



4-STEP FREEDOM SEEKERS GUIDE FOR EFFORTLESS & PAIN FREE LIFESTYLE DESIGN

identify & remove chores
so you can focus on your
life's dream outcome.



Hi Fellow Wanderer...

My Name is Tarkan.
I'm glad you downloaded this free guide.

I am sure it will enrich your life in some kind of way.



But first, before you dive in deeply, consumed by the diverse ranges of value provided by this groundbreaking asset,

let me introduce myself.

I mean, why would you even listen to my advice?
Because this ebook is designed well?

Well, yes.. but...

Coaches and gurus teach about lifestyle design all the time,
it's important to observe if they really are happy.

Trust me, there are many rich people, enslaved by their money and circumstances.

Real lifestyle design, suited best for you, makes you:

- first & foremost: **happy**

Then:

- healthy
- pursuing your purpose (whatever that is)
- flexibel & free
- responsible
- rested
- nurtured
- resilient
- challenged
- growing
- & courageous

If these are your goals freedom seeker, this ebook is something for you.

I myself, live these things.

I have freedom of time, location, wellbeing, health, strength and enjoy the fruits of life on an fertile volcanic island in the middle of the atlantic ocean.

Chasing the Freedom Seekers Dream

... with a laptop under one arm
and a desire to escape the concrete jungle.

We are in search of equilibrium, blending the latest tech with genuine fulfillment
— it's necessary in a post AI world.

Rising popularity in lifestyles like nomadism, freelancing & being a creator paints a seductive picture: living and working from anywhere & having full control of income & time.

The lifestyles promises are

- freedom,
- flexibility,
- and the ability to blend travel & career.

The possibilities for personal and professional growth are boundless.

But this freedom comes with a price:
Relentless self-management

freedom isn't free.

The autonomy of managing

- when,
- where,
- and how

you work demands a rigorous level of self-discipline and organization.

— Most of us know how to manage work, but:

also play & rest?



We Have Been Sold A Dream

We are striving for balance.
— it's the cornerstone of sustainable lifestyle design.

How do we keep doing this for the long run, without a burnout?

We signed up for responsibility as we chose the path of freedom.

And it looks like paradise, but something is off:

“I feel trapped! Why?”

Hours tapping away on keyboards, stretching long into the evening.
When work finally closes, we have difficulty winding down.
We meet friends, go out — while being on autopilot.

This is the disconnect
— believing we're living the dream,
while merely swapping one exciting environment for another.

- the constant buzzing,
- artificial lights
- noise
- shallow meetups,
- fleeting experiences

We find ourselves

- drained,
- our nervous systems overwhelmed,
- questioning why “fulfillment” is not enough.

We are here to tell you why.
— because we have been taught a lie

Most of our working activity as a digital freedom seeker is:

- staring at a screen,
- sitting
- being productive

But...

In our search of seeking balance,
we are best suited to disconnect from our work completely.

It requires discipline, to relax

„being effortless, requires effort.“

You have to manage your energy levels,
if you want to feel energized.

Most of us can't make sense of it.

The truth we're missing?

- quiet
- connection to Self
- true happiness

How do we reach it?
— through simplicity.

Or in other words:
Getting back to the elementals.
The basics.

Returning to the elements:

- earth,
- air,
- fire,
- water,

is the path to what we've been searching for.
This guide will give you the ingredients for a stable foundation to create a life on your terms.

For a happy & calm life.



The Freedom Seekers Prowess – Mastering the 4 Elements

We are the modern day Avatars.

The 4 elements are our first ancestors; earth, air, fire, water.



Fire: Movement, Breath & Courage



Earth: Hydration, Food & Medicine



Air: Happiness, Relationships & Authenticity



Water: Quiet, Rest & Introspection



Book 1: Let's Start With Fire



fire symbolizes movement

Movement is crucial.

We've stopped moving.

- No hunting,
- gathering,
- or farming.

– Instead,
we sit.
We stare at screens.

Life's rhythm has slowed.

But moving does more than just keep us fit.

- It pumps nutrients,
- clears waste,
- steadies emotions,
- and sharpens thoughts.

Movement lights the path to vitality.
It's about living fully, with action.

What's the Solution?
Follow along to find out!

Breathe!

Sitting messes with our breathing.
Bad posture from many hours in a chair...

It means you're doing shallow breaths.

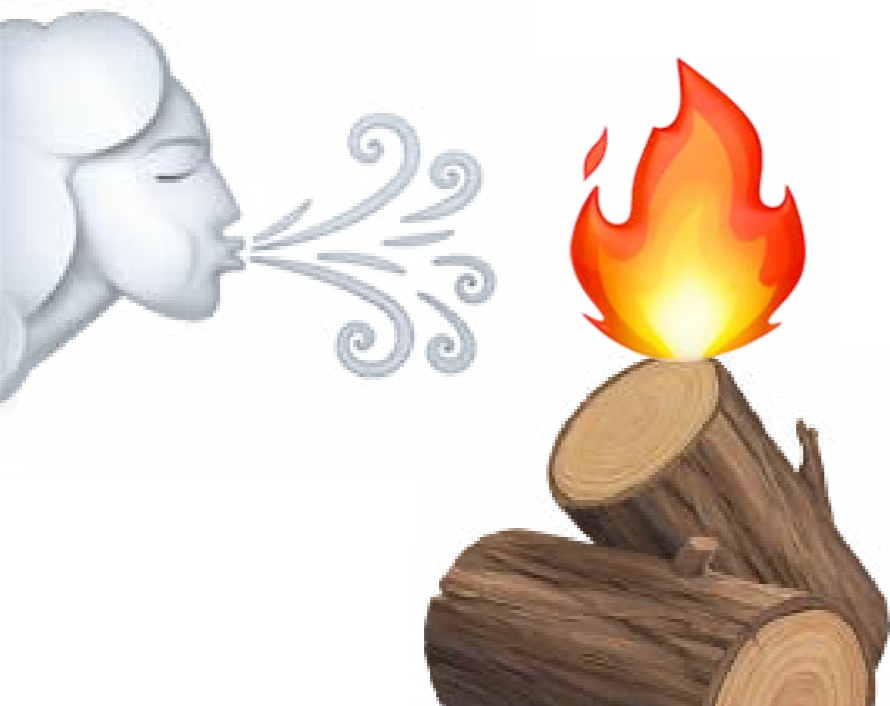
deep breathing creates internal movement.

The breaths that fill your belly and flow through your nose.

Shallow breathing flips on your stress response
— fight or flight.

Keep your diaphragmatic movement.

Breathe 1st through your belly button 70%,
then the last 30% with your chest.



Work out, or Work In



You know the roots of the word exercise?
— It stems from exorcism.

What has exorcism to do with exercise?

exercise is a form of exorcism.

By getting your heart pumping,
All the blockages in your body cease to withstand.

These blockages are usually the demons. These create disease.
Dis - ease of energy flow.

So move!
And sometimes that can be a "work out", & other times a "work in".

If you're already running on empty battery, stressed out,
pumping iron or running miles just piles on more stress.

Working out is supposed to build you up, not break you down.

And work-in exercises are designed to boost your energy.

How to Work In?

Keep breathing easy:

You shouldn't need to hold your breath. If you can't breathe normally, dial it back.

Digestion-friendly:

Try them after eating. These exercises are meant to aid digestion, not disrupt it.

Mind at ease:

They're simple. No need for intense focus or brainpower. Let your mind rest as much as your body.

working-in mobilizes
more energy than it spends

Good Work-In Moves:

Slow walking:

Post-meal, take a leisurely walk for 20-30 minutes. Tune into nature or calm music.

Breathing squats:

These are about gentle, rhythmic movements to help pump blood and lymph throughout your body, aiding circulation, digestion, and elimination.

Tai Chi or qigong:

These ancient exercises lower stress and boost vitality.

Yoga:

A stress-reliever that's stood the test of time. Iyengar, Hatha, and restorative yoga are your best bets.

Ignite Your Courage

In the studies of the archetypal mind,
The heart is an expression of fire and the spirit of the lion.

The lion hearted individual carries courage along the way.

*"Those who have accomplished great things,
those who have held their life cheap for a high ideal,
have not thought about it with their brains;
their hearts have felt it."*

- Hazrat Inayat Khan in "The Art of Being and Becoming"

Courage is essential in the skill stack of a freedom seeker.

Keep the fire burning.



Book 2: Ground With Earth



how we nurture ourselves matter

If you suffer from symptoms like:

- headaches, anxiety, focus issues.
- skin flare-ups, acne
- quick hunger spikes
- feeling tired & restless
- nervous energy, mood swings.

Usually the way you nurture yourself is not in balance.

This can lead to long term dangers like:

- depression
- persistent headaches
- pain in neck, shoulders, back
- weak immune system
- constipation, breakouts.

How to master the earth element?

let's get muddy!



Organic food

Healing comes from deep, healthy soil.
The ongoing degradation of soil could profoundly impact our quality of life.

It's more than just a metaphor; it could actually be the root of many problems we face as humanity today.

The use of sustainable farming methods has the potential to bring about profound and positive changes in our social structures, health, and economy.

So it's not only for you, but for the earth.

Organic food is key for you, personally, because animal fats store toxins from their feed — like industrial waste and low-quality grains. These toxins then transfer to you, increasing stress.

Eating non-organic, especially with a low-fat diet, can even impact your libido, as your body prioritizes survival over reproduction.



Water

is fundamental for hydration, detoxification, and facilitating bodily chemical reactions.

The guideline?

2–3 liters of high quality drinking water, daily.

If you pee your water out after 20 minutes,
add a pinch of sea or celtic salt to your water.

This ensures mineralization and your body retaining the water.

Chlorine Free: We drink Water, because it generates life.
Then we add chlorine (which removes the life giving quality of it)
and completely ignore common sense.

Flouride Free: In the study „*Developmental Fluoride Neurotoxicity: A Systematic Review and Meta-Analysis*“, Harvard and China Medical University researchers looked at 27 studies, mostly from China where fluoride's a natural in groundwater.

Results? Kids drinking high-fluoride water scored lower on IQ tests — about a 7-point drop. More studies are needed, but it's clear: we've got to watch how fluoride affects brain development.

Avoid Plastic Bottles: The Study "*Occurrence of microplastics in commercially sold bottled water*" found microplastics in bottled water — about 72 pieces per liter in bottled Water.

And this is excluding nanoplastics.

In the study "Microplastics and Nanoplastics in Atheromas and Cardiovascular Events" people with microplastics and nanoplastics in their artery plaque had a higher risk of heart attacks, strokes, or death.

yes, the plastic is in your arteries

Medicine

Herbal remedies are a bridge to our cultural heritage, connecting us with the wisdom of generations who relied on the earth for healing.

Our cultural development as humanity is intertwined with the knowledge of the power of plants and herbs.

Over millennia, we have accumulated and passed down this knowledge from generation to generation.

Our source of sovereignty; it is practical and potent.

Ensure that this invaluable heritage is preserved and can be used by every self-determined and informed individual.

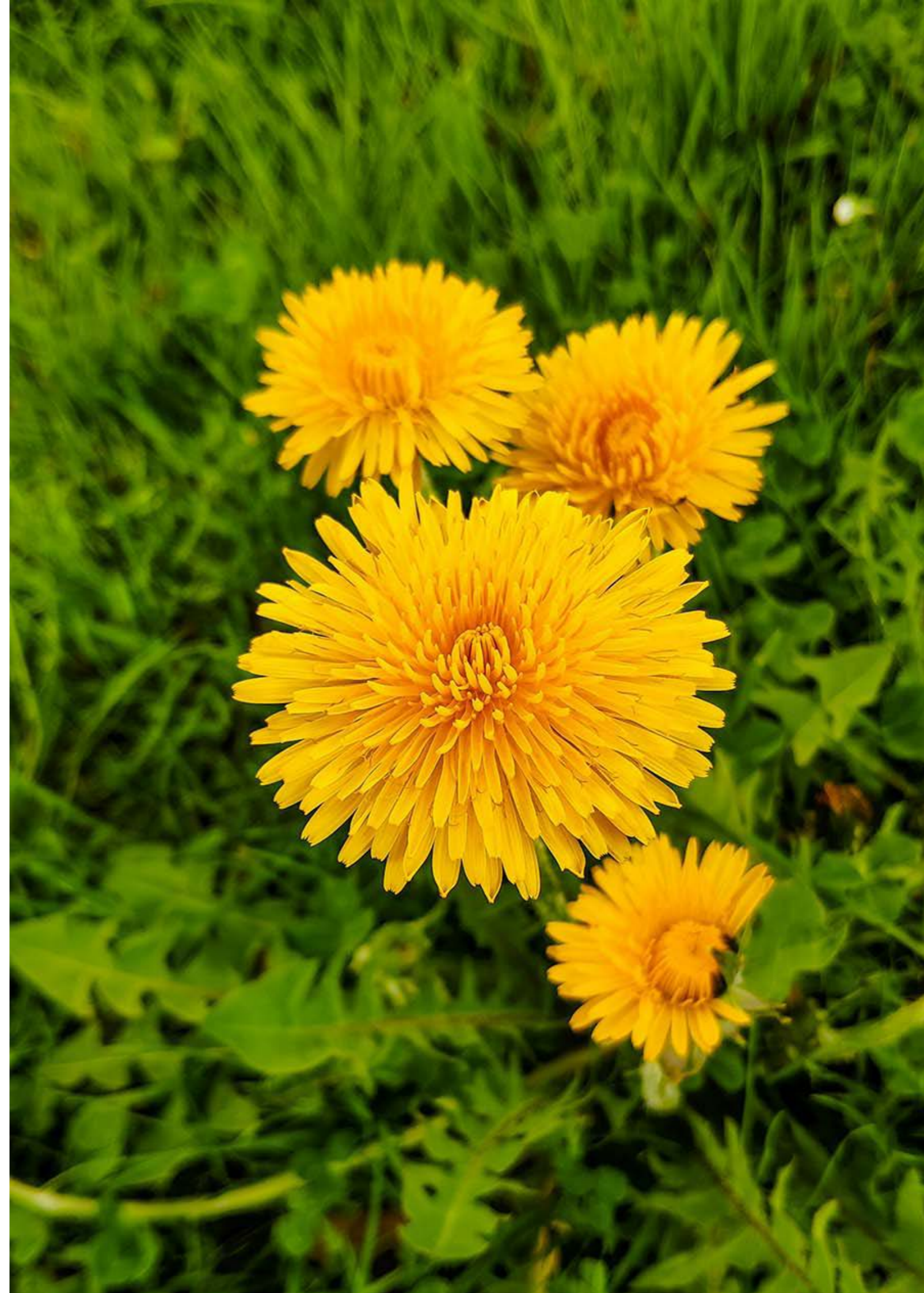
However, the art of using herbs safely is rooted in knowledge and tradition.

It's essential to seek guidance from knowledgeable practitioners before plucking any plant from the ground.

If you need

- high quality,
- organic,
- regeneratively farmed

herbal medicine from a 3rd generation family owned business, make sure to visit [Kasimirlieselotte.de](https://kasimirlieselotte.de)



Book 3: We Merge With Air



“Happiness is in the physical world,
what truth is in the spiritual world –
If you live your truth, you are happy.”

If you're in a tough job or bad relationship,

it activates stress just like physical threats do.

Symptoms of living against values can be chronic stress from value conflicts.

They manifests as

- fatigue,
- mood swings,
- depression, and more.

It's a sign your life isn't aligned with what truly matters to you.

If you are suffering from these conditions,
look inward if you are sacrificing your core values.

Most of the time we do it for the pursuit of some form of success
in direct violation of your values.

Remember that happiness is essential to health!

Values

Living your values changes everything.
It's a deeper joy than any temporary high.

True happiness has nothing to do with erasing all problems.
Challenges remain, but they don't shake your core.

It brings a deep satisfaction, a kind of grace.

You're living a life that matters to you and others.

That's the essence of a life well-lived.



Relationships

Relationships can boost or bust your happiness.

They are living in synergy with your values.

If you're off track personally, navigating any relationship gets tough.

Key points for healthy relationships:

- **purpose:** define it. Is it friendship, love, work?
- **your contribution:** what do you bring to the table?
- **their contribution:** what do they add to your life?

Now, dig deeper:

- What growth do you offer each other?
- What do you need to feel fulfilled?
- How do you communicate?

Understand each other's values!



Authenticity

Facades and filtered realities suck out our energy.
Authenticity emerges as a healing agent for the soul.

It is clearly not much about being genuine or "nice";
it's about embracing and expressing your true self,

unapologetically and courageously

Authenticity involves peeling back the layers of
societal expectations, to reveal the core of who you are.

This journey is

- **transformative,**
- **engaging** in deeper connections,
- **enhancing trust** in relationships &
- **inspiring** those around us (to embrace their true selves too)



Book 4: Last, Not Least; Water



Water's mantra is

- **rest hard** &
- **listen inwards**.

Treating rest as seriously as work ensures peak energy management.

planning rest,
like any important appointment,
is crucial.

Rest

Water oversees all aspects of rest, vital for recharging and achieving.

Beyond sleep, there are three types of rest essential for our well-being:

- **total rest**: deep sleep or taking a complete break from all activities and stress.
- **active rest**: reducing work intensity but still staying engaged.
- **passive rest**: brief diversions from work or intense activity to refresh the mind.



Introspection

Introspection allows you to review what you did along the day.

It creates

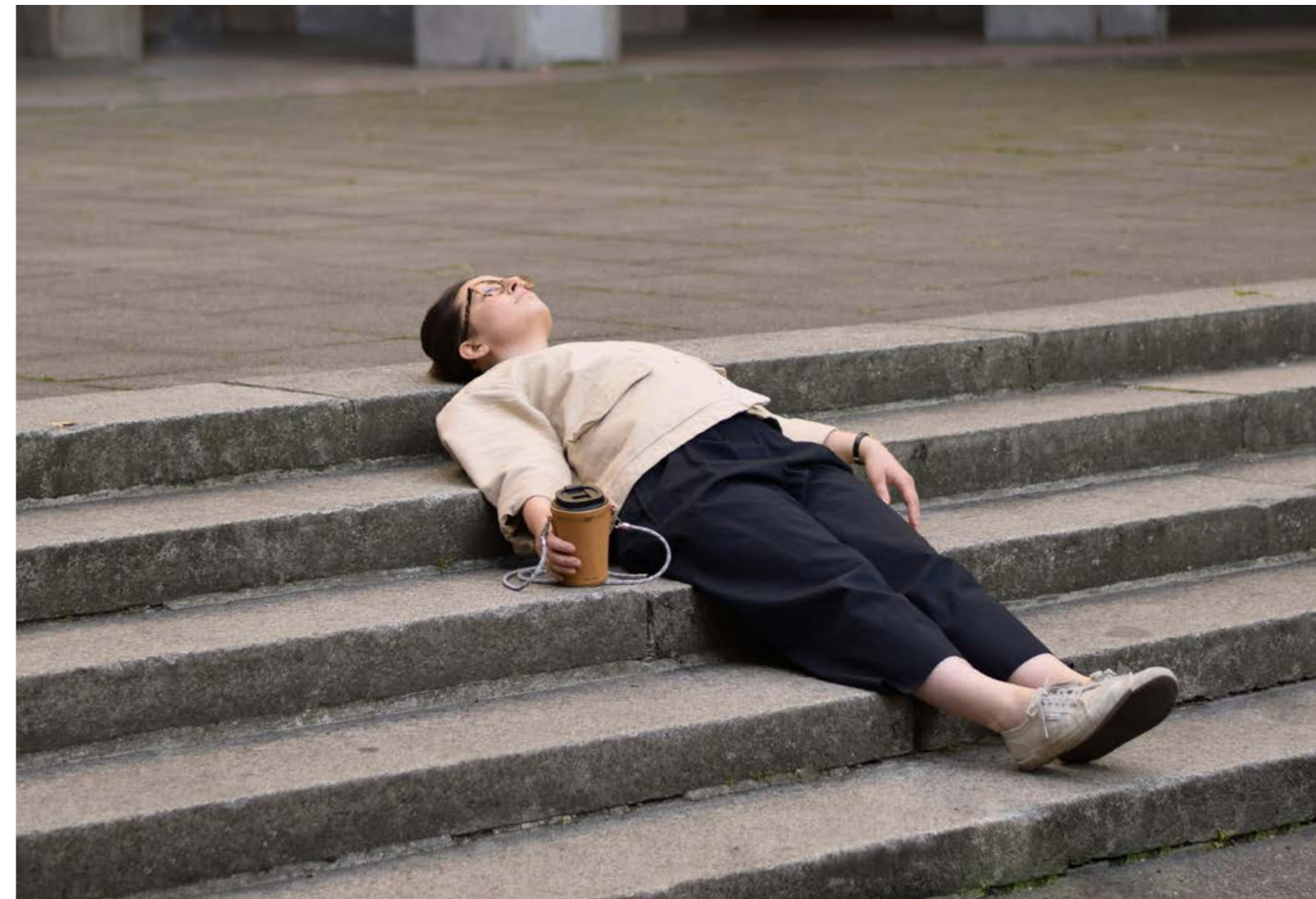
- objective distance
- room for inspiration
- coolness of mind

You can't be alone with yourself?
You may be running away from something.

There is a difference between being lonely, and being alone.

And constantly distracting yourself with meeting other people, is not gonna fill the void.

being with yourself is important



Quiet

Did you know that meditation changes our brain structure?

Literally, physically?

And it has long lasting effects.

In the study

"Mindfulness Meditation Is Related to Long-Lasting Changes in Hippocampal Functional Topology during Resting State: A Magnetoencephalography Study"

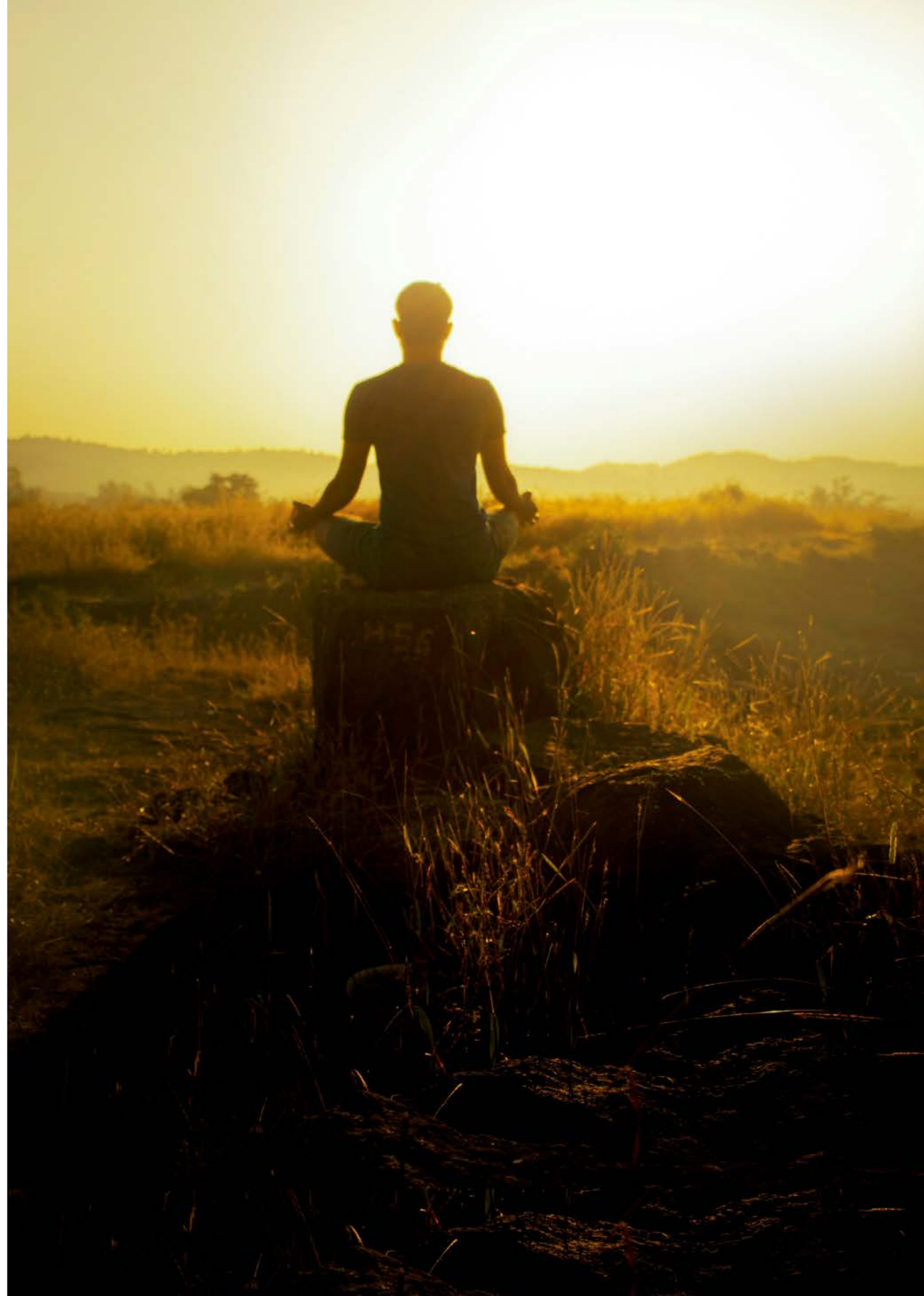
Scientists discovered that routine mindfulness meditation may lead to significant and lasting changes in brain connectivity.

The findings suggest that consistent meditation practice

- enhances cognitive functions
- promotes lasting neuroplasticity,
- better memory &
- attention functions.

So we now know,

— it's not just Wuwu.



WuwuWrapping It Up...

This Guide is about finding the freedom you dreamed of when you first opened your laptops and thought about the freedom it can provide.

Maybe you traded a cubicle for a café or a beachfront — but now it's about rediscovering a sustainable & more fulfilling way of living and working.

From the elemental truths of

- Earth,
- Air,
- Fire,
- and Water,

each step and each element we've discussed is a pillar in building a calm, happy life that resonates with who we truly are.

We talked about moving more, nurturing our bodies with the right fuel, connecting authentically with others, and resting deeply — these steps are essentials for a freedom seekers survival kit.

No, going beyond survival, to thriving. A life that really fulfills you!

happy & whole.
I wish that for you.

Best,
Tarkan Turan



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A Last Thing!

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esoterics, lifestyle design & brand building

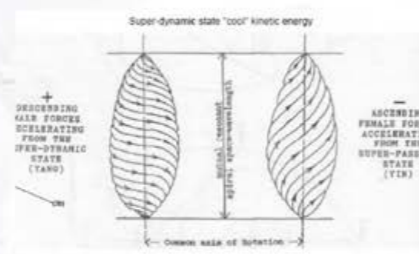
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Who Was Hermes? From The Mythical to The Metaphysical

Mercury is not just a celestial body & archetype that influences our thoughts, speech, and ability to connect different aspects of life, but the glue of existence itself as a sublayer of reality.

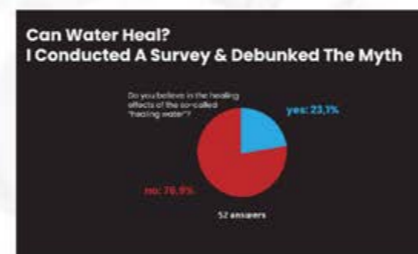
Tarkan Turan
5/28/2024 · 7 min read



The Esoteric Secrets of Water

Water teaches us to take the path of least resistance. Like water, we find strength in flexibility. Water shows us the value of absorbing information like a sponge. By taking in data and experiences, we grow and learn deeply.

Tarkan Turan
5/28/2024 · 6 min read



Can Water Heal? I Conducted A Survey & Debunked The Myth

In ancient times, the people knew about the healing abilities of water and in fact, "Natural Healing Water" is not just a catchphrase; it's a legally protected term, requiring stringent criteria for its application.

Tarkan Turan
5/11/2024 · 5 min read

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Thank You.