

# 378: Tap into Quantum Energy

## 10 Point Checklist

### Philipp Samor von Holtzendorff-Fehling

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're living in extremely exciting times where it becomes more and more obvious that all we are is energy and frequency."**

**PHILIPP SAMOR VON HOLTZENDORFF-FEHLING**

# 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.**

- Practice the concept of the willing suspension of disbelief. Set my skepticism aside, try something new, and see what it does for my life.
- Don't be frustrated if I can't perceive or receive energy and frequency immediately. It takes practice for most people to access the energy and frequency of the Universe. Start reading books about it, meditate, attend events and workshops, etc.
- Meditate and pray. Meditation is listening, and praying is speaking. To have a two-way conversation with God, the Universe, or the Source, you must communicate by listening and speaking.
- Don't force anyone to have a spiritual journey. At some point in a person's life, spiritual awakening will happen that they can't resist.
- Be open to sharing with everyone about my spiritual experience. My story may be a catalyst for others' spiritual journey. There's no need to be ashamed or afraid to share it.
- Balance the energy in my space. It's essential to maintain harmony in the area I spend the most time in, so I feel safe, comfortable, and at peace.
- Stay in tune with my higher self and consciousness. The more in tune I am with my Higher Self, the more likely I will achieve and experience my aspirations.
- Don't be afraid to use tools to unlock my consciousness. Learn more about Leela Quantum Tech's [Quantum](#) and [Infinity Blocs](#). They are a new technology that provides a concentrated quantum energy space within the space in between the golden plates.
- Harness the power of quantum energy and set up a free seven-day trial for [Quantum Upgrade](#), the way in natural health innovation, combining science and quantum energy healing.
- Visit Leela Quantum Tech's [website](#) to learn more about quantum energy and browse their products.

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

<https://www.getyourselfoptimized.com/tap-into-quantum-energy-with-philipp-samor-von-holtendorff-fehling>