

# POWER

*Magazine*

VOLUME 1, ISSUE 1

**INSIDE:**

**Do The  
Right Thing!**

**The Art  
of Alchemy**

**MARCUS  
MUHAMMAD**

**MARKET YOURSELF  
LIKE A PRO!**

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# THE BEST IN THESE PARTS.



## The Bone and Joint Center at Grant Medical Center.



OhioHealth is nationally recognized for orthopedics. Our Bone and Joint Center at Grant offers comprehensive care, with with experts specializing in sports medicine, orthopedic trauma, fracture management and total joint replacement. From resurfacing to robotics to the next generation of orthopedic devices and implants, WE are pioneering orthopedic care. For the best care in these parts, talk to your doctor about the advanced orthopedic options available at Grant, or visit [OhioHealth.com/boneandjointcenter](http://OhioHealth.com/boneandjointcenter)



## ABOUT MARCUS MUHAMMAD

**T**hrough years of research and personal experience, Marcus Muhammad has discovered common core principles that transcend many aspects of life and most avenues of pursuit.

Marcus breaks down the barriers and enhances the ability to shake off mediocrity and improve self-esteem. His unending pursuit of self-education has distinguished him as an authority in helping others maximize their human potential. He uses lessons learned from his own life to help others with theirs.

Marcus provides motivational materials and work-shops, as well as personal and professional development programs aimed at individuals, companies and organizations.

Before becoming a full-time speaker, Marcus enjoyed a successful career as a Licensed Real Estate Broker and Investor, with over 30 years of experience. He has a degree in accounting from the University of Maryland and has owned many successful businesses; such as a dry cleaners, an online modeling agency, a used car dealership, a mortgage brokerage, a moving company, a janitorial company, a maid service, and several retail clothing businesses.

Marcus continually pushes the envelope, provoking thought and introspection, while using great imagery to create fascinat-

ing images of the world to come. His presentations have been known to be fun, invigorating and an action-packed ride toward self-discovery and ultimately, everlasting change that intensifies the will and the desire to overcome life's challenges.

Marcus is a certified member of Les Brown Unlimited and is the Vice President of Public Relations for The City of Columbus Toastmasters Club, Columbus, Ohio. ■

### Topics include, but is not limited to:

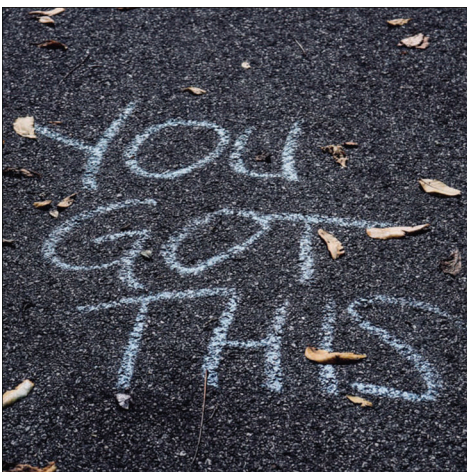
- ◆ Personal Development
- ◆ Self-Improvement
- ◆ Success In The 21st Century
- ◆ Goal Setting
- ◆ Leadership For The 21st Century
- ◆ Entrepreneurship
- ◆ Financial Freedom



# Mustard Seed

## Ponder This...

We have all heard “if you have faith as small as a mustard seed, you can say to this mountain, Move from here to there, and it will move. Nothing will be impossible for you.” Well....Let's think about a mustard seed. One of the smallest of all seeds on the earth (approx. 2 millimeters in diameter), yet when planted, it produces a tree of up to 20-30 feet tall and 20-30 feet wide! It is hard to imagine that everything needed to make such a huge tree was already inside that tiny little seed. As it is with the tiny



mustard seed, so it is with you. All that you ever hope and dream to be, do, and have, is within you! You have within you the seed of greatness! Dr. Robert Anthony, in his book, *The Ultimate Secret of Total Self-Confidence* says, “If you have the desire to do anything creative, you also have within you, the means of making it happen. Creative Intelligence (The Creator) would not have given you the desire if that potential is not possible for you.” I was taught by the Honorable Minister Louis Farrakhan, that all human life is born with a predetermined goal and that goal is to meet with its Creator. This is called fulfillment. Fulfillment is that feeling you get when you are living in your purpose. Fulfillment is when your essence has connected with what you were born to do. Fulfillment is success. The ceaseless longing and pent-up energy within you is your spiritual essence seeking to make that connection. It is natural. It is divine. It is necessary.

As you look at your goals and your dreams, realize, just like the mustard seed, you have everything you need to make them happen. You have everything you need to be successful. The power is within YOU!

“The potential for greatness lives within each and every one of us.”

-Wilma Rudolph



“As a Motivational Speaker, Trainer and Personal Power Coach, my goal is to help you access your power and achieve amazing success.”

-Marcus Muhammad

# Marcus Muhammad

Speaker, Trainer & Coach

"Born to Win!"



*The Les Brown*  
Maximum Achievement Team



## MAXIMUM POTENTIAL Business and Leadership Success Club Hands on Coaching & Personal Mentoring

I ignite the **POWER** within YOU to achieve amazing  
**success!**

Hands on coaching will include:

- ▶ **The Art of Business**-Setting up your own business and start making money now!
- ▶ Learning the fundamentals of business, why some businesses succeed while other fail, and how to take an idea from thought to reality.
- ▶ **The Art of Public Speaking**- Build self-confidence, self-esteem, self-mastery, and become an effective communicator.
- ▶ **The Art of Leadership**- Principles of Leadership and 9 principles of Greatness.
- ▶ **The Art of Financial Literacy**- Learn how money works, how to think out of the box, and how to develop and keep a millionaire mindset.

This club will help you:

- ▶ Expand yourr thinking!
- ▶ Get out of yourr comfort zone!
- ▶ Maximize yourr potential!

"IF ONE MOVES CONFIDENTLY IN THE DIRECTION OF THEIR DREAMS AND ENDEAVOR TO LIVE THE LIF THAT THEY HAVE IMAGINED...THEY WILL MEET WITH SUCCESS"-HENRY DAVID THOREAU

[WWW.MARCUSMUHAMMAD.COM](http://WWW.MARCUSMUHAMMAD.COM)  
[info@marcusmuhammad.com](mailto:info@marcusmuhammad.com)



# Always Do The Right Thing

In Spike Lee's movie "Do the Right Thing" there's a scene in which the neighborhood drunk, Da Mayor, played by Ozzie Davis, stops Spike Lee (Mookie) in the midst of turmoil and chaos and says..... "Doctor....Always do the right thing."

Doing the right thing means:  
 Keeping your word and your commitments  
 Having integrity  
 Being reliable

Even in the midst of turmoil and chaos.

In business and in personal relationships, when you have goals or dreams that you hope to achieve, realize how important it is to establish and maintain an iron clad reputation of moral correctness, reliability and being true to your word.

In the book "Think and Grow Rich", Napoleon Hill talks about the QQMA formula. The quality of service, the quantity of service, plus the mental attitude in which you render services determine how people will remember you and how high you'll rise in success.

Remember Sears, a once prominent retail giant, known for its great shopping experience? I remember going to Sears as a child, shopping with my mother. I can remember the smell of fresh popcorn right as you walk in. Lining the entrance there'd be counters of fresh peanuts, candy, chocolates, and smiling faces greeting you. I'd go to the snack counter where there'd be all kinds of goodies, and

urable experience.

This was the basis upon which Sears rose to iconic eminence.

Today, Sears downfall is due to its failure to continue recognizing the value in this timeless principle. Poor customer service, over promising and under delivering, and taking customers for granted have almost completely destroyed their name, their reputation, and their brand.

**Honor, integrity, and reliability are key elements of timeless principles that should be the foundation for anyone looking to win.**

get a box of hot, fresh, popcorn to munch on while my mother shopped.

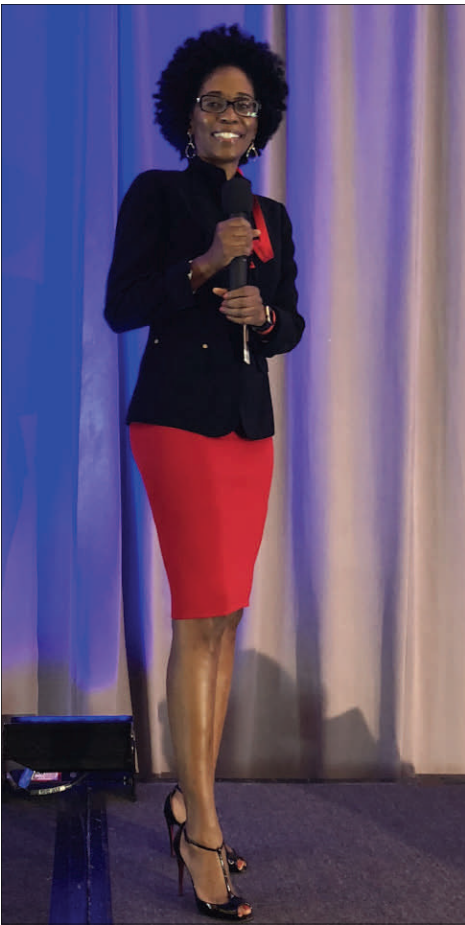
Sears rose to eminence by catering to its customer and going the extra mile.

Slogans like, "More for your life", "Your money's worth and a whole lot more", and "You can count on Sears" demonstrated the company's fundamental belief of going the extra mile to satisfy its customers and to make shopping a pleas-

As we embrace new opportunities afforded by technology, always remember that all human beings want to be treated right.

People may not always recall details regarding a specific transaction or encounter, and they may not recall who was at fault in negative encounters, but one thing is for certain. They will always remember the way you make them feel.

# Why Is Coaching Important?



Story by Sharon "Slim" Brown

## THE SLIM EFFECT

Is that your mindset?

If we can provide our school age children with guidance counselors to help them work out their problems and provide our athletes with sports' coaches to help them train and prepare to play the game to their full potential, why would it not be just as important to have a coach in your corner to help you to maximize your full potential? Someone to help you work out your problems. Someone to help you train and prepare to play your game to your full potential.

What is it that you want to do? Is it different than what you are doing today? Do you need someone to help you get there?

Helping you get there is the role of a coach. Having someone to pull you out of your comfort zone and closer to your dreams. Someone that can help take you from where you are to where you want to be through setting goals, taking action, making better decisions and most of all, SUPPORT.

A Coach can help you pinpoint the specific blocks and/or obstacles that is

making you feel "stuck" and move them out of your pathway so that you can move toward finding fulfillment, success, well-being and happiness.

Like the coach for an athlete, there will be someone in your corner to help you to maximize your full potential professionally or personally. Someone on the side-line routing for you!

A coach gives you the security of knowing that you're not alone on your journey. Like a baby's first step, it is a little scary at first. But, when the baby sees their loved one across from them with their arms out saying "you can do it", they're less afraid of taking that first step. Once they take the first step and they're still standing, they will then take the second step and then another step until they begin walking on their own. If they fall after taking the first step, someone is there to help them up, which gives them the courage to try again. Think of a coach as your loved one across from you holding out their arms telling you, "You can do it" and if you fall, providing you with the support that gives you the courage to do it again.

I'd say that is pretty important. Do you have a coach? •

Sharon "Slim" Brown,  
a Certified Member of Les Brown Unlimited.  
A Transformational Speaker, Trainer,  
Self-Love Coach and Author.  
Saving Lives! Impacting Minds!  
Visit my website: [theslimeeffect.com](http://theslimeeffect.com) today!  
"Be the change you want to see!"

As kids, we had teachers and guidance counselors. Athletes have a sport's coach. But as adults, we go at it

alone and overlook the importance of having a coach. We convince ourselves that we don't need any help. We can figure it out on our own. But is that really the case?

## Always Do The Right Thing

Continued from previous page

Honor, integrity, and reliability are key elements of timeless principles that should be the foundation for anyone looking to win.

As a leader, sales professional, public speaker, or citizen in general, you will find great value in going over and above to insure that others needs are met or satisfied. Doing so will build trust, improve

relationships, and will enable you to connect with heart and soul of others, creating great affinity and enthusiasm and making it easy for others to support you, your cause, or your business.

My name is Marcus Muhammad. I Motivate to Activate Real power, Creating Unbelievable Success!

Remember....You were Born to Win!

I'm going to ignite the power within you to achieve amazing success!

Email: [info@marcusmuhammad.com](mailto:info@marcusmuhammad.com)  
Facebook  
Phone: 614-918-8255

Story written by

## Derrick Muhammad

ACTOR/COMEDIAN/PRODUCER

***"And when you want something, all the universe conspires in helping you to achieve it."***

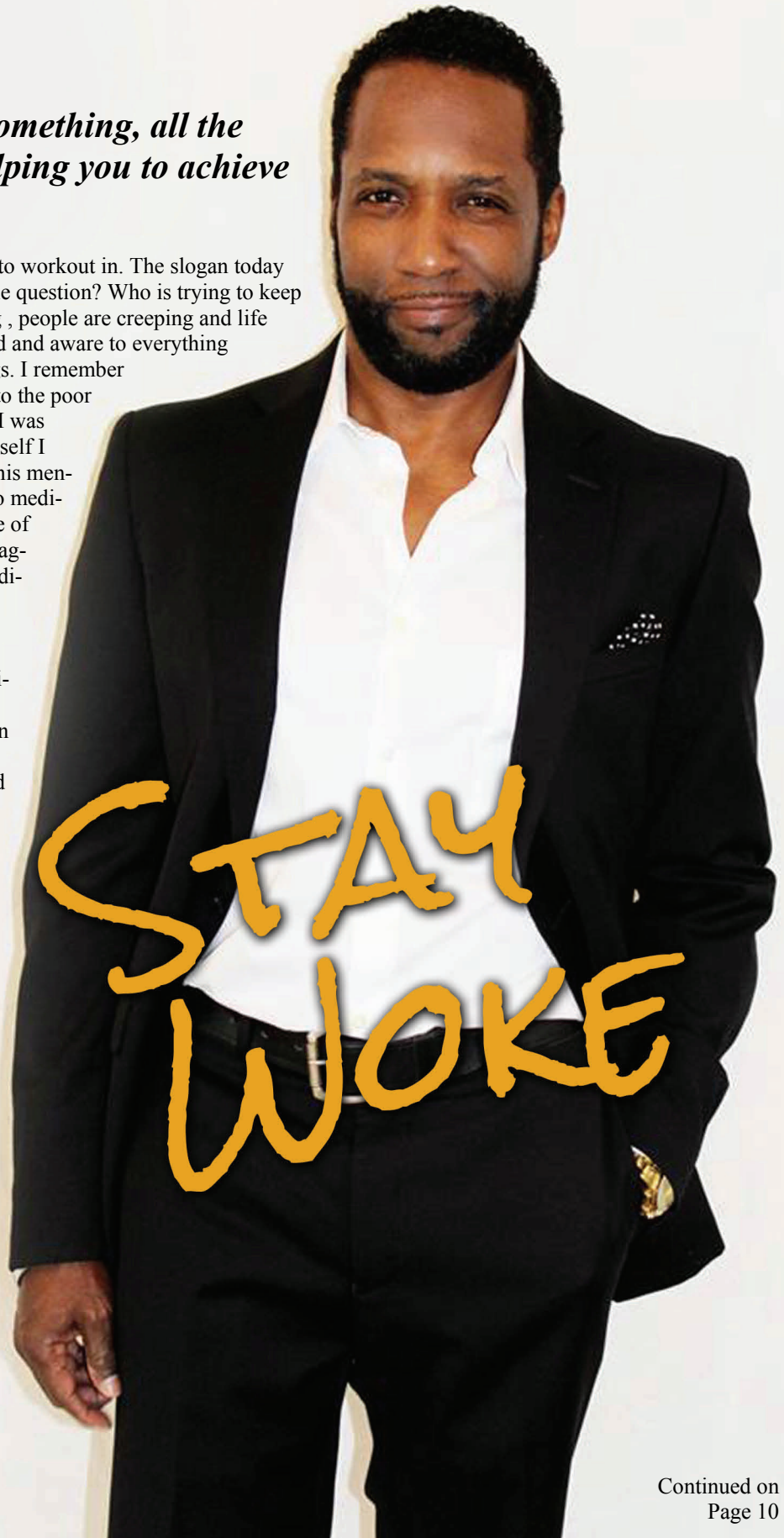
Big Fields await the wide awake man to workout in. The slogan today among people is; Stay Woke" so I ask the question? Who is trying to keep you asleep and why? If you are sleeping , people are creeping and life can pass you by. We have to be informed and aware to everything that can affect you and your surroundings. I remember being in a rut for years and I attribute it to the poor fast foods I was eating and the thoughts I was thinking and lack of energy. I said to myself I have to get a plan to pull myself out of this mental grave I was dwelling in. So I began to meditate and focus my thoughts on life outside of my circumstances. I envisioned doing magnificent things and working with extraordinary people. I did this every day for 18 months straight. I then realized that the mind has power to will things into existence. ( Not Spooky) It's Vibranium ( Vibrations) It's high levels of frequency. The old saying is "whatever the mind can conceive , it can achieve."

I am living proof on a small level. God willing I will be on a Colossal level sooner than later. ( smile) So I am saying in this article that if you believe in doing something greater than your currently doing...its total achievable if you are focused, willing to sacrifice and work for it. Desire feeds the WILL! Simple techniques are " The common ailments most people is strange and perverse disinclination of believing in a miracle." when in fact the plant earth is floating in space without a pillar holding it up. ( That is miraculous!)

### **3 Ways to Fail at Everything in Life**

1. Blame All Your Problems on others.
2. Complain About Everything
3. Not Be Grateful

1. 5-20 mins of visualizing your thoughts ( daily)
2. speaking positive words to self and others all the time.
3. vision board
4. journal



Continued on  
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## Queens and Kings, Don't Let a Duck Clown or Pimp Play You

Story by Pamela J



I'm **Pamela J.** I am a motivational speaker, trainer, and coach, and I focus on providing services to people from all walks of life. My motivational processes are designed to transform both the personal and professional realm of people's lives. Go to [www.tntwithpamelaj.com](http://www.tntwithpamelaj.com) or email me at [pji@tntwithpamelaj.com](mailto:pji@tntwithpamelaj.com) to learn more about my services.

If it looks like a duck, walks like a duck, and quacks like a duck, It's a duck!!! Isn't it? Smiling and laughing right now? Me too! That's the way I always understood that phrase. Well clearly, I needed some glasses or a new prescription. Because I saw this duck waddle up into my life, I saw all the duck movements and I definitely thought I heard a whole lot of quacking going on. You may be asking right about now "What the heck are you talking about Pamela J"? Why are you talking about ducks!?

My duck showed up in my life in the form of a tall, dark, handsome man who promised me the fantasy most every woman desires. He wanted to be the father of my children, swim the deepest oceans, climb the tallest mountains. Yes, I believed he loved me, would honor our relationship, and be faithful and dedicated to me and our child. But somewhere along the way I didn't see the signs and the clues.

Have you ever wanted something or someone so badly and wanted it to be so

real, that you did not see the signs, the clues, you didn't hear the QUACKS?!?! Even though they were happening right in front of you? I understand because Well that was me. I thought I had been found by a beautiful relationship. A relationship that would finally honor me, appreciate me, that would make me feel respected. I just knew

this relationship would appreciate and love and honor me and the child we had created until death did us part.

But I was wrong. Even when I realized what I was really looking at, it still took me some time to accept the truth. I needed to dig and search. Let me tell you something, If you seek, you WILL find. And I found confirmation that what I wanted to be real wasn't real or true. I found those pictures in the trunk of his car. Those pictures of that road trip down south supposedly taken with his brothers to see family. Oh no! it was not his brothers in those pictures. It was Her. Have any of you ever come to a point in your life where something caused all your hopes and dreams to fall apart right in front of your eyes? A point where all your self-respect and happiness hit an all-time crash to the floor? Or maybe you felt like you had been run over by a Mack truck or freight train, but you lived to talk about it?

I took all those pictures cut them up in little pieces, put them on a dinner plate, covered them up with a dome, and sat

them in front of him when we sat down for dinner that evening. He took that cover off and got to see that I now knew who he really was. All his infidelity sat staring us both in the face.

Wayne Dyer put it well: "If you change the way you look at things the things you look at change." I had to change the way I was looking at this automaton duck situation in my life. It was not honoring, serving, or healthy for me and my child. I had to decide what now? I decided to end it then and there. I decided that I was not tolerating anyone's nonsense like this. I decided I would never again knowingly allow someone to disrespect me, abuse me, physically or emotionally ever again.

Have you ever been there? That place where something has crept in or maybe is even trying to creep up into your life as we speak. It may or may not be my type of duck, but your duck could be a various health concerns, addiction, job, physical, mental, emotional challenge, abuse, money concerns or anything that may be causing you to second guess your self-worth and value. Sometimes you get to a point in life where you must decide to change the trajectory of your life. You must decide that you will no longer accept inferior treatment. That you will not allow issues or people to dictate your worth and happiness.

Yes, You and I are still works in progress. However, if we want to bring forth our greatness we must stay away from toxic situations and choose OQP, Only Quality People. We are greater than our circumstances. ●



"Coming Soon  
January 2019"

# Motivating Me...

## I Will Be The Change I Want To See

Author: Sharon Slim Brown

Throughout this game called life, I found myself in situations where I just needed someone to say something to me that would put me back on track. As we all know, there are situations and circumstances that will knock you off your game. And all we need is that one liner that will put us back on track. Well, I learned late in life to stop looking for others to fulfill my needs. If I cannot provide myself with the things I need, then I probably do not need what I am desiring. With my changed mindset, every time I needed that one-liner to put me back on track, guess what, I gave it to myself. All experiences are lessons and while we may not handle all of our experiences in the best possible way, after all we are human, take the lesson from that experience to make sure that you do it better the next time.

For example, I found myself having a bad day due to an experience I was having with someone. I am not sure what kind of day they were having; but my

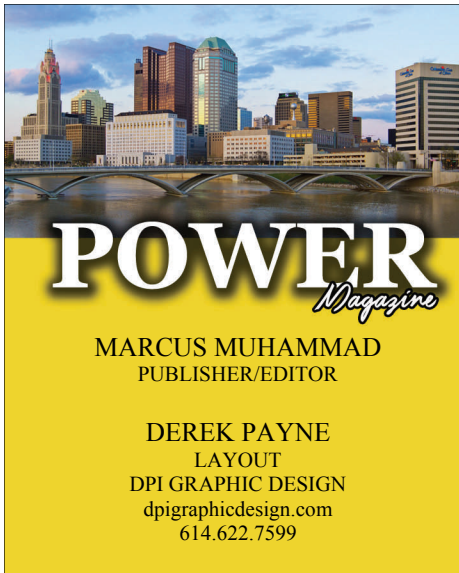
day, wasn't going so well. So when I reflected on the day, my lesson to myself was, I chose to have a bad day based on that experience. I could have ended the conversation sooner rather than later and not give the other person the power over what kind of day I will have. So my one-liner to myself for future, similar experiences will be "you have to ask my permission to ruin my day" or "I am the only one with the power to determine the type of day I will have". Imagine if I would have had those tools prior to that interaction, the outcome would have been different. "When you know better, you do better."

That is what inspired me to write, *Motivating Me...I Will Be The Change I Want To See*. This book was motivated by the desire to be a better me. It is being developed from all my one-liners that has helped me either start my day on the right track, such as "Today is a new opportunity for me to be a better me", end my day, "Today was a tough

day; but, I got through it and I get to play again tomorrow" or got me through a specific situation, "I cannot be everything you need me to be; but, I can be me. I hope that's enough". Life is not without challenges and we are not perfect; but, when we are empowered with the right tools and resources, we become the change we want to see. It starts with ourselves. It's not always easy; but, it is worth it. I tell people all the time, "It ain't easy being me."▪

More excerpts from the book:

- ❖ *Just because I didn't win the game doesn't mean I am not a winner. I won when I showed up to play*
- ❖ *I have forgiven you; but, I am not accepting you back in my life*
- ❖ *It's okay*
- ❖ *No matter how hard it is or how hard it gets, I am going to make it happen*
- ❖ *Yes, I heard you. I am choosing not to respond*
- ❖ *I hold myself accountable for the day I had today*



## Stay Woke

Continued from Page 8

5. to do list
6. goals ( big to small)
7. exercise
8. good proper diet ( the body needs the right foods to feed its power source...the brain)
9. prayer/meditation
10. doing something good daily ( karma and universal principle.

Two years later after mediating on my goals. I had a miracle offer take place and move to Los Angeles and pursue my acting and comedy career. It was surreal and well needed. I left like an inmate living in prison never looking back.

Since then I've done commercials, television, theater, film, performed stand up comedy in the top L.A. comedy clubs. I've starred in the award winning Indie suspense thriller; *The Buyout* and several Short Films. I just recently released my first feature film "*Gale & The Storm*" in which I directed, co wrote, produced and costarred along side R&B legend Karyn White who served as the co writer and executive producer.

Now since risking it all, I have several projects in various stages of development. My goal is to change the image of black people globally through film, television, movies and comedy.

"If you do nothing, nothing will happen." •

## “Establish a Success Club at a School, church or organization!”



This is Myles, one of my mentees. Myles placed 6th out of 100 in his 1st ever Public Speaking Competition. He is a recent graduate of Pickerington N H.S. and was given the honor of delivering a keynote address at his career center. He will be attending Miami University in Oxford Ohio.

Learning the Art of Public Speaking builds self-confidence and self-esteem. The greatest leaders are exceptional communicators. The ability to communicate thoughts, ideas, and vision with power and conviction will open the door to unlimited success.

Business and Leadership Success Club members do more than simply learn about subjects, they learn how to become whatever their heart desires! They learn how to Live Their Dreams!

If you would like to establish a Success Club at a school, church or organization, or if you would like to sponsor a student, email me today at [info@marcusmuhammad.com](mailto:info@marcusmuhammad.com) or call 614-918-8255

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**“We had Marcus Muhammad as the keynote speaker for an event entitled "Choosing Your Future" His presentation was excellent! I would absolutely recommend Mr. Muhammad as your next keynote speaker”-Ms. Morgan, State of Ohio-ODRC, Columbus, OH**

If you would like to establish a Success Club or if you would like to sponsor a student, email me today at [info@marcusmuhammad.com](mailto:info@marcusmuhammad.com) or call 614-918-8255

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K A R Y N W H I T E



# GALE & THE STORM

**BRINGING BACK THE FUNK!**

KARYN WHITE ENTERTAINMENT PRESENTS IN ASSOCIATION WITH WESTVIEW PICTURES IN ASSOCIATION WITH SHORTSTACK ENTERTAINMENT "GALE AND THE STORM"  
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DERRICK MUHAMMAD ASHFORD J. THOMAS ANTHONY M BERTRAM SAMUELLE PRATER BRIDGETT VAUGHN MICHAELA ADAMS WITH CASSIA JOHN AND ANTHONY  
AH KING NARRATOR: LYNN TOLLIVER ORIGINAL MUSIC SCORE DEREK DOA ALLEN EXECUTIVE PRODUCER KARYN WHITE PRODUCERS JAY KING DERRICK  
MUHAMMAD AND ASSOCIATE PRODUCER BRIDGETT VAUGHN WRITTEN BY KARYN WHITE AND DERRICK MUHAMMAD DIRECTOR OF PHOTOGRAPHY ANTHONY  
STEWART EDITOR ELIJAH C BREWER STORY CONSULTANT JAY KING DIRECTED BY DERRICK MUHAMMAD



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