

# STELLAR *Life*

Hosted By *Orion*

## Huna Shamanic Wisdom

10 Point Checklist

**Jonathan Hammond**

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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Shamanism aligns with the sumptuous nature of what it is to be a human and what it is to live on the earth.

**JONATHAN HAMMOND**

# 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 shamanism and its principles. Shamanism isn't a path of belief but of exploration. People follow its concept to tap on their inner wisdom for self-healing and transformation.
- Be brave enough to go on a healing journey. You deserve to be happy and at peace with yourself. Whenever there is an imbalance inside you, dare to tackle it one step at a time.
- Surrender to what the universe has in store for you. Believe that you are destined for good things. Your thoughts become a reality.
- Individually do your part in creating a better world. Change starts with you. Your everyday habits are what make this world a better place.
- Learn more about Huna Philosophy. It is a pearl of esoteric Polynesian wisdom that holds the seven principles of life: Ike, Kala, Makia, Manawa, Aloha, Mana, and Pono.
- Believe that you have the power to create your reality. Your mind is a powerful tool. Whatever you think about becomes who you are. Whatever you desire may become your reality.
- Free yourself from your limitations. No limits exist. Your fears and hesitations lie only in your mind. Before you achieve anything, you must accomplish your mind.
- Remember that energy flows where attention goes. Invest more time in things that keep your energy in a positive direction. Whatever you spend most of your time on produces more evident results.
- Focus on the present moment. You have no power over your past and future, for you cannot do anything about it. Now is the time to act. Your life depends on it.
- Learn more about Shamanism and Huna Philosophy with Jonathan Hammond when you grab a copy of his book, [The Shaman's Mind: Huna Wisdom to Change your Life](#).