

# STELLAR *Life*

Hosted by *Orion*

## The Magical Healing Energy of Crystals

### 10 Point Checklist

## Heather Askinosie & Timmi Jandro

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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"Our spiritual journey is not always rainbows and unicorns but is a constant process of learning more about ourselves — the good, the beautiful, and the shadow."

**HEATHER ASKINOSIE & TIMMI JANDRO**

# 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.**

- Harness your skills and talents to transform your energy into a positive force. Channel it towards a cause that resonates with you.
- Approach crystal healing with an open mind and enjoy your unique journey.
- Trust yourself, your intuition, and your capabilities. Listen to your inner voice and values when using crystals.
- Regularly cleanse and charge your crystals to remove negative energy, and then, refill them with positivity.
- Set your intention before using a crystal. This can be a goal or a desire, such as the intention of prosperity to bring more positivity into your life.
- Choose crystals that resonate with your personality and values. Each crystal has unique properties that make it ideal for different purposes.
- Meditate with your crystal to deepen your connection with its energy and enhance your practice.
- Place crystals in your home or workspace areas to promote positive energy and balance.
- Use crystals with visualization and positive affirmations to manifest your desires and goals.
- Find Energy Muse's jewelry and books on their [website](#) and social media platforms, such as [Instagram](#), [Facebook](#), [Twitter](#), [TikTok](#), [YouTube](#), and [Pinterest](#).