

260: Answers from Beyond


10 Point Checklist

Mark Nelson

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**



"All mediums are psychics, but not all psychics are mediums. This unique ability is I'm able to see people who have crossed over or passed."

MARK NELSON

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.**

- Remember the difference between a psychic and a medium. According to Mark Nelson, all mediums are psychics, but not all psychics are mediums.
- Be patient with myself when dealing with grief or pain. Losing someone is a difficult journey a lot of us have to go through. It helps me learn to take things slow and not pressure myself into something I'm not ready for.
- Seek an alternative if the things I'm trying on my healing journey aren't working. I shouldn't pressure myself to keep doing something when I know it's not working.
- Be more open-minded with things that are beyond my comprehension. Sometimes there are things in the universe that humans still cannot explain.
- Do some homework before getting a psychic reading. It's important to be aware of what I want to get out of the session.
- Don't expect too much at the beginning of a session. Some spirits might not come through because it's not the right time to deliver a message.
- Listen closely and stay in tune with everything that surrounds me. Sometimes the spirits are sending signs to protect or warn me.
- Don't expect mediums to act like they do in the movies. Most of the time, they're more low key and act like normal people. They just have a very unique gift.
- Choose the right medium. It's important to connect with them before they try to help me connect with my deceased loved ones.
- Check out [Mark Nelson's website](#) to learn more about his gift and reading services.

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

<https://www.getyourselfoptimized.com/answers-from-beyond-with-mark-nelson/>