

VOTED AMERICA'S #1 MOTIVATIONAL ROCK-STAR!

Ignite the Rock-Star Within

How to Achieve Anything
with "Music Visioning"



by **fiz**

Ignite the Rock–Star Within

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Stage 1

**All the World Is a Stage –
What is your Role?**

Stage 1 – *All the World Is a Stage – What is your Role?*

How to Achieve Anything with “Music Visioning”

As far back as I can remember music has touched my soul on a very deep level. I remember the first time I knew I was going to be a musician. I was sitting in the back of my mother’s car and Chuck Berry came on the radio. His music touched my soul; I just knew that Rock n Roll was my calling.

Which brings us to Stage #1? ***Know your Soul Purpose.*** You see, each one of us come into this life with special gifts that we are here to share with others. Unfortunately, most of us are taught at an early age to do the opposite. Go to school, then college, get a job working for a good company. Have kids; buy a house with a picket fence, etc. Now I’m not saying that isn’t what you should do if that’s what you truly want. But what I am saying is that most of us are programmed into thinking this is what we are supposed to do because this is what society tells us. They teach us this is the proper way...the secure way. But I’m sure many of you have figured out by now, that there is nothing secure about working for the big corporate company that you dedicated your life to. This has left many of you with less quality time for yourselves, your family & friends.

Buddha said your work is to discover your work and then with all your heart, give yourself to it. If you don’t know what your “Soul Purpose” is yet, your imagination will help take you there.

Like Albert Einstein says, “Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.”

OK, so you're probably thinking. *"Well that's fine for you, fiZ", but I don't know what my 'Soul Purpose' is."* Well, I'm here to say, that is exactly why I created this product, *"Ignite the Rock-Star Within."* I have been doing my "Music Visioning Technique" most of my life and I am now ready to share this with you. This technique is so powerful that it has helped me to live the life of my dreams.

So, what is my Music Visioning Technique and how can it help you?

Well, first, let me start by telling you a story. As I told you, I knew I was going to be a musician at a very young age, and I was also fortunate enough to grow up with a lot of music around me.

I was born into a Catholic family. So before we ate dinner we would say a prayer. In the Catholic tradition they make the sign of the cross by tapping on the forehead and saying "In the name of the Father", then the heart "The Son," then shoulder to shoulder "and The Holy Spirit." Well, while my mother was leading everyone into prayer with this ritual, I was making the sign of the cross too, but instead of saying *"In the name of The Father, Son and Holy Spirit,"* I was saying, *"In the name of The Beatles, Led Zeppelin and The Rolling Stones, Amen."*

My Religion is Rock n Roll and you are all Rock-Stars!

My parents were always singing around the house. My father was into singers like Jimmy Roselli, Frank Sinatra and other vocalists similar to that style, which I suppose was common for Italian Americans at the time.

My Grandma was an amazing singer, although I never knew it until her later years. I suppose I grabbed some talent there, but my father didn't support my dreams of being a musician. Actually, I can still hear him now, in the back of my head...in his Brooklyn, NY voice:

“Cut your hair and get a job junior, it’s a jungle out there!”

. He was the last of a generation. With that said, it made it all the more rewarding years later to see him in the audience thinking, *“Wow, this kid is actually doing this, he’s playing music for a living”*. He always wanted to be a singer but he didn't have the courage to go after his dream of being the next Jimmy Roselli.

My parents divorced when I was about four so I only saw my father on the weekends. Eventually my mother remarried to my stepfather Ted, who had been singing in Doo-wop bands his whole life. He had a band in the 50's called The Spin-Tones, then they were The El Domingo's and then they became The Charades. That was the version I would watch rehearse when I was a boy. Sometimes they would practice in the living room.

The first time I heard them sing was a magical moment. Ernie was usually singing lead. Ernie was a skinny black man with pipes that could blow you over and soothe your soul all at the same time. I can hear him singin' now, *“There goes my baby”*. His voice was similar to Ben E. King's. Sherman was the bass vocalist...one of the best I've ever heard.

My stepfather sang baritone/tenor. Joe sang tenor, and then they eventually added Terry who also sang tenor but played guitar too, which he would play when they weren't singing a cappella. They were singing their own material as well as songs from “The Drifters,” “The Coasters,” “The Five Satins,” and many more great bands from the 50's.

There is no doubt that a lot of my vocal style came from those early pioneers of Rock. I was the little white boy that wanted to sing like “Smokey”...and I still am.

When I got my first album, The Beatles, that is when my “Music Visioning Technique” came into play.

I had a ritual that I would do almost every day. I would put on a Beatles album. Sit back in a big rocking chair, close my eyes and bring my vision to life. This is also going to be in the beginning scene of my movie, “fiZ & The Ultimate Dream” (Soon to be in a theatre near you). This is how the movie starts:

Scene 1 – It starts in a dream sequence. You see a foggy blurry screen and in the distant background you can hear The Beatles playing. It’s the song “All You Need Is Love”, the vision starts getting clearer, and you can start to see the band...but wait. What’s this? One of the members seems to be a kid who looks to be about ten. Yes, and he’s wearing round sunglasses and is singing lead.

Other images start coming into the dream, and it starts becoming more colourful. They seem to be playing a concert for children...children that need love and healing. The music starts to put smiles on the children’s faces. They are feeling the healing power of Rock ‘N Roll! It soothes their souls.

Then in a very loud, outer-projected voice you hear “ANTHONY”! “IT’S DINNER TIME.” Then I wake up from the dream sequence to my mother yelling from the kitchen, and then the movie is in scene two. Back to reality...or is it? And yes, my birth name is Anthony. Anthony Luca DeMattia.

Pretty cool, eh? I can see the movie reviews on the big billboards now. “fiZ & The Ultimate Dream” is the movie they are calling “The ‘Rocky’ of Rock ‘n Roll!” “The man that believed that Rock ‘N Roll could save the world and never gave up.”

Why am I sharing this with you now? What does this movie have to do with the music visioning technique I'm teaching you? Well, I just saw a great opportunity here to promote my movie. Hey, you have to think out of the box. Break the rules. I'm here to help you "Ignite the Rock-Star Within," aren't I? Well, this is how Rock-Stars think. Or should I say "Marketers?"

I don't want to influence people to be too cocky, but what I do want to do is challenge you to push the boundaries. Break the rules sometimes. Listen. Did you really think a Rock-Star named fiZ was going to write a traditional book?



I used to watch my Stepfather's band rehearse when I was a boy. My vocal style is a combination of those early Doo-wop/Soul Singers mixed with Brit Rock Singers like John Lennon, Rod Stewart and more.

So here's the **"Music Visioning Technique"**:

1. **Find a place where you can be alone** (or at least have the ability to wear headphones) and close out the outside world.
2. **Put on a song or a piece of music that inspires you and touches your soul.** Make sure that it's aligned with your vision. If you don't have an idea of what your Soul Purpose is yet, then just pick something out that is Universal in its message, like my song "This Is It." Another one of my favorite songs to use with this technique is "I Believe I Can Fly" by R. Kelly. You can also play inspiring music with no vocals like Vangelis's "Chariots of Fire" or a beautiful Classical piece by Mozart, Beethoven or Antonio Vivaldi. It's important to keep the song/musical piece in the 2-5 minute range as anything more than that would be too much. You want to leave your visioning on a high note.
3. **Play the song at a decent volume.** Don't blast your ears out, but don't be afraid to crank it up a little. Trust me. This makes a difference.
4. **Now envision living the life that you want to live.** Picture being what you want to be. Again, if you don't know what you want to be, or think it's just not possible, then I want to encourage you to just start by thinking about things you love. Places you want to go. A deserted island, a planet far, far away. Yes, that's what I said. The point here is to start using your imagination. If you think this is silly then you really *should* be doing this.

Remember what Albert Einstein says, "Imagination is more important than knowledge."

Eventually you will get more comfortable with using your imagination and in no time you will start seeing a common progression and similar visions of what you want to do with your life. If your vision is big and grandiose you know you are on to something. Don't push it away and think it's not possible. For instance, if you see yourself as an astronaut but don't believe it's possible, embrace it; chances are you are supposed to follow that road. Follow your hearts desires and they will lead you to where you are supposed to go.

- 5. Now, feel the feelings of having all of this NOW.** It's important to really feel it. Get emotional with your vision. The reason why I have been able to live my dream is because I get emotional with my visions. When I was picturing myself performing for the children, the vision was so powerful that it would bring me to tears. That is why I have been able to break through every barrier that has been brought my way. That is why it is so important to do something that inspires you. Something that fires you up and gets you excited.

Final thoughts. Another important factor to the equation is that I was making a contribution to the world in my dream. It wasn't just about me. I'm not saying your dream can't be just about you, but what I am saying here is that if you incorporate helping others and making a difference in the world with your dream vision, God (the Universe if you will) will do everything possible to assist you on your Soul Mission.

It's visioning on turbo boost!

The best time to do the "Music Visioning Technique" is right when you wake up and at night before you go to bed. If that is just not possible for you, don't worry. Anytime during the day will work, but it is best to be in an alpha state of mind.

Alpha brain waves are present in deep relaxation and usually when the eyes are closed, when you're slipping into a lovely daydream or during light meditation. It is an optimal time to program the mind for success and it also heightens your imagination, visualization, memory, learning and concentration.

It is the gateway to your subconscious mind and lies at the base of your conscious awareness. The voice of Alpha is your intuition, which becomes clearer and more profound the more you do these exercises.

That is the key. You want to tap into your subconscious mind. If you're like most people on the planet, you have dealt with some trauma in your life. That info gets lodged in your subconscious mind and can prevent you from achieving things you want because the subconscious is where traumatic memories and painful emotions are stored. It's also where your ideas, wishes and desires are stored. What you want to do is focus on your wishes & desires until they override the negative thoughts.

It is important to note that **you must take action on your desires!** There were many people that got the wrong impression when they watched "The Secret." "The Secret" is a movie that described the Law of Attraction, and it basically stated that what you think about you bring about. While this is true, it is important to understand the context in which it is true. We cannot just sit around and think about things we want, and expect to manifest them. It's important to understand we are souls in a human body, so we do operate in a physical world; therefore it is necessary to **take action** when working on attaining our goals and manifesting our desires.



I hope you enjoyed your “Music Visioning” session. The more you do it the better you will get. You want to get to a point where your vision is very clear and detailed. You want to be able to see the marble stairs in your mansion. You will be able to clearly see the children you are helping in Africa. The huts they are living in just off the main dirt road of their village. You can smell the sauce you are making in your kitchen (that is almost the size of a small house. It’s filled with all the best stainless steel appliances. You can see the dock in your backyard from the side kitchen window. Oh, that’s my dream. You get what I’m saying. Really have fun with this. There are no limits or boundaries. Go wherever you want. Have fun with it and I’ll see you when you come back. You may also want to keep a separate journal to record your daily visioning results. That way you can really see the progression as you work towards manifesting the life you want!

“Make your dream as amazing as you want it to be. It has to inspire you. That is the only way you will inspire others.”

-fiZ

Summary of Stage 1

- **Know Your Soul Purpose** - Each one of us has our own special gifts. Your mission is to share that with others
- **Imagination** is more important than knowledge
- **Visualization** is a powerful way to manifest your dream. Music Visioning is visualization on Turbo Boost
- **The Alpha Brain State** is an optimal time to program the mind for success and it also heightens your imagination, visualization, memory, learning and concentration.
- **Don't be afraid** to break the rules sometimes
- **Just like when learning an instrument**, repetition is key to overriding negative habits

**What are your top takeaways from this Chapter of
“Ignite the Rock-Star Within”?**

As always, I’m wishing you...



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Stage 2

Desire Will Light Your Fire

Stage 2 – *Desire Will Light Your Fire*

If you have been doing the “Music Visioning” daily then you should have a clear vision of what your “Soul Purpose” is by now. Don’t get discouraged if you don’t. Just keep doing the technique and eventually you will have clarity on your goals and dreams.

Understand, having a clear vision of what you want is only one part of the equation, for there are other ingredients you will need to mix in this recipe for success. This leads you to Stage 2, Desire!

You must have a burning desire to achieve your goals. Actually, I will take it even a step further by saying, not only do you need to have a burning desire to attain your goal, but you must eventually put yourself in a position where you have NO CHOICE BUT TO SUCCEED.

If you don’t have a burning desire to attain your goal then chances are your goal is not big enough. Your goal needs to excite you and inspire you. You should be thinking about your goal every day until it consumes your very being. Don’t worry if people think you’re crazy for having a big goal or dream, some of the greatest people that have ever lived were also treated, and looked at, differently.

The Italian inventor Guglielmo Marconi was taken into custody because his friends thought he was losing his mind when he told them that he discovered the principle to send messages through the air without the aid of wires. Because of Marconi we have radios to blast our Rock ‘n Roll...RIGHT ON!

If you're somebody that doesn't socialize very well in school or at work, take comfort in knowing that one of the greatest artists that ever lived also had a very hard time communicating with others in public. His name was Michelangelo. Fortunately his desire to achieve greatness in the arts allowed him to stay focused on his work without being concerned what others thought about him. His work is forever etched into the pages of history.

If part of your dream is to be financially wealthy, then I highly recommend that you read a book called "Think and Grow Rich," by Napoleon Hill. The book was written in 1937, but the steps that he points out that you must take to succeed are as effective today as they were the day he wrote it.

In the book, Napoleon Hill shares a story about how his son was born with no ears but he had a strong desire to not accept what the doctors told him as they expressed that his son would not be able to hear. Napoleon would not hear of it (pun intended). He focused on his son being able to hear and he encouraged his son to be strong-willed and determined, and through this strong desire to see his son be able to hear, his son was eventually able to hear-...nothing short of a miracle, indeed!

Elvis Presley who is referred to as the King of Rock 'n Roll, was constantly picked on when he was in school. He was bullied and called a mama's boy. His music teacher told him that he couldn't sing. But he knew something they all didn't. He knew who he was and where he was going.

His desire to become a singer was so strong that no one could stop him. No matter how many obstacles were thrown at him, he stayed focused on his goal. No matter how many kids picked on him at school about the way he dressed, he stayed focused on his goal.

I, too, can recall getting picked on when I was in school. The jocks used to pick on me and call me Fonzie, as I used to wear a denim jacket with the collar up. My denim jacket was often covered with patches and buttons of my favorite bands like the Beatles, the Rolling Stones, and The Kinks, etc. And my hair was all kinked out too.

There was a movie that came out in the early 1980s called “The Outsiders” It was a movie that was based on the differences between the jocks and the outcasts in the 1950’s. The outcasts were referred to as “greasers.” Well, just like the characters in the movie, I was an outcast, and I who also came from a broken home. You could say I was a bit of a wild child, but the truth is, I was really reaching out for someone to pay attention to me. I didn’t get the proper support I was looking for in school. The counsellors turned a blind eye and just wrote me off as a troubled child.

The thing that got me through those years more than anything else was my love and passion for music. My desire to play music was so strong that I was eventually able to overcome obstacles that many troubled teenagers have in school and at home.

It is that same desire that led me through the turbulent years, and then into my college years, then into my working years, and so on. This is why it is critical for you to have a goal or dream that you really **want** to have. You can do anything you want if you put your mind to it. You just need to stay focused and determined.

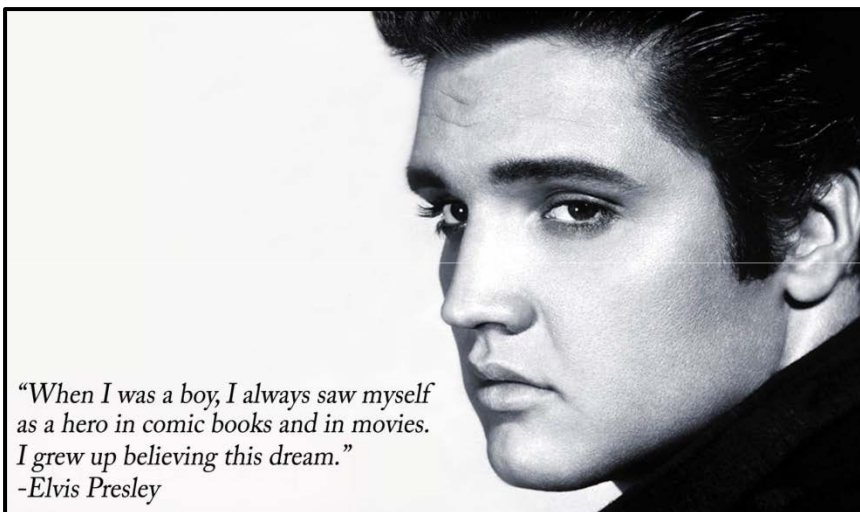
There is also another ingredient you are going to need in order to fulfil your dream, and that is expectancy. You must expect to see your dream become a reality, for if you don’t then it won’t come to fruition.

Bob Proctor mentions this in his book, “You Were Born Rich.”

“When you cast your mind back over the experiences of your own life, you will soon realize that whenever you did reach a desired goal, you not only desired that goal but you actually expected to attain it as well.

Let me repeat—desire without expectation is nothing more than wishful thinking and, as we have already pointed out, since the vast majority of people wish positive but expect negative, they seldom attain what they are after.” – Bob Proctor

When you expect things to happen you get results. You are walking around with a certainty that people around you will pick up. They will be able to feel your positive energy. They will know that you mean business. So don't ever forget to expect the best because that is who you are and that is what you deserve.



*“When I was a boy, I always saw myself
as a hero in comic books and in movies.
I grew up believing this dream.”
-Elvis Presley*

Summary of Stage 2

- **You must have a burning desire** to achieve your goal
- **You must put yourself in a position** where you have NO CHOICE BUT TO SUCCEED
- **If your goal doesn't excite and inspire you**, it's not a big enough goal
- **If you wish to be wealthy**, read "Think and Grow Rich" by Napoleon Hill
- **My desire to play and write music is so strong** that I have been able to overcome obstacles that I normally couldn't

**What are your top takeaways from this Chapter of
“Ignite the Rock-Star Within”?**

As always, I’m wishing you...



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Stage 3

Believe in Your Dreams

Stage 3– *Believe in Your Dreams*

In 1973 The N.Y. Mets had fallen into last place, and had remained there till the end of August. Tim McGraw was the winning pitcher for the Mets on August 31 when the Mets emerged from last place with an extra-innings victory over the St. Louis Cardinals.

For the remainder of the season, McGraw went 3–0 with a 0.57 ERA and ten saves. The Mets, meanwhile, went 20–8 from that point forward to pull off the division title. At a team meeting where Mets Board Chairman M. Donald Grant was trying to encourage the team, McGraw shouted the words, “*Ya Gotta Believe*” which became a popular rallying cry for the Mets. He said the famous phrase when maybe only he believed the Mets could actually get to the World Series.

But soon enough, hearing McGraw say it again and again, seeing him do his magic in the ninth; the Mets themselves came to believe. Let me repeat that one more time: Hearing McGraw say “**Ya Gotta Believe**” again and again, and seeing him do his magic in the ninth, the Mets themselves also came to believe. They pulled into first place on September 21 with a 10–2 victory over the Pittsburgh Pirates, and clinched the division crown on the final day of the season.

When you believe in your dreams, others around you will start believing too. Just like what Tim McGraw did for his team, you too can do that for the people around you, whether they are your family, your co-workers or whoever happens to be around you most. Now, if they don’t believe in you, just continue to hold onto what you believe in your heart, regardless of what is going on outside of you anyway. Only you know *your* truth. Don’t let anyone take that away.

Now, I'm not a big sports fan as music takes up most of my time, but I do occasionally like to watch a great game, be it baseball, football or tennis. I also tend to root for the underdog, so being a Mets fan fits that bill perfectly. How did I wind up being a Mets fan, you might ask?

Well, my father was a Brooklyn Dodgers fan, which is where he was born. He used to go see them at Ebbets Field all the time, but in 1958 the Dodgers moved to California and my father and the rest of the Brooklyn Dodger fans lost their team. A few years later the NY Mets were founded and many of the Brooklyn Dodger fans that were left astray now had a team to root for once again, as the last thing in the world they would have wanted to do would be to root for their #1 rivalry, the New York Yankees.

So, because my father was a Mets fan, I used to go to Mets games back in the 70's, but my Stepfather is a Yankees fan, so I used to see the Yankees play too. The great thing about this is that I don't have any loyalty to either team, which is great as I prefer to focus on my music rather than get caught up in sports too much, so it worked out perfectly for me that I had two dads that liked different teams.

As I mentioned, The Mets wound up clinching their division in 1973, but ultimately wound up losing the World Series to the Oakland A's. But in 1986 the Mets won the World Series. I remember that Series very well. It seemed like Boston was the better team, but the Mets were working with something that Boston just couldn't compete with. And that something was "MAGIC!"↓ Why did the Mets have this magic? Because they believed they could win, and their fans also believed they could win.

Now this might seem weird to you but, I believe with all my heart that the fans had something to do with the Mets winning, as I held that vision with so much faith and passion, that I was certain they were going to win.

To entertain this idea in your mind a little more I would like to introduce you to The Holographic Universe theory.

Michael Talbot's book *The Holographic Universe*, which has become his most popular, explores the metaphysical implications that underlie quantum mechanics and suggests that the Universe is a hologram. After examining the work of physicist David Bohm and neurophysiologist Karl Pribram, each of whom independently arrived at holographic theories or models of the Universe, the book argues that a holographic model could possibly explain super symmetry and also various paranormal and anomalous phenomena and is the basis for mystical experience.

In 1982 a remarkable event took place at the University of Paris. A research team led by physicist Alain Aspect performed what may turn out to be one of the most important experiments of the 20th century.

Aspect and his team discovered that under certain circumstances subatomic particles such as electrons are able to instantaneously communicate with each other regardless of the distance separating them. It doesn't matter whether they are 10 feet or 10 billion miles apart. Somehow each particle always seems to know what the other is doing.

We are all connected! When you believe in yourself, others around you start receiving that you are on that frequency and that is how you draw successful people to yourself.

Believing in yourself is an attitude that you develop through years of positive conditioning. Of course it helps if you have parents that are fully supportive of your dreams and desires, but it is not necessary.

It doesn't matter where you came from. All that matters is where you are focused on going. My parents didn't fully support me in my music career, but I followed my heart anyway. No one knows how strong the desires of your heart are. Only you know, so only you should be making the final decisions on what you want to do with your life.

Many parents believe they are helping their children by bringing them into the family business or making sure they go to college so they become a lawyer, a doctor or something else that the parent has in mind. They don't realize what a great injustice they are really doing to their children by not letting them follow their own hearts' desires.

As I said in Chapter 1, each one of us is born with a Soul Purpose. Your number one objective is to find out what that is and share that with everyone around you.

Nick Vujicic is a motivational speaker who was born with no arms or legs, but he believes in himself and the value of his message. Despite his many challenges, Nick has a great attitude towards life, and, because of this, he is able to give hope to those who have felt hopeless.

You can find some very inspirational speeches by Nick on YouTube. One of his powerful quotes is, *"It's not the end until you've given up, and just the fact that you're here should persuade you that you have another chance to get back up."*

Martin Luther King, Jr. also believed in his dreams so much that less than 50 years later, the same country that enslaved his people voted in their first black president.

Yes Rev. Martin Luther King, Jr. knew the power of dreams. He infused passion and uncompromised belief behind those dreams and visions to help change the world...WOW!

Below is a section from Martin Luther King, Jr.'s "I Have a Dream" speech that was given to thousands of people at the Lincoln Memorial in 1963:

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'

I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I have a dream today.

I have a dream that one day, down in Alabama, with its vicious racists, with its governor having his lips dripping with the words of interposition and nullification; one day right there in Alabama, little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers."

Martin Luther King, Jr. wasn't the only one helping to create a positive change in America. Black Artists have been helping to unify the world, too.

One of those great artists is one of my favourite Singer/Songwriters, Sam Cooke. Cooke is one of the pioneers and founders of Soul Music and is commonly known as the King of Soul for his distinctive vocal abilities and the influence he has had on modern music.

His pioneering contributions to Soul Music led to the rise of Aretha Franklin, Bobby Womack, Al Green, Curtis Mayfield, Stevie Wonder, Marvin Gaye, Billy Preston and popularized the likes of Otis Redding and James Brown.

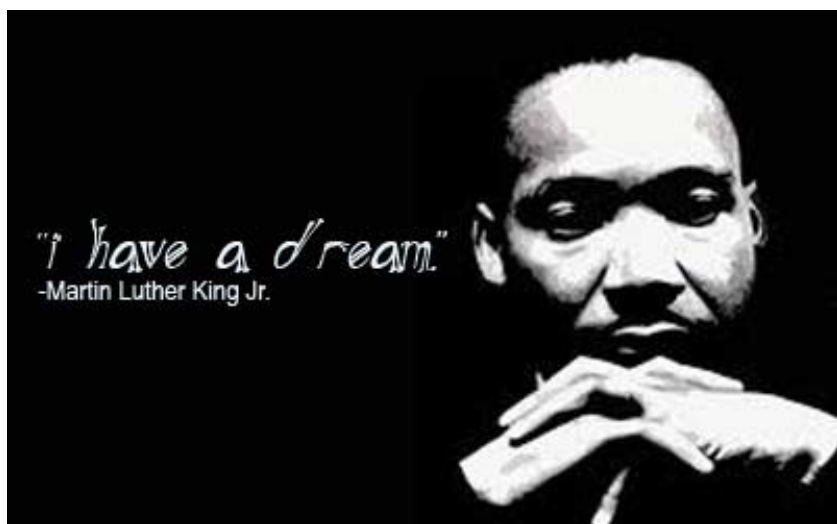
I grew up singing along to Sam Cooke hits like, "You Send Me," "Cupid," "Chain Gang," "Wonderful World," and "Twistin' the Night Away."

One of Sam's greatest songs is "A Change Is Gonna Come." Sam was originally inspired to write this song after he heard Bob Dylan's "Blowing in the Wind," as he was impressed that such a powerful song about racism could come from someone who wasn't black.

"A Change Is Gonna Come" came to exemplify the 1960s' Civil Rights Movement and also influenced Marvin Gaye to write songs like "What's Going On," "Mercy, Mercy Me," and more.

Sam Cooke also inspired the Godfather of Soul, James Brown, to write powerful songs with a message, like "It's a Man's, Man's, Man's World" and "I'm Black and I'm Proud.":

Eventually the world came to see the greatest entertainer of all time, who was also one of the biggest givers to humanity, Michael Jackson. I know some people have heard stories that contradict what I just said, but the only thing I know for sure is that Michael donated a lot of time and money to helping children around the world. His music continues to inspire me and millions around the world. That is the only fact that I know for certain. Anything else carries no weight here.



Summary of Stage 3

- **Believe** in your dreams

- **When you believe in your dreams**, others around you will start believing too

- **Believing in yourself is an attitude** that you develop through years of positive conditioning

- **Believing in yourself** will draw successful people to you like a magnet

**What are your top takeaways from this Chapter of
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As always, I’m wishing you...



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Stage 4

Give Love, Be Love

Stage 4 – *Give Love, Be Love*

I believe it was the summer of 1974 when I met my best friend Mike deLuca.

I grew up in Levittown, NY, a suburb on Long Island. Levittown was built for the World War II veterans and is known as the first suburb in America. When Mike deLuca moved into town he stood out from the rest; as Mike's family was from Argentina and he had a different complexion.

Well, I remember that summer day very well. We were playing baseball on the street that I grew up on, Collector Lane. I was usually playing with kids that were older than me, like my brother Joey, as well as Jeffrey and Mike Klatman. Anyway, we were playing baseball when Mike came up to us. All the older kids were egging me on to fight him. They circled the two of us and were very persistent about me hitting him. They were putting the pressure on. It was kind of like they were giving me an ultimatum like if I wanted to be a part of their crew I had to do this. I remember pushing Mike but I really didn't want to. He started running away, and everyone started chasing him. Again the two of us were circled. Mike started crying. So I did the only sensible thing I could do. I put my arms around him and gave him a hug and told him I was sorry. Then I turned to my older brother and all the other kids and I told them to leave him alone. It took courage and compassion to turn that situation from something abusive into something beautiful.

This still strikes a very emotional chord in my soul, for how horrible it is to hurt one another. It's very important to be kind and loving to everyone, for if there is a God that looks at this planet, he/she does not see different ethnic backgrounds or races. All God sees are brothers and sisters on one planet together, that is exactly what we are, and it is imperative that we teach our children this so they understand how to treat others with respect.

As I said in chapter 1, when I would do my music visioning, I was seeing myself helping millions of children around the world. Those visions were so powerful that I have been able to help children through the power of music. I have been awarded a humanitarian award for my work with physically challenged children and have done all of this holding the vision of my organization “Notes for Life,” so that I can help children around the world like I did in the visions when I was younger.

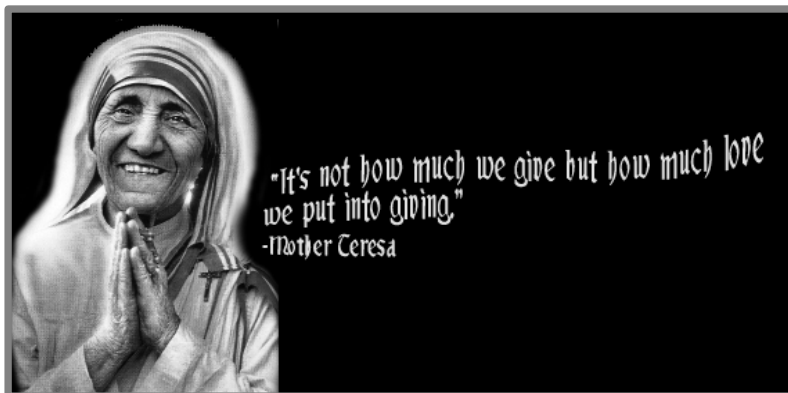
Even though I feel very blessed to have received an award for my work, there is a part of me that believes we should not be awarded for what we are supposed to do. With that said, I understand that by being recognized for my work, I will be able to do more work in the world because of this recognition. And for that reason I share this information here, on my website, and anywhere else where I can promote “Notes for Life” so that I can help others.

It’s very interesting. I’ve recently been reading different spiritual points of view about giving and how much more powerful it is if you give without anybody knowing it. I would like to acknowledge this awareness, but I would like to give you some very valuable insight.

There is no true giving without receiving. The highest and most blessed Masters that have ever walked this earth know that to serve is the highest blessing. They understand that when you give fully from your heart, you receive 10 times the amount of what you give in good karma.

You don’t have to give money or any other physical object to achieve this universal law, you can give anything. You can give a smile even when you don’t want to give a smile to someone. You can give loving thoughts to someone instead of hateful thoughts if you had a problem with this person in regards to something in the past. You can give your time to someone. There are many things you can give.

"Let us not be satisfied with just giving money. Money is not enough, money can be got, but they need your hearts to love them. So, spread your love everywhere you go." – Mother Teresa



Once you start getting into this vibration of giving with all your heart and soul, you will understand the true value of this and you will be able to give on levels that most people never will. Then you are walking with the Masters, the blessed ones, as deep down inside we all really are.

It doesn't matter who you are, how old you are, where you are or where you are going. All that matters is here and now, and the only real opportunity you have to give is now.

Another quote I love about giving is:

"Let us remember they want our true presence more than presents." Brendon Burchard

I've created this template so that you can come up with different ideas on how to give to others.

It is important to do this exercise on a daily basis until you are in the vibration where giving is not a difficult concept for you.

So let's start by doing this exercise at least a few times a week.

Write down at least 10 Different ways you can give to someone else. Keep in mind; you don't have to give anything physical, like money, gifts or things of that sort. You'll get the hang of this. Go get 'em!

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Summary of Stage 4

- **It takes courage and compassion** to turn a bad situation into something beautiful

- **We are all brothers and sisters** on this planet

- **There is no true giving without receiving**, meaning, when you give from your heart you also receive

- **The only real opportunity to give is now**

What are your top takeaways from this Chapter of
“Ignite the Rock-Star Within”?

As always, I’m wishing you...



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Stage 5

Be Grateful...for EVERYTHING!

Stage 5 – *Be Grateful...for EVERYTHING!*

Being grateful is one of the quickest ways to bring more abundance, love and joy into your life.

One of the greatest joys in my life is to perform for children that need care, whether that's singing for physically challenged children, terminally ill children or any other situation they might be in.

Words cannot express how amazing and beautiful these kids are, and what they have to offer the world. The battles that most of these children have to deal with every day far surmount most of our so-called problems. I'm reminded of this every time I'm singing into the eyes of a child that cannot breathe without the help of a machine, or cannot walk without crutches or go anywhere without a wheelchair, yet they have a smile on their faces as I'm performing for them.

Most of these special children are more grateful for me singing to them than most of the people I perform for in clubs, bars and everywhere else. I could tell you without hesitation that the shows that I perform for these children are by far the greatest and most rewarding shows I do, and words cannot express how truly grateful I am that they are in the world.

If you want to be happy and live a joyful life, start being more grateful for what you have. At the end of this chapter is a gratitude list that you should print out and write on every morning when you wake up.

“When you consider our world from such a compressed perspective, the need for acceptance, understanding and gratitude becomes glaringly apparent and, therefore, concludes that if you have food in the refrigerator, clothes on your back, a roof over head and a place to sleep, you are richer than 75% of the people in the world. Doesn’t that call for some gratitude?”

If you woke up this morning with more health than illness, you are more blessed than the million that will not survive this week. If you have money in your bank, or even in your wallet, and spare change, you are among the top 8% of the world’s wealthy...92% of the people don’t have that.

Treasuring our divinity means being in a constant state of appreciation, looking for occasions to be joyful and happy, to be in a state of gratitude. Every time I find a penny on the street, I say thank you God.”

-Dr. Wayne Dyer

I start each morning with thoughts of gratitude. I'm grateful for everything. I'm grateful for my eyes, my hands, my music, my mind, my family, my friends, that I can talk, walk, write this, that I have food to eat today, for my challenges, and on and on and on. Get it?

Besides doing my gratitude list, I also meditate on things I am grateful for. Actually, I make a habit of being grateful as much as possible. I am constantly working on training my mind to be grateful, especially when I get caught up in some trivial drama.

If you find yourself getting upset, focus on the things in your life that you are grateful for. You can even be grateful for the situation that you are in that you might think is bad, for instance. Say you were in a car accident and you got hurt and your car got destroyed. This is something that happened to me. Yes, initially I was a little upset about getting banged around in my car from someone else's careless driving, but I was able to turn it around fairly quickly and through positive thinking, great things came out of that situation. For instance, they totalled my car but I was able to buy a better one with the money the insurance company gave me.

You might be one of those people that think you had a bad life. Maybe you feel you had bad parents. Maybe you grew up poor. Maybe you were born with a health issue. Whatever your situation was or is this present moment has been here for your best interest. You might be having a hard time accepting what I'm telling you, but this is 100% true.

I might sound like a broken record here, but I will say this again, and again, and again. Things are not always what they seem on the surface. As a matter of fact, they usually aren't, yet most people go about operating and responding to a situation from how they are experiencing it in that moment, but there is always more going on than what you are experiencing with your senses.

I bet that if you take a moment right now to look at the biggest disappointments in your life, you can view those situations from a different perspective now. Yes, of course you can. You know this is true. It always comes back to the simple, fundamental rules. Trust me, being Spiritual is not complicated. You've heard it before. You can either look at the glass as it being half empty or half full.

Your life is a blessing. It is a blessing to you and it is a blessing to me, for we are all one big family.

This is what **Brian Tracy** has to say about **gratitude**:

“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.”

Here are some other great quotes on gratitude. May this help you get on the frequency of being grateful for your life. Then you will be living like a true Rock-Star!

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” -John F. Kennedy

“Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.” -Oprah Winfrey

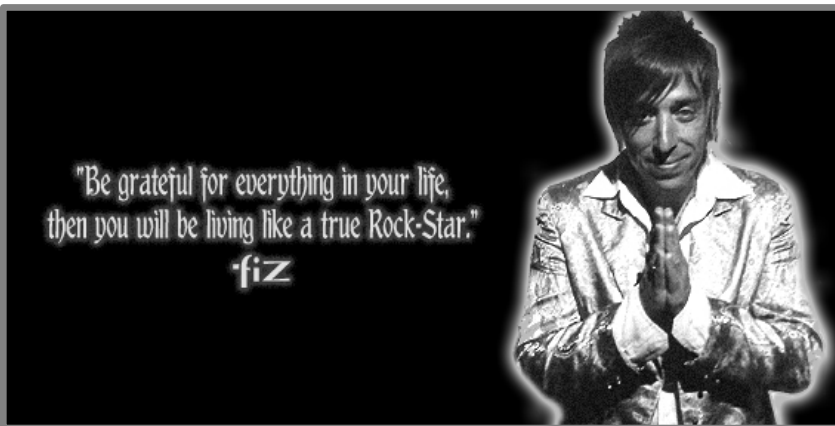
“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.” - Epictetus

“Let's start with what we can be thankful for, and get our mind into that vibration, and then watch the good that starts to come, because one thought leads to another thought.” -Bob Proctor

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” -Albert Einstein

“You have no cause for anything but gratitude and joy.” -The Buddha

“Gratitude places you in the energy field of plentitude. Glow with gratitude and see how awe and joy will make their home in you.” -Michael Bernard Beckwith



Gratitude List – Every morning when you wake write what you are grateful for. Don't limit yourself to just these 19 lines. The more you do this, the more things you will be grateful for.

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Summary of Stage 5

- **Being grateful** is one of the quickest ways to bring more abundance, love and joy into your life

- **If you want to be happy** and live a joyful life, start being more grateful for what you already have

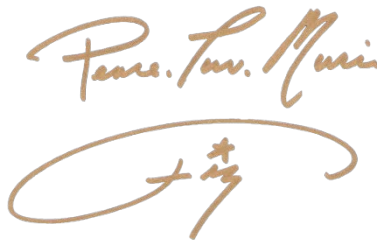
- **If you have food in the refrigerator**, clothes on your back, a roof over head and a place to sleep, you are richer than 75% of the people in the world

- **If you find yourself getting upset**, focus on the things in your life that you are grateful for

- **Besides having a gratitude list**, you can also meditate on things you are grateful for

What are your top takeaways from this Chapter of
“Ignite the Rock-Star Within”?

As always, I'm wishing you...



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Stage 6

The Art of Persistence

Stage 6 – *The Art of Persistence*

I didn't just pick up the guitar and instantly start writing great, catchy Pop/Rock songs. It has taken me many years to hone ~~in~~ ~~on~~ my craft. I have written hundreds of songs in my life just to get that one nugget, that one great song. I'm not saying it's going to take you years to master whatever it is you are or will be working on, but I am saying repetition is the key to honing ~~in~~ ~~on~~ your craft.

Rock-Star Bruce Springsteen has spoken about the importance of repetition and discipline with his song writing. Mentioning the fifty-to-one ratio for him, which is, for every fifty songs he writes he will find one or two worth using on an album. Do the math. If you know who Bruce Springsteen is, then you know he has been a successful recording artist for over four decades now. That's a lot of songs he's had to write to consistently stay on the charts.

Some people have a delusional, misguided fantasy about Rock- Stars. I assure you, it's not all glitz and glamour. It requires a lot of discipline and dedication to be at the top of your game, but if you are passionate about what you do, it is worth the sacrifices you have to make to attain greatness.

In order to strum chords on the guitar and make it sound great, it requires you doing certain exercises over and over again, until you have a beautiful flow going. It's also important and effective to apply this to getting rid of bad habits and negative thinking that produce self-sabotaging behavior. I have always had somewhat of a bad temper. I could have continued to blame it on my childhood. I could blame it on having Italian blood running through my veins. I can try and blame it on many things but that isn't going to solve the situation. As a matter of fact, all that does is add wood to the fire.

I learned a great technique from Bob Proctor. Pick something you want to improve, a bad habit that you want to get rid of and work on an exercise for thirty days straight that will help ingrain a more productive habit.

For instance, in my case, I wanted to get rid of my bad temper, so I wrote out on paper every morning and every evening for thirty days the chapter on serenity by James Allen from his book “As a Man Thinketh,”. I can tell you this has helped me tremendously.

It’s important to understand that you have to be consistent with this exercise in order for it to work. 30 DAYS...no less.

Repetition and persistence go hand-in-hand. As with repetition, having persistence is necessary in order to succeed. I've performed many shows in my life and I have been rejected many times. Just like anything that's worth attaining, you must understand that for every hundred no's there is a yes waiting somewhere.

If you don't love what you do for a living, then you are going to have a hard time being persistent. This is why it's critical that you know what your “Soul Purpose” is. As we discussed in Chapter 1, the music visioning exercise will help you get clarity on what your Soul Purpose is.

Another way to help be more persistent is to set goals. There are three types of goals, Short-term, medium-term and long-term goals. It is also important to reward yourself when you accomplish a goal, whatever that is for you. It also helps to have some accountability. Perhaps you can have someone in your family hold you accountable for your goals or perhaps you can go to someone else you might know.

We all know Thomas Edison's famous quote about inventing light bulb, "I have not failed; I just found 10,000 ways it won't work." Another quote Thomas Edison said is "I never did a day's work in my life, it was all fun." The most successful people that ever lived were living their "Soul Purpose."

Persistence is priceless. When we never give up dreaming or becoming a better person and making the world a better place we truly are living out our soul mission.

It is your time to step up from mediocrity and grab the torch that was given to you when you came into this world and use it to light the heart of everyone you meet. You are here to achieve greatness. You are not only here to astound others, you are here to astound yourself. You might be thinking that you are too old, or you're too this, or too that, but there are many people in and out of the limelight that have achieved greatness later on in their lives.

The famous opera singer Andrea Bocelli didn't start singing opera seriously until the age of 34. Some 'experts' told him it was too late to begin. The late great Alfred Hitchcock directed his best films in his 50s. I personally don't watch TV much but even I heard about Susan Boyle, who won the hearts of every one on the show Britain's Got Talent. I saw the video on You Tube and watched how some people were laughing at her as she walked onto the stage.

This struck a very strong chord in my heart because I know what it's like to be heckled when I am trying to perform. Sometimes that is a very challenging situation.

Believe me you must be strong. The reason why that story is so great is because Susan not only showed that she was a great singer, but that she has heart and she is strong. You could tell that she's been singing her whole life and her persistence finally paid off.

You must truly care about what you are doing and do it with passion. There is no way around this. You must do the work. You must be persistent and create repetitive exercises that will help you hone ~~in on~~ your craft and get rid of bad habits.

My good friend Emily Eldridge works a lot with prisoners. She created a great technique called the "Drawing out Process." This process helps the prisoners address their inner demons and bad habits. Some of these prisoners are up there in age, but the age has nothing at all to do with the soul. Some of these prisoners have complete transformations. We're talking about people who have lived very difficult lives. Some killed, some raped, some stole, but they weren't born that way. Some of these people were abused when they were children, either sexually, physically, verbally or otherwise.

Researchers know that the most influential and important years for any human being is when they are a child and their brain is developing.

When you start to observe the world without judgment like the blessed Masters that have walked this world you start to see clearer. You start to understand there is a lot more going on than what you see on the surface. So instead of looking at these prisoners like they're bad people, you understand its cause-and-effect. Most of them were not supported properly when they were children and it caused great pain in their hearts.

Everyone just wants to be loved. Everyone IS love. If you start walking in the world with this awareness from now on, your life will change for the better.

When people think of former Heavy Weight Champion of the World Mike Tyson, they think of a mean, abusive man, but what they fail to see is the great student he was. Tyson studied boxing and watched more films on the sport than anyone.

Going through the motions is no way to achieve greatness. You have to study your craft. Learn it inside and out. Build a wealth of knowledge. It'll help you create great, inspiring, and unique work.

In the next chapter we're going to speak about living the dream not following the dream. I'm going to give you concrete examples that will clearly show you that in order to accomplish greatness you must think it, live it, breathe it and wear it everywhere you go.

“Energy and persistence conquer all things.”

-Benjamin Franklin

“Persistence is to the character of man as carbon is to steel.” -Napoleon Hill

“Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.”

- Calvin Coolidge

NEVER GIVE UP



Summary of Stage 6

- **Repetition is the key** to honing in on your craft
- **Pick a bad habit** that you want to get rid of and work on an exercise for thirty days straight that will help ingrain a more productive habit
- **Being persistent** is necessary in order to succeed
- **Create repetitive exercises** that will help you hone your craft and get rid of bad habits
- **NEVER** give up

What are your top takeaways from this Chapter of
“Ignite the Rock-Star Within”?

As always, I’m wishing you...

Pearce. Lee. Murin


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Stage 7

Don't Follow the Dream...Live It

Stage 7 – Don't Follow the Dream...Live it

If I had a dollar for every time someone said to me “good luck, the Music Industry is a hard business to make it in,” when they asked me what I did for a living, I would have, well honestly, hmm about \$579...LOL.

What they didn't understand is, I'm already living the dream. When someone would say something like “it's a tough business, the odds of making it are slim,” I had this saying I would say to myself...

“I am one of the greatest Rock-Stars of all time!”

I'm well aware of who I am. I don't need to be validated by the masses for this fact to take place. It already is, NOW. This is an effective way to manifest your goals, because now you're living the dream, not chasing it.

The more you carry this mindset with you, the more you will believe it. And the more you believe it, the more they will see it. And so on and so forth, until it comes to fruition.

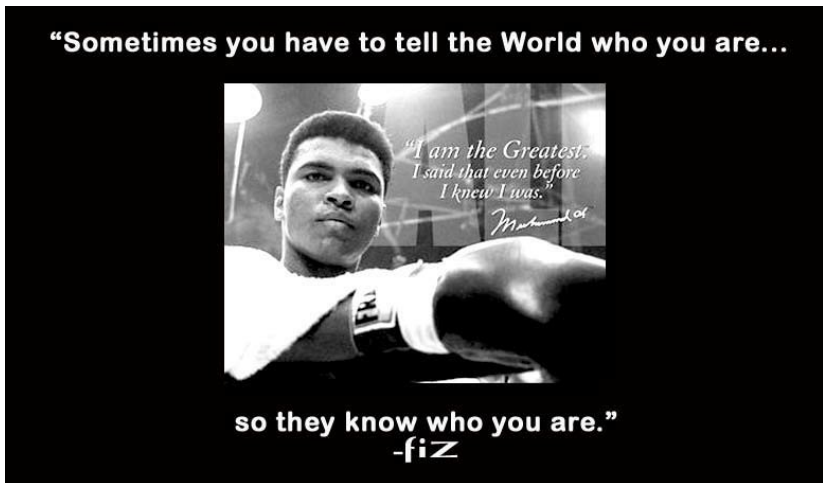
First of all, you cannot achieve greatness without truly great challenges. You should be grateful for your challenges and see them as part of your dream. Don't follow your dream...live it.

When I was growing up there was a famous boxer named Muhammad Ali. Ali was famous for his quotes like, “I float like a butterfly, I sting like a bee, I can knock you out because I'm Muhammad Ali.” I really love that one. And he had many other great quotes. The greatest quote he ever made did not necessarily have to do with the brilliance of the quote itself; it had more to do with the intention behind it. Let me explain.

Muhammad Ali knew the power of words. Every word you speak is a testimonial to who you are and how you live. You are bound by your words. Muhammad Ali knew this, so he would say, "I am the greatest." He said this all the time. He said it before he even became the Heavyweight Champion of the World.

By saying this all the time, he was programming his mind to believe it to be so. He wasn't chasing his dream; he willed it to happen. And by shouting that he was the greatest of all time, he was exuding extreme confidence in himself, so much so that he was able to intimidate his opponents.

There have been other boxers before and after Muhammad Ali that have a better record than he does, but he is referred to as the greatest boxer of all time. Do you think that has anything to do with the fact that he went around saying that he was "*the greatest*" all the time? You better believe it.



Another important thing to do is to “Dress for Success.” Successful people look and act successful all the time. They are living the dream, not chasing it. They are aware that they are like a brand and everywhere they go they represent and promote themselves.

Before I became a fulltime musician I was driving limos part-time to supplement my pay. One night I got a call from one of the companies I was driving limos for. The owner knew I was a musician and figured I would want to take the job. And man was he right. The “Godfather of Soul,” James Brown, was flying into The Big Apple and needed a chauffeur! I was so excited to meet the man that invented “Funk,” the “Soul Master of Disaster!” WOW! I wanted to jump back and kiss myself!

My job was to drive the Godfather around NYC. I grabbed my James Brown CD’s, and stormed out of the door. One of my plans was to play his music on the stereo while he entered the Limo.

Well, he came off the plane looking like he just got off stage. He was wearing a funky purple outfit just like the ones he would wear performing in front of thousands of screaming fans. ***He was walking the walk by wearing the talk.*** Mark and remember.

Needless to say, he was really happy to hear his music playing on the stereo as he entered into the Limousine. I made a lasting impression on him. Not to get something from him, but to show my respect and appreciation for him. He then showed his appreciation at the end of the night by giving me a \$200 TIP!

The company was so happy with me that they asked me to drive James Brown around the next day too. That was even more amazing! He really enjoyed my company. We spoke a lot about music. He asked me about my career, and at one point, while several TV/Record executives were talking to him in the limo over some TV Show proposal for him, he just responded by telling them about my CD. “Hey guys, you know fiZ has a CD out?” he said in that memorable and unique voice of his.

One of his band members made a joke and told me that he spoke with me more in one day than he did with him in the twenty years he was playing guitar for the Godfather. Yes, everyone in the business knows James Brown ran a tight ship. That's why he had the baddest, tightest band in all the land.

“Jump back and let me kiss myself!”

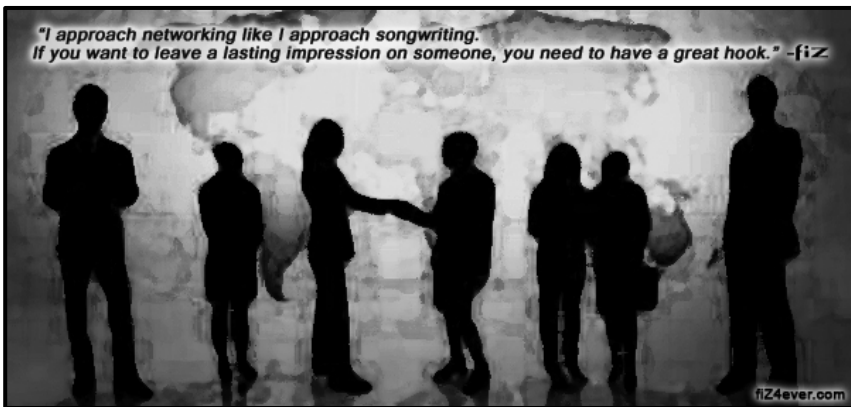
- The Godfather, “James Brown”

I also dress like I'm on stage all the time. Either people will look and smirk, or they will wonder who I am. It's not uncommon for people to walk up to me and ask me if I'm a musician or a famous Rock-Star. People want to know who I am. When they ask me what I do, I say ...

“Imagine...a Rocker...a Motivational Speaker... and synergizing them together. VOILA! You have fiZ, The Motivational Rock-Star. Here to inspire the world with peace, love and music, and all my Revolutionary Products like ‘Ignite the Rock-Star Within’ featuring my ‘Music Visioning Techniques’ as well as my hit songs like ‘This Is It’ & ‘Anything.’” - fiZ

That's why I say, when you dress for success, it's like wearing your business card all the time. You might think that sounds silly but I leave a lasting impression on people when I meet them, that's for sure. I approach networking, like I approach songwriting. If you want to leave a lasting impression on someone, you need to have a great hook. Of course you need to dress accordingly for your profession, but I still would like to offer the insight of you wearing something, anything, whether it's a little pin or broach, a handkerchief wrist band, something that won't interfere with your style but will catch someone's attention. A conversation piece, if you will.

Plus, when you dress like a Rock-Star it puts you in the proper vibration to allow the Universe to catch up with your will. You already are a Star! And so it is. Feel it! Know it! Own it!



Summary of Stage 7

- **You cannot achieve greatness** without truly great challenges

- **Act as if** it already is

- **Every word you speak** is a testimonial to who you are and how you live

- **Dress like a Rock-Star** everywhere you go

- **Approach Networking like Songwriting.** If you want to leave a lasting impression on someone, you need a great hook.

**What are your top takeaways from this Chapter of
“Ignite the Rock-Star Within”?**

As always, I’m wishing you...



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Stage 8

**To Thy Self Be True:
Finding YOUR Voice**

Stage 8 - *To Thy Self Be True – Finding YOUR Voice*

Louis Armstrong, Ray Charles, Buddy Holly, Sam Cooke, John Lennon, Paul McCartney, Rod Stewart, Tina Turner, Bob Dylan, Smokey Robinson, Janis Joplin, Robert Plant... I can go on and on. There were so many great singers to listen to when I was growing up. These singers all tapped into their own unique style. They found *their* voice and by doing so, stood out from the rest and etched their names into the pages of music history.

The ironic thing is I don't believe many of these singers would do all that well on shows like "American Idol," "The X Factor" and all the other talent shows. I can see Simon Cowell now, laughing at Louis Armstrong or Bob Dylan during their auditions and telling them they should try a different career.

Many people have been brainwashed and programmed into believing that the most important thing to being a great singer is being able to blow people away with their technique. How high and low they can go with their vocal range. It is so much deeper than that and, unfortunately, TV shows are there for ratings not to support truly great artists. I'm not saying that there isn't talent on those shows, because there is. But the Music Industry has taken a dive since these TV shows started dominating the airwaves and calling the shots on who gets a record contract and who doesn't.

Music is powerful, so much so that I believe it can save the world. It is the universal language. The "One World Religion" if you will. It is much too important to leave in the hands of only record and TV executives that are mostly about the dollar. And this is one more log that is added to the fire of my desire to bring the true power of music to the world on the highest levels.

By helping and healing those in need with my music, as well as with my revolutionary products, I am focused on changing the name of the game and how music is even perceived.

By combining the Music Industry and the motivational speaking industries together, I'm creating my own destiny, one that doesn't rely on whether or not an A&R executive from a Record Label likes me and wants to sign me to their label or not. I call the shots now. But it came through from trial and error. I had to re-evaluate the way I was trying to accomplish my goals. It was becoming evident that if I wanted to accomplish my goals, I was going to have to change the game, create a whole new paradigm. Reinvention is the new ascension.

Just like most of the great Rock-Stars you know about, I worked very hard at my craft. I've spent most of my life writing music, playing in bands, releasing CD's and trying to build a fan base. I went through many phases of music, from my Hippie Acoustic Folk/Rock playing years, to my dark, dreary, Heavy Metal years. The reason why I said that is, even though I dig Heavy Metal, it's not what the core of my soul wanted to write. I was trying to be something I wasn't because I wanted to succeed and back in the 80's Heavy Metal bands were getting signed to labels left and right.

During that era, I was in a Metal band called "Aragon." They were really heavy for the times. They were along the lines of Metallica. Then I joined the band and messed everything up. They didn't feel that way, but I did. The band became too commercial-sounding for what they were.

Even though I was spending countless hours working on my lead guitar and arpeggio playing, I'm really all about writing melodies and timeless hooks. No matter how much Metal I was playing, I could never take the "Smokey" out of me, because...

"I come from the Motown/Beatles School of Hit Songwriting."

-fiZ

It wasn't until I synergized my profession with another that a whole new world of opportunities opened up for me.

I encourage you to find your unique voice in whatever profession you are in and use it to catapult your life into the stratosphere! I want you to really stretch the imagination here. Heck, with websites like "You Tube," you can become a famous housewife who has a show about soap opera ratings or "Lingerie Talk with Lucy and Friends."

I also want to encourage you to write a book. This will help add credibility to your career. You can write about whatever profession you are in, or about a hobby of yours. You might be thinking you never wrote a book before and you feel you can't. Well, if it's any encouragement, neither have I. This is my first book and even though I'm a Songwriter, I wasn't very good in school, especially when it came to studying English. That's what editors are for. Just do it!

I spoke about my "Music Visioning" technique in the first chapter. I want to touch on that a little bit more. If you did the exercise, you know how powerful that technique is. I took that concept to another level with "Music Video Visioning" when I was playing around with a video software program that allows you to make your own videos and movies. I was thinking about my vision board when it popped into my head that I could bring my vision board to life by making a video out of it. If you don't know what a vision board is, I recommend you see the movie "The Secret," as John Assaraf speaks about it in detail in the movie.

"It wasn't until I synergized my profession with another that a whole New World of opportunities opened up for me." - fiZ

Basically, you want to make a collage of images that you want to have in your life and put them on a board. Your dream home, a car, a love relationship...whatever is your heart's desire. I put my photos on a mini poster frame that was about 11x17. Once you have your vision board made, you want to spend about five minutes (preferably in the morning) seeing these things in your life. It's the same concept as the "Music Visioning" technique. You really want to feel like you already have what you see. Feel the gratitude.

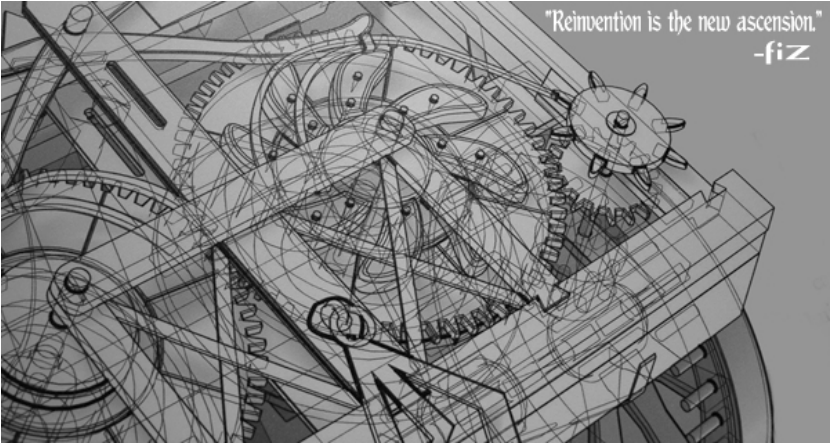
When I was making my "Video Vision Board," I really let my imagination run wild by adding video footage of myself performing live on stage. I then added my original song "This Is It" from my CD "fiZ." (Available at fiZ4ever.com) and made it a real music video that was also my vision board. How cool is that?

You can see that video on fiZTV at my website fiZ4ever.com or copy the **bold** words below and paste it in the "You Tube" search bar and the video should come up:

fiZ Video - This Is It - Original fiZ Track off of the fiZ CD

When you use your creativity it helps imprint your dreams in your mind more. Creativity is one of the most powerful places to come from. Actually, music is one of the few activities that involve using the whole brain.

Just like the Creator, we are all creators. We are here to create our own destiny and share that with others, as we are all here to lift each other up. I want to encourage you to go to free websites where you can make your very own "Video Vision Board." Visit websites like masher.com and animoto.com and make your video..."NOW!"



"Reinvention is the new ascension."

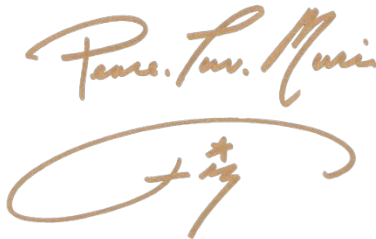
-fiZ

Summary of Stage 8

- **When you find your voice** you will stand out from the rest and etch your name into history
- **Reinvention** is the new ascension
- **Stretch** your imagination
- **Write a book** and more doors will open for you
- **Start a show** on the internet with “You Tube” or a radio **podcast**
- **Turbo charge** your vision board by making a “Video Vision Board” on the internet for free

**What are your top takeaways from this Chapter of
“Ignite the Rock-Star Within”?**

As always, I’m wishing you...



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Stage 9

The Confidence Factor

Stage 9 – *The Confidence Factor*

From Elvis grinding his pelvis to Lady Gaga wearing a dress made of meat, Rock n Roll has always been a place where the stars flaunt their flair. And the number one factor for their success is “The Confidence Factor.”

Confidence is a learned trait. It cannot be inherited. It must be earned and consistently practiced. Your ability to rise to the challenge and confront your fears head on is the true test for success.

Confidence was something that I was lacking in certain areas of my life, but I didn’t realize it. I did start to notice that every time opportunity came my way, I somehow sabotaged it by doing something stupid or unacceptable. I would see people that were somewhat famous or people that I wanted to do business with and I would get nervous when I was speaking with them. I couldn’t figure it out. I thought highly of myself. I had no problem performing on stages in front of hundreds of people, but when I got in front of one key decision maker, I would get nervous.

It’s not that I hadn’t heard it before. I had read “Think and Grow Rich” by Napoleon Hill more than a few times. That is a book that Bob Proctor carries with him everywhere he goes. He has made a fortune living by the teachings of that book. I knew the value in the book but it didn’t hit me until years later.

Having confidence will transform your life and bring opportunity to your doorstep. You will start feeling better about yourself and then everyone around you will start feeling good too. You will be able to inspire and help others. And then you will discover that one of the greatest things you can do is to inspire others to live their dreams.

I had a friend back in the day that was a great drummer and he could also sing and play guitar. I would occasionally hire him to play drums for me when I booked band gigs, although at that time I was playing mostly one-man acoustic shows.

He had mentioned that he was amazed that I was able to play music full-time. He expressed to me that he also wanted to be a full-time musician but didn't know how. It seemed too risky. He didn't see how he could do it...but I could.

His concerns didn't go without merit. Of course there are risks involved when you're a full-time musician. Most musicians are not working for a company that provides steady work, nor do they have that "so-called" security that most people feel they have when they get their weekly pay checks.

Most musicians don't have health benefits and never know if or when they will lose a steady gig if they do happen to have one. I had lost many steady gigs, and yes, there are times when it seems a little scary. But what is life if you don't take risks? You are here to learn and grow and be the best you can be. I wrote a song back in the early 90's, which says, "Only fools that never try, never fly." How true it is.

So whatever happened to my drummer friend? Did he take a chance on his dreams of becoming a fulltime musician, or did he live a life of drudgery & despair at his miserable day job? Well I am happy to say, he took his chances and has been a fulltime musician ever since. It did take some encouragement from me as well as some other assistance.

You see, I actually started giving him some of my own shows. Letting him play at places I was playing. This made it all the more rewarding for me. You might be scratching you head and thinking, why would I do that? Because when you lift others, you also help lift yourself.

I have always had the grand prize in my mind, and that wasn't playing at Tom's Tavern on a Tuesday night for the next ten years, not that there's anything wrong with that, but I have always had very big goals. I don't think he could see that, so I know he was amazed as to why I went out of my way to hook him up with shows. I can't tell you how elated I was to see him a few months later tell me he was no longer working for his company and that he was also playing more shows as a drummer too.

He just needed a little kick start. He needed someone to believe in him, as we all do.

***“When you believe and support
someone’s dreams,
it will elevate you as well.”***

-fiZ

Another thing I suggest is start complimenting people more often. By looking for the best in others, you indirectly bring out the best in yourself. Don't get involved with gossip. It's poisonous and wrong to speak badly about others. Start viewing everyone as a family member. In the big scheme of things, we are. Be kind to everyone you know and you will see a radical shift in how you carry yourself. Don't look down at someone you think is less than you because they are a janitor and you are the CEO of a company. Everyone is of equal and great importance.

“Kindness in words creates confidence.”

-Lao Tzu

I also recommend spending at least thirty days in a row writing down affirmations about how confident you are. I would go as far as to repeat these affirmations out loud or in your mind if you are some place where you can't repeat them without people calling the paddy wagon on you.

I say positive affirmations while I'm walking, jogging or driving. There's no need to ever wait in traffic. You can be working on building your confidence, health, or any other area in your life. I have some affirmations that include a bunch of different areas to focus on. Like "I am humble, happy and healthy" and then I follow that up with "I am strong, sexy and confident." Here's one I learned from Bob Proctor, "I am so happy and grateful now, that money comes to me in increasing quantities through multiple sources on a continuous basis."

Confidence is like a muscle in your body. You have to work it out on a consistent basis to see results. Remember, repetition is key to building and keeping your confidence level high. It's important to also work out physically. This will make you look and feel better, which in turn will give you more self-confidence. Having the discipline to work out not only makes you feel better, it creates positive momentum that you can build on for the rest of the day. Look at Mick Jagger. This Rock-Star will be rocking all the way to the grave because he takes care of himself. Some people think he is some drugged-out musician. Mick Jagger is in better shape than most Rock-Stars half his age. Why? He jogs and works out every day. He drinks a lot of water and eats right.

Being a Rock-Star is hard work. Did you think that you just write hit songs, sit on your bum and collect royalty checks? You must be working on improving yourself all the time. Musically, physically and mentally.



Summary of Stage 9

- **#1 Factor** for Rock-Star success is the “Confidence Factor”
- **Confidence is a learned trait** - It cannot be inherited
- **One of the greatest things you can do** is to inspire others to live their dreams
- **Only fools** that never try, never fly
- **When you lift others** you also lift yourself
- **Having confidence** will transform your life

**What are your top takeaways from this Chapter of
“Ignite the Rock-Star Within”?**

As always, I’m wishing you...



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Stage 10

Keep the Faith

Stage 10 - *Keep the Faith*

Faith removes all obstacles and is the driving force to keep your dreams alive. The faith I have in myself and the belief I have in my dreams has not only kept me focused and driven, but has also helped me to persevere where those without faith have failed.

Faith is not some dogmatic, unrealistic way to view your life. It is the very foundation that lifts a person from the depths of despair to the heights of the heavens. When you work with the element of faith, then you are more likely to help others as well as yourself. I know everyone has different dreams and desires but there are laws to the Universe that are not bendable. You will eventually come to a place in your spiritual growth where you receive the most joy in your life from helping others.

Faith inspires the uninspired and lights the flames of desire to take you and everyone around you higher.

When you have faith, then you are willing to go after your dreams. You go after them even if the odds seem not to be in your favor. This is necessary to achieve greatness. For greatness cannot be achieved without hardship.

When I moved to California from New York, people that were close to me couldn't understand why or see how I was going to succeed. All they saw was someone over forty years old chasing a dream, and so it seemed to them that I missed my window of opportunity. I would hear things like, "You should have gone when you were in your twenties," or "You would have had a better chance of getting a record contract if you were younger."

I didn't care what they said. It didn't matter to me. I had faith in myself and in my goals, dreams and desires. First of all, I knew I was leaving at the right time. I don't live by should of, would of, could ofs. Those are not empowering thoughts. Listen to the lyrics in my song "Anything."

***"All your should of, would of, could ofs,
no one really cares
You keep living in the past, living with
despair
You have to hold on if you want to
achieve."***

-fiZ

Everything happens for a reason. The sooner you realize that, the better your life will be. My goals are too important. I knew if I wanted to contribute to the world and help millions of children with my organization, "Notes for Life," that I couldn't leave my fate in the hands of some twenty year old that happens to also be the head of the A & R (Artist Relations Dept.) at a Major Record Label. I know that not everyone that gets signed to a Record Label succeeds. The Labels call the shots and decide how, when and why your music will be released.

Now how can I help children in need if I can't make the final decisions on who, why and when I want to help with my music? I am in a position now where I own all my music. I am able to make decisions like writing a song for children in need and donating all the money to help them..

As I've said before, I've always had dreams of being a Rock-Star, but the most important part of that was being able to be in a position where I can help those that need my help, as I know this is the greatest gift I can give.

So the odds seemed not to be in my favor. I was over forty. This is really old to people in the Music and Entertainment Worlds. I also had no job set up for me in California before I left NY, which of course was a very risky thing to do, especially since it was during one of the highest unemployment rates in the history of the United States. Do you think I cared? No! I had to do what I had to do. I took encouragement reading stories from fellow millionaires and billionaires that risked it all. I started to notice a common trend amongst the biggest players out there. They don't think and operate the way that most people do. They live more fearlessly.

That's not to say you will not face fears and challenges. It's common sense. The bigger your goals are, the bigger your challenges are going to be. But if you keep the faith, you will overcome them.

So there I was in California, no job and no prospects. I was paying over \$950 for a one bedroom apartment in a nice part of Los Angeles. I was paying my rent with credit cards. I couldn't seem to get any decent job, as I had put all my eggs in one basket, "music," and it's very hard to get paying gigs in Los Angeles unless you are a top studio musician or if you've been established there for a while.

Well, I'm not a session player. I'm a Singer/Songwriter, so I wasn't able to go and do session work in recording studios to supplement my pay.

You have some of the best musicians in the world in Los Angeles. Even though I'm a great songwriter, I'm not a studio session player. On top of that, my style seemed outdated to a lot of people there. I'm more of a Brit Pop/Rock ala Beatles, Elton John type of songwriter and most of the players there seemed to be Neo R&B, funk or Jack Johnson acoustic, beach, surf style which is not my vibe.

You might be wondering why, then, did I make the decision to go to California? Why didn't I just stay in NYC where I had steady gigs from years of playing the NY scene? The answer is: I listened to my intuition. This is important for you to understand, because if you really want to accomplish great things in your life, you are going to have to come to a place where you are able to hear those messages the Universe gives you to help take you to where you want to go.

Even though I had steady work in NY, my career wasn't moving forward. I had exhausted all the resources that could take my career to the next level. Plus, California always appealed to me. NYC is like old iron doors. They are very hard to open. NYC has old institutions that are hard to break into. California is the land of dreams and opportunities. You never know who you're going to meet or who could have the key to unlock the doors to success for you. Someone might be a parking attendant one day and the next thing you know, they are starring in a major film that needs music, and there you are.

California is also more open when it comes to spirituality than NY, which is very important to me. I am very much into World Unity. I don't belong to any religion, nor do I see people by the color of their skin or the faith that they choose to live by. We are all eternal souls and therefore it is important for me to carry myself and my belief with this truth all the time.

I started working on a World Unity CD a few months after I arrived in California and I was able to approach people of different faiths more easily than in NY. You have people of all faiths in California celebrating life together. Agape Spiritual Center in Culver City is one such place.

Agape Spiritual Center was founded by Michael Bernard Beckwith back in 1986. He “visioned” it as a movement that would take a stand for love, for peace, and for being a beneficial presence on the planet. That’s why it was named "Agape," which in Greek means unconditional love.

It was magical, fascinating and sometimes scary to be around all these beautiful, positive people while I was simultaneously losing my apartment and faced with homelessness. Yes that is a scary place to be, even if you have faith, because it is only natural for your faith to be tested under such tremendous circumstances, such as losing one of the most important, basic fundamentals to living, having shelter.

I had moments where I was humbled and brought to my knees. I prayed for guidance and strength to help me get through that dark time. I was trying so hard to find work. I had experience in sales, so I applied for telemarketing jobs, but I wasn’t able to hold down a good job.

After spending months of losing terrible telemarketing jobs, I finally landed some paying gigs. One place was at an Irish bar in Santa Monica. My old friend, Cessie, who I knew in NY, showed up to see me play there. She had dated a friend of mine many years ago who died at a young age.

I was sharing my situation with her about being on the verge of losing my apartment and out of the kindness of her heart, offered me a room in her two bedroom apartment as she had a spare room that wasn’t being used. I know how the Universe works; this is why you have to keep the faith, especially when you are faced with uncertainty.

Now this might sound counterproductive to what I’ve been saying but, you will come to a part of your journey where you are going to have to release and let go.

I'm sure you've heard the saying "Let go and let God." Yes, this is true, but when I say that, I am not referring to an old bearded man in the sky. No, YOU have to do the work, but you also have to trust and let go after you set your intention.

Have you ever heard the song "Hold on Loosely?" The chorus goes like this...

"Just hold on loosely but don't let it go

If you cling too tightly you're going to lose control."

-38 Special

If you listen to the whole song you know he is singing about a love relationship, but I like to take meanings of songs and view them from different perspectives. There is usually more than one way of viewing the meaning of a song. I encourage you to start listening to music on a deeper level if this is something you have not done before.

If you start listening to music like this, you will realize that many songs, especially Pop/Rock/Soul/R&B are deeper than you realize. That is why Music is my Religion. It heals the soul.

Now that is not the end of my story, as I was faced with even more trials and tribulations, but there is always another chapter. The key is to always "Keep the Faith."



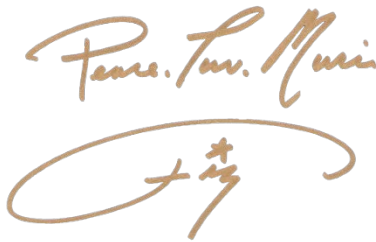
Having Faith removes all obstacles and is the driving force to keeping your dreams alive.-fiZ

Summary of Stage 10

- **Faith removes all obstacles and is the driving force to keep your dreams alive.**
- **Faith inspires the uninspired and lights the flames of desire to take you and everyone around you higher**
- **Greatness cannot be achieved without hardship**
- **Don't live by should of, would of, could ofs. Those are not empowering words**
- **Reach out your hand if you need help. Everybody does it at same point in their life**

**What are your top takeaways from this Chapter of
“Ignite the Rock-Star Within”?**

As always, I’m wishing you...



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Stage 11

One World...is left

Stage 11 – *One World...is left*

One of the reasons why I chose to be a musician is because I saw how powerful and effective artists like The Beatles, Bob Dylan and Marvin Gaye were at spreading their message using the power of words and music.

I've held similar visions in my heart and mind to help heal the world with my music as well. As a matter of fact, I still do. You don't have to be a Rock n' Roll musician who has millions of fans to have an impact...although it definitely helps.

Even though I have held that vision of being a Rock-Star with millions of dollars and fans so that I can make a major contribution to the World, I haven't been waiting for it. In my opinion that would be an excuse and a crutch not to get things done. I take action and help out when I can, no matter what my present situation is.

Back in 1998 I wanted to start getting more active with helping children with my music, so I put together the first "Notes for Life" benefit. It was for "The Just Kids Foundation" for children with AIDS. My friend Mike Stone was extremely hands-on and made a major contribution to the overall success of the event. Mike painted a beautiful mural to put on stage for the benefit. It was also his idea for me to hand my guitar to a little girl (my niece Gabriella) in a picture and use that as the ad that we put in the papers.

The benefit was held at the Long Island Brewing Co. on July 9, 1999. We gathered together some of Long Island's top bands to play. The line-up was Finally Balanced, Brother Stump, Sunburst Jalopy, Satya and my band, The Havens.

I was also able to gather some great companies to help sponsor the event like Long Island's #1 Rock Radio Station 102.3 WBAB who mentioned the event, as well as LIE Magazine who put a full page ad in their paper. The famous String Company d'Addario also sponsored the event with free products and giveaways, so I was able to have some raffles.

I chose "The Just Kids Foundation" because they are too small to get the proper support from the Government, yet the work Emily Gordon was doing for the Children and their families was priceless. I learned a lot, like how most of the medicine being made for AIDS patients is for adults and the prescriptions are usually too strong for the children.

After the event ended, Emily and the families walked away with money in their pockets. It was rewarding to see that we were able to help bring some love and comfort into their lives. At the same time, putting together the event was extremely time-consuming. I wanted to donate my time performing for the children more often, so I started knocking on Hospital doors and donating my time for other great organizations like "Musicians on Call" and "Life Beat."

One morning I was reading Newsday and read an article about a lovely lady who was donating her time to Carman Road School, a school for Physically Challenged Children. There was an instant connection to this place so I inquired about donating my time performing for the kids there. There is something very magical about that school. The kids, the staff are just amazing and my performances there were some of the greatest shows I have ever done.

After a couple of years of playing at Carmen Road, my friend Bobbi Allison was telling me that my shows would be good for a Channel 12 News Segment called “Making a Difference,” and that she knew someone who would be interested in doing the segment.

As I said, I don’t believe we should receive awards for what we are supposed to do, yet at the same time I knew the exposure could help bring “Notes for Life” to more people. Channel 12 did a great job on the segment and the kids were just amazing as always. I will always cherish my time at Carman Road School.

Some of you might remember the BP Oil spill. That was another cause I got involved with that aired on TV. You have to be careful when you hear things in the News because sometimes there are people that have a hidden agenda, so you might not be getting the whole truth.

Be that as it may, I wanted to speak my mind about the BP Oil Spill in a peaceful yet effective way. I had heard of a Candle Vigil that was taking place in NYC where I was living at the time, so I wrote a simple yet powerful song that everyone was able to sing along to without rehearsing. That is why I wrote and designed the song the way I did.

I printed out about fifty lyric sheets and handed them out to everyone that was at the vigil. Channel 4 News was there so they filmed me performing “One World is Left” with everyone behind me singing along.

I didn’t wait until the World found out who I was. I didn’t wait for my first million dollar check to make a contribution. I took action!

ONE WORLD...IS LEFT

*One World is left
And it's there for you to see
One World is left
And it's up to you and me
One World is left
There's a choice that you must make
One World is left
Will you give or will you take?*

-Words & Music by, fiZ

The song is simple and short, but it's straight to the point.

John Lennon also wrote simple yet powerful songs with a message, like when he penned "Give Peace a Chance" in 1969.

"Give Peace a Chance" was the first solo single issued by John Lennon. He released it when he was still a member of the Beatles and it became an anthem of the American anti-war movement during the 1970s.

In the song John sings out words about different ideologies and such while he is strumming one chord through the verse, a perfect example of the simplistic yet genius artistry of Lennon.

Actually, a few years earlier Lennon wrote a song called "Tomorrow Never Knows" that was structured on only one chord.

"Indian music doesn't modulate; it just stays.

You pick what key you're in, and it stays in that

key. I think 'Tomorrow Never Knows' was the

first one that stayed there; the whole song was

on one chord. But there is a chord that is

superimposed on top that does change: if it

was in C, it changes down to B flat. That was

like an overdub, but the basic sound all hangs on

the one drone." -George Harrison

Yes, The Beatles have played a big part of my life. As I said, I had a daily ritual of playing their albums while I was visioning helping millions of children around the world. I know one of the reasons I had those visions was from looking at George Harrison's "The Concert for Bangladesh" album cover, where there is a malnourished child sitting beside an empty food bowl on the cover.

The Concert for Bangladesh was a benefit George Harrison organized that took place at Madison Square Garden in 1971 to aid the war-ravaged and disaster-stricken country.

This concert is viewed in Rock history as the model for Band Aid, Live Aid, and every other superstar benefit concert since then.

In 1985 many of the Music Industry's top performers got together to sing a song for the not-for-profit foundation, USA for Africa, a foundation that helped feed and relieve starving people in Africa, specifically Ethiopia, where around one million people died during the country's 1983–1985 famine. The song is called "We Are the World", and it was written by Michael Jackson and Lionel Richie.

The idea came from activist Harry Belafonte, who then contacted Entertainment Manager and Fundraiser Ken Kragen, who was instrumental in bringing the vision to reality. Ken Kragen's illustrious career far transcends the music and entertainment industries where he spent many incredibly successful years. He has managed some of the world's most important entertainers, including Kenny Rogers, Lionel Richie, Olivia Newton John, The Bee Gees, and many others. He was also involved with "Hands Across America", and Cisco System's "NetAid".

Back in 1992 Michael Jackson also established the 'Heal the World Foundation', which has been responsible for delivering six tons of supplies to Sarajevo, providing drug and alcohol abuse education and donating millions of dollars to help underprivileged children. He has also personally given millions of dollars to medical facilities like the Mount Sinai New York Medical Center and the Michael Jackson Burn Center for Children.

Bono of U2 has also done tremendous work in the World. Bono's RED organization has raised millions which benefited the Global Fund of the United Nations Foundation which works to fight AIDS in Africa. Bono also helped start the ONE campaign which has donated billions of dollars in effective assistance to Africa in the fight against extreme poverty and preventable disease.

Madonna is no Blessed Mary but she is a patron of the Children of Peace and a member of Raising Malawi's Advisory Committee. Back in 2009, the singer donated over \$5 million to Malawi which helped provide one of the world's most impoverished nations with clean water, food, medical care and education. And of course the list of Rock-Stars that go out of their way to help others goes on and on.

But you don't have to be a Rock-Star or a celebrity to help others. Might I say that saying that you have heard a million times before? "It's the little things that count."



It's how you give, not necessarily how *much* you give. Do what you can with what you have and make a positive difference in the World. Start donating your time to people who need help and can use some love. You will feel better about yourself and your life will take on a new purpose.

**fiZ performing "One World...is Left" at a Vigil in NYC
in response to the BP Oil Spill in 2010.
This aired on NBC News**



Summary of Stage 11

- **Don't wait until you have what you want** in order to make a contribution. Make a difference in the World **NOW**
- **Do what you can** with what you have
- **Once you start helping others**, you are going to feel good about yourself
- **Go above and beyond** what others are expecting of you when you donate your time and you will leave a lasting impression
- **Create your own event** to raise money for your favorite charity
- **Start your own** not-for-profit Foundation

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Stage 12

In the Name of the Body, Soul & Mind

Amen

Stage 12 - *In the Name of the Body, Soul, and Mind ... Amen*

I grew up in a home where sometimes there was screaming and chaos going on. I never knew anything about meditation or any other Spiritual practice that helps calm the mind and heal the body. But as I've said before, the Masters don't operate from the polarities of something being good or bad, just what is.

I, too, feel this way, as I know there is always more than one way to view something. For instance, because I grew up in the environment I did, I stay focused on my spiritual journey to heal my body, soul and mind.

If I'm going to make my visions of helping millions of people around the world become a physical reality, then I need to continue to improve myself in some.

I have never met anyone that didn't need to improve something, so don't get disappointed with yourself or compare yourself to others. Your journey was specifically designed to help you continue to expand and grow. That is what life is all about. It's about the journey, but all too often we get fixated on a goal to the point where we wake up one morning and say "what just happened? Thirty years just flew by?"

Fortunately, there are techniques you can do to help you enjoy your life more. I already went through some of them in previous chapters, like being more grateful and not worrying about things. I would now like to speak about some other spiritual practices that I do every day.

Please keep in mind when I say spiritual practices, I am not referring to religious beliefs, but rather focusing on one's own inner path. This enables a person to discover the essence of their own being. I am not saying that people shouldn't believe in religion or God. Again, what I am referring to has nothing to do with that. I am talking about techniques and exercises that will help your body, soul and mind.

It's all about balance, but if you watch the media, all they are talking about is the next new diet, workout machine and all the other things that are focused on the area of improving the body. Now that's all well and good, but if you just focus on your body, you are not going to be able to find true happiness, for you cannot be truly happy if your mind is racing all the time.

You know what I'm talking about...worrying about your problems at school or work, worrying about your finances, thinking this, thinking that. It's a never ending cycle that winds up stressing you out and pushing you more and more away from love, joy and abundance.

But meditation will help calm your mind and bring more clarity into your life. You will be able to make better decisions. It is also used to ease many health issues, such as high blood pressure, depression, and anxiety.

You will be able to trust your intuition more, and people that are guided by their intuition are more likely to accomplish greatness than those that follow the status quo. Yes, having a clear, calm mind is the fastest way to tap into your own Genie, your own true genius.

There are many different techniques used to meditate. The most popular way is to focus on one thing, but I suggest just sitting down and letting go of your thoughts. You will see thoughts popping up in your mind. Just observe them. You will get caught up in your thoughts...there's no way around it. Your mind is like a spinning wheel that's been spinning for eons. It just keeps turning and turning, but eventually it will slow down.

I practice Hamsa Yoga, which focuses on the chakras and your spinal cord. The chakras are points in the human body, i.e., major plexuses of arteries, veins and nerves that are centers of life forces, or vital energy. I was taught this technique by Master Yogiraj Gurunath Siddhanath.

I normally get up at 4:44AM to meditate. I know this is highly unusual for a Rock n Roll musician, as many musicians are just getting in from a night of playing and partying, but not this Rocker. I run through exercises to prepare for meditation, and then I will meditate for about an hour. Daily discipline is the key to improving yourself.

You might be thinking that you don't have that amount of time to meditate, but I've found that the more dedicated I become to my practice, the more time I find to practice. But it's not necessary for you to start out meditating that long.

Even just five minutes of meditation in the morning will help give you some results. It's also a great way to start your day. It's a good idea to also stretch in the morning.

I actually integrate Qigong with my meditation in the morning. Qigong is a practice of aligning breath, movement, and awareness for exercise, healing, and meditation that originated in China over 4000 years ago.

Qigong comprises breathing, physical, and mental training methods based on Chinese philosophy. While implementation details vary, all Qigong forms can be characterized as a mix of four types of training: dynamic, static, meditative, and activities requiring external aids.

I learned Qigong from Master Chunyi Lin. He has developed easy to learn techniques that just about anyone can do. I ordered his Spring Forest Qigong DVD that I think is great. You can check it out at springforestqigong.com.

When I was living in NYC I practiced Jivamukti Yoga with David Life and Sharon Gannon. They are both amazing teachers who are extremely devoted to their practice.

From time to time I also like to do Bikram yoga where they get the studio over 100 Fahrenheit to help sweat out the toxins in your body.

You are going to have to try different techniques to figure out what works best for you. Don't get frustrated with yourself if you can't do the poses, it takes time and dedication. I have been doing yoga for many years but there are just some poses I can't seem to do no matter how much I try. I used to get frustrated about that but I've learned to let that go and accept the way my body is and what I can do and what I can't do.

It's just like anything else, the more you do it the better you're going to be at it. These techniques and exercises I've suggested in this chapter will help you in all areas of your life, as Yoga taps into the body, soul and mind. It's truly a great spiritual practice that I hope you embrace.

Summary of Stage 12

- **You are here to** expand and grow your Soul

- **If you want to improve the World,** you have to improve your Body, Soul and Mind

- **Ancient Spiritual Practices** like Qigong and Yoga are the best ways to improve your body, soul and mind

- **The early bird** gets the worm

- **Daily discipline** is the key to improving yourself

What are your top takeaways from this Chapter of
“Ignite the Rock-Star Within”?

As always, I’m wishing you...



Peter P. Murin

www.signaturesongsbyfiZ.com
www.notesforlife.org
www.fiZ4ever.com

Stage 13

Get Ready for a New World

Stage 13 – *Get Ready for a New World*

Now that you have all the tools to help you manifest your dreams, I'm sure your mind is buzzing with excitement. It truly is an exciting time here on planet Earth, as we evolve into a higher level of awareness. At the same time we have our challenges, too.

More than ever it is important to be mindful of our actions. The old paradigms are falling away and a New World is being created so that we can continue to exist here on Planet Earth and live in harmony.

Thanks to Spiritual Masters, Visionaries and Artists of the past as well as the present, our collective consciousness is awakening.

Actually, I wrote a song called "The Academy of Awakening," as I have a company called www.SignatureSongsbyfiZ.com. I write songs for Entrepreneurs, Professional Speakers as well as anyone else who would love to lock their legacy in song. I wrote that song for one of my clients, her name is Sue McDonald and her website is AcademyofAwakening.com. She does affirmation and meditation DVD's, CD's and more for her customers.

"Signature Songs by fiZ", is truly one of the most rewarding business ventures I have ever put together. I'm not just writing songs for these professional business people, I am writing their legacy, their "Soul Brand" so to speak. I was telling somebody about this and they asked "*like a jingle or a commercial for a product?*" To which I applied, "*no, not really.*"

You see, I have an interview with the person I am writing the song for and I take notes. I ask them about their lives, their business, their dreams and desires and I put their words into a song so that their legacy is locked in a song for all eternity.

This is much more powerful than a jingle because jingles normally only last for a short time and then they get played out and out dated. Your signature song will last forever.

I am also helping people create their “Soul Brand.” I go about this in a very similar way to writing their Signature Song.

If you have never heard the term “Soul Brand”, let me explain. I’m sure you know by now that the world is very different from when you were growing up and depending on your age you are probably aware that working for someone else is not really the safe way to go through life anymore.

The greatest gift you can give yourself is to be able to give your gift to the world, LOL. As stated earlier in the book, everyone has a Soul Purpose. Your mission is to find out what that is and to share it with others.

If I review every client I have worked with to help create their Soul Brand, their Soul Brand consisted of things they love and things they are really good at doing. By combining them together we create a company that fulfills them in all areas of their life. This is true wealth. This is true abundance.

Many people are just working to attain a lot of money so they can retire or live comfortably, but they are miserable with the work they do. This is ass backwards. This is the old way of thinking, which is based on old paradigms, old fears, things that no longer serve humanity.

We are in a New World now, a world that encourages you to “Ignite the Rock-Star Within You”, and to share that with all of us. I encourage you to share your light with the world.

I encourage you to get on stage and Rock and Roll!

“Signature Song by fiZ”:

ACADEMY OF AWAKENING

*The awakening is calling; it's here for you to see
Every single moment; be all that you can be
Trust your intuition; watch every word you say
The leaders of tomorrow are in the youth today*

*In the “Academy of Awakening” Sue will take you in, she
will guide you
Affirmations, Meditations
The “Academy of Awakening”*

*A journey is beginning with every step you take
Realize each action and every choice you make
Will bring you to the answer; or take you far away*

Life is just a lesson; it's here for you to play

*In the “Academy of Awakening” Sue will take you in, she
will guide you
Affirmations, Meditations the “Academy of Awakening”*

Words & Music by fiZ

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**What are your top takeaways from this Chapter of
“Ignite the Rock-Star Within”?**

As always, I’m wishing you...

Perc. Lou. Murin


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Stage 14

Radio Interview with Madhava Das

Stage 14 – *Ignite With the Right Fuel*

Radio Interview with Madhava Das

fiZ – Hi everyone, fiZ here along with Madhava Das. He has written this great book called *“Eat Your Way to Health: Healing, Kindness and the Plant Life Cycle.”* There’s a lot of great information we will go over in a moment in this incredible book. But first, Das, **why** don’t you just tell everybody a little bit about yourself and your history?

Madhava Das – When I was in my early 20’s I developed a very deep chronic chest cough and had very high blood pressure. I was eating steak and eggs for breakfast, so that led to this almost crippling condition and a friend gave me a book called *“The Mucus’s Diet Healing System.”* So there I was filled up with mucus, extremely filled up with mucus. And I thought, ‘This might be the answer.’ And it turned out this diet is a precursor that was understood by observation, and has now, with a few modifications, become mostly established by science. And of course in my book we have taken things even further.

fiZ – Yes, you have and it’s really good as there is a lot of really great information and it’s safe to say it’s not a diet, it’s more just eating properly and eating spiritual.

Madhava Das – Yeah, it’s a total transformation. One changes their diet to a healthy diet and that tends to open up your spiritual understanding of the nature of reality.

fiZ – That’s deep, and that’s important for optimum health in all areas of our life. Its body, soul and mind, so all these areas need to be working properly.

Madhava Das – This is a total transformation from the cellular level for your health and then finally to your understanding of deeper topics, like compassion.

fiZ – Yeah, that’s beautiful. So let’s start off with this question. What is the best food for optimum health?

Madhava Das – It’s incredibly simple: whole foods from the plant world. Now everyone asks me, “Well, what about tofu?” Well, tofu is not a whole food. “Well, what about juice?” Well, juice is not a whole food. Most people’s reaction is, “Well that’s a pretty restrictive diet.” But think about the last million years of our existence when we were a little closer to nature. In nature we didn’t have machines, we didn’t have juicers and we didn’t have cold-press machines for cold pressing oil.

Our bodies are adapted to eating whole foods. That means 100% whole foods from the plant world. That’s the optimum diet that has been established through science and through various population studies.

And also a major topic is calorie restriction. Calorie restriction studies have been done since 1935. They are established as the only reproducible intervention that guarantees longer life. Calorie restriction, which is actually **calorie normality** as seen from the historical perspective, is really the scientific principle that has pointed the way to the optimal diet, which is very simply - whole plant based foods. Or you can say a whole-food vegan diet. And please don’t ever confuse whole foods with the Whole Foods Market chain.

fiZ – God’s food. Right? I mean, just the food that was intended for us to eat. Not food that man is making, with these packaged and prepared foods, or GMO’s, and these companies that are creating illnesses and diseases out there that have been created by these foods. They’ve done a great job of covering this up. And so let’s just get to the root of this quickly so people are aware, because they don’t understand the way that these companies are very clever and devious, like the way they call something natural, so people, even me, get caught up in buying something that says “Nature’s Way.”

Madhava Das – Optimal health was available in the original sinless Garden of Eden. Just simple fruits and vegetables there, but the modern marketing devil comes by and says “No, no, try this packaged food, try that packaged food. Eat this fat burger; eat that crispy chicken, this fish filet. Eat this organic food.”

In the Garden of Eden case, the Devil offered an apple, today the devil is offering “organic” food. After the flood, animal products were allowed. So we know that allowing animal products was a temporary situation due to an emergency. In a temporary emergency situation if you have nothing to eat - if you’re marooned on a desolate island with nothing to eat, there’s no coconut trees there - but a chicken walks by, well then... hey, but we’re not in that situation! We’re an advanced society where there’s a super- abundance of food available. But just because there’s a super abundance doesn’t mean that everything is healthy for us.

Now, by scientific observation, and throughout the ages, and even from the basic beginning of scripture, both east and west, a whole food plant-based diet is the best diet for optimum health, physical and spiritual.

fiz – Another question is, what are some of these people gonna be thinking? I’m one of them, as you mentioned the oils. Being I’m from an Italian family, Olive Oil is a big part of my diet. Is it OK to eat a little bit of processed food or to eat some foods that are slightly processed?

Madhava Das – One big problem is that of addiction. If we are aware that something is addictive and bad for us, then zero is the correct amount.

Is smoking a little bit, or smoking only organic tobacco, healthy?

Processed food means that food has become artificially more concentrated than it is in its natural state. That’s what processing does. It concentrates the calories. Foods are addictive according to their calorie density.

In other words, the richer and heavier the food is, the more addictive it is. Oil is the most artificially calorie-dense thing possible.

How about exploding only a little, slightly powerful bomb in a market place?

For millions of years food was scarce when we were living in nature. There were droughts, floods, other animals competing for the same foods, and there were other neighboring human tribes competing for the same foods. So historically when we came across a calorie dense food, we would eat that. That's our natural preference. And that was OK in pre-industrial history because nature naturally limited the availability of those dense foods. But now because we have been successful with farming and technological harvesting and processing, these heavy, rich foods are super abundant, super available, and **the marketers and manufactured food companies know that the heavier the food is from its natural state, the more addictive it is.** They are drug pushers, that's all.

Almost every packaged food has added oil and/or added sugar. Those two things are artificially concentrated foods that our bodies aren't used to seeing for a million years and they cause a constant low-level irritation or inflammation that predisposes and sets up, all these cardiovascular diseases. This includes even virgin olive oil.

fiz – You had mentioned what you had, and I was diagnosed with Rheumatoid Arthritis. Which they told me is an autoimmune disease, but since I’ve changed my diet I haven’t had what I was dealing with, and so obviously we are just tapping into the awareness of these things that obviously hundreds, thousands of years ago, these illnesses weren’t around and also we’re tapping into the power of our mind and how powerful we are in our mind. Sometimes I go to Agape Spiritual Center and Reverend Beckwith speaks about how we are in a society where the doctors give diagnoses and people take it as its factual, when the truth is that we really do have the ability not to take these kinds of diagnoses on where they say you can’t do this and you can’t do that.

Madhava Das – Let me interject. It’s amazing the power of a whole food plant-based diet. It gives almost instant results. And the results are also very broad. They correct and heal all kinds of diseases and they are very deep.

fiz – It’s fascinating that many doctors don’t support this. When I was in the hospital and I mentioned my diet, they were like, “No that has nothing to do with what you’ve got and that’s not going to help and blah, blah, blah.” So it’s coming from so many different angles, the challenges that people are faced with.

I’m so excited for this interview and to have you here. You know, here’s two people sitting right here having this conversation, that have experienced serious pains and so-called incurable things and we know they are curable with the proper eating, I don’t even want to say diet, it’s proper eating, the proper way of life, spiritually, intellectually and in every area. So, let’s move forward.

I’m certain some people are thinking this, so here’s the question.

Humans are omnivores, meaning we eat plants and animals. So shouldn’t we eat a little animal food?

Madhava Das – Well, anyone can do what they want to. So I wouldn't say what you should do and what you shouldn't do. But I will tell you what science says, and science says that there's a linear relationship between animal product intake and heart disease and cancer. There's a direct linear progression. There's a famous chart that is jointly published by the World Health Organization and the US National Institute of Health, it's in my book. It's kind of an X shaped chart and it shows that the countries that eat the most animal products have the highest rate of cardiovascular disease and cancer, and the countries that are eating the higher percentage of plant foods have less. And by direct extrapolation it actually goes down to zero (0) for those that don't eat animal based foods at all.

So the science shows that there's a linear progression and it goes down to zero as we eliminate the eating of animals.

fiz – Plus, eating and raising animals not only is spiritually heavy on your karma, but on the planet, on Mother Earth. The most damaging thing on the planet is the raising of animals to eat them.

When I drove across country from New York to California I could feel the energy of the slaughterhouses. It was so heavy. I can understand some cultures that kill the animals properly so it's kosher, I get that, but still, that is questionable now when we are moving forward.

Madhava Das – More than questionable.

fiz – You know, this one believes this and that, and the Bible, and the Bible is obviously a predominant force when I speak with people about spirituality, and I'm a big fan of not being bound to the mistakes in anything because there are beliefs in there like, "This is OK," or "This Spiritual Master was a fisherman and ate fish, so it's OK."

Well first of all, basic common sense tells you that we're evolving. Nothing stays the same and it's important to be flexible enough to go with the flow of the Universe.

We know that the most damaging thing on the planet is the raising of animals to eat them. It's polluting the water and we are no longer going to be able to continue to exist this way.

So if the Bible says it's OK to eat meat, it no longer is. It also says something about being plentiful with having children, obviously we know now that the world is becoming over-populated and it's important to be more spiritually conscious about what's going on here.

And these old paradigms of, "Have a family, have children", it's almost like a Zombified way of life. You need to be more conscious about what's going on here.

Madhava Das – Yes, the times they are a changing.

fiz – Another question, Isn't it too difficult to follow such a restrictive diet?

Madhava Das – I can speak for myself. It was not. That was because once I heard the science, it empowered me to follow the spiritual reason, and vice-versa. I was always able to easily change things for the spiritual reasons as soon as I heard the scientific explanation of things. In other words as soon as I became aware of the material and spiritual arguments, then my easy resolve was not to eat animals, instantly, no problem.

fiz – And I love how you put those quotes in your book, *Eat Your Way to Health: Healing, Kindness and The Plant Life Cycle* - mentioning Albert Einstein and his quote saying, "nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution of a vegetarian diet."

Madhava Das – Right, and that’s evolution of consciousness. In other words, if you can have bodily evolution, then why can’t you have conscious evolution? And in fact, conscious evolution is really the story of what progress is. Mechanistic, technological progress - that’s not progress, that’s slavery actually. But real progress is spiritual, emotional advancement. That’s based on giving rights to others instead of trying to restrict the activities of others.

So we are not looking at it as a restriction of diet.

fiz – It’s not a matter of giving up anything, it’s a matter of changing to a better form.

Madhava Das – Yes. It’s evolving. It’s a win, win, win situation. You get your health back. Of course we’re all going to die, but why not be healthy while you’re here? You get your health back and the animals get to live. When did the animals lose their right to free life? We value our freedom so much, so how is it that we can deny the freedom and also the life of other sentient beings?

Have you ever seen the famous Twilight Zone episode “*To Serve Man*?” In that episode advanced, taller human-looking people landed on Earth. They promised the humans wonderful things if they came with them on their spaceship and when the humans got on the spaceship they figured out the statement “to serve man,” meant that the visitors were going to start eating them.

So how would you like it if another race from another planet landed here and just started eating humans? What gives them the right? So it’s that same mentality. You know, we’re just like aliens and we are disregarding the animals’ rights to their own existence. They exist for their own purposes. They have families. They have attachments, so read the last quote in my book.

“I’ve always felt that animals are the purest spirits in the world, they don’t fake or hide their feelings and they are the most loyal creatures on Earth, and somehow we humans think we’re smarter, what a joke?” –Pink

Yeah, what a joke. Humans think they are superior and they are killing the innocent, they should be protecting the innocent. What differentiates people keeping dogs but they kill chickens or pigs. What’s the difference? It’s inconsistent. Inconsistent compassion, ya know?

People would be horrified if you went around killing dogs, right? They make some artificial distinction between one animal and another animal. But the cows and the chickens, they are conscious and they protect their young and everything. There is no difference - just something that came along as a temporary necessity but we are beyond that now so we can come full circle.

fiz – I’ve heard of people who were vegetarians or vegans for a while but then they said that diet didn’t work for them and that everyone was different. Isn’t that true that everyone is different? Different blood types, different body types? I heard of that book “Eating Right for Your Blood Type.” We even know, being spiritual that the Dali Lama eats meat, so there are spiritual beings eating meat.

Madhava Das – I would pose this question. Does it make sense for them to say there are different spiritual paths for different blood types? Would there be a different spiritual goal for a different blood type? The fact is, the difference in blood type is a small difference and the science doesn’t back it up. It sounds like a great idea, like it makes sense, but the bona fide body of science doesn’t back it up.

And as far as spiritual beings eating meat, ask the chicken or fish if they think their killer is a spiritual being.

fiZ – So basically, everyone can live healthier, without eating the animals no matter what your blood type is. You will have a healthier diet if you eat the greens that you are talking about in this book. As it goes down from the leafy greens to the flowered greens like broccoli and so on and so forth. You had beans and rice down there low. I had mentioned to you this Dr. Jubb who doesn't back up rice or anything like that, he focuses more on the greens and the things that have a strong life force, right?

Madhava Das – Well in that respect sprouted grains would be living also. So it's not that they are living or not living, it's just that they are on the calorie dense, heavy end of the plant food spectrum. The longer a plant is growing, the more time it has to concentrate energy to its parts. That is what the plant is doing. It's concentrating energy, collecting energy. Where does protein come from, originate? It doesn't come from animals. Protein is manufactured by the leaves, in the leaves.

fiZ – And that's another big thing. People think you need to eat meat to have protein and here in the book in Chapter Four you show a breakdown of broccoli protein at eleven grams per 100 calories and steak has half the amount of protein that broccoli has per calorie, which is the proper way you mention in the book to break it down, per calorie not per gram.

I'm sure most of my listeners are like me, more simplified. When you start looking into calories, things can get a little scary, but you go into it and you break it down easily for everyone.

Madhava Das – Yes, nutrients should **not** be looked at per gram or per serving, they should be looked at per calorie. When you do that it can flip everything upside down. So if they say fish is healthy, it's not true. Per calorie, fish has twice the amount of cholesterol as land animal meats. Fish have too many negatives that simply out-weigh the positives. It is only that, compared to land animals fish are better health-wise. But to say fish is healthy in an absolute sense is not true. Saying fish is healthy is like saying low tar and nicotine cigarettes are healthy. Without going into too much detail here, the necessary nutrient iodine, which is found in fish, is much better gotten by eating a few sea vegetables, not a lot but a little.

Because we are not only eating greens, but also other plant parts like beans, there is no problem of having to eat pounds and pounds of greens to get enough calories or protein. This is an opposing argument some people make.

fiz – There's another thing I want to mention to you. I was at a popular market and I was shopping for organic foods and they had this stand-up sign with "Eat organic," next to the other section and they had the sign up there insinuating that was the section with organic food, and it wasn't, and so there's so much deception on so many levels you need to be really, really careful.

Madhava Das – There are two kinds of organic. There's Vegan, Veganic, plant-based organic. They use green manure, alfalfa & other plant-based fertilizer. Now here's the reason why organic food gained wide acceptance and presence so quickly and easily: That is because commercial organic - another name for commercial organic is slaughterhouse waste organic – get it? So the main fertilizers that the commercial organic - that many current commercial organic growers use is, may I be a little graphic here?

fiz – It's up to you.

Madhava Das – After slitting the cow’s throat and hanging it out by its hind legs and draining the blood, they used to throw the blood away. Then they tried drying and feeding it back to the cows and that’s what caused mad cow disease. So after that was stopped they had to come up with something else and the perfect match for government sanctioned organic came along in the form of “meal”. Meal just means that they dry the blood and they grind up the bones and even feathers and that’s blood meal and bone meal. They are the major ingredients in commercial organic food fertilizer and present day “organic food” production.

fiZ – So you’re saying that even the food that’s sold as organic is not even being grown properly. So how does somebody eat ethically all across the board? What is the solution?

When I’m interviewing you about this, I’m thinking of the people that are listening out there that are mothers that have children some of them are single moms some of them are working families and have a lot going on. They can barely pay their bills and we know that organic food is through the roof so, what are some logical solutions to get them on the road?

Madhava Das – The best way for most people would be to go to their local Farmers Markets and ask the growers if they are using Plant Based Fertilizers or Animal based Fertilizer. If they don’t really know, they are using Animal based, because the people that are conscious of this, **know** what they are using.

And it doesn’t take much land to grow your own food.

fiZ – Yeah, my dad used to grow his own vegetables, he was big into growing vegetables. My Uncle grows a lot of vegetables. So, this is getting deep man. Here ya go, I’m learning. Here I am thinking I’m being a good person, I’m buying organic and I’m not even aware of what you told me that they are using the animal blood and all. That’s blowing my mind. There’s so much work to be done here.

Madhava Das – And I think I'm associating with the right person to do this. fiZ here is a very strong but sweet-hearted individual.

fiZ – Thank you, I really appreciate that, you too. This has been an incredible interview. So everyone, you can learn more about this by buying Das' book *Eat Your Way to Health: Healing, kindness And the Plant Cycle*.

This is so important. We have to do this. This isn't just for your health. If you are listening and you have children and you want them to be around and you want them to have children, you have to understand we have to take action now. It's absolutely critical; do not turn a blind eye to this and don't think you don't have the power and there's nothing you can do. You can do something about it. Just start taking the first steps. This has been beautiful, thank you very much, Madhava Das.

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As Always, I'm wishing you...

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