

# 333: Healing through Reiki

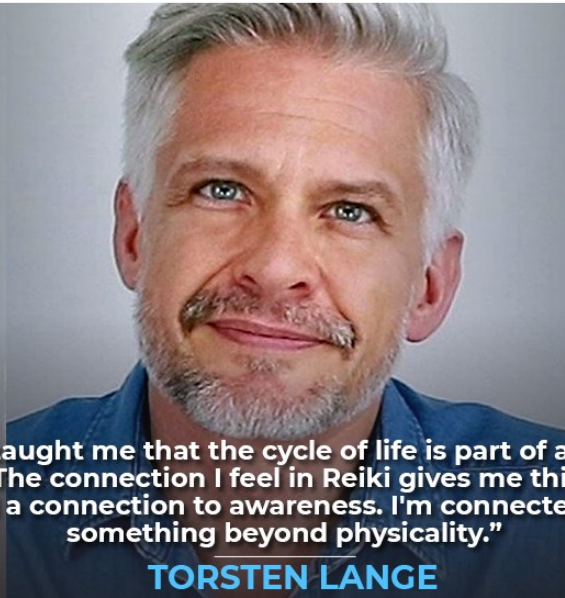
## 10 Point Checklist

### Torsten Lange

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**



"Reiki taught me that the cycle of life is part of a bigger cycle. The connection I feel in Reiki gives me this proof and a connection to awareness. I'm connected to something beyond physicality."

**TORSTEN LANGE**

# 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.**

- Try Reiki for healing. Physical pain may have an underlying cause; rather than just working on the physical level, Reiki may bring up some thoughts or emotions, or situations that have caused your illness.
- Always bless or pray over my food, drink, supplements, vitamins, etc., before I consume them. Mindfulness before meals releases hormones and sets my brain to the mode for enjoyment.
- Be grateful. It is important to always say thank you in every situation or circumstance and realize that everything is a gift.
- Acknowledge my breakthroughs through hardships or challenges in life. Hard times stimulate growth in a way that good times don't. Facing challenges and navigating one's way through them builds your resilience capacity.
- Assess how I look at life. Life does not end with death. In other words, everything I do here is an experience with a beginning and an end. If I look at life from that perspective as an experience, I tend to find it easier to live and accept life.
- Take a rest. When I rest in my heart, things will start to fall into place. I can also make a different connection with other people.
- Be aware of my awareness. Always watch myself and what's going on in my awareness. I'm both in my body and in my higher self and higher perspective. I can only change and make the world better by being spiritually connected.
- Encourage others to take a journey of awakening. Spiritual awakening allows others to understand the basis of existence and to feel open to more truths about life. The more people join forces, the more people can be helped to bring on this spiritual path.
- Be as specific as possible when saying a prayer. Ask the right beings with the right requests and continue asking for what I want in life.
- Realize that I'm a soul, I am loved, I can forgive because I am already forgiven. Practice this step-by-step exercise to bring more awareness to my life.
- Visit Torsten Lange's [website](#) or Reiki Science Academy's [website](#) to learn more about Reiki and how to work with him.

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

<https://www.getyourselfoptimized.com/healing-through-reiki-with-torsten-lange/>