

STELLAR Life

Hosted By *Orion*

The Galactic Shaman

10 Point Checklist

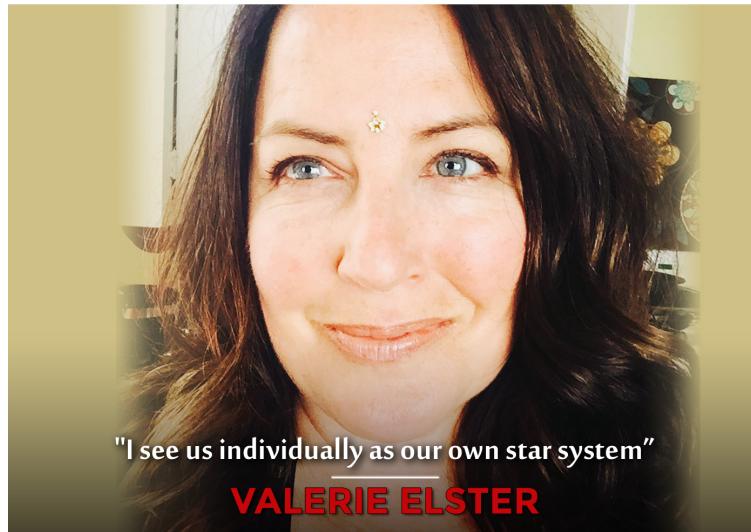
Valerie Elster

Want to gain as much knowledge as possible out of this episode?

Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"I see us individually as our own star system"

VALERIE ELSTER

10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Let go of fear to open myself up to a higher level of connection. If I find myself feeling fearful, think of how I can replace fear with openness.
- Practicing meditation is a way to open myself up to spirituality. Try meditating for a few minutes each day.
- To step into my gifts, start listening more to others and the world around me.
- Push my ego aside and think about what others need to truly help them. This helps me to connect with the universe and better serve other people.
- To channel the universe, ask myself the following questions: Why am I here? What is my authentic self?
- Don't be afraid to embrace the different sides of myself and share them with the world. Think about how I can share different aspects of myself with the world today.
- Practice saying "I am ____," and fill in the blank with who I want to be to manifest what I want into reality.
- There are many more ways to communicate with people other than language. Pay attention to the different signals my frequency and body language, for example, gives off to other people, and how that affects my relationships.
- To increase my frequency, or vibration, focus on emanating love toward others.
- Everything starts with the relationship that I have with myself. Practice loving myself today.