

324: Life Lessons from Atlantis

10 Point Checklist

Mara Powers

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**



"You have an ego, emotions that you have to grasp and learn. So either you let those things control you, or you manage them."

MARA POWERS

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of you ego and stay connected with the beauty of life?
Here are 10 steps that can move you closer to your goals – today.**

- Learn more about the ego and discover its connection in maintaining the magic of synchronicities and the beauty of life.
- Avoid harming others. Every harmful action done towards others will return tenfold. It's basic Karma. But, on the other hand, doing good things and giving out blessings produce ten times more.
- Don't hesitate to go down the rabbit hole. Doing some research will help me realize more about the history and correlation of things.
- Don't lose track of my connection with nature so I am more aware of what my guides are telling me.
- Be patient with my journey to self-awareness. My entire ego, thoughts, and emotions are forever a work in progress.
- Embrace oneness and stay connected to other beings. Everyone is part of a neural network empathically connected.
- Differentiate ego from the spirit. Ego is good because it gives me that individualized experience of life, which is what spirit is—spirit is all connected. But, I must not lose track of my connection in favor of my ego.
- Have faith and trust in the entire process of divinity. Ego exploration will guide me to making the right decisions.
- Read more. The more I read, the more information I can uncover and experience awakening.
- Visit Mara Powers' [website](#) to follow her work, read more about her books, and check her account Shadows of Atlantis on Facebook, Goodreads, and Instagram. Start praying and make God a business partner. Have faith in Him and let Him lead the way for me.