

208: Achieve Healing and Balance through the Practice of Jin Shin

10 Point Checklist

Alexis Brink

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**



“When the energy is harmonized in the body, and it can flow freely, that is when the body can heal itself.”

ALEXIS BRINK

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.

- Keep an open mind to alternative and holistic medicine. While Western culture is more familiar with modern medicine, ancient healing techniques are even prescribed by some doctors today.
- Reduce skepticism towards divine healing. Seek guidance and a deeper understanding of life by going on a spiritual journey.
- Seek enlightenment by cultivating a curious mind. Don't hesitate to look for mentors whom I feel can help me with my healing and personal growth.
- Understand, on a deeper level, the connection I have to everything. My energy affects those around me and vice versa.
- Conserve my energy and know where to invest it. I will learn to let go of things in my life that are weighing me down.
- Do slow, deep breathing exercises regularly. Take a few minutes each day to find a quiet place where I can breathe in and out intentionally.
- Refrain from suppressing symptoms and try to deal with the root cause so that the pain I am feeling will not return again.
- Try Jin Shin out and discover its many healing capabilities.
- Grab a copy of Alexis Brink's new book, [The Art of Jin Shin](#).
- Visit www.jinshininstitute.com to access more resources on how I can utilize Jin Shin in my daily life.

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

<https://www.getyourselfoptimized.com/achieve-healing-and-balance-through-the-practice-of-jin-shin-with-alexis-brink>