

STELLAR *Life*

Hosted By *Orion*

Family Constellation Therapy and Healing

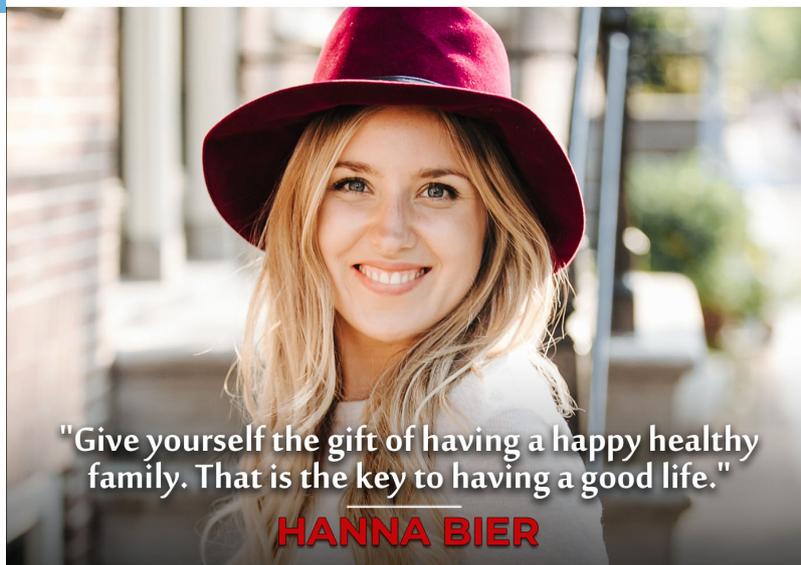
10 Point Checklist

Hanna Bier

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.**

- Explore more about Family Constellation Therapy and understand how morphic field works within your family system.
- Seek guidance from a family constellation therapist. Find a workshop that works best for you. Hanna mentions it can be done in groups or in a one-on-one environment.
- Recognize that your family's values or circumstances directly influence your behavior and beliefs. Release any limiting patterns through meditation and visualization with the help of a therapist.
- Ensure that your personal needs are taken care of first. Don't carry the burden of supporting others when you are not yet fit for it.
- Understand that your parents and siblings have their own role within the family system. Learn to act according to your position for the energetic field to work respectively.
- Set the intention to ask for support from your parents. Oftentimes, it's the other way around which causes for you to grow up too fast and acquire these traumas.
- Have a daily practice of increasing your vibration to perceive subtle energy. Hanna says it's a matter of unblocking your spiritual gifts and can be achieved with the help of an energy healer.
- Do what it takes to have a healthy family. It's the best gift that you'll ever have.
- Accept and embrace the gift of being a receiver. Life has so much to offer once you learn to allow yourself to receive everything.
- Live life with a lot of fun and a lot of love. Nothing more, nothing less.