260: Answers from Beyond

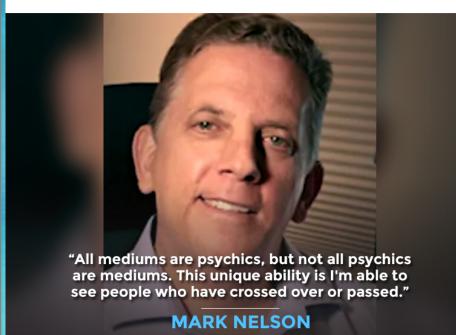
10 Point Checklist

Mark Nelson

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.



HOSTED BY STEPHAN SPENCER



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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.

Remember the difference between a psychic and a medium. According to Mark Nelson,
all mediums are psychics, but not all psychics are mediums.

- Be patient with myself when dealing with grief or pain. Losing someone is a difficult journey a lot of us have to go through. It helps me learn to take things slow and not pressure myself into something I'm not ready for.
- Seek an alternative if the things I'm trying on my healing journey aren't working. I shouldn't pressure myself to keep doing something when I know it's not working.
- Be more open-minded with things that are beyond my comprehension. Sometimes there are things in the universe that humans still cannot explain.
- Do some homework before getting a psychic reading. It's important to be aware of what I want to get out of the session.
- Don't expect too much at the beginning of a session. Some spirits might not come through because it's not the right time to deliver a message.
- Listen closely and stay in tune with everything that surrounds me. Sometimes the spirits are sending signs to protect or warn me.
- Don't expect mediums to act like they do in the movies. Most of the time, they're more low key and act like normal people. They just have a very unique gift.
- Choose the right medium. It's important to connect with them before they try to help me connect with my deceased loved ones.
- Check out Mark Nelson's website to learn more about his gift and reading services.

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

https://www.getyourselfoptimized.com/answers-from-beyond-with-mark-nelson/