

STELLAR *Life*

Hosted by *Orion*

Messages From Your Spirit Guides 10 Point Checklist

Mark Nelson

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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“Unresolved past life issues can manifest in present relationships, fears, or health issues. We have to address and heal our pasts.”

MARK NELSON

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.**

- Spend time in a quiet space. The silence will help you block external distractions and concentrate on messages you receive from your guides.
- Pay close attention to what your body tells you. It's capable of giving you clues and important messages. Attention to these clues and messages can add to your understanding of your consciousness.
- Set an intention to stay present and attentive to spiritual messages. This can help you define your clear and specific goals, which can help you positively channel your energy.
- Create deeper connections with others. By improving your ability to connect with others, you can offer insightful and compassionate advice.
- Join organizations to receive support, develop skills, and promote personal growth. Find local groups and try them out to determine if they're a good fit.
- Trust your intuition when receiving messages or insights. Remember your intuition is unique and may not always be clear to others.
- Consider the importance of timing in how events transpire. What doesn't make sense now may become clearer in the future.
- Use the information you receive as a powerful tool for positive change, and act on it. Bring healing, growth, and transformation through your abilities.
- Learn to protect yourself from harmful or disruptive spirits. Look for ways to strengthen your energy field, such as setting personal boundaries and connecting with your higher power.
- Check out Mark Nelson's [website](#) for personal consultations and resources to enhance your psychic abilities.