

# 377: Miraculous Healing

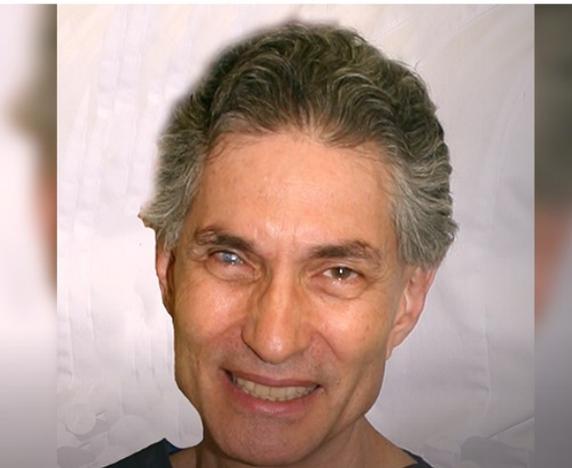
## 10 Point Checklist

### Dr. Kirby Hotchner

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**



"True healing is the healing of the mind. Only a sick mind can convince you that you're sick."

**DR. KIRBY HOTCHNER**

# 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.**

- Set my mind free from false, worldly beliefs. Healing takes place when the mind is in the best condition. So ask the question: what are the beliefs I'm still holding onto that need to be healed or released?
- Establish a connection with the Divine. Allow the mind to wake up to the truth — that I am healed and everything is happening for me.
- Embrace the light within me. Allow love, peace, abundance, and the fullness of God to manifest in my life and consciousness.
- Rise above the physical and come into the spirit. The kingdom of God is in the spirit, which is a pure place.
- Stop feeding my fear. Fear is not a spiritual reality and has no spiritual existence. It only exists because of the power I give to it.
- Help others go beyond their perceptions and beliefs to the truth of who they are, their loved ones, and who everyone really is.
- Spend more time in silence to listen to God. Allow the Father to reveal Himself to me and guide me in everything I do.
- Be more forgiving of myself and others. True forgiveness is when I free myself from negativities and allow loving and beautiful memories to fill me for eternity.
- Never judge by appearance. Instead, ask for Christ's vision, the true vision, to see through the appearance. Let the Holy Spirit help me see through the appearance of sickness, age, evil, etc.
- Visit Dr. Kirby Hotchner's [website](#) to learn more about him and his services.

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

<https://www.getyourselfoptimized.com/miraculous-healing-with-dr-kirby-hotchner>