

STELLAR *Life*

Hosted By *Orion*

The Quantum Reality of Possibility

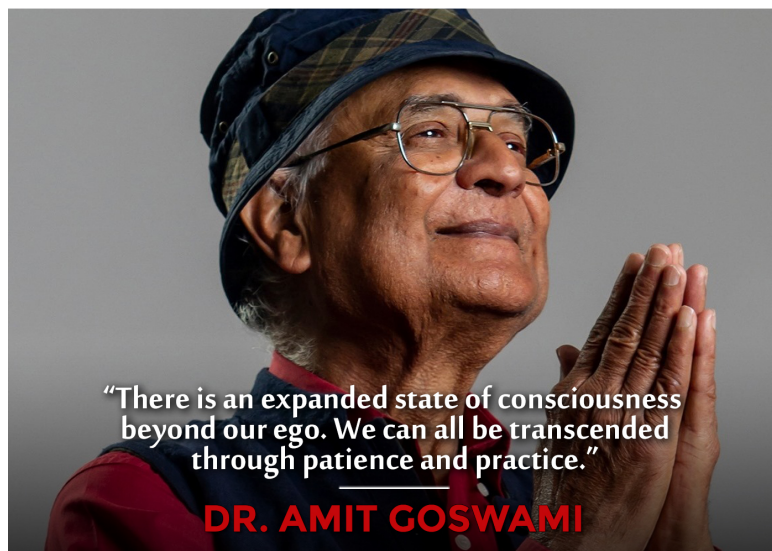
10 Point Checklist

Dr. Amit Goswami

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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"There is an expanded state of consciousness beyond our ego. We all be transcended through patience and practice."

DR. AMIT GOSWAMI

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.**

- Expand your consciousness to become more self-aware. When you are highly aware of your strengths and weaknesses, you become more guided.
- Be mindful of your thoughts. Make sure your thoughts are there to uplift and empower you, not give in to your fears and doubts.
- Be mindful of how mindful you are of your thoughts. According to Dr. Amit Goswami, It's not enough to just meditate regularly. You should be mindful of how you do your meditation as well.
- Don't get too attached to your ego. Your outer and physical identity is nothing compared to your inner and spiritual identity. Nourish within first and let that reflect externally.
- Keep your curiosity going. Continue expanding your consciousness by maintaining an open mind to different beliefs and cultures.
- Spend more time with nature. The setting helps you become more in tune with yourself.
- Train yourself to meditate regularly. Starting with a few minutes, a couple of times every week can end up with long daily meditations. Just be patient with yourself.
- Communicate with others on how they see or perceive you. Self-awareness isn't just about going within, it's also about asking the people who surround you how you affect them.
- Don't be afraid to show emotion. Let your feelings flow freely and learn how to process your emotions with kindness and vigilance. It's okay to not be okay, but don't dwell in negativity.
- Visit [Dr. Amit Goswami's website](#) to check out his books, workshops, and content about quantum physics, and expanded consciousness.