

STELLAR *Life*

Hosted by *Orion*

Consciousness and Breathwork

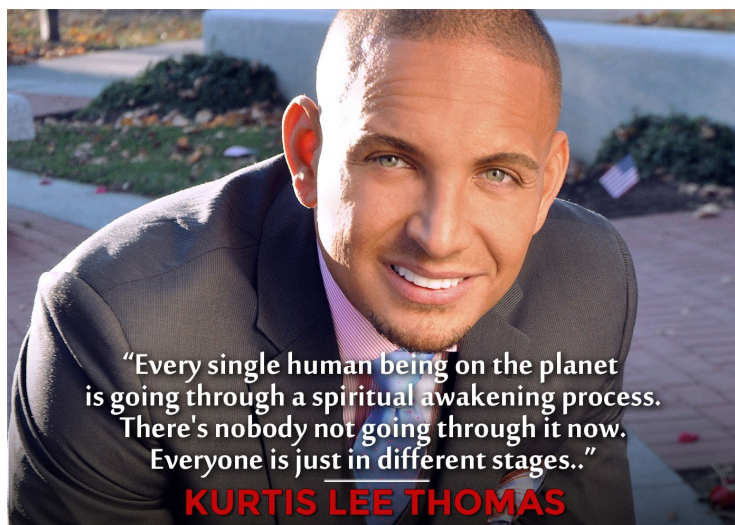
10 Point Checklist

Kurtis Lee Thomas

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!

STELLAR *Life*

Hosted by *Orion*



"Every single human being on the planet is going through a spiritual awakening process. There's nobody not going through it now. Everyone is just in different stages.."

KURTIS LEE THOMAS

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 curious. Curiosity is essential to your growth. It will lead you to move deeper with your relationships with others and to opportunities you never knew existed.
- Be open to doing the work. Once you go through the process, negative energy and trauma will leave your body, and you will feel liberated.
- Expand your consciousness. Be awake and aware of your surroundings.
- Be a warrior, not a worrier. Don't be afraid of what is happening in the world right now. Everything will get crazier and darker, but light will come and everything will be good.
- Quiet your mind, which allows you to think with clarity and answer questions you have been seeking.
- Show up with no expectations during a breathwork session. Set your intention to release things that no longer serve your highest and greatest good and fill those spaces with light and love.
- Be honest with yourself. Honesty is connected to your consciousness, self-awareness, shadow work, and seeing the truth.
- Take care of your body. The body is the vehicle. It is the one taking the beating on this Earth journey. It's the dirty part of incarnation.
- Check out Kurtis' new book, [The World Is Yours: The Awakening](#). It is one of the best books to give to somebody who's having a tough time waking up.
- Visit Kurtis Lee Thomas' [website](#) or Breathwork Detox's [website](#) to know more about breathwork and all the cool things he offers.