

STELLAR *Life*

Hosted by *Orion*

The Beauty Of Energy Healing

10 Point Checklist

Karen Wilson

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 spiritual path sometimes opens up for people who have some sort of a shock in their life.”

KAREN WILSON

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.**

- Take a Reiki class. Get a Reiki attunement because it's such a beautiful thing to have.
- Ground your energy before you work on energy healing. You can do that by grounding your feet on the earth, touching a tree, or using your breath.
- Make sure you ask the universal energy that linked you and your clients to be dropped after a session. This is because there are energies they will dump on you during a healing session.
- Keep the energy very protected and sacred. You want to make statements around what energy you will allow in the room and what energy you don't allow in the room. Always let the energy come in for the highest good of the person.
- Be in control of your space and be intentional. Stand in your presence and call in your spiritual helpers, your own essence, and your higher self.
- Always separate yourself and your ego when you learn Akashic Record reading. This will allow you to get the message from your guides.
- Know yourself. Watch yourself and notice your triggers. Be curious about why you get mad when you get mad, why you get depressed when you get depressed, and what triggers you.
- Love yourself. Self-love is important. Drop into that heart space for yourself.
- Call in your higher self because your higher self is you. It's just you when you're awesome, wise, funny, kind, and on point.
- Visit Karen Wilson's [website](#) to learn more about her and her services.