

386: Help from Higher Dimensions

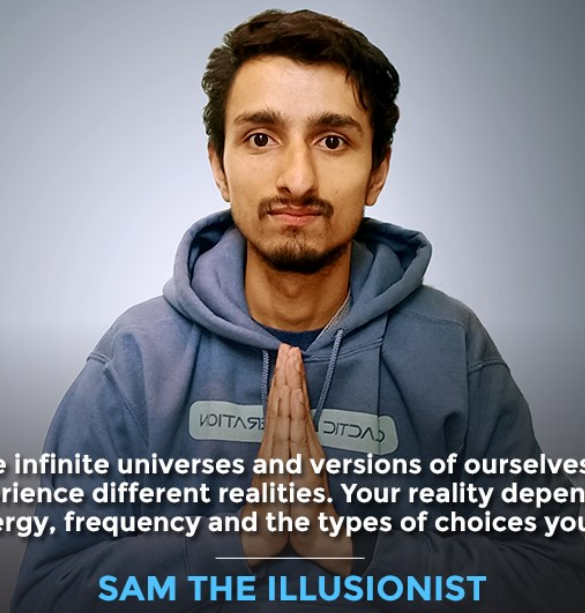
10 Point Checklist

Sam The Illusionist

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**



“There are infinite universes and versions of ourselves in which we experience different realities. Your reality depends upon your energy, frequency and the types of choices you make.”

SAM THE ILLUSIONIST

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.**

- Recognize how my decisions shape my life. Decision-making and how I choose to think, feel, and embody can impact my life. Healthy choices lead to positive consequences.
- Learn to consciously rest in the fact that "I am," which is also called *the sense of beingness*. This train of thought means separating oneself from who one is and what one has attained in this world. Accomplishing "I am" creates the purest form of self.
- Acknowledge the power I yield to create my reality. What I see and experience in life echoes my inner thoughts.
- Start training my subconscious mind. A massive amount of inner work is necessary to access my mind, but the fruits of my labor are incomprehensible. Once the mind is open, there's no turning back.
- Always evaluate and reflect on my thoughts, actions, and reactions toward situations. Keep a journal where I write down my honest, instinctive feelings and thoughts to track my mood and triggers.
- Refrain from letting the physical world easily influence my thoughts and emotions. Once I let go of attachments in this physical realm, I have more room for spiritual growth.
- Develop and maintain a positive mindset. Don't let the turmoil of the physical world break my spirit. Instead, focus my thoughts on how I can share more light and positivity with my community.
- Pray for discernment, especially when encountering crossroads. Ask my guides to lead my spirit in the right direction as I live my life.
- Be careful with what my physical body consumes. From food to entertainment, etc., ensure I consume nourishment and not products which will harm my body and mind.
- Learn more about Sam the Illusionist's teachings when I visit his [YouTube Channel](#). For in-depth sessions and further access to Sam's wisdom, subscribe to his [Patreon](#).

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

<https://www.getyourselfoptimized.com/help-from-higher-dimensions-with-sam-the-illusionist/>