

Human Spectrum



Mentorship Overview

Consistency & Simplicity

Short — Mid — Long term goals are highlighted from the root of your individuality.

We explore what can stay and what needs to let go of in order to achieve a seamless transition from past patterns to present forward thinking patterns.

Working together will initially be hard, as any 'first' — but through osmosis and a consistent high quality practice, you will find a strong footing in the present, a reverence for the past, excitement for the future.

We break the big into small, actionable steps, anchored in compounding decisions.

The journey begins in complexity, bringing everything together — uncovering self-destructive behaviour, beliefs, health issues, relationships that are causing entropy — we replace all that noise with tranquil natural cadences in syntropy.

From complexity to simplicity. Life is phenomenally gifted and I believe we all ought to uncover its magic.

Inclusion

Human Spectrum Introduction

Natural laws of the human experience and how to find footing in an ever-emerging environment.

12 Body Systems

The 12 body systems of the human body and how to stay energised, vital, healthy, happy and flexible.

History of Human Race

The history lesson no-one got but everyone needs. Know history to prevent repeating the past.

Biology of Human Race

Simple metaphysical overview of mitochondria and cellular health. How to avoid common diseases and symptoms and stay pain & free of suffer.

Stages of Human Ego Development

Learning EDT increases self-awareness, emotional intelligence, improved relationships, conflict resolution, personal growth and anticipation, leadership and influence.

Exercises for Resonance of Life

Cultivates physical, emotional and mental capacity — in 5 minutes per day.

Global Forecasting and Alignment

Overview from all recent BIG4 market reports and global movements, finance, food, health, etc. Stay ahead of the SDG's and be calm in your short — long term decision making. Prevent being left with no choice. Expect the best, prepare for the worst.

The Dark Triad and Anticipation

Brief overview of the dark triad (narcissism, manipulation and psychopathy) and how to observe it and distance yourself from it before falling victim to malicious intent. If you are not aware, you are susceptible to being a victim.

Polarity

Understanding life's polarity provides a broader perspective and helps you grow emotionally. It encourages gratitude, empathy, and adaptability. By seeing both sides of life, you increase resilience and navigate challenges with wisdom and balance.

Personal Music Score

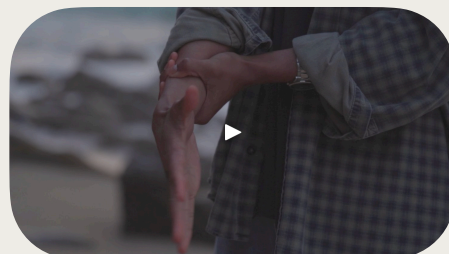
A personal music score in piano, made for you — based on how I receive your energy, and what brings you the most auditory calm. You can listen to it anytime you need a gentle reminder of life's gift and staying in syntropy.

+ 4 Personally Recorded Videos for Daily Practice or When Needed.



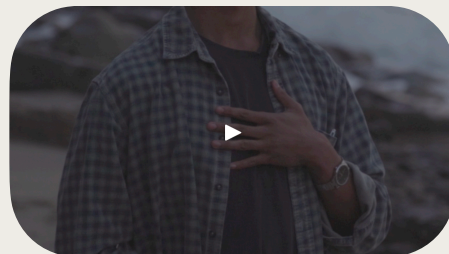
1 — Physical Equilibrium

Nurture resonance & harmony



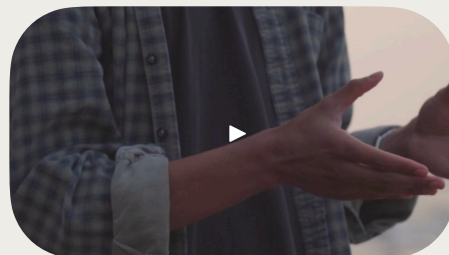
2 — Fascia Release

Release physical tension — increase endorphins levels & relieve stress



3 — Breathing Exercise

Century year old breathing patterns that give more energy than they take to complete



4 — QiGong

Physical movement that cultivates energy threshold, stress management and inner balance.

— 2 Video Calls or 1 Full Day In Person per Month

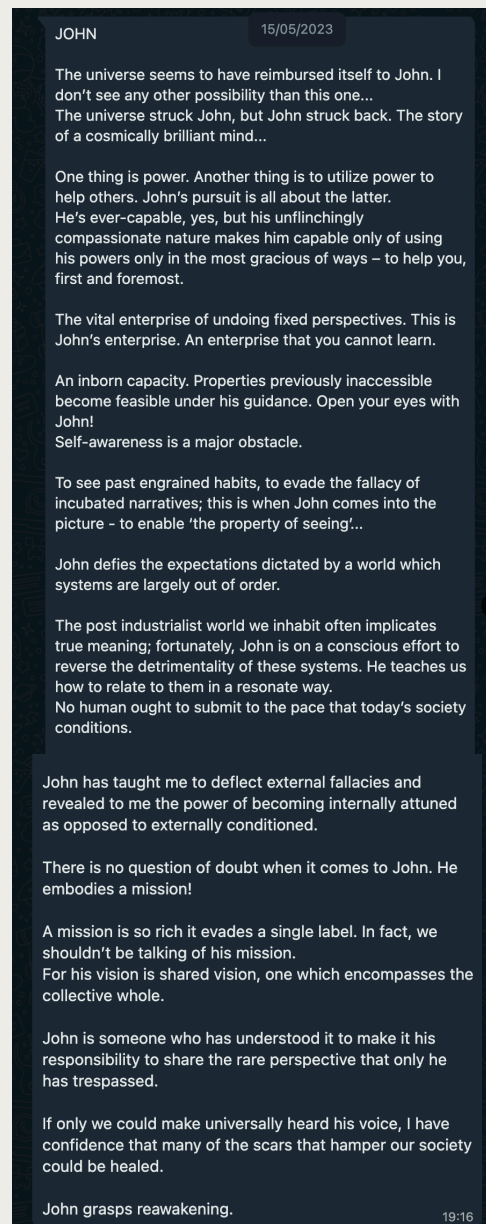
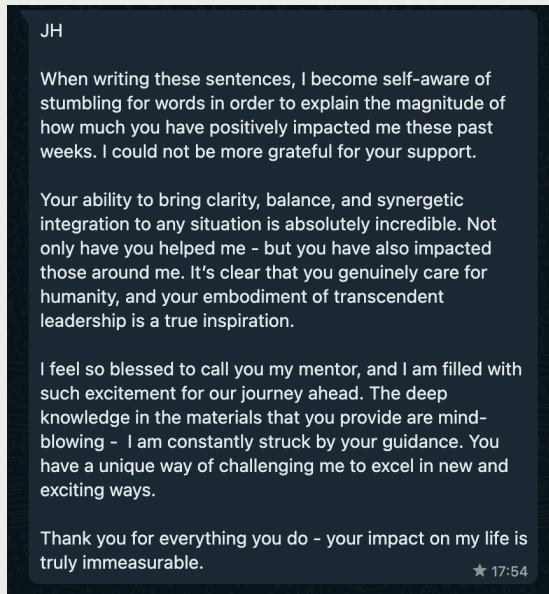
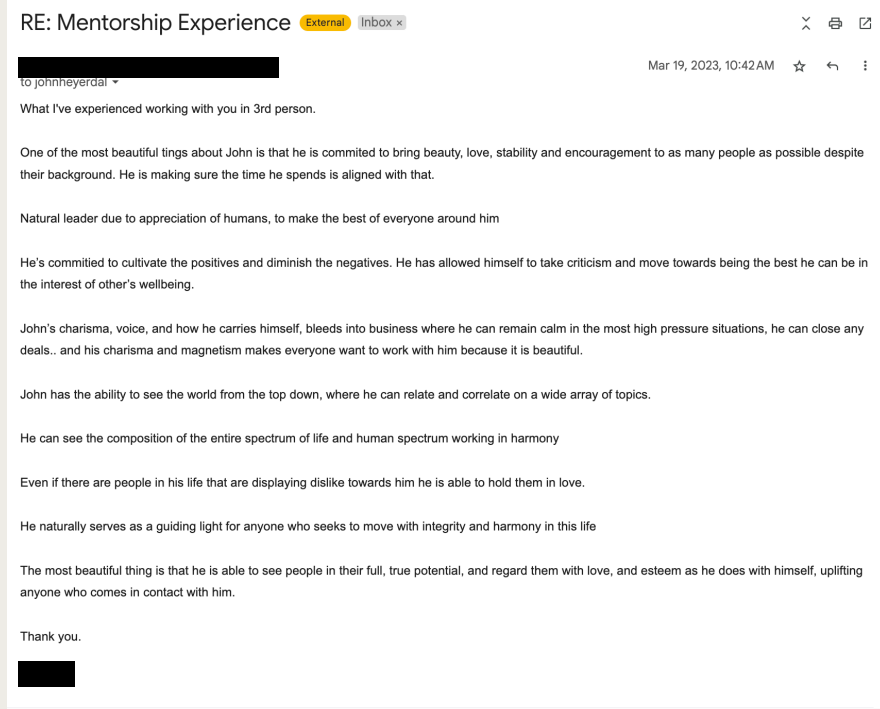
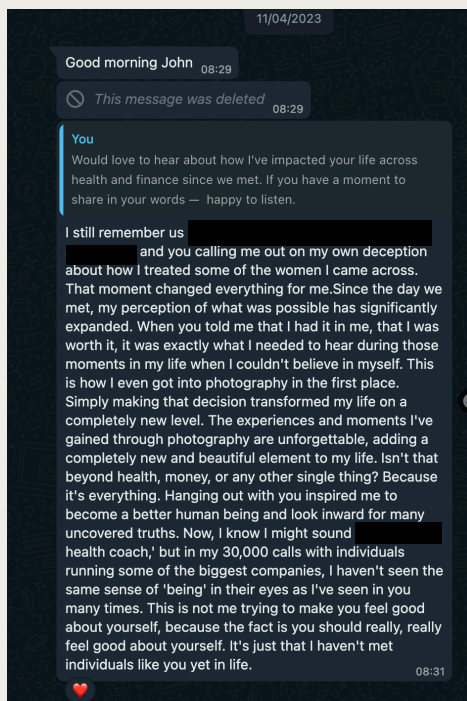
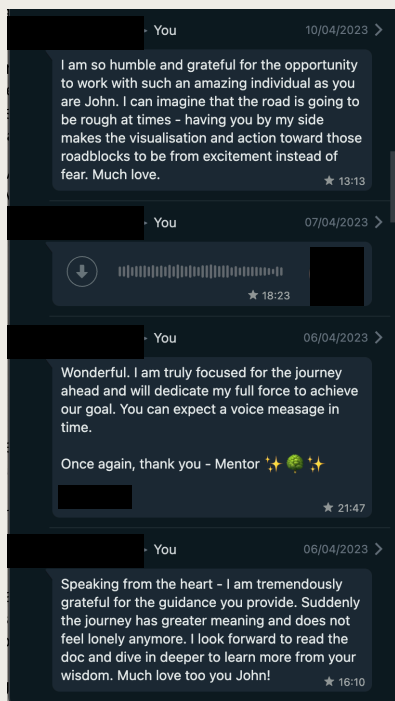
— Organisation workshop (if applicable)

— Daily Access via WhatsApp

— Learn to take care of body & mind for rest of life

Testimonials

“John demonstrates a rare ability to recognise untapped potential within individuals and facilitates their journey towards unlocking it. This unique talent, coupled with a profound understanding of human nature and life, exceptional teaching skills, makes John as a highly effective mentor. When I first met with John, I was immediately impressed by his energetic and wise presence, which conveyed the depth of experience of someone who has lived multiple lifetimes in a single lifetime. Through John's mentorship and instruction of the "Human Spectrum," I have achieved a higher level of self-awareness and acquired the necessary tools to maintain balance and make informed decisions in life. It is without question that John's impact on my life has been profound and meaningful.”



Get Started

I work with a maximum of 8 clients at any given time.

To apply, get in touch with me at
@johnheyerdal or +34 644 893 286

I work with responsible, autonomous individuals with lofty ambitions and sensitive hearts.

Industries I've helped individuals in: health, tech, private equity, architecture, film, creative.

You can read more about my background [here](#)

Let's work together
— John Heyerdal

“You have capacities within you that are phenomenal, if you only knew how to release them.”