REKALIBRIUM

Seven Essential Steps for Apprentice Truthseekers

The WiseGuys

Jyri Manninen

Jaan-Erik Arnia

100% Human Generated Words of Wisdom

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by The WiseGuys
Jyri Manninen and Jaan-Erik Arnia

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Your self-guided, personal development program to awaken from the anesthesia of ignorance, and to move you along the path towards your righteous destiny, as you discover and experience the deepest fulfillment and eternally overflowing joy that is the true nature of your heart and soul.

The WiseGuys
Jyri Manninen & Jaan-Erik Arnia

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All initial enquiries are to be directed to the authors, or their appointed representative here. Thank you for respecting the hard work of the authors.

PERSONAL OR GROUP COACHING

For further enquiries about personal and group coaching, workshops etc, with one or both of the **WiseGuys**, in the first instance, please send your initial enquiry **here**. We'll then get in touch with you according to your preferred method of contact to discuss your needs further.

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Waves of love surging,
high resolution tremors.
ReKalibrium.

CONTENTS

Who is this book for?

Introduction

1 Target Practice 1

2 Dare to Dream 15

3 The Wheel of Life 32

4 Spring Clean 42

5 Say SWOT? 61

6 Get SMART! 71

7 Under Pressure 88

Conclusion

About the Authors

WHO IS THIS BOOK FOR?

REKALIBRIUM has been created by the WiseGuys to show you how, through a self-guided, personal development program, you can increase your levels of self-awareness, wisdom and, ultimately, happiness and satisfaction with your life. To achieve these outcomes, with our support, you'll guide yourself through a series of **seven (7) essential self-coaching steps**, which involve an examination of a range of key personal life attitudes and behaviors. In each of the steps, you'll work on various types of simple and practical exercises aimed at producing positive and tangible, real-life results. Further, each step, and the exercises within, will form a stronger foundation, upon which each subsequent step will then build. This incremental approach fosters not only your increasing confidence at successfully completing the provided tasks and challenges, but also begin to deepen your understanding about a variety of concepts, such as how to navigate change, transformation, and personal growth in a way that aligns with your individual needs.

While this program has been primarily designed for you to work through on your own as a personal self-development tool, other possible ways that it can be applied include the following:

- working through it together with family, friends or work colleagues
- to help you to make better connections with others, both social and professional
- to act as a supplemental guide when working with your own personal life coach or therapist
- when participating in an organized self-development course or group, which uses this e-guide as its reference material or support manual

Whatever approach you decide to follow, the key prerequisite for success is that you possess **a genuine and keen desire for the exploration of your true nature**. Via this process of enhanced personal examination, you will begin to discovery and understand how to optimally exist in today's chaotic and stressful world, all with an ever-growing sense of calm and joy. By completing this self-driven, self-development program, you'll have earned for yourself a great running start along the path to the fulfillment of your own personal destiny.

So, are you ready to ReKalibrate yourself?



A future WiseGuy.

"There's a difference between knowing the path, and walking the path."

Morpheus (the Matrix)

INTRODUCTION

Is it a rhetorical question to ask whether you want to be more successful in life? Of course success means different things to different people, but what if, instead, the question was rephrased more simply by asking whether a person wants to be happier and more satisfied? Would the answer ever be no?

ReKalibrium has been created to help you to help yourself. It will guide you in the discovery of what you want to achieve, and then direct you down the right path to reach the goals that you set for yourself. These outcomes will be achieved by presenting you with a series of seven (7) essential steps, which includes a range of self-administered practical exercises to increase your understanding of the concepts covered, as well as your ability to implement these concepts in your daily life.

The program also includes various easy-to-use, but very effective, coaching tools for improving your general self-awareness. Via that process, you'll gain a much clearer understanding of your true needs and desires, and how they work together in determining the direction your life will take. Just note that these needs and desires can be and usually are, quite different from more superficial wants, impulses and reactions. Further, knowing what to do, and how to do it, are two different things. Hence, the determination of the goals that you wish to achieve is of paramount importance. This program supports you in taking appropriate and focused action to realize them.

Each of the seven (7) steps has been designed to take approximately one week to complete. However, depending on your needs, you may be able to complete a step in as little as a few days, or then over a period of several weeks or even a month.

However, while you should aim to work on the exercises daily, it's recommended that you only spend about 20-30 minutes at a time working on the exercises. While that amount of time may not seem like a lot, being more focused during those brief sessions is more likely to leave you with the energy to process your new thoughts throughout the day. It's also not uncommon to continue that processing activity at night time in your sleep!

While **ReKalibrium** has been designed to be completed on your own as a self-coaching program for the development of your inner process of personal growth, it will also work well as support material while working under the guidance of a professional coach. However, the way that you decide to go about completing this program is totally up to you! It all depends on your current situation and needs, as well as how much time, energy and focus you're willing, and able, to devote to making yourself happier, more satisfied and successful.

It might even be more important to ask whether you're willing to actually allow yourself to become happier, more satisfied and successful, because the process of change can leave you feeling quite exposed. In fact, it can be downright scary! However, the simple truth is that you have to allow yourself to become more vulnerable in order to truly find out what needs to be worked on and/or released and left behind.

We know all too well that the process of change often isn't easy. Paraphrasing Nietzsche, *"Before truth can liberate us from our ignorance, it must first shatter our illusions, often very painfully so."* That deeper *look in the mirror* requires true courage, but we also know that it's the only way … and we'll be here ready to support you if you need us. All you have to do is ask. In the end, at the heart of all efforts at self-development, is the willingness to take personal responsibility for how you wish to move yourself forward. This is the core pre-requisite for building greater and deeper value and meaning in

your everyday life, as well as in the pursuit of your dream goals! This is true even when working with a coach. As the old adage goes, *no one can walk in your shoes!*

Now, before getting started with **Step 1**, it's important to first become familiar with a few key things about coaching, personal growth and development. Even though you can work through this program on your own, it's still important to be aware of how coaching actually works, especially should you decide to work with a professional coach at some point in the future. One of the hardest things for anyone to do is to coach themselves. **Even coaches need coaches!**

WHAT IS COACHING?

Coaching includes the use of a range of methods, strategies and tools to help people enhance their lives further by improving their self-awareness, as well as to develop their ability to focus and take appropriate action in the achievement of their goals. When working with a professional coach, the relationship is based on an equal partnership between the client and coach whereby they work together to achieve the client's goals. However, while the coach's role is to facilitate the change, it's always the client who remains fully accountable for their own thoughts, emotions and actions. The same applies when you take the role of a coach in relation to yourself, when you start seeing the potential, possibilities and opportunities in yourself from a *coaching* or *growth* perspective.

What are the responsibilities of a coach?

- to help the client attain a clearer awareness of their life circumstances and goals
- to provide the necessary structures, tools, support and motivation that the client needs to achieve their desired results more quickly. This includes the setting of very specific and personalized **SMART** goals (more about this in **Step 6**)
- to ask the client to give more of themselves than they would have been able to give on their own

How does the above relate to you when coaching yourself and, as a part of the process, making room for self-growth and self-leadership?

- to help yourself to become incrementally more conscious of what genuinely motivates you at a deeper level, the things that give your life a deeper purpose or meaning
- to foster compassion and sympathy for yourself as you go deeper into what your genuine needs, wants and desires are, as well as how to differentiate them
- discern, with calmness and decisiveness, how you can build the necessary structures for your life, and to understand the tools that are required to do so
- to use your excellence to further yourself and live by keeping in mind the saying: *"If I want something that I've never had, I have to do something that I've never done."*

HOW IS COACHING DIFFERENT FROM COUNSELING, THERAPY AND CONSULTING?

Coaching is not counseling or therapy, both of which tend to work with the client's past where there's a more historical focus on dealing with issues. Coaching also isn't consulting, which generally involves providing so-called *expert* advice and suggestions for the client to implement.

Coaching, as a developmental approach for the client, as well as a self-developmental approach to oneself, is more about having a focused and results-oriented mindset or attitude towards taking effective action in the achievement of positive change. Coaching focuses primarily on the present, and also the future, rather than on the past. The coach and client work together as equals; firstly, to determine the outcomes that the client truly desires, and then on creating meaningful and emotionally satisfying strategies and action plans on how to best go about achieving them.

When using the self-coaching approach, you are the client. Therefore, the relationship between you and yourself, and the developmental mindset or attitudes you possess towards reaching your goals in life, are of the utmost importance. It is *precisely* this relationship, which determines many of the outcomes in self-coaching. When you yourself grow - in an effort to find a compassionate, genuinely loving, respectful and uplifting way to see yourself - whatever your life situation is, or whatever goals you desire to achieve, you'll have reached the type of relationship that a professional coach would aim to build with their clients. As it happens, this type of a relationship is what many of us would have wanted and needed from the people in our own lives. This is the kind of support that we all would have greatly benefited from

when we were looking for answers, trying to solve our life issues, or wanting to be seen as we truly are.

An aware, integrated, loving and life-appreciative coach can give you this experience, but only if you're open to it. Vice versa, this level of quality in a relationship is something that we can build within ourselves, and this is the whole point of coaching. To begin with, it is, after all, your experience of yourself, and you'll recognize it clearly when it happens - with or without a coach. With these possibilities, and an open heart and mind, we welcome you to take this journey within.

Thank you for deciding to undertake the **ReKalibrium** self-guided, personal development program. Now let's get the ball rolling with **Step 1** by doing some initial ***Target Practice!*** We wish you all the very the best of good fortune in your journey of self-discovery and development.

Be blessed,
the **WiseGuys**

1. TARGET PRACTICE



‘En el fin del Mundo’. | Faro de Fisterra, Galicia, Spain

"If a man knows not
to which port he sails,
no wind is favorable."

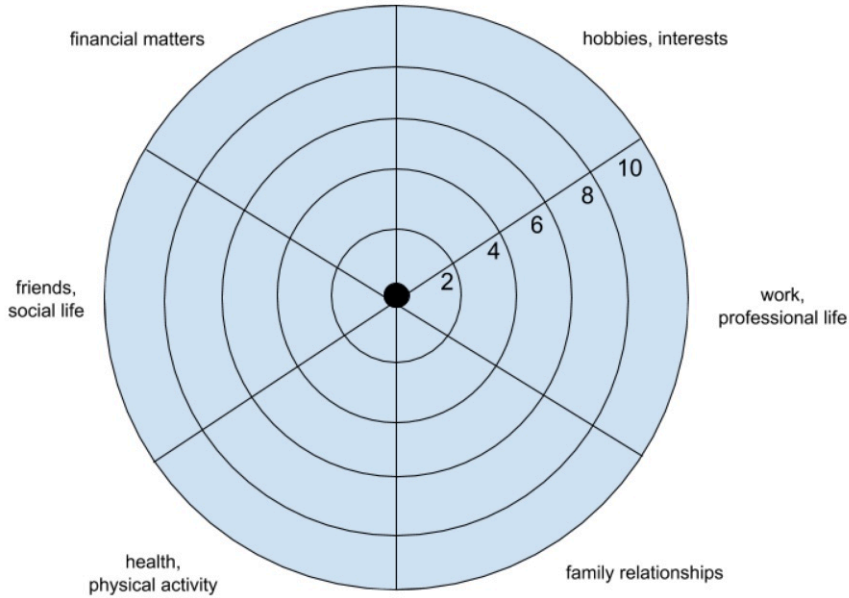
Lucius Annaeus Seneca

STEP 1 | TARGET PRACTICE

The aim of this very first exercise is to rate the level of your satisfaction in six (6) common and key areas of your life.

PART 1:

Give a score (out of ten) for each area by placing a dot at the appropriate point along the line extending outwards from the centre (a score of zero) to the edge of the circle (a score of ten). When you've done that for all the areas, connect the dots with straight lines to form an enclosed area or shape (see small example picture). By doing this, you'll be able to more clearly visualize the relative strength of the main areas, particularly the strongest and weakest. This will provide you with some initial clues as to the areas of your life that you should begin to focus on improving.



As an additional measure of your overall satisfaction, add all the six (6) scores together to obtain a total out of 60. From that you can then calculate an average percentage score over all the areas. For example, a total of 39/60 would give you an overall satisfaction score of approximately 65%.

My overall score is _____ / 60, which is _____ %

Note: While there's no set minimum score for the determination of sufficient levels of satisfaction or happiness - and of course a perfect score is hardly ever likely to be achieved - an overall average score of at least 70% (or 42/60) over all categories can be considered as being at a generally satisfactory or good level. However, even an overall score as high as 80% can still include individual area scores that are below the 70% mark, and so they would definitely still need your attention!

PART 2:

Now that you've scored the main key areas of your life using the ***Target Practice*** exercise, it's time to start getting into a more specific analysis of both the weakest and strongest ones. Write down your thoughts about them below.

MY WEAKEST AREA: _____

- Why is it the weakest?

- What do I definitely need to improve upon in this area to become sufficiently satisfied?

MY STRONGEST AREA: _____

- Why is it the strongest?

- What would I still like to achieve or improve upon in this area?

THINK ABOUT THIS!

The point of the above initial exercise was not to try and achieve a perfect score, nor is that the goal of any of the other exercises in this program, which are to follow. Rather, just aim at being more mindful of the stage that you're at, right in this very moment, and where you want to go. Focus on using the information that you've gained as a tool for clearer navigation in your life. While it is certainly healthy and productive to strive for improvement, having a focus where the core aim is to achieve a perfect score is a sure fire way to remain dissatisfied and stressed.

To some individuals, and in certain professional team cultures where there is a focus on relentlessly and constantly working to achieve better results, a mindset of perfection may be a (temporarily) necessary one to have in order to remain competitive. However, in regards to your own personal well-being, there's no one to compete against, except yourself; and should you still retain the drive to keep fighting against yourself, you'll always keep losing or, at best, not winning as much as you should. Holding on to a mindset where only perfection is good enough will end up eating you alive from the inside. As a consequence, when working on your own self-development with the above attitude, it will surely become a source of mental and emotional distress and dis-ease, which will eventually even manifest as actual physical disease.

While the feeling of dissatisfaction is certainly important to be aware of, you should use the energy from that sensation to find ways, such as with the tools provided here in this program, to become more whole, more complete. This is more about awakening your own inner energies, and improving your sense of awareness about what is truly important and meaningful in your life. So, rather than aiming for some theoretical level of perfect or peak score in any of the exercises in this book, just strive to

gradually become more aware of, and attuned to, your needs and desires.

The core aim of all the exercises in this program are to awaken you to a realization of what you hold deep within yourself. As a consequence, you'll more clearly recognize those same elements in your daily life. While you may be carrying experiences and feelings of imperfection, discomfort and discord, even shame, from your past, we ask you to first just acknowledge their existence and the effect that they have had on your life. Then, as you begin to walk along your new path of your personal wisdom - and allow yourself to find all the necessary and meaningful reasons for why taking this journey is an absolute necessity to ensure your long term well-being - you'll be able to finally drop all that heavy baggage of the past that's unnecessarily weighing you down. You just won't be needing it anymore! All you'll need to do going forward, to ensure that the ground underneath you remains as solid as possible, is to turn your attention to constantly working on the clarity of your vision. Then, both your heart and mind will remain open to the limitless possibilities, with your actions being guided by your natural interests and own sources of inspiration.

To leave the negatives of the past behind, the bad habits that do not serve you, all you actually have to do is turn your back on them, and to simply begin looking forward to the new possibilities, all the positive things that lay ahead of you. Just as charged batteries have negative and positive poles, we have our pasts and our futures; and just like those oppositely charged poles create, through their relative potentiality, a flow of electrical current, each one of us possesses our very own life force. When you realize that, then you can take the very first step, which is to make sure that the current is flowing in the right direction. Then, once your direction is clear, the never-ending aim is to consistently keep strengthening your life force, in order to increase your personal power to manifest the life you desire.

This seven (7) step, self-guided, personal development program will facilitate the awakening of your spiritual vision and the discovery of your immense personal power. It is then, with this enhanced existential awareness and life force, that you'll be able to fully understand the meaning of all the thoughts and emotions associated with your past behaviors. For example, the purpose of having felt guilt or shame for your past actions is not to cast blame, nor to sentence you to an emotional prison of the mind. Any negative feelings and emotions that you have experienced, just as any positive ones, are only designed to act as clues about whether your behaviors line up with the needle of your moral compass. Then, when you're aware of all that information - and that's all it is, just information for you to use - you can consciously make the decision to adjust the dial on your compass to ensure that you're heading in the right direction. That, in essence, is what is meant by the idea of the integration of the dark and the light, of the negative and positive, of ***dis-ease*** and ease, of sadness and happiness, of dissatisfaction and fulfillment.

You may have heard about a similar concept, the integration of the shadow, which refers to the original work of Carl Jung. We wished to just make it clear here that the word shadow, should not be viewed as a synonym for dark, as shadows do not contain only the negative, such as things we'd want to disown or reject. The shadow also contains beneficial gifts, as well as traits that we've not been able to express before, either properly or at all. The shadow represents a psychological, even spiritual, space, that which lies behind the scenes, so to speak, in our subconscious. Therein exist forces that can coerce us into performing actions that can be inspirational and uplifting, but also deleterious to our wellbeing. By gaining a conscious awareness of that which lies below the surface, we can nurture that which is good, and learn to harness, understand and accept that which is not. This is, in a simplified form, what is meant by integration of the shadow.

With a deeper integration of our emotions, we're much better able to balance our lives. This is the work that you'll need to do to become more psychologically whole and complete. As a consequence, you'll learn to unify your newfound and healthier perspectives with the outside world, being better able to naturally act with wisdom-guided understanding and appreciation in all aspects of your life. This is the fundamental change by which it becomes natural and instinctive to attract the good, such as the discovery of the once hidden gems that will further reveal your character and true nature, as you move into the future. In each moment, as you learn to accept and then integrate the negative aspects of your past, including beliefs that no longer serve you, unwanted emotions will be left further and further behind, forgiven, but not forgotten, as they will forever be a necessary part of your own personal journey, the one that has has successfully brought you to this very place and time. Just consider, as Einstein stated, space and time are relative; and so it is with us. All we have at any moment, is the moment that we're in right now. How we experience that moment, and how it comes to potentially affect our future, is where all our attention needs to be directed. As you work through all the exercises in this book, especially the ones on decluttering, which is all about willingly letting go of unwanted and unhelpful things and behaviors, you'll become increasingly more motivated to progress towards your goals; and you'll do so with every increasing degrees of awareness, meaning and purpose, as they exist from every moment of your life to the next.

The purpose of learning to feel more whole right now, and with each additional step you take on your new journey, is to allow the release of the joy that you earn from your new, wisdom-guided efforts. This will not only make you feel great just because, but, at the same time, it will also begin to evaporate any lingering knots of discomfort or dis-ease, which include any negative emotions,

beliefs and understandings, which are all attached to your past baggage. In an actual coach-client relationship, a coach may, at some point, ask their client to drop, through understanding and integration, their past emotional baggage, when they feel that their client is ready. In this program, you'll have to ask that of yourself, to allow yourself to let go of the negative emotions, which may have been created far in your past, but which are still have the power to exert an influence on you. In a way, this can keep you living in the past, at least as far as certain aspects of your life are concerned, with probably the most important and difficult one being human relationships. By being able to truly see and enjoy something fresh and new right now, in this present moment, the intense light of the joy that you'll experience will literally burn away the heavy vines of any unintegrated emotions, beliefs and understandings, ones that have entangled themselves around you, and which are holding you back from a life of clarity, understanding and joy. When these attachments to the past are severed, you'll finally be free to exist unencumbered in the present moment, and to move forward unhindered.

So, here we are, in this brand new moment, one that will never exist again. With the completion of this first Target Practice exercise, your journey to finally awaken from the anesthesia of ignorance and all that has blurred your vision to see yourself and the world as it really is, and to free you from all that has held you back in the past, has now begun. All the exercises in this self-guided program, the seven (7) essential steps for you to follow as an apprentice truth seeker, are designed to help you to build a sustainable, rock solid foundation that you genuinely value, and from which you can create the life that you want for yourself, your family and others. For you, we wish the courage to always be ready and willing to take the next step forward, no matter what. We want you to really start living! As T. S. Eliot so elegantly put it, *"We shall not cease from exploration; and the end of all our exploring will be to arrive where we started, and know the place for the first time."*

Are you ready to keep learning, to set off and explore some new, unknown landscapes? Are you ready to refocus the lens of how you view the things and people that are already familiar to you? Are you ready to achieve a new and greatly elevated state of **ReKalibrium**? While it's important to set your compass bearing towards your goals, it's also important to fully appreciate all the wonderful gifts, both the people and as well as material possessions, that you already have in your life - and some of which you may perhaps have been taking for granted?

Notes:

TAKE ACTION NOW!

Now that you've identified and considered some key points about both your weakest and strongest areas, think of one specific action for each, however small, that you can do before the end of the day to produce a positive impact. In other words, think of something that you can do, which will lead to achieving positive change, and then go and do those things today, even right at this moment if you can! And don't forget to do so with an attitude where you're aiming to gradually build a new, solid foundation for the lifestyle you truly desire. Then, after you've taken action, come back and briefly write down the results.

To begin to improve my weakest area, today I will:

Results:

To further improve my strongest area, today I will:

Results:

CHALLENGE EXERCISE | JOURNEY OF A THOUSAND MILES

Developing Good Exercise Habits

The World Health Organization (WHO) recommends that adults do an average of thirty minutes of moderate intensity physical exercise per day (five days a week) to achieve significant health benefits. Despite this recommendation, research has shown that only one in five people get enough daily exercise to maintain good health. Further, a staggering 25% of the population (in the USA) does not even do any kind of exercise at all! It's not then surprising that more than one in three adults are considered to be obese, and two in three adults are overweight or obese. Regular physical activity is a vital element of a healthy lifestyle, particularly in its role in significantly decreasing the risk of suffering from the following diseases associated with sedentary lifestyles.

- cardiovascular diseases, such as heart disease and stroke
- hypertension
- type 2 diabetes
- certain cancers, including bladder, breast & colon cancer
- dementia
- anxiety and depression

Although 30 minutes of exercise a day seems like such a small amount, it's obviously a clear problem for many to achieve (as the population statistics have shown), and there are no doubt many reasons given for inactivity, such as a very demanding work schedule, family commitments etc. It's interesting to note that in 2024, 62% of the world's population actively used social media, with people aged between 16 to 64 spending an average of 2 hours and 23 minutes daily across multiple platforms, up some 60% from a decade earlier. What other things do people spend their 'valuable' time on, activities that are actually not a

necessity at all, and most likely just entertainment related? It's probably then quite fair to say that a lack of time to exercise is hardly ever the real issue. Rather, the real culprit is most likely a lack of discipline and focus related to one's priorities.

Until a person learns to enjoy the feeling gained from regular exercise, the real or imagined fear related its initial commencement can be overwhelming for many. This may be due to negative experiences with exercise in the past, such as with school sports where students may have been forced to do things that they didn't enjoy. So, how can this initial hurdle be overcome with the least amount of resistance? We suggest employing a method called chunking, whereby even the minimum recommended 30 minutes a day can be broken down into small, more than manageable five minute chunks. If you're having trouble exercising regularly, despite a lack of time not truly being the issue, we challenge you to try the following simple exercise challenge. Between the hours of 7am and 7pm, at the start of every second hour, perform the following exercises within a five minute period (e.g. you can start each of the five exercises at the start of each new minute).

- 15-20 star jumps
- 5-10 push-ups
- 10-15 sit-ups
- 10-15 back extensions (lying prone on the floor)
- 10-15 bodyweight squats

If you can do this every two hours during the 12 hour time period, that equates to six 5 minute sessions, which attains to the recommended thirty minutes per day; and it only needs to be done five days a week to reach the recommended total weekly goal of 150 minutes! Further, the great thing about the exercises that we've included is that no equipment is required, and they can easily be done at a small area in the home or office, or then

outside at a park. Of course, you can swap the exercises for others to make them more or less challenging (e.g. using exercise bands for additional resistance).

There is one final thing, almost a miracle of sorts, to be realized, which the above exercise challenge will reveal to you. Should you complete all the six (6) sessions during that 12 hour period, then you'll have done, in total:

- 120 star jumps
- 60 push-ups
- 90 sit-ups
- 90 back extensions
- 90 bodyweight squats

Now imagine if you were asked to do all that non-stop in one exercise session, a total of 450 repetitions. That would, indeed, be a pretty serious workout! It might very well feel rather overwhelming, right? But when you chunk it up, it instantly becomes quite manageable, doesn't it? And before you realize it you might even be ready for the more advanced challenge of doing a somewhat longer and more intense exercise session every hour, instead of every second hour! Just remember the famous quote by Lao Tzu, *"The journey of a thousand miles begins with one step."* Thinking about the total or overall final goal to be achieved can feel overwhelming. However, when you focus on just taking one step at a time, you'll, without fail, eventually reach your destination; and when you do, it won't have felt hard at all! It's also worth applying this same core principle to all aspects of your life, in particular when working towards your long term goals, whatever they may be.

So, do you think that you're now ready to take that first step? Alrighty then, let's go!

2. DARE TO DREAM



George's 1st Christmas,1966. | Suomenlinna, Finland

STEP 2 | DARE TO DREAM

In the first step, you were given the opportunity to evaluate your general satisfaction with six (6) common areas of life, as well as to create and implement some actions to improve them (both the weakest and strongest ones), but just how motivated were you to make an effort to take action?

While it's true to say that there's a greater likelihood of achieving your goals when you feel motivated to take action, where does motivation actually come from? The origin of motivation is in having a **motive**, that is, a particular reason or purpose. Further, the degree of your motivation to act is directly proportional to how meaningful you view the performance of particular tasks, and then, likewise, the achievement of the associated goals.

Essentially, the **more you care** about doing something, the **more passion and drive** you'll have to see it through, even when facing difficulties and challenges. So, the aim of the following ***Dare to Dream*** exercise is to help you to define your key or dream goals, the things that you feel truly passionate about, the ones that you desire to achieve above all others. Even if you can't realistically do or achieve a particular goal right now, or in the near future - for example, due to an actual (and not just perceived!) lack of finances, time or some other restrictions - don't hold back on expressing what you truly desire, something that would make you feel absolutely fantastic if it were to come true!

DARE TO DREAM

A. Write down three (3) things that you really want to achieve, **above all else**. In other words, what are your three most important or dream goals or activities; and feel free to already ponder the difference between what you really want and what you truly need, as they may not at all be the aligned.

1.

2.

3.

ABOUT THE AUTHORS



Jyri Manninen is an Australian-Finn whose life started in 1966 in Suomenlinna, Finland before his family headed to Australia in 1972 when he was a six year old - and that is where he spent his entire childhood and early adult years. Jyri then left Australia to travel the world in 1990, working in many countries as a health and sports professional.

Jyri was originally trained as a physiotherapist at the University of Queensland in Australia. Later, he graduated with a masters degree in health and sports science from the University of Central Finland in Jyväskylä. He has also completed additional postgraduate studies in exercise physiology and sports coaching at Oregon State University in the USA.

In addition to his work as a physiotherapist, Jyri has also held a number of other professional roles, such as program coordinator and senior lecturer for an undergraduate level health and sports degree program in New Zealand, as well as the director of education for one of Finland's premier personal fitness trainer education companies.

Currently, Jyri's main professional focus is on providing his coaching services to people of all ages and backgrounds from a wide range of life situations, involving individual, relationship, as well as work-related challenges, all with the aim of helping his clients achieve optimal life balance, success and greater happiness. Jyri's desire to help people become more active, physically, mentally and spiritually, is the main driving force behind the ongoing development of his **LIFE ON THE RUN** concept.

Finally, in regards to his own personal growth and development, Jyri has participated in endurance sports such as triathlon and ultra-distance running for the past 30 years, while in his teenage years, badminton and karate were his primary sports. At the semi-ripe age of 52 Jyri returned to training in martial arts, this time in the discipline of Brazilian Jiu Jitsu, which the continues to this day.

Life on the Run community



Jaan-Erik Jaan-Erik was born in Lapland. Place of nightless summer days, winter darkness and Northern Lights. These impressions opened life to him as mystery. Nature was a teacher — a field of silence and intelligence that revealed itself to him later in life: Through this forgotten gate, a man may remember his place within the whole. This became the root of his inquiry into human development and Mother Nature.

With innate aptitude for kinesthetic learning, Jaan-Erik began competitive sports at six, martial arts at twelve, training for more than two decades. These arts formed a base for embodied understanding of focus, courage, shadow and initiation: ancient human technologies through which a willful person is transformed by discipline, failure and practice. This path was deepened through a MA degree in theoretical and Eastern philosophy at the University of Helsinki. His focus shifted toward rooting the True Self to shoulder complexity, integrate unseen parts and participation with integrity, not just work.

In the early 2000s, Jaan-Erik established his work on connecting mind and body through the heart. This led to well-being companies, concepts and projects focused on human maturation. Today, he asks: what kind of human being is needed in an age of AI, technological power and fragmentation? For him, this means transforming the warrior of wars into the Guardian of Life — one whose power becomes protection, who integrates shadow, defends the sacred, serves family and Earth, placing strength in relationship with love and responsibility.

His current work brings together embodiment, spiritual practice and humanity-aligned AI. Its central concern is the quality of the human-in-the-loop (HITL): relational intelligence, agency and whole-system awareness. AI may extend human capabilities but it also mirrors humanity's fears, confusion and wisdom. Therefore, the task is to become more human — evolve once more, into a grounded, awake, connected and accountable Living Agent.

Through writing and dialogue, Jaan-Erik continues to explore the architecture of awakening. He has co-authored The Opportunity Maker (*Mahdollistaja* in Finnish) and is working on a sequel connecting rooted humanity with AI development through ancient human technologies.

LinkedIn

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For further enquiries about personal and group coaching, workshops etc, with one or both of the **WiseGuys**, in the first instance, please send your initial enquiry **here**. We'll then get in touch with you according to your preferred method of contact to discuss your needs further.



For Pablo