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STAR 0HAPPY : A New Civilization

The Instant of Mass Strategy to Overcome Corona virus,
Fears, and Hunger in Various Countries.

Cakti Indra Gunawan, Ph.D
Founder and Inventor Star 0Happy

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STAR 0HAPPY : A New Civilization

2020

Why is this book very important?

There are lots of fears and starving due to this Covid-19 pandemic. The Star 0Happy formula which contains: 0+29+star, gives a practical solution to make the humankind able to share and peacefully. This book is based on research with understandable language and easy to practice. This book is worth buying because the cost you pay is not worth the happiness you will get.

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**The Instant Mass Strategy to Overcome
Coronavirus, Fears, and Hunger in Various Countries**



Cakti Indra Gunawan, Ph.D

Founder and Inventor *Star OHappy Formula 2020*

IRDH Publisher

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Preface

The author expresses gratitude to God the Most Gracious and Merciful for all His gifts so that this book can be published. The infinite words belong to the writer's parents, Mrs. Sri Rejeki and Mr. Mino, who always pray for the author's happiness and successes every time and every day.

With intercession and prayer from the author's spiritual teacher, the late Prof. Dr. H SS Kadirun Yahya, and YM Ustadz Danish Lutfi, this book can be completed well. The author also gives thanks to author's teachers since kindergarten, elementary school to high school teachers, as well as the lecturers of writers ranging from undergraduate (S1), master (S2) to the doctorate (S3). The authors also thank to thank the big family of Bani Mino, Marsiyu Karsomartejo, Karso Prawiro, fellow lecturers, researchers, scholars, government officials, politicians, military, police, and all elements who have supported and succeeded in this book to be able to give a drop of hope for humankind that is being hit by the corona disaster in various corners of the world.

To my students and young people around the world who read this book, the author hopes that the star civilization of humankind will be held by young people who have the spirit of stars, the sense of sharing goodness for humanity without recognizing differences.

Covid-19 (in this book written as coronavirus) in early 2020 caused fear and hunger of humanity in almost all countries in the world. The author realizes that at this time, what is needed by humankind throughout the world is happiness, peace, no more people who die of hunger, and no chaos that results in crime in some countries. The Star OHappy formula is a practical solution offered by the author based on the results of research and the author's experience concerning the dynamics of human life.

After reading this book, it is expected that there will be peaceful and sharing activity among human beings so that it will have an impact on reducing hunger. This book is written in a language that is easily understood and practiced by all groups without knowing differences in religion, nation, ethnicity, class, age, and social status.

This book is different from other similar books that discuss coronavirus because this book uses a solution approach from within humans, the Star OHappy formula, which consists of 0 (apologize), 29 (grateful), and Star (alms). The author realizes this book is still lacking, but hopefully can provide benefits and blessings to humanity, Amen.

One more thing, by buying this book, you have made a tremendous investment because you will get happiness and benefits whose value cannot be compared with any material value.

Malang, June 1st 2020

Founder of Star OHappy (www.0happy.com)

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Chapter 1 Corona and Global Impacts

At the end of 2019, a new type of coronaviruses from Wuhan China was identified and caused a disease called Corona Virus Disease 2019 (Covid-19) (Mayoclinic, 2020). Covid 19 (starting from now written as corona) has spread quickly throughout the world. A researcher named Wan (2020) reports that the World Health Organization (WHO) declared corona as a global pandemic in March 2020.

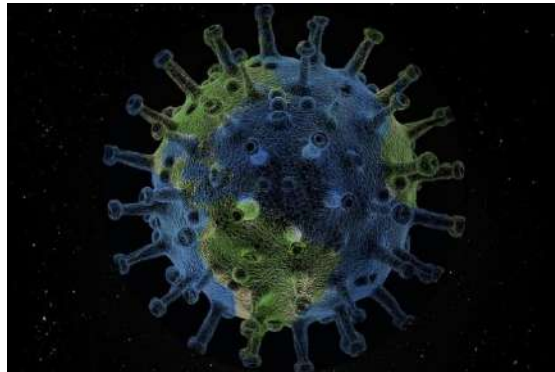


Figure 1 The illustration of coronavirus spreading throughout the world

Suddenly all human beings are shocked by this incident. Furthermore, Zandifar & Badrfam (2020) suggested that the virus moves quickly, and it seems that no place on this planet that has not been visited by corona. This virus is like a grim reaper who is ready to take the lives of every human being if

there are instructions from the Almighty, God the Most Merciful.



Figure 2 The illustration of people who stuck at home due to fears of coronavirus

According to the research from Brodeur et al. (2020), based on Google Trends data, found there are increasing searches related to boredom in Europe and the United States. Brodeur also found a significant increase in searches related to loneliness, worry, and sadness. The economic sector has been affected, as well. It was found in the United Kingdom, which there is vulnerability to food security by Loopstra (2020). The UK citizens lost more than 25% of income during this crisis and its impacts on insecure food availability.

Media (including mass media and social media) almost every second contain and show news about the corona, which

according to Ahorsu et al. (2020), could easily make people afraid, worried, and anxious. Montemurro (2020) describes these fears ranging from fear of the transmission of the disease, fear of death, fear of not being able to work anymore, up to a fear of not being able to buy basic needs. Especially with the lockdown policy that has imposed in several countries, make people more panicked and afraid so that situation becomes out of control. Everyone must stay at home in the sense that the people are not allowed to leave the house unless they have urgent interests.

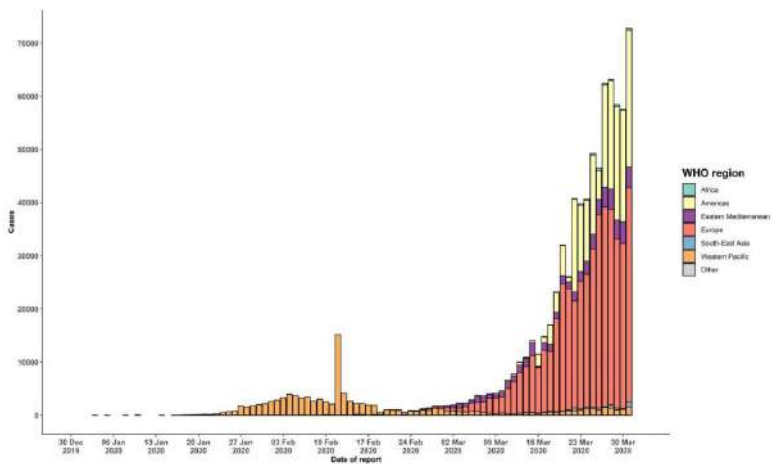


Figure 3 The curve of the confirmed corona epidemic on April 1st, 2020 (WHO, 2020)

According to the WHO Report (Figure 3), it is known that the number of corona cases keep continues to increase dramatically in mid-March 2020 and has reached the entire world. Secon et al. (2020) suggested that lockdown regulation has been enacted in several countries to prevent corona more spreading away. The city feels dead, and there is no activity at all. Those who are exposed to corona are increasing so that the hospital cannot accommodate them anymore. The panic from the medical team and doctor is mounting when Human Resources and medical tools are no longer capable of holding those who affected by this corona outbreak, especially in rural areas that far from the urban centers.

Those fears are rolled like a domino effect. Many countries experience a rapid increase in corona casualties; for example, as reported by Remuzzi & Remuzzi (2020) that in Italy, there was a significant surge in corona casualties in a short time. The government was shocked and immediately held a lockdown. All flight schedules from many countries and abroad are closed. The atmosphere is heavily more tense and extraordinary levels of stress experienced by Italian citizens due to this pandemic. Italy became a country that could suddenly

collapse because of this corona outbreak because all of the economic activities were stopped. The evolution of this virus and its economic impact is so uncertain, which makes policymakers challenging to formulate appropriate macroeconomic policy responses. McKibbin & Fernando (2020) predicts that this outbreak can significantly affect the global economic scenario quickly. The economy is shaking (Pakpour & Griffiths, 2020), and the citizens are frightened to the point of wanting to end. As if the grim reaper was in front of their respective homes.

This virus not only has claimed thousands of lives and infected thousands of hundreds of Italian but also continues spreading up to the United States as reported by Rothan & Byrareddy (2020). Then, this country becomes unstable, and lots of people are experiencing tremendous stress. Lockdown regulation is also imposed by the government and has an impact on the citizen's economy. People are terrified, and all of the business, school, and education activities are suspended. This situation happens not only in the United States but throughout the world (Sohrabi et al., 2020). The pandemic

disaster seems to slap an arrogant human who felt being immune to all kinds of viruses and the fury of nature and so on.



Figure 4 The illustration of a person who is arrogant and ignorant to others

As explained by a scientist named Cascella et al. (2020) that the coronavirus which is a single-stranded RNA virus (Ribo Nucleic Acid) only has a genome (genes/determinants of the characteristics of whole living things) with a total of 29891 nucleotides, that encode 9860 amino acids. Compare it with the human genome, which contains about three billion nucleotides (Ensemble, 2013); indeed, this corona is much smaller, and humans have enormous complexity compared to coronavirus.

This micro virus that can only be seen by a microscope have devastated the world. Europe is shaking and being

unstable, even Esquire (2020) reported that Prince Charles has infected by corona. Not to mention, this virus also infects other vital officials in several countries. This little beings sent by God seems not to have chosen to enter the body of a noble or an ordinary human being, having a position or not, working or not, worship diligently or not. The virus does not care about everything. This coronavirus is destined to lead people to something.



Figure 5 Every incident leads to good or bad. The choice is on us whether to do good or bad?

How can we define it's something good or bad? Those being a key that comes from each of us. We can see that corona causing lockdowns in several countries to make the earth cleaner, factory activity temporarily stops, water becomes cleaner, and the atmosphere improves better. Henriques (2020) reported that China's gas emission was reduced up to 25% at the beginning of the year since people were staying at

home, and global emissions decreased up to 0.3%. While the number of people with corona continues increasing significantly, on the other hand, nature seems can breathe more easily.

Guardian (2020) also reported that when the highways are cleaned, and factories are closed, air pollution is decreasing at the big cities and industrial centers in several countries within days after lockdown regulation has implemented. But of all the joyful wisdom, it turns out that the corona is very affectionate to humans. How can a virus be devoted to humans? What does it mean?



Figure 6 The other side of corona impacts illustration on giving better environment effects

In the author's perspective, it turns out that this corona encourages and gives a little "forces" on humans to return to their nature, which is close to the Supreme Star, the God of the

universe who may have been abandoned by humans. Likewise, many people may be being arrogant and defy God in several nations.

All this time, maybe some countries have a lot of corrupt officials and have afflicted the people and have done awful things as a human being. Humans need to be reminded that they are stars; humans are the noblest creatures who should protect nature, not to destroy it.

In the Star theory (Gunawan, 2006: 21), it is mentioned that humans are stars, meaning that every human being has a conscience, and all humans are good. With human's good potential (only as big as a grain of sand), they must turn on their star together for earth enlightens with all of the goodness and joins with the Supreme Star. God has given a lot of merit and extraordinary prosperity to humankind, coupled with the current industrial revolution 4.0 era, where everything is effortless with IT (information technology).

Before society 5.0 era (the era after industrial revolution 4.0), God sent this virus to remind people to return to God, to do good with God, and do good to fellow human without regard

to differences in religion, ethnicity, nation, state, language, status, and group.



Figure 7 The illustration of humans with their pride damaging nature for personal gain

All human beings are stars. Coronavirus only encourages starlight within humans so that it can emanate. Because of the great fear of humans of death due to corona, then humans will return before God the All-Sundry. They remember and mention the name of God when they feel sick, scared, and don't want to die. God seems to be very happy with this situation because humans become remembers God with extraordinary simultaneously.

In several European countries, the call to prayer for Muslims may be echoed loudly through mosques under

challenging circumstances due to this corona. As reported by Sikander (2020), in Germany has been permitted the call to prayer blaes. The point is by hearing the call to prayer, both Muslims and non-Muslims alike felt calm hearing it and a bit inhibited the fear and extraordinary anxiety that oppressed them due to this corona condition.

In some countries, also occurred an extraordinary event such as joint prayers are held simultaneously, and even the takbir for Muslims reverberated to repel this virus. Mayaki (2020) reported that in Nigeria, Muslims and Christians pray together to fight corona. Corona is also a creature of God, and God can easily eradicate corona if God wants.



Figure 8 Humans recall God as a lesson from corona

Aid from some countries to other countries that need help to deal with the corona is keeping coming as a form in

medical, economic, and others. At this time, aid that too required is the sense of security and peace. Based on the hierarchy of human needs, according to Maslow (1954), human interests above physiological needs are safety needs (sense of security). The state is responsible for making its citizens stay still and rely on God to face it. If the people within a country are calm and have full faith in the power of God, then it will be easy for the government regulates its citizens to stay at home and help them to fulfill the food needs during the lockdown period.



Figure 9 The illustration of fear of coronavirus

For a government which the officials have bright starlight within, the state funds must be used to help their people who don't have the privilege to fulfill their food needs

such as rice, wheat, etc., because these conditions are government responsibility as the regulator of the state. The people should be protected and assisted not to be starved or confused about seeking medical assists.



Figure 10 Many of us are starving must be helped

But at this time, the actions that come only from the government are not enough. There must be a people power movement, which is a movement of people in the world to help each other according to the abilities of each individual that held simultaneously. The action that can be done, for instance, like donating to neighbors, clean the house and neighborhood so that it will be virus-free. Likewise, it possible to spread information about the importance of hygiene and other information and also give encouragement through social media

by actively promoting hygiene movement and helping each other.

But for those who are sick and have no wealth to donate can also do good by praying because the power of prayer is enormous. We can't underestimate someone's prayer even though the request of ex-criminals because God can answer the prayers of people who have sinned but willing to doing good.

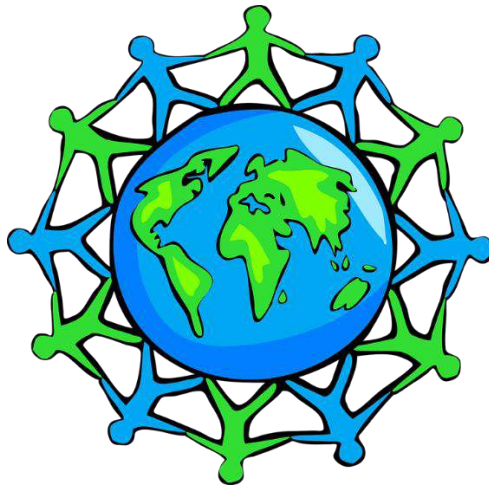


Figure 11 The Unity of Mankind

The effect of prayer is truly incredible. Professor Emoto, in his book *The hidden messages in water* (2011), explained that water crystal particles appear to be "beautiful" and "awesome" if they get a positive reaction around them, for

example, with excitement, happiness, or prayer. Yet, those particles appear to be "bad" and "unsightly" if they have adverse effects around them, such as a spout of harsh words.



Figure 12 Water crystals form that is prayed (Emoto, 2011)

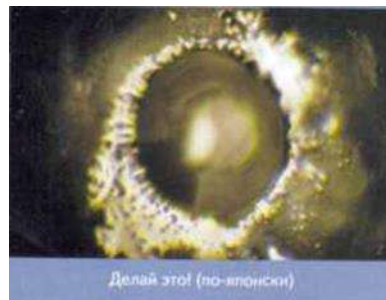


Figure 13 Water crystals form that is given bad words (Emoto, 2011)

This research's analogy can be practiced by praying continuously and simultaneously from all humankind who have the brightest starlight within which will make coronavirus can run helter-skelter out of shame because of the human's light.

Corona will be destroyed, and every human's immune system will become stronger because of the human spirit of life, glow of the stars within, all positives that form a crystal inside of humans. If human life's contract comes to an end, at least he will die accompanied by the stars and prayer from others and will return peacefully to the lap of the Almighty, the Supreme Star, the owner of land, sea, sky and all of its contents.

Chapter 2 The human becomes afraid of dead

Are humans afraid of death? That is normal. But when coronavirus appears, the number of people who are fearful of death has increased to billions of people throughout the world. Based on the research from Xiang et al. (2020) showed that the emergence of fear on end among patients coincides with the feelings of loneliness and anger in quarantined people. Even more, according to Zang et al. (2020), people who are quarantined lose face-to-face connections and traditional interactions, which direct to the stressful phenomenon.

Many people got overthinking about corona nowadays; they kept asking themselves like: have corona already known me and my family and my relatives?. Even if someone they know has been infected by corona, the panic is keep mounting. Whereas panic and pessimism can make the starlight of the human dim, then the human body's immune will be low because there is only fear, not the diamonds or pearls that shine inside from the human water body's content, but the

form of fear and despair. According to research from Segerstrom et al. (1999), the anxiety feeling can increase heart rate, increase skin conductance, disrupt the body's circadian rhythm, and increase natural killer cells in peripheral blood vessels and their implications adversely affect human health.

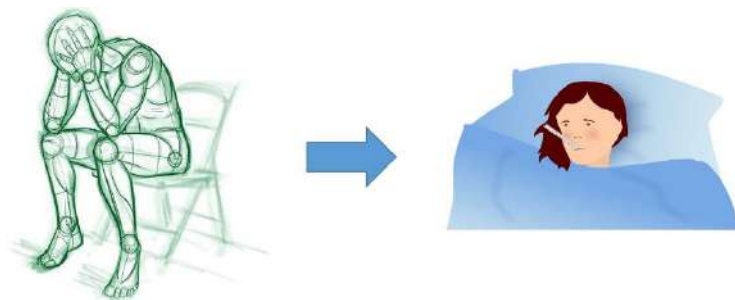


Figure 14 Excessive anxiety causes the body's immune system to decrease and become ill

Fearfulness brings and "forced" humans to close to God, confess all his mistakes, ask forgiveness of all his sins from his parents, friends, family, and the environment on earth. Thus God will smile even more and be very happy with the lamentation and weeping of those who ask for forgiveness. In other words, this corona has succeeded in bringing and encouraging people who are afraid of death to back remember their Creator. Remember the strength holder that can't be opposed by anyone.

Pharaoh and King Namrud are examples of stories about human arrogance that caused God's wrath. They have a palace that challenges the heavens that we and scientific evidence now can witness. As an example, the evidence that Pharaoh died by drowning in the sea caused by his arrogance was proven by Prof. Dr. Maurice Bucaille (1990), who discovered the remnants of salt attached to the mummified body of Pharaoh. This invention indicates if God wants to remind us that we can't be arrogant with what we have in the world. Humans can not oppose God despite having the intelligence and the greatest power, because only God is the axis or center of everything that is worshiped at all times.

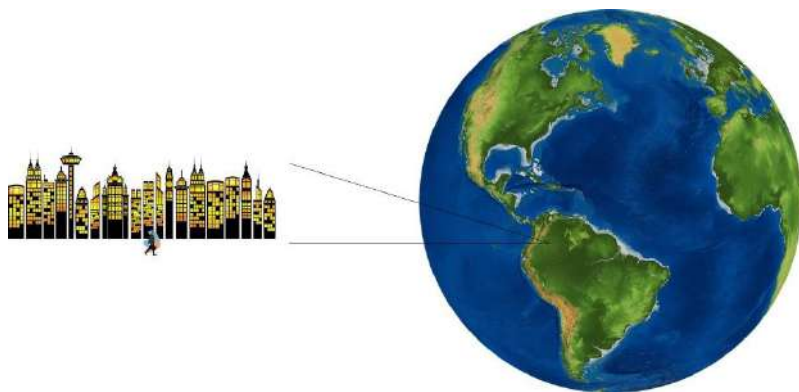


Figure 15 We can even make luxurious skyscrapers that tiny part of the universe

In some mass media, we can see how a mother and father were separated because one of them was infected by corona; submission and prayer are the only friends that accompanied them. Some people were picked up forcibly because they had proven infected by corona and need to be quarantined. The tears of parents in seeing their child being transported to the hospital become a common sight throughout the world. Uncountable fears in hospital and the stress of medical staff who fought desperately to heal those who were infected, doctors and nurses fell and died due to contracting this virus. Fear is increasingly tense when lockdown regulation is implemented in some areas. Residents are increasingly out of breath not only because of fear of contracting the virus, but also fear of not being able to work and getting fired and other problems.



Figure 16 The impact of Covid-19 that decrease the economy

Medic fighter's death in hospitals are common, so the death of patients throughout the world because of this coronavirus as well. Everyone is afraid of corona even expels corpses that infected with coronavirus due to the current circumstance. Even though this doesn't need to happen, people still have to be vigilant but not to harming corona victims because they can be cured. Yet sometimes, the starlight in humans can dim because of plenty of emotion that can lead to mass anger. The hatred made the people blind and even repelled the corps of nurses that have against corona in the hospital. This incident doesn't need to happen if all realize to help each other. Moreover, the role and assertiveness of the government are necessary to overcome these issues.

After death, where do we go? As we have known, we will be welcomed by the Almighty, the Most Merciful. No matter how big the sins those who died, they will still be forgiven by God the Forgiving. But, with a note that humans must emit a bright before dying, this means that humans need to ask for forgiveness from God, then the light will form a beautiful crystal within them. So that no matter how big human sin would be forgiven by God, and the human must be died

insincerity not in pride because of many charities that have been done and so on. A lot of people thought that they were already done many charity will be forgiven, but at the end of their life, they die in arrogance. What should be happening is humans have to beg mercy and remove their vanity to become a human who has brighter starlight than an arrogant one because the Supreme Star doesn't want to be rivaled by humans who feel have a high level. Hence, we still must bow and beg for mercy and also realize that we are God's creations. God is very merciful to whomever He wants.

The death issues during this corona time became trending topics in some media, both online and offline media. Even social media, including Whatsapp, Facebook, Instagram, Twitter, and others, show the news about death and the fear of it every time. This issue scares society, but behind this occurrence, God is reminding all of humankind to do good to others through the coronavirus.

Wapnick (1985) found that forgiveness is spiritual psychotherapy. Casarjian (2010) also found that submission is the solution to achieve a calm and peaceful heart. When we do not want to surrender and turn ourselves to zero (0), then our

body will produce chemicals that related to the stress response (Worthington et al., 2007). Meanwhile, if we are grateful for what we have, according to Emily Fletcher, our brain will release dopamine and serotonin. These two crucial neurotransmitters are responsible for our emotions and make us feel "good."

This book is and will not contradict religious differences. This book only wants to motivate and convince empirically and scientifically that every human being doesn't need to afraid of death while they have the bright starlight within them. It's like the shining water that has been prayed. Likewise, the water in the body of a human that more numerous than meat will surely shine and form a luminous pearl. And the impacts are heart become calm, enthusiasm, always grateful, surrender to God and full of joy to accept whatever fate that God has given, then the starlight will shine even brighter.



Figure 17 Being a star human being ready to provide benefits to the surrounding

Chapter 3

All of the good things behind Coronavirus Pandemic

There is always goodness behind every disaster. Behind this pandemic, which has come out of sudden, it has been scientifically proven that coronavirus makes the earth better. Human greed that destroys forests and economic oriented activities that destroy nature begins to decline. With this virus, like it or not, factories are temporarily closed, and transportation is temporarily rested.

While the amount of covid-19 patients continues to increase dramatically, nature seems to be able to breathe more easily. According to the Guardian news (2020), when highways

are cleaned and factories are closed, the air pollution at cities and industrial centers in some countries decreases within days after being lockdown. First, in China, then in Italy and now the UK, Germany and dozens of other countries have experienced up to 40% decrease in carbon dioxide and nitrogen dioxide, which significantly improves air quality and reduces the risk of asthma, heart attacks, and lung disease. News from DW (2020) wrote that lockdown regulation also provides space for animals to be free from noise pollution that comes from human activity.

The biggest goodness because of the corona is that humans are increasingly seeking the true nature of life. The questions about: Who am I? Where I come from? Now, where and where will you go after death?; are kept be questioned. In the book titled with Star Theory by the author (2006) explained that human is God's creation that sent to be nurturers of nature and do good to one another for a very long and have eternal life after death. All human beings and living things will die. There is no story of people or kings who are alive until now. All will be picked up by the Creator, the All-Compassionate and Merciful to move to a better, eternal nature, without envious and diseases from the human heart.



Figure 18 Everyone will surely experience death. Where will we go after death?

In several parts of the world, people are more diligent in praying due to coronavirus pandemic. People who don't even believe in God somehow in their hearts want to be calm and peaceful. They want to be closer to something that is most powerful in this world. That is God, who will be there at all times near humans, who always loved and blessed regardless of age, nationality, rich or poor. God, who easily created everything in this world. God is happy and smiling to see humans closer to Him. Humans seek ultimate peace, looking for something good before dying. Before coming to an end of life, at least do good even it only pray for others. And even though other people don't hear, those who pray will be given more prayers by angels, and their hearts will be calm, after praying and asking forgiveness for mistakes and grateful for what has happened to

him. God does not give trials beyond the limits of the human ability itself.



Figure 19 Helping one another is one of the best provisions for happiness in life and after death

The wonderful thing is the call to prayer can be heard clearly in several European countries. Adzan for Muslims may be echoed loudly in Germany's mosques during this severe condition (Sikander, 2020). People also can study and get easy access to mosques or other places of worship. People can learn and keep seeking peace from the heart, which ready to spread goodness and shine the starlight from within humans. Proper guidance of every religion will enlighten every human being. No

matter what the creed is, humans will do good. Therefore, humans keep closer to their God.

Everyone who does good to others will get a big reward. If we preserve one soul, it is like guarding all human souls on this planet. Those quotations that written in Muslim holy book are used in the Netherlands to encourage medical team who are struggling to heal covid-19 victims.



Figure 20 Poster in the Netherlands to encourage medical personnel (Harun - Verhevenkarakter)

God is great in encouraging people to help souls who are sick and will die due to corona and other causes. Humans are given the opportunity and ability to help one another. With God, we need to help each other in the name of kindness.

Chapter 4

Fear remedy by using Star OHappy formula

In this book, the author will formalize an efficacious scientific basic's recipes. It has been mentioned before that goodness will create light within the human body. Thus, the water and particles within humans turn out to become a bright and shining star that will fight the coronavirus and other life's issues.

4.1 Definition of the Star OHappy Formula

The Star OHappy formula is an author's previous research results that focused on a belief that every human being is good (no one is bad). Every human has good potential deep in his conscience that carries goodness, happiness, and spirit of productivity that shines brighter than billion stars in the sky by illuminating values – kindness values to yourself, family, humanity, and the environment on this planet.



Figure 21 Everybody is good

4.2 Star OHappy formula

$$\text{HAPPINESS} = 0 + 29 + \star$$

Figure 22 Star OHappy formula

The author formulates the Star OHappy formula as follows:

$$\text{True bliss} = 0 + 29 + \star$$

This formula refers that the happiness and life's victory in this world and hereafter is the sum of

1. 0 = Beg for forgiveness to God, parents, apologizing others, animals, plants and other being for all this time,
2. 29 = Give maximum gratitude, means feeling grateful and pleased with every gift God has given, being and will be given,
3. ★ = Share and give alms to others in any form that can be given even if only a prayer

Star OHappy formula can prevent and avoids the fear of corona and other life issues. Along with this formula, it can be explained further that the main principle of Star OHappy is every human being is a star and having good value whose light is brighter than starlight in the sky.

4.3 Star OHappy Formula's benefit

The benefits of this formula are:

1. Bring you to the true happiness and peace of mind in seconds
2. Make you feel calm and sincere from the fear of the coronavirus and other life problems
3. Relieve stress, pessimism, and other negative auras by starlight within you quickly

4. Make you become an advantageous human being to others
5. Ready to face any problems in every situation calmly and sincerely because everything in front, the future, and the past is the best thing for you. And you are ready to live a new life every day by integrating with your star and prepared to do good no matter how smalls it is until the end of your life and last you're ready to meet the Almighty, God the Most Merciful.
6. All of the guilty and sins from the past will disappear. And be forgiven in seconds with your starlight and the help of the Supreme Star
7. Increase blazing productivity in work, study, and other good decisive activities
8. Always feel delightful and grateful under any circumstance whether healthy or sick and rich or poor
9. Makes the family prosperous, calm, peaceful and many fortunes in the form of wealth, health, tranquility, happiness and other positive values
10. Escalate solidarity and help in the goodness for a starlight-full world order from the North to the South Pole

11. Make the place where you live become more steady, peaceful, and create a society that eager to help and refuse all the negativities together in a tangible form such as financial, educational, moral and even pray for those who need
12. Corruption and other crimes will be drastically diminished. The place you live in will be more prosperous and peaceful even though there are serious issues afflicted the society, like natural disasters or other that resilience testing of the human star on earth
13. Assuring that only with the Almighty, the Supreme Star, all of the big problems in life will disappear easily. Guarantee of happiness in the world and after death is a law of certainty. Whoever does goodwill gain goodness even the slightest will be reciprocated in here and the hereafter. Who grows rice will grow rice. Thus, the natural law that has never been denied since humans exist on this planet until the great apocalypse later

Chapter 5

Step 1: Beg forgiveness for sins

5.1 Definition

0 (zero) is a symbol of human inability who is full of deficiencies in front of God, the Almighty, the Most Merciful. Turning yourself to zero (0) is the first step to get the bounty and peace of heart and fulfill your wishes from God. God's light will not be able to infiltrate the hearts of men, except for those who have a gentle heart, not arrogant, and never feel being the greatest.

According to Cajori (1929) in mathematically has been proven that all numbers divided by 0 results are undefined. It can be mean when human turning their self to zero (0) or feel inadequate towards God; then he will get something that is very bigger and more valuable than any treasure in any size. Thus, if we "zero"-ing (0) ourselves, feel so weak and have no power before God, then anything which will go into the body and soul of a human is the Supreme Star itself. It means His caresses of affection infiltrates to the chest and add a very bright of light within the human. In the end, God will be delightful, and hearing directly of human complaints that will lead the human heart to become subtle and peaceful.

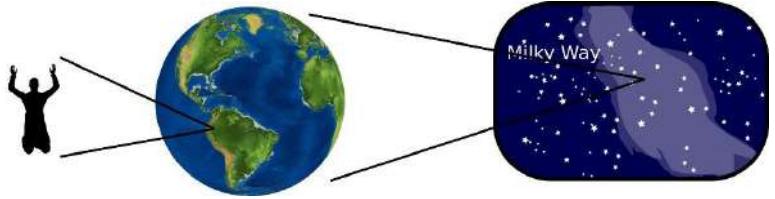


Figure 23 We are a small part of the universe that has no power to boast

5.2 How to Operate a Zeroing (0) self Formula?

Based on the author's previous research indicates that to zeroing (0) yourself requires several stages that can be done by everyone who has strong willpower that believes if there is no power in this world except God's. When someone is still harboring pride, anger, pessimism and considers himself as the greatest, then he will be failed in executing this formula.

For instance, the more we feel pressured and can pray to God, then more solemn and weeping, which indicates that zeroing (0) self process is come to succeed. When human is depressed and cannot fix all problems, they will be more trying to seek God's help. At that moment, the harmonious communication will create, and those sparks bright shine, the star that comes from man's chest.



Figure 24 Humans must admit their mistakes and must be zeroing (0) themselves before God

As a historical example, Pharaoh, who considered himself the greatest, did not want to worship Moses's God. It was then that Pharaoh experienced hardening of his heart and closed the star valve of the human light that was in him. In other words, that valve was closed with the fury of anger, arrogance, and hatred of the Supreme Star's existence.

When the star valve has closed, then there is only hatred and anger that existed. Those employed against the Prophet Moses and even Moses's God. That's when God will not come into the heart of a worshipper who is hard or closed as written in the physics concept in the work of Waldman (2002). This concept explained that the light would not go through the room if it is covered by a dark solid object, like a house without gaps or windows, space will become pitch black.

Finally, Pharaoh drowned by the enormity of the sea, and God enshrines his vanity until now by salt that found attached to the mummified body of Pharaoh, which is the greatest proof that Pharaoh had died drowning. His body was immediately pulled out from the sea and embalmed to mummified so that durable. This story indicates that thousands of years ago, until now, people can learn from the arrogance of Pharaoh's story. God deliberately preserved the body of Pharaoh so that humans would learn from it later.

Another lesson comes from King Namrud's stories. King Namrud lead Babylon and had considered himself to be God, and all must worship him. History has witnessed that Namrud's skyscraper was opposing the power of God (Callahan, 2008). He closed the door of his heart tightly and didn't want to open the gap of light that came from God and ended up tragically. The king died because of a trivial accident; mosquito entered his ear and killed all nerves in his head, instead of serious occurrences such as war or disasters.

The coronavirus is a tiny creature but can kill the vanity and greed of human beings who think that their self is excellent and doesn't need the Almighty, Most Merciful, anymore. The virus continues to advance and break the palace and president's office wall so that many officials and heir to the throne got positively infected by corona. It seems this virus want to give a valuable lesson to human so human must be not arrogant. There is a very tragic story at the

beginning of May 2020, a tweet from a billionaire's daughter in Spain named Antonio Vieira Monteiro, President Director of the Bank of Portugal Stamtamder. He has passed away due to Covid-19 after returning from Italy.

She has tweeted this:

"We are a wealthy family, but my father died alone, it is difficult to breathe like suffocating because looking for something free without cost, namely fresh air, while the property collected, apparently cannot help him, even left forever at home."

A message from a billionaire's daughter shows what it means even wallow in wealth, position, and power if it meant to die, it still cannot save him. He couldn't even reach the free air, then how weak a human is toward God.

As further proof, to examine a small creature named corona and its antidote vaccine, humans are still having a difficult time dealing with it. Sciencealert (2020) reported that humans need at least 18 months to find a vaccine. On the other hand, according to Hennevin et al. (2007), the body's system is to continue processing unconsciously even we are sleeping. It means even a general won't be able to design a war strategy, or the professor won't be able to memorize scientific formulas when in sleeping condition. Shortly,

human has no strength when losing their soul even though surrounded by abundant material.

5.2 The steps to Zeroing (0) self

According to the author's previous research, to reach point 0 in the heart, there are several steps below that need to be done in the state of health or illness; the important thing is still conscious and has a sense of want to surrender to the Almighty.

These steps are as follows:

1. Close your eyes
2. Be relax, (relaxing your mind and feel unpressed)
3. You can do with a stand or sit
4. Reflect all of your sins to God, parents, another human, animals, and nature
5. Say this word, "Dear God, forgive all of my sins and mistakes both intentionally and unintentionally, big and small, visible and invisible."
6. Feel that God is very close to us, God's love and forgiveness covered up our entire body and soul
7. Feel the warmth while continuing to say, "Dear God, forgive me, I am a weak and fragile person."

8. Begging sincerely while bowing your heart and head, clear your mind, get rid of your ego, arrogance and other negativities
9. Beg for God's mercy in a trembling voice, hopping, until your tears fall and wet your body
10. Do this step in sitting position, focus on the love energy of God into your body, and say, "Oh God, forgive me" ... take a deep breath from your mouth or nose while feeling negative energy coming out of your body.
11. Do all the steps in one up to 10 minutes

Besides the steps mentioned above, to communicate with God to achieve zeroing (0) self succeed, some important keys that can use to subtle our heartless, full of anger, hatred, self-blaming, resentment, and other negativities. Based on some researches in several countries indicated that the child succeeds both in the study, work, felicity, and others are dependent on the blessing and prayer of their parents (Madden, 1970). When the writer attended a formal ceremony, like the inauguration of graduation from a well-known educational institution. Those who are appointed are prospective leaders and guaranteed a bright future turns out that 80% of them are the impact of prayer and fasting of their parents. Yet when physically seen, their parents are people who are economically incapable or less respected in society. Still, in God's eyes, their prayer

can bear their children into success and become a happy person in the future.

During delivered a child moment, our mother felt miserable pain. Labor & Maguire (2008) described labor as an emotional experience involving physiological and psychological mechanisms. Pain during labor is so severe that labor pain has two components: visceral pain that occurs during the first and first stages of birth, and somatic pain that occurs during the first and second stages. God's blessing and starlight will enter someone's heart who pray to their parents. God's anger also depends on the wrath of parents. Thus to achieve this zeroing (0) process success, a strategic move is we need to apologize to our parents for all the mistakes and sins we have done to them.

If both parents are still well alive, we should to contact and communicate with them directly or by other communication media to convey the apology's purpose while asking for blessing so our efforts and creations will accomplish a successful today and hereafter. For those whose parents have passed away, they can send a prayer to them and ask forgiveness for their sins as well. Besides, we can also ask for the blessings parent's relatives that still alive, such as uncles, aunts, or who are considered old by us.



Figure 25 Apologizing to parents is one of the keys to success

There is a story where the heaven's door, which layered, can crack by a prayer that comes from a crying mother or father. They beg toward God to make their children become successful people, worship God, love each other, and become a useful human being. At that moment, the sky's door can't hold the prayer any longer from (mainly) a mother and father so that those prayers vibrating the sky and everything under and in it. The angels cry in praying to help those parents. It makes the prayers quickly heard and responded immediately by God.

Indonesia has a legend story about a son who is ungodly his mother called Malin Kundang (Wiriaatmaja, 2010). Because of his disobedience, his mother became upset. She cursed him, which make him suffered physically and mentally and turned him to be a rock figure, which represents his stubbornness against parents. Until

today, the story still being retold in community, especially at the Sumatra.

Below down here are strategic steps to ask forgiveness to parents so that we can achieve 0 formula for turning yourself become zero (0):

1. Call or text your parents for 1-15 minute long
2. If your parents unavailable to contact, call or text your relatives of them, it might be your uncles or aunties
3. Tell them gently about all the mistakes you've made and apologize to them
4. Hearten your parents to forgive you. If they have not forgiven, you then keep the best wishes for them and do that to the rest of your family
5. Meet your parent's needs when you have more wealth. If you don't, you still can help them with your energy, such as helping to clean or repaint their home

Another technique for zeroing (0) yourself

In addition to apologizing to God and parents, we also have to do it to others who surround us. Because sometimes, we unconsciously hurt our family, neighbors, friends, even other creatures like animals and plants. For instance, we've hurt our friends by saying rude words, so they become heartache upon us until now.

We need to try to apologize to them periodically or to follow the circumstances.

We might assume that animals have no feelings like humans. This assumption is misleading understanding because, according to research, it proves that animals do have feelings. For example, when we help a cat who got an accident by car, the cat feels thankful and expresses it in an animal's way. Dachowski & Flaherty (1991) have reinforced that statement and suggested if animals have emotions such as fear, disappointment, frustration, and discomfort.

There is a story about cats and dogs are crying at the grave of their owner, who was always loving, feeding, and protecting them. This unusual event shows that they have a feeling. Even though humans are superior and noble compared to animals, animals still need human affection.

This case happens for plants and trees as well. They considered environmental ecosystems that have feelings like humans. A child who always take care of the plants, then that plants will become a blessing for that child and surrounds. Even a prophet told not to cut down the trees at the location during the war. Yet, plants frequently ignored by humans. So a pair of botanists named Elisabeth Schussler and James Wandersee (1999), coined the term

"flora blind," which is "the inability to see or pay attention to plants in the surrounding environment."

When forests looted by human greed, trees will cry, and the fallen tree will cause global warming. Reece et al. (2014) explained that trees with their photosynthetic ability are a source of oxygen for humans.

There's an amazing story about a prostitute woman who helps a thirsty dog in the middle of the sweltering desert. At that time, she decided to give the last water for the dog and die of thirst. The dog was happy to be able to live and very thankful to her. The Prophet, who inadvertently passed by, saw that incident. He told his friend that the lady accepted in heaven, and all of her sins have forgiven. We can also observe our pets if they do make mistakes such as spilling water in a glass, etc. Look closer to their eyes, and see the tears coming from their eyelids that seem they are very sorry about the mess up they did.

Below are important steps to ask forgiveness to family, children, wife, siblings, neighbors, friends, teachers, lecturers, even animals, and other living creatures:

1. Call or text the person who has hurt you and tell them that you already forgive and wish them nothing but best

2. If it seems impossible to contact them, then say all of it in your prayer
3. If you still can't forgive them sincerely, at least pray for them and yourself

Note: for the animals and plants only, we are apologizing to them by providing compassion and protection such as feed and take care of them

5.3 The impacts of zeroing (0) self

When all the elements in us, especially our hearts as controlling the starlight, are at the zero (0) point and think ourselves sinful and full of mistakes. Then we cry out loud and ask forgiveness towards God, family, teacher, friend, animals, and others, our hearts become calm later. This calmness will increase the body's immune system. Witvliet et al. (2001) suggested that apologizing can reduce stress responses.

Scientific research from Ricciardi et al. (2013) of the brain that correlates with the activity of apologizing using Functional Magnetic Resonance Imaging (fMRI) shows that apologizing is associated with a positive emotional state compared to not apologizing. Apology related to the activation of brain tissue involved in the theory of mind, empathy, and regulation of affection through

cognition, which consists of precuneus, right inferior parietal regions, and dorsolateral prefrontal cortex.

Standarad (2004) states that people who are treated by apologies therapy have to decrease the hormone cortisol, which responsible for responding to stress. Apologizing also increases oxytocin. Functional magnetic resonance illustrates The imaging of the brains of men who receive oxytocin shows decreased activity in an area called the amygdala, which plays a key role in triggering fear. Oxytocin helps us maintain relationships by reducing our fear of betrayal and other potential negative consequences of interacting with others (Baumgartner, 2008). Furthermore, Worthington et al. (2007) stated when we do not apologize or forgive, and our bodies will produce chemicals related to the stress response.

With turning ourselves to zero (0), all of our heavy burden in dealing with our life problems like at work, campus, school, family, etc. will gradually diminish. So that the burden on our shoulder becomes lighter. Our tears that seeking God's forgiveness will help to release our burden. Because we ask help to the Supreme Star.

Wapnick (1985) has positioned apologizing and forgiving as spiritual psychotherapy. Casarjian (2010) found that apologizing and forgiving are solutions to achieve a peaceful heart. Further explained, if we forgive and will be forgiven, then our lives will be transformed

better and get a fresh start to life. By surrendering the problem to God, He will send thousands even millions of angels to maintain the tranquility of the human and pray for them to always shines and does well to others.

The impact of zeroing (0) self can create a modest, indulgent, tolerant, and heartfelt human being. Those positive characters will have an impact on work, study, or any activities that need to complete. According to the research of Toussaint et al. (2018), apologizing and forgiving in the work environment can reduce stress levels so that it can improve health, well-being, and productivity.

It turns out the effect from the brighter starlight can be felt not only personally but also for other people who are surrounding. It can be analogous as a room with complete darkness and out of sudden appear a flashlight that super bright and enlighten the entire room and all of the entities inside. For instance, there is someone-a person- who is very friendly and likes helping each other such as provides food, especially during this difficult time. All the goodness that he has done succeeded ended the starve around him. Imagine this, a single flashlight like him can brighten everything around him as described as a room. How about a million flashlights? Maybe it can illuminate a whole city, country, or even a world.

No more starving people in this world, crime will be reduced, corruption will diminish, the amount of stupidity and poverty will be decreased. Those all because everyone competes with helping each other without regard to differences in religion, state, ethnicity, class, and social status. There is an anecdote in a city in Latin America where the people are given full authority to handle and manage their area without the role of government. The city is in Mexico, named Cheran.

Cheran is an autonomous city that able to manage all of the social-political life without any official government involved. They built a new governance structure and system without a mayor, design a city council, organize a civil militia to replace the police. As a result, Cherán became one of the cities with the lowest crime rates in Mexico (Pressly, 2016). What is in the region is peace, there is no corruption, and there is minimal crime rate because they compete with each other to do good, emit the star, illuminate the region.

Chapter 6

Step 2: Always be Grateful for Everything

6.1 Definition of Gratitude

Gratitude or symbolized by the number 29 is an activity of a thank-you-note, especially to God, parents, teachers, family, friends, and every living thing in the world. Gratitude is the wisest expression in the etiquette of life. It is because without God's gift, and we would not have been born on earth as a human being.

Meister Eckhart (1260 AD - 1328 AD), a theologian stated that he is only saying "thank you" to God as his prayer. We, human being, had sent to earth without having any knowledge. God the Most Giving, provides us with the mind and conscience to help us do everything in the world. Gratitude is an obligation because, without the gift from the Supreme Star, we will not become a human figure with all the perfection and weaknesses.

Professor Emoto in his book *The hidden messages in water* (2011) suggested that water crystal particles look to be "beautiful" and "amazing" when they get positive reactions around them, like excitement and happiness. Otherwise, water crystal particles appear to be "bad" and "unsightly" if they have adverse effects around them, such as sadness and disaster.

Saying thank you after being given something has become a fundamental ethic. For example; we should say thanks to someone who gives us food, so we don't starve anymore, etc. Besides, we need to give our gratitude to our parents because of their struggle in raising us, since the day we were born until grow become a good person. They were loving, educating, preparing and giving anything to our future. Our mother was pregnant with us for nine months and experiencing extreme pain when gave birth to us. As mentioned before, Labor & Maguire (2008) said that Childbirth is an emotional experience that involves physiological and psychological mechanisms. The pain during labour is very severe. Hence, we must say thank you and respect her and our father as well.

When a starving cat is given food by someone or its owner, the cat will spontaneously say thanks with their way or language. It is understandable if a human can't know about the animal's expression, but the cat will tell his thankfulness by his eyes or animal's sign language.

We can't compare a present that comes from human and from God because it's not comparable. For instance, God gives us oxygen to help us breathe every second freely, even though the price of oxygen from the oxygen tube is very high. We also can drink water from a river or draw well without paying anything to God, despite today it cost too much for a bottle of water in the market. And when

we plan to plant rice or wheat, no need to bother to think about how to create the rice or wheat seeds because until the end of the world we still haven't know how yet. We simply only need to sow the seeds, which later become rice and wheat.

Living things in this world have very high complexity. Mitchell (2003) divided into three types of complexity, the first constitutive complexity, namely the complexity of the structure, where living things are composed of various parts which are not randomly organized. The second is dynamic complexity where organisms have complexity in the process by which living things initially formed from a single cell into a complex multicellular process. The third is evolved complexity where living things are very complicated in diversity as a form of adaptation that is most beneficial to their environmental conditions.



Figure 26 God has given gifts in nature with various resources that can be utilized by humans

God, the Most Loving and the Most merciful has given many present only to fulfil human's need. God created plants and animals for human use. We can't make denial because God always provides us with anything from the moment we wake up in the morning until we go back sleeping. Uncountable oxygen for we breathe, water for drink, wheat and meat for eating, everything is available and reach easily because of God. God also created a goat, cat, cow, fish, bird, and all kind of animals for used by humans

The horse can be used as a vehicle for humans. Goats, cows, chicken can be cooked to be a delicious meal. We can buy a cow, even it's expensive, but we can never make the cow live. Because that is God invented, God is the only one who able to do it. According to that fact, so why human keep the head up high, then?

We all know that human's ability is limited. Even though we already invented the most sophisticated technology to read and investigate human palm, we still can not make it. How great God is, He made a billion human palm that each other has different line and fingerprint. Based on Howel (2013) study, every human hand develop a line pattern on the palm in the womb around the twelfth week of pregnancy and is present in the baby's hand when he is born.

Since the first study of fingerprints around the mid-1800s to date, no two fingerprints from two different fingerprints have been

found to have similar patterns (each individual has a unique fingerprint pattern) (Tico et al., 2001).



Figure 27 Animals and plants were created by God for human use. Have we been thankful?

Sometimes people experience disappointment in life, such as not passing the exam on campus, or not being accepted to work in a company that is desired so that we curse and say bad words to God. Whereas He still allows us to breath, speak, write, and gives us many other opportunities to help us succeed in the next chance. Disappointment arises because we are filled with ego and force God's will. We hope too much that our desire is granted, although our act is against does not acknowledge God's grace that has been received and enjoyed so far.

Sometimes we forgot how many kilograms of wheat have been eaten, or how many canisters of oxygen are used free of charge and so on, since the day we were born until we full grown up. If someone's egoism is very high and hard-hearted, then there are only harmful elements that arise from thoughts, hearts, mouths, and actions. Someone will only swear, disappointed, hopeless, pessimistic, suicidal, and many other negative things due to not being grateful. A lot of people has unlucky fate rather than us. For example, someone who's not able to see anymore because of the car incident, or someone who can't talk anymore because dealing with the stroke for years, etc.



Figure 28 Many around us do not have a home and cannot eat, but we have enough wealth.

Based on the Star OHappy formula, every human being, even though he is in his last breath but still can think and pray means that there are still many gifts attached to us. Unconsciously, we are again allowed to start new steps to cover disappointment or failure that we experience every day. We still breathe means that there is still a huge opportunity to achieve efforts to improve ourselves and strive for the future to be even better than now. The meaning of gratitude is not only spoken in the mouth, but more expressed in a smile, cheerful, and not presented as any gifts we have received.

There is an interesting story called "trap 99". This story tells about a king who often looks restless and hard to smile. It looks like wealth and power in his kingdom are not able to provide inner happiness to the King. One day the King saw a gardener in his palace who was working very cheerfully. He seemed to be very happy in his life and enjoyed all the workload he was receiving. Then he thought, "Why is the gardener, the ordinary people so happy? While he does not have as much wealth or position as I have." After thinking and pondering over this matter, he discussed with a wise advisor in his kingdom. The wise man smiled at the story of the King. He then whispered something to the King, so he knew about the "secret" of the happiness of the commoners.

Then, based on his advisor, King gave the gardener a prize of ninety-nine pieces of gold. But, the advisor also suggested writing

"100 pieces of gold" on the front of the gift box. Finally, the gardener was very surprised and thanked the King when he received the gift.

The gardener counts the amount of the coins immediately after he arrived at his home. But, it turned out that the money he received didn't match with what was written on the box. The gardener recalculated all over again and got the fixed number is ninety-nine pieces of gold. He was looking for a missing piece in panic and thought it might fall on the road or taken by the delivery person. With a sulky face and feeling disappointed, he continued to look all over again. The King smiled on the gardener action. The adviser, the wise man, stated that the gardener was trapped in a 99 trap.

From this story, we can take the wisdom that humans are sometimes restless looking for something small that is one piece of gold, and forget that he has a lot of ninety-nine pieces of gold. It is where gratitude is needed by us so that we can enjoy this life happily with what we have today, which has been given by God to us.

6.2 Ways to Operate Gratitude

People are so dependent on their cellphone nowadays. It seems like we can't be separated from our phone every day. We use it to contact our family, friends, and play social media. Yet, we need some requirements to make it happens, such as the phone must have enough life battery, has network supports, and so on. This situation

is similar to how to being grateful and operate the gratitude in us in a real way. The gratitude will be analogues as a cellphone which requires network support, that is our subtle heart that should be turning to zero 0 conditions first. We need to minimize our anger, disappointment, regret, despair, arrogance, selfishness, and other negativities. Because without a subtle heart, we are impossible to shine our star.

Gratitude is not only words but also real actions to be happier in doing good with God and no regret about what has happened. We are increasingly delighted to face existing problems with gratitude and do more productive actions. If we worked depressed yesterday, then we should work in joyful today, or if we still feel sad and disappointed about something that has happened which doesn't match with our expectation, then we need to let it go because we know that the results were handed over to God.

Life is always about today, not yesterday, so enjoy more and thankfully more. Give our gratitude to God, parents, families, friends, and the universe for giving us valuable things. The world is full with second chances and always offer many opportunities for us to improving and doing better with each other.

Gratitude and happiness can bring so many positive impacts for us and our body. Gratitude and joy will increase life expectancy

and drive out the discomfort and anxiety of life. It is because we are busy with being grateful and rejoicing with God in helping others. Pye (2019) has quoted that "life is what we say, so I choose positively". Furthermore, Pye (2019) stated that gratitude has two benefits, namely treating the pain and opening up resolutions and opportunities in challenges that will be found in the next period.

6.3 Steps to Thanking God

1. Continue to close your eyes.
2. Describe all of God's gifts that have been given to you from the day you were born until today. Among the awards are the ability to breathe and the potential to spread goodness to oneself and others.
3. Smile sincerely.
4. Look the star in your conscience, smile and say, "Praise God for all gifts and pleasures that have been given since I was born until today. I might not even be able to repay the goodness of God no matter what my efforts. Thank God for all the gifts of health, intelligence, wealth, and everything God has given. "
5. Feel the flowing blood in your body also sends your gratitude to God, so that our whole body feels at peace with such gratitude. The heart also calms down and increases the starlight within us.

6. Convince that we have been given to us, many others suffer more than us whether due to lack of wealth, education or health. God will not give us tests beyond our means.
7. The effect of this feeling of gratitude will reduce stress levels and emit a positive aura so that our immune system increases and prevents the emergence of disease. Recognition can be a protector for our body from all illnesses and pain

6.4 Impacts of Gratitude

Emily Fletcher, a founder of Ziva, a well-known meditation training site, stated that when we express gratitude and thanks and get the same feedback, our brain releases dopamine and serotonin. These two essential neurotransmitters are responsible for our emotions and make us feel "good". These neurotransmitters can improve our mood quickly and make us happy from the inside.

Being scientifically grateful has been proven to have a positive impact on those who do it. Here are some of the grateful physiological effects proposed by UC Davis Healt (2015):

1. Reduction of stress and depression
2. Reduces stress hormones (cortisol)
3. Reducing the risk of depression
4. Reducing the speed of nerve degeneration
5. Reducing the pressure of diastole and systole

6. Increasing the hormone oxytocin
7. Reducing hopelessness and not optimism
8. Decrease the level of haemoglobin A1c levels. Hemoglobin A1c is a crucial marker of glucose control which plays a vital role in the diagnosis of diabetes
9. Improving sleep quality

Algoe and Way (2014) explained that oxytocin plays a vital role in producing close social relations through influences on social interaction. Gratitude and expression create psychological 'glue' to glue individual relationships. Gratitude is associated with the CD38 gene that affects oxytocin secretion. Polymorphism in the CD38 gene is associated with plasma oxytocin levels and social engagement which also correlates with perceived responsiveness after expressions of gratitude or thanks. The oxytocin system is associated with that which attaches adult relationships to a meaningful and relevant relationship.

If number 29 as a symbol of gratitude can be applied by the majority of the population of the earth, what happens is a sense of joy, a smiling face and better future and life expectancy. Every human being will greet each other kindly regardless of differences. The rich and the poor will mingle. There are no longer the terms rich and poor anymore, but the rich are grateful to be allowed to entrust their wealth from God to help those who are economically disadvantaged.

And for those who poor will thankful because they still have the energy and prayers

In a part of the community where people love to help each other, the circumstance and situation between them are the warmth of love and affection. People who are economically capable offer help with their mind and energy such as holding community activities, cleaning neighbourhood, and think to solve some problems. If people keep living in these situations, then there will be no difference between life in the city and village anymore. People no longer think that living in the city is scary due to their misanthropic citizens.

Gratitude will become a powerful movement whose impact will be incredible. People will stop blaming the government or find fault amid the calamity experienced in a country or some countries due to corona or other disasters. People will unite and raise their power and abilities without being forced by the government.

Those who have more wealth will give a hand to fulfil the needs of those who suffer in their neighbourhood. They will voluntary join this movement. They want corona to leave this earth immediately by mutual support to help those who need good jobs, education, health, psychology, security assistance and others. Every country helps each other as well. They help in terms of not only governance but also

encouragement regards the differences to build a world where peace and shines brightly.

The corruptions are no longer dare to corrupt in all sector. They fear not because of fear related to punishment but rather because it upholds the value of virtue, called integrity. They are very grateful because what they have now is above all and realize that there are still many who suffer and cannot enjoy wealth as them. The authorities will encourage against corruption because of their awareness, not coercion. And the corruptor will punish in ways that can bring beneficiaries to others like got a punishment to work as a farmer in a rural area and obliged to spread their merit to the villagers. This punishment may return the corruption to the right path. Besides, gratitude is a mirror of the bright face of a person.

If a person has worshipped a lot but has difficulty smiling, it shows that he may not be able to light the cells of light in gratitude in entire his body, like liver, and clots of flesh and blood flow. We must be thankful to God, so that is more respect and not arrogance. We are not allowed to feel superior towards everyone, especially in the matter of worship.

Most religions emphasize the importance of helping others and give benefit to others and throw away the selfishness. Someone is nobler when helping people who are starving in a village and

provide smiles to those around him than those who are solemn in places of worship and have not been moved to help others and spread smiles and affection. The reward of a plate of rice given to someone who is starving is enormous compared to being busy at a place of worship but not paying attention to people around him.

Chapter 7

Step 3: Give alms to others, animals and nature

7.1 Definition

Alms is the most effective tool to hold God's anger and pour out graces and bounties on us from the Supreme Star. Why alms categorized as intermediaries? Again, we will use a sample of our daily activities as likened to explain it further. The first example, when we want to communicate with our friends or families by using online technology communication, it needs several requirements such as internet networking, which could be obtained through wifi connection or internet data package. With stable connections, we can call, text, or even video call or explore anything on the internet.

In other cases, when we visit someone, they will be happier if we bring something that can be utilized by them, as a present for them instead we bring nothing.

Another more extreme example, when a car or motorcycle has rusted and will be broke completely because the engine has never been treated well. If the person who owns the motorcycle and the vehicle has a little bit of money and uses it to repairs the engine, at least the motorcycle won't destroy completely. Another illustration, when you bring packs of candies to a group of children at

your neighbour's house, those children will simply like you instead of you only greet them with your smile.

Alms is mandatory for every person who has starlight in him. According to Guardieng (2020), the number of starving people can come double rather than in normal conditions. Even in developed countries like the United Kingdom, the number of people who can't access food reaches three million people (Staton and Evans, 2020). This condition means that we should give something that we have to others who need it. For instance, support orphans, help the poor, provide food for starving people, help people who are in trouble, pick up rocks on the road (because it endangers vehicles that pass), help sick animals, and give something valuable to parents and immediate family.



Figure 29 Many people are starving throughout the world. Are we keep to doing nothing?

In this world, people must give and take. That activity called with the balance concept of Yin and Yang. Chen (2016) says that Yin,

in its highest form, is frozen, while Yang, in its most top shape, is boiling. Coldness comes from heaven, while warmth comes from the earth. The interaction of the two builds harmony so that things are born. Yin and Yang, in the concept of alms, is where some give and are given. If there is one who is disproportionate giving, for instance, in a village, there are one hundred people who are starving. There are only thirty rich people who help in that village, and then seventy people will experience death or even chaos. The concept of balance applies in all laws in this world, ranging from day and night; there are pain and recovery; there are luck and loss, and others.

There must be a responsibility which issued by those who have the ability both as material and non-material. Materials such as money and goods in the form of food, houses, cars, etc., while non-materials such as energy, thoughts, and prayers.

People who have more ability than others should give a few percents of their wealth to charity to those who need a minimum of family and neighbours who need it. Whereas if someone does not have enough wealth and sufficient goods but has health, physical strength, the strength of mind, and willingness to pray, then they are obliged to give alms to the needy. Delivering charity, like, helping neighbours pick up sick people to the hospital, clean the way in the surrounding environment, helping people who are confused or the

least realized by humans is the ability and willingness to pray for others.

Another illustration, at night, someone prayed that corona victims in Italy, USA (United States of America), Asia, and others could be healed even though the people in the prayed country did not know who prayed. But the energy and kindness of people who pray diffuse and shine brighter. In addition to praying for corona victims, it can also pray for a friend, friend, family, specifically, for example, praying for success in college, fruitful work, family harmony, and so on.

7.2 How to Operate Alms Formulas?

Alms are like a pearl at the bottom of the mud. To pull it out will need operational tools such as dredging tools and other tools. How big the pearl will be taken depends on our ability. What is certain is that God has given all the pearls that were stored firmly in the human chest from birth until we die. It's just that humans want or not take pearls that will not be endless in the chest? Like pearls in the bottom of rocky ground that spread from one point to the end of the earth.

As mostly, alms are something that is very important and is the chips driving the new civilization, which is filled with starlight because each person on this planet competes to explore pearls in the form of money, wealth, energy, thoughts, or even prayer.

The world becomes a sea of light radiating from the north pole to the south, where there is no hunger, unemployment, sickness, victims of crime, and other victims of injustice. Everyone will compete, to help each other and give alms every second, minute, hour through online transactions, and manually (in person). In the star civilization, the donation is the main torch that illuminates the earth where the poor love the rich and the precious help the poor. The authorities help the society, and the community defends the rulers who maintain it. It can be imagined how powerful alms are in a small environmental unit. For instance, in a neighbourhood, the leader will record who needs food during this corona, who needs work due to laid off and who is experiencing health problems. Then, automatically the health people in that neighbourhood will fulfil the food interest for everyone who needs it. Although people who provide food are not classified as rich, in the concept of almsgiving, anyone has the right to give something to others without knowing rich or poor. Whereas the rich and have business access can employ people affected by layoffs to do online-based work and offer other jobs that are beneficial to residents in the neighbourhood.

Likewise, those who are infected with the coronavirus will be adequately treated and quickly encounter without having to be cursed or shunned. Standard Operating Procedures (SOP) for

handling corona can be carried out well by health workers who have been contacted by the chairperson or representatives of the villagers.

If the neighbourhood does not have enough rich people or does not have enough food stock, the other region will compete to give alms in the form of food stock, job offers, and others. That is the concept of full take and give that is highly recommended as a Star Civilization motor driver chip. They do it willingly unconditionally because it is a reason why humans are born and live in the world, which to help others based on their abilities. Because according to some religious guidelines, those who benefit others are the best beings in the world. The principle of alms is counteracting the principle of selfishness and self-interest because the principle of charity is there is no word for hoarding wealth for oneself, intelligence for oneself, energy for oneself, thoughts for oneself, even prayer for self-interest only. Alms rejected the concept, and it did not apply in the later era called "Star Civilization."

The basis of life is to help others regardless of whether we are healthy or sick, rich or poor, smart or stupid, ranked or not, all giving alms to one another. The poor provide charity to the rich; the rich give charities and wealth to the poor. The healthy give alms of mind, and medical assistance, the sick give gifts in the form of prayers for those who help, the authority helps to provide a solution with ideas and power, the elderly give alms advice to the young, the young

give something valuable to the elderly. So the concept of almsgiving, which is a star civilization chips, is not looking at differences in religion, ethnicity, nation, class, age, social status, and other variations. Everyone competes to do alms every time without being asked by the government, religious leaders, without being asked by those in need.

These doctrines of the concept of help each other are found in all religions and all sublime teachings. For example, in the doctrine of Zen, described by Schlütter (2008), teaches that we have been enlightened from the beginning and that idealism must complement by compassion for all living things. This form of affection can be implemented beneficially to other creatures, including charity.

7.3 The Steps to give alms

After being thankful (still closing your eyes), think about this step and what you will give to others, whether for family, environment, or strangers living far away. The gift can be in terms of energy, goods, ideas, prayers, and others. You can do alms in any conditions by following these steps:

a. For people who have wealthiness

- Prioritize giving to orphans and poor people who need help around you. You can help them even only give a little, like 1 dollar

- Give the alms directly. If possible, contact them so you can feel the star energy from their gratitude to you. Your and their star will assimilate to make it shine brighter and reduce stress level. You can feel how to be useful and beneficial to others instantly.
- If it is impossible to meet them, then give it to an orphanage or needy children, whether it is in your country or abroad. Such as helping victims of war, natural disasters, and so on.
- Do it at least once a week, depending on your conditions and abilities. Even though the amount is small, but it means a lot to those who need it.
- For those who don't have wealth or are underage, you can ask your parents and say that you want to help the poor who need help.

b. For people who have strength and power

- For those who don't have money, can provide energy assistance directly. Join an environmental cleaning program such as sweeping and cleaning your house or yard. Visiting the orphanage at home and helping them clean or repair damaged property, also supports the elderly who need help

- Clean the road from unwanted objects such as rocks to prevent traffic accidents; and also helps the elderly or the kids cross the street.
- Help the elderly to lift and carry their heavy luggage.
- Help to support security and environmental order. Get around with security guards to protect the safety of the environment.
- Help victims of traffic accidents, war, and natural disasters. Help to maintain environmental cleanliness, security, and other social programs.

c. For those who have ideas or concepts

- Help create ideas or concepts to help orphans and street children's education. Give bright ideas to help develop government programs. Encourage those who experience sadness or other problems
- Ideas can also be written and shared on social media to enlighten others and for good.

d. For those who have the spirit of prayer

- Those who cannot help with wealth, energy, or ideas can help others with the help of prayer. Pray for the best for disadvantaged people, victims of war and all humans
- Pray and wish the best for the family, enemies, the human race, and all beings in the universe.

- The vibrations of those who pray can be felt significantly if they are sincere and ask God so that people who suffer can be given God's ease and help.

e. For those who have the intention to greet others

We should give smiles, greetings, and prayer to others every time we meet them. Always give sincere smiles to people and the best greetings to everyone, including family, neighbours, and friends. Even if you can't help them with wealth, energy, and ideas, at least help them by sharing greetings and smiles.

Explanation:

After you feel calm and happy, keep it up. When you feel stressed, do these three steps (Star OHappy formula) again and so on.

This fast and straightforward movement you can practice to help your relatives and people around you as well. You can invite everyone to use existing technology to do kindness. The most straightforward move is to visit and greet your relatives and neighbours near your house, and you can ask them if they can eat today or not, do they have enough money to buy groceries for the next day and so on. This small step is to prevent your relatives

or family from starving, especially in the economic conditions due to the current corona.

7.3 The Impacts from the awesomeness of alms

Eva Ritvo (2014) has stated that helping others triggers the release of oxytocin, which can improve mood and counteract the effects of cortisol (stress hormone). The higher the oxytocin, the more we want to help others. If oxytocin increases, serotonin, and dopamine will increase as well, which are essential neurotransmitters that are responsible for our emotions and make us feel "good" (Breuning, 2015).

The impact of alms will be felt directly by those who give donations, who receive gifts, the surrounding environment, country, and planet earth. How come? In the author's theory, alms is a network of the unity of people doing good in one place of integration that flows from one point to another. Alm gives impacts on the macroenvironment, not just the microenvironment.

As the most obvious example is if you are experiencing anxiety, extreme fear due to corona problems, effects of unemployment, and other negativities. Then you suddenly remember having a sack of rice in your home and share it online or directly to your neighbours. How does it feel? You will be relieved, got a sense of peace, and calm immediately envelops

you. The recipient can also eat that day without having to wait for the government's aid.

After the starving person can eat from you, then indirectly, the person who was going to starve to death will be able to survive a few days later. As stated by Imran et al. (2018) that poverty is positively correlated with crime. Hunger is very close to the crime, and hunger is very close to people who are desperate to defend their lives, and no longer care about the legal or illegal way to obtain their food's need.

Thus, criminality will take place quickly. There is no looting, mugging, robbery, and others committed by people who are frustrated due to not having money at the time of this corona. The police will be more helpful, and also, the security will feel very grateful to the person who shares one sack of rice at home. Let's calculate it if, in a country, there are two hundred and fifty million inhabitants. Yet only fifty million of people who have food stock. Each people contributed rice and alms in one sack. So you can imagine one bag of rice can last for a minimum of one month for 4-6 people in a family. Thus fifty million people multiplied by one rice (where one sack of rice to help six people a month) means the same as being able to help three hundred million people from the danger of starvation.

Moreover, if there are ten million people who have above-average economic capacity who willing to provide food stock and cooking fuel, each of the ten million helps 50 USD so that it can help the families of two hundred million citizens. Then, at least for one month ahead, no boy will commit starving. And it should be emphasized that the money is not public money, but the alms from people who want to give.

People longer busy searching for the culprits, the origin, who has spread the corona, and the most important thing is no time to blame the authority. But with the spirit of this Star Civilization Chip, people will be moved to help others, at least in their neighbourhood, and coordinated with an integrated online system. Then, the issues of every community will be detected: who needs food stock for a year ahead, who needs work, and who needs education costs during the corona? All can be identified. And the role of the government is to help the movement of people power in this mass alms container transparently and can use applications such as human need detection like the GPS so that the alms can be traced.

The execution of this alms's online system can be carried out by the officials under the anti-corruption institution based on society so that the charities could be appropriately delivered. Hundreds of million dollars to overcome the impact of corona in

a country that will be earned with debt can be cancelled. State debt will not increase, and adverse effects due to corona can be minimized.

Every human being wants to live and eat. If people cannot eat, they cannot live. If you can not live, it will damage the balance system. Although, the donation is not an appeal but the obligation of every human being to help others in any form. When we are babies and assisted by doctors or midwives, we are born in this world, and we need help and alms from others. When we die, we need help from others to deliver our bodies to the grave. No matter whether he is rich or poor, king or commoner, all need and help each other.

It is the key to almsgiving and its impact if alms are carried out massively, without the overthrow of power, without blaming each other. Everyone is racing to shine starlight in themselves to others, to those around them and their immediate family.

Poor people, people who are starving, and get laid off when given alms by rich people or people who are not rich but can help, then there will emerge direct impact. Like a mirror, if you smile in front of the mirror, then your face will be given a smile. With this simple logic, the person who is given that assistance will immediately say thank you, and it turns out that alms and gratitude from the recipient can prolong one's life, and increase

youthfulness. People who give gifts will boost their body immunity. After all, it is more calm, peaceful, and not afraid to deal with life's problems, because it has been prayed by many people and has helped one or several other human souls. As previously said, according to Eva Ritvo's research (2014), helping others triggers the release of oxytocin, which can improve mood and counteract the effects of cortisol (stress hormone). When helping one soul, it is like being a nurse and nurturer in this universe.

People who are given help will undoubtedly be grateful and give as much support as possible to neighbours who help him. For example, help clean his house, help take care of his house, oversee the security of his home from loot or bad people. And at least pray for those who give alms. The main of gratitude is a prayer. With appreciation, angels and all that is in the universe is also praying for those who give alms.

The country is undoubtedly very grateful to its people who have carried out a mass alms movement. People will help one another without having to shout to the government. If this kindness awareness and virus, in the context of Star OHappy, then everyone will be immediately happy, people will shortly be peaceful, calm, and vying for good. Because at this time, human needs are not just eating, drinking, watching YouTube, and kinds

of stuff. Yet more profound, which is to fulfil the soul needs. Where people need calmness, courage, mutually reinforcing one another, fighting corona, poverty, hunger, layoffs, and injustice together in an effective way without having a bloody revolution.

Human needs in the context of soul needs and peace of mind are critical needs today. Because what is the point of becoming rich if our wealth gets looted by others? Why the officials being a luxurious one if they will be overthrown and harmed by their people because of their carelessness. Everything depends on the goodness, which seems trivial but meaningful.

The prayer that comes from the starving crying people at night is the strongest one. Imagine, these people pray to thank those who give alms, then the prayer becomes an extraordinary miracle in the universe. All harmful elements will naturally diminish and disappear, corona immediately leaves, and humans enter a new phase called "Star Civilization," the new civilization without killing, violence, and war and full of hope.

With this mass alms movement, the corona immediately excused himself to God and said, "O my Lord, the inhabitants of the earth have united in a good virus, which is doing good, they want to emit the starlight. They return to their true selves as human beings who maintain life, and as God's representatives in the world to maintain the continuity of children from generation

to generation. Thus I, Corona, and the team took their leave without returning to disturbing humans".

How could it possibly be not happening? With the people's power movement, people give alms in various ways, like not blaspheming with each other on social media, not blaming each other, stop spreading hoaxes and news items that frighten the existence of this coronaviruses. They will obey the government for social distancing and using masks, without gunpoints on their faces. From the USA to Europe to Asia all help one another, give alms and give what can be given to others

With order and discipline, obedience without fighting the government and unnecessary things, then the dimension of darkness, corona, and friends will automatically disappear from the circulation of earth. Like in a room, if everyone turned on his flashlight and turned on the light from his cellphone then the dark would become bright, all the bad things in the room would disappear and come out of the room because the place was bright, fragrant, and spread a good vibe. Falsehood, the greed of officials or rich people, will be lost and slowly but surely will be destroyed.

Maybe this sounds utopia, but in the current conditions, this will be true. And scientifically, it has been proven, according to research by Emoto (2011) explained that kind words could

produce beautiful crystal structures when compared to bad words. This result means we have to say full of optimism so that all positive things happen.

In the Star concept and formula that appears in Star OHappy, the form of help or alms doesn't have to be money. Thought, support, and compassion, to encourage those in the hospital, such as health fighters also included alms. Prayers are alms as well. The enemy is anger, mutual scorn, insult and underestimate each other, spread hoaxes and slander, and so forth. Yet when the Star OHappy values become the leading spirit in the life of the modern era, then the minds and hearts of people are no longer deluded by distrust of the government, anger, insulting each other, racial intolerance, mutual hatred and others. The goodness values in Star OHappy OHappy is a necessity like food. If not eaten, it will be hungry, and if it continues to starve, it will die. The death of the soul is a sense of anxiety, a feeling of greed, an excessive sense of fear, and uneasiness in life. That is the death of the soul.

The soul is dead, and humans do not want to fear physical death nowadays. So to change it is to change the mindset. You do this by feeding the heart's needs in the form of good values so that the poor can pray for the rich. The people pray for the king; people pray for and remind those who do evil to return to

goodness. Those who do not have a good value, they will be marginalized by other people and the community, not given attention and excluded so that they are aware. With this kindness, people continue to pray for those who always cause trouble in an area to return doing good. They will be outnumbered, the amount of the goodness ballooned into a massive force because people are tired of living in unease, uncertainty, worries due to corona, due to termination of employment, due to the absence of rice and others. People rise and insert Star OHappy values in them, which leads them to their happiness.

Aknin et al. (2015) researched to prove the positive influence of alms on the emotions of personal pleasure. In the first trial, adults were randomly assigned to buy sweets for themselves or others and then report they're a positive influence. As a result, adults who buy things for others report more significant positive emotions than those who receive sweets. In the second experiment, children aged 2 to 5 years received candy and were then asked to be involved in giving candy to dolls. Emotional expressions were recorded on video during the experiment. The results show that children show more happiness when giving gifts than when receiving gifts themselves. Furthermore, children are

happier when giving real candy to dolls. Moreover, Aknin et al. (2015) stated that the benefits of generosity are universal.

Chapter 8

The Miracles of Star OHappy Virus

After the three steps, the Star OHappy formula is implemented, despite forced or not, small or not it spreading the light. Under the law of Star OHappy, which said: "Whoever connects starlight in himself in the form of goodness, even the slightest, then the Supreme Star replies with thousands or millions of brighter lights of goodness immediately." It equates like when you log in to your social media account, such as google account, etc., then you will get many facilities and free services to explore anything on the internet through google platforms.

The writer remembers at the time when he still was a graduate student. Some people talked about the internet, and he said there would be telephone devices that could see the person we were talking to. A lot of people considered it was crazy, but globalization and the information technology era brought this miracle came true. People can communicate with others through video calls, or find new other country recipes, or get the latest information borderless throughout the world. That's all phenomenon which considered impossible and insane before the advent of the internet, but normal for now.

We can experience this miracle from the internet as long as we have a connection to access it. No matter how small our signal or internet connection in the mountains, we might still be able to read today's news, monitor the development of the world economy, entertain ourselves by watching videos or movies online, and many more. It is like we enter the Star OHappy Formula. When we apply it, we will connect directly to the presence of the Most Merciful, the Most Merciful, the Supreme Ruler of the Universe, who gives this planet earth for human exploration. He provides free of everything, free air, water, plants, soil, fire, wind, rain, and more. No matter how sophisticated human-invented is, it still can not compare with all God's creation. As explained in this book before, even making a fly would not be possible.



Figure 30 When you log in to the Supreme Star, you will get all the facilities and conveniences in the world and after death

That's the analogy of the magic of the Star OHappy formula. At this second, you connect yourself to the Supreme Star, then the competent cells that are in you will radiate automatically. Every person must have a conscience, must have a desire to do good, then

you will do the three steps that have been explained above. The results will be amazing. It will make the world change dramatically and make the world shine the light brighter. At least, those light succeed illuminates your heart, which is currently restless, confused about how to keep the heart calm, peaceful, and full of blessings for all. This formula will help people more connected to God the Most Merciful.

After you make the first two steps and then equipped with the third step, which is giving alms, you will feel the magic in seconds. Your heart becomes peaceful, feel comfortable with any scenario in life, and it will be a positive virus that spreads quickly throughout the world. All humans will unite against corona, uncertainty, fear, and hunger and help others and sentient beings immediately.

1. The miracles in ourselves before death

The wonders that you will feel after using this Star OHappy formula are:

- a. You become calmer in facing coronavirus and other fears. The hardest problem in your life will become lighter because you have surrendered yourself to the Supreme Star. The energy channeled from God will be felt by you, because you have allowed to zeroing (0) yourself, eliminated pride, hatred, despair, and other harmful things. The light of the

Supreme Star can infiltrate your heart, body, and flow through your blood and pulse.

- b. You become happier than before. Maybe you have been smiling all this time by watching YouTube or funny movies, playing online games, channeling your hobbies such as fishing, playing chess, and others. But your happiness isn't connected yet to your pure bliss. It is because many of the people still seek your help, like your neighbor, who needs donations from you. But, after you implement these actions: give alms and being grateful, then you will be much happier. You used to only delighted for yourself, but with Star OHappy formula, happiness can spread to the people around you. Even other creatures will also feel it due to your positive vibes. Whether you give them sincerely or not, forced or not, the formula of goodness still has its rewards.
- c. Become a human star that is useful for other people and living things in this world. With this Star OHappy formula application, then you become a handy human even though you are in an unstable economic condition. You can help through praying for others. Star OHappy formula doesn't require wealth to expand kindness, only knows alms in any form which beneficial to others and sentient beings. This benefit is what you will bring as provisions for your future

death. You will die smiling, feel calm and peaceful because you have done your job as a human being to help and think others, not think of yourself.

- d. Your sins will be forgiven, no matter how big these are. When you enable Star OHappy formula, you will enter the lap of the Love of the Supreme Star and be accepted to be part of the stars of all Stars. It is like you entered google, despite your internet connection is low or decided to not connected anymore, at least you have felt the sweetness of searching on Google and get the magic and facilities from Google. Your past and present sins will be forgiven as long as you want to zero (0) yourself, give thanks, and give alms. And that is also what is exemplified by human beings who have shown good character and good deeds so that the country and world become peaceful. Any big sin will surely be forgiven because God is always Forgiving. Every wish and request to God will not be denied. The reason is by the law of mathematics something of any size if divided by Unlimited (God), then the result is close to zero. It refers to no matter how big the sins are when divided with God's love will become zero.
- e. Be a positive person, and always want to do good. With the Star OHappy formula in your body, it will continue to echo positive values. When you jump to your subconscious, you

will know that goodness is a miracle, positive is the remedy of every obstacle. And always be positively looking at God, human beings, and everything that is accepted today despite the sick, pinched, and other conditions by being grateful. Miraculously your body's immunity will increase, and you will continue to be prejudiced both to God, to humans, to your government, and anyone. So that anyone who harms you, wants to bring down and insult you, will gradually disappear due to super energy power from the prayers of others. This key is a secret recipe of Star OHappy, that cannot fight alone, you need other people around you instead. The result of your alms is you will be accompanied by angels every time in your life. The energy of charity, gratitude, and zeroing (0) self will be a shield for you to deal with the difficult things in your life. If you fight by yourself, it can guarantee you will lose. It is like in a soccer team, and you cant possibly score goals alone. As the game name, you need your team. Your team is the people you help, and you forgive their mistakes. As explained in the previous chapter above, you can help people not only by your wealthiness but also your energy and your prayer.

- f. Become a more productive person because of your cell in your blood and brain positive stars. You will be with a star in your life. Even if you are sick, at least there is still a chance to

do good to pray. If you work, you will work even harder. If you're a student, you will be more passionate about learning. The goals of those activities are no longer only for yourself, but for others as well. It means that your struggle, if successfully given to others, is transmitted to others unconditionally, regardless of differences in religion, country, and social status. Herein lies the universal human point that will be productive and always work hard without limits to provide benefits to his parents, family, and humanity.

- g. Ready to facing death every time. Death is a necessity since the human era existed. Even a fly will die within a certain amount of time. But what condition do we die? Is it in the darkness of heart and mind? If we die in the dark, of course, the Supreme Star cannot bless the hearts of His worshiper. So with this Star OHappy formula, we are ready to accept death with sincerity. Because we will meet the end of our life and put at the most incredible place called heaven, heaven can be created on earth. If there are sincerity, gratitude, and almsgiving, paradise is always there every day of you, at home, at work, and wherever you are.

Although many people revile you, laugh at you, but you still think positively. All of them laughing and bringing down are

God's messengers so that we are better and shine brighter. Without those who mock and insult, then we do not know whether we have shined or not. It is indeed challenging to forgive the mistakes of others, but with zeroing (0) self and being sincere and grateful, we will realize and say, "maybe they are holier than me, maybe they are better than me." You have the desire and willingness to do good with God the Most Starred. Thus we do not judge those who laugh or bring us down. Maybe they are better than us, and we don't become arrogant. We are not arrogant because we have done a lot of good. Zeroing (0) ourselves and humility before God will make God's elements enter us, and we will always be with Him even though we still have a lot of muddy sin. We try to do good, and that sin will be removed with alms and other forms of good deeds.

- h. You will receive more fortunes and blesses. Maybe all this time we consider the stratum of life in the world to be rich and poor, which is a big mistake. In the Star 0Happy formula, there are only two levels of life in the world, i.e., glowing or not, do good or not. The poor could give alms and help others more than the rich who do nothing. Wealth is not a measure of happiness. Wealth is necessary, but the essential wealth is the wealth of good deeds. So, the fortune we have received

today is not money, but the mindset is that fortune has given alms to others. The health fortune we receive is way more valuable than a rich person who is not grateful, and his heart never satisfied with what he already has. His heart could not achieve happiness because it was covered by arrogance over the wealth of property, homes, cars, positions, and others. But in this Star OHappy formula, both the rich and the pauper have the same fortune, which is healthiness and willingness to smile. Imagine how expensive medical costs would be if the rich were sickly ill and could not laugh.

How much money is incurred by a country with the wrong budget, which is only concerned with the appetite of finance for cutting down forests, causing misery to the people, corruption, and others? Those who do such evil things do not get a real fortune. Indeed they get a lot of money, but not fortune. Fortune is happiness and a blessing. Just giving a mouthful of food to a starving person is fortune happiness that cannot be bought with trillions of dollars. It will be so nobler if the rich give their wealth and use their strength to help the pauper. But all are entitled to magnificent, and all are entitled to fortune. Even an ant is also allowed to fortune from his Lord, both food and happiness of the ant colonies.

2. The Miracles in your family

- a. The miracle you will receive with this Star OHappy formula is that your family is more at ease, your parents will be forgiven of all their sins because you are a child who is devoted to them, your family and your descendants are be blessed.
- b. Fortune will flow profusely to your family, which does not have to be identified with wealth, but in the form of fortune happiness, health, peace, and others that can be felt by your extended family
- c. The place where you live will feel like paradise. Your home will be full of a sense of calm and joyful, which are the principle of life in heaven. Haven can be created by humans in this world in the actual context, not the heavenly context of materialism that puts forward worldly pleasures and possessions. Your family member will take care of each other.
- d. Making your family more beneficiaries to others, recorded in the history of humankind as a family that wants to help, give alms to others in the neighborhood, for humanity. Although they refuse to register it in a special book, God prepares for you and your family to become a great hero in Him and the hereafter.

3. The miracles for around where you live

- a. There are no starving people around you because you care and give alms to the people around you. You try to feed people who do not have food and provide assistance with other neighbors to those in need
- b. Neighbors love you as someone who does good for the surrounding environment. Your home will be guarded, and your neighbors will help you, help you in times of need and will also continue to remember the services that have helped many people around you
- c. No one is unemployed, or in other words, you will give a job if you can. If you cant, at least you encourage them, find a way and pray for them
- d. There is no uneducated person. You will try to support the people around you to get a better and higher education. Even if you don't have money, you encourage people around to learn according to each other's desires
- e. Animals and plants will be well maintained. There will be no starving cats or dogs around you. Trees are not cut down carelessly if not needed. The environment is green and comfortable
- f. Crime is reduced. With alms, it will reduce the poverty rate, and reduce the crime rate in your surroundings. Helping each

other between neighbors and provide mutual support for security and peace and mutual respect for differences

- g. Respect the differences between religious communities. There is no longer any contempt or ridicule. Everybody is equal in the dignity of humanity. The difference is whether or not doing good for others. Religious tolerance is greatly improved to reduce bad things due to friction between religious differences
- h. Prepare future generations who want to do good. The next generation around you will be the next generation who prioritizes other people and the happiness of others rather than prioritizing individuals and groups

4. The Miracles at the school or office

- a. Productivity will increase dramatically. Every human being who applies the Star OHappy formula will try to provide the best for work or school environment. You will make people in this place care more for each other. For example, if someone is sick, then they will visit, or if anyone has a problem, then they will help.
- b. Increase affection and support between students and workers. By applying this formula, the individualistic life will be reduced, and they prefer to interact and help each other

- c. Improve the quality and credibility of the institution where you work or study. Along with the realization of this Star OHappy formula, there will be a tremendous increase in your institution to become a great institution and print the greatest generation in the future
- d. There will be no more conflict. With this realization, the friction will be reduced, whether it is the conflict between coworkers, school friends, or college friends. Horizontal conflict will decrease, and the strength of togetherness will emerge mutual assistance and cooperation

5. The miracles in your region or country

- a. The city government and state government will be helped by this system because the community becomes a society that is developed mentally. Helping each other will reduce enormous government spending so the government can save future funds for its people
- b. Governments and countries have helped reduce unemployment, crime, and others. With this Star OHappy movement, there will be mutual assistance between villages and cities so that the government can more easily manage the country. The government and the people make the country more prosperous, blessing, and

very few incidents of corruption, collusion or other negativities

- c. The country becomes safer and more secure. With this formula, the country's security increases rapidly along with the progress of its people, which dramatically prioritizes the good. And it is difficult for other countries to attack or make the country chaotic or conquered economically or politically

6. The miracles for the humankind

- a. People between countries have supported each other without recognizing national differences. Assistance will flow nonstop in the country suffering from corona, victims of natural disasters and others
- b. The solidarity of the world community has increased dramatically. Prosperity between countries can undoubtedly increase and can eliminate the suffering that is very difficult because of the world economic crisis, war crisis, terrorism, and others.
- c. Towards a civilization that is not only advancing in technology but also the soul and heart needs. Everyone wants to be useful and worthy of others. So that governments between

countries can cooperate and create alliances easier. Then, a new world order which full of blessings will form gradually

d. The next generation in the 5.0 industrial revolution and the data era will be ready physically and mentally. The next generation will no longer think only online games, entertainment, but about humanity. With the preparation of this young generation, the leadership baton in each country will be better, and political turmoil can be reduced, divisions can be prevented, and make the next generation to be the successor of peace and blessing on this planet.

Chapter 9

Unite Against Corona With Star Ohappy

Every human being will ask for help if there are in a crucial situation. Even a powerful man like a king, when facing difficulty in life like having a serious illness, he will ask for help to anyone regardless of religion and class. Even though the one who came is a poor farmer, also if he can treat the king's illness, of course, the king will accept it. Besides, in this challenging situation, people willing to do everything to rescue their self.

There are a lot of stories about people who got affected by the 2004 tsunami floods in Aceh, Indonesia or other disasters. It has become a law of human nature, that our subconscious will command our hands to reach anything around us if we sink. Someone who experienced survive from the tsunami has told that he unconscious grab grass and hoping that grass will help him safe from the flood. The grass might seem weak, but in the end, that grass was successfully keeping a person alive. We never know, that the grass was robust because by coincidence next to it there was a sturdy steel wire.



Figure 31 No matter how rich we are, when we are sick, we are unable to enjoy our wealth

That story has a similarity with this current condition. All people are focus on anti-virus or vaccines to kill coronavirus quickly. But with the collapse of the world economy, millions of people are unemployed, millions of people die, resulting in mass shock. No one can predict when corona ends. So then appears this following questions: How to restore the country's economy? How to help those starving people? How to reduce chaos in a country? And how to overcome the destruction of various aspects of human life due to this disease?

The medicine that offered by the scientist is scientifically functional, but it still requires a long process and cost millions of dollars to produce it. Sciencealert (2020) reported that humans need at least 18 months to find a vaccine. A country must spend or even debt to other countries or world funders to lend money to buy the vaccine. The debt will keep rolling, and the next generation is the one who will pay it. The government have to do it to help its people even though our children who know nothing pay these debts.

Technologies continue developing to overcome coronavirus disease. Are those effective? The answer is it can be useful or not. All depend on the strength to carry out the improvements of economic, health and another.



Figure 32 The remedy for all problems that exist in ourselves, namely the starlight in the heart which ready to shine

Sometimes we forgot that the sure cure has already found, it is in ourselves. Coronavirus is God's creation as we are. Then, what weapon will we use to fight or prevent it? It turns out that anti-virus has existed, which is the Most Powerful anti-virus that resides in our hearts. The starlight of kindness from God in us that will be our ammunition against coronavirus.

The coronavirus has infected all countries of the world and has caused tremendous fear. Negative impacts led to mass bankruptcy of businesses the stagnation of the education system and many paralyzed sectors. People fight each other and judge those who are infected, blame the government and others. So the only way to dispel the negative is to prevent the spread of the virus in the world by uniting among human beings.

Plato stated in Taylor's book (2013) that humans in their lives have reasonable life goals, these goals can be achieved based on mutual need between human beings by creating social structures which can address needs and solve problems in society. Thus there must be mass movements—the movements made by some people who have radiated their starlight with good deeds to others. Humans are bored at home, fed up with all the chaos, hunger, economic and future uncertainty. So with the stars that will bring extraordinary influence to eliminate all the disgust.

The country does not even need to pour trillions of funds to overcome the corona. Spending funds for the benefit of the people is indeed the duty of the government, but with movements which regardless of religions, countries, and nation, will be the ultimate weapon for human life. Will humans are destroyed and extinct and will the third world war that can damage the world happens?

The main activities of this movement are helping and praying to each other despite different countries, region, nation and beliefs. The Asian will pray for the American, and the European will pray for the African, and vice versa. The alms movement in the Star OHappy formula can generate millions of dollars in funds. It will become traffic of light, traffic of happiness, and traffic of kindness between human beings. With current technology, people can find out how many people are starving in country A, how many people can help, and so on. We can help not only by our wealth but also by encouraging and praying for people who suffer due to this pandemic.

This united movement of humankind will make the coronavirus run helter-skelter. All communities will obey social restrictions by themselves. It does not require a long time, just one or two weeks of simultaneous lockdown throughout the world, the spread of the virus will stop very quickly, and those infected patients will treat immediately. With this formula, we don't need several months to remove coronavirus because there are still many other

matters of humanity to take care of human civilization. With obeying lockdown regulation and mutual assistance movement also under the government's strict supervision, it will produce brilliant results.

Only in less than a month, the state of the world will change drastically, and the world will emit the light of a shining star and help one another. The coronavirus goes away, and people who are exposed will treat seriously. The government appeals to its citizens not to frighten, citizens also will not blindly blame the government and help each other, and that's where Alms Worthwhile to Humanity.

The coronavirus chain can be broken. Quick movements to wear masks and drug preparations are prepared simultaneously between countries. The economic collapse will soon be restored, and to a great extent, it will appear that people help one another. They will not hesitate to help other countries' economies. That's where a natural law emerges, where if humanity unites against the destruction of human civilization, then humanity will win. However, if they do not join and blame each other or seek profits in turbid water, the corona problem will not be solved

If the problem of handling coronavirus is hasn't solved, then this virus could be still until 2023. While millions of people will die dramatically, the economy is destroyed, hunger everywhere, the poor plunder the rich people's wealth, overthrow the government

with a bloody revolution and many other things of destruction. Money is no longer worthy because of an unbalanced economic demand and supply. For instance, someone who is very wealthy has one billion dollars today. He wants to buy a truck sack of rice or wheat, but the requested item is unavailable. So the value of money at that time was worthless. For this reason, cooperation between the rich and the pauper are needed to avoid post-corona destruction.

All we have to do is choose: will we be destroyed and lost in human civilization, or will we stay and continue the mission of protecting Earth?

Before mass anger and frustration in various countries arise, before the rich do not feel what wealth means anymore, before the country is bankrupt because of too much debt, then this solution is the only one that is united against corona between countries.

All people must unite to help each other. This unwanted situation will be a reality when humans can no longer stand the destruction and hunger every day. They will choose to help others voluntarily, work together and help the government who are distraught to face the enormity of this corona era.

Chapter 10

Entering of Human Star Civilization

10.1 Definition

Human Star Civilization is an advanced civilization of heart and technology that is concerned with the interests of others above personal and group interests. They are united and competing in goodness, realizing the Star OHappy formula. The result of which is the appearance of starlight that makes the planet brighter. Not only because the ozone is more thickened and the earth clean from pollution, but also clear from arrogance, frustration, pessimism, crime, unemployment, poverty, lack of education and others.



Figure 33 The Integration of All Humans to Help Each Other

Fukuyama (2018) suggested that the world is now heading towards an era called Society 5.0, where the aim is to realize that people enjoy life to the fullest. Economic growth and technological development exist for this purpose, and not for the prosperity of a

few people. Star Civilization also answers that goal where when humans help one another and fear God, and it will create a happy human life and enjoy life to the fullest. So when the star civilization arises, it is hard to find economically deprived people, because people help each other and not recognize differences in the boundaries of other countries. Humans will compete not with greed anymore, but in a race to make this planet more blessed and peaceful.

10.2 The Mechanisms of Star Civilization

The mechanism of the formation of this star civilization begins with each individual, and each country united together to fight coronavirus and adverse effects. In the end, with the commencement of cooperation between countries by starting to eliminate systems that ensure a weak state and benefit only a handful of people. Interdependence between countries in the matter of good is urgently needed. Dependency helps each other in the economy, education, social, politics, culture, security and others. Then the signing process of human cooperation pact is well-formed.

All humankind realizes that the time in fighting each other is up. Humans recognize that more important things to do are develop the soul, happiness, technology and knowledge. They prepare for space exploration and maybe human extraction and development on

another planet in the future. But surely, all under the rule of worshipping God, the greatness, and giving thanks for the blessing that exists. The election of state leaders is no longer based solely on political interests, but rather on the interests of humanity and bright civilization. At that time, a lot of money does not affect, what matters is the moral value or universal good that can be accepted by everyone. Online systems for government, business and public facilities are pursued with indicators of goodness, and good character is the foundation of the movement of all people in this world.

10.3 The Rise of Star Civilization

It is predicted that the emergency of this star civilization is after the post corona if humanity is able and united simultaneously to face this world economic crisis. We can prevent the destruction of the economy, defence and other sectors immediately. According to religious beliefs that are giving something without counting, it will produce a high level of happiness. Furthermore, Pholphirul (2015) suggests based on the results of his research that religious and non-religious giving can increase joyful.

10.4 The realities and Visionaries of Star Civilization

Fritjof Capra in his book entitled *The Turning Point* (1982) stated that all the crises that occur in humanity today are not just crises of individuals, governments or social institutions, but also a

transition that has a planetary or universal dimension. Fritjof Capra explained that at this time, humans are experiencing (the turning point) of civilization as seen from the declining ability of modernity to achieve humanitarian goals. Deterioration in civilization occurs due to the separation of body and soul (spirit and material), and the understanding of life is like a machine.

The reality and vision of star civilization will be formed. The truth is where will be no more people starving, poverty, and education gaps and other injustices if this civilization arises. The vision is to prepare the earth to be the most delightful and grateful planet as a centre of worship to God and glorify His every time in all day long. Religious differences, not more become issues because the emphasis is on human values.

Chapter 11

Conclusion

The author wrote this book consciously to provide a panacea and an instant strategy to fight coronavirus and its effects throughout the world. This book is not based on an understanding of one religion, but it is universal. The Star OHappy formula that the author has listed at the Ministry of Law and Republic of Indonesia can be used by humans around the world for free.

To get a better understanding and get other Star OHappy facilities, you can buy happiness software, happiness monuments, and other products that will make you a happier human being and beneficial to humanity.



Figure 34 Index of Happiness in Star 0Happy

In Figure 34, we show you four quadrants of happiness based on the Star 0Happy happiness index. The Star 0Happy index value is

based on your activities in performing the three steps of Star 0Happy. If you do these three steps every day, which are zeroing (0) yourself, be grateful, and give alms, then you will get a high index of happiness and be in the quadrant of “very happy” or just “happy.” Otherwise, if you never carry out these three steps, then your happiness index value is negative, and you are in the “unhappy” or even in “very unhappy.”

The calculation of the happiness index can be done using the Star 0Happy application. The application will be launched by the author. This application will help you to be consistent in doing the three steps to reach your true bliss continuously (for more information visit www.0happy.com).

The author feels strongly called as one of the inhabitants of the earth who has examined the dynamics of human life and human resources to write this book. Hopefully, this book can help those who are currently suffering from hunger, infected by corona, on the verge of death, or official government who are tired and already confused to solve some problems. This concept is the solution offered by the author. A solution that can provide a fast step in handling coronavirus while preparing humanity to begin a new phase of human civilization called Humanity Star Civilization. All human beings in that new era will feel the pleasure of giving charity, helping each other and

cooperating regardless of countries, religions, tribes, class, and social status.

The law of nature is certain, $1 + 1 = 2$. Likewise, the law or formula of Star OHappy is definite as well. If we implement the formula $0 + 29 + ()$, then the result is calm, the satisfaction of our soul's needs, happiness, and the world becomes bright because everyone wants to do good according to their capacities and abilities with full awareness.

Total surrender to God (0), give thanks (29), and give alms () are whole sequences to enter the Power of a Star. The prerequisite for obtaining it through the three-step path and its impact will be an extraordinary domino effect in the present and the future.



Figure 35 Pray to the Most Star after taking the three steps of Star OHappy

As the closing of this book, the writer and inventor of the Star OHappy Formula provides a simple prayer for humanity that may be permitted by people of this planet who are experiencing problems due to corona or other life problems, as follows:

“O our Lord, the Most Gracious and Merciful, the Most Luminous full of grace. Please forgive all of our sins, whether intentionally or not, big or small, visible or not. Please also forgive the sins of our parents, family, brothers, teachers, friends, neighbours, leaders in the government, the king, the rulers, and all humanity, wherever they are.”

“Oh God, the Almighty, the Inimitable One, give us always to be human beings who are grateful for everything you have given us, big or small, both visible and invisible, whether we think good or bad. We are thankful to be able to breathe at this time. We still have a chance to be close to You, repent, give thanks and give something of value according to our abilities to our parents, families, fellow human beings, animals, and living things in the world. ”

“O our God, the Full of Tenderness, Full of Love and the King of the Kings, please Give us always the desire for alms in the form of wealth, thoughts, energy, even our prayers for parents, siblings, families, neighbours, and all beings in this world. That

we continually do in the morning, afternoon, and evening. Whatever part of the world we live in, under any circumstances, we will do that alms by force. "

"O our Lord, Full of Justice, Full of Mercy and Forgiveness, give us the strength to deal with this virus. May coronavirus soon leaves this planet earth, with our unity among humanity, can drive away from this virus. And rebuild the economy, health, security, education, and other infrastructure. Make us human beings love one another, help each other so that there are no more starving people around us, in our country, and another around the world. Hopefully, there is no chaos everywhere that destroys and kills each other between us in the aftermath of this corona because hungry people cannot hold their hunger anymore, while there is no food everywhere. Even the rich meaningless because there is no stock of food purchased. Give us mutual help between rich and the pauper, between rulers and people, Amen ".

"O our Lord the Most Rich, Undefeatable, may we begin the star civilization. The civilization without poverty, unemployment, disease, crime, and injustice in any country. Give us the leader who can lead the country properly, always be our guardian, and the vanguard to bring the people to unite in the human civilization of stars. So we can become perfect beings who

represent You on earth to protect all living creatures. And with Your Strength, may You erase our arrogance, our greed, frustration, pessimism live in the world, and our negative feelings. We will able to give birth to positive generations and emit stars in all countries so that the planet is brightly lit for the blessing of your loving and mercy, amen. "

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Glossary

0 (Begging for mercy) is the first step in the Star OHappy formula to reach true happiness, which is asking forgiveness from God, apologizing to humans and other living creatures.

29 (Maximum gratitude) is the second step in the formula for happiness. It gives gratitude for everything we have now.

★ **(Alms)** are the third step in the Star OHappy happiness formula, which is to give the wealth that we have to other people or beings who need it

Analogous is an equation between two things that are in principle the same to facilitate the understanding of the reader.

Cherán is in Mexico. Cherán became an autonomous city that was able to carry out its social and political life without government interference

Circadian rhythms are internal and natural processes that regulate the sleep-wake cycle which is repeated approximately every 24 hours

Cognition is someone's belief about something that is obtained from the process of thinking about someone or something

Coronavirus disease 2019 (Covid-19) is an infectious disease caused by a newly discovered type of coronavirus originating from China and attacking the respiratory system

Cortisol is a hormone associated with stress response

Domino effect is a condition where one event causes a variety of other events

Dopamine is an important neurotransmitter that is responsible for our emotions and makes us feel good

Empathy is the ability to see situations from the perspective of others

Empirical is based on experience or observations

Functional Resonance Imaging (fMRI) is a device that takes real-time images of bodily activities when someone takes an action

Gas emissions are the residual combustion of fuel in the internal combustion engine, external combustion engine, the jet engine which is released through the engine exhaust system

Human Star Civilization is an advanced civilization of heart and technology that prioritizes the interests of others above the personal, group, group or even country interests

Lockdown is a policy that restricts community activities where the community must stay at home to reduce the spread of the virus

Macroeconomic policy is a form of policy taken by the government of a country which in principle aims to stabilize the economy and create economic growth in a positive direction

Malin Kundang is a story from Indonesia where a child who is disobedient to his mother is condemned to become a stone

Microscope is a tool to see an object or a living thing that is very small in size like a virus

Movers chips are the core of the movers towards star civilization, namely alms

Mummy is a preserved corpse, due to protection from decomposition by natural or artificial means

Natural killer cells are lymphocyte derivatives that have a considerable share in the innate immune system

Neurotransmitters are endogenous organic compounds carrying signals between neurons (nerve cells)

Noise pollution is a condition in which the entry of sound that enters is too much so that it disrupts the comfort of the environment and living things

Oxytocin is a hormone that increases and counteracts the effects of cortisol

Pandemic is diseases that spread over a large area, such as several continents, or throughout the world

Pharaoh was an arrogant king who claimed to be God and then he was drowned by God because of his arrogance

Photosynthesis is the process of formation of nutrients by plants by utilizing light energy

Prayer is an activity to ask everything to God

Psychological is something related to psychology

RNA (ribonucleic acid) is a polymer molecule that is involved in various biological roles in coding, decoding, regulation, and gene expression

Serotonin is an important neurotransmitter that is responsible for our emotions and makes us feel "good"

Sin is a violation of love towards God or others that can result in the severing of the relationship between humans and God

Skin conductance is the activity of the human body that causes continuous variations in the electrical characteristics of the skin

Somatic pain is sharp and generally localized

The 99 trap is a story about a lack of gratitude where someone sadly loses one and forgets if you have 99

The body's immune system is the system responsible for defending the organism to protect the body from external biological influences by recognizing and killing pathogens

The genome is the entire set of genes in the DNA of living things

The Happiness Index of Star OHappy is an index value based on your activities in performing the three steps of Star OHappy with a scale ranging from -9 to 9

The industrial revolution 4.0 is the transformation of all aspects of production in the industry through the incorporation of digital technology and the internet for human needs

The industrial revolution 5.0 or known as Society 5.0 is an era where artificial intelligence will transform big data in all walks of life, and the Internet of Things will become new wisdom, which will be dedicated to increasing human ability to open opportunities for humanity

The people power movement is a simultaneous movement of many people for certain purposes by utilizing a large amount of mass

Theory of mind is the ability to understand the mental state of oneself and others

Vaccines are antigenic substances used to produce immunity to a disease

Visceral pain is pain that is dull and difficult to localize and can spread to other places. Nucleotides

WHO is one of the United Nations organization that acts as an international public health coordinator

Yin and Yang is the concept of balance wherein the Star OHappy concept, and if there is a need, it means that there must be alms

Zen doctrines teaching is one that teaches that we have been enlightened from the beginning and that idealism must be complemented by compassion for all living things

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