

STELLAR *Life*

Hosted By *Orion*

A Journey into One's Past Lives

10 Point Checklist

Dena Merriam

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 goal is to return to birth not out of compulsion but out of the willingness to be of service so that you can uplift the consciousness of the planet."

DENA MERRIAM

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.**

- Be conscious of what you put out into the universe. You create your reality and future with whatever you put your time and effort into.
- Determine your negative patterns so that you can find a way to overcome them. Negative habits can weigh you down mentally and physically.
- Have patience in finding your calling. Keep trying out new things to find what you really love.
- Take time for some self-reflection. Looking within helps you develop self-awareness and consciousness to grow as a person.
- Research more about how plant medicines can help open your consciousness. However, make sure to use them in moderation. It's important not to become dependent on them.
- Trust the process of your spiritual journey and keep listening to your intuition. Your instincts help you quickly make decisions and readjust to changing conditions.
- Create a strong connection with a source of higher power. If you are seeking guidance, sometimes the best thing to do is ask your guides.
- Keep working on yourself. Having an awakening is a journey that never ends. There is always room for growth and expansion.
- Develop a spiritual practice. Spirituality leads you to find purpose, faith, comfort, and inner peace in your life.
- Visit Dena Merriam's [website](#) to check out her books, and visit the Global Peace Initiative of Women's [website](#) to learn more about their story and mission.