# The Wrath of Blonde

Laura Banks · Sample chapter

# Epilogue
# The Visionary Nature of Star Trek

“Passion is energy. Feel the power that comes from focusing on what excites you.”
—OPRAH WINFREY

Star Trek II: The Wrath of Khan represents to me the progression of time (getting old and lumpy) and the loss of people you love when they die. I get teary-eyed thinking about the scene in the film where Spock passes. Films, of course, evoke our real-life challenges, too. I love being in relationships and I hate it when I lose them.

We come together as a community with the Star Trek mythology to feel connected. Then there is the power of collective consciousness that lives within the franchise which serves humanity and the planet in a real way. Holding onto the notion that the planet and the universe could be at peace with itself is a big, beautiful ideology, and loving each other despite our different races and backgrounds could actually save the world. Trekkers carry the torch of peace and universal oneness that Gene Roddenberry so beautifully laid out before us. The franchise is sending out a global message in shipwrecked times – let’s love each other no matter our differences, accepting diversity and community. (The only other place you can find all that is at Starbucks, which has the word star in it. But you have to stand in line there a very long time, especially to use the bathroom, which is why Starbucks exists.)

Filmmaking is important work. John D. Rockefeller said it best with this quote: “The arts are not for the privileged few, but for the many. Their place is not on the periphery of daily life, but at its center. They should function not merely as another form of entertainment but, rather, should contribute significantly to our well-being and happiness.”

There is the collective and then there is the place in your brain where personal and daily thoughts exist. I notice that what I focus on, think about, and talk about, becomes my reality. It’s a transporter process all its own— I create what I focus on. Thoughts are things, creating realities here and in other galaxies. Our bodies can’t be beamed up, but our minds can. Many scientists believe that thoughts have weight and density and take on various shapes as they enter the universe. See the work of Charles Leadbeater

and Annie Besant. Thoughts march out from our brains and into the world and create people, places, and things. Control your thoughts – control your life. And we must know that the brain is a trickster and not our friend, and that it is often negative. (Stop thinking about your ex or the size of your ass in those jeans.) Reprogramming the brain to think positive thoughts is a great idea. Take a course. Stay a Trekker, embracing the message of positive thoughts and worlds coming together.

If you put any work at all into studying the nature of energy and matter, you know that our bodies are about 60% water, and water is a conductor of energy. There is so much space between each molecule in our bodies—we are stardust, and our bodies are indeed celestial. And we are using only a tiny fraction of the brain's capacity. It will take connecting to other planets and to other races and life forms to fill the gap in our potential, and that is what Star Trek implores.

This concept is also embraced by an E.T. explorer named Sev Tok, who is a member of MUFON. And any healer must believe that they can shift energy, as does my dear friend Lesley Smith, who is at www.HealingAnswers.net. Lesley has been known to mentally connect with people in a coma. She once saved the life of a man in a coma, communicating with him telepathically and learning that he might be dying. Lesley was able to call the family, who went to his house and re-engaged his tubes that were keeping him alive! How did she do that?

When I spoke to William Shatner about this, he asked the amazing question: "If we know what is going to happen, does that mean it has already happened in another dimension?" In this way, Star Trek predicted the future in many ways: the iPad, flip phones, Bluetooth headsets, flat screen TVs, universal translators, communication badges, and dazzlers. All this visionary technology is barely the start of the conversation, but these inventions make the world a better place many times over.

We all want universal order, connection, and consciousness. That is the macrocosm. The microcosm is the idea of having a good day. (Turn off the news.) Sometimes it's about getting through difficult times, finding the love, staying healthy, and not being afraid to live what others may call a stupid life, viewed, and judged by others.

I have had to work hard to re-wire my internal programming. (Astrology is an amazing tool to learn about yourself and others. So is hypnotherapy.) Many of the funky choices I have made come from my subconscious mind and childhood. I had to intentionally re-program my brain! I have studied multiple modalities of mind science with Landmark Education, Oneness in India, Peak Potentials, and Course in Miracles. Oneness believes that if you hold any thought for nineteen seconds, you can change your state of being. If you're depressed, you can focus on feeling good, and it works. That is the teaching of

a woman who calls herself Abraham Hicks. I listen to her all the time on YouTube, and she continually gets me back on track to feeling good.

I like feeling passionate about my life. That's why STII is so popular, focusing on being entertained and feeling good, with William Shatner, a force of nature himself, leading the way. Of course, he was one of the first to blast into outer space at 90 years old. And I wondered, what belief systems does Bill have in real life that keeps him so prolific? We dip into that here. And as Captain Kirk, he is always exploring the next person, place, or alien thing in a short skirt, bringing his zest and intensity into each scene. It's in his voice. Can't you hear it? Don't you love to make fun of it? Didn't you love to watch him make out with a green lady and kiss nineteen others in the original series? And the man does the same thing in real life.

I WANT FOR THE FUTURE A FEMALE CAPTAIN KIRK WHO TAKES ON MANY E.T. LOVERS AND LEADS ARMIES INTO BATTLE! Wonder Woman needs more lovers.

I have not lived with the same energy and passion that William Shatner has exhibited. I have been lazy and selfish with spurts of growth. I am just not talented (enough), not related to anybody who can help me (enough), and I cannot understand a lick of Shakespeare. I have done what I have done. Not bad.

And when that voice inside my head talks to me while I am trying to go to sleep or wakes me up in the middle of the night and says that I am a "loser, party-of-one", I shut it up by reminding myself that the mind is programmed to look out for the bad stuff. Then I go to two thoughts: 1) I'm good enough, and 2) I Love My Life. I keep saying, I love my life repeatedly until the medulla calms down. You don't even have to love your life to say it, but it works.

I have had my moments of success - a stable life, extended family, and a pension are not three of them. I've also lost a lot of underwear along the way. But I have had a hell of a ride and I would not change a lick of it.

Source note 60: The New York Times, June 24, 1970.