

# STELLAR *Life*

Hosted By *Orion*

## The Movement of the Feminine

10 Point Checklist

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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.**

- Stretch your body regularly to unlock the tension in your shoulders and hips. This will help you form the “S movement” a.k.a. the feminine movement.
- Join communities that can help you discover your body in an in depth manner, teaching you to love it deeply and profoundly.
- Remember that your sexuality is a beautiful life force energy.
- Practice rhythmic movements that help you be comfortable with yourself and express your sensuality, giving it the power to explode into your fullest potential.
- Learn to love your body by not judging your own appearance. Instead, be thankful for your legs because they help you go places. Be thankful for your tummy because it stores the food you need for nourishment.
- Feminine energy is electric. For you to find your true feminine energy, you need to have a conductor. Find an outlet that brings it out of you through seminars, retreats or meet ups.
- Believe that your body is more than just a physical aspect. Once you start listening to your body, it helps you know the truth about who you’re meant to be.
- Use movement to find what feels beautiful, gorgeous, and sexy to feel better and improve your mood.
- Find balance in radiating your energy through your clothing and actions by knowing when you can be lively, loud and excited or quiet & private.
- Learn to embrace your emotional responses by breathing all the way to your lower back down to your toes, allowing your body to feel healthy.