

A Comprehensive Analysis of the Interests and Activities of Hakeem Ali-Bocas Alexander

1. Introduction: Unveiling the Multi-Dimensional Persona of Hakeem Ali-Bocas Alexander

Hakeem Ali-Bocas Alexander emerges as a dynamic and multifaceted individual with a remarkable spectrum of interests and professional engagements. The breadth of his activities, as indicated by the keywords provided, spans the realms of hypnosis, metaphysics, martial arts, podcasting, and authorship, alongside an apparent fascination with topics ranging from death metal and the paranormal to aliens, artificial intelligence, and physics. This report endeavors to synthesize the information gleaned from the provided research material to construct a comprehensive overview of his diverse endeavors, illuminating the connections between these seemingly disparate fields. By examining his media presence, academic pursuits, published works, and engagement with specific themes, this analysis aims to provide a holistic understanding of the unique persona of Hakeem Ali-Bocas Alexander. The subsequent sections will delve into his involvement in media and communication, his academic foundations, his ventures into HypnoAthletics and Uniquilibrium, his martial art of KappaGuerra, his podcasting endeavors with the World Reading Club and M.C. Narcissist, his engagement with scientific and unexplained phenomena, and his authorial contributions, culminating in a concluding synthesis of his multifaceted identity.

2. A Foundation in Media and Communication

The professional profile of Hakeem Ali-Bocas Alexander reveals a significant presence in media and communication. His IMDb page ¹ identifies him as an actor, producer, and director, with notable credits including the podcast series "World Reading Club" (2022), the music video "Shakira & Cardi B: Puntería" (2024), and the podcast "HAK | EYM News" (2023). This initial observation establishes his engagement with public-facing platforms and indicates experience in various facets of media production. His involvement in a widely recognized music video suggests a connection to mainstream entertainment and the ability to contribute to projects with broad reach.

Further examination of his IMDb credits reveals his extensive involvement in podcast series across different roles ¹. He is credited as an actor in "HAK | EYM News" (2023–2024), "Top Coach Interviews on NoomVibe!" (2022–2023), and "World Reading Club" (2022). Moreover, his producing credits include "HAK | EYM News" (2023–2024) as executive producer, segment producer, and series producer, "Top Coach Interviews on NoomVibe!" (2022–2023) as segment producer, and "World Reading Club" (2022) as series producer. His directorial roles encompass "HAK | EYM News" (2023–2024) as creative director, "Top Coach Interviews on NoomVibe!" (2022), and "World Reading Club" (2022) as series director. This multifaceted involvement in numerous podcast series underscores the centrality of this medium to his creative output and the breadth of his content interests, as hinted at by the variety of podcast titles.

His diverse roles in media, spanning acting, producing, and directing, point towards a proactive

and creative approach to content creation. This multi-skilling likely allows him to exert influence over the narratives and messages he conveys across different platforms. Starting with acting suggests an initial inclination towards performance and storytelling. Progressing into producing and directing indicates a desire for greater creative control and the capacity to realize his own artistic visions. This pattern of taking on multiple roles resonates with his self-description as a "Hak of all trades," a theme that recurs in his self-presentation ².

Furthermore, his engagement with both visual media, through the Shakira & Cardi B music video, and audio media, via his extensive podcast work, demonstrates adaptability and a comprehensive understanding of audience engagement across different formats. Contributing to a high-profile music video like "Puntería" showcases his ability to operate within mainstream entertainment and connect with a substantial audience. Simultaneously, producing and directing his own podcasts provides a platform for more specialized and personal content creation, catering to specific interests and allowing for a more direct connection with his audience.

3. The Academic Pillars: Hypnosis and Metaphysical Sciences

The foundation of Hakeem Ali-Bocas Alexander's diverse pursuits appears to be rooted in formal academic training in clinical hypnosis and metaphysical sciences. His creator profile on Podchaser ³ explicitly mentions that he holds degrees in both of these disciplines. This academic background provides a structured framework for his explorations into the nature of consciousness and reality, which are central to several of the user's keywords.

His engagement with metaphysical sciences at a doctoral level is evidenced by his profile on ResearchGate ⁴, which features his thesis titled "ETERNAL ECHOES: METAPHYSICAL INQUIRY INTO THE FATE OF THE UNIVERSE." This confirms his advanced academic study in metaphysics and suggests a profound intellectual curiosity concerning fundamental questions of existence. The very title of his dissertation indicates a focus on cosmology, philosophical inquiry, and the ultimate nature of reality.

The abstract of his thesis ⁴ provides further insight into the specific intellectual focus of his doctoral research. It articulates an aim to bridge empirical and metaphysical perspectives, exploring the origin and ultimate destiny of the universe, as well as the interconnectedness of all phenomena. This aligns directly with the "metaphysics" keyword from the user's query and underscores a scholarly approach to these complex topics.

Beyond his doctoral work, his ResearchGate profile also includes a publication titled "GEOPHYSICS, HYPNOSIS & ASTROLOGY: Possible GeoPhysical and Hypnotic Influences on Observed Correlations in Astrology" ⁵. This publication demonstrates his academic inclination to explore the intersections of seemingly disparate fields, such as geophysics, hypnosis, and astrology. This willingness to investigate unconventional connections showcases a broad intellectual curiosity that extends beyond traditional disciplinary boundaries.

Within his doctoral thesis ⁴, he mentions his clinical residency at the Accredited College of Hypnosis and his experience with past-life regressions requested by his initial clients. This provides context for his practical training and experience in the field of hypnosis, suggesting an interest in its therapeutic and potentially metaphysical applications. His studies at the Accredited College of Hypnosis are described as "one of the most enlightening experiences of my life,"

indicating a significant impact on his intellectual development and professional trajectory.

His formal education in both clinical hypnosis and metaphysical sciences suggests a unique and potentially powerful synthesis of practical therapeutic techniques and profound philosophical inquiry. This blend likely informs his approach in other areas of his work, such as HypnoAthletics and Uniquilibrium, allowing him to integrate understandings of the human mind with broader metaphysical frameworks.

Furthermore, his publications on ResearchGate, particularly his doctoral thesis, establish him as a contributor to academic discourse in the field of metaphysics. This signifies a level of expertise that transcends mere casual interest, positioning him as a scholar engaged in rigorous research and analysis of fundamental questions about reality and existence.

The exploration of complex topics like the fate of the universe and the potential influence of geophysics and hypnosis on astrology reveals a broad and interdisciplinary approach to metaphysical inquiry. He appears unafraid to engage with subjects that are often considered complex and potentially controversial, demonstrating a holistic worldview and a fascination with the interconnectedness of diverse phenomena, both scientific and esoteric.

4. HypnoAthletics and Exercising Your Mind: Bridging Mental and Physical Disciplines

A central theme in the work of Hakeem Ali-Bocas Alexander is the concept of HypnoAthletics, which he describes as "Exercising Your Mind Towards Universal Harmony and Spiritual Wisdom Through Healthy Living and Self-Defense"⁹. This definition clearly articulates a core philosophy that explicitly links the cultivation of mental faculties with physical well-being, self-defense capabilities, and spiritual development. This directly addresses the terms "HypnoAthletics" and "Exercising Your Mind" from the user's query, highlighting their significance in his overall framework.

The HypnoAthletics podcast features a diverse range of episodes that illustrate the practical application of this philosophy⁹. Topics covered include research-based advice on cultivating healthy sleep patterns for individuals working irregular hours, the demonstrated benefits of exercise for managing mental health symptoms, and explorations into martial arts, specifically his own system of KappaGuerra. These examples demonstrate how he integrates mental and physical well-being within a cohesive framework.

Within the context of HypnoAthletics, he also mentions the use of his proprietary DemiPhase Frequency Formula³. This method is described as a mind-altering audio production technique intended to stimulate specific brainwave frequencies to induce altered states of consciousness, such as out-of-body experiences, astral projection, remote viewing, remote influencing, lucid dreaming, and potentially facilitating connections with other intelligences. This highlights a specific technique he employs within the HypnoAthletics framework to explore the latent potential of the human mind.

It is also relevant to consider general perspectives on "exercising your mind" as presented in the research material^{14,15}. These sources emphasize the importance of mental activity for maintaining cognitive health, preventing memory loss, and fostering neuroplasticity. Activities such as learning new languages, socializing, engaging in brain teasers, reading, and pursuing

new hobbies are highlighted as beneficial for cognitive function. This broader context of mental fitness and cognitive enhancement provides a backdrop for understanding the philosophy behind Hakeem Ali-Bocas Alexander's "Exercising Your Mind" concept.

The concept of HypnoAthletics represents a unique and compelling synthesis of mental training, primarily through hypnosis, and physical activity. This integrated approach to personal development suggests a holistic understanding of human potential that recognizes the profound interconnectedness of the mind, body, and spirit. Traditional approaches often treat mental and physical training as separate domains. HypnoAthletics, however, proposes an integrated system where the power of the mind, harnessed through hypnosis and related techniques, is strategically employed to enhance physical performance, overall well-being, and even spiritual growth.

The diverse range of topics encompassed under the umbrella of HypnoAthletics, extending from practical health recommendations to in-depth explorations of altered states of consciousness, indicates a broad and expansive interpretation of "exercising the mind." His focus transcends conventional notions of cognitive training, which typically emphasize memory, logic, and problem-solving. Instead, he delves into the full spectrum of mental potential, including its tangible impact on physical health and its potential connection to metaphysical experiences and phenomena.

Furthermore, the deliberate integration of self-defense, embodied in his martial art of KappaGuerra, within the framework of HypnoAthletics suggests a practical and real-world application of mental conditioning. This integration emphasizes the crucial role of mental discipline, focus, and emotional regulation in high-pressure scenarios encountered in self-defense situations. It implies that the mental training components of HypnoAthletics are designed to cultivate these essential mental attributes, thereby enhancing an individual's capacity for effective self-protection.

5. Uniquilibrium: Exploring the Realms of Metaphysics and Beyond

Another significant aspect of Hakeem Ali-Bocas Alexander's work is his platform known as Uniquilibrium. This is described as a "guided tour of Metaphysical Hypnosis, and Meditation" with the assertion that "dreams are the Ultimate Reality" ¹⁶. This statement clearly defines the core focus of Uniquilibrium on the exploration of metaphysical concepts through the primary tools of hypnosis and meditation, directly addressing a key term from the user's query. The pronounced emphasis on the significance of dreams suggests a particular interest in the subconscious mind and altered states of consciousness as potential pathways to a deeper understanding of reality.

The Uniquilibrium podcast delves into an eclectic array of topics that span folklore, lucid dreaming (as evidenced by an episode titled "AstrOneironautics: Lucid Dreaming the Science of the Cosmos"), paranormal investigation (such as an episode on "Finding Valak: Hunting the Demon in the Nun"), and even potentially socio-political themes (as indicated by an episode titled "Babylon's Banksters: Monopoly War - ExercisingYourMind.com") ¹⁷. This broad range of subjects demonstrates the wide-ranging intellectual curiosity that underpins the Uniquilibrium project.

The website associated with Uniquilibrium¹⁸ further clarifies the diverse topics covered. Its most frequently used categories include Uniquilibrium itself, Metaphysics, Hypnosis, his proprietary DEMIPHASESM audio technology, Science, Lucid Dreaming, Sleep, Relaxation, Physics, and even Money. The explicit inclusion of "Physics" is particularly noteworthy as it directly corresponds to another keyword from the user's query, suggesting an intentional effort to find connections or reconcile metaphysical concepts with scientific understanding. The presence of "Money" as a category indicates that the platform may also address practical or financial aspects related to these explorations.

The trailer for the Uniquilibrium podcast¹⁶ features Hakeem Ali-Bocas Alexander explicitly positioning himself as the guide on this intellectual and experiential journey. This establishes him as an authority figure leading the exploration of these often complex and esoteric topics.

Uniquilibrium appears to serve as a dedicated platform for exploring a vast spectrum of metaphysical and esoteric subjects. It prominently utilizes hypnosis and meditation as fundamental tools for both investigation and personal discovery within these realms. The sheer variety of subjects explored, encompassing traditional folklore, demonology, and the scientific study of lucid dreaming, suggests a holistic approach to metaphysics that is not confined to narrow or conventional areas of inquiry.

The explicit inclusion of "Science" and "Physics" as categories on the Uniquilibrium website strongly suggests an active attempt to identify connections or even reconcile metaphysical concepts with established scientific principles. This may indicate an interest in exploring areas where modern physics, such as quantum mechanics, intersects with or has implications for metaphysical ideas about consciousness and the nature of reality. Alternatively, it could reflect an approach that seeks to apply scientific methodologies or critical thinking to the study of phenomena traditionally considered to be within the domain of metaphysics.

The assertion that "dreams are the Ultimate Reality" is a profound metaphysical claim that likely forms a foundational tenet of the Uniquilibrium philosophy. This statement suggests a belief in the fundamental importance and potential reality of the subjective experiences that occur within the subconscious mind and during altered states of consciousness. This perspective could stem from his extensive background in hypnosis and lucid dreaming, where the subjective experiences can feel remarkably real and impactful. It might also connect to broader philosophical ideas that posit reality as being fundamentally perceptual or constructed by consciousness itself.

6. KappaGuerra: The Intersection of Martial Arts and Mental Conditioning

KappaGuerra represents a distinct and integrated martial art system developed by Hakeem Ali-Bocas Alexander. It is explicitly described as integrating techniques and principles from Capoeira, Boxing, and Judo, with a focus on practical application for real-world self-defense scenarios¹⁰. This definition directly addresses the "Martial arts" and "KappaGuerra" keywords from the user's query, establishing the nature and purpose of this discipline.

The HypnoAthletics | KappaGuerra podcast serves as a key platform for exploring the intersection of hypnosis, habit formation, and self-defense within the context of this martial art¹¹. It emphasizes the critical role of mental discipline and the application of KappaGuerra-inspired

movement for personal development and self-protection. The recurring focus on habit formation suggests a practical dimension to this integration, aiming to leverage mental conditioning for positive behavioral change and skill development in martial arts and beyond.

Specific episode titles further underscore these core themes. Episodes like "Hakeem Alexander Martial Arts: KappaGuerra" ¹⁰ and "KappaGuerra Chronicles: Martial Arts, Mindfulness, and Breaking Toxic Habits" ¹¹ provide concrete examples of the content and central focus of his work related to KappaGuerra, highlighting the blend of physical martial arts practice with mental and psychological elements.

The website dedicated to KappaGuerra ¹⁹ carries the significant subtitle "The Only War To Wage Is Within." This suggests a deeper philosophical dimension to the practice that extends beyond mere physical combat techniques, emphasizing the cultivation of inner strength, mental fortitude, and self-mastery as integral aspects of the discipline. This aligns with the integration of hypnosis and mindfulness, implying that KappaGuerra is not solely about external conflict but also about fostering inner peace and mental resilience.

KappaGuerra stands as a unique and thoughtfully constructed approach to martial arts. It distinguishes itself by deliberately incorporating principles of hypnosis and mindfulness alongside traditional physical techniques. This integration suggests a profound understanding that effective self-defense and personal growth require not only physical skill but also a high degree of mental focus, emotional control, and self-awareness. By blending the dynamic movements of Capoeira, the striking power of Boxing, and the grappling techniques of Judo, KappaGuerra creates a hybrid system. The addition of hypnosis and mindfulness further indicates a recognition that mental state and psychological preparedness are crucial elements for success in both combat situations and personal development.

The philosophical underpinnings of KappaGuerra, as encapsulated in the website's subtitle, reveal that the practice is conceived as more than just a system for external conflict resolution. It is also presented as a path towards personal growth, self-mastery, and the ongoing "inner war" against one's own limitations, negative habits, and mental obstacles. This is further supported by the podcast's exploration of habit formation and breaking toxic habits, suggesting that the principles of KappaGuerra are intended to facilitate broader personal transformation that extends beyond the physical realm of martial arts.

The consistent connection between KappaGuerra and HypnoAthletics across his various projects underscores a unifying philosophy in Hakeem Ali-Bocas Alexander's work. Mental training, self-awareness, and the cultivation of a resilient mindset are consistently presented as integral components of physical prowess and overall well-being. This suggests that his diverse ventures are not isolated pursuits but rather interconnected expressions of a core belief in the power of the mind to profoundly influence physical reality and personal experience.

7. The World Reading Club: A Journey Through Diverse Narratives and Speculative Themes

The World Reading Club, while bearing a name that might suggest a focus on traditional literary analysis, appears to primarily function as a platform for the discussion and exploration of diverse and often speculative narratives. The podcast under this banner features discussions

and explorations of topics such as Unidentified Flying Objects (UFOs), various space missions (both real and fictional), and a range of other speculative scenarios ³. This focus indicates that the podcast's scope extends beyond conventional literary discussions to encompass themes often associated with the paranormal and science fiction genres, directly addressing the "paranormal" and "aliens" keywords from the user's query.

Recent episodes of the World Reading Club podcast provide concrete examples of this thematic focus ²¹. These include discussions on "The Norfolk Enigma: UFOs, Gravity Anomalies, and a Naval Base Cover-Up?", "Uncut Insights: The Vega Gemini Mission - Raw Audio Logs," "Hakeem & Vega's Virginia Beach Nightmare: Original Recording," "Europa's Echo: A Mission to the Ice Moon," and "Decoding Divine Hormones: A Journey into Speculative Etymology." These titles clearly illustrate the podcast's inclination towards exploring unexplained phenomena, space exploration (both factual and imagined), and speculative narratives that often blend elements of science fiction, the paranormal, and even current events or historical mysteries.

The World Reading Club podcast is sponsored by The Blog Dealer ²¹, which may indicate a connection to Hakeem Ali-Bocas Alexander's online marketing or other business-related ventures. This sponsorship suggests a potential element of self-promotion or cross-promotion within his network of online activities.

His involvement in the "World Reading Club" podcast series is further highlighted by his IMDb profile ¹, which credits him as an actor, producer, and director for the series. This reinforces his active and multifaceted role in the creation and presentation of the podcast content.

Despite its name, the World Reading Club appears to deviate significantly from the traditional concept of a book club. Its primary focus seems to be on speculative narratives that often incorporate elements of science fiction and the paranormal. While the term "reading" is in the title, the content leans heavily towards engaging with imaginative and unexplained phenomena through audio discussions and potentially dramatizations, rather than solely focusing on the analysis of established literary works. This suggests a broader interpretation of "reading" that encompasses the consumption and exploration of diverse forms of storytelling, including those that delve into the realm of the unexplained.

The inclusion of topics such as UFOs and paranormal events aligns directly with the user's keywords and indicates an open-minded approach to exploring phenomena that are frequently considered to be outside the purview of mainstream scientific inquiry. This suggests a genuine curiosity about the boundaries of our current understanding of reality and a willingness to engage with subjects that often spark debate and speculation.

His roles as actor, producer, and director for the podcast point towards a highly involved and creative approach to presenting these speculative narratives. This suggests that he is not merely discussing existing material but is actively shaping and presenting these stories, potentially incorporating elements of audio drama, sound design, and performance to enhance the listener's experience and create a more immersive engagement with the content.

8. M.C. Narcissist: Musical Expressions and Thematic Resonance

The M.C. Narcissist podcast provides a window into the musical interests and creative

expressions of Hakeem Ali-Bocas Alexander. This podcast features heavy metal, acoustic grunge-blues, and electronic music, presented by Flor Elizabeth Carrasco and himself³. This directly addresses the "death metal" keyword from the user's query, as heavy metal serves as the parent genre to death metal. His involvement in this podcast reveals an appreciation for, and potentially participation in, music related to this genre, alongside other diverse musical tastes.

Episode descriptions and titles for the M.C. Narcissist podcast indicate that its content extends beyond purely musical showcases²³. It includes music reviews, personal commentary on social media, journalism, and current events, and even touches upon themes that could be interpreted as paranormal or related to conspiracy theories. This suggests that the podcast serves as a broader platform for his creative output and commentary, potentially resonating with the thematic interests explored in his other projects.

His musical endeavors appear to extend beyond the podcast itself, as his music is mentioned as being available on Apple Music under his name²³. This indicates that he is not only curating and discussing music but also actively creating and distributing his own musical works.

His involvement in heavy metal music, as featured on the M.C. Narcissist podcast, aligns with the user's interest in "death metal," suggesting an affinity for or participation in this intense musical genre. While the podcast also features other genres like acoustic grunge-blues and electronic music, the inclusion of heavy metal points to a diverse musical palette that encompasses heavier and potentially darker styles.

Thematic connections appear to exist between the M.C. Narcissist podcast and his other ventures. The potential exploration of paranormal or conspiracy-related themes in the music and commentary of this podcast echoes the focus on UFOs and unexplained phenomena in the World Reading Club and the exploration of demonology in Uniquilibrium. This suggests a consistent underlying interest in exploring unconventional or potentially transgressive subjects across his various creative outlets, regardless of the medium.

The recurring collaboration with Flor Elizabeth Carrasco across multiple projects, including the M.C. Narcissist podcast, the HypnoAthletics podcast (where she is credited as a producer), and the Uniquilibrium podcast (where she is listed as an editor), highlights a significant and enduring creative partnership. This suggests a shared vision and complementary skills that contribute to the development and execution of their diverse range of projects.

9. Engaging with the Scientific and Unexplained

Hakeem Ali-Bocas Alexander's diverse interests also encompass an engagement with both scientific concepts and phenomena that lie outside the current boundaries of scientific understanding. The Uniquilibrium website¹⁸ explicitly lists "Physics" and "Science" as key categories. This inclusion suggests an active interest in exploring the relationship between metaphysical concepts and the scientific understanding of the universe, directly addressing the "physics" keyword from the user's query.

The World Reading Club podcast's focus on UFOs and speculative scenarios²¹ directly aligns with the "aliens" and "paranormal" keywords provided by the user. This demonstrates his willingness to engage with topics that often reside at the intersection of scientific inquiry,

pseudoscience, and the unexplained.

Recent episodes of his podcasts ³ reveal a current interest in artificial intelligence (AI). These episodes discuss AI's role in content creation and its potential biases, directly addressing the "AI" keyword from the user's query. This indicates an awareness of and engagement with cutting-edge technology and its implications across various domains.

His doctoral thesis on ResearchGate, "ETERNAL ECHOES: METAPHYSICAL INQUIRY INTO THE FATE OF THE UNIVERSE" ⁴, explicitly aims to bridge cosmology, a scientific discipline, with metaphysical philosophies. This reinforces his apparent desire to connect scientific models of the universe with philosophical inquiry into fundamental questions of existence.

It is important to note a potential point of ambiguity. ResearchGate features a publication on dark matter research ⁶ attributed to individuals with similar names ("Ali-Bocas Alexander" and "Hakeem A.B. Alexander"). However, without further corroborating information, this should not be definitively attributed to the same Hakeem Ali-Bocas Alexander who is the subject of this report, given the significantly different area of focus compared to his other documented interests.

His engagement with "Physics" and "Science" within the context of Uniquilibrium suggests an intellectual endeavor to find a framework for understanding metaphysical phenomena through a scientific lens, or at the very least to acknowledge and explore the intricate relationship between these two distinct domains of knowledge. This could involve investigating concepts from modern physics, such as quantum entanglement or consciousness studies, that have been interpreted or applied in metaphysical contexts. Alternatively, it might reflect a philosophical approach that seeks to apply principles of scientific reasoning or critical analysis to the examination of metaphysical claims and theories.

The exploration of "aliens" and "paranormal" themes within the narrative structure of the World Reading Club indicates a curiosity about phenomena that currently challenge or lie outside the realm of conventional scientific explanations. While presented within a storytelling format, this engagement suggests a broader interest in the limits of our current scientific understanding and a willingness to consider alternative perspectives on reality. This could stem from a genuine personal interest in these often-debated topics, or it might serve as a vehicle for exploring philosophical questions about belief, evidence, and the very nature of reality itself through the medium of speculative storytelling.

His recent focus on "AI" in his podcasts demonstrates an awareness of and active engagement with a rapidly evolving technological landscape. This suggests a forward-thinking perspective and a desire to understand the potential impact of artificial intelligence on various facets of life, including his own areas of interest such as content creation, communication, and even the fundamental nature of consciousness, as hinted at in his podcast episodes that discuss AI bias and mind-related topics.

10. Authorial Ventures: From Freelancing to Set Dressing

Beyond his media and academic pursuits, Hakeem Ali-Bocas Alexander is also an author with a diverse range of published works. He is the author of "Digital Revenue Revolution: Strategies for

Beginner Freelance Marketers" ². This book reveals a practical, business-oriented dimension to his activities, indicating knowledge and experience in the field of freelance marketing and providing guidance for those seeking to enter this domain.

He is also the author of "The Set Dresser's Handbook: Tips and Tricks for Set Dressers" ²⁷. This publication suggests experience or knowledge within the film or television industry, potentially stemming from his roles as an actor, producer, and director. It indicates a practical understanding of the behind-the-scenes aspects of media production.

Furthermore, his authorial portfolio includes books on a variety of other topics: "Building Wealth with Private Money Lending in Real Estate," "Lucid Dreamers in UniquilibriuM," and "Decoding the Origins of Volac" ²⁷. These titles further demonstrate the breadth of his interests and expertise, spanning from the practicalities of finance and real estate to the more esoteric realms of lucid dreaming and demonology, directly aligning with the "UniquilibriuM" theme and showcasing a wide-ranging knowledge base.

His authorship spans an impressively diverse array of subjects, ranging from highly practical guides on navigating the world of freelance marketing and the intricacies of set dressing in the film industry to more unconventional and esoteric topics such as the art of lucid dreaming and the origins of a specific demon. This variety strongly reinforces his self-described persona as a "Hak of all trades" and underscores the breadth of his knowledge and experience across seemingly unrelated fields.

The publication of practical handbooks alongside more metaphysically oriented explorations highlights his capacity to bridge the gap between the tangible and the intangible. This suggests a balanced approach to knowledge and experience, where abstract philosophical concepts are complemented by practical skills and insights into real-world industries and activities.

11. Conclusion: Synthesizing a Holistic View of Hakeem Ali-Bocas Alexander

The analysis of the available research material reveals Hakeem Ali-Bocas Alexander as a remarkably multi-faceted individual whose diverse pursuits are interconnected by a central theme of exploring the boundaries of human potential and understanding the nature of reality. His work spans media production, academic inquiry, practical knowledge dissemination, and explorations of the metaphysical and unexplained.

He actively engages with the public through various media, demonstrating his skills as an actor, producer, and director across podcasts and even mainstream music videos. This media presence serves as a platform for disseminating his ideas and engaging with a broad audience on a wide range of topics.

His academic foundation in clinical hypnosis and metaphysical sciences provides a rigorous framework for his explorations into the nature of consciousness, the universe, and related phenomena. His doctoral research and publications on ResearchGate establish him as a contributor to scholarly discourse in metaphysics.

The concepts of HypnoAthletics and UniquilibriuM represent his unique synthesis of mental and physical disciplines, as well as his deep dive into metaphysical inquiry. Through these platforms, he explores the power of the mind, altered states of consciousness, and the potential for

personal growth and understanding beyond conventional boundaries.

His martial art of KappaGuerra further exemplifies his integrated approach, blending physical techniques with mental conditioning and philosophical principles, emphasizing inner strength and self-mastery.

His podcasting endeavors, including the World Reading Club and M.C. Narcissist, showcase his diverse interests, ranging from speculative narratives and the paranormal to music and commentary on various topics. These platforms allow him to engage with specific themes in a more informal and accessible manner.

His engagement with scientific concepts like physics and artificial intelligence, alongside his exploration of the paranormal and unexplained, reveals a curious and open-minded approach to understanding the complexities of the universe and our place within it.

Finally, his diverse authorship, covering topics from freelance marketing and set dressing to lucid dreaming and demonology, reinforces his image as a "Hak of all trades" with a wide range of knowledge and experiences.

In conclusion, Hakeem Ali-Bocas Alexander embodies the persona of a multi-dimensional creator who seamlessly blends seemingly disparate fields of interest. His unique contributions and perspectives arise from this diverse engagement with the world, offering a rich tapestry of ideas and explorations for those interested in the intersection of the mind, body, spirit, and the mysteries of existence. For individuals intrigued by specific areas such as hypnosis, martial arts, or metaphysical inquiry, further exploration of his podcasts, publications, and online platforms would likely yield deeper insights into his particular perspectives and methodologies.

Works cited

1. Hakeem Ali-Bocas Alexander - IMDb, accessed March 17, 2025, <https://www.imdb.com/name/nm15956643/>
2. Digital Revenue Revolution: Strategies for Beginner Freelance Marketers: Alexander, Hakeem Ali-Bocas: 9798322049104 - Amazon.com, accessed March 17, 2025, <https://www.amazon.com/Digital-Revenue-Revolution-Strategies-Freelance/dp/B0D12ZX5BW>
3. Hakeem Ali-Bocas Alexander's Podcast Credits & Interviews ..., accessed March 17, 2025, <https://www.podchaser.com/creators/hakeem-ali-bocas-alexander-107aWcJc9f>
4. (PDF) ETERNAL ECHOES: METAPHYSICAL INQUIRY INTO THE ..., accessed March 17, 2025, https://www.researchgate.net/publication/384676756_ETERNAL_ECHOES_METAPHYSICAL_INQUIRY_INTO_THE_FATE_OF_THE_UNIVERSE
5. GeoPhysical & Hypnotic Influence on Observed Astrological Correlations - Spreaker, accessed March 17, 2025, <https://www.spreaker.com/episode/geophysical-hypnotic-influence-on-observed-astrological-correlations--51222128>
6. 320799 PDFs | Review articles in DARK MATTER - ResearchGate, accessed March 17, 2025, <https://www.researchgate.net/topic/Dark-Matter/publications/14>
7. HypnoAthletics | KappaGuerra podcast - Free on The Podcast App, accessed March 17, 2025, <https://podcast.app/hypnoathletics-kappaguerra-p2159265?page=4>

8. (PDF) GEOPHYSICS, HYPNOSIS & ASTROLOGY 1 Possible ..., accessed March 17, 2025, https://www.researchgate.net/publication/358021520_GEOPHYSICS_HYPNOSIS_ASTROLOGY_1_Possible_GeoPhysical_and_Hypnotic_Influences_on_Observed_Correlations_in_Astrology
9. HypnoAthletics : Exercising Your Mind - Spreaker, accessed March 17, 2025, <https://www.spreaker.com/podcast/hypnoathletics-exercising-your-mind--1320174>
10. HypnoAthletics : Exercising Your Mind - Podcast App, accessed March 17, 2025, <https://podcast.app/hypnoathletics-exercising-your-mind-p2159265>
11. HypnoAthletics | KappaGuerra Podcast | Free Listening on Podbean App, accessed March 17, 2025, <https://www.podbean.com/podcast-detail/itk8z-1e9112/HypnoAthletics-%7C-KappaGuerra-Podcast>
12. HypnoAthletics | KappaGuerra (Podcast) - Podchaser, accessed March 17, 2025, <https://www.podchaser.com/podcasts/hypnoathletics-kappaguerra-1628091>
13. Hakeem Alexander Martial Arts: KappaGuerra by HypnoAthletics - Podchaser, accessed March 17, 2025, <https://www.podchaser.com/podcasts/hypnoathletics-exercising-your-1628091/episodes/hakeem-alexander-martial-arts-236556885>
14. Exercises for Your Brain | UConn Center on Aging, accessed March 17, 2025, <https://health.uconn.edu/aging/exercises-for-your-brain/>
15. Brain-boosting activities to exercise your mind - Kaiser Permanente, accessed March 17, 2025, <https://healthy.kaiserpermanente.org/colorado/health-wellness/healtharticle.exercise-your-mind>
16. Uniquilibrium (Trailer) - Spreaker, accessed March 17, 2025, <https://www.spreaker.com/episode/uniquilibrium-trailer--45265810>
17. Uniquilibrium - Saavn - JioSaavn - Listen to New & Old Indian & English Songs. Anywhere, Anytime., accessed March 17, 2025, <https://www.jiosaavn.com/shows/uniquilibrium/1/jELICO4IMPI>
18. Uniquilibrium – Hakeem Alexander Kommunikations [H[A]K], accessed March 17, 2025, <https://uniquilibrium.com/>
19. KappaGuerra Martial Arts: The Only War To Wage Is WithIn, accessed March 17, 2025, <https://kappaguerra.com/>
20. KappaGuerra Chronicles: Martial Arts, Mindfulness, and Breaking Toxic Habits - Spreaker, accessed March 17, 2025, <https://www.spreaker.com/episode/kappaguerra-chronicles-martial-arts-mindfulness-and-breaking-toxic-habits--64805577>
21. World Reading Club [W[R]C] - Spreaker, accessed March 17, 2025, <https://www.spreaker.com/podcast/world-reading-club-w-r-c--5667160>
22. World Reading Club [W[R]C] – Celebrate the Joy of Learning by ..., accessed March 17, 2025, <https://worldreadingclub.com/>
23. M.C. Narcissist - Spreaker, accessed March 17, 2025, <https://www.spreaker.com/podcast/m-c-narcissist--1322546>
24. M.C. Narcissist (Podcast) | Podchaser, accessed March 17, 2025, <https://www.podchaser.com/podcasts/mc-narcissist-1628098>
25. Écoute le podcast Hakeem Ali-Bocas Alexander | Deezer, accessed March 17, 2025, <https://www.deezer.com/fr/show/3335482>
26. Hakeem Ali-Bocas Alexander - Spreaker, accessed March 17, 2025, <https://www.spreaker.com/podcast/hakeem-ali-bocas-alexander--5379977>

27. Hakeem Ali-Bocas Alexander (Author of The Set Dresser's Handbook) - Goodreads, accessed March 17, 2025,
https://www.goodreads.com/author/show/49279773.Hakeem_Ali_Bocas_Alexander