

# STELLAR *Life*

Hosted by *Orion*

## Medical Intuition as Your Way to Wellness

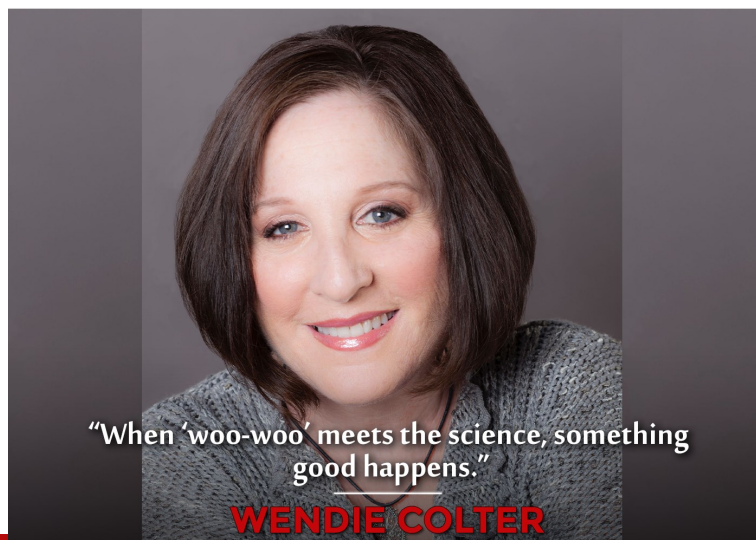
10 Point Checklist

**Wendie Colter**

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.**

- Find mentors that will teach you their ways of thinking. From that, develop your ideas of how to use intuition in healthcare.
- Learn the different ways a medical intuitive works. Many use clairsentience, which is that sense of feeling. Others use claircognizance, which is that knowingness. In comparison, others use clairaudience, where they might hear words, sounds, or something that indicates information. And others use clairvoyance, which means clear seeing.
- Practice self-care. Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and more.
- Do grounding and shielding exercises to start that dialogue between your body and mind. This will allow you to listen and pay attention to what's happening to you.
- Always clean your own energy and don't take on other people's stuff. Clean out anything you don't want so that you don't have to carry the burdens of others around in your life.
- When a physical issue manifests, it's important to look at the underlying causes. Those can be not just physical but emotional, mental, and spiritual. You want to take that viewpoint to get the full spectrum.
- Always look to the positive in every situation and accentuate it with gratitude. That's where your higher self wants to give you information. That's where your life lessons are.
- Practice meditation. There are so many styles of meditation out there; try different ones and see which one works for you. It works on the body, spirit, and mind. It's such a powerful skill.
- Cultivate your intuition. Pay attention to the little hits you get - that little gut feeling, little inner voice, or little sense of knowing - and listen to it. This is your direct line to universal information.
- Visit Wendie Colter's [website](#) to learn more about her services, classes and workshops. Also, check out and read her latest book, [Essentials of Medical Intuition: A Visionary Path to Wellness](#).