

STELLAR *Life*

Hosted by *Orion*

Expanding Consciousness and Otherworldly Encounters

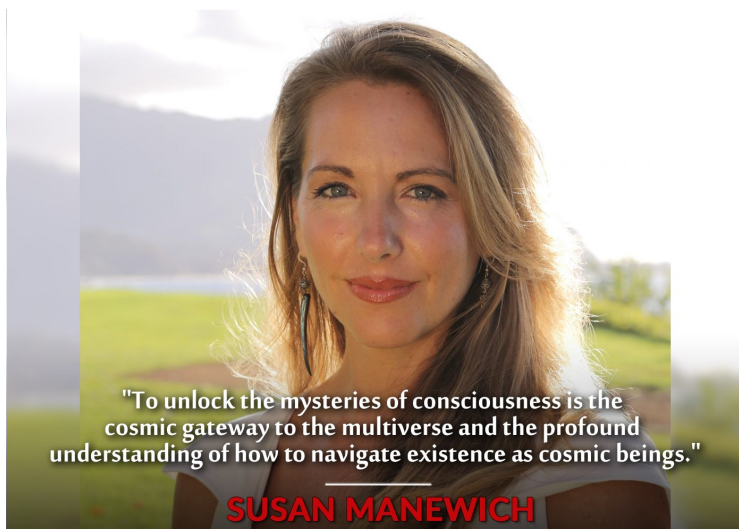
10 Point Checklist

Susan Manewich

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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"To unlock the mysteries of consciousness is the cosmic gateway to the multiverse and the profound understanding of how to navigate existence as cosmic beings."

SUSAN MANEWICH

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.**

- ☐ Integrate consciousness and spiritual encounters with science. Recognize the coexistence of scientific knowledge and spiritual experiences, demonstrating that both perspectives contribute to a comprehensive worldview.
- ☐ Encourage exploration of consciousness over the blind pursuit of technology. Develop questioning and critical thinking about narratives.
- ☐ Recognize the importance of emotional intelligence. Understand the adaptive nature of emotions and how to channel them effectively.
- ☐ Prioritize activities that bring you joy. Reflect on what would bring happiness at the end of life and actively pursue it.
- ☐ Incorporate regular exercise into your routine. Acknowledge the life force within and engage in activities that facilitate its flow.
- ☐ Emphasize the power of conscious breathing. Incorporate deep breaths into daily routines for enhanced effectiveness and emotional balance.
- ☐ Stay informed about planetary shifts and changes. Recognize the connection between personal and broader universal experiences.
- ☐ Embrace chaos as a pathway to coherency and positive transformation. Develop resilience in the face of your challenges and changes.
- ☐ Focus on relationships and connections. Opt for love, healing, and positive interactions over destructive behaviors.
- ☐ Connect with Susan Manewich at jetsusank@gmail.com to learn more about her work.