

STELLAR *Life*

Hosted by *Orion*

The Healing Power of Reiki

10 Point Checklist

Torsten Lange

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.**

- Embrace Reiki as a lifestyle choice. Reiki is a complementary therapy, a lifestyle, and an outlook on life. Consider integrating Reiki principles into your daily routine for your holistic well-being.
- Learn Reiki techniques to apply healing energy to yourself. Foster a deep connection with your own well-being.
- Explore the second level of Reiki to understand the symbols for physical healing, guidance, stress reduction, and interconnectedness.
- Expand Reiki practices, including Reiki water techniques, to deepen your understanding of and connection with energy.
- Acknowledge and explore intuitive sensations during Reiki sessions. Recognize sensations as potential signs of energetic connection.
- Spend quiet moments reconnecting your breath to your inner universe. Practice Reiki self-healing techniques through your own physical touch.
- Recognize that negativity in others is a reflection of their own internal struggles. Avoid allowing past hurts to keep you from sharing love with yourself and others.
- Maintain an open heart and allow love to flow freely. Live from the heart to promote your own genuine happiness.
- Take moments to consciously breathe and recognize your connection to the universe. Deep breaths serve as a quick bridge to spiritual awareness.
- Schedule a spiritual coaching session with Torsten Lange on his [website](#) or through ReikiScience Academy's [website](#).