

# STELLAR *Life*

Hosted by *Orion*

**Free Your Voice, Free Your Mind**

**10 Point Checklist**

**Juliana Andreeva**

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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"Singing is not art; it's the physiological need to be intimate."

**JULIANA ANDREEVA**

# 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.**

- Listen to music and let your brain waves expand. Allow yourself to experience the deep emotions that music can bring.
- Connect with your inner self and master your nervous system through singing. Break free from the fear of failure and embrace the physiological need to express your emotions.
- Release unresolved emotional tensions to tighten your vocal muscles. Align your inner self and voice.
- Allow your voice to naturally resonate by harnessing the energy of your breathing. Sing from your heart. Remember, the best moments are experienced in the present.
- Let go of the need for control and allow your natural abilities to shine. Learn to open your throat chakra and let emotions flow simply by dropping your jaw and breathing.
- Cherish the power of sound. Your voice is an instrument of transformation. As you release trauma through singing, learn to rewrite your script to gain abundance.
- Recognize the connection between your jaw and pelvis. Relaxing your jaw can lead to better relaxation throughout your body, impacting your voice and overall well-being.
- Embrace simplicity in your life. Real fulfillment comes from being true to yourself and letting go of unnecessary complexity.
- Free yourself from societal expectations and vocal limitations. Embrace your unique voice and allow it to flourish.
- Connect with professionals like [Juliana Andreeva](#), who practice a holistic approach to wellness through the power of voice.