

413: Get Into Alignment

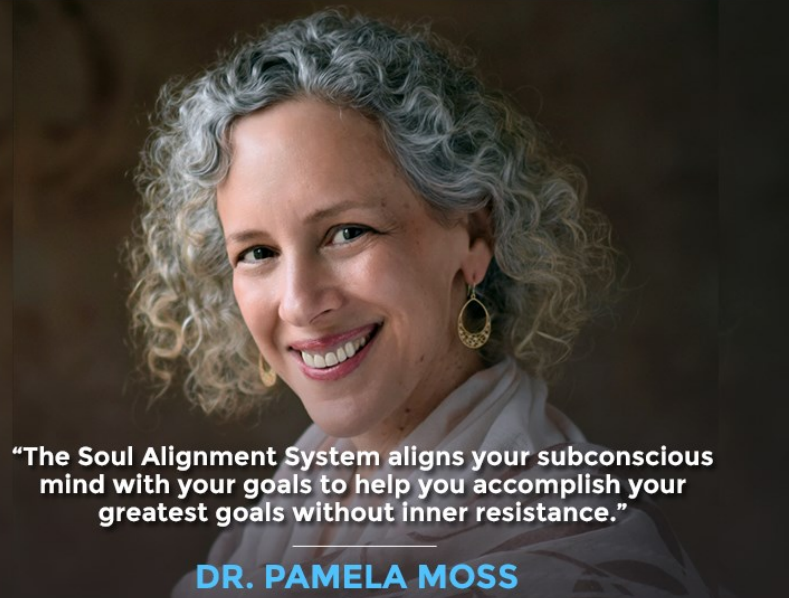
10 Point Checklist

Dr. Pamela Moss

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**



"The Soul Alignment System aligns your subconscious mind with your goals to help you accomplish your greatest goals without inner resistance."

DR. PAMELA MOSS

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.**

- Explore and embrace experiences that challenge my perceptions. Sometimes, the most unexpected encounters can awaken true purpose.
- Create powerful images to remind me of my true self. Understand my inner truths and acknowledge my shadows.
- Align with my deepest desires and express the power of my intentions. When my intentions are clear and strong, I can have whatever the universe permits.
- Practice letting love win in difficult situations. See beyond my perspective and understand the fears and vulnerabilities behind conflicts. I can transform relationships by choosing love.
- Release resistance. Remember, everything is a blessing in disguise. Be open to the miracles that can unfold when I stop resisting. Trust in the infinite possibilities of the universe.
- Use a sacred circle or chair and practice cord-cutting to release resistance and break disempowerment. Replace the vacuum left behind with the positive energies of love, light, joy, and prosperity.
- Develop a personal relationship with God. Work and converse directly with him without intermediaries. Build a personal relationship with God to grow a deeper spiritual connection.
- Acknowledge the lessons I learn from shadow work and integrate my shadow aspects within myself. My ego can be my greatest teacher, as it reveals my patterns and areas that need healing.
- Embrace the truth that synchronicities happen when I am tuned into my higher self. Remember, everything is connected, and separation is an illusion.
- Unlock my soul alignment system with Dr. Pamela Moss on her website, thesoulguide.com. Accept Dr. Moss' gift of the [Soul Alignment Assessment](#), to identify what inner work I need to actualize my greatest goals.

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

<https://www.getyourselfoptimized.com/get-into-alignment-with-dr-pamela-moss/>