

# 424: Tapping into Higher States of Consciousness

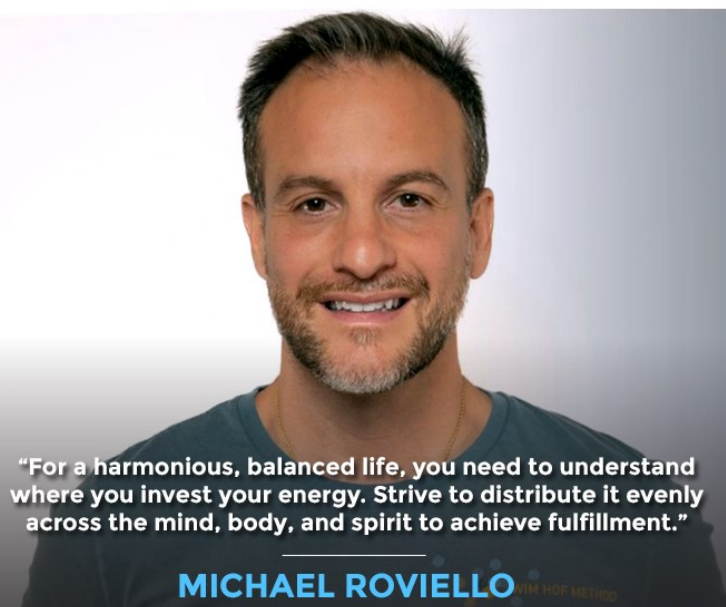
## 10 Point Checklist

### Michael Roviello

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**



# 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.**

- Embrace my mind-body connection and understand the concept of psychosomatic pain. Explore how emotional, mental, and spiritual factors manifest as physical pain.
- Recognize the importance of releasing built-up emotional and energetic blockages in my body. Consider engaging in practices like purging to release stored energy and promote emotional and physical healing.
- Be mindful of energetic boundaries when participating in group settings or ceremonies. Protect my energy field and avoid taking on others' negative energies.
- Pay attention to my intuition and inner guidance when navigating spiritual experiences. Trust my instincts and inner knowledge to make decisions aligned with my beliefs and values.
- Approach my spiritual journey with an open mind and a willingness to learn from different traditions and perspectives.
- Prioritize the integration of new insights into my daily life through transformative experiences. Reflect on the meaning of my spiritual experiences and seek ways to make them applicable to my life.
- Adjust my lifestyle to elevate my consciousness. Experiment with fasting, consume light food, and practice meditation and breathing exercises to increase my sensitivity to unseen energies.
- Slow down my brainwaves to tap into higher states of consciousness. Engage in activities that promote relaxation such as meditation, deep breathing, and disconnecting from constant external stimuli.
- Acknowledge the impact of intention on the physical world. Remember, my consciousness and energy can influence my experiences, health, and surroundings.
- Learn more at [optimyze.me](https://www.getyourselfoptimized.com) and connect with founder Michael Roviello on [Instagram](#) for daily insights and updates.

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

<https://www.getyourselfoptimized.com/tapping-into-higher-states-of-consciousness-with-michael-roviello/>