

# 398: Near-Death Life Lessons

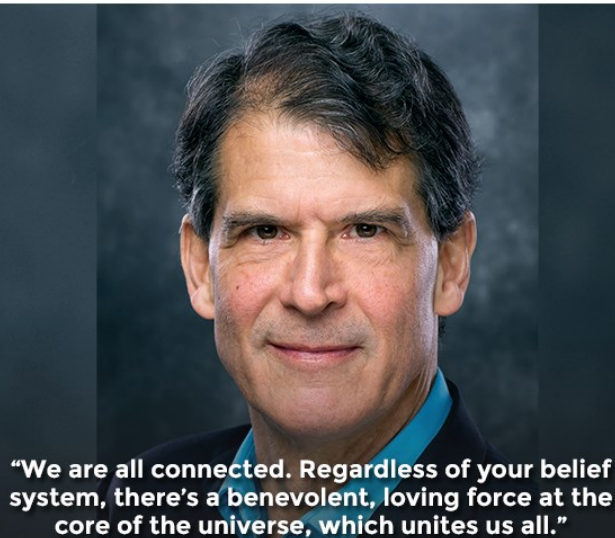
## 10 Point Checklist

### Dr. Eben Alexander

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 are all connected. Regardless of your belief system, there's a benevolent, loving force at the core of the universe, which unites us all."**

**DR. EBEN ALEXANDER**

# 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.**

- Seek answers to discover how the world works. The more aware I become, the more I understand my connection with others — we all share similar life experiences. This understanding is excellent for developing empathy.
- Discern which thoughts are empowering or debilitating my mind and spirit. My thoughts reflect who I am, how I view the world, and how my body reacts. *"It's all in the mind."*
- Aim to live a life full of love, compassion, kindness, mercy, and acceptance of self and others. Life is short. Instead of collecting worldly possessions, collect memories and worthwhile friendships.
- Regularly evaluate my life. It's refreshing and humbling to reflect on my growth. So much can happen in a year when I determine what I should stop or keep doing.
- Protect my peace and don't insert myself into petty conflicts. Rise above the toxicity of the ego. Remember, the ego would rather see its host dead than see it thrive.
- Don't hesitate to share my truth. Sharing my experiences is an excellent way to connect with my tribe. Sometimes these stories may be a guiding light or blessing for those in need.
- Meditate and spend more time in solitude. Eben recommends Sacred Acoustics, a form of binaural brainwave entrainment, which uses sound to influence the lower brainstem — a circuit that arose more than 300 million years ago.
- Journal every day. A written record of my memories may seem like nothing during the process, but future me or my future kin may greatly appreciate my writings.
- Check out the Bigelow Institute for Consciousness Studies' [website](#) and the International Association of Near-Death Studies' [website](#) for more information about NDEs, consciousness, and more. Also, don't miss Jeffrey Mishlove's winning essay, [Beyond the Brain: The Survival of Human Consciousness After Permanent Bodily Death](#).
- Learn more about Eben Alexander's craft by going to his [website](#). Also, grab a copy of Eben's books, [Living In A Mindful Universe](#), [The Map Of Heaven](#), [Seeking Heaven](#), and [Proof Of Heaven](#).

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

<https://www.getyourselfoptimized.com/near-death-life-lessons-with-dr-eben-alexander/>