

STELLAR *Life*

Hosted By *Orion*

Symbolisms And Your Subconscious Mind

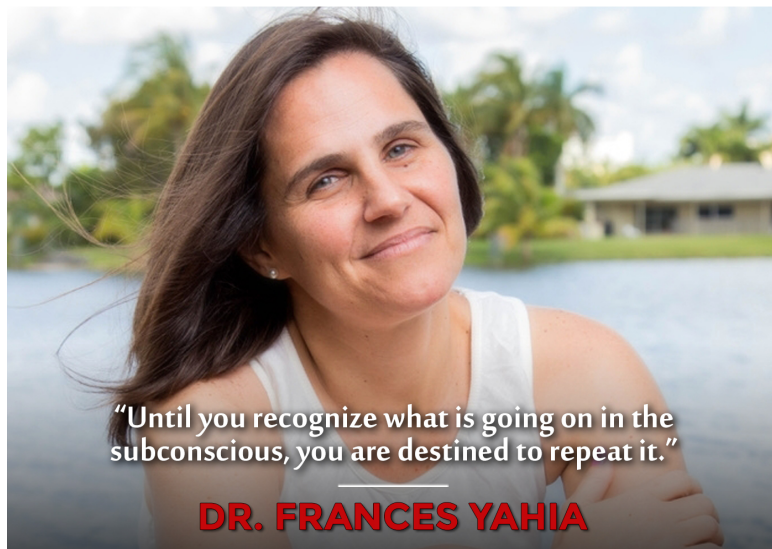
10 Point Checklist

Dr. Frances Yahia

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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“Until you recognize what is going on in the subconscious, you are destined to repeat it.”

DR. FRANCES YAHIA

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.**

- Pay attention to who you are- your priorities, choices, and how you come up with decisions. Keep learning about yourself by trying new things to broaden your horizons.
- Find time to regularly quiet your mind. Activities that help are meditation, exercise, writing, walking in nature, and decluttering.
- Read more books that broaden your way of thinking. Discover new authors with ideologies that help improve people's lives.
- Identify your strengths and weaknesses but focus more on what you're good at.
- Don't hesitate to get deep down into the rabbit hole. There is more to life than meets the eye.
- Study about symbolism. According to Dr. Frances Yahia, there are many hidden symbols in this realm that help people find answers to their past, present, and future.
- Balance out your realistic and shamanistic consciousness. Living in a modern, digital world too much can make you feel disconnected from your spiritual self.
- Keep your chakras aligned by taking care of yourself holistically. Ensure you get enough sleep, eat the right food, maintain an active lifestyle and cherish your relationships.
- Be open to the fact that you can change your narrative and redo it all over again. Life has infinite possibilities, and you have a choice to change your story whenever you feel it doesn't fit.
- Visit Dr. Frances Yahia's [website](#) to learn more about the four stages of mind development and tips on becoming more self-aware.