

STELLAR *Life*

Hosted by *Orion*

Healing Chronic Illness and Transforming Pain and Emotional Suffering Through Brain Retraining

10 Point Checklist

Dr. Cathleen King

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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"Healing is simply restoring our natural state, and that is a body that self-heals. It's not witchcraft, shamanism, or woo-woo. It's just a state of connection and safety, which we are all meant to achieve."

DR. CATHLEEN KING

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.**

- ☐ Restore your natural state through the body's self-healing capacity. Start with overcoming misconceptions about the word "healing" and emphasize its scientific basis.
- ☐ Spend time immersed in nature and doing the simple things you loved as a child. Immerse yourself in the joy of nature.
- ☐ Explore the brain-body connection, especially in relation to chronic pain and illness. Investigate practices such as brain retraining, nervous system regulation, and vagus nerve toning to promote self-healing.
- ☐ Practice five to ten minutes of vagus nerve stimulation through deep, diaphragmatic belly breathing, gentle humming that vibrates your chest, or singing your favorite uplifting song. This shifts you out of stress mode.
- ☐ Implement brain retraining exercises each day. Close your eyes and visualize detailed, multisensory childhood memories of unconditional love, feeling safe, and having fun experiences. This helps to reprogram your nervous system.
- ☐ Shift from a hopeless mindset to a focus on living your best life. Redirect your focus on positive experiences, even in the face of chronic illness, to change your perspective.
- ☐ Reflect on one to three core values you cherished as a child. Discover small, daily ways to honor these values. Keep a journal to record how you daily live out your values.
- ☐ Learn from your mistakes. Grow through exercising the healing power of self-forgiveness and self-compassion. Start with imagining a happy and vibrant version of yourself.
- ☐ Review your day's thoughts and emotions before bed. Focus your body on feeling your ideal vision for the future. Experience freedom, joy, gratitude, and confidence. Embody these emotions to program your nervous system to attract this reality.
- ☐ Carve out distraction-free time to truly see your loved ones and gaze into their eyes. This can help your souls deeply connect.
- ☐ Connect with Primal Trust on their [website](#) to learn more about Dr. Cathleen King's [membership](#), explore [free resources](#), and book a [free discovery Zoom call](#). Follow her on her social media handles, [Instagram](#) and [YouTube](#).