

Tap into the Power of Reconnective Healing

10 Point Checklist

Dr. Eric Pearl and Jillian Fler

Want to gain as much knowledge as possible out of The Optimized Geek? 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.

The **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



“Learning reconnective healing is first learning how to receive.”

DR. ERIC PEARL AND JILLIAN FLEER

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.**

- Be open to other forms of healing that involve spiritual medication rather than traditional medicine.
- Become familiar with reconnection healing, a form of non-touch healing that brings through frequencies of energy, light, and information.
- Open myself up to other ideologies and modalities of healing. Take time to learn and discover things that expand beyond the norm.
- Make it a priority to keep myself in a balanced state. My goal should be to feel whole, coherent and in harmony with my mind and body.
- Trust in the healing experience. Just like religion, God is more of an experience rather than a belief.
- Aside from experiencing a new form of healing, learn how to share and spread the practice to others. It's always better to give than to receive.
- Avoid the feeling of attachment and learn how to let go of the things that produce negativity in my life. These are culprits of disproportionate energy.
- Take Dr. Eric Pearl's and Jillian Flee's online course, [Reconnection Healing Online Essentials](#), to start my reconnection healing journey.
- Grab a copy of Dr. Eric Pearl's bestselling book [The Reconnection: Heal Others, Heal Yourself](#).