

383: Channeling Sacred Wisdom

10 Point Checklist

Keira Poulsen

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 body is a vessel for truths to come through. There are lots of powerful truths that got deleted, ignored and hidden off this earth, but there's an opportunity for us to bring these truths down through writing."

KEIRA POULSEN

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.**

- Aside from praying for the things I want, ask for a job or mission from the Divine. Don't be discouraged by all the situations and circumstances; God and the other High Powers listen and show up when sought and asked.
- Don't let past traumas to define who I am. Instead, ask for healing and allow the experience to mold me into a resilience and anti-fragility.
- Open up my heart and mind to spiritual abundance and possibilities. The spirit only waits for it to be accessed before it reveals all that is good in this world.
- Remember that suffering is the biggest distraction in life. Stay out of the trap of suffering and follow the lighted path the Divine has a plan for me.
- Create a sacred place dedicated to communicating with the Divine and Higher Power. Find a place in my home, on my land, and in my life for sacred work.
- Be more calm when writing with the help of essential oils. When the sense of smell is optimized, the crown chakra opens up. Smelling pleasing scents can help cleanse my entire system.
- Don't hesitate to call upon the angels and guides when in feeling stuck. There's a team of spirits that 100% supports me; all I need to do is seek and ask for them.
- Clear my mind of clutter. The inner voice is sometimes victim to cyclical negative thoughts and emotions. Clearing the mind allows the angels and guides to communicate freely.
- Prepare the body to receive. Ask the Divine to touch my ears so I can spiritually hear and access all my spiritual gifts.
- Visit Keira Poulsen's [website](#) to learn more about her services and masterminds. Also, sign up for her [free masterclass](#) to learn more about how to channel my writing.

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

<https://www.getyourselfoptimized.com/channeling-sacred-wisdom-with-keira-poulsen/>