

414: Heavenly Court Is Now In Session

10 Point Checklist

Amy Jo Ellis

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 Court of Atonement doesn't exist at the conscious level or the subconscious level. It's deeper than that – it's experienced on a soul level.”

AMY JO ELLIS

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.**

- Formulate clear and specific questions and then seek answers from my higher source. Set aside quiet time and write down my thoughts and insights.
- Understand that the Full Court of Atonement operates at the soul level, where profound transformations can take place. Trust the process and let go of conscious and subconscious limitations.
- Respect free will when using the Court of Atonement with others. Ask for resolution or healing without imposing my will upon them. Allow their souls to guide their best interests.
- Explore the Court of Atonement with an open mind. Embrace the limitless possibilities it offers for personal and spiritual development.
- Resolve conflicts at the soul level. Analyze my trauma and address conflicts at their point of origin. This allows for deep healing and personal transformation.
- Embrace forgiveness to foster my personal and spiritual growth. Apologize and make spiritual amends if I find it challenging to directly ask for forgiveness from someone I've hurt.
- Trust the messages I receive during the channeling process. Believe that the messages I am receiving hold value and significance.
- Find a peaceful and distraction-free space where I can comfortably engage in channeling or receiving messages. Use tools (such as a dedicated journal) to document my experiences.
- Take the time to establish a connection with my spiritual guides. Use methods such as quiet meditation or focused intention to initiate communication with them.
- Learn more about the Court of Atonement spiritual healing, sign up for free lessons, and explore Amy Jo Ellis' services, upcoming live classes, book, and blog posts by visiting [courtofatonment.com](https://www.courtofatonment.com).

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

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