

STELLAR *Life*

Hosted By *Orion*

Quantum Love

10 Point Checklist

Dr. Laura Berman

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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"Quantum physics has the capability to harness our body's energy and manifest the life we most desire."

DR. LAURA BERMAN

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.

- Focus on the feelings you want to experience in your ideal relationship rather than a list of qualities you are looking for in a partner.
- Practice guided meditation to always keep your mindset in check. Remember what is truly important and try not to focus on superficial things.
- Don't dwell on resentment, frustration, or jealousy. These types of low-frequency emotions tend to build up and consume your thoughts which can be harmful to your relationship.
- Happiness won't appear out of thin air. You need to seek it out. Maintaining a great relationship also involves teamwork and a lot of effort.
- Develop a spiritual practice both individually and as a partnership. Let moments with the divine strengthen your faith in your higher power and between each other.
- Discuss boundaries and be clear about what each partner does and does not want in the relationship. Communicate these openly in a loving, nurturing way.
- Learn to listen intently to your partner and your inner voice as well. Pay attention to subtle hints or body language and make your partner feel they are seen, heard and appreciated.
- Always aim for the win-win. Argue not to prove a point, but to reach the best outcome for your relationship.
- Experiment with intimacy. Don't be afraid to have some fun and explore each other's desires.
- Grab a copy of Laura Berman's book, [Quantum Love: Use Your Body's Atomic Energy to Create the Relationship You Desire](#).