A FREE GIFT FROM STAR MAGIC HEALING



Welcome to Star Magic Healing.

A technology for life: what Star Magic Healing is, where it came from and how you can step in

Dr. Jerry Sargeant

FOUNDER OF STAR MAGIC HEALING



“The most powerful version of you is not far away. It is beneath the noise.”

A WELCOME FROM DR. JERRY

You are not broken. You were simply trained to live in the noise.

Most people are not disconnected because something is wrong with them. They are disconnected because life taught them to live from pressure, fear, survival and noise. Beneath all of it, there is a clear, powerful and deeply intelligent version of you that has been waiting patiently.

I have watched this play out across more than 10,000 facilitators in over 85 countries. People who arrived heavy, tired or searching reconnected with a part of themselves they thought was lost. Nothing was added. The noise simply got quieter, and who they really are came back into view.

This guide introduces Star Magic Healing in seven short parts. Each one is simple and practical, and together they show you what we are all about and how you can step in. Read one part a day, then try the 21-Day Star Magic Practice at the end.

You are not here to be fixed. You are here to remember. Let’s begin.

One Love,

Dr. Jerry Sargeant

10,000+	85+	7	21
FACILITATORS	COUNTRIES	PARTS	DAYS

Star Magic

YOUR JOURNEY

Seven parts.
One living ecosystem.

Read one part a day, take it in fully, then move to the next. When you reach the end, the 21-Day Star Magic Practice helps you put it all into action.

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PART 1 OF 7

A More Powerful You Beneath the Noise

> **There is a clearer, calmer and more powerful version of you waiting beneath the noise, and Star Magic exists to help you meet them.**

Modern life is loud. Deadlines, worries, other people's opinions and the constant pull of the news all pile on top of who you really are. After years of that, many people forget the quiet part of themselves that is already whole, wise and strong.

Star Magic Healing helps you release emotional heaviness, calm your inner world and reconnect with the part of you that feels clear, powerful and alive. You do not have to become someone new. You simply have to come home.



THE NOISE		THE SIGNAL
~~I have to push harder~~	→	I can rest into clarity
~~Something is wrong with me~~	→	I am disconnected, not broken
~~Fear runs my day~~	→	Calm leads my day

PRACTICE

Spend five minutes today in silence with no phone and no music. Notice how much noise is in your mind, then ask, "What does the quiet part of me know?" Write down the first thing you hear.

PART 2 OF 7

What Is Energy Healing?

> **Energy healing is a sacred technology that uses frequency and intention to bring your body, mind and soul back into harmony.**

Everything is energy, including you. Your thoughts, emotions and experiences all carry a frequency, and when that frequency is heavy or blocked, you feel it as tension, tiredness, fear or feeling stuck.

At Star Magic Healing, we work with ancient wisdom, consciousness and focused intent to help release what is weighing you down and activate your highest potential. This is healing that moves beyond the physical into emotional freedom and spiritual awakening.



How energy healing works, in three words

1

Frequency

Your inner state has a vibration, and you can learn to feel and shift it.

2

Intention

Where you place your focus and purpose directs your energy.

3

Release

When blockages soften, your body's natural intelligence can restore balance.

PRACTICE

Rub your hands together for ten seconds, then hold them a few centimetres apart and slowly move them closer and further. Notice any warmth, tingling or pressure between them. That is energy.

PART 3 OF 7

The Star Magic Experience

> **Star Magic is not an idea to understand. It is a felt shift in your body, your heart and your field.**

Many of us try to think our way into peace, and it rarely works. Star Magic takes you out of the thinking mind and into direct experience, so healing becomes something you feel rather than something you read about.

It brings together frequency, meditation, breathwork, energy healing and consciousness practices. Together they help you quiet the mind, release old weight and reconnect with the intelligence, clarity and power that were always within you.



What a Star Magic experience can include

1. **Frequency**
   Sound, light and codes that tune your system.
2. **Meditation**
   Guided journeys into stillness and insight.
3. **Breathwork**
   Slow, deep breathing to calm your nervous system.
4. **Energy healing**
   Focused intent to release and restore.

PRACTICE

Lie down for five minutes and breathe into your belly, in for four counts and out for six. Let your body soften with every exhale. Notice how you feel afterwards compared with before.

PART 4 OF 7

The Story Behind Star Magic

> **Star Magic was born from adversity, and it proves that no life is too far gone to be completely transformed.**

Dr. Jerry Sargeant, widely known as The Facilitator, was born in Cheltenham, England. His early life was marked by hardship, addiction and involvement in crime. Then a near-fatal car accident became a turning point, and a profound awakening changed the course of his life.

That moment began a journey of healing and discovery. Over the years Dr. Jerry developed Star Magic Healing and began sharing this frequency technology around the world. Today he trains facilitators internationally and guides thousands of people through healing experiences, workshops and events.



From adversity
to purpose.

PRACTICE

Think of one difficult chapter in your own story. Write down one strength it gave you, then say aloud, “This is not where my story ends. This is where it turns.”

PART 5 OF 7

Our Mission: The Spark of Pure Potential

> **Every human being carries a spark of pure potential, and when it ignites, the effect never stops with one person.**

Our mission is to help you reconnect with the power that already lives inside you. When one person heals, it moves through their family, their community and out into the world. That is the ripple effect, and it is why Star Magic is a technology for life and not just a healing session.

Everything we create is designed to help people heal and transform, grow in self-awareness, live with purpose and authenticity, expand their consciousness, lead from love and compassion, and feel safe in their nervous system.



I AM a spark of pure potential.

I AM healing, growing and leading from love.

I AM part of a ripple that reaches the whole world.

PRACTICE

Choose one way you can bring more love, presence or purpose into your home or work today. Do it, then notice how it ripples out to the people around you.

PART 6 OF 7

Three Pillars, One Ecosystem

> **Star Magic is not a single path. It is an entire ecosystem designed to help you experience, embody and eventually share the work.**

Different people need different doors, so Star Magic offers three. Some want a consistent daily practice. Some want to feel a deeper transformation in a live setting. Some are called to learn the method and carry it to others. All three lead to the same place.

You can start wherever you feel pulled. Many people begin with one pillar and find themselves moving naturally into the others as they grow.



Choose your door

1

Infinity Membership

A subscription of weekly meditations, breathwork, yoga, live sessions and a global community for a consistent practice.

2

Live Events & Healing

Private healing, group experiences, online workshops and in-person events for deeper transformation.

3

Facilitator Training

Learn the Star Magic method and develop the foundation to support transformation in others.

PRACTICE

Ask yourself which door feels most alive right now: daily practice, a live experience or training to share the work. Write down why, and what the first small step might be.

PART 7 OF 7

One Tribe, One Mission

> **Star Magic is not a company you buy from. It is a tribe you belong to, thousands strong, across more than 85 countries.**

Healing is easier together. Alongside its programmes, Star Magic is a global family of facilitators, students and members who practise side by side, online and in person, and lift each other higher every day.

Our long-term vision is a network of 13 healing centres around the world, spaces for healing, knowledge and community, working with our global online family to create a positive ripple effect across countries and generations. One Tribe. One Mission. One Love. One Heart. One Human Family.



One Love. One Heart.
One Human Family.

✂ CUT OUT & KEEP WHERE YOU'LL SEE IT EVERY DAY

PRACTICE

Send a message of love or gratitude to someone today without expecting a reply. Then write this on a card and keep it where you will see it every day.

LOCK IT IN

The 21-Day Star Magic Practice

Twenty-one days of simple daily practice will help you experience, embody and share what you have learned, until living from your highest self becomes natural.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

DAYS 1–7

Experience

☀ Morning · 10 min

Belly breathing for five minutes, then sit in silence and feel your energy.

☾ Evening · 10 min

Listen to a guided meditation or sit quietly, then note one feeling you let go of today.

DAYS 8–14

Embody

☀ Morning · 10 min

Ask “How would my most powerful self act today?” and choose one action.

☾ Evening · 10 min

Review the day, forgive one moment and rest with a hand on your heart.

DAYS 15–21

Share

☀ Morning · 10 min

Choose one act of love to give today, a kind word, a message or a listening ear.

☾ Evening · 10 min

Note what shifted, give thanks and set an intention for who you want to support next.

THROUGHOUT ALL 21 DAYS

Three simple rules

1 **Practise**

Give ten minutes a day to stillness or meditation, morning or night, for the part of you that already knows.

2 **Give**

Give something every day, a kind word, your time, a compliment, to prove you already have more than enough.

3 **Notice**

Write down every moment you felt lighter, calmer or more yourself, however small.

If you miss a day, simply pick up where you left off. Persistence counts more than perfection.

Your 21-day tracker

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Star Magic moments journal

YOUR NEXT STEP

Five ways to step in.

Star Magic is not one single path. Choose the door that calls you, whether that is a daily practice, a live healing, training or a journey. Tap any option to learn more.

1 **Infinity Membership**
Daily meditations, breathwork, quantum yoga and a global community
30 days free

2 **Online Facilitator Training Level 1**
Learn the Star Magic method in a five-day online training
Beginners welcome

3 **The $1 NEST Healing Session**
A live guided Star Magic activation and group healing
Only $1

4 **Cosmic Ascension Tour of Egypt**
Fifteen days of sacred sites, activations and the Nile with Dr. Jerry
6–20 March 2027

5 **Deep in Space, Costa Rica**
A ten-day plant medicine meditation and healing retreat
19–28 April 2027

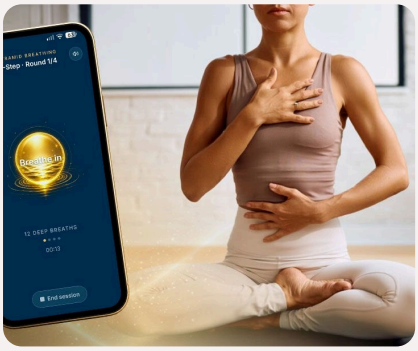
YOUR NEXT STEP · INFINITY

Infinity Membership

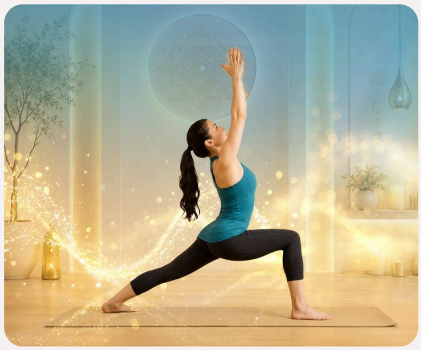
Star Magic in your pocket, every single day.

Infinity is the Star Magic membership and app: guided meditations, breathwork, quantum yoga, light language, nutrition and teachings, alongside live online events with Dr. Jerry and the tribe. New content and live sessions are added regularly, so you can build a steady rhythm of healing and growth.

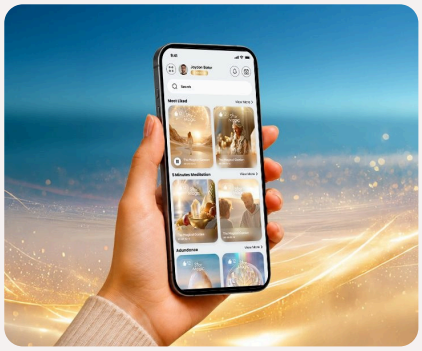
Inside the app



Breathwork



Quantum Yoga



Meditation Library

Guided meditations
A living library to lock in your frequency

Breathwork routines
Reset your nervous system and switch on your power

Quantum yoga
Open your energy body and move stuck energy

Light language
Transmissions that speak to the soul

Mystery school
Ancient teachings, kept hidden for centuries

Ascension nutrition
Fuel your body at the highest frequency

Live weekly events
Frequency Spa, Fearless Focus and group meditations

A global community
Awakened souls lifting each other higher

Join Infinity free for 30 days

Use code 30freetrial at checkout · starmagichealing.org/infinity-members

Start free trial →



YOUR NEXT STEP · TRAINING

Online Facilitator Training Level 1

A five-day online training for beginners, practitioners and anyone ready to support healing in themselves and others.

There is a frequency running through you right now, shaping your health, relationships and decisions. FT1 teaches you how to become the author of it. **No experience needed.** Beginners and experienced practitioners are both welcome.

Work with the field

Enter, feel and work with the Star Magic field in a practical, grounded way.

Understand the deeper signal

Explore what sits beneath emotion, symptoms and story.

Geometry, codes and soul technology

Focused intent, geometry, light and frequency as tools for change.

Meditations and activations

Guided practices that clear the field and strengthen intuition.

Awaken deeper perception

Open greater intuition and field awareness.

Facilitate healing

Build the confidence to support yourself and others, and watch Dr. Jerry work live.

Everything included

- ✓ Level 1 Facilitator Certification
- ✓ Five modules plus bonus modules
- ✓ Monthly live support with Dr. Jerry
- ✓ The global Star Magic community
- ✓ Lifetime access to the course
- ✓ Seven recorded Q&A sessions
- ✓ Private facilitator support group
- ✓ Tools you can use for life

Explore Online FT1

starmagichealing.org/online-facilitator-training

Learn more →



YOUR NEXT STEP · HEALING

The $1 NEST Healing Session

Walk away feeling lighter, clearer and more like yourself, in one live guided Star Magic session.

For anyone who feels tired, heavy, stuck or disconnected from themselves. Join a live Zoom session guided by Dr. Jerry Sargeant that combines breathwork, guided meditation and energy work, to help your body release stored stress and emotion. **No experience needed.**

Why you feel heavy

See why old stress and emotion can stay active in the body.

What your body is holding

Understand how emotional weight affects your energy and clarity.

How life force gets blocked

Learn how your natural energy becomes buried.

A guided activation

A direct Star Magic experience to help your field release what it holds.

A live group healing

Everyone in the room is invited to receive. Share your intention in advance.

Stay grounded after

Keep the lighter, clearer state and know where to go next.

Not a $1 experience. A $1 doorway.

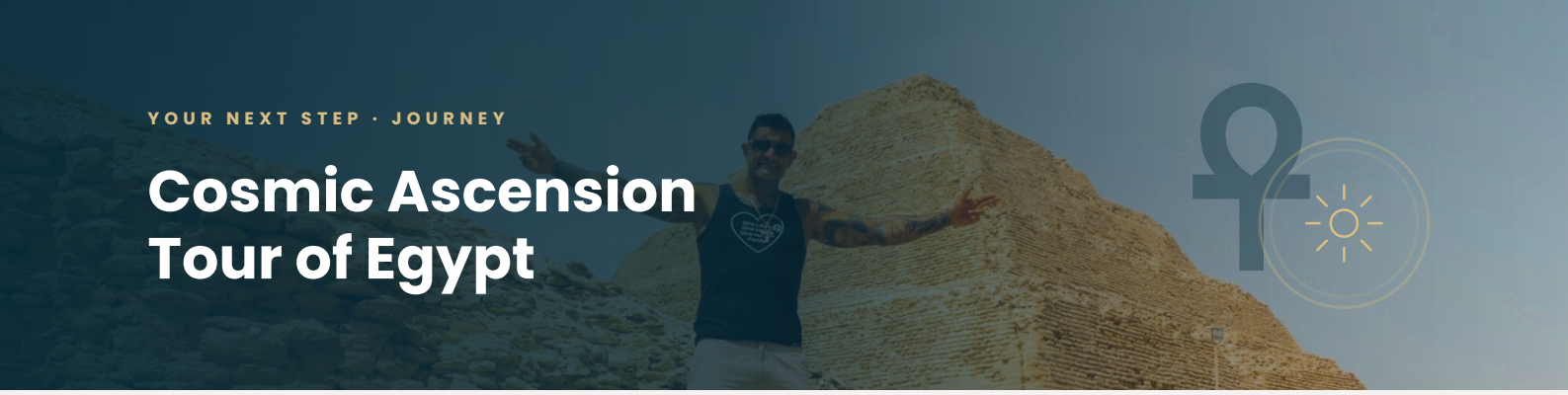
The $1 is the signal that you are choosing to enter the room.

1. Reserve your seat for $1
2. Check your email for Zoom details
3. Show up live with water and a quiet space
4. Receive from the field and stay open

Save my seat for $1

go.starmagichealing.org/awakenyourlifeforce

Reserve now →



YOUR NEXT STEP · JOURNEY

Cosmic Ascension Tour of Egypt

6–20 March 2027. An epic journey of cosmic activation with Dr. Jerry.

Some places hold your codes and memories. Egypt is one of them. This is fourteen days of deep immersion, planetary grid work and sacred transmission, privately held, with no crowds and just your group, Dr. Jerry and the Star Magic family.





15 days across sacred Egypt

A curated path through ancient power centres with Dr. Jerry and the Star Magic family.

Pyramid activations

Four hours of private access inside the Great Pyramid, plus deep resonance work.

Seven private temple visits

Private access to some of the most sacred temples, including Karnak, Dendera and the Temple of Isis.

The Nile and qigong

A Nile cruise with morning qigong led by Dr. Jerry, light language and ceremony.

£8,888

Reserve with a £1,500 deposit · flexible instalments

Limited spaces
Full terms at booking

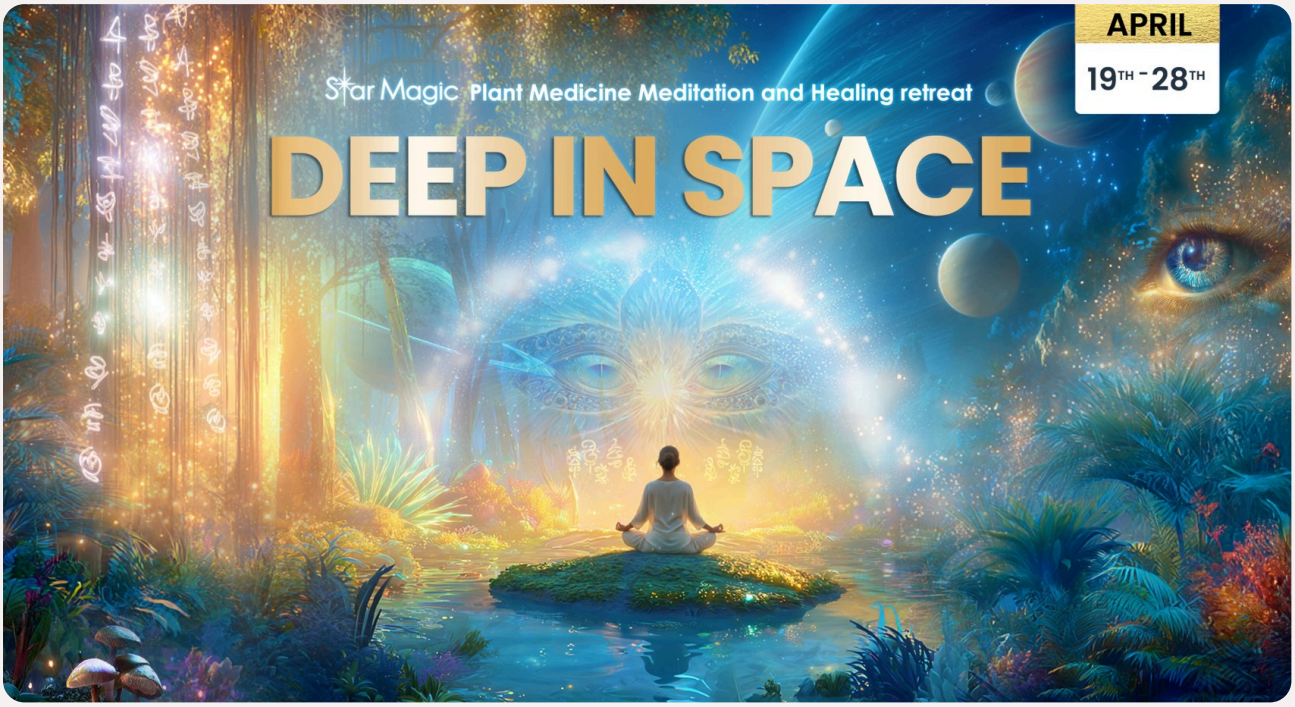
Reserve your place in Egypt

egypt.starmagichealing.org

Book your spot →

YOUR NEXT STEP · RETREAT

Deep in Space



A ten-day plant medicine meditation and healing retreat in Costa Rica, 19–28 April 2027.

Join Dr. Jerry and the Star Magic tribe for a deep immersion in the jungle, combining meditation, healing and plant medicine in a setting of Earth and star wisdom. It is for those who feel truly ready to go beyond the veil and meet themselves.





£7,999
Payment plan options available

Costa Rica
19–28 April 2027

Plant medicine is not suitable for everyone. Please read the full event page for details, preparation and safety information before booking.

Join Deep in Space in Costa Rica
starmagichealing.org · Deep in Space, April 2027

See the retreat →

CHOOSE YOUR DOOR

This is your moment. The people who change their lives are the ones who say yes before they feel ready. Pick the door that calls you and step through it today.

Infinity Membership
Join free for 30 days with code 30freetrial
Visit →

Online Facilitator Training Level 1
Learn the Star Magic method
Visit →

$1 NEST Healing Session
Save your seat for just $1
Visit →

Cosmic Ascension Tour of Egypt
6–20 March 2027
Visit →

Deep in Space, Costa Rica
19–28 April 2027
Visit →

You are the spark.
You always have been.
Now go and live like it.

One Love,

Dr. Jerry Sargeant

Star Magic

www.starmagichealing.org

The practices in this guide are offered for inspiration and personal growth. They are not a substitute for professional medical or psychological care.