

STELLAR *Life*

Hosted by *Orion*

Clear Trapped Emotions

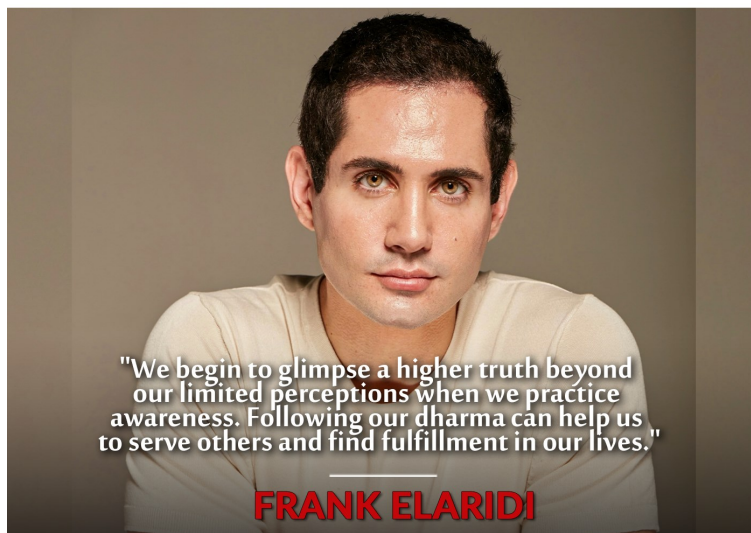
10 Point Checklist

Frank Elaridi

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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"We begin to glimpse a higher truth beyond our limited perceptions when we practice awareness. Following our dharma can help us to serve others and find fulfillment in our lives."

FRANK ELARIDI

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 healthy boundaries. Don't absorb the traumas of those around you. Allow yourself the space to process your emotions without being overwhelmed by the pain of others.
- Embrace life's natural ebb and flow. Recognize that change is inevitable and that every experience can grow you into your highest self.
- Cleanse your heart of any toxic energies or emotions. Allow light and positivity to flow.
- Seek the guidance of professional healers, acupuncturists, or energy workers who can help you heal your trauma and cultivate emotional balance and well-being.
- Cultivate a sustainable and nourishing spiritual practice by incorporating kriya yoga into your daily routine.
- Embrace a lifestyle of conscious consumption and ecological responsibility. Start with small but powerful changes, such as swapping plastic bottles for reusable alternatives.
- Harness the power of your intention and focus by creating a morning ritual. This will inspire and uplift you and set the stage for a day of productivity, creativity, and joy.
- Tune in to the signals your mind and body are sending you. Heed the warning signs of burnout before they escalate into something more serious.
- Recognize the importance of balance and self-care in your life. Make a conscious effort to prioritize your needs and well-being alongside your other responsibilities.
- Visit Frank Elaridi's [website](#) to connect with him and to learn more about his wonderful work. Follow him on his [Instagram](#) and watch his [YouTube](#) videos for powerful tips on how to clear your heart.