

STELLAR *Life*

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Quantum Healing

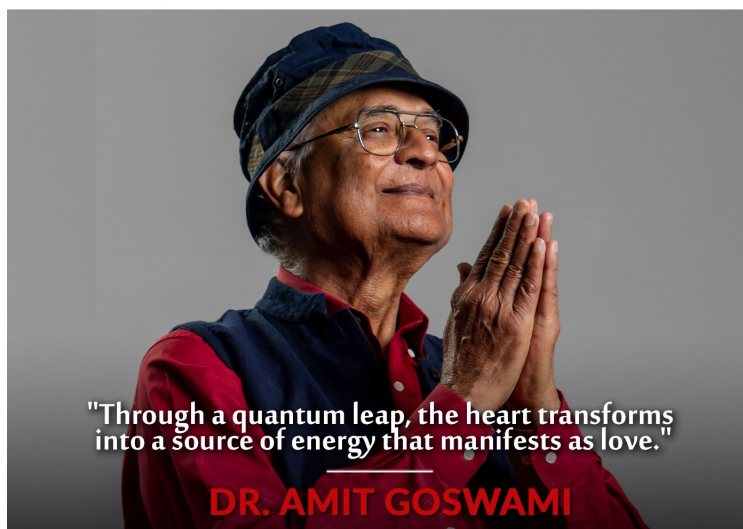
10 Point Checklist

Dr. Amit Goswami

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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"Through a quantum leap, the heart transforms into a source of energy that manifests as love."

DR. AMIT GOSWAMI

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.**

- Cultivate awareness of the present. Practice mindfulness through meditation, yoga, or become aware of your breath and surroundings.
- Seek your purpose. Explore the deeper questions of life and find ways to align your actions with your values and sense of purpose.
- Foster meaningful relationships with friends, family, and community. Connect with others often as social connection is essential to healthy well-being.
- Embody love and compassion. Practice kindness and empathy towards yourself and others, and recognize we are all connected to a larger whole.
- Recognize the power of your thoughts and beliefs in shaping your reality. Focus on cultivating positive and empowering beliefs.
- Live in alignment with your highest self and deepest values. Learn to let go of anything that no longer serves your growth and well-being.
- Sustain enthusiasm and resilience for good health. Strive for overall health and adopt a positive outlook to overcome obstacles and achieve goals.
- Connect with yourself and your beliefs through quantum healing. Use the seven “I” processes (inspiration, intention, intuition, imagination, incubation, insight, and implementation) to experience positive quantum leaps in your health. These processes can bring significant physiological changes and improve health and well-being.
- Let go of external validation. Instead, focus on self-love, compassion, and purpose to break free from negative emotional brain circuits and the pleasure-seeking mindset.
- Visit Dr. Amit Goswami’s [website](#) to learn more about his extensive ideas on spirituality and science.