

328: The Past Life Memories of Children

10 Point Checklist

Jim Tucker

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**



"We are all on our own journey. Some of us are open to things, and others aren't, and that's okay."

JIM TUCKER

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.**

- Be open-minded—welcome new ideas, arguments, and information that I typically do not align with. Open-mindedness is a positive character quality, and enables me to think critically and rationally.
- Respect other people's beliefs. Accept some people place a lot of importance on this aspect of their lives and respect their right to believe whatever they want, even if I disagree with them.
- Understand there's more to this reality than what I'm aware of. What I perceive in any given moment is determined not only by sensory input but by my personal physical abilities, energy levels, feelings, social identities, and more.
- It is okay to ignore these woo-woo kinds of things if they upset me. I don't have to believe every spiritual subject. Instead, if there is a subject or controversy that interests me, dig a little deeper.
- Establish a goal of why I should undergo past life regression. There has to be a goal set for the process. It's much more helpful than going in out of curiosity.
- Be aware of synchronicity. Synchronicity is defined as the experience of meaningful events in one's life that are so timely in occurrence it feels as though some hand of fate or destiny is involved.
- Follow my intuitive thoughts. With my intuitions, I have to be able to act quickly, explore them completely, and take timely action. Once I build the habit of fully noticing and following intuitive guidance, my life will change.
- Share my experiences with the people I trust and respect. Verbalising my experience will encourage me to become more aware and more mindful of myself and my feelings.
- Check out Netflix's docuseries [Surviving Death](#). The first episode is on near-death experiences, and the last is on children's past life memories.
- Visit Dr. Jim Tucker's [website](#) or The Division of Perceptual Studies' [website](#) to learn more about past life memories.

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

<https://www.getyourselfoptimized.com/the-past-life-memories-of-children-with-jim-tucker/>

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