

STELLAR *Life*

Hosted by *Orion*

Psychedelic Wisdom

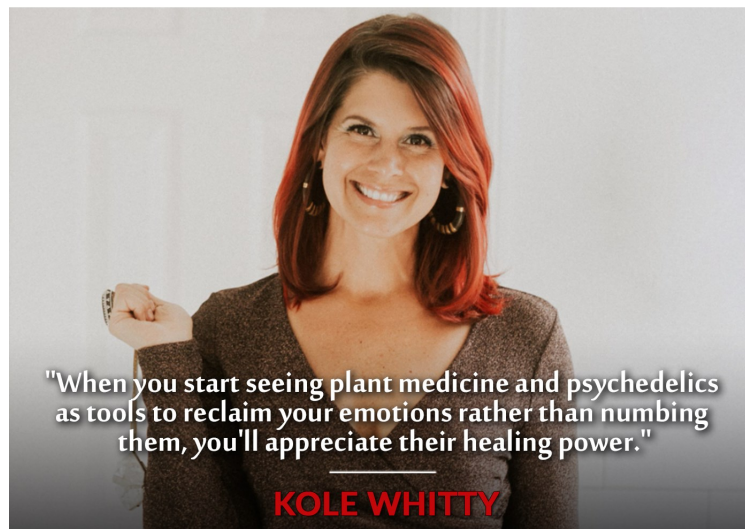
10 Point Checklist

Kole Whitty

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!

STELLAR *Life*

Hosted by *Orion*



"When you start seeing plant medicine and psychedelics as tools to reclaim your emotions rather than numbing them, you'll appreciate their healing power."

KOLE WHITTY

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.**

- Approach psychedelics with an open mind, curiosity, and deep respect for their healing power.
- Familiarize yourself with the different types of psychedelics, their effects, and potential benefits and risks. Seek out reputable sources of scientific studies to gain a comprehensive understanding.
- Choose the right facilitator by prioritizing safety, experience, and ethics. Trust your intuition and ensure the facilitator respects and addresses concerns before committing to your journey with them.
- Connect with your body and listen to its messages. Engage in meditation or journaling to establish a deeper relationship with yourself.
- Practice self-compassion and be gentle with yourself throughout the psychedelic healing process. Healing takes time and can bring up deep emotions and past traumas.
- Focus on integrating insights and lessons learned after a psychedelic experience into your daily life. Find healthy ways to incorporate your experiences.
- Incorporate body mapping into your daily routine for self-awareness and transformation. Start using a journal to track basic questions about your physical and emotional state.
- Protect your energy field. After spending time around people or in crowded spaces, you can take a shower or bath to cleanse. Cleansing crystals and Agua De Florida can also erase negative energy.
- Embrace radical self-honesty about your desires and goals. This will help you to experience consistent growth and empower yourself to make positive changes.
- Visit condorcoach.com to follow Kole Whitty's events and access valuable resources. Check the Condor Coach podcast, [The Psychedelic Coach Podcast](#).