

# STELLAR *Life*

Hosted By *Orion*

## Creating Miracles Through Abundance

10 Point Checklist

**Maria Kellis**

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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# 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.**

- Recognize that pain is more than just a physical sensation. It is also a signal that sends deeper information to your body.
- Understand that your healing journey will have obstacles and tests. Remember that these too, are gifts.
- Be courageous and don't be afraid of where you are going in this life and in the afterlife.
- Understand that you are able to create realities for you to achieve your innermost desires. One way to do so is to practice lucid dreaming.
- Realize that whenever you feel like a lot of bad things are happening in your life, the process you take to rebuild afterwards gets easier each time.
- Open yourself up to the possibilities of the universe to be ready to recognize and receive its gifts.
- Practice clearing or removing the things you don't need so that you can have a different existence or an empty hand to be able to grab what you truly want.
- Use love as the vehicle for change because it is like the glue that is everywhere. So fill your hand with love as you grab the space-time threads of your life.
- Hold on to your desired reality despite setbacks that may occur. Continue holding on or manifesting that reality.
- Create your future through your actions and intentions and learn more by connecting with Maria Kellis on Facebook.