

# 298: From Universal Laws to Self-Awareness

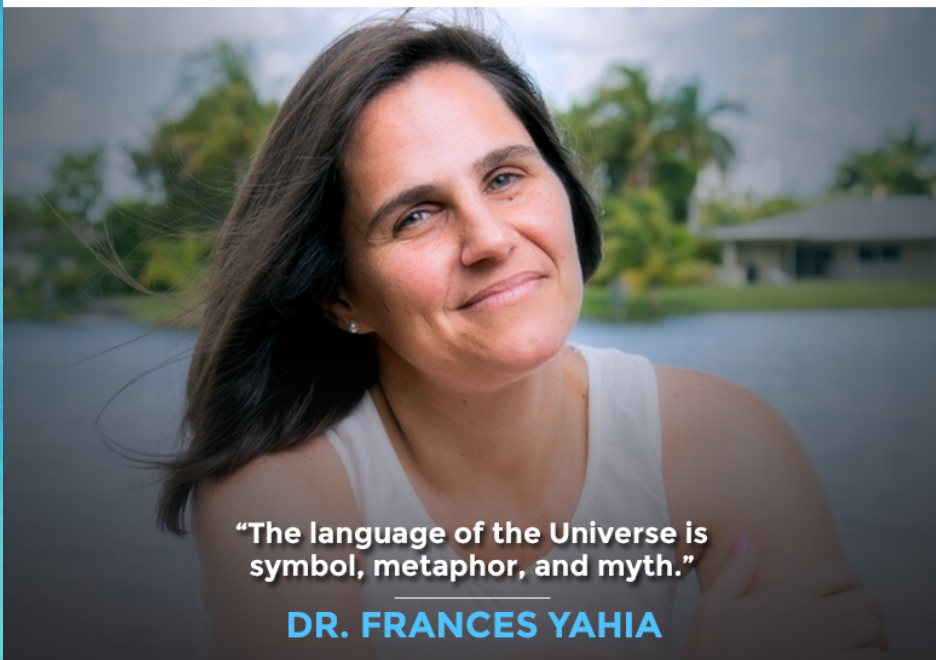
## 10 Point Checklist

### Dr. Frances Yahia

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 language of the Universe is symbol, metaphor, and myth."**

**DR. FRANCES YAHIA**

# 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.**

- Become acquainted with The Kybalion/the Hermetic Philosophy, also known as the seven ancient principles of self-mastery.
- Understand the power of the mind. According to the first principle, all is mind; the Universe is Mental. This means that all phenomena of life are thoughts of an infinite and universal, living Mind.
- Observe life's synchronicities. As above, so below; as below, so above. As within, so without; as without, so within. There are no coincidences. Every thought I have and action I take has a cause and effect on the Universe.
- Stay in tune with the vibration and energy I possess and how they can affect the frequencies around me and vice versa. Nothing rests; Everything moves; Everything vibrates. By having this awareness, I can analyze the power I have over my thoughts.
- Be open to the fact that everything is dual and can have poles. All truths are half-truths and all paradoxes can be reconciled. What is true for me may not be the case for others. That is completely okay.
- Recognize that life is made up of highs and lows. All things rise and fall. We cannot truly appreciate the good without the bad. We cannot see the light when there is no darkness.
- Be conscious of my actions. Every cause has an effect. Nothing happens for no reason, and there is no such thing as chance. Everything that is happening right now is an effect of what was done yesterday.
- Learn more about the masculine and feminine energies I possess. Both the masculine and feminine exist in all things. Finding the balance between both areas can help me become a more well-rounded individual.
- Pay attention to the Universe's symbols, metaphors, and myths. Its primary language lies in numbers, metaphysics, and patterns. The more I become aware of how to stay in tune, the more I understand the meaning of life.
- Visit [Dr. Frances Yahia's website](#) to access her workbooks, grab a copy of her books, listen to her podcast, and more.

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

<https://www.getyourselfoptimized.com/from-universal-laws-to-self-awareness-with-dr-frances-yahia/>