

# STELLAR *Life*

Hosted By *Orion*

## Chakra Dance

10 Point Checklist

**Natalie Southgate**

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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"The more you clear your body and your energy field, the more you can open up to the subtle vibrations of the spirits."

**NATALIE SOUTHGATE**

# 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.

- Learn more about your chakras and how to balance the different types of energy within you. Let this knowledge help you become more in tune with your inner self so that your overall physical being thrives.
- Cultivate your self-expression through different forms of art. Natalie considers dance as a form of release, but you may prefer writing, painting, or singing.
- Pay close attention to your vivid dreams and write them down in a journal. In Jungian Psychology, these dreams are messages from the subconscious.
- Create a sacred space in your home where you feel safe and completely yourself. Fill it with things that inspire you and meditate there when you need to recharge and spend some time alone.
- Don't be too hard on yourself when it comes to maintaining a healthy lifestyle. Accept that it's okay to indulge yourself occasionally as long as you don't forget your real reasons for doing what you're doing.
- Don't force things. Instead, let life unfold naturally. That doesn't mean you don't have to work hard for your dreams, but what is meant for you will not pass you by.
- Stay grounded by keeping a secure connection with your spiritual side. Be aware of your thoughts and actions and always aim to be authentic.
- Learning new skills, starting a self-development practice, or educating yourself on topics of interest can expand your horizons, help you meet new people, and improve your lifestyle.
- Keep moving and be more physically active. If you're spending hours working in front of the computer, make sure to find time for a pleasant walk or some exercise in the outdoors.
- Grab a copy of Natalie Southgate's book, [Chakradance: Move Your Chakras, Change Your Life](#), and start activating your energy from within.