

# 135: Tap into the Power of Reconnective Healing

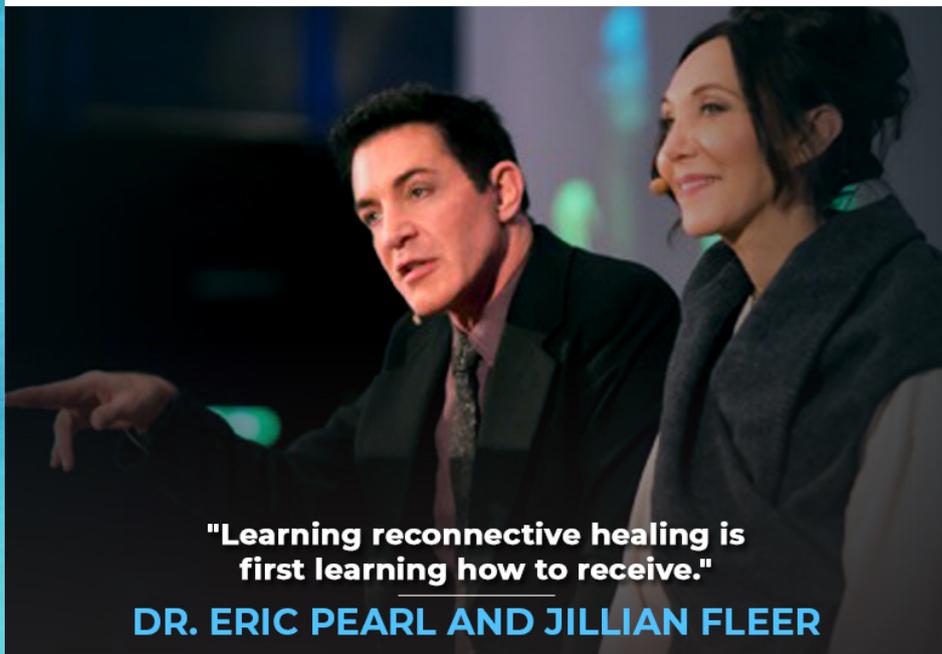
## 9 Point Checklist

### Dr. Eric Pearl & Jillian Fleer

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **9 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**



**"Learning reconnective healing is first learning how to receive."**

**DR. ERIC PEARL AND JILLIAN FLEER**

# 9 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 9 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 Fleeher'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](#).

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

<https://www.getyourselfoptimized.com/reconnection-healing-dr-eric-pearl-jillian-fleeher/>