

# STELLAR *Life*

Hosted by *Orion*

## Love, Healing and Quantum Technology

### 10 Point Checklist

## Philipp & Cru von Holtzendorff-Fehling

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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"I believe that the present moment is the only moment  
I can be active and powerful within."

**PHILIPP & CRU VON HOLTZENDORFF-FEHLING**

# 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 patient with your awakening process. Awakening takes time, but you will notice changes in yourself and the world around you as time goes by.
- Take care of your body. You need to learn how to treat your body correctly to increase your energy levels and to have a better ability to accomplish goals.
- Listen to your intuition. Trusting your intuition is the ultimate act of trusting yourself. Listening to your intuition helps you avoid unhealthy relationships and situations.
- Train your whole system to be open to solutions no matter your problem. Effective problem-solving skills will result in a happier, more confident, and more independent self.
- Follow your heart. When faced with a decision or conflict, your mind may develop numerous logical reasons why you should act a certain way. Still, if you listen to and trust your heart—however illogical it may seem—it is usually right, and you'll be happier as a result.
- Learn to meditate. Meditation can give you a sense of calm, peace, and balance that can benefit your emotional well-being and overall health.
- Be healthy on all levels. Holistic health is about caring for the whole person — providing for your physical, mental, spiritual, and social needs. All these aspects affect your overall health, and being unwell in one can affect you in others.
- Know what's suitable for your body, observe what works and what does not. Everyone is not the same. Some approaches to health may work for others but may not work for you.
- Visit Leela Quantum Tech's [website](#) to learn more about their products. Also, connect with Philip and Cru on [Telegram](#) if you have questions.