask and not to follow through, that's kind of arrogant. If you receive what feels like a call to action, then it definitely is! You've been honing your intuition, and you need to now listen to all the signs you get from your support team above.



"Our souls know what they want, but our egos get in the way of actualizing our desires. We need to transform our conditioned patterns and trust the wisdom of our higher selves."

~ Colette Baron-Reid

I was honored to interview intuitive and author [Colette Baron-Reid](#) for a really intense and illuminating episode of Get Yourself Optimized. In the show, Colette talked about how we can partner with the conscious universe to get rid of the conditioning that prevents us from our lives' purposes.

 [Nothing Short of Miraculous](#)
[GetYourselfOptimized.com/406](#)



Earlier, we talked about honing our intuition. This is the next step, and it is something I have experienced in my own life, so I know how powerful it can be. The truth is, we are all born with psychic abilities. We all have a wellspring of psychic potential waiting to be tapped, nestled within our souls. It's like the "still, small voice" mentioned in the Bible, a whisper from God, a murmur from the angels that gently echoes in the corridors of our consciousness.

Our psychic abilities can manifest in many different forms — telepathy, clairvoyance, clairsentience, clairauidience, claircognizance, remote viewing, psychometry, medical intuition, and seeing auras, to name just a few.

We each have a unique combination of these gifts. You might receive mental images, perhaps a wave of feeling, or a gut instinct that turns out to be right more often than not.

These abilities aren't supernatural; they are a natural part of our human experience, that profound intuition nudging you toward truth. It's like that little voice in your heart, softly guiding you in moments of uncertainty. This isn't just about predicting the future or reading minds — it's about listening to your soul and trusting the wisdom that lies within.

The key to unlocking this potential once again goes back to inviting a willing suspension of disbelief. Open your mind and heart to the boundless possibilities that reside within you. Surrender to the truth of your innate psychic abilities and watch as the channels of intuition, insight, and understanding open before you.

Learning to tap into your psychic abilities can benefit every area of your life, both personal and professional. Imagine being able to navigate the world with an inner compass guiding your every step, helping you make decisions with clarity and confidence. It can transform the way you relate to others, the way you approach challenges, and the way you understand yourself.

As you walk the path toward your own spiritual awakening, remember this: We are animated by God; We are not “Star dust” but “God dust”. This means we can access the consciousness of our Creator.



Living Life As a Prayer: Turning Existence Into a Constant Conversation with the Creator

In every moment, in every breath, there lies a potential conversation with the Divine. Life is not merely an array of unrelated events; it is a continuous prayer, a constant dialogue with our Creator.

~ Inspired by the teachings of **Rabbi Chaim Miller**

Often, we view prayer as a ritual, a distinct time set aside for communing with our higher power, whether in a quest for assistance or expressing gratitude. However, what if we reimagined this concept and began to perceive our entire life as a prayer? Instead of limiting our conversations with God to designated moments, we'd constantly dwell in a state of Divine dialogue, infusing our daily existence with intention, mindfulness, and reverence.

Imagine a life where every word you utter, every action you perform, and even every thought you have is a prayer in itself. You are constantly communicating with the Divine, living out your core values, and aspiring to become an instrument of positive change in the world. The idea is not to compartmentalize prayer as an isolated act but to embrace it as an all-encompassing, omnipresent aspect of your life.

Living life as a prayer means merging our desires with a yearning to connect to the Divine — not just in crisis, but in our daily actions. We become embodiments of love, compassion, and benevolence, making our life a testament to faith.

But keep in mind that prayer is more than a wish list; it's a continuous dialogue expressing our deepest thoughts, hopes, and fears, deepening our connection with the Divine. This mindfulness of actions, words, and thoughts aligns us with spiritual values, steering us toward good. Reverence for the Divine fills us with awe and humility, enabling us to face life's challenges.

Embracing this approach enhances our spiritual receptivity, connecting us to profound truths of existence. It's not about ceaseless formal prayer, but embodying the essence of prayer in every moment, elevating our lives to a higher spiritual plane.

You'll be a much more open vessel for receiving big downloads from above when you're in constant communication with the Creator.



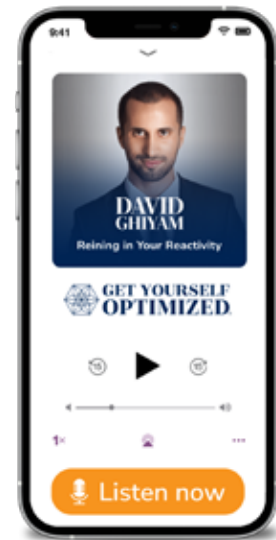
I recently learned about the concept of the spiritual flywheel from Kabbalah scholar, David Ghiyam. A flywheel is like a storage container for rotational energy. It operates on the same principle that keeps a top spinning long after you've given it a twirl. How much energy it stores is based on how its mass is spread out and how fast it's spinning.

So, getting it going might take some effort, but once it's up to speed, it keeps on spinning. Unfinished projects can act as obstacles

on our spiritual journey, sapping our energy and causing anxiety and stress. Think about it this way. Sometimes you get a project to where it's 95% complete. According to Ghiyam, that 95% that you managed to complete gives you 95 units of energy — 95 units of light from the Creator. The last 5% doesn't give you 5 more units but *10,000!*



Reining in Your Reactivity with Kabbalah
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The dark side doesn't try to waylay you in the first 95% of the project; it's the last 5% that is the problem. That's when you see the shiny objects, the seemingly endless distractions that keep you from following through and getting that project done.

To break this cycle, we must strive to finish what we begin, pouring our heart and soul into every endeavor. Focus on why you began this project in the first place. Perhaps incorporate some ritual and structure to help you stay on task and see it through. Doing so not only clears the path for smoother progression, but also fosters a sense of accomplishment, unlocking further our inner light.

In much the same way, activating your spiritual flywheel is a journey of unlocking your soul's light, maintaining momentum, overcoming fears, and embracing rituals.

By finishing what we start and putting our heart and soul into our desires, we can continue the momentum of our spiritual flywheel, allowing us to shine brighter and reach higher levels of spiritual awakening.



"Try to realise it's all within yourself
No one else can make you change
And to see you're really only very small
And life flows on within you and without you."

~ George Harrison

As Tony Robbins and many Eastern philosophers have said, "All you need is within you," and it really is true that the wisdom you seek is nestled deep inside your soul, waiting to be discovered. It's about finding your unique voice, your rhythm, your dance with life.

Every one of us is on a unique journey, and while mentors, coaches, and guides can help illuminate the path, they cannot walk it for us. They cannot do the work that we need to do ourselves. They cannot pave our road for us because it is ours to create. It's about living your truth, understanding that your journey is your own, and trusting in your ability to shape your destiny.

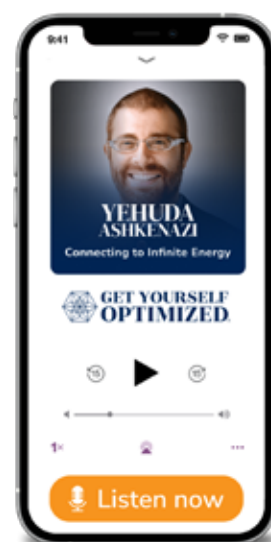
Embracing this personal journey does not diminish the value of guidance. On the contrary, it empowers you to use guidance as a tool, not a crutch. Just remember — it's not about idolizing anyone else. Elevating others to a level of the Divine is a form of idol worship. It's about honoring the wisdom they offer, but more importantly, it's about tapping into your inner wisdom.

When you trust your journey and listen to your inner voice, you are inviting the Divine into your life. You become the author of your story, painting your unique portrait of self-actualization.

It's about understanding that you are not a follower, but a trailblazer, paving your own road toward spiritual awakening and growth. I encourage you to start exploring, start questioning, and start delving into the depths of your soul. Seek guidance, but remember to filter it through your unique perspective. Have faith in yourself. Have faith in your journey. Have faith in your ability to pave your own road. Because in the end, it's not about following in the footsteps of others — it's about creating your own path.

In closing, I just want to reinforce that when you believe in miracles, you open up the pathway toward spiritual awakening. I learned from Kabbalah something about miracles that I just love. It's a reframing of what miracles are. "A miracle isn't defined as when the impossible becomes possible," teaches **Yehuda Ashkenazi**. "In Kabbalah, a miracle is defined as removing illusionary veils that don't allow us to see the Light in every experience and moment."

When you start to open yourself up to the wonders of higher realms and you reveal light in every corner of your world, miracles and awakenings are possible.



 **Connecting to Infinite Energy**
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