

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 [Dr. Kirby Hotchner's](#) healing services, consider participating in his monthly healing service every second Saturday of the month and tune in via [Instagram](#).