

320: The Wisdom of Homeopathic Medicine

10 Point Checklist

Ambika Wauters

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**



**"Intuition is the best guide we have.
I'd rather trust my intuition than hear
what others have to say about my life."**

AMBIKA WAUTERS

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.**

- Tap into my intuition. Believe there is a special type of knowing when something is incredibly amazing, off, or needs my attention. Listening to it can be life-changing.
- Don't be embarrassed to ask for prayers. Requesting others to pray for me has healing powers.
- Don't hesitate to ask for help when I feel like I can't go through challenges alone. There is always someone willing to help.
- Always remember to thank my angels for guiding me and keeping me from harm.
- Practice my focus and concentration, so I become more aware of my surroundings and the messages sent by my guides.
- Listen to music to help me concentrate. Find ways to reach and remain in my flow state, so I become more connected with my subconscious self.
- Find comfort in meditation. Start small and grow as I go. It is not an easy journey, but everything will be worth it.
- Practice self-love and forgiveness. Be kind and compassionate with myself; I am only human.
- Pray for others and wish them a good life. Look out for their best interests and send positive vibrations their way.
- Visit Ambika Wauters's [website](#) to learn more about homeopathy and access some of her books.

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

<https://www.getyourselfoptimized.com/the-wisdom-of-homeopathic-medicine-with-ambika-wauters/>