

STELLAR *Life*

Hosted By *Orion*

Lucid Dreaming

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.**

- ☐ Research lucid dreaming and understand its benefits to your subconscious mind and healing past traumas.
- ☐ Don't avoid nightmares. Be grateful for it. It's often a sign of a healthy and active mind.
- ☐ Have a nap. It's a perfect channel for lucid dreaming and has proven advantages for your cognitive and mental health.
- ☐ Make an effort to recall your dreams and write them down. Don't worry about the minor details but list down significant events.
- ☐ Create your dream plan in three stages. The first stage is your goal in your next dream with a description. The second stage is to draw a picture. The third stage is Sankalpa, which is your call to action.
- ☐ Explore and learn more about shadow work. Allow yourself to heal by embracing your deepest wounds.
- ☐ Practice kindness. You'll never regret it.
- ☐ Ask yourself, "If I'm on a lucid dream, how would I answer?" when faced with a challenging situation.
- ☐ Have fun on your spiritual journey. Don't take it too seriously and learn to enjoy the process.
- ☐ Educate yourself and participate in workshops and retreats about lucid dreaming and shadow work.