

STELLAR *Life*

Hosted By *Orion*

Love & Healing

10 Point Checklist

Elaine Harris

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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"Everything is energy, light, and sound.
That is the foundation for all healing modalities"

ELAINE HARRIS

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.**

- Heal myself faster by working with my body and with energy using tools like Reiki and bodywork.
- Create permanent change in my healing by using the foundation of all healing modalities, which is energy, light, and sound.
- Do different types of work to heal myself, such as mindwork, hypnosis, and energy work
- Be intuitive. By sensing where someone is truly at I won't believe lies and can find truth.
- Reveal my shadow. If my partner breaks promises, take a look at myself to see if I do the same.
- Tell the truth to myself and my partner, so that I will have an honest relationship and so my partner also shows me integrity and honesty.
- Use my masculine side and drive to move forward without shutting down my femininity and my connection to my body.
- Recognize and acknowledge when I was hurt and find the lesson I needed, so I can learn and improve myself.
- At the end of the day, drop my shield, open my chakras to spiritual energy, and make the choice to tune into my divine feminine and become a goddess to my partner.
- Release the deep anguish, betrayal, and violation of old relationships by doing deep work to eliminate them from your body and move forward happy, healthy, and ready for love.