

STELLAR *Life*

Hosted by *Orion*

Heal through Music

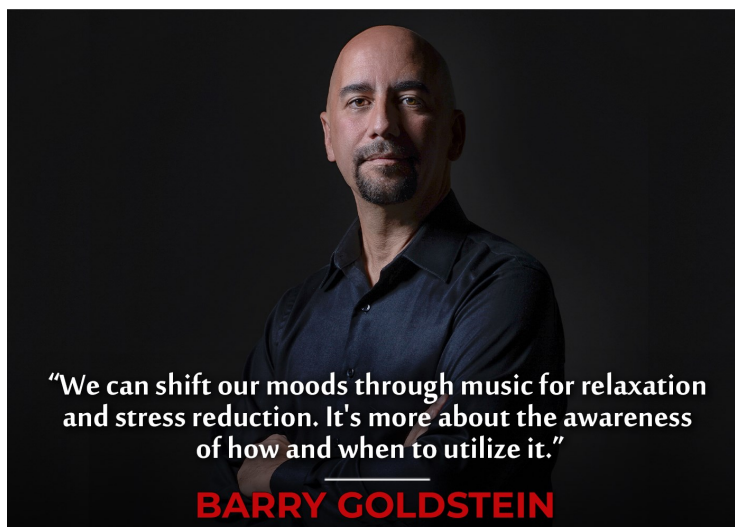
10 Point Checklist

Barry Goldstein

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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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 about the effects of rhythmic pulse on the heart rate, also known as entrainment. This talks about how musical tempo influences heart performance.
- Allow the music to energize and heal you. Certain tones and vibrations have a way of relaxing the nerves, making it a modality for healing.
- Become more aware of the ways to utilize music to heal your soul. Find what suits your preference best even if certain notes are initially composed for healing.
- Deepen your connection with yourself, so you become more in tune with your body's needs. Sometimes you should pause and truly listen to what your intuition tells you.
- Evaluate the types of music you listen to. If something isn't helping you cope, connect, and feel, it is most probably not the best genre for you.
- Nourish and maintain your physical health; it is more responsive to music therapy when you are in your best shape.
- Deal with your emotions in a healthy way. So often, when we are in pain, we tend to depend on vices. However, there are many better ways to help you heal and go through your struggles.
- Give yourself an hour to disconnect before you sleep. Turn off your digital devices' notifications and calm yourself with soothing music.
- Start your day by placing your hand on your chest to be more in tune with your vibration. Doing so will help ground you better and set you up for the day.
- Check out Barry Goldstein's musical masterpieces when you visit his [website](#) and grab a copy of his book, *The Secret Language of the Heart*.