

STAR★POWER



THE ART OF SPIRITUAL DEVELOPEMENT

Meditation, Astrology,
Affirmation, Visualization,
Symbolism, Synchronicities,
Numerology and Infinite
energy forever!!!

30%
MORE NEW AGEY!!!

BY
MARK
BROACH

STAR POWER

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SAMPLE VERSION

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aswell as, get all info on books and courses i have for you 😊😊
😊

Lets make this New-agey thing cool yall,sign up now!!!

thank you for your time everyone and see you there!!! im out yall later



by

MARK BROACH

telegram group

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STAR★POWER



STAR POWER: The Art of Spiritual Development —Meditation,
Astrology, Affirmation, Visualization, Symbolism, Synchronicities,
Numerology and Infinite Energy Forever!!!

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Table of Contents

S
T
N
E
T
N
O
C

Preface:

Star Power	13
Affirmation	13
Meditation	14
Visualization	15
Astrology	16
Chanting	17
Chakras	18

Chapter 1: ☆☆☆

Family and cultural beliefs	19
-----------------------------------	----

Chapter 2: ☆☆☆

The Art of Depolarization-The world of beliefs and duality	20
Getting what you want in life	20
The magic within	23
Life outcomes and beliefs	23
The exercise:	24
Is this really that serious thought	24
Be your own critic	24
Over exaggerate to appreciate	25
Find the funny it's there somewhere	25

Chapter 3: ☆☆☆

The Collective Conscious	26
Maharishi effect	26
The study into Global consciousness	27
The gateway program: The C.I.A'S founding's on consciousness	28

Chapter 4: ☆☆☆

Dreaming but awake:	
Altered states of consciousness (Meditation)	30
Why should you enter the dream	31
The bridge between meditation and imagination	32
The power of mental stillness ..building the mental current	33
The dream state	33
Disclaimer!!!	34
What about drugs?	34
Dream state preparation	35

Dreaming with the eyes open 35

Natural light, iron and the Third eye activation 36

Focus on breath 37

Drown out the sound 38

Do nothing 39

Envisioning light 39

The exercise: 39

Dreaming and awake 41

Closing thoughts 41

Chapter 5: ☆☆☆

Let the Chi flow; Orgone energy, the infinite wheel, balance and receive 42

Let the chi in 42

Proof of chi 42

What is orgone energy 43

Crystals the New-agey addiction 43

The infinite wheel exercise 45

Chapter 6: ☆☆☆

The Power of Intention:

The Water Crystal Experiments of Dr Emoto Masuru 46

Words and water 46

The bullied plant experiment 48

Placebo effect 49

Counter-clockwise experiment 50

Closing thoughts 50

Chapter 7: **PART 1**

Think future -Creation of the mental world, the mind is the future

Imbued limitless 49

What this is not 49

Think future-free will and determinism 49

The effect of the present... 49

More than imagining 49

Again, I repeat 49

Chapter 7: **PART 2**

Think future -Creation of the mental world and the art of invoking emotional power

The Thought war Elimination of restrictive thought! 49

Return to sender 49

The exercise: Think Future; the creation of the mental world 49

Polarity and Think future 49

Think flavor... 49

Think happy: the intuitive gain 49

Think rhythm 49

Think music 49

Think dream 49

S
T
N
E
T
N
O
C



Chapter 7: **PART 3**

- Think Future-Creation of the mental world, there is no doubt!**
- Think future warnings!!!
- Kill the doubt
- Small bites: the slightly better
- Desire vs doubt
- Increasing the odds!
- Emotional satisfaction!
- The end result

Chapter 8:

- Think food -Eating your prayers!**
- The exercise:**

Chapter 9:

- Why being religious is a benefit!**
- Stay quiet, and keep it a secret!

Chapter 10:

- How symbolism and imagery influences realities direction!**
- Do you still have doubts about symbolism's power to influence the mind?
- Associations: There's no such thing as pretend... ..
- The mind doesn't know it!
- The art of imagery for your desired outcome
- The exercise 1:** A few mandatory symbols to create
- Crafting a statement or word into a symbol
- Breaking it in...crafting the unconscious habit
- The formula of habit and desire:
- Intention+symbolic imagery=Outcomes of life
- The Symbol of the name
- The exercise part 2:** perfecting statements

Chapter 11:

- Formation: Creating within the mental; removing the veil of the subliminal**
- Training the mind past the limitations... ..
- Formation: The marriage of Physical and Mental... ..
- The exercise 1:**
- The exercise 2:** Invoking insight

Chapter 12:

- The world of omens and outcomes, synchronicities, manifestations, names, numbers, symbols, imagery, geometric associations, and numerology!**
- Conscious vs Unconscious reoccurrence
- The Magnetic world
- Omens the intent

S
T
N
E
T
N
O
C

The exercise 1: The Omens

Numbers

Names

Words

Images

Situations

Coincidental conversations

The exercise 2: The Omens

Depolarization revisited: The way of the omen

False omens and pixels of illusions

The exercise 3: Learning your numbers with numerology

Pythagoras Numerology cipher

Chaldean Numerology cipher

The exercise 4: Numerology-Your special days!

The exercise 5: Invoking omens and outcomes

Geometric associations: The shape of the outcome

Chapter 13:

Astrological power and its masterful correspondences to you!

The exercise What's your Astrological sign and its corresponding signs?

The meaning of the mystical numbers 3,6 and 9:

The creation of outcome cycles

Life's outcomes are nothing but a cycle... ..

What planets correspond to you?

What years correspond to you?

The exercise 2: Celestial cycling

Why do we do all this Planet stuff anyway?

The power of the Moon cycle, the phases!

Lunacy!!!

Celestial cycling

Chapter 14: **PART 1**

Infinite energy Yin-Yang, sources of Chi and Vibration, part 1

The exercise Ying and Yang breath

The world of chakras: Infinite energy!

The almighty sources of Chi

Understanding vibration with sound!

The almighty sources of Chi continued... ..

Chapter 14: **PART 2**

Infinite energy forever-Mudras, Aura, Chakras, healing touch, grounding and synchronicities

Why balance Chi?

Chakras and Mudras!!! Exercises

What are the best times to do mudras?

The aura

The exercise 1: Finding the 7 major Chakras

The healing touch-Using Chi to ease... ..

The exercise 2: The grounding meditation

S
T
N
E
T
N
O
C



Master the magnetism
Bring on the synchronicities!!!

Chapter 14: **PART 3**

Infinite energy forever-Chakra diet and the 5 elements
The chakra diet
The 5 elements for our spirit

Chapter 15:

Subconscious suggestion - Rhythm, repetition, chanting, and affirmations
The exercise: Affirmation chant
Directing the chant... ..
You're keeping the focus... ..

Chapter 16:

The Law of repulsion and troubleshooting
Perfection expectation... ..
Number 1: Lack of consistency
Number 2: The end result
Number 3: Others' beliefs
Attracting and repelling: the path to gain the highly desired
The Law of Repulsion: Repulsion is our friend, too!

Chapter 17:

The Star power curriculum: Throughout-the-day and everyday
Celestial cycling and Numerology days: Using your correspondences
Think Future: To start the day!!!
Grounding energy
Chanting
Dream state
Throughout-the-day maintenance
Sleep

Chapter 18:

Harmony within is harmony without - The endeavor to craft better outcomes
Life outcomes: Harmony vs Disharmony... ..
The harmony cleanse...the attempt to create better outcomes
Life... ..
The bigger picture... ..
Is it so?

S
T
N
E
T
N
O
C

Preface

Hello, I'm Mark Broach. Musician, entrepreneur, and author, alongside many other things. If you're reading these words and this book and it is not collecting dust in a warehouse somewhere, then my mission is almost accomplished. So, if you have a thirst for alternative New-Agey information and you've been on what only feels like an everlasting voyage, seeking, then you are at the right destination. So, who am I again?...Am I a guru? Am I a teacher? Am I a divine prophetic wizard who will teach you how to manifest your every hope and dream? Hell, am I even an author? This is my first book, by the way. So, I hope you have the patience for Amateur Hour times 18 chapters. Bear with me here.

So why am I even flapping my gums on this information if I have not been so graciously heralded by insert blank corporation, organization, or spiritual community? Hell, I don't even have any reviews or any students or a blog, for that matter. So, you all will be my guinea pigs for this endeavor. I'm sharing this information strictly because I've seen the improvements in myself and want to share them with you. A great deal of this information is indeed anecdotal!!! So, all you science fanboys and fan girls, you're in the wrong territory and barking up the wrong tree.

Anyhoo, I aim to take this type of subject and shoot for objectivity as much as possible, so no rubbing magic crystals on your butt to cure acne or athlete's foot talk over here. Even though that seems to be the mainstay claims in this New-Agey subject for most social media influencers and bloggers these days.

Now, to all the sciency people who want to go forth on this trail for an, ummm, I don't know—a good laugh, me claiming objectivity on this New-Agey subject matter is about as hilarious as a novice author attempting to create a best-selling book on the first try. But nonetheless, would it hurt to keep an open mind?

Fifty years ago, it was this and that scientific theory; then debunked, and 50 years from now, it will be some other new scientific theories about how the world works that make today's theories deemed trash can worthy, having today's most prestigious academic minds looking like mouth frothing morons.

So, despite your stance on sciency or New-Agey beliefs, I like to always point to the fact that a lot of things I put in this book or argue are from various time periods and cultures throughout civilization. Should ancient people's knowledge of the world and existence be totally disregarded because they didn't have the latest iPhone? I find that it's pretty ironic how we live in this so-called modern civilization of advanced scientific minds and discoveries



with this touch it, see it, feel it bias and staunch logic. Yet, our days and months are named after pagan gods! Hmmm, I guess words like scientific evidence, big bang, and hypothesis didnt make good names for days of the week now. Did they? Hmmm.

Despite the tone of voice, I'm not a science basher at all. No-no-no. My issue with mainstream science is that it seems to be against unconventional thinking! We cannot paint all science with a broad brush! And I even point to studies and research done here and there by academics to make a firm rebuttal against the nay-sayers! That gives a lot of this New-Agey hum-diddy-hum-da talk some validity...for the most part! Well, at least making it more of a substantial argument than saying, "Let's just all be one with the universe, y'all." Anyway, having somewhat of an academic lens that sheds light on this New-Agey subject is a breath of fresh air.

However, this is not designed to be some boring textbook, yawn!!! These New-Agey things should have some modern academic proof to them if we want to make a sound argument on why it's beneficial to do these things or not. And hey, if it weren't for modern science, we'd probably be back to amputating limbs every time we got a splinter or a crook in our necks. It's just that with a great deal of modern scientists today, there is an obvious lack of imagination, pessimism, rigid, one-sided thinking, and, of course, most are boring as hell and arrogant.

I mean, honestly, do we really want to cling to the words of anyone receiving millions and billions in research funding from corporations only concerned with their share price?

God forbid a brilliant academic discovers something that is actually groundbreaking but goes against the status quo, agenda, or pocketbook of whoever is cutting their check. You see where I am going? How can progress really be made when you have academics working within those narrow confines?

So, find me a financially strapped scientist, and I might entertain his or her rebuttals against some of these ancient or New-Agey themes. But anyway, I digress.

The info in this book is obviously deemed pseudoscience! Got that? Understood? Are we good? Let's move on. So don't think you can fly off any bridges, or your roof because you meditated for 60 minutes. Or think you can cure grandma's gout 'cause you aligned your chakras. No-no-no! I'm just a guy who's done some stuff and seen some stuff over the years and thought that was really cool. And I witnessed the positive changes in myself and went—huh! That's interesting! Perhaps it will do somebody else some good. Anecdotal is the keyword here, folks. Don't forget!

So, where do I begin? Well, this all started years ago, prior to writing this book, which I had no plan to create. See, I've been doing a lot of spiritual New-Agey stuff—and I mean a lot, over these past years. And like many of you who are already into the New-Agey stuff, I have learned so much and had so many great experiences that can't be...well, described to non-New-Agey type folks without looking like I need to be institutionalized. But who wants to really hear another author, blogger, podcaster, or YouTuber's claims on what they experience as if it's true? Is it true? Does it matter? Who cares anyway? Roll up the windows and keep driving. Does any of the information work for other people besides me? Well, I hope it works for you. That's my intent, But don't forget to leave me an amazon book review!

So anyway, let me go back. I went off on a tangent. I mentioned that before writing this book, I had no idea that its creation would ever come about. The thing is, for quite some time, I was writing things down in my phone: ideas, interesting perspectives, understandings, knowledge learned, and quips related to life. I didn't think much about a book because I always set my eyes on doing my first passion to launch me out of obscurity—music.

But due to the fact that everyone with an iPhone these days is a musician, being a musician just ain't that special. Over the years, I have been consistently curious about how exactly I could reach an audience with whatever skills I had. So, just fooling around and doing the usual New-Agey techniques and not necessarily trying to get any of life's answers, I entered into a meditation. Nothing out of the ordinary here. Just me doing what I usually do.

So, I begin, and BOOM! It hit me. I should write a book on this stuff! A book about all the beneficial things I learned on my spiritual journey over the years. So, immediately after my meditation, I started curating and compiling information, subject after subject, on things I found useful in the New-Agey realm that I learned and want to share with you, my friend.

See, I had this theory. Since I was able to achieve a beneficial way of functioning and acquired better outcomes from my life doing these techniques, what would happen if more people in the world also did the same thing? Well, it would be a much better place to live. When we feel more harmony in our lives and happiness; when intuition, understanding, and knowledge can flow to us, everyone and everything around us will indeed be of a better quality.

No matter the magnitude of the happiness gained, it's better than none. Most would give anything to acquire just a little bit more happiness in their day-to-day life. What I have discovered in my journey is that the key to our ability to be better people is having intention and staying focused on it repeatedly throughout the day. With mental suggestions or affirmations. When we introduce consistent affirmations into our minds, whether it be



visualizing, invoking emotion, imagery, or words, it becomes more than just a cheesy, New-Agey activity.

See, thoughts, words, and emotions have more than just this surface-level structure than what we were taught to believe; they are the catalyst to directing our outcomes. The intention is the seed in which reality will follow, and that intent can be aimed wherever you please.

A bit New-Agey sounding, I know, but hold on, just wait. This isn't sit on your butt and manifest anything you want in the world cause you're just so full of it with your I'm reading a new book, glee. No-no-no. This is more about arousing intuition from the subtle and latent forces of your mind and undoing the strident, undesirable thoughts, negative emotions, limited beliefs, and limited thinking based on culture that you possess. Thoughts and emotions that have confined you, but nonetheless, for better or worse, are the precursors to all your actions. And if we are tinkering around and undoing the workings of thought and emotions that influence our actions, then we are effectively re-architecting our outcomes. I call this a mental manifestation: When we do this enough, we become a totally unrecognizable person from what we were before, becoming a true beauty and a real spectacle of light that radiates celestially in existence. The absolute epitome of harmony!

Star power? So, what's inside?

Like the cover says, Meditation, Astrology, Visualization, Numerology, Symbolism, Synchronicities, and Infinite Energy forever. And I do not intend to fail on my promises or deliver lackluster, intermittent, or bait-switchy results. But again, this is mostly anecdotal. So don't get your panties all in a bunch if something doesn't work for you. No need to bother an author when they're at their favorite coffee shop or restaurant with your dissatisfaction.

Affirmation

First and foremost, one of the main premises in this book is that through constant use of affirmations that reflect our desired outcomes, we can influence our mind to unconsciously make decisions, gain insight and clarity, and go down certain paths in life that will lead us to our desired outcome. A way to get to your life goals intuitively that seems as if there is some invisible force guiding you through every move harmoniously and mysteriously. Oooh! Ahhh! New-Agey! No, seriously, that mysterious omnipotent force is just your unconscious mind.

Affirmations can be in the form of anything as long as they represent the desired outcome you want to bring to fruition. If you would like to create a little ritual where every morning, when you wake up, you slap yourself across the face as a reminder to work harder and to do better in life, then yeah, go ahead! And yes, that's an affirmation.

However, I have less painful affirmations you can do instead that won't concern your significant other, spouse, or family members about your mental health.

Meditation

Although meditation is not what I consider an affirmation, it is front and center in this book and a useful tool for developing ourselves. It wouldn't be much of a New-Agey book without it. So, I will put my own little spin on it. Now, I know there are a gazillion books, videos, apps, blogs, pamphlets, and endless amounts of social media content on this lovely subject of meditation. Sooo, how are my techniques any different???...see a little necessary unnecessary detail about me.

Like half of the millennial kids growing up, I was declared ADD...I know, real surprising! And get this—ADHD. Ooh, ahh! The luxury version of attention deficit disorder! The HD gives it this posh upgraded feeling as it comes with heated seats and complimentary drinks. Anyhoo, you're probably thinking, this guy can barely pay attention to his next sentence that he writes, but meditate...you? Yes, me. I can and will. Here's a crazy example. Think of one of those martial arts karate kung fu movies where there is this skilled sensei way up in the mountains that people beg for lessons. But, oh wait! He's blind! How could he teach me?

The fact is, if a person is in some type of lack of what you can presume to be a necessity for the skillset to work, yet they kick ass at teaching it, then you better believe they know what they're doing. So, if a guy who was labeled ADHD can master meditation, then most definitely, you can develop the skills to meditate.

So, what makes my meditation that much different from the myriad of other folks? My style incorporates distraction and focus techniques, subtle slowed breaths designed to calm and drowsy the mind, induce the imagination rhythmically to stimulate the visual prowess that leads to endless streams of internal imagery flowing into your mind, that being the glorious TRANCE STATE of consciousness or, what I like to call, the DREAM STATE. All things designed in my process are great at drawing in a hyper-anxious mind and putting it into a headlock.



Now, I know that rhythm being used is not anything new when it comes to meditation, but coming from the musical side of the spectrum, I really bring up rhythm a lot throughout the book. How can anyone embark on this spiritual adventure of self-discovery without musical elements? Just take a look at any indigenous tribe or ancient culture of the world that we Westerners proudly appropriate. They are all kinds of sing-songy, dancy-dancy for a reason. Meditation is a skill. Once you master it, you won't ever want to go without it — this state of being brought into a new internal world of images coming to you, a feeling that can only be described from experience.

Visualization

How can we not be all super duper New-Agey without the added: “Close your eyes and visualize everyone and all the riches, perfect love, and yaddy-yaddy-ya will flow to you!” Yuck! I can't believe people buy into that. So, you might be curious about what I bring to the table on this New-agey subject.

Without trying to spoil the chapter too much, I'll indulge a little. I had this alarming realization about the mind and reality on my journey—and no, I was not stoned, high, or trippin' on any illicit substances. The realization was that our future and outcomes are not something out there in the woodwork of the world lurking to jump out and surprise us. No-no-no. But a great deal of our outcomes come from our minds...our future...is from our minds...Ohhh! Ahhh! Wow...that was really hacky and terrible, but you get the gist.

See, all intention governs our outcomes, regardless of whether it is from us or not. As long as it enters our mind, it influences our future, especially things buried deep down in our subconscious. Now, this aspect is not totally New-Agey. It is a basic run-of-the-mill philosophy called pre-determinism. But for those of you familiar with this subject and its argument, my point of view isn't what you think, and no, I was not high!

Anyway, back to visualizations. Let me cue you in on my approach. I do not do the whole “visualize and immediately expect physical perfection and an instant miraculously God-like ability to attract anything coming into your life like Aladdin's magic lamp.” No-no-no! Here at Star Power, we will not compromise our standards and succumb to unrealistic expectations from the whims of overly sensationalized New-Agey content creators out here and YouTubers desperate for their next 1000 views with hopes of magically attaining our desires by 8 am tomorrow morning. No-no-no. We're better than that. No shade or jabs at those creators, bloggers, or authors.

See, I like to believe in a level-headed approach to visualization and the emotion of having and that it should be seen as a tool to arouse creativity,

ideas, and intuition to solve your life issues, which I consider again to be a Mental manifestation!!! The key word is mental!!! Ding-ding! Don't forget. Because mental occurrences — experiences or changes — should be expected first!! Much, much more than physical.

This is because most desired things in life require you to know something special or someone or possess some hidden knowledge to gain the upper hand and acquire the heavenly sought. Let me ask you a question: What's better? Selling your soul and getting your wish but succumbing to some cheeky little contingency you have to strictly abide by, or calamity will rain down on your head if you don't follow your little shady deal to the letter. Or... having the necessary knowledge, understanding, and creativity to fulfill your own wishes in perpetuity? I'll let you answer that one rhetorically.

My visualization process I like to call, Think Future. It's practical, and one of its purposes again is to arouse the intuitive latent forces of your mind to emerge to the surface stage of your conscious boldly! Vivaciously! and do a little inappropriate sashay in fishnets.

Think Future is also designed to condition your mind to be resilient to adversity so you don't crumble up in a corner of your room in the fetal position when you feel something in life is trying to tug at your emotional strings to go lower. It's about learning to claim mental dominance of your mood so that it isn't reactionary and brittle but conditioned to eliminate negativity in the midst of negativity.

Astrology

We can't do a New-Agey hum diddy humda book without Astrology. How could we ever develop ourselves to the bastion of spiritual development without first...checking today's horoscope and seeing if our Astrological sign is going to bless us with a day free of bad traffic, a complaint from the boss, or a surprise exam from your professor? And, if you are hoping to get any of that cliché, recycled, and rehashed info here in this book, then you are out of luck! That is because I do not do astrology in the typical traditional sense, and to be quite honest and forthright with you, me putting it on this book cover is actually a huge gross misrepresentation. There aren't really any popular words for what I actually do when it comes to looking at the heavenly bodies in our sky in regard to our lives. So, I'll give it a name; I'll call it Celestial cycling. This is the process where we take our astrological date of birth sign and use corresponding signs, days, months, hours, and years to carry out actions in our lives, as well as cast out intentions and focus on the ideal future we want for ourselves. The pseudoscience behind



this is that if we carry out thoughts and actions and express emotions at times that are harmoniously associated with us, it will statistically lead to that desire coming into being with timely, successful, and perfect accuracy. Instead of aimlessly trying to carry out actions at any old time you think is good. You methodically align it and time it to times that correspond to you. Sort of like if you were to build a house, and instead of throwing bricks, wood, and cement carelessly together in a pile and hoping nobody sues you for the death contraption of the home you created and sold them, you instead make blueprints and measure with geometrical and mathematical precision of each and every wall, room, floor, and ceiling of the home, so that it is successfully suitable for the future inhabitants going forth.

Celestial cycling, again, is the process of timing and measurement, that executes actions and intentions at times corresponding to our birth sign to increase the odds of our desired outcomes' success!

Chanting

Next up on the to-do list is chanting. As mentioned before, affirmation is the overall theme of this book. Whether conscious or unconscious, every suggestion put into our minds will make its way into our reality sooner or later if repeated enough because of the cycle of the conscious and unconscious. Whatever is in the conscious will make its way to the unconscious, and whatever is placed in the unconscious will make its way to the surface of the conscious, again if repeated enough!

Chanting is this very primal human action that has been around since the beginning of time immemorial, but what may be overlooked by a typical person of the modern era is, in fact, a very powerful way to inspire and bring about outcomes to change.

When you give attention to intention, you amplify the intent and everything associated with it. Now, is this just some New-Agey banter, or is there any legitimacy to that statement? The words we speak, the thoughts we think, the emotions we feel, and all the things we learn have been hammered into our brains since we were children by repetition.

Most people are a cut-copy-paste of their environment and the rhythmic actions of their parents, family, and society around them. You don't need the head nod and thumbs up from a PhD in psychology to show you that, most likely, you are a product of your environment, a spitting image of the surroundings you hail from and have been immersed in.

It is the repetition of situations, words, images, and actions that made you

who you are today. Whatever is focused on and repeated becomes, and whatever you focus on and repeat, you become! If you desperately find it so much of a struggle to break through barriers in life and achieve this mouth-watering success that appears to be unattainable, it is incumbent that you infuse into that head of yours a freshly new pair of affirmations, intentions that vehemently represent the outcomes that you, oh, so covet. Chanting is a way to simply blot out all that limiting nonsense and unfocused foolery in your mind and direct it to a singular, constructive goal that represents the desired outcome.

Chakras

Last but not least, the most overly spoken about subject in the New-Agey arena—chakras!!! What are they? What is their importance? And is there any scientific proof of them? I will get into all. Well, you don't necessarily need to bring out the Bunsen burners, beakers, and lab coats to know that we human beings are electrical.

Hmmm, when you think of electricity, it kinda makes you think of a machine. And, if we are like machines, all machines need to be maintained inside and out, as well as recalibrated for optimum performance. This is what the chakras alignment thingy is all about. Most people who are on the New-Agey tip are big into grounding their energy. You know, becoming one with the earth. Awww, how adorable! But chakras alignment and grounding are a bit more than some activity you do on a Saturday afternoon to pose for Instagram likes.

Our bodies, as we all know, are composed of a left and a right side, and we also obviously know that both sides of our bodies do not always do the same thing. We are constantly moving one of our arms this way and one of our legs that way, and of course, our heads are moving every which way. That being so, they become unbalanced and out of sync on a subliminal level.

For this reason, chakras alignment is crucial. It regains the subtle energy balance of all parts of the body to become in harmony with one another again in unison! Many have claimed wonderful results from chakras work, but the only question is: Will you? I would like to offer you several techniques that will point you in the right direction.

Throughout history, many cultures have mentioned the body's subtle energy forces. So, it wouldn't kill you to try out these techniques. We don't need Mrs. and Mr. PhD to kill the fun because chakras don't show up under their microscopes. So, let's get all New-Agey and hummm-diddy-hummm-da! Align those chakras.



CHAPTER 1



Family & Cultural Beliefs

What is that you're reading?

This section is for all you newbies out there who have spent their entire lives flooded with the same beliefs day in and day out. And due to your circumstances, you haven't had much exposure to anything outside your cultural environment.

Many of you have friends and family with deep-seated points of view and traditional beliefs. And I would like to thank you from the bottom of my soul for taking the time to open your mind and read this book. You newbies may come from families and societies that try to hold you back at every turn from venturing too far outside the cultural norms or bubble of your kind. Every time you get too curious about something beyond your conditioned horizon, they do their best to try to hinder your progress. Friends and family have a miraculous way of lassoing a person back into the typical and mundane, but God bless their souls, though. Anyways, for those of you who are ready and are steadfast to approach this path, don't get too excited yet. When learning new things, we have a tendency to want to share with those who are closest to us, and that can be all fine and dandy when it comes to a new restaurant or shopping center in town, but looking at the world from a different peer view, umm—not so much. It's up to you, but it's best to keep things to yourself and stay silent unless you enjoy having circular arguments late at night with your beloved ones. Scientists say this planet is 4.5 billion years old...well, some of them. So, just think of all the vast knowledge and discoveries out here in the world. Let's not reduce ourselves to our comfort zone and narrow cultural norms or try to bring the closed-minded minds into the fold. Let them be! Trust me. Doubt, disappointment, and discouragement need not appear on our path.

Let your loved ones have their beliefs, and you will keep yours. We are all our own people. We come into this world by ourselves, and we will leave here by ourselves, so we need to make time to live for ourselves!

CHAPTER 2



The Art of Depolarization

The world of beliefs
and duality

Most of the information in this book is based on things that are totally different from what we learned about life growing up. Some could take offense to some of this information. You know, get all in a tiffy because, oh my gosh! Someone in this world thinks differently than me. Ahhh! But it is not my intention to step on anyone's toes. I would like to insist and ask that all reading the following approach this information with an open mind again!

Let's face it. We all come into this world with belief systems stacked to the brim sky-high that are jammed right into our heads. For some odd reason, we act surprised when confronted with the fact that our beliefs are subjective.

Well, I mean, you are here on these pages for a reason. The intention of this chapter is to address those very things: BELIEFS! Let's look deep down inside at our beliefs and raise the question: Are the things I believe beneficial to me? Or are they holding me back from being a better person, and having things I truly desire, and a far better life?

Getting what you want in life

The beliefs we have play a huge role in our ability to get or not get the things we want in life in a simple and not-so-simple way. For example, we all have made judgments by looking at somebody or a group of people and felt like our feelings and beliefs of who they are were valid solely based on hearsay or very little experience with the person or group of people, and, of course, judging them by their physical appearance, but totally lacking in an in-depth consistent personal interaction with the person or various people from the group.

But when we are given an actual chance to get familiar with them, we might have felt insanely stupid to have gotten so worked up emotionally over an illusion, lies, misinformation or an assumption, and most of all, a belief of what we possessed before meeting them and finding out they



were nothing as we judged. Maybe you have a good friend or lover who is a person from this group of people you criticized in the past. But this is just one cliché, typical situation of human polarized assumption. What about all the other things in life you judge without ever really actually experiencing? Things that have not only limited your experience but also limited your life's outcomes. Outcomes that just could have been the very key or the answer to you getting what you want in life? And yes, of course, more happiness.


What about all the different places, foods, music, cultures, people, countries, beliefs, subject matter, situations, styles of grooming and clothing, and all the ways to earn a living? Or various talents and skills you could learn that could drastically improve your happiness...and change your life for the better?

When we adjust or challenge our own belief systems correctly, we come to see there are multiple ways to see an issue or point of view in life. This is the process of undergoing depolarization. We are taking a very one-way type of thinking and opening our minds to the endless sides of situations, and by doing this, we discover and get to our happiness, understanding, desires, and goals a lot quicker in life than if we never had done so to begin with within our former belief cycle. This is because we have broken down rigid or close-minded beliefs that have imprisoned us. We are not imprisoned by anyone or anything. No-no-no. We are placed in this bondage solely by our own doing but don't get all sad or mad at yourself. We are taught this wildly incorrect view in life when it comes to not getting the things we want. It's solely the blame of others and the world outside of us. This is a victim mentality and also a no-no here at Star Power. Now, it is true. Yes, things outside of us and people can hold you back, but this is all a choice to allow them to keep doing so.

At the end of the day, we have the most power over our choices and what we choose to do over other people and things outside of us.

When you see the world from this point of view and truly understand it with the highest level of conviction in your heart, you realize others outside of you are not as dominant as you were taught to believe. How can we ever really obtain more freedom in life and better outcomes if we're too close-minded and rigid in our beliefs and too content in blaming the world and others for why we don't have what we desire? Ultimately, it comes down to either being held captive by limited beliefs or freeing yourself from them.

The goal here is we always have to question our own beliefs. Not in an insecure way like, "Oh my gosh, do I look fat in these jeans?" or: "Is my



nose too big?" No-no-no! Don't miss the point! Questioning one's beliefs should never be considered a lack of confidence in ourselves, but a refinement process of who we really are. This is equivalent to keeping doors open mentally so we can observe all possibilities of situations in life and the various solutions to problems. We don't want to be carried away by one-directional thinking or our own assumptions or, even worse, our emotions, 'cause you know...that's so typical of a human!

This is the subtle, or if needed, extreme art of depolarization! It has a goal based on seeing all angles and sides of situations in life, which is very difficult to do when you are 10 toes down, stuck with just a one-sided belief on an issue in life. The *depolarized perspective* doesn't lean too far one way or another. It always sparks an awareness of duality and its variance in any life issue and brings attention to the big-picture point of view. Polarized is not really a common everyday word, but to get a better understanding of it, think of it being associated with words such as yes or no, definitely, for sure, or 100%. Polarize is extremely firm in one direction. Do you like anchovies? HELL NO! See, that's a polarized belief.

Now, depolarized can be associated with words like maybe, could be, and somewhere in between. It's mixed feelings and seeing the logic between two drastically contrasting points of view, ideas, or beliefs, the pros and cons of an issue, or learning to compromise. Depolarization is various degrees in between; it's not black or white. It's all the shades of gray in between black and white. It's the equivalent of having the door in between open and closed. As with polarized, the door would be closed or all the way open.

Let's face it! No matter how much you believe your beliefs to be true, if you were born and raised in a different family, culture, city, religion, or country, you would hold totally different beliefs. Many beliefs that you would staunchly disagree with now. How could you really validate what truth is to get all emotional and upset about it? What are the odds that you, right now, just so happen to have the correct beliefs in life versus all the other ways your life could have turned out? Most of what you feel to be universally objective is just simply subjective and filled with preference.

Depolarized thinking is not a person totally voided of beliefs but one who realizes that things are more complex and possess a variance of degrees in points of view certainly more than just one or two ways of seeing a situation. Anything that is labeled a belief is most likely not truth, but it's an opinion or theory, a way of life, but certainly, it is not as objectively true as $1+1=2$. Friends, we must desire to see the truth and never assume it!



The magic within!

So why in the world are we having this huge lesson on depolarization and duality again? The reason is that by developing a depolarized mentality and constantly challenging and adjusting your beliefs and assumptions, you are opening the doors to seeing new perspectives, solutions, and ideas in your mind or what I like to call **mental manifestations**, which leads to physical world changes in your life, that being intuition, ideas, and insight that come to you to solve problems.

People who have gained happiness and success in life are extremely highly receptive to what the world is showing and telling them, so they adapt their mentality quickly. This type of thinking cannot be achieved from rigid viewpoints, which mostly keep a person's mind limited, blind, and boxed in from discovering the answers or truth. Depolarize your thinking, and you'll start seeing the different angles and entire shapes of life! And not just 1 or 2 sides.

Imagine trying to ride a bike with both your legs very rigid and stiff and absolutely no knees engaged whatsoever! Ridiculous, right? Clearly, you won't get far, let alone move the bike correctly. So, why should your thinking be rigid, stiff, and close-minded? Free yourself from limited beliefs, assumptions, and cultural thinking that is non-beneficial in increasing your odds of happiness and success.

Life outcomes and beliefs

The beliefs we have determine the outcomes we face. Beliefs just don't linger and hang out in your mind like an unemployed friend who's fresh out of a breakup, sleeping on your sofa. No-no-no! Beliefs are about actions! Beliefs are about thoughts! Beliefs are about emotions, and, most all, beliefs are about outcomes! How could we ever have an outcome without the influence of thought, emotion, or action and the consistent intention that flows from them? Beliefs own all that stuff, baby!

As you can see, beliefs have a mind and goals of their own, even if they are against your own betterment. Beliefs frantically need confirmation and reinforcement to see they are true, even if it means making a mess of the place. They scream and shout deep from the hallways within your mind—from the subconscious!!! They are like children eager for their parent's approval. The beliefs we have adopted and put up with are unconsciously maneuvering our lives like an invisible hand. These beliefs could create a facade of what we see to be true or false. The Beliefs we hold in life bring us to and aligns us with certain situations, people, places, and things, doing their very best to reinforce their authenticity as valid in our reality!

By now, you should have realized my point. The beliefs we hold...are gods in our lives, creating experiences, directing our fate, and, most of all, compelling us to constantly see that they are true.

Where did you think such warped viewpoints from extremist groups come from? It hails from overly polarized beliefs that yield the most deranged actions. Great examples would be cults or perhaps your friendly neighborhood multilevel marketing sham. Okay, I'm just kidding. Not all MLMs are inherently evil; just inherently annoying. The belief and outcome are inseparable. This is not about freeing yourself of beliefs again, but only about questioning the beliefs you possess. Could they be holding you back from greater experiences, more happiness, and creating solutions to problems in your life?

The Exercise

The best way to train yourself to be more aware of duality and polarization is to be mindful of all things you take too seriously, the things you feel strongly about. Because nothing is more polarizing than emotion, hell, you might as well make a list of things that make you feel very strong negative or positive emotions. This will help you be more aware of your polarity so that you can control it and not allow it to control you! Preserve your logic, happiness, mood, and thoughts! Here are some ways to yank yourself out of negative polarity from the world and yourself.

1. Is this really that serious, though?

If you feel negativity, such as fear, unhappiness, hatred, jealousy, or insecurity with yourself, or anger about something or someone in life, ask yourself this question: Is it really that serious? Perhaps you are overreacting to the situation and not seeing it from a different angle. By constantly creating a habit of asking yourself "Is this that serious?" Whenever you feel your mood shift lower, it is a great way to arouse depolarization and self-examination so that you can reach more clarity and a better state of mind!

2. Be your own critic

The next best way to depolarize is to be your own critic or antagonist to your thinking and emotions, so whenever you make an assumption about situations, people, places, or things, criticize your prejudgement and learn to see it for the illusion that it is. Question yourself: Is this really what I think it is? Is this person really who I think they are? Do I honestly really know...and



do I have a lot of experience with this person, people, place, or thing to make an accurate judgment? Antagonize yourself! Don't be a typical human and deem every thought that pops into your head as true.

3. Over exaggerate to appreciate

Next up, over exaggerate the negative situation, thoughts, and feelings. Look at the issue as if it was much worse. Doing this triggers instant gratitude, joy, relief, and appreciation that whatever situation you're going through, feeling, or thinking about negatively is not as bad as the insert blank hypothetical.

4. Find the funny...it's there somewhere

Another effective way to depolarize yourself is to find the humor in the situation. Humor is the polar opposite of serious emotions. Finding the funny in situations is an overlooked and extremely strong weapon for neutralizing or transmuting negative feelings and thoughts in life. The intention here is to not be a predictable, simple-minded human, allowing yourself to be brought down into a bad mood or state. But to be rebellious against yourself and your initial negative thoughts and emotions about things in life, demanding yourself to find the god d*** funny in the situation, with an enthusiastic intent to be happier!

CHAPTER 3



The Collective Conscious

What is a collective conscious? Sounds super New-Agey, doesn't it? And concocted out of the mind of a stoned science fiction writer of the mid-20th century.

But trust me, it's a wildly interesting and controversial subject. It's one of those things that people initially really believe or initially really don't. The collective consciousness is a simple concept that goes like this: how you and I have our own minds, memories, thoughts, emotions, experiences, and associations, so does the collective mind of all humans. A theory that every human's mind is linked up unconsciously together and not one soul who has ever lived is detached from it. The concept has been present in many cultures since ancient times. If you really want to dig your nose into the concept from a more psychological point of view, you can look into one of history's most prolific psychologists, Carl Jung.

Anyway, this chapter isn't designed to be a history guide of the collective conscious. It intends to point to the experiments on the concept.

Maharishi effect

So, let's take a little dive into the Maharishi effect. Maharishi Mahesh Yogi¹ hypothesized and created the Maharishi effect back in 1960. His theory was that if 1% of a city's population were to meditate, it would greatly affect the city's greater population of surrounding people. The first report on this experiment was in 1976, where 1% of a city's population gathered together and meditated to see what kind of effect it would have on the greater surrounding population. And low and behold, after some time and careful analysis, an interesting correlation appeared with the research team: a 16% drop in the crime rate happened. The experiment was done numerous times over the years in various cities around the world.

1. "Maharishi Effect | Research." 2014. Research | Research into Consciousness-Based Education. July 27, 2014. <https://research.miu.edu/maharishi-effect/>.

CHAPTER 4



Dreaming but awake

Altered states of consciousness
(Meditation)

What is meditation, really? Well, I see it as learning to become conscious of the images that come to our minds unconsciously. A merging of our conscious and unconscious. Many assume meditation is difficult, but why is that? One of the first reasons as to why I would say meditation is difficult for people is that the modern mind is too anxious and agitated, and the second reason I'm going to explain.

See, what we have to realize is that for the majority of people who have a hard time going into a meditation or a trance state, there is no deep-seated frame of reference in their mind for them to know what to do. Words and phrases like meditation, trance, or altered state of consciousness do not really have an association in the everyday person's mind, besides occasionally hearing them from movies, shows, social media, and rarely from others. You might as well be saying blah-blah-blah or speaking a foreign language to someone when you ask if they ever meditated. The best thing to do is to see meditation exactly for what it is, and that, folks, is dreaming. Because all of us have dreamed before. Seeing meditation as a dream, which it is, takes away the pressure of trying because you have already done it before! Except, when meditating, we want to set the intention and prepare for a portion of our minds to be aware of unconscious imagery flowing within us. When we lie down and close our eyes, our minds unconsciously associate this with sleep. Just as we know when we are sitting up, this is associated with being awake.

However, when our bodies are up, and our eyes are closed, we have the best of both worlds: a mix of physical associations and subconscious suggestions that tell and prepare our minds what to do. Now, I know, of course, it isn't that simple, and I'm sure you've tried that a dozen times. Sitting up and staring at the back of your eyelids, waiting to see something. But this is why you're here. I will help. Did you know there are other mental suggestions that we need to perform to make it easier for us to go into a dream and I don't mean hit the lights and lay your head on a pillow!

Now, some of you might say, well, how can I associate meditation with a dream? I can't even remember my dreams half the time. But it's ok, just relax.

CHAPTER 5



Let the Chi flow

Orgone energy, the infinite wheel, balance and receive

What is Chi?

If you are a newbie to the New Age and pseudo-science stuff, you're probably clueless as to what Chi is. Well, Chi is life force energy coined by the Chinese. Well, look at that, Chi CHInese! Well, isn't that cute!

Anyway, it's also called Praana in the Hindu religion and Ki in Japanese tradition. Chi is the life force energy that exists in all things! But what I found interesting is that its origins date far back before China, India, and Japan—going as far back as ancient Egypt, where life force energy was known as Ka. If you are familiar with things like Reiki, yoga, and acupuncture, Chi is the basis for all those things.

So, if you're looking for scientific proof of Chi, you're out of luck, bucko! Mainstream science says it doesn't exist, so now, what do we do? Disregard thousands and thousands of years of knowledge on the matter because the ancient practitioners of this information didn't do a undergrad at Yale?

I mean, if you'd like to ignore it, go ahead. But it's interesting how various cultures around the world at different times in history who were not directly connected with one another all point to the same thing: the existence of a life force of energy.

Proof of Chi?

The easiest way to see and feel this objective universal infinite energy is to spend 12 minutes minimum mentally focusing on your breath entering and exiting your nose. Just as I instructed you to do in Chapter 4, and allow yourself to be very keen on the mental and physical changes!!! Now, basic science can easily attest to these changes in mood, thought, and physical energy as chemical changes with the body and the brain do to oxygen circulation, blah blah blah. But saying it like that isn't really all that fun! The effects of focusing on your breath, nonetheless are obvious, and

CHAPTER 6



The Power of Mental Intention

The Water Crystal Experiments

Everyone who is privy to New-Agey material these days is familiar with The Water Crystal experiments from Dr. Emoto Masuru⁶. If you are not, you should be. His experiments are controversial and alarming. However, despite anyone's feelings, his book is a New York Times bestseller. I mean, they just don't give that title and award to anybody. Hmmm. I wonder if amateur, first-time book writers have a shot at getting a New York Times bestseller. Hmmm.

Anyhoo, to give you the long and short of it, Dr. Masuru constructed an experiment where he had people use feelings and thoughts to speak to water. A person would speak love, kindness, happiness, and positive affirmations into water.

Next, he would freeze the water and then proceed to examine the frozen water crystals. In contrast to negative affirmations, positive, harmonious statements and sounds would form harmonious, geometric patterns in water when frozen. He would also conduct experiments with various music genres. Trigger alert for all you heavy metal fans: heavy metal music did poorly in the experiment and produced the farthest from beautiful, tantalizing water crystals.

6. Science of Water – Office Masaru Emoto.” n.d. <https://masaru-emoto.net/en/science-of-messages-from-water/>.

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CHAPTER 7



Think Future Creation of the mental world

The mind is the future **Part 1**

The mind needs to see the direction to go in, just like the two eyes need to see the direction for us to walk in.

Imagining was natural and innate to us all when we were children. This natural feeling that we can affect ourselves and the physical world around us through visualization. But then we are told that imagining is all made up and has nothing to do with real life.

As we get older and more entrenched with societies' never-ending, relentless limiting beliefs, slogans, viewpoints, and elbow nods to color within the lines, we slowly get wrapped up in regurgitated routines of boredom and lackluster ideals! We often hear and think, "*Imagination, why? That's dumb, that's not real,*" or "*That sounds crazy*" and "*That's silliness. That's what kids do.*" Many are told to be realistic! But why stop using the very nectar, the very essence, the very force that makes us human, our very own creativity!!!

Despite the criticism of using one's imagination, does the act of thinking with the intention of a desirable outcome not change our emotions and thoughts? And aren't our thoughts and emotions responsible for influencing our actions? And if you are influencing your actions, then you are changing your outcomes, meaning you are changing your future! How could anyone ever say something as silly as "imagining is all made up and in your head."

Imbued limitless

We have to acknowledge the obvious realization that our minds are limitless. Just imagine for a second...a room not too big...and not too small... Now, imagine adding as many items as you please to this room. Anything, any amount, or any size.

As you can see, this process is endless, and the imagining mechanism within us is limitless. Our boundless minds are the template that influences



CHAPTER 7



Think Future Creation of the mental world

the art of invoking
emotional power **Part 2**

The Thought War:

Elimination of restrictive thoughts!

Before starting *Think Future*, we want to take into consideration that all outcomes we desire have some sort of restrictive force in the universe that initially keeps us from having the heavenly sought future we are owed. But don't go running in the streets chasing people down and yelling in their faces claiming they're the restrictive power holding you back in life, or go mad typing in the comment sections on whatever social media platform blaming such and such race, nationality, gender, political party or social class, etc. about how you feel your life sucks and it's all their fault. NO, NO, NO, NO, NO, NO, No!!! Let's be honest: a lot of times, that restrictive power in your life is YOU, pal!!! Remember, it has to be in you in order to be in your reality. If negativity is constantly popping up in your life or restriction, then there has to be a sort of negativity, belief or restriction within your unconscious mind that keeps aligning and attracting you to these people, places, things, thoughts and emotions in life!

Star power is about taking accountability and not falling victim to a victim mentality! And also...and another thing...do not mistake that last sentence as an invitation to foster a callous attitude towards other's struggles in the world who are victimized! The goal here is having a balance.

This restrictive power, a lot of times, comes to us by way of a thought... a feeling, or a desire that enters our mind. It may seem unusual or foreign... but it's definitely not typical in your mind. A lot of times, the thoughts are negative, repetitive fears or thoughts that cause anger or sadness. Or just a constant desire to judge others, as well as insecurity with the self or a feeling that you have no worth. Sometimes, restrictive thoughts could just be an odd desire that just doesn't fit into what you normally think about. Whatever it is, something doesn't feel right about this thought that has entered your mind. As though someone is nudging your shoulder and

CHAPTER 7



Think Future Creation of the mental world

there is no doubt! **Part 3**

Think Future warnings!!!

I will emphasize that when invoking the feeling of being in the midst of your desirable outcome and envisioning with *Think Future*, whatever emotion you focus on will amplify drastically and affect your immediate actions! So, when architecting your thoughts and emotions, they must be positive emotions. That's a non-negotiable, buddy!!!

Do not invoke disharmonious and negative thoughts like harming others or wishing bad on someone even if they did you dirty; you will only be amplifying the hatred you feel and basically become no good to yourself or the world. Stay dominant! Don't allow the vileness of the world and others to sully your spirit and lead you to darkness. This isn't some religious or moral reason. Harboring disharmonious and negative mental states only compromises your happiness, and again, it affects your immediate actions. And we are not in the business of destroying ourselves behest the actions of others.

Remember again, emotions are outcomes!!! Don't invoke anger, rage, hatred, violence, or the thought of death on others. Do not even invoke the emotions of foolishness, as you can just do anything or anything to anyone!!! We do not amplify negativity or careless emotions. Whatever is focused on in repetition becomes, and whatever you focus on in repetition, you become.

We've all witnessed this in life with ourselves in the past or in others where too much of a negative focus led to horrible decisions and ruin.

So, the question is: what do you do when you feel so bothered by others or things in the world? Since you can't feel hate, envision blissfully, and with glee, a world where that person, people, situations, or events don't exist in your life and that they are gone! Conjuring steep emotions of relief that whatever the problem is, it is gone! The circumstance has ended and doesn't bother you anymore!



CHAPTER 8



Think Food

Eating your prayers!

Just as some of you already realized from the previous bullied plant experiment, you can speak or place intention into things...so why not your food? It can be seen as an interesting and fancy way to pray. Now, I don't suggest literally speaking loudly to your meal in a public setting or even around friends, family, and others. Because, of course, crazy (!), unless you and the folks around you are just so hardcore and about that New-Agey life! But, anyways, what I will suggest is thought and emotion, again, no different from prayer, going into your food before you eat. In Judaism, placing positive and holy intention, into food makes it Kosher. In Islam, a similar concept exists and it's called Halal.

So, now that we know how easily plants can detect negative and positive intentions, then what does that say about the food you eat? Despite the food being clean and fresh, it can be polluted with the wrong intentions of the world by deductive reasoning! What a nerve-wracking realization, a meal tainted with unhappy emotions and thoughts. So many factors come into play when it comes to intention making its way into your meal. Come to think of it, this whole food intention thing is a huge rabbit hole to even contemplate.

I mean, the thought of thinking intention can impact food seems absurd, silly, and a little over the top to the modern mind of today, but did you know that hand washing seemed silly, ridiculous, and over the top to people in the past? Just think how much life changed in the world when people actually took the time to wash their goddamn hands, saving millions of lives, if not more, from disease and death just by washing their mitts before and after food prep and administering medical care.

So, let's open our minds to the truth: that intention is not something that is locked in our heads, but it is conjured in the mind and roams freely in existence. Would it honestly be a big deal to spend three minutes before you eat or drink to program your food? So instead of tossing a hot meal down your throat, burning your tongue, and looking ridiculous, you might as well wait and inject your intentions into your meals while they cool down.

CHAPTER 9



Why is being religious a benefit?

If you were raised to be a religious person, you were already taught to put a tremendous amount of faith in a divine presence and various words, books, symbols, songs, and ceremonies. Now, I am not a religious or God person by any stretch of the imagination, but I know a certain percentage of you are.

Being religious or formerly, actually gives you a huge advantage when tapping into your own New-Agey spiritual nature because you have already been indoctrinated with believing in things that are not immediately and physically seen with your two eyes. Having faith in something outside of you is a great template for having greater faith within yourself and the spiritual parts of existence.

I mean, if you have no faith or confidence in yourself, why would whatever God or deity you believe in show any belief or faith back towards you in the first place to help you get what you want when that deity can just focus on helping its more self-confident believers, I know, I know, sensitive subject...look, I told you, I ain't no god or religious person. So, instead of an angry 1-star book review...hmm, can you make it an angry 2-star review instead??

Anyways, no matter what your faith is in, If you are a super-duper religious type of person take the things that I am sharing with you and just incorporate them into the things that you already do in your faith. Use the symbols, prayers, God name and books of your faith alongside with "manifesting" your desires. Doing Think Future and creating symbols that represent your desired goals, along with religions iconography, prayer and text should be a great way to amplify and arouse your outcomes coming into fruition. Simply, because you already see these things as divine and powerful against negativity and life obstacles! None of it is blasphemous unless, of course, you happen to be catholic!

After incorporating the New -Agey and Star power stuff with your religious belief, ask yourself do I notice any notice any positive or negative changes?



CHAPTER 10



How symbolism and imagery influence realities direction!

One of the ways existences imagery influence realities communicates to us is through images and symbols. It is the language of the subconscious and collective mind. So, how does one know that existence is speaking to them? Well, you already know this as mental illness, oops, excuse me, I meant dreams.

Dreams alone are just one of the ways that the universe and your subconscious are talking to you. Our emotions, meditative states, omens, synchronicities or coincidences, recurring names, words, images and numbers, hell, even meeting certain people at a certain time or overhearing people discussing an issue that you just so happen to be going through are the multitudes of ways that existences voice is whispering into your ear. Ohhh! Ahhh! New-Agey! But did you know you can also speak back to existence???And... no, not mental illness .But, one of the greatest ways to communicate directly to your subconscious and the greater consciousness of existence is through the creation and use of symbolism. Symbols have always been a device used throughout history and the beginning of civilization amongst various cultures to represent what people stood for. Symbols were not created just for sh**s and giggles. No! Symbols represent desires, intentions, and beliefs that are to be placed into the minds of the people and the culture they represent, with the goal to bring about and reinforce the will and outcomes of society, consistently into the future. Some might find the creation of symbols as primitive. And it is. However, it works, so shut up, all you nay-sayers!

But, despite the modern know-it-all skeptics and left-brained scoffs, just ask your run-of-the-mill psychologist, who will explain to you that repetition and imagery are the basic factors that influence our subconscious and how we learn. I mean, duh! How did you learn to read and write?

Well, by obviously seeing and hearing letters, numbers, or symbols...over and over again. The very fabric of what most of us are is being born into a world, an environment, a culture, a family and imitating the images seen, words spoken, and actions taken of people around us. Symbolism is simple imagery that corresponds to actions and outcomes, and through

CHAPTER 11



Formation: Creating within the mental; removing the veil of the subliminal

We are going to get into formation in this chapter, and I'm sure a lot of you are saying, "What is formation?" All things we see before our very two eyes have subliminal aspects. Well, duh! We learned that in science class. But the part of reality I am speaking about digs deeper than atoms and molecules.

Our reality itself is nothing more than multiple layers of existence overlapping themselves, sorta like an onion. Most scientists agree that 0.0035% of light is visible, so what about the other 99.9965% of reality that can't be detected by most people's vision? Formation is about tuning our minds to be more receptive to reality beyond the physical world, taking a nose dive into the subliminal, and gaining the earth-shattering realization of existence beyond the two eyes.

This chapter can be seen as a training or a meditation boot camp. Although it is a strange topic and an odd chapter, it is an absolute necessity for those of you who are still trying to sharpen your mind's visual acuity, which will thrust you forward into otherworldly trance states when you start your meditation-Dream state.

Formation is what we experienced in the envisioning light preparation section during the Dreaming but awake chapter. We are creating within the mind and using imagination and rhythm to bring us closer to mental awareness. So, you can see this chapter as an extension to visualizing light.

Training the mind past the limitations...

In order to break free of physical limitations and beliefs we must indulge the imagination. The physical world has conditioned us to be very limited on what we can and can't do, largely on the basis of belief, but our minds know no boundaries; that is, learning to acknowledge the physical and subliminal aspects of existence, attenuating the mind, which leads to more awareness, freedom, creative thinking and problem solving that comes to us unconsciously.



CHAPTER 12



The World of Omens

and outcomes, synchronicities,
manifestations, names, numbers,
symbols, imagery, geometric
associations, and numerology!

We all have experienced omens, synchronicities, or some type of coincidences, or *déjà Vu*. Whether it is certain places, smells, sounds, numbers, names, words, or people, you could be seeing a certain image over and over again in a short amount of time, a reoccurrence. What does it all mean? Ohhh-Ahh! As we already have learned, invoking emotion, visualizing, and using images in repetition are ways to communicate with consciousness.

But also, this same consciousness is communicating back to us in the same fashion. Rather, you are consciously or unconsciously invoking the intention or not.

Conscious vs Unconscious reoccurrence

Conscious reoccurrences are the ones we invoke to bring about a desired result or an outcome, as mentioned previously. Unconscious reoccurrence is when something is or has been placed deep within our minds, drawing the outcomes or reoccurrence to us. Things that are either placed by us or from our past experiences or things placed in our minds by someone or someone else! Ohhh-Ahh!

These reoccurring outcomes or omens show you or bring you to images, things, or situations that are associated with you in some type of way. The precursor to these occurrences is from some kind of intention within your mind being repeated frequently that has created an impression (a good or strong memory) and has invoked the appearance of the perfectly timed omen. A situation that makes one go well, that's a coincidence. Well, there's not really such a thing as coincidences or luck, just conscious or unconscious intent, the seed to all outcomes! Ohhh-Ahhh!

We have to come to understand that when intent is repeated, it is no different than striking a match back and forth, causing a spark. Do it

CHAPTER 13



Astrological power and its masterful correspondences to you!

So, as I mentioned in the last chapter, I don't know much about astrology. However, I know enough...and with the little I do know, I will share it with you today. This information here will work some otherworldly wonders when you wrap it all up by affirming your intentions! First things first, all that horoscope girl gossip, blah, blah, blah, I don't pay much attention to. You know...the... cliché horoscopes that say if you're a Libra, today is a great day to make financial decisions that will turn your life around, or if you're an Aries, your horoscope today suggests you do this that, and the third and your dream lover will pop up out the hedges and you'll also get a promotion. Or, if you're a Cancer, you have a high chance of experiencing such and such exotic encounter with someone you least expect! Ohhh, and nooo, here at Star Power, we can do way better than that. My argument is that some, not all, horoscopes are way too broad...vague and are so overly commercialized and depleted of the necessities and nuances of showing a person the actual significances of the wheres, hows, whens, whats, and whys these days are, oh, so special to them. In other words, where are the greater associations and correspondences that are tied to me and show how this day or days are really important??? How can I actually know and trust the statements you claim are legit??? Here at Star Power, we can do a whole lot better than that! And add some real spice and pizzazz to our zodiac...you know, really jazz things up a bit when it comes to achieving our goals in life with our, oh, so precious dates of birth, aligned to the cosmos!

The goal here with this method is to take your day of birth and get as many years, months, days, and hours that correspond to you so you can exploit these times or conjunctions where universal energies are more convergent and harmonious for you. And put you at a greater advantage in carrying out your intentions and actions to create better outcomes!



CHAPTER 14



Infinite energy forever

Yin-Yang, sources of Chi and Vibration, **Part 1**

What are chakras? Why are they even important? Is there even any scientific proof they exist? I will get into all these questions and more in this chapter.

So, let's start off by stating the (duh!) obvious, and that is the human body is electrical...well, nothing New-Agey about that, just basic common medical and scientific knowledge.

In the omens chapter, I went on and on in a paragraph about how we are filled to the brim with electricity and how it's surging through our entire body. Our brains, nervous system, and hearts, they are just bastions of voltage coursing through our very being as of this moment. Yes, you are a conductive electrical being! And it wouldn't hurt or be too odd to start seeing yourself that way.

Despite the facts, we aren't taught to look at ourselves that way. But did you know that the heart gives off an electric magnetic field? This field can be detected with scientific proof? Did you know? Did you know? Did you know? Hmm? But more on this later. Let's not jump ahead too quickly now.

So, if the body is this electrical haven, then it would also have to possess, by simple logic, negative and positive electrical charges within it, like your common, run-of-the-mill household TV remote, right? And this is what I'm going to dive into in this chapter.

Now, I'm not stating we're going to start up and charge a car battery with our hands or charge up your phone's battery by placing your smartphone under your underarms. No-no-no! I'll save that kind of talk for the other New-Agey gurus who demand a king's ransom so you can attend their lectures and seminars. What I am referring to is the organic and natural all-flowing life force Chi, which I know I spoke about in the "Let the Chi in" chapter, but in this chapter, I'm going to divulge a bit more details on the subject matter of life force energy.

CHAPTER 14



Infinite energy forever -

Mudras, Aura, Chakras, healing touch, grounding and synchronicities **Part 2**

Why balance Chi?

The word chakra means wheel in the ancient Sanskrit language, hahaha, wheel...cycle. It is called that because when the bodies' subtle energy centers or chakras are balanced, they move like a wheel, turning and churning the Yin and Yang energy within us, as I mentioned earlier. You can think of this process as a whirlwind of energy swirling and twirling inside us. The longer we engage our chakras, take in natural light, or hold mudra jesters, the faster the energy spins and spins and begins taking in more and more Chi inside us, gradually building more and more energy up within ourselves from the balance. It is integral that the electrical energy in our bodies is and always has to be balanced. No exceptions!

Again, I'm not expecting any of you beginners to actually initially feel this process happening in your body while balancing chakras.

Chakra balancing may not seem like a big deal not to do on the surface level, but when you really put your thinking cap on and realize that you have a left and right side of your body, inevitably, you put more stress on one side of your body than the other, you can easily see how the body can get out of balance or out of tune energy wise.

Don't believe me? Just take a look at the bottom of your shoes and see how either the left or right has more wear on the soles. Even when you chew food, there is a side of your mouth that you tend to chew on more than the other. Hey, just ask a dentist. And, of course, your brain, which obviously many, many people use one side more than the other.

Hence, the term left-brain, which you hear me using all the time, is for an individual lacking in imagination or the ability to perceive abstract thought and understanding, as well as being totally void of creativity to solve life's crucial problems. Anyways, this newfound realization of how easily the body can become unbalanced leads one to wonder: How does this whole



CHAPTER 14



Infinite energy forever-

Chakra diet and the 5 elements - **Part 3**

The chakra diet

So, you have been doing your chakra exercises throughout the day like you should. You feel amazing. You have high levels of energy, mood improvements, and mental clarity. And BOOM! BAM! Suddenly, you feel a bit lazy, lethargic, tired, and groggy, and you find it hard to get out of bed. This may happen to some of you! What is this? What could it be? One moment, you were on top of the world, and now you are buried in your bed sheets. How could this be?

When doing a lot of chakra exercises, you're bringing in and using a lot of energy or Chi, which comes from the oxygen around us. The reason behind this lethargy or drowsiness is that when you bring in more oxygen, your body requires more red blood cells to carry that oxygen. This is just a slight anemia, so don't fret. Increase the amounts of iron and vitamin C you intake daily; problem solved.

Even though we are incurring more energy, we also need to have a better diet. Preferably, it should consist of not only meat, starch, caffeine, and junk. The goal here is actually supplying your fleshly vehicle with real subsistence so you can have real energy and not just throw Frappuccinos carelessly down the hatch when you feel groggy. We need to increase our vitamin C intake. This helps the body to absorb iron.

When doing a lot of chakra work, your body heats up a lot more than usual, and vitamin C is not a fan of heat. No-no-no! Did you know our bodies do not store vitamin C? And as your body temperature increases, vitamin C goes bye-bye? The best change you can make to your diet is adding way more citrus fruit juices to it, with no sugar or water!!! You notice you never see 100% juice hardly anywhere; the package always says from concentrate. Well, we need the concentrate and not the watered-down sugary stuff. So, what you're gonna do is get as many citrus fruits as you can and squeeze the living daylight out of them for their juices! Then, you will take huge

CHAPTER 15



Subconscious suggestion

Rhythm, repetition, chanting,
and affirmations

I am pretty sure that most of us reading this have all been to sporting events and chanted when our favorite team seems a little weary as the opposing team is getting the upper hand and making a mess of the scoreboard. What is this unconscious, intuitive, primal urge to chant when adversity approaches? It's like we collectively know on the subliminal level that our words and emotions are doing more than just appeasing our drunk proclivities at a game. But deep down in the subliminal and reclude parts of our minds, we know that emotion is contagious and reaches far beyond our flesh, grasping ahold of forces unknown and visible to us.

Our intention, in itself, has gained footing and is approaching the heels of these unseen forces in existence, and grabbing them by the ear and making them listen, or it could be we just had one too many, and our favorite team is down and out, and we are just madly desperate. Nonetheless, this ritualistic practice of chanting that humans have done since the dawn of our species is infectious and entices the spirit wildly. Rather, you see crazed soccer fans anywhere in the world... besides America... or you see people at a little league, or perhaps you flick on the television and see some scantily dressed indigenous tribe on the nature channel out in the middle of God knows where ...they are all chanting. But why?

As mentioned in the previous chapter about omens, outcomes, reoccurrences, correspondences and associations, that they are key elements in developing outcomes. When you think about it rhythm is basically the very embodiment of mathematical correspondence in motion. Rhythm is just so special because it not only demands the attention of humans to move, but it also causes "The All," the collective conscious, to move, and pulls into being this seductive dance of mind and the greater reality to create. Ladies and gentlemen, what we are witnessing is the higher and lower forces of the universe merging together, all from rhythm!!! A closing of the gap, a bridge between the mental, the physical, and whatever else other parts of existence to come together, a convergence!



CHAPTER 16



The Law of repulsion and troubleshooting

Perfection expectation...

First off, before I get into this chapter, I need to address what I know to be a common problem. By doing a lot of this New-Agey stuff and throwing your intentions out in the air, you tend to have high or unrealistic expectations way too early. That's why it's super duper important to have a level head in the arena of expectations. It is an amazing thing to have discovered and tasted progress.

However, do not get bent out of shape if things don't go exactly as you want. I mean, come on, you're a novice. Chill out, and most of all, do not decide to question your faith in yourself or give up.

Always remember that the outcomes in our lives are of far better quality when we consistently cast out and affirm our intentions repeatedly than if we have never done so, to begin with, before taking action in life!!

As you begin the Star Power lifestyle, you begin seeing and feeling some type of change, even if you can't put your thumb on it yet. What a marvelous awakening, even if you just started and witnessed a nudge of changes in your life. What a fresh realization that something inside of you has existed this whole time, and you had the power all along. What a bliss, what a joy, what a glorious exaltation, and then...BOOM! BAM! BANG! Something undesirable seems to appear in the midst of, or just plain out, obviously in sight, in your life. What has happened to the magic? Where did it go? What did you do wrong? Hey, don't fret. This chapter is sorta like a troubleshooting section. So, what really could be the cause of an undesirable outcome when you have learned to bring desirable outcomes and intuition into your life?

CHAPTER 17



The Star power curriculum: Throughout-the-day and everyday

Here it is, a concise curriculum of the Star Power daily exercises. So, before you go to bed and awake, as well as before you eat ,and after you eat, as well as after naps that you take.

Now, of course, not everyone is blessed with time in the mornings, but do the best you can. The start of the day is usually the longest time that I devote to doing exercises. However, there are exceptions, and it's up to you.

As well as,if you so don't have the time in the mornings to do your core daily exercises you can always opt to do them before bed or at a time during the day that you are not busy.

Let's begin!

Celestial cycling and Numerology days: Using your correspondences

First things first, if you have not done so already, shame on you! But always be aware and very keen on the year, months and days that correspond to you! Remember that in order to gain orderly and harmonious outcomes, you must initially make your intentions and actions orderly and harmonious to begin with. That is the prerequisite! Always be aware of your calendar, planning ahead and setting reminders. We always hear the cliché expression “being one with the universe”. But nothing could be more obvious with being one with the universe, then you know actually aligning with the dates and times that you and the universe have in common. This means going as far as waiting to begin or end certain life endeavors, projects, travel plans, or important life changes, until you have entered a corresponding day, and or sign season that is aligned with you. So, lets capitalize off of times where we are reaching a climax of converging power with reality. Times that form a larger rift and bridge between you and existence. Which will thrust forth our wishes and desires into creation, steadfastly!



CHAPTER 18



Harmony within is harmony without -

The endeavor to craft better outcomes

This chapter is kind of a play on the tired expression “You have to be the change you want to see,” but a bit of a twist that actually breathes new life into the age-old idiom. After all, it is on its last legs. Be the change you want to see. Hmm. Why not unpack this statement a bit more? It seems, in spite of who we are, despite the socio-economics status, race, nationality, religion, culture, body size, and type, most human beings are in the same boat. Now, I’m not proposing that I have the cure-all for humanity’s ailments. But it’s just this constant, never-ending, and nerve-wracking question: What is the purpose of life and the pursuit of happiness?

What really is the purpose of all of this? To be squeezed out of mother’s womb and tossed into this place called a world, and to do what? Chase the ideal possessions, social status, family, friends, romance, education, and career? Only in the midst of this race to feel bewildered and winded, gasping for our next breath. Where is this contentedness guaranteed to me by meeting societal standards?? And why, when a percentage of these people who attain these societal objectives find that their happiness is often fleeting...or worse, it never came to fruition, to begin with! What really is the meaning of all of this...a life...a world? Flesh...and bones and a soul! This is the question that has been imbued in mankind since the birth of civilization, or more or less, has plagued mankind since the beginning of time. Yet we stampede on this path of life, clueless!

Life outcomes: Harmony vs Disharmony...

In this book, you have heard me say (and will continue to mention) to the lengths of brevity and beyond the words **harmony and disharmony**.

Obviously, anybody can rattle off their own subjective list and ideas of what they feel and consider to be harmonious or not. But I will give a very simple definition based on my perception of what I mean by harmony in general.