

# STELLAR *Life*

Hosted by *Orion*

## Tap Into Your Body's Knowledge Through Muscle Testing

### 10 Point Checklist

### Nichole Hirsch Kuechle

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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"Muscle testing is a second language of confirmation. It echoes the whispers of intuition, validating what we feel and affirming what we already know."

**NICHOLE HIRSCH KUECHLE**

# 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.**

- Practice soul retrieval to heal your inner child. Explore, acknowledge, and embrace past traumas to foster deep emotional healing.
- Create a vision board to manifest your desires. This reinforces positive intentions and keeps your focus aligned with your aspirations.
- Share intuitive messages you receive even when you feel vulnerable. Trust in the authenticity of your insights. Recognize that vulnerability is strength.
- Develop muscle testing to tap into your body's wisdom. Start with simple self-testing methods. Gradually build confidence to read your body's responses.
- Boost your mitochondrial function before a parasite cleanse. Support cellular energy production with targeted supplements. Ensure your body is adequately prepared for the detoxification process.
- Frame clear questions for muscle testing. Intentionally move slowly to ensure accuracy and build your confidence.
- Create a strong baseline before cleanses. Assess and address your nutritional deficiencies, lifestyle factors, and stressors to fortify your overall well-being.
- Use frequency devices like the Healy to raise your frequency. Integrate frequency therapy seamlessly into your routine. Cultivate your body's energetic balance and resilience.
- Practice authenticity, vulnerability, and awareness with others. Embrace vulnerability as a pathway to personal growth and deeper connections with others.
- Visit Nichole Hirsch Kuechle on her [website](#) to grab a free at-home health care manual, learn more about her services and how to optimize your health, and shop for products. You can also connect with her on [Instagram](#).