# STELLAR Life

## Hosted by Orion

# Awaken to Your Divine Reality

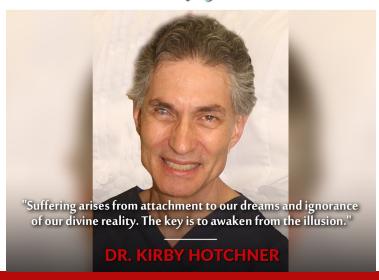
10 Point Checklist

#### **Dr. Kirby Hotchner**

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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#### 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.

Start your day with a deep connection to the divine. Open yourself to God's presence, saying, "Father, speak, I'm listening, I'm open."
Dedicate time each day for meditation. Spend at least two minutes, three times a day, in meditation or communion with the divine. This is a crucial practice to awaken to your divine reality.
Realize that your spiritual body is already perfect and whole. It doesn't need fixing or healing; it needs awakening. Physical health practices should complement your spiritual journey.
Choose your experiences. Prevent the experience of negative illusions and awaken to your divine reality.
Shift your perspective from drug treatment to health optimization. Seek to understand and address the root causes of health issues. Emphasize sickness prevention and holistic well-being.
Believe in the possibility of healing. Maintain the perspective that healing is possible for any condition.
Seek divine guidance. Before making decisions, consult with the Holy Spirit or your higher self Ask for guidance on the right health, relationship, and life paths.
Surrender to the divine when suffering or facing challenges. Empty yourself and relinquish control. Allow the Spirit to guide and heal you.
Release your attachments. Understand that suffering often arises from clinging to the illusions of this world. Practice detachment and surrender to God's plan for your life.
If you're interested in <u>Dr. Kirby Hotchner's</u> healing services, consider participating in his monthly healing service every second Saturday of the month and tune in via <u>Instagram</u> .