# 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.

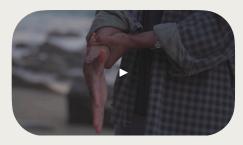
- 2 Video Calls or 1 Full Day In Person per Month
- Organisation workshop (if applicable)
- Daily Access via WhatsApp
- Learn to take care of body & mind for rest of life

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



1 — Physical Equilibrium

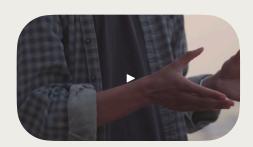
Nurture resonance & harmony



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

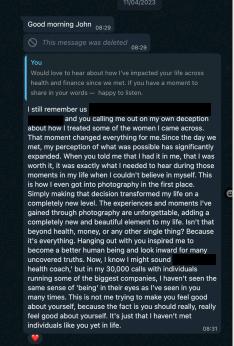


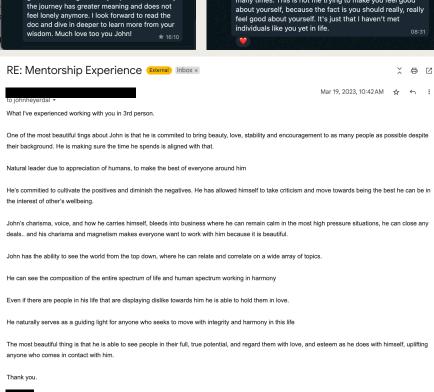
4 — QiGong
Physical movement that cultivates energy
threshold, stress management and inner
balance.

# **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."







#### JΗ

When writing these sentences, I become self-aware of stumbling for words in order to explain the magnitude of how much you have positively impacted me these past weeks. I could not be more grateful for your support.

Your ability to bring clarity, balance, and synergetic integration to any situation is absolutely incredible. Not only have you helped me - but you have also impacted those around me. It's clear that you genuinely care for humanity, and your embodiment of transcendent leadership is a true inspiration.

I feel so blessed to call you my mentor, and I am filled with such excitement for our journey ahead. The deep knowledge in the materials that you provide are mindblowing - I am constantly struck by your guidance. You have a unique way of challenging me to excel in new and exciting ways.

Thank you for everything you do – your impact on my life is truly immeasurable.  $\frac{1}{2}$  17:54

#### The universe seems to have reimbursed itself to John. I don't see any other possibility than this one.. The universe struck John, but John struck back. The story of a cosmically brilliant mind... One thing is power. Another thing is to utilize power to help others. John's pursuit is all about the latter. He's ever-capable, yes, but his unflinchingly compassionate nature makes him capable only of using his powers only in the most gracious of ways - to help you, first and foremost. The vital enterprise of undoing fixed perspectives. This is John's enterprise. An enterprise that you cannot learn. An inborn capacity. Properties previously inaccessible become feasible under his guidance. Open your eyes with Self-awareness is a major obstacle. To see past engrained habits, to evade the fallacy of incubated narratives; this is when John comes into the picture - to enable 'the property of seeing'... John defies the expectations dictated by a world which systems are largely out of order. The post industrialist world we inhabit often implicates true meaning; fortunately, John is on a conscious effort to reverse the detrimentality of these systems. He teaches us how to relate to them in a resonate way. No human ought to submit to the pace that today's society conditions. John has taught me to deflect external fallacies and revealed to me the power of becoming internally attuned as opposed to externally conditioned. There is no question of doubt when it comes to John. He embodies a mission! A mission is so rich it evades a single label. In fact, we shouldn't be talking of his mission. For his vision is shared vision, one which encompasses the collective whole. John is someone who has understood it to make it his responsibility to share the rare perspective that only he

If only we could make universally heard his voice, I have confidence that many of the scars that hamper our society

has trespassed.

John grasps reawakening.

# **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."