

009: A Natural Approach to Healing Our Bodies

10 Point Checklist

Cristo D'arcy

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**



**"That's the biggest lie we've been told -
that healing takes a certain amount of time...
you can accelerate it substantially."**

CRISTO D'ARCY

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.**

- Try muscle testing as a way to find out what your body really wants by learning to trust your energy.
- Recognize the difference between a cynic and a skeptic.
- Meditate on the idea that the world around us goes beyond the material – look deeper in the energy of everything you see.
- Find ways in your life to open your heart to new ideas.
- Listen to you intuition – if a situation doesn't feel right, your body is telling you something.
- Got a problem going on in your body that hasn't been resolved? Think about booking an appointment with Cristo or with an energy healer.
- Contact Cristo at cristo.darcy@gmail.com
- As Cristo recommends, come at whatever you are doing from a place of integrity and of heart.
- Cristo has a series of great YouTube videos on eliminating brain fog, headache, and more! Check them out at Cristo D'Arcy on YouTube.
- Treat your body right, and fuel it correctly to able to live at a high vibrational state.

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

<https://www.getyourselfoptimized.com/a-natural-approach-to-healing-our-bodies-cristo-darcy/>