

THE

ICE MAN

a Wim Hof story



Супакобов '19

NEBESKEY

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The story of Iceman is based on the true story of a man who succeeded in gaining super powers from within. Wim Hof claims that anyone can do that by following his method. We are extremely grateful to Iceman in sharing with us his dramatic and motivating life path. He teaches us to never give up climbing your inner Everest to reach to the peak of your abilities.

BOOK ONE

MT. EVEREST. PRESENT DAY.

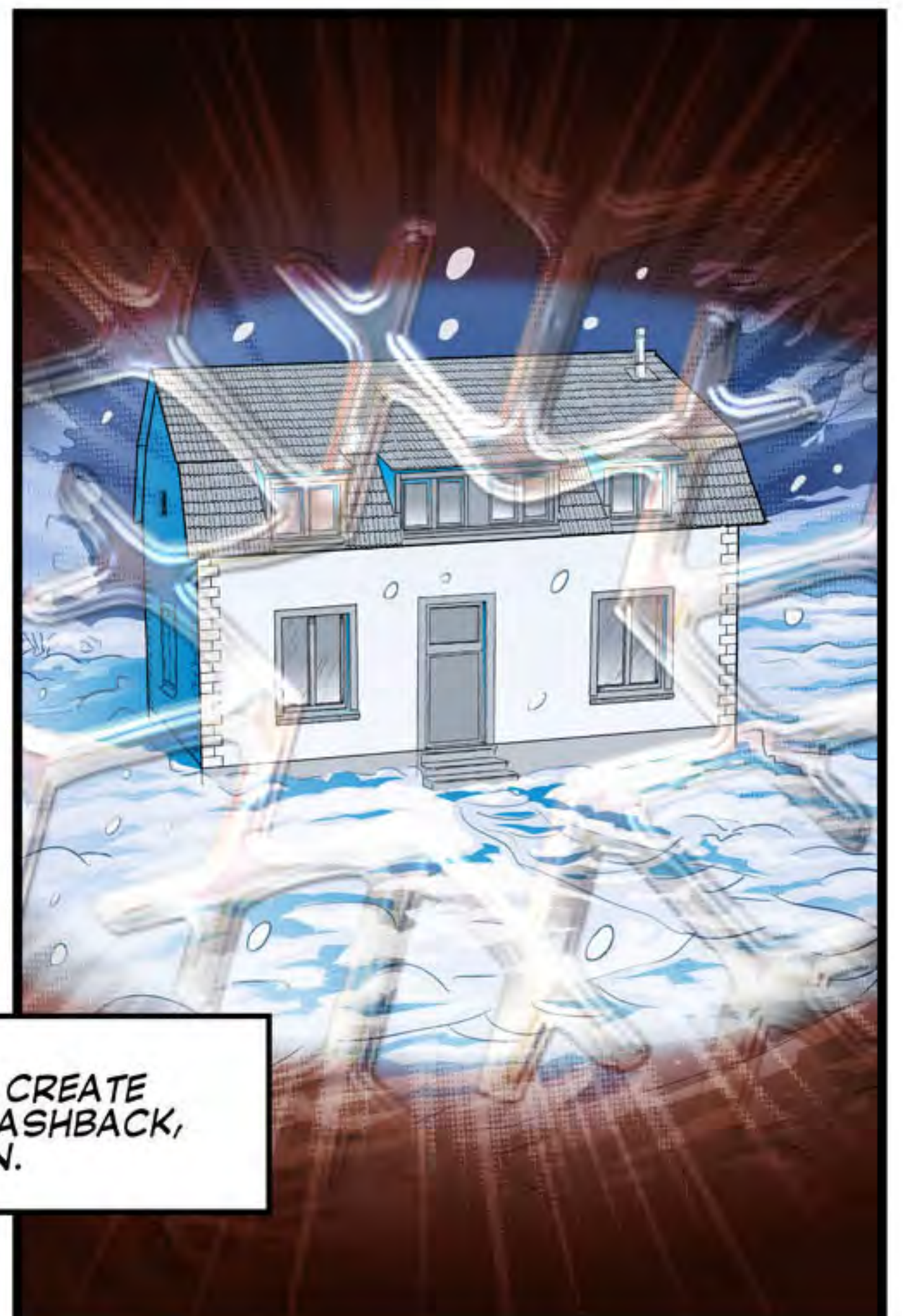


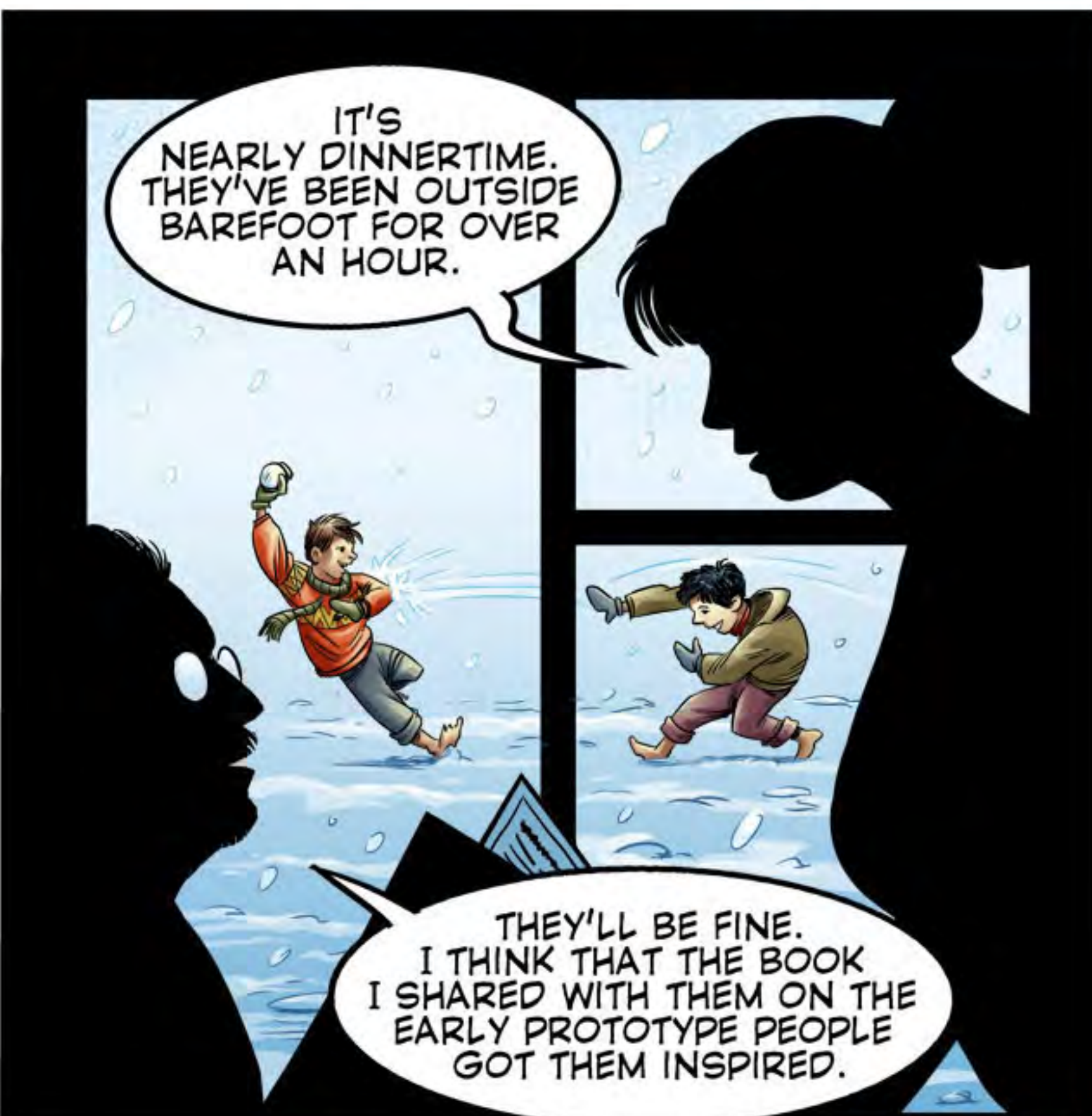
THE COLD FOCUSES MY MIND INWARD. A BITTER WIND PICKS UP, STIRRING A SNOWDRIFT OF OLD MEMORIES AND CRYSTALLINE FLAKES. I BREATHE DEEPLY...

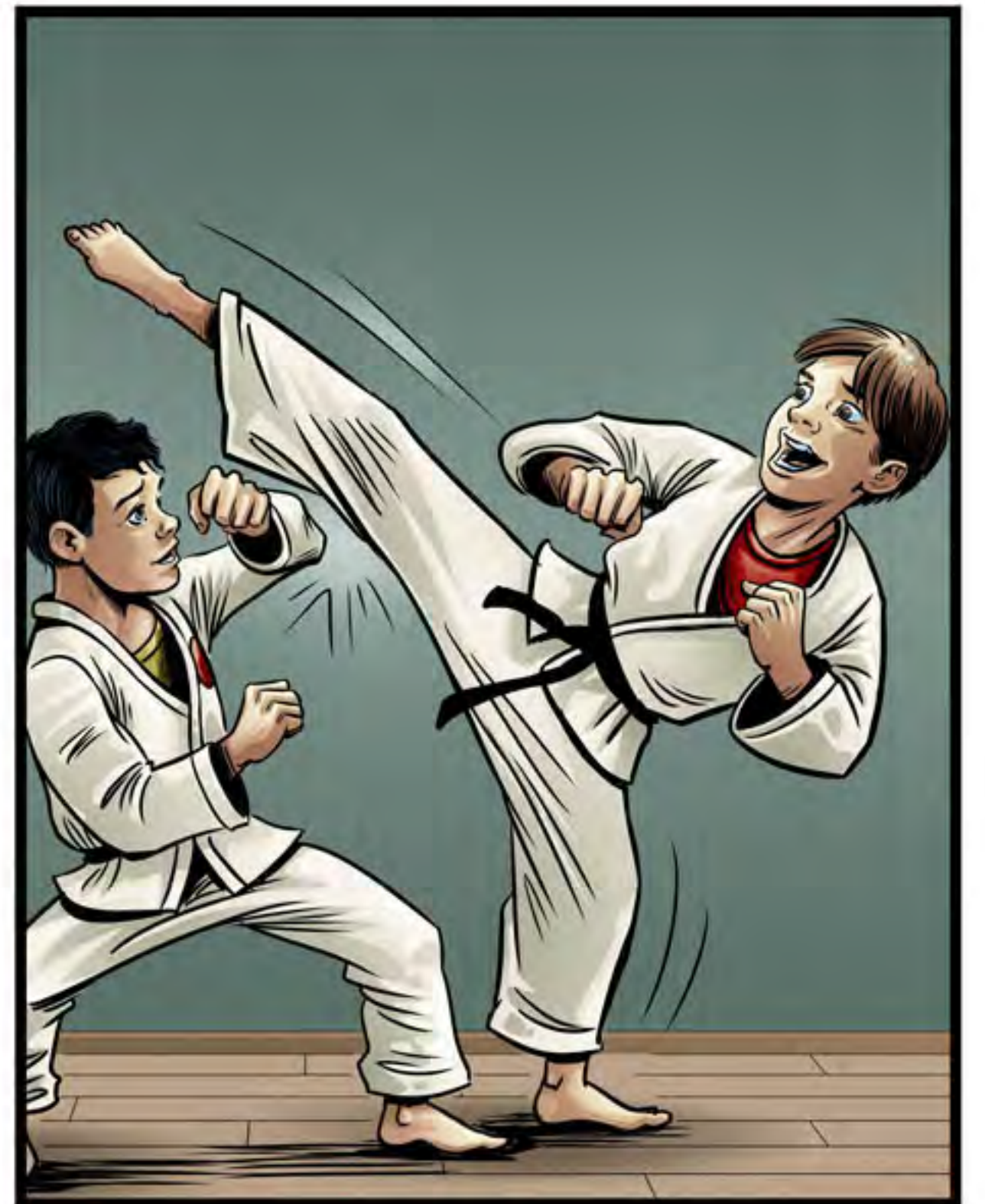
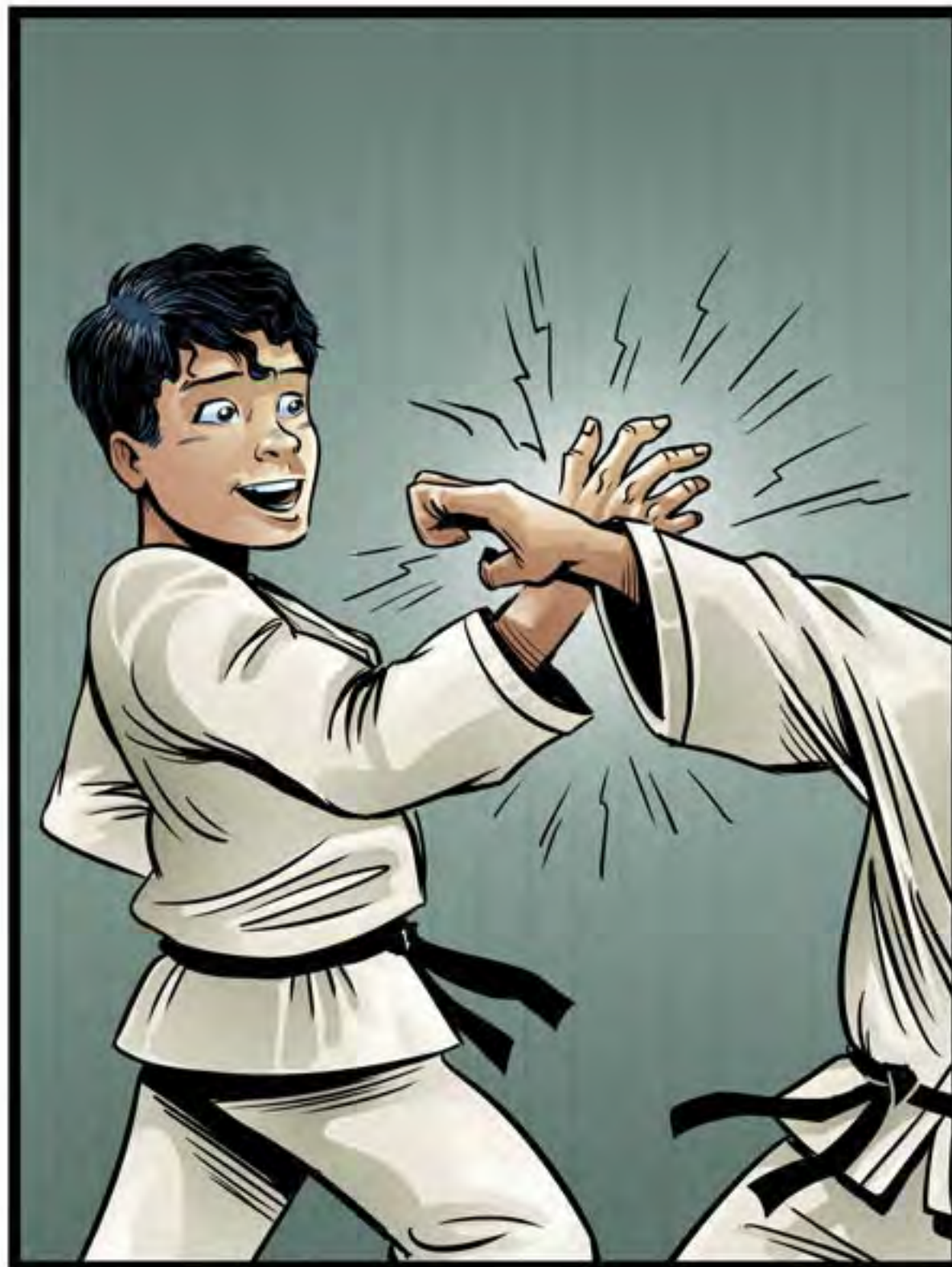
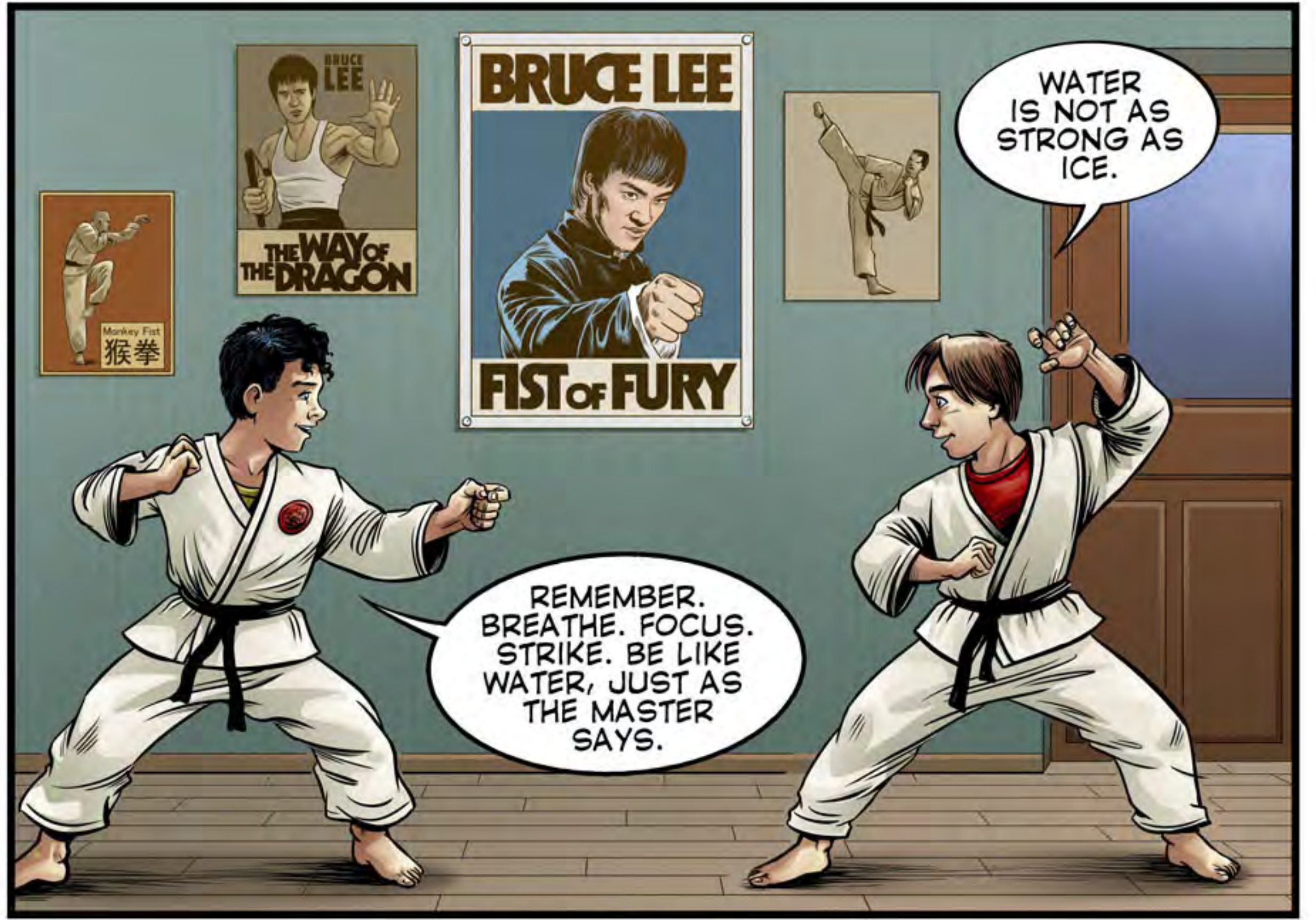
MEMORIES FROM A SIMPLER TIME INTERWEAVE WITH MY PRESENT MOMENT JUST LIKE THE UNIQUE LATTICES OF EACH FLAKE...



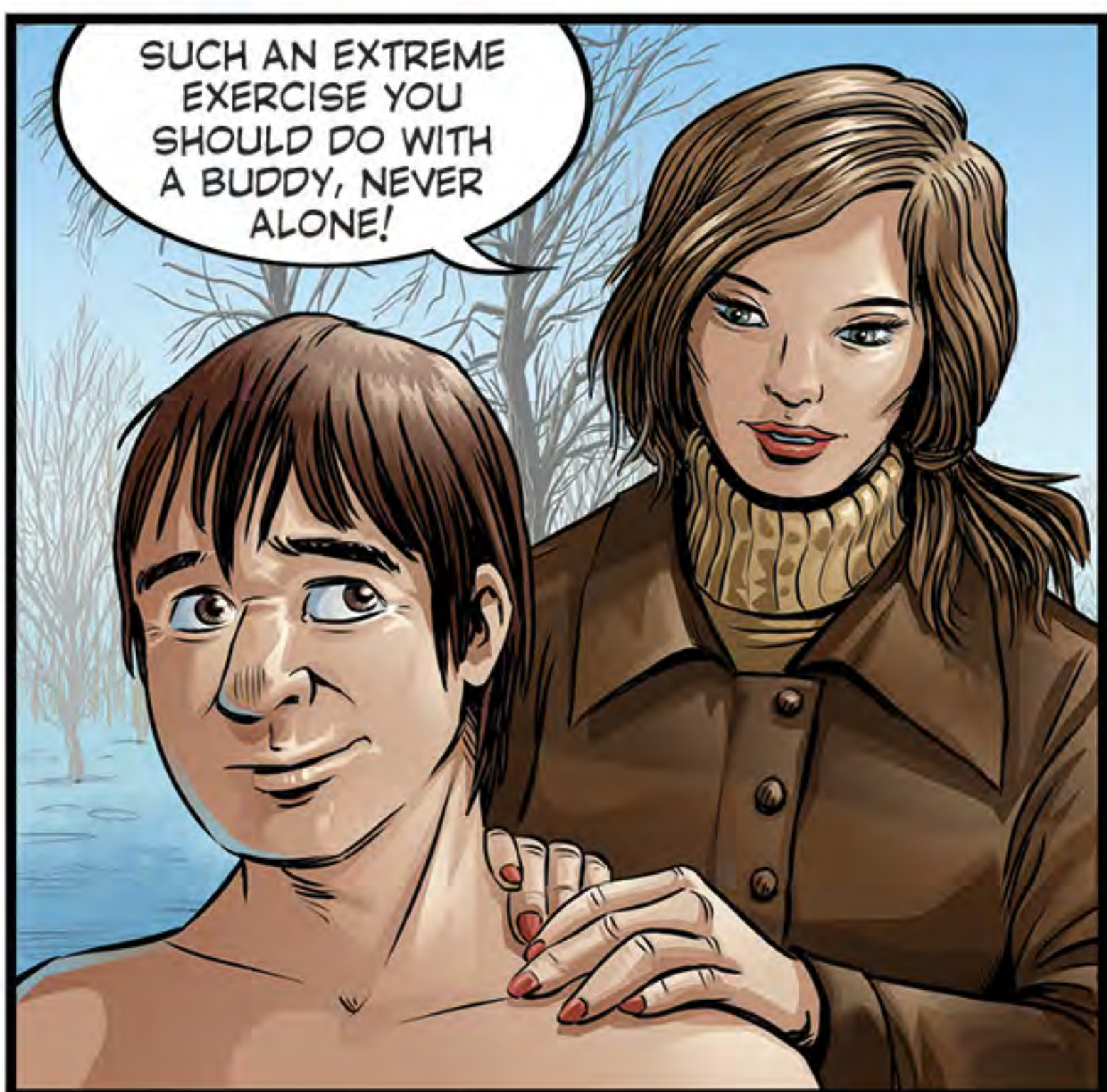
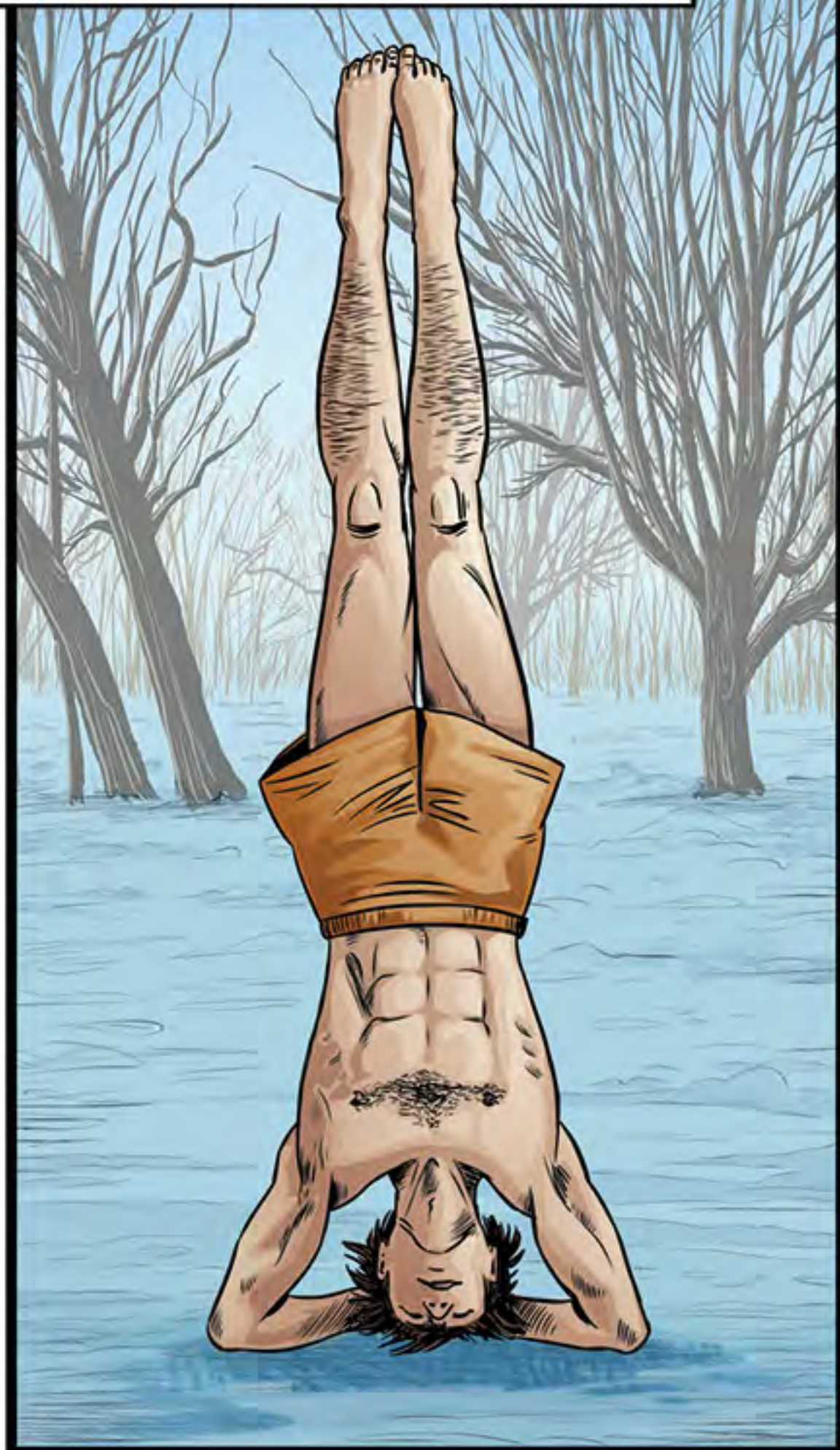
...COMING TOGETHER TO CREATE A CLEAR FOOTPRINT OF FLASHBACK, WHEN IT ALL BEGAN.







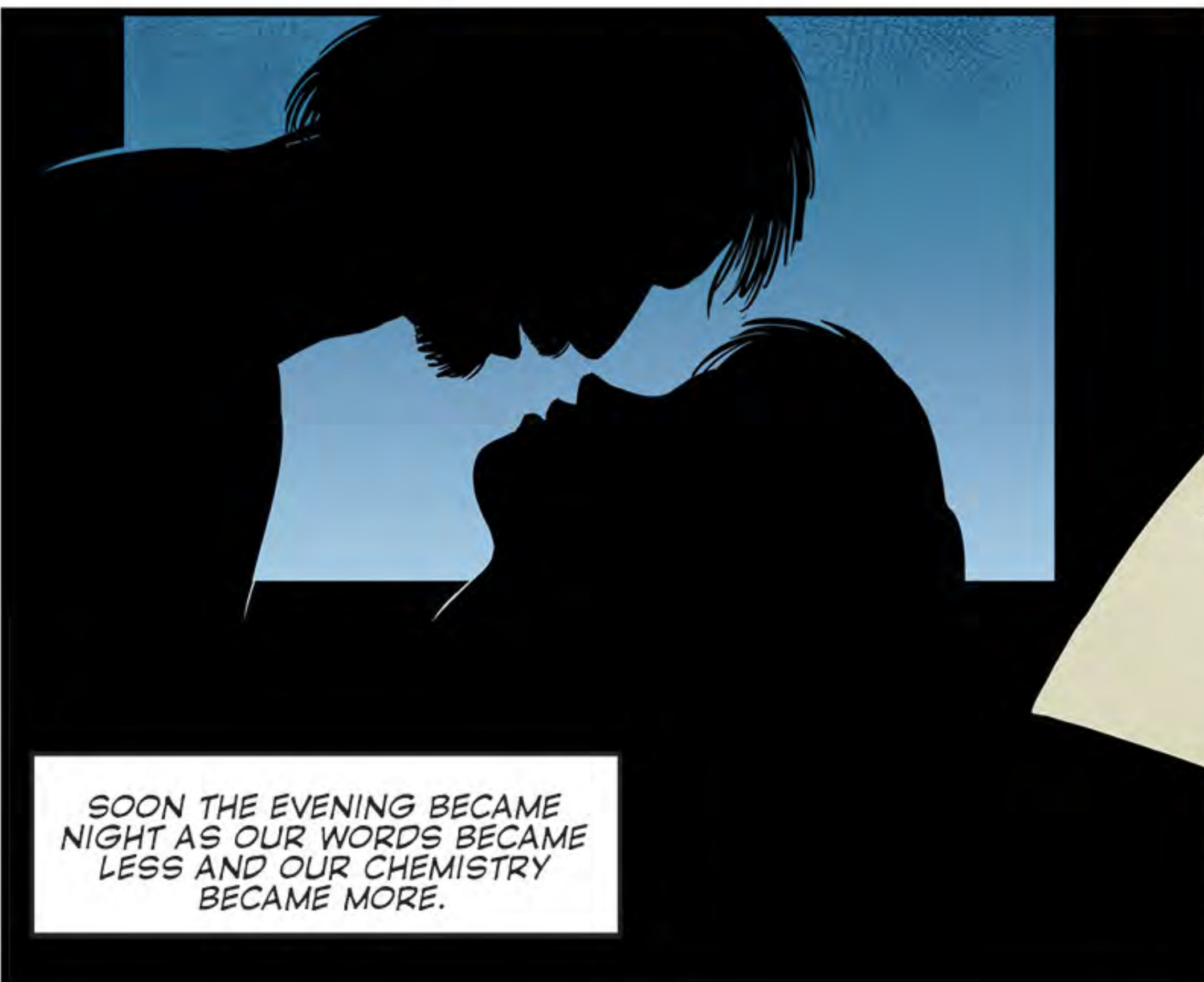
I KEPT ON EXPLORING THE LIMITS OF MY ENDURANCE BY BREAKING THE ICE OF BIASES. VONDELPARK, AMSTERDAM.



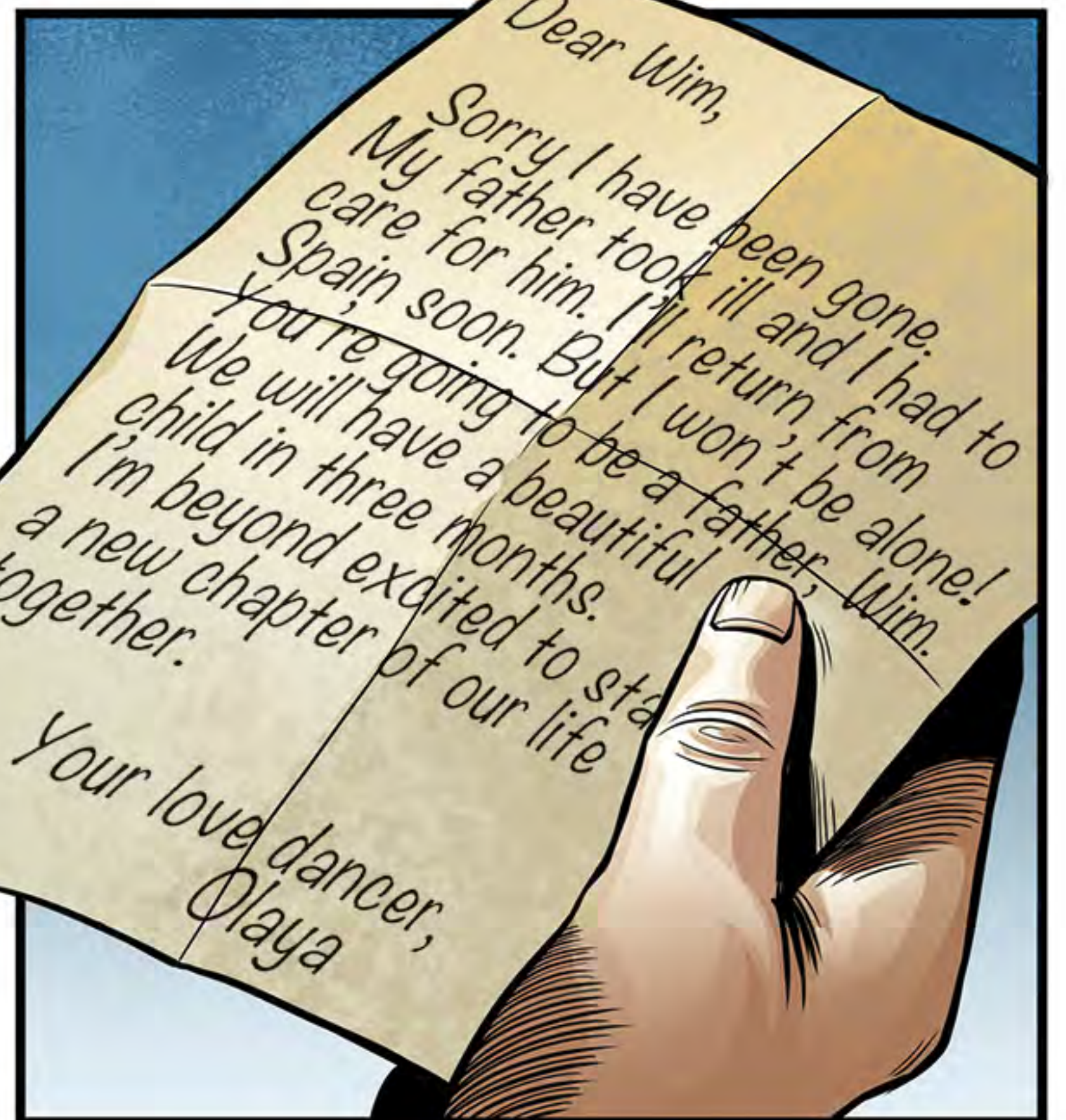
ONE YEAR LATER.

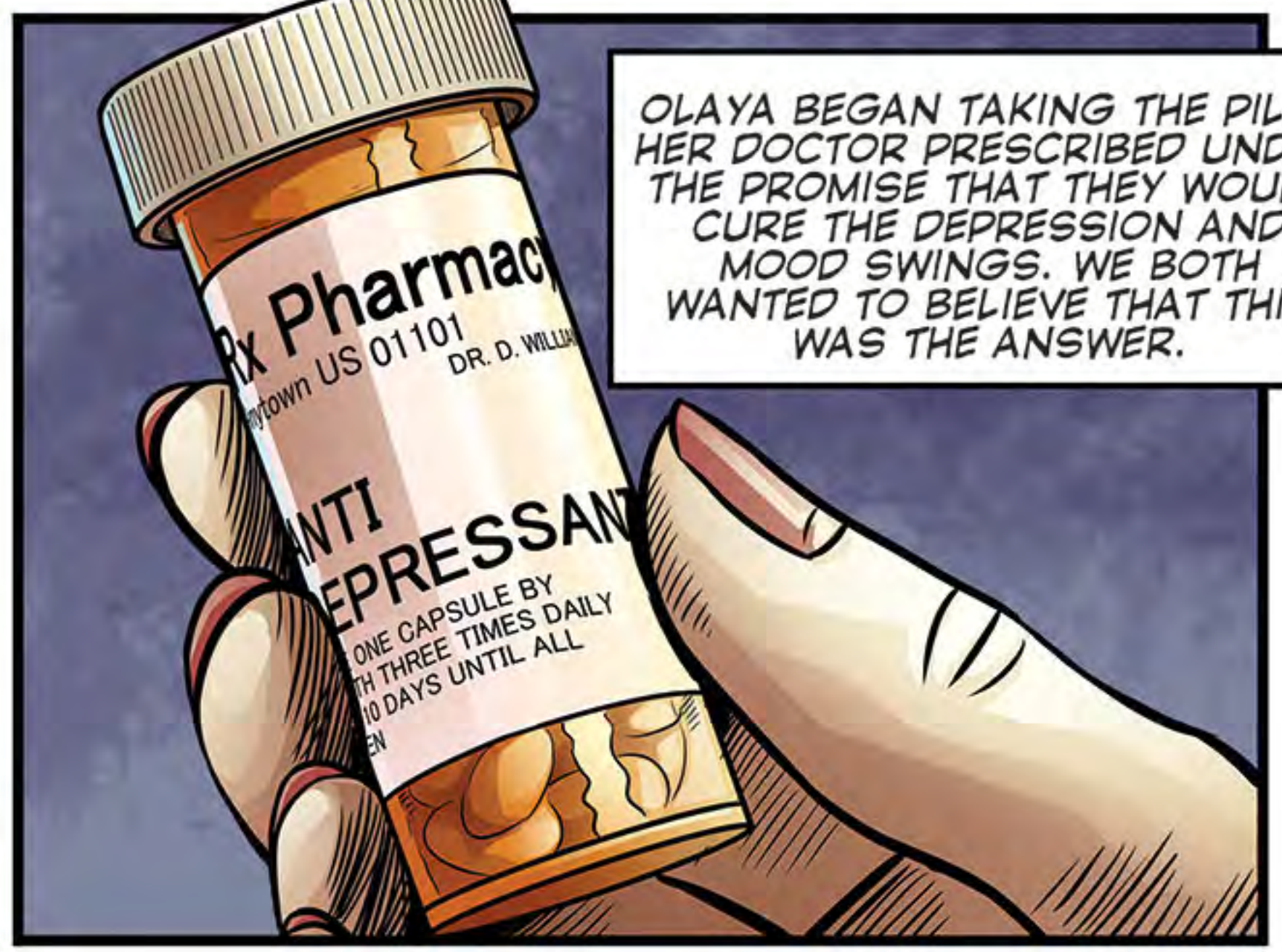
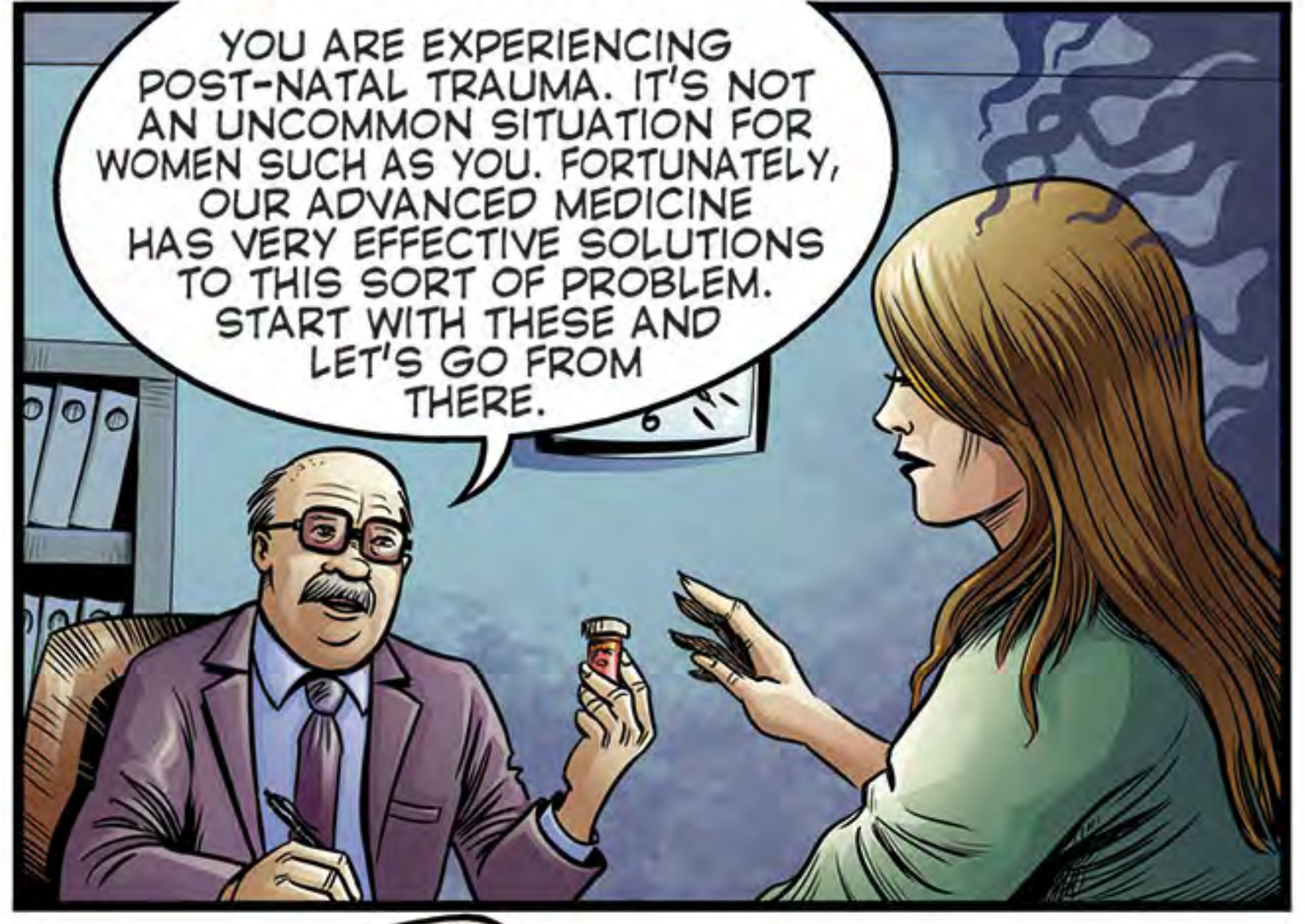
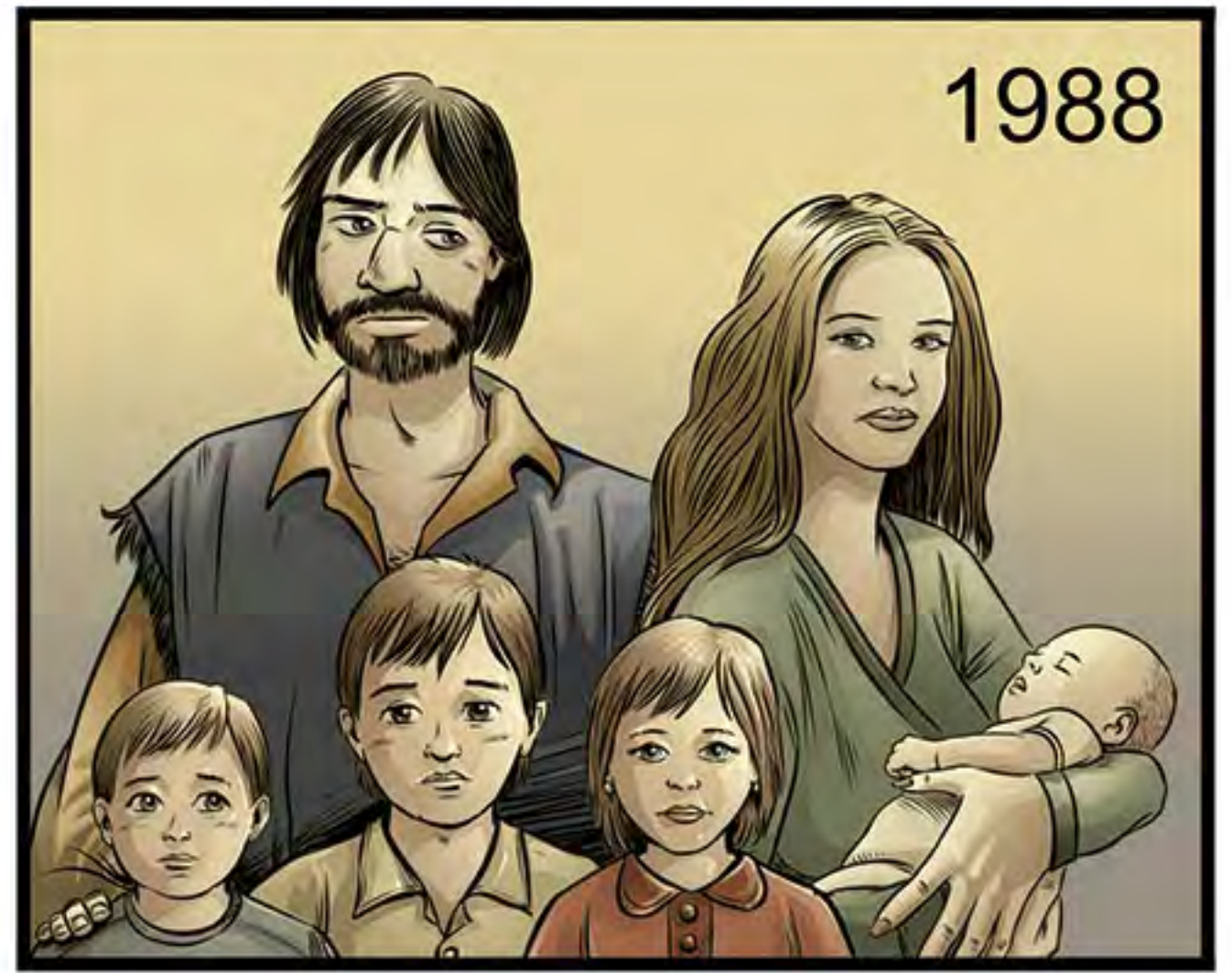
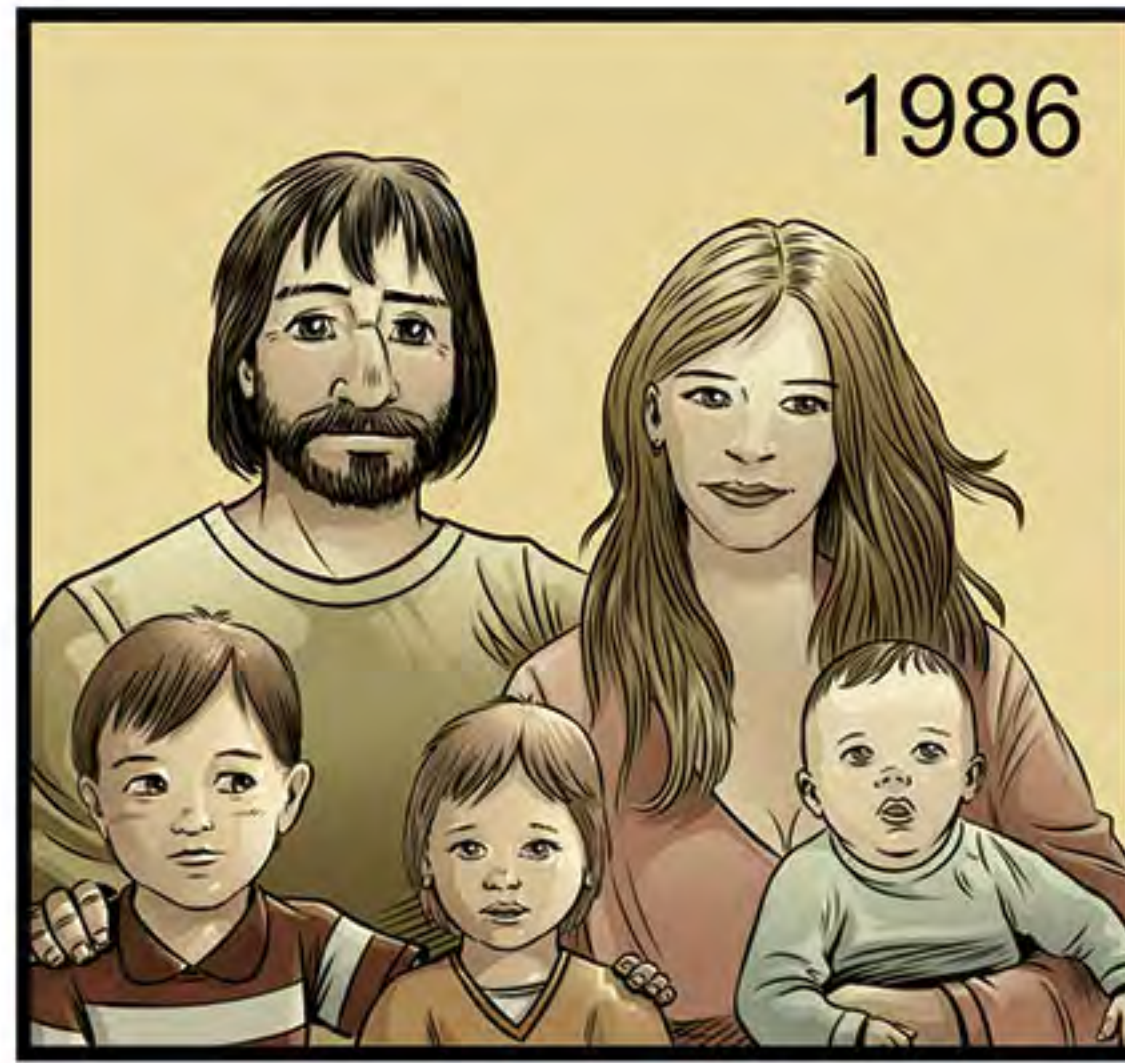
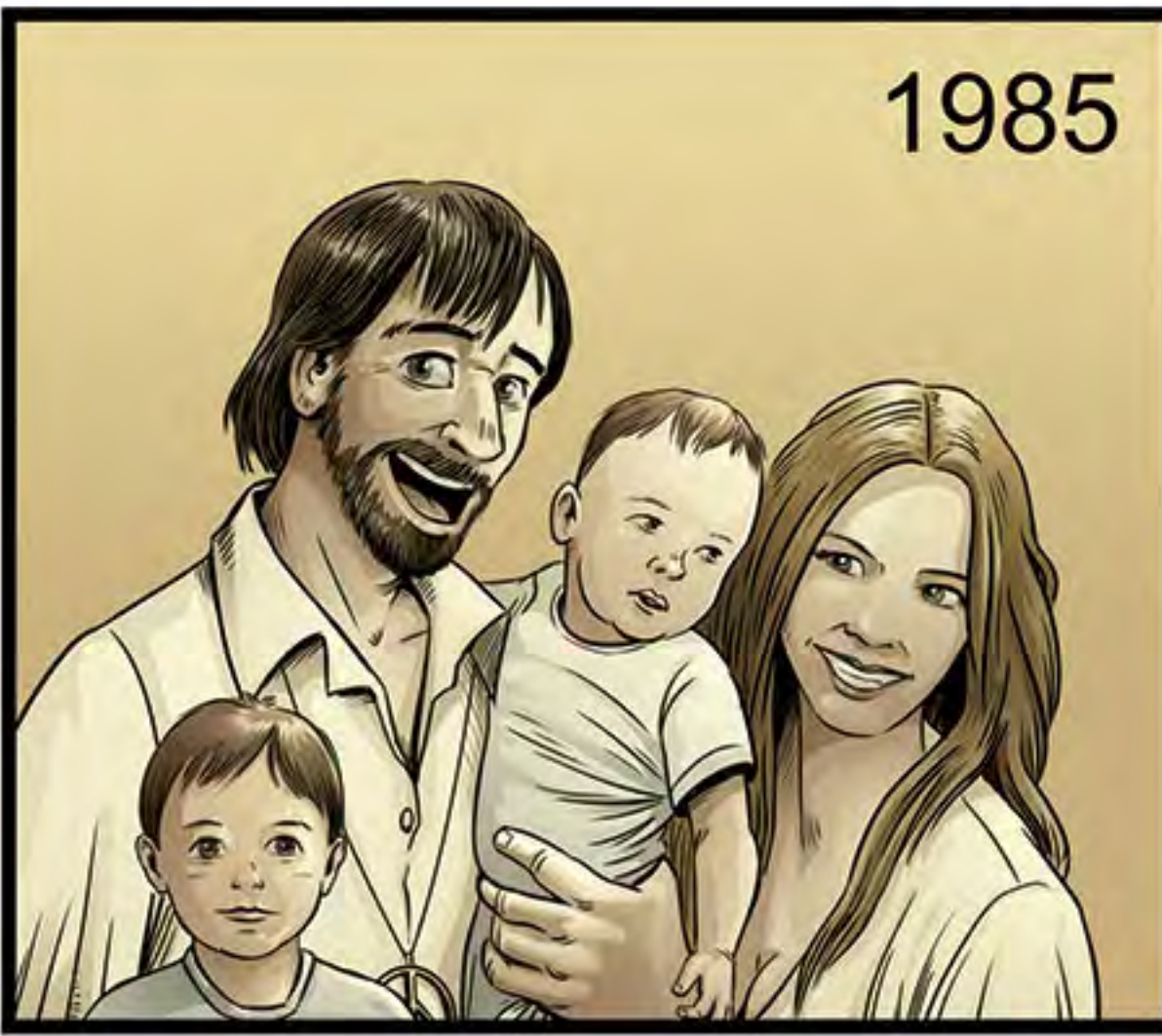
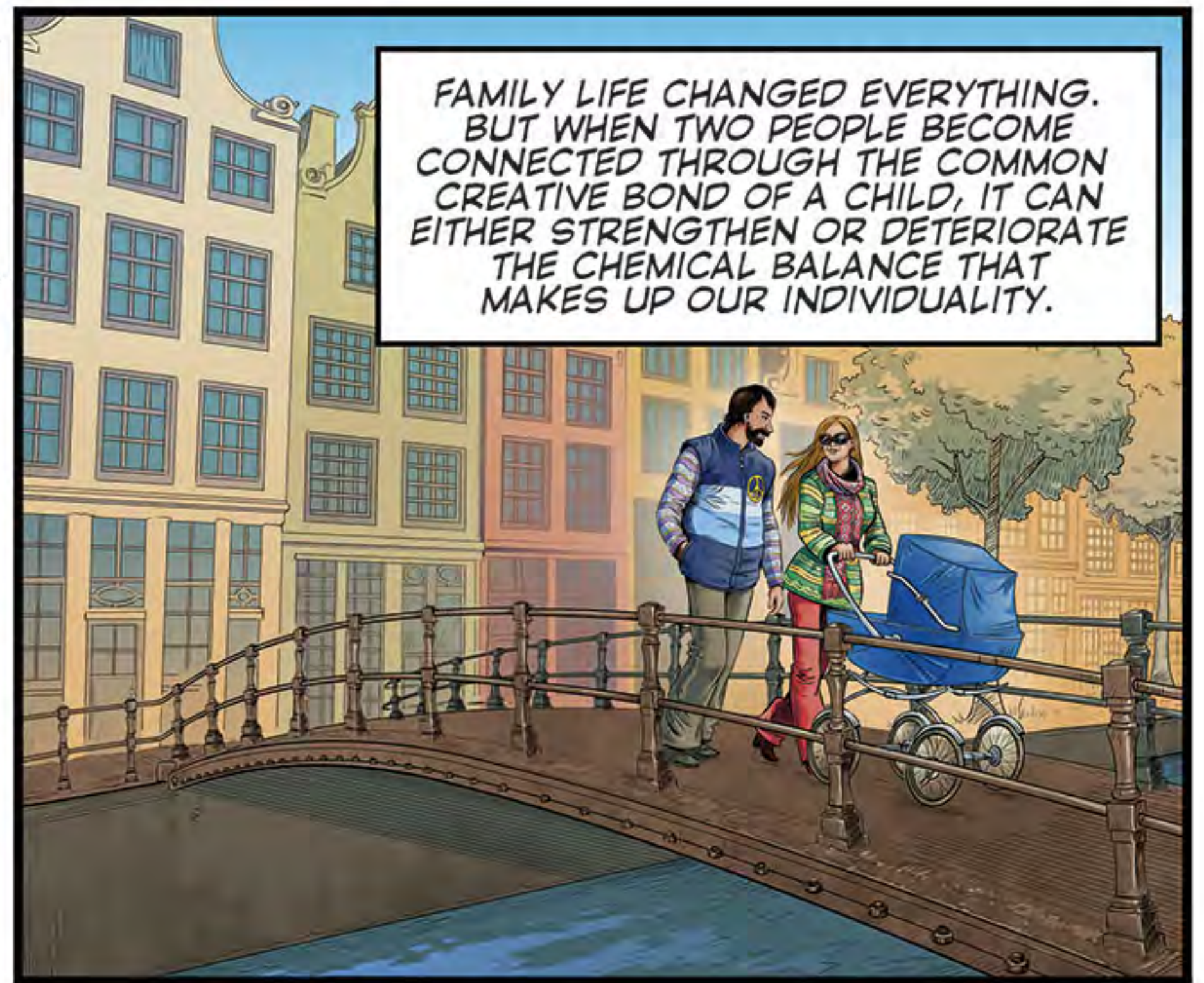
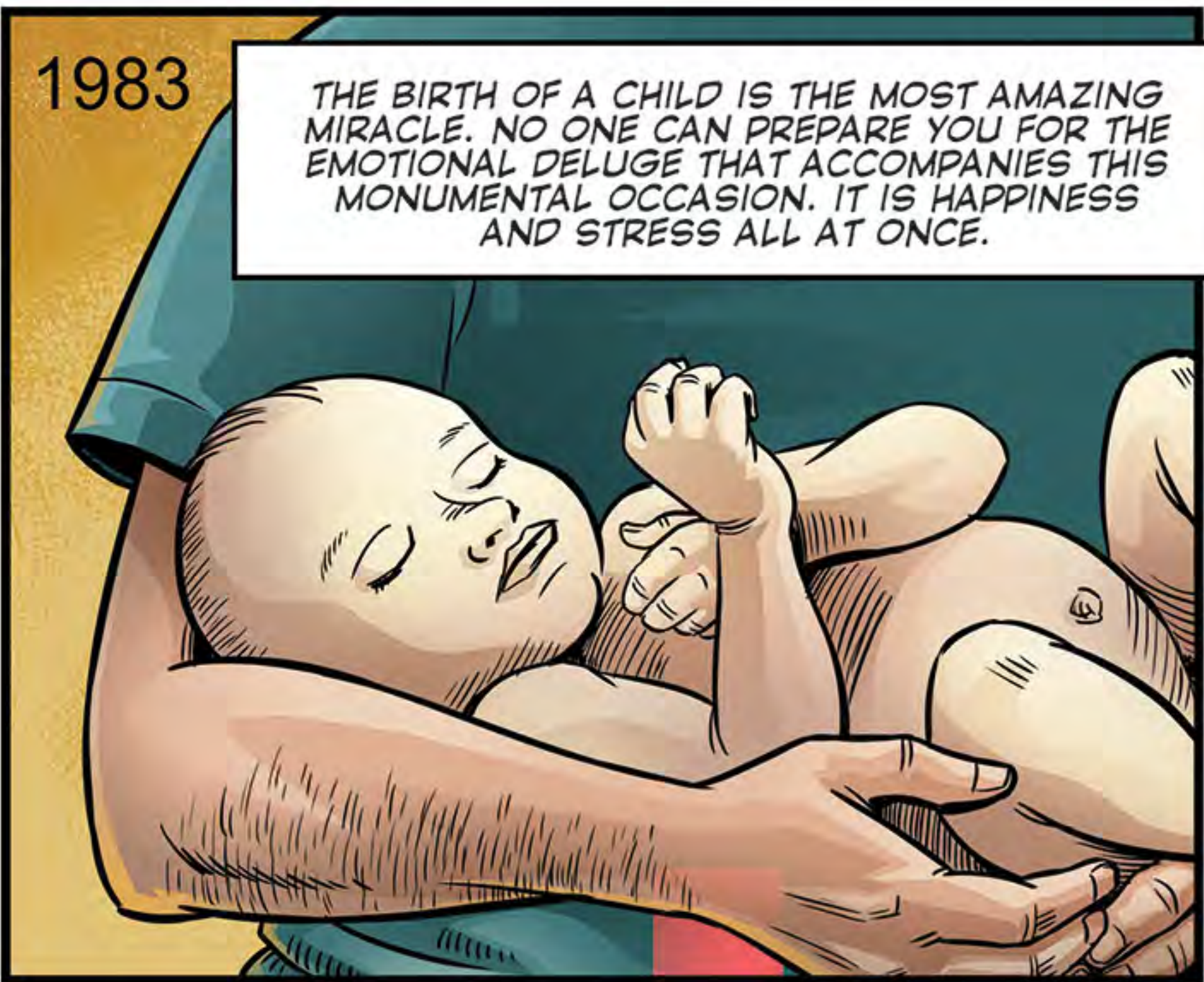


SHE WAS BEAUTIFUL. SUCH A FIRE TO HER SPIRIT.



SOON THE EVENING BECAME NIGHT AS OUR WORDS BECAME LESS AND OUR CHEMISTRY BECAME MORE.





TO GET TO THE ROOT OF THE REAL PROBLEM ONE MUST FIRST SEARCH WITHIN.



WHICH IS WHY IT IS CALLED "THE ROOT."

PILLS CAN TREAT SYMPTOMS BUT THEY DON'T CURE THE REAL PROBLEM BECAUSE THE ROOT OF IT IS MUCH DEEPER.



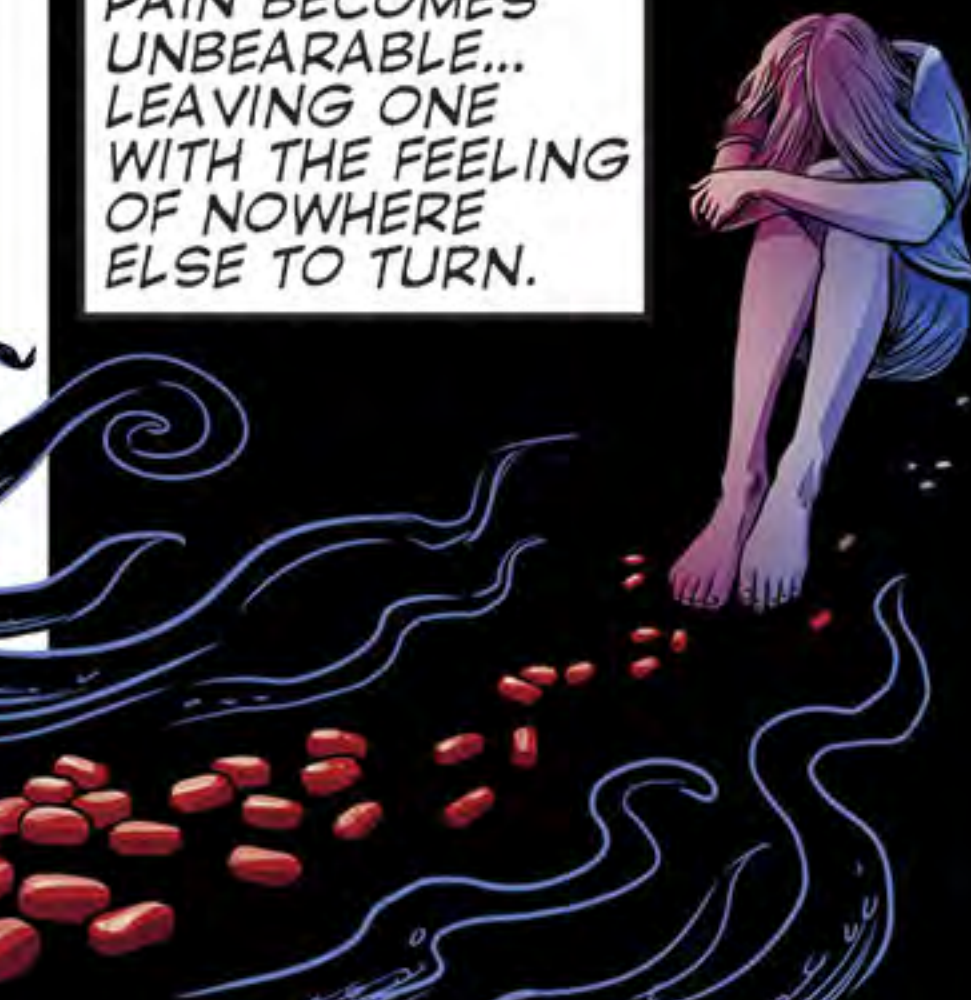
AND AFTER CHASING THE DEMONS AWAY WITH PILL AFTER PILL, THE HUMAN PSYCHE LOSES TOUCH WITH REALITY...



...SOON NOT EVEN BEING ABLE TO IDENTIFY THE ROOT SINCE IT IS SO HEAVILY MASKED.



THE BALANCE IS GONE AND THE PAIN BECOMES UNBEARABLE... LEAVING ONE WITH THE FEELING OF NOWHERE ELSE TO TURN.



THE BATTLE BETWEEN THE SELF AND THE DEMONS, HAVING BEEN WAGED WITH PILLS, IS LOST. THE ONLY WINNERS IN THIS WAR ARE THE COMPANIES DEVELOPING THESE DRUGS AND THE DOCTORS WHO ARE "ENCOURAGED" TO PRESCRIBE THEM.

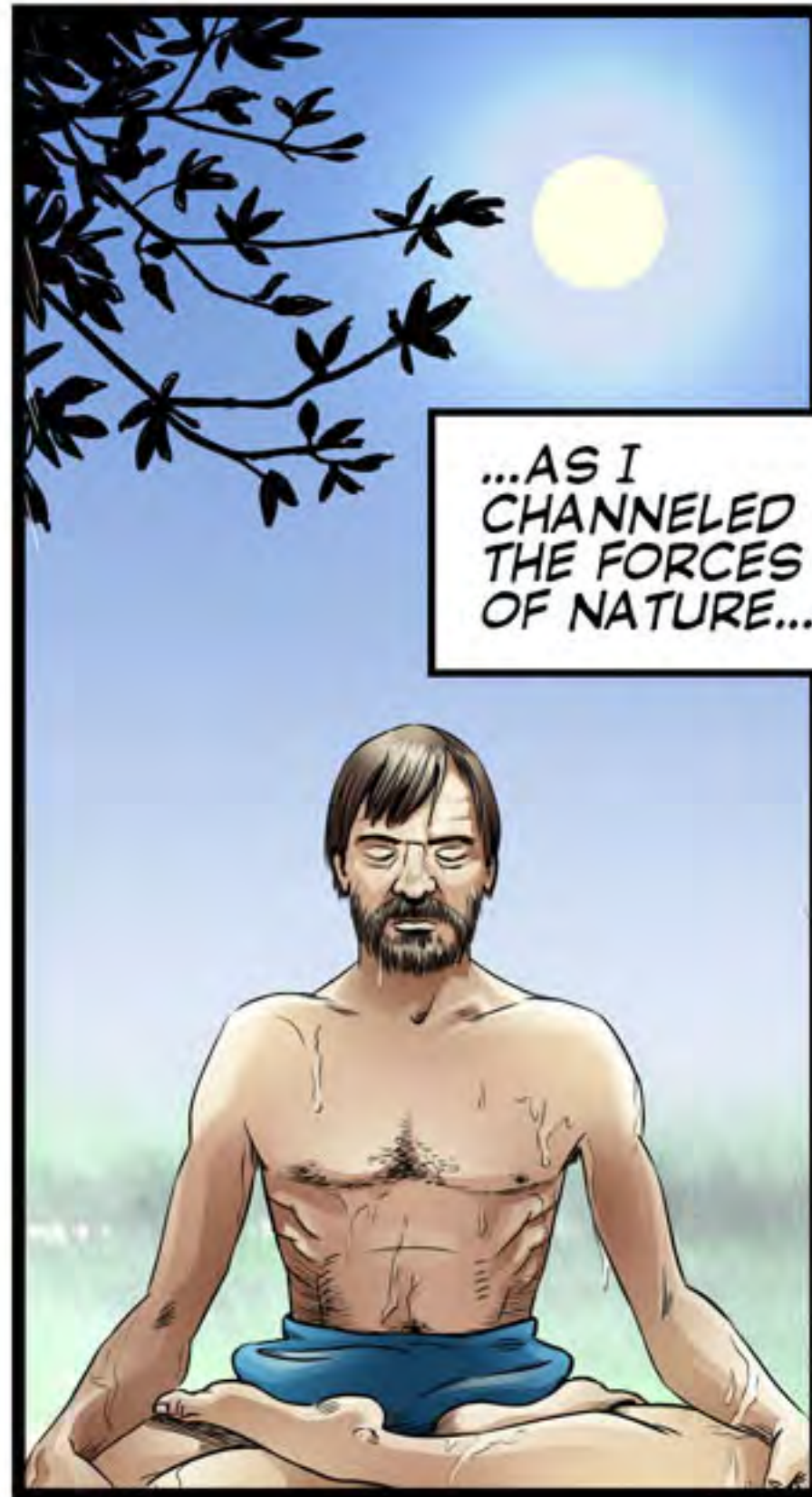


HER DEATH SUFFOCATED ME, DROWNING ME IN BOTH GUILT AND FRUSTRATION. I REALIZED THAT I HAD TO FACE THES SAME DEMONS, BUT I KNEW THAT I HAD TO GO ABOUT IT IN A DIFFERENT WAY. WITH THAT I BEGAN MY OWN SEARCH, ONE THAT I BEGAN OUTWARDLY BUT WAS FOCUSED DEEP WITHIN. I PULSATED WITH AN INNER FIRE THAT I HADN'T TRULY FELT SINCE THAT FIRST TIME I JUMPED INTO THOSE FRIGID WATERS IN AMSTERDAM THE NIGHT THAT OLAYA AND I FIRST MET.





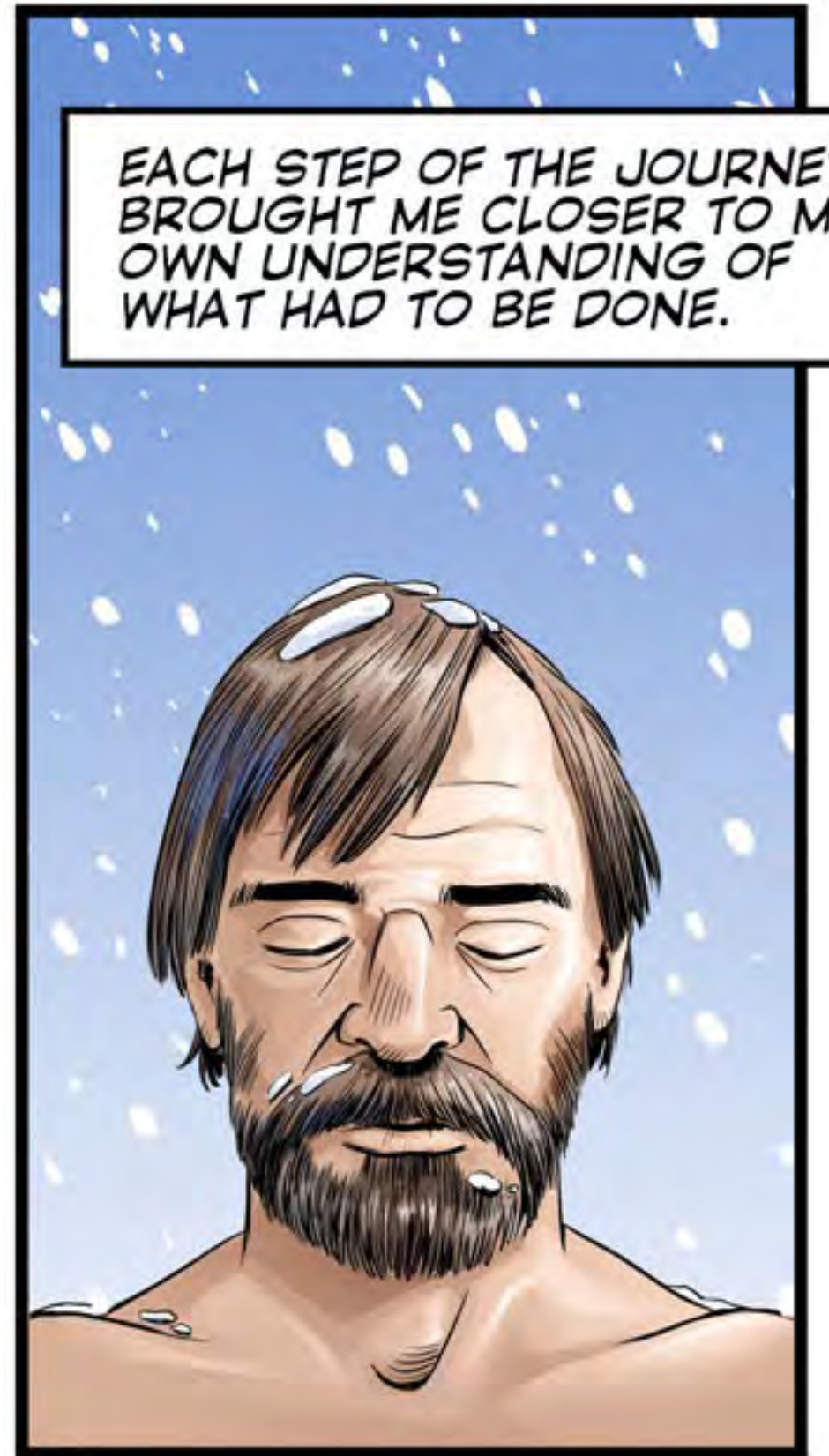
I FIRST BEGAN THE JOURNEY INWARD WITH FREEZING WATER TO FOCUS MY INNER MIND...



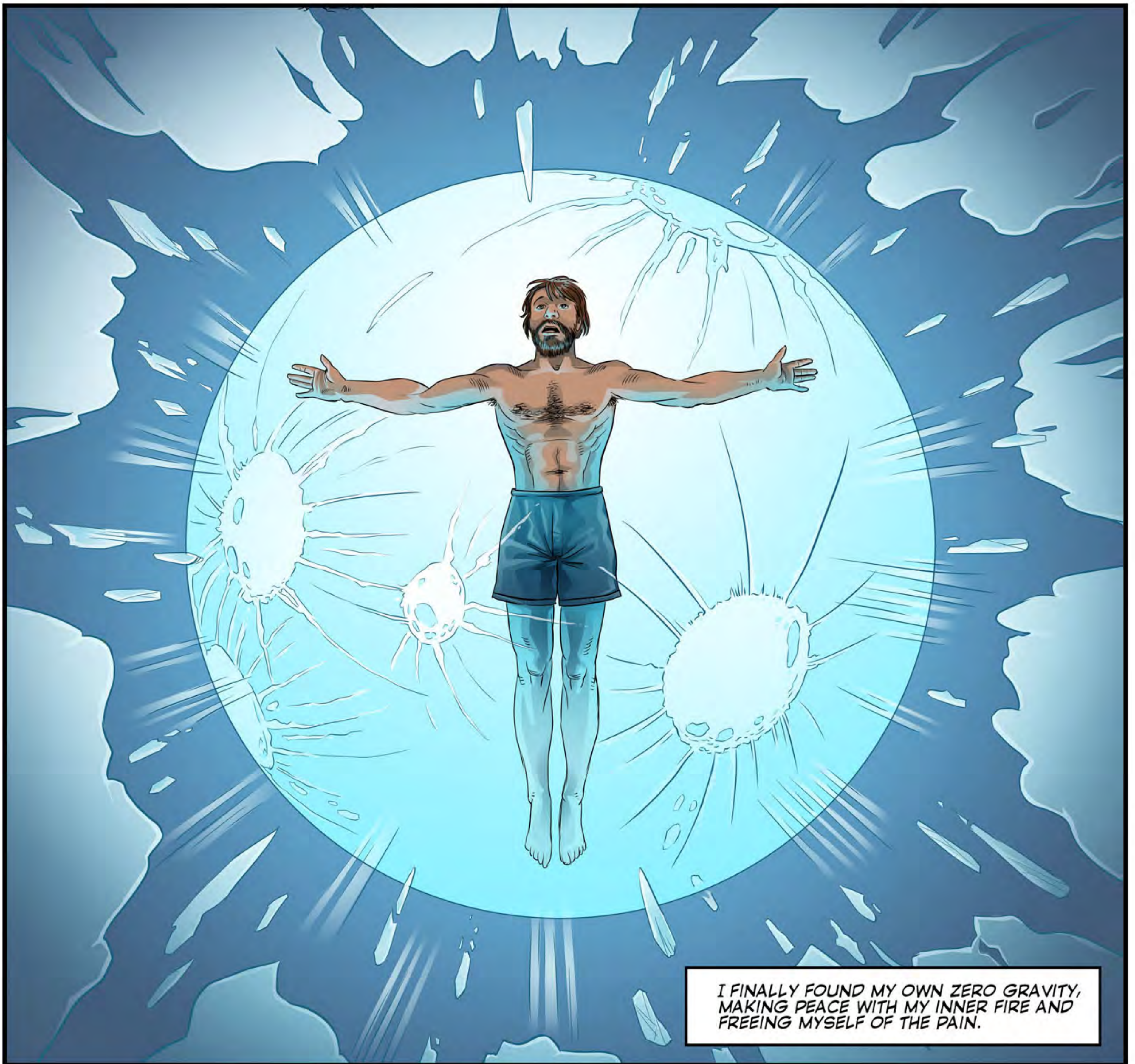
...AS I CHANNLED THE FORCES OF NATURE...



...THROUGH EXERCISE, BREATHING TECHNIQUES, AND MEDITATION.



EACH STEP OF THE JOURNEY BROUGHT ME CLOSER TO MY OWN UNDERSTANDING OF WHAT HAD TO BE DONE.



I FINALLY FOUND MY OWN ZERO GRAVITY, MAKING PEACE WITH MY INNER FIRE AND FREEING MYSELF OF THE PAIN.

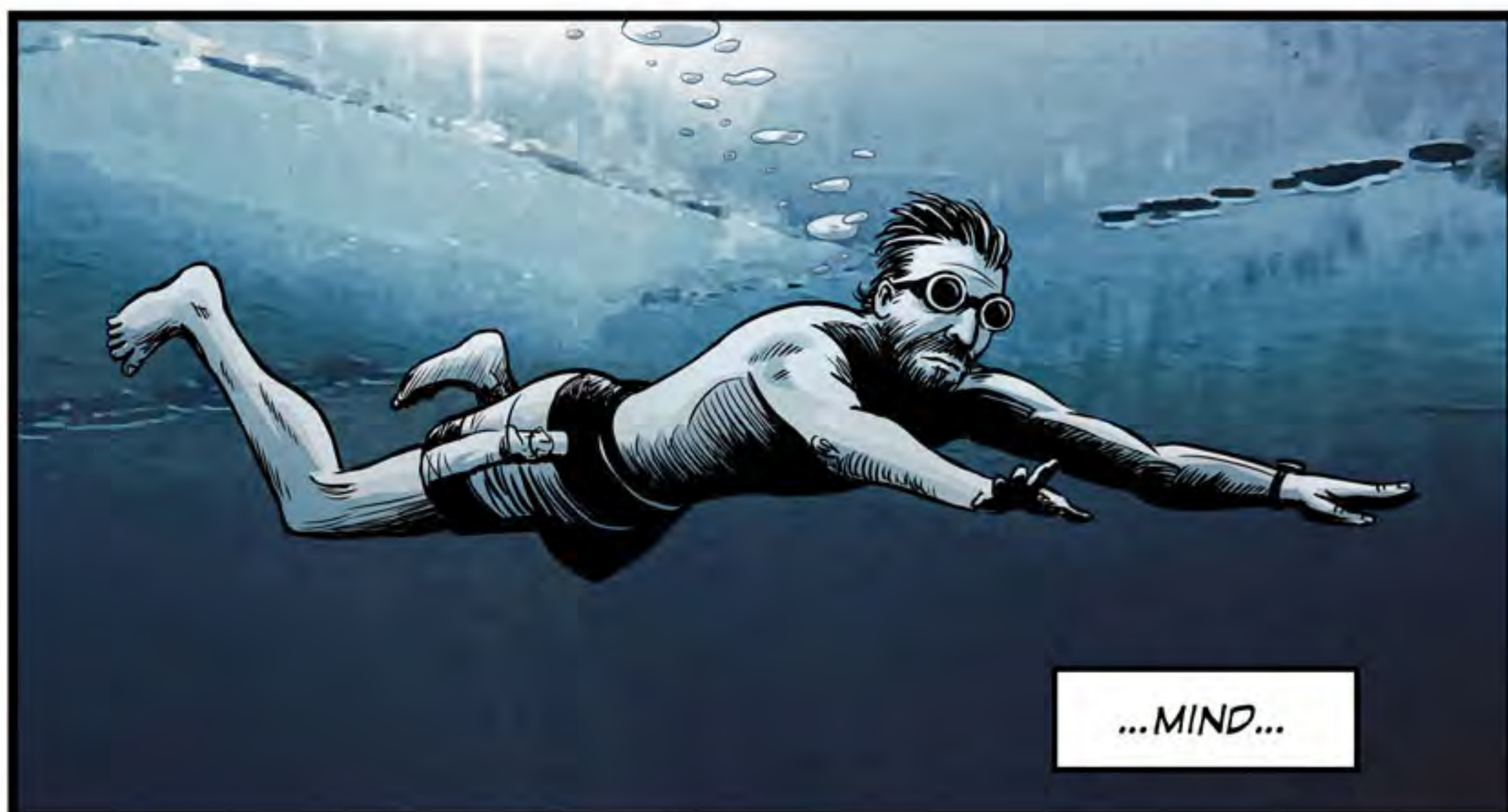
I CAME TO THE CONCLUSION THAT THE BEST WAY TO CHANGE THE NEWS CYCLE OF NEGATIVITY WAS BY MAKING MYSELF A PART OF THE ON-SCREEN HEALING NARRATIVE. IF I PUT MYSELF IN FRONT OF THE CAMERA AND SHOWED THE WORLD WHAT IS POSSIBLE WITH THE HUMAN BODY, I COULD SHIFT THE POINT OF VIEW AND ELEVATE THE HUMAN SPIRIT BY PUSHING PEOPLE TO TEST AND REALIZE THEIR OWN POTENTIAL.



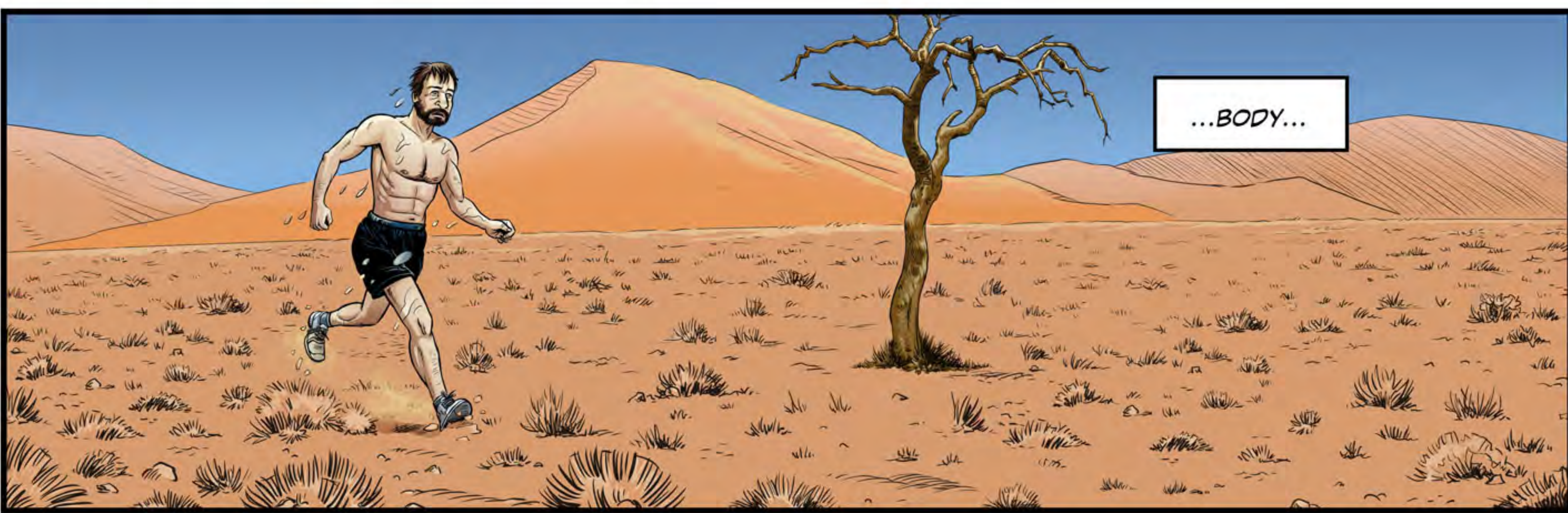
AND SPEAKING OF TESTS... THAT IS EXACTLY WHAT I DID, SETTING 26 WORLD RECORDS ON AIR INCLUDING DESERT RACES WITH NO WATER TO BAREFOOT MARATHONS IN THE ARCTIC.



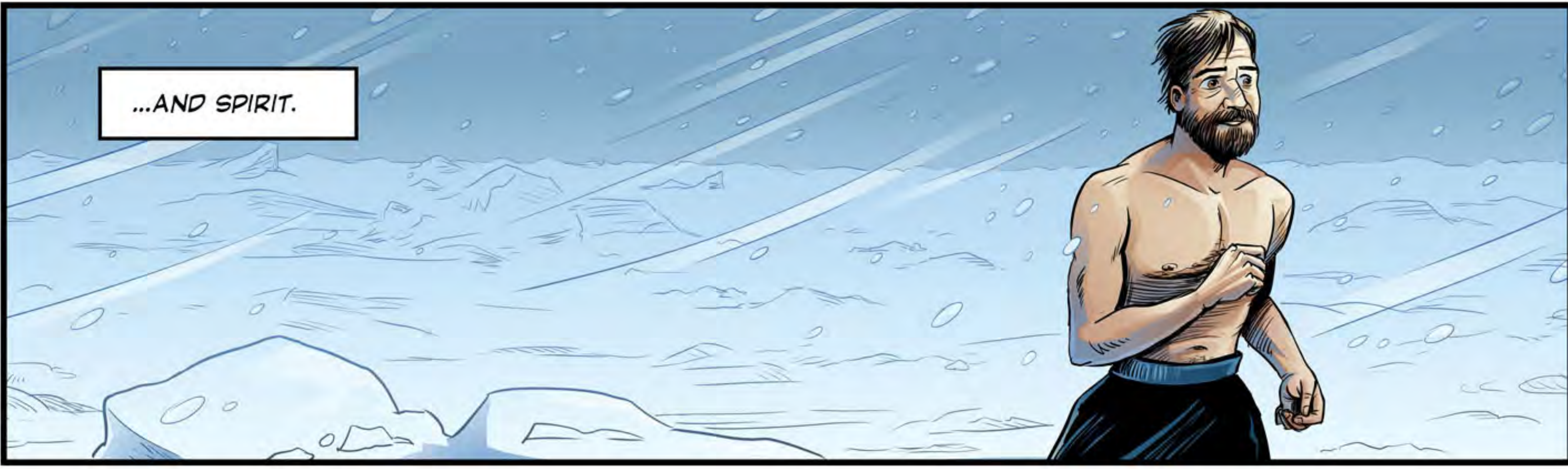
TEST AFTER TEST I PUSHED MYSELF...



...MIND...

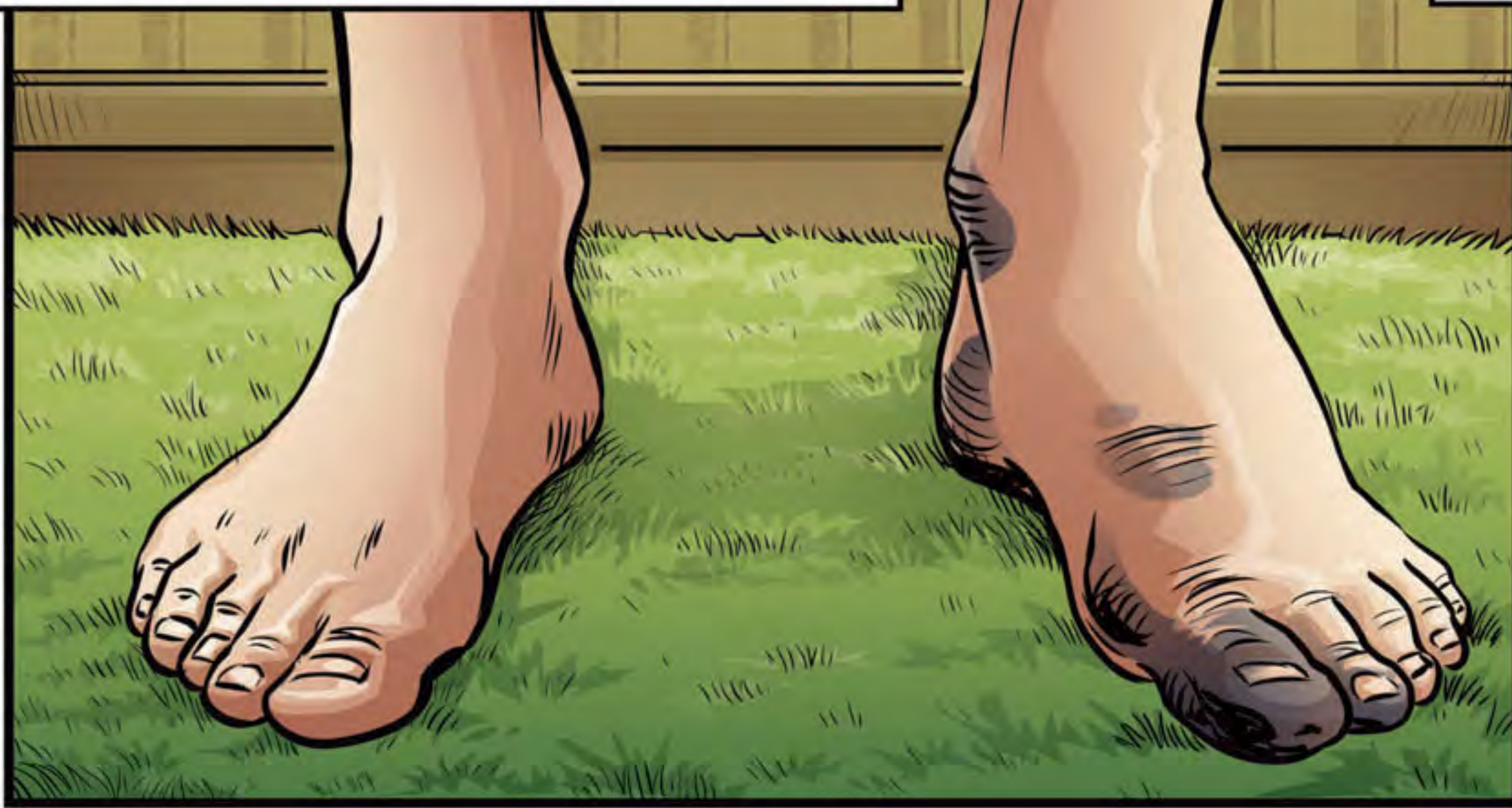


...BODY...



...AND SPIRIT.

BUT BECAUSE OF MY ARCTIC MARATHON IN 2007, I FACED A DIFFICULT DILEMMA. MY FOOT HAD BEEN FROZEN WHILE RUNNING BAREFOOT.



MY TELEVISION CONTRACT OBLIGATED ME TO CLIMB MT. EVEREST THAT SAME YEAR, FORCING ME TO MAKE A CHOICE.



AT AN ALTITUDE OF 7000 METERS, I KNEW MY LEG WOULD NEVER MAKE IT.



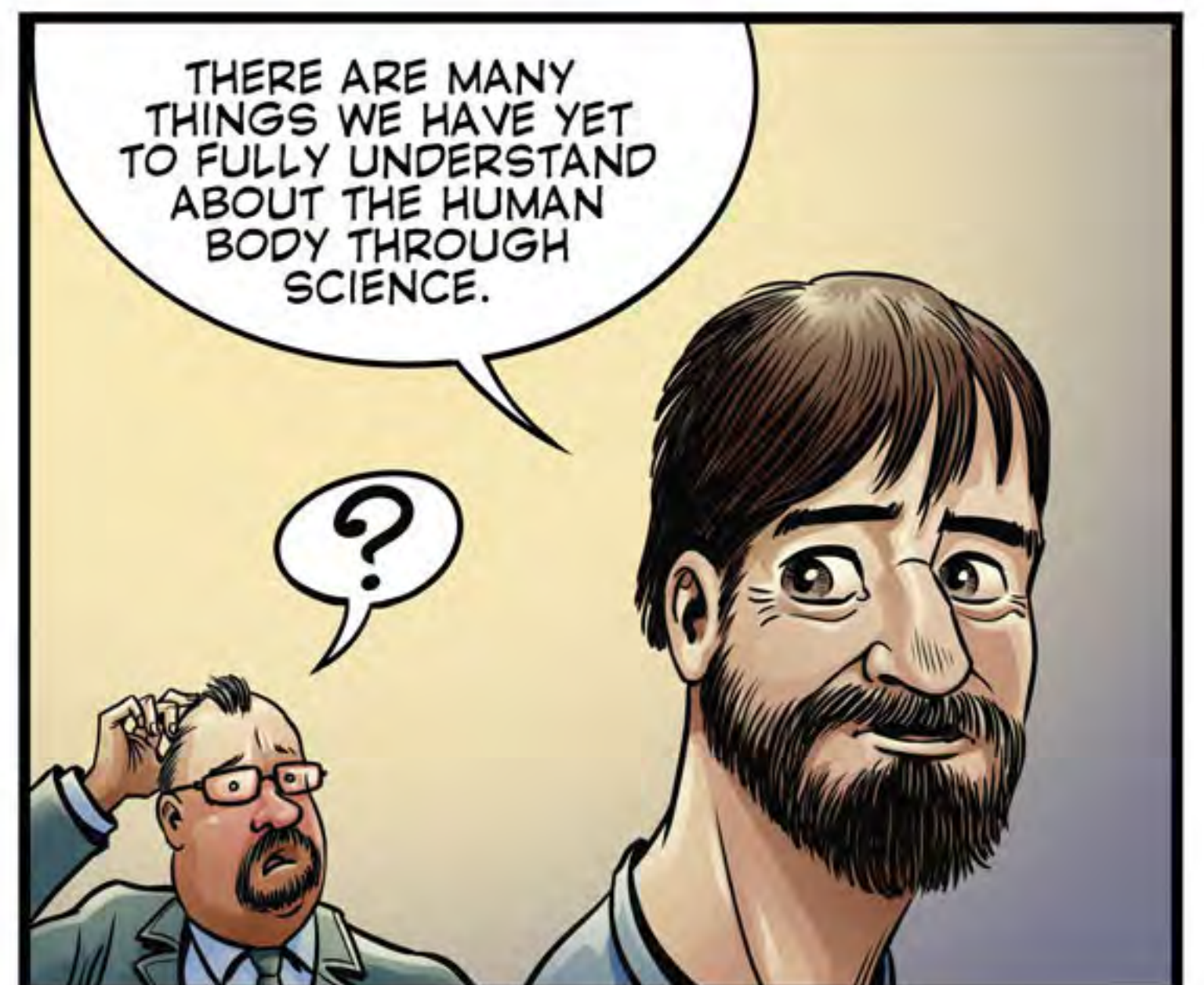
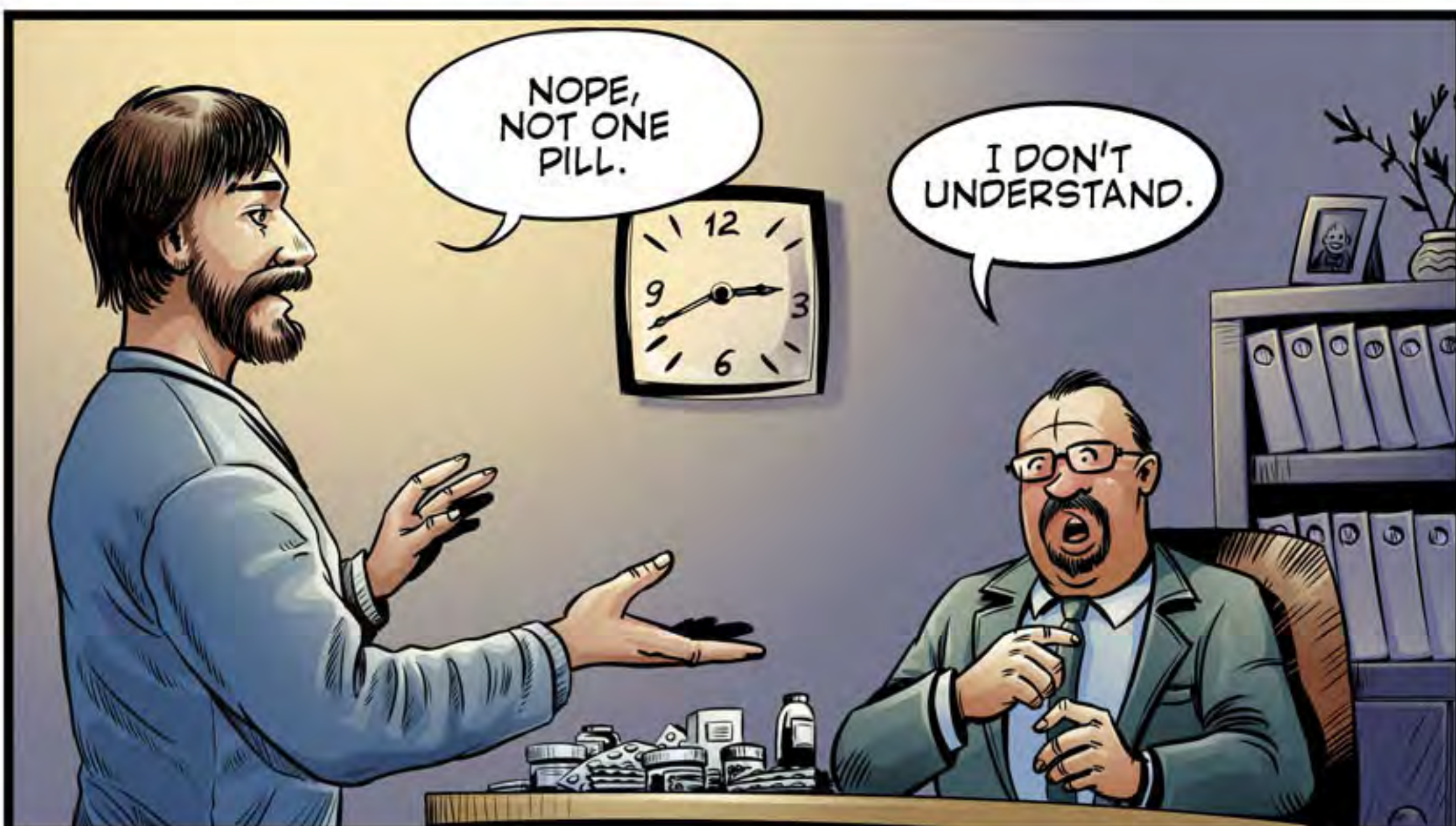
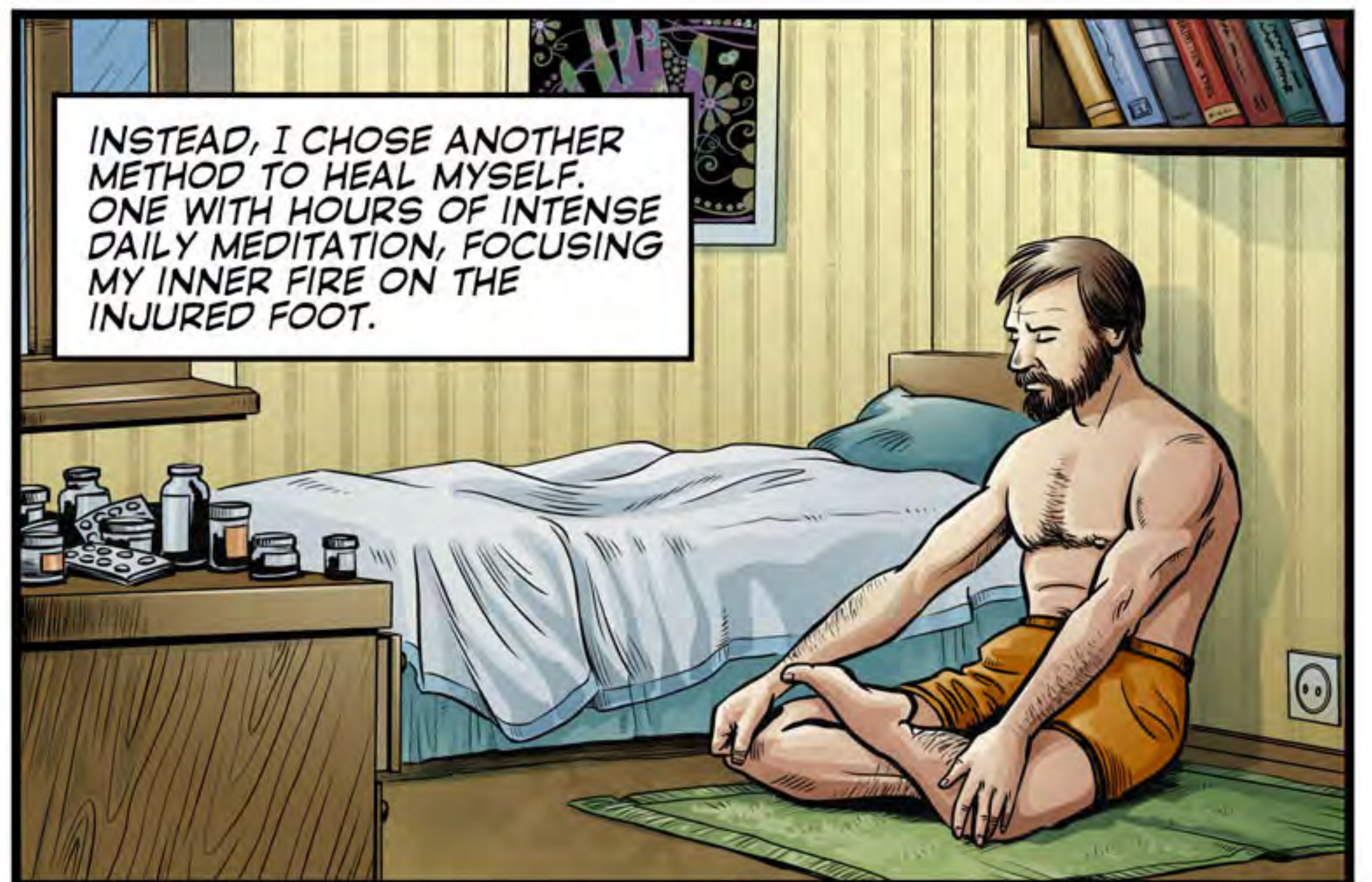
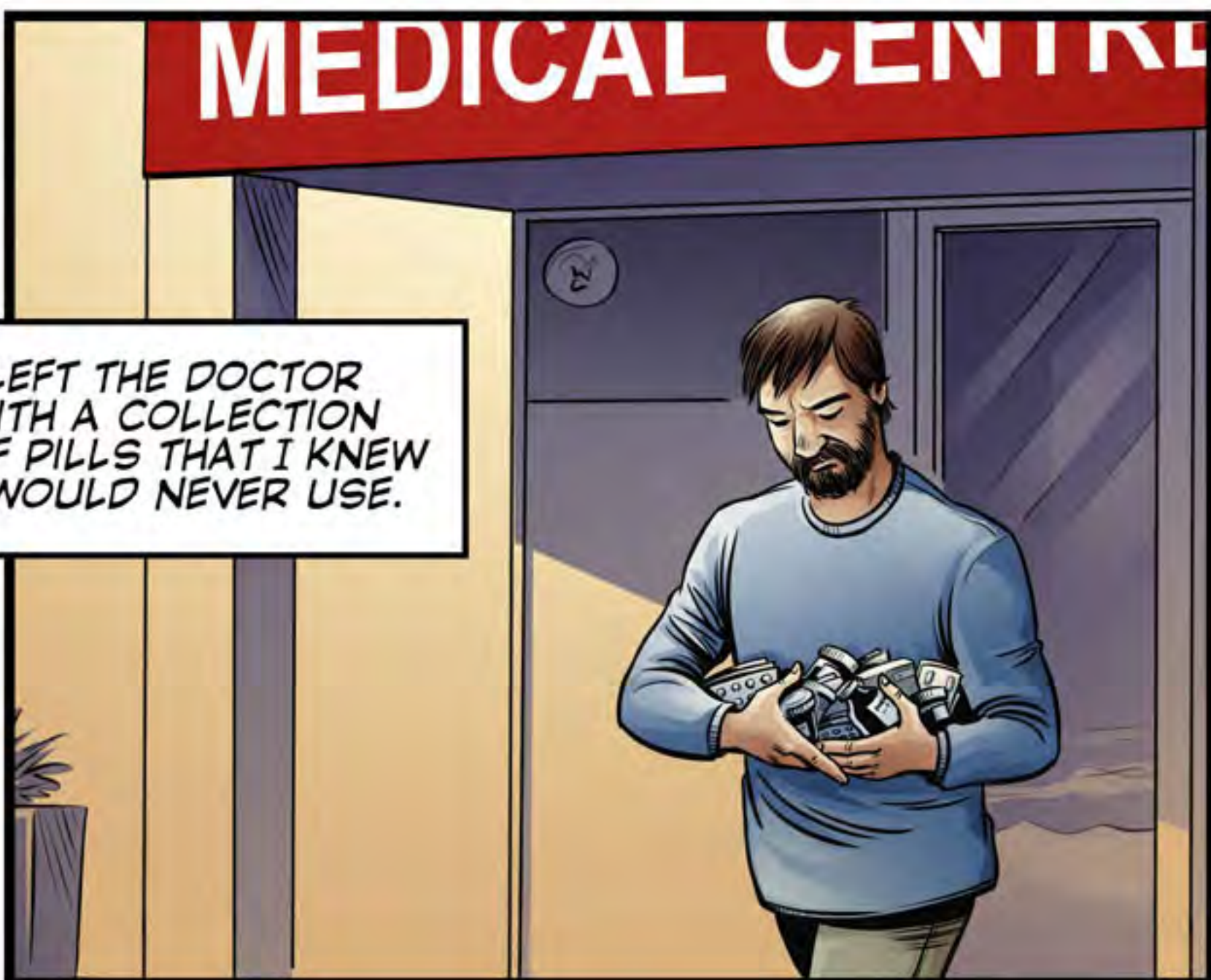
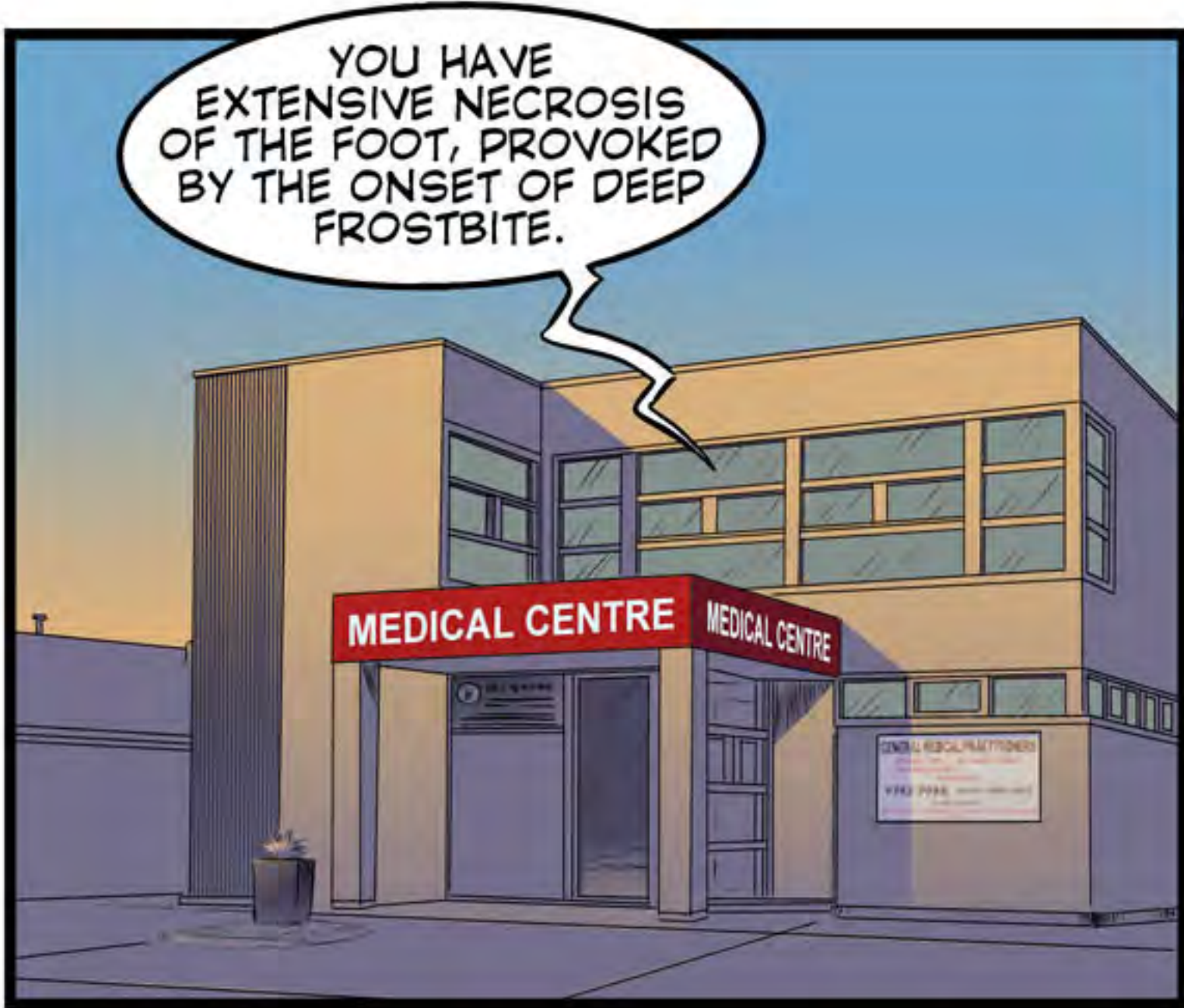
MAKING THE ONLY CHOICE THAT MADE SENSE, I CHOSE MY FOOT.

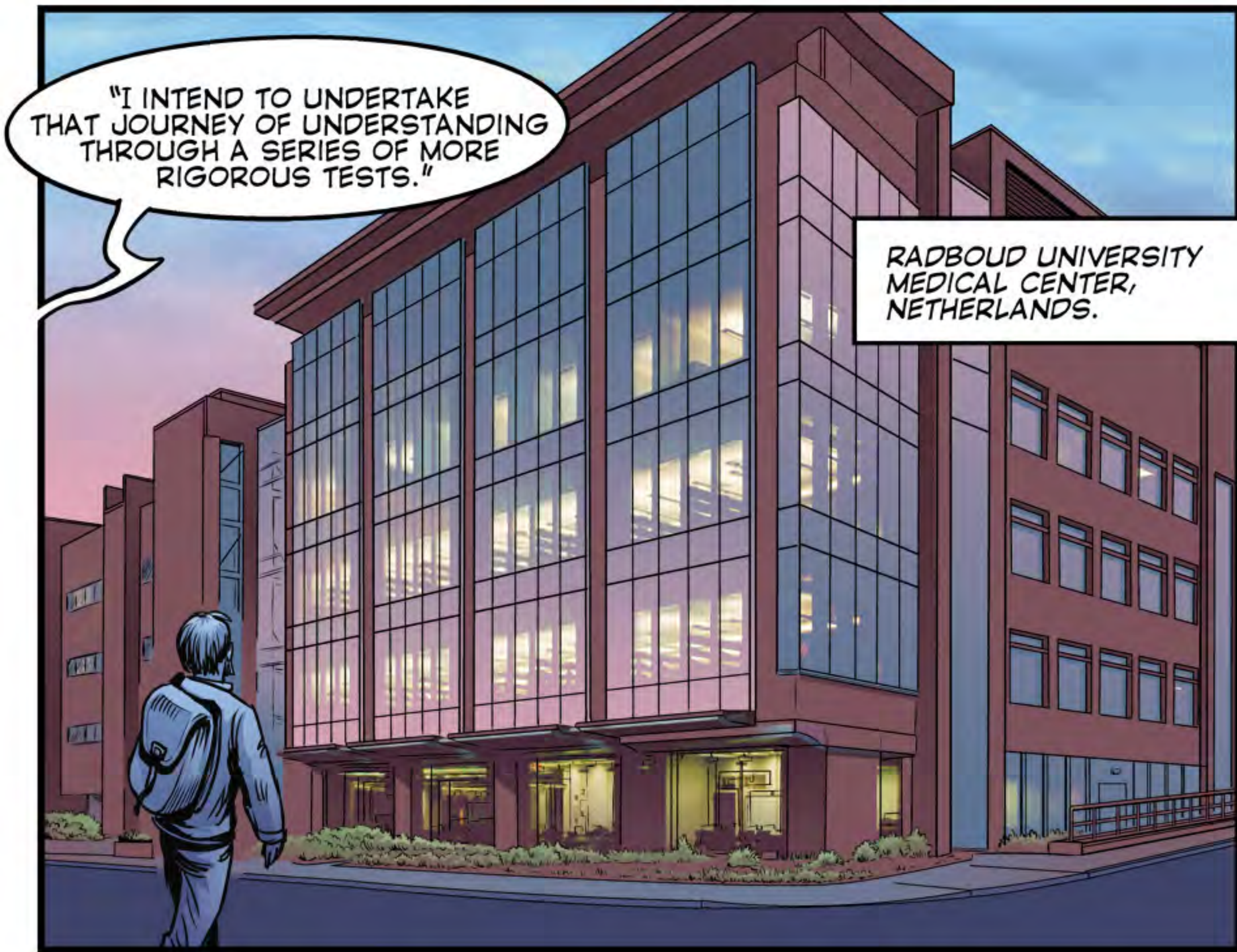


I'M CRAZY, BUT I'M NOT AN IDIOT!

REC ●

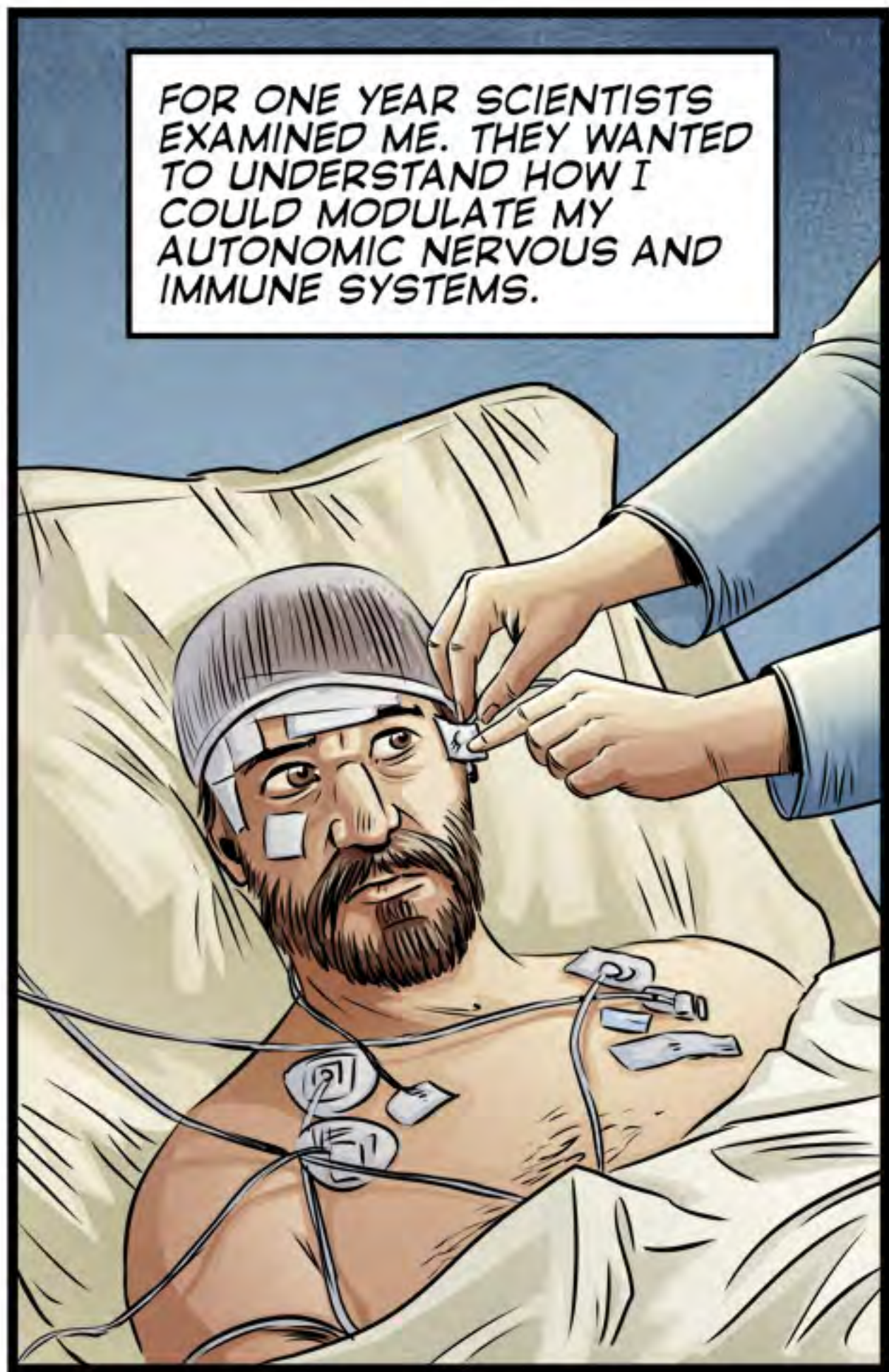




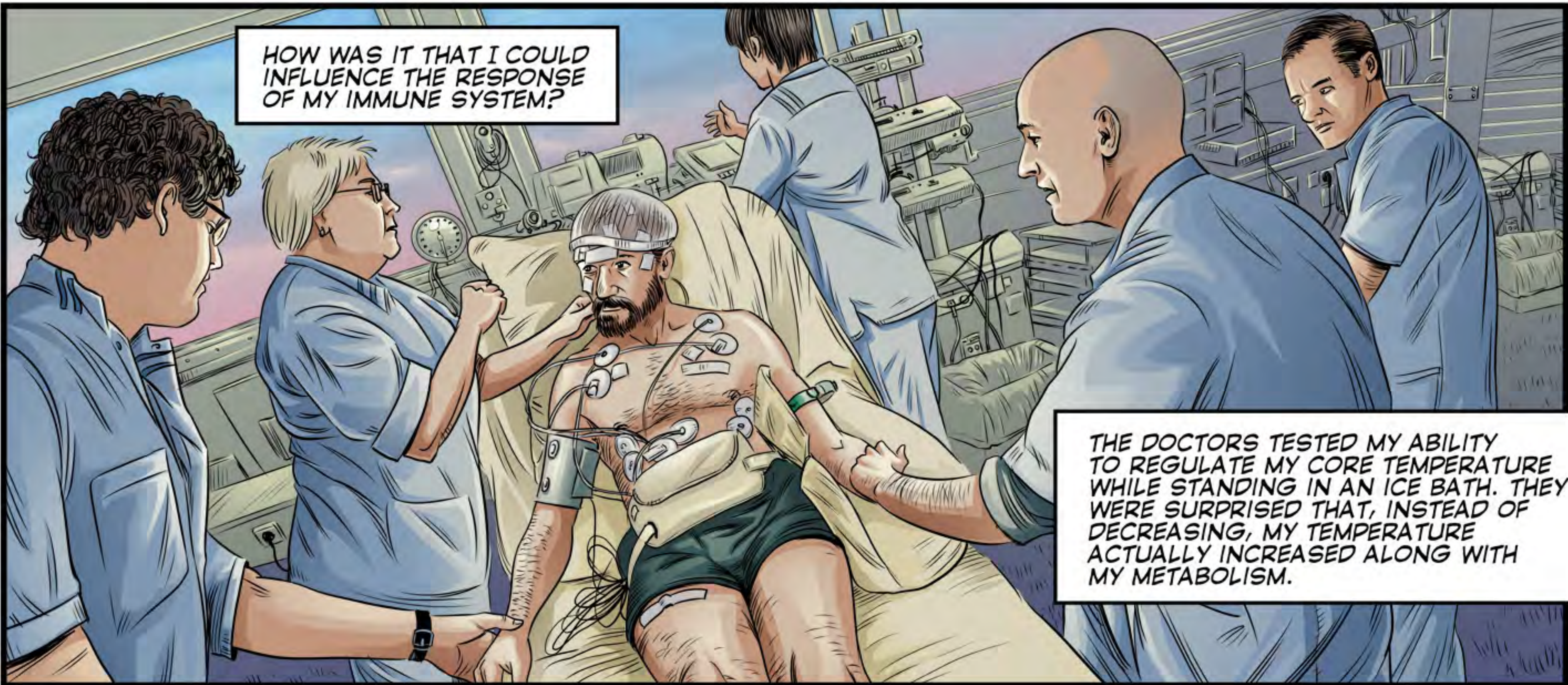


"I INTEND TO UNDERTAKE THAT JOURNEY OF UNDERSTANDING THROUGH A SERIES OF MORE RIGOROUS TESTS."

RADBOUD UNIVERSITY MEDICAL CENTER, NETHERLANDS.

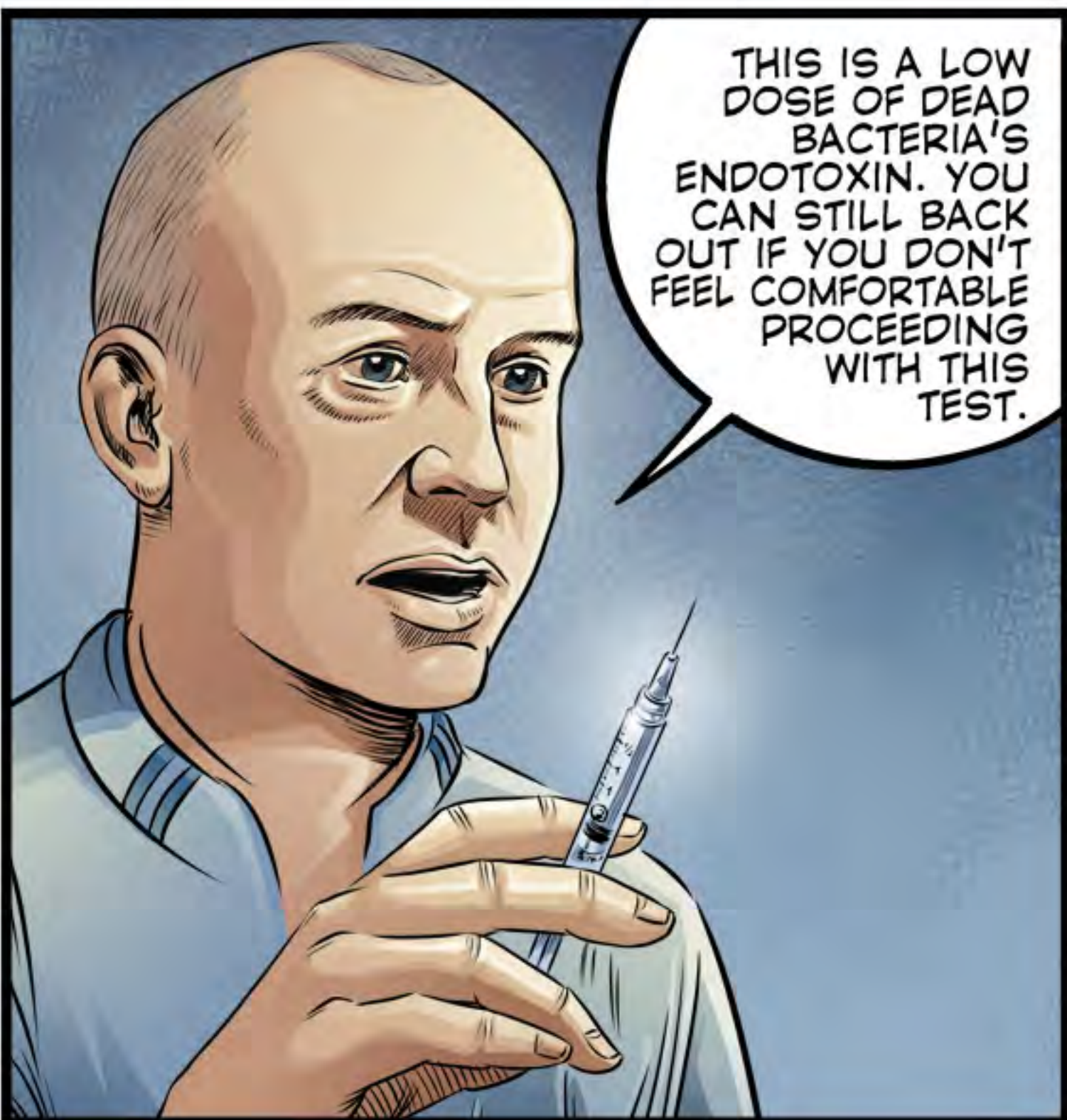


FOR ONE YEAR SCIENTISTS EXAMINED ME. THEY WANTED TO UNDERSTAND HOW I COULD MODULATE MY AUTONOMIC NERVOUS AND IMMUNE SYSTEMS.

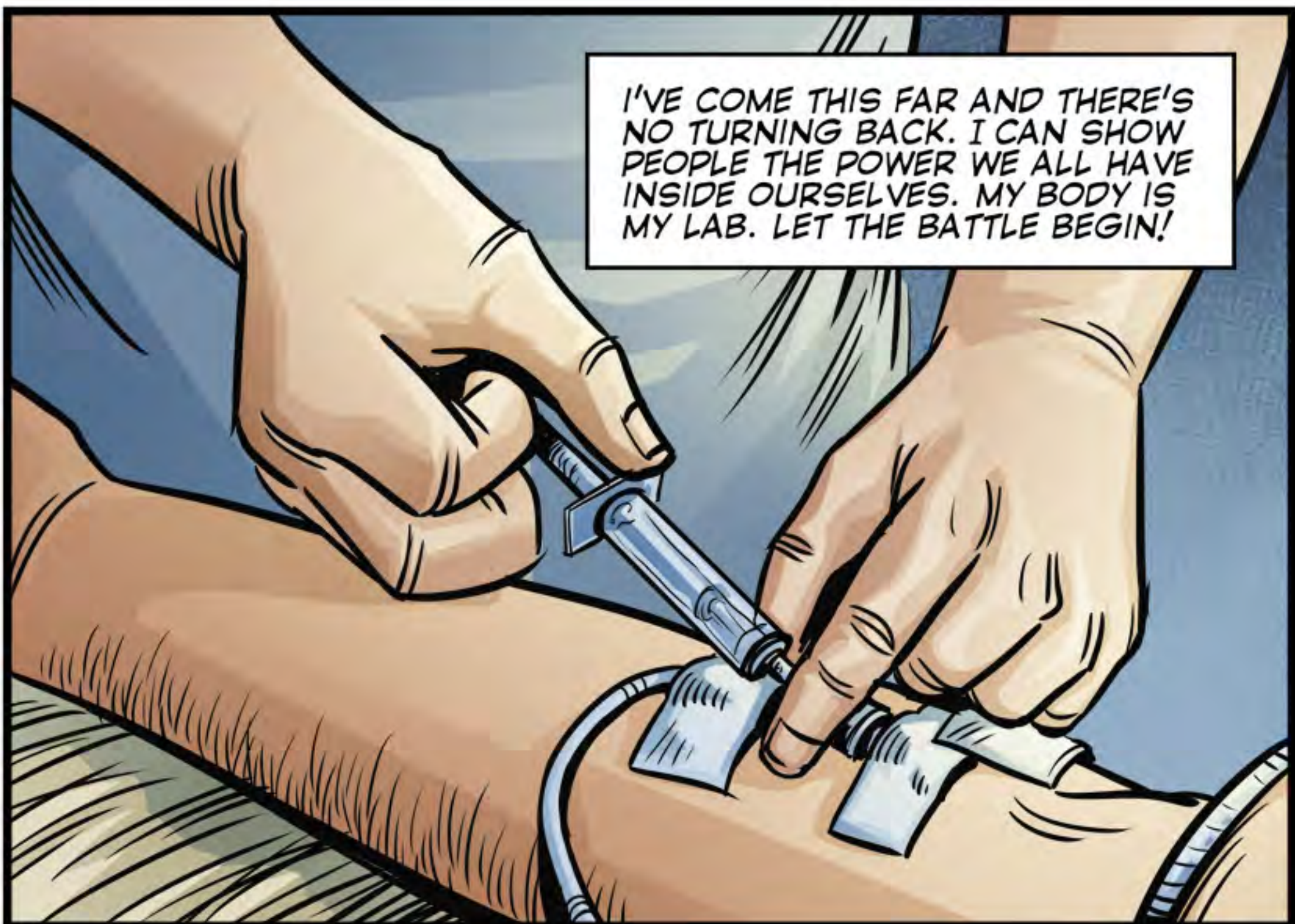


HOW WAS IT THAT I COULD INFLUENCE THE RESPONSE OF MY IMMUNE SYSTEM?

THE DOCTORS TESTED MY ABILITY TO REGULATE MY CORE TEMPERATURE WHILE STANDING IN AN ICE BATH. THEY WERE SURPRISED THAT, INSTEAD OF DECREASING, MY TEMPERATURE ACTUALLY INCREASED ALONG WITH MY METABOLISM.



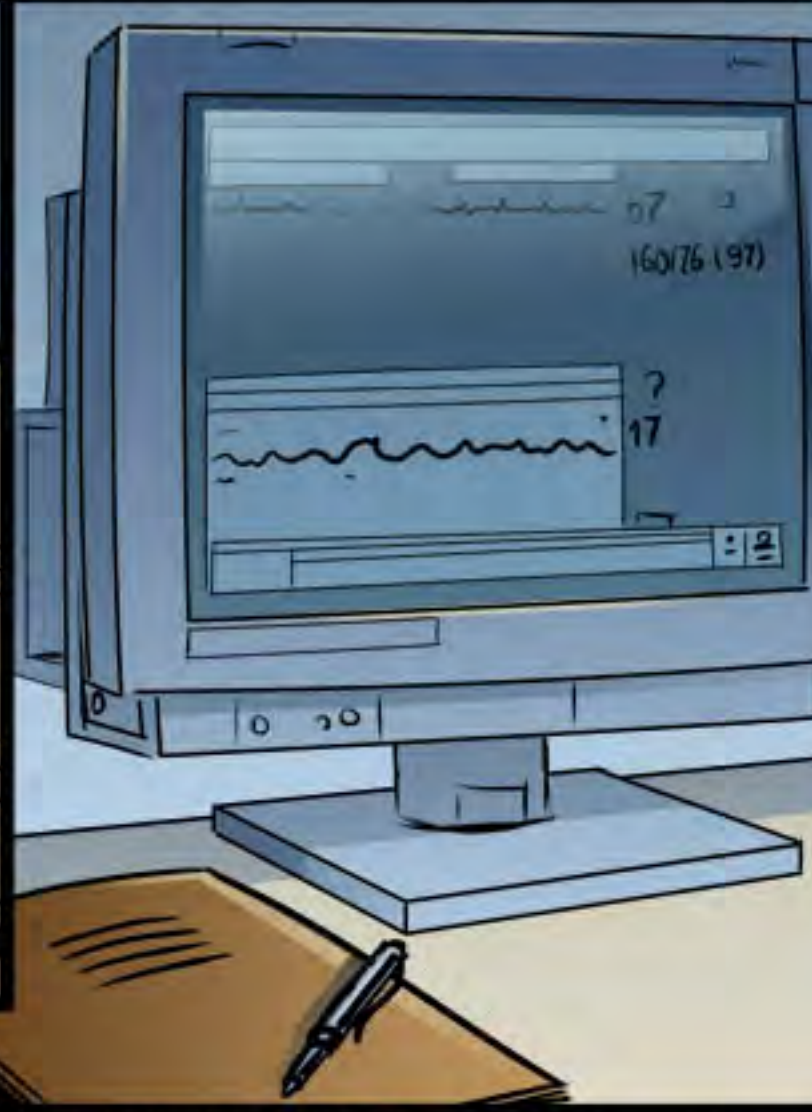
THIS IS A LOW DOSE OF DEAD BACTERIA'S ENDOTOXIN. YOU CAN STILL BACK OUT IF YOU DON'T FEEL COMFORTABLE PROCEEDING WITH THIS TEST.



I'VE COME THIS FAR AND THERE'S NO TURNING BACK. I CAN SHOW PEOPLE THE POWER WE ALL HAVE INSIDE OURSELVES. MY BODY IS MY LAB. LET THE BATTLE BEGIN!



AFTER THE INJECTION, THE HUMAN BODY UNDERGOES AN INTENSE SICKNESS FOR 3 HOURS. THROUGHOUT, I BREATHED DEEPLY IN MEDITATION.



I UNDERWENT NONE OF THE ASSOCIATED SYMPTOMS.



TO THE DOCTOR'S SURPRISE I DIDN'T EVEN APPEAR TO BE SICK AT ALL.



THEY WERE ASTOUNDED AND DECIDED TO RUN A GROUP TEST TO FURTHER ANY CONCLUSIONS.



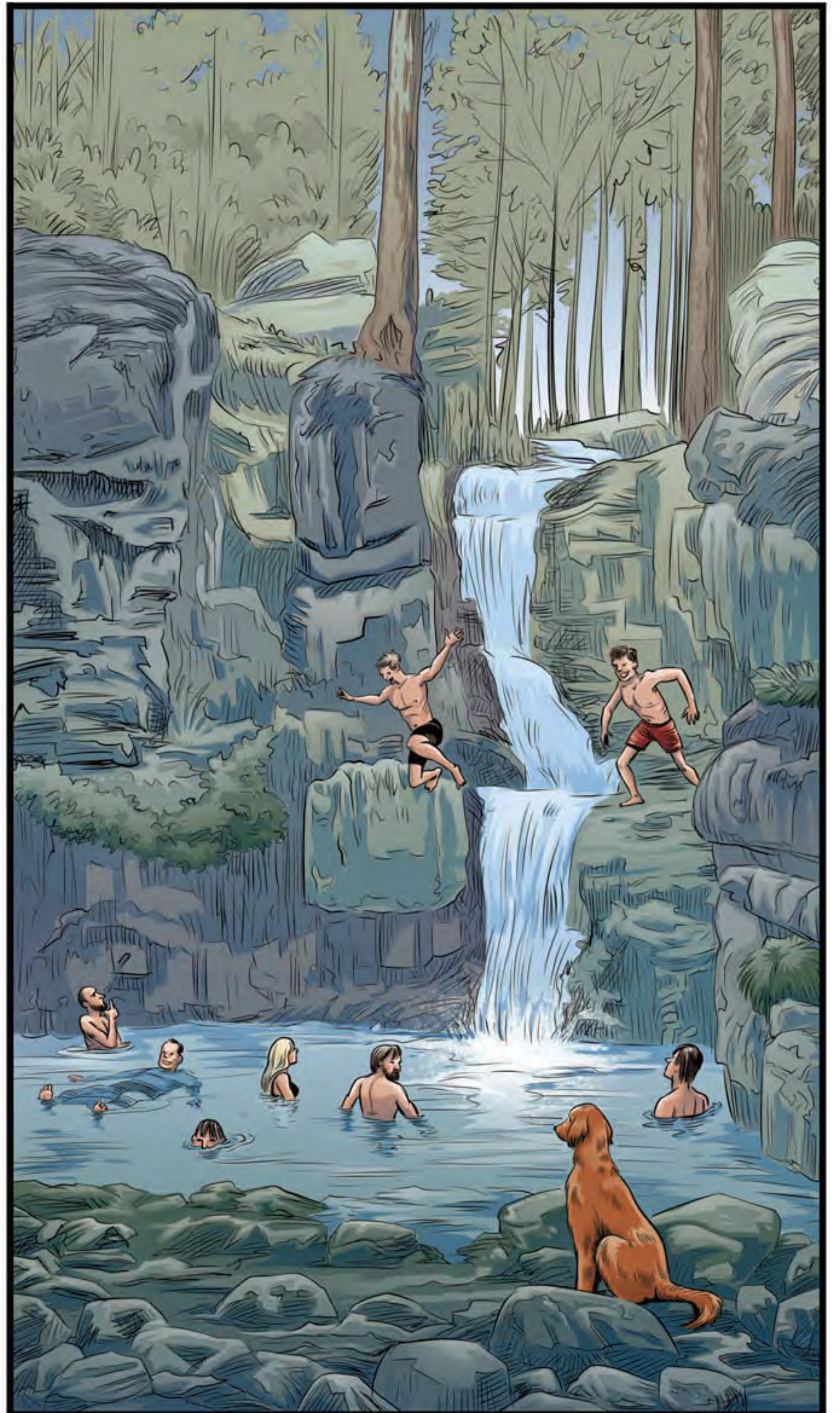
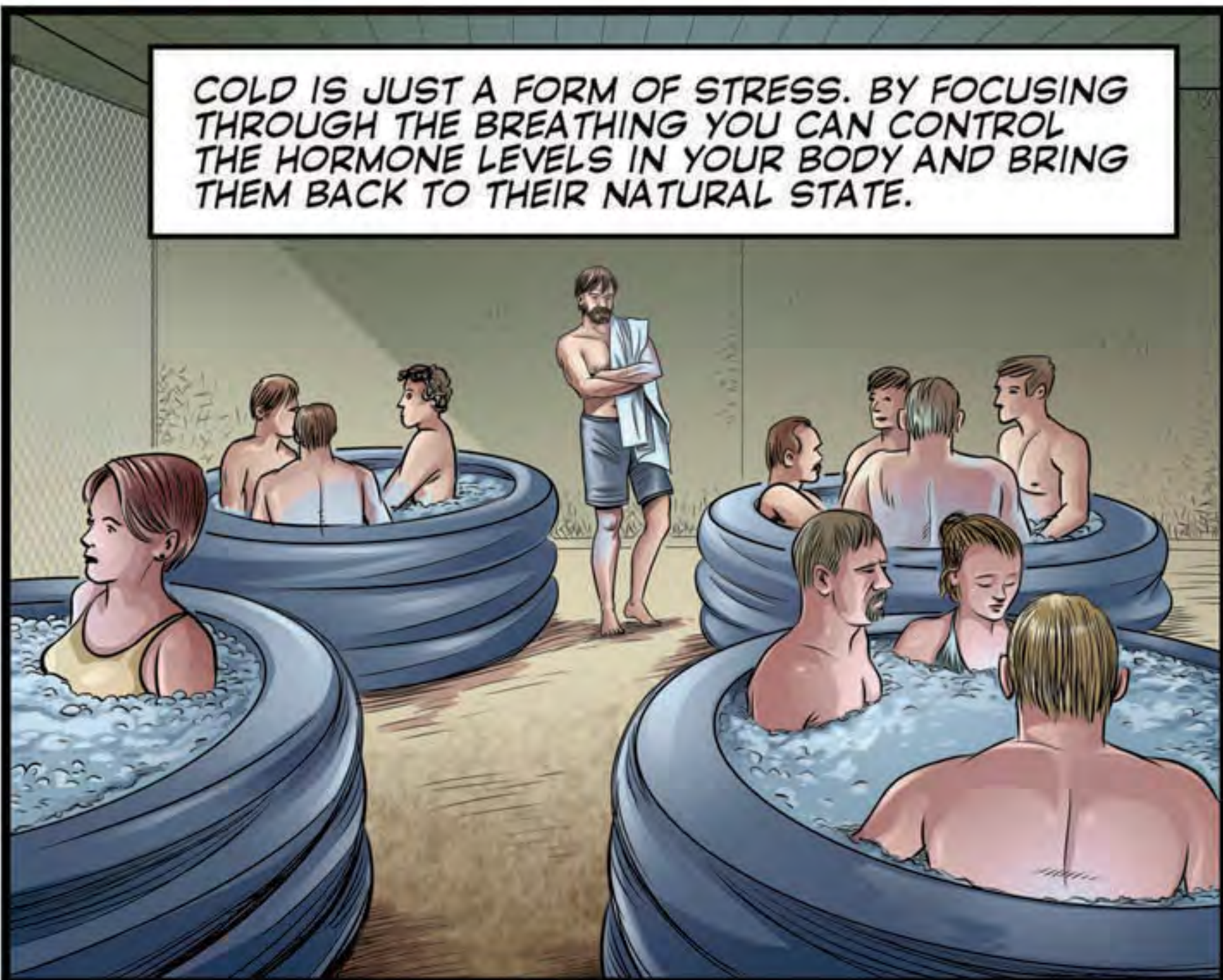
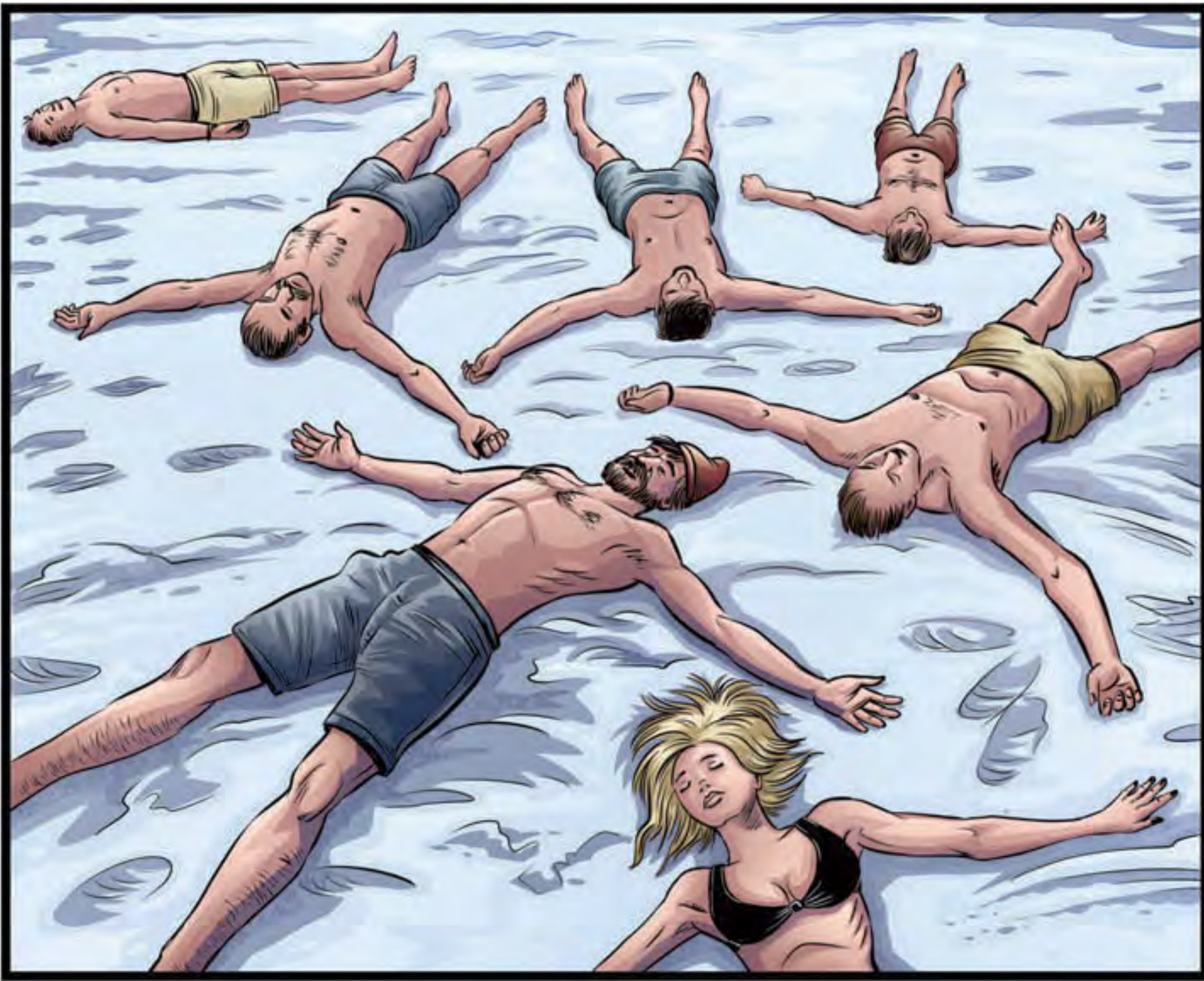
WELCOME, WIM HOF THE FAMOUS ICEMAN, TO OUR SHOW. HOW DID YOU ACHIEVE THIS REMARKABLE ABILITY? OR ARE YOU SOME KIND OF SUPERMAN?

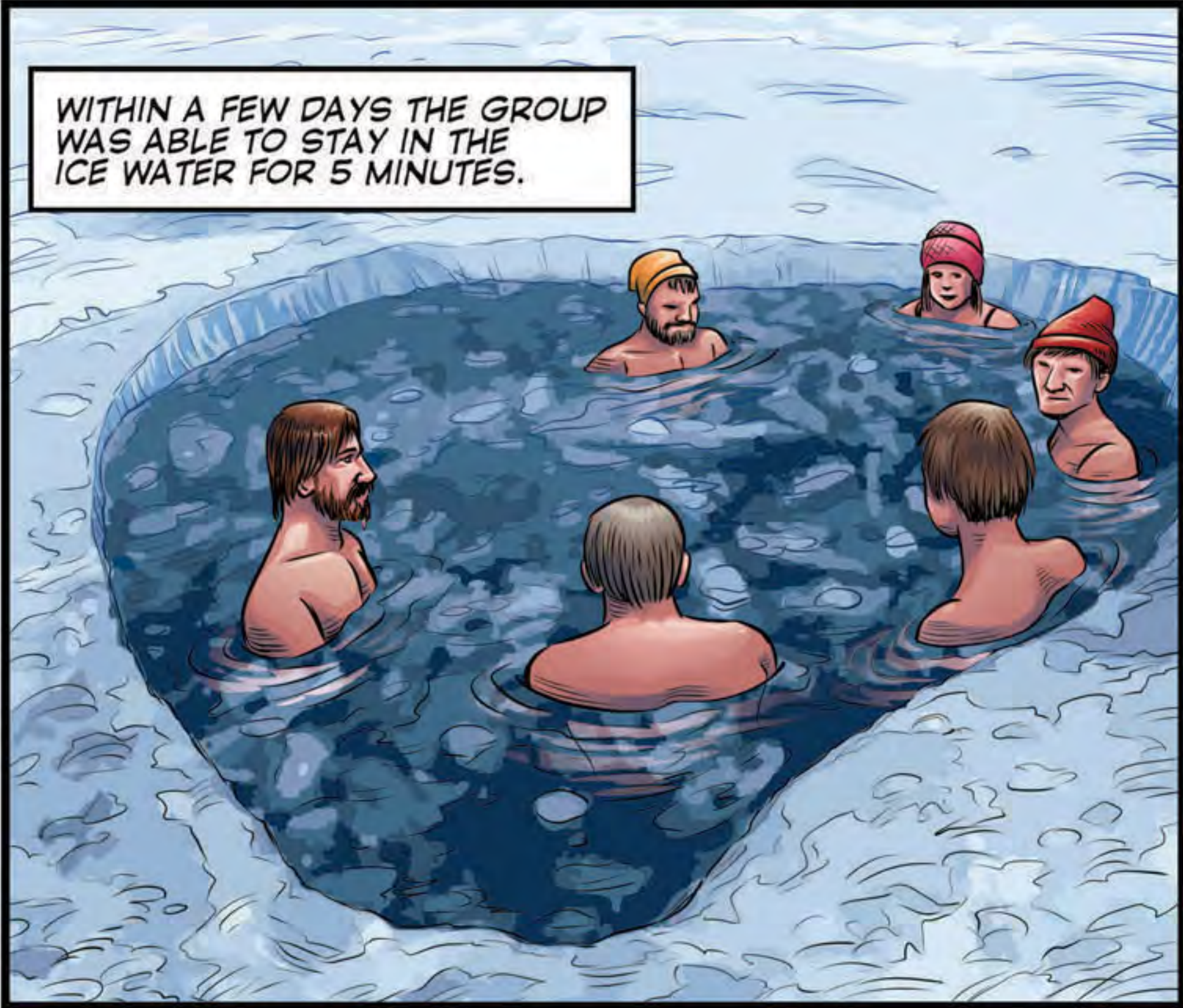
NO, SORRY TO DISAPPOINT, I'M NO SUPERMAN. WE ALL HAVE IT WITHIN US AND I PROMISE THAT I CAN MAKE ANYONE AN ICE-PERSON LIKE ME!

A BOLD STATEMENT. CAN YOU BACK THAT UP?



I PERSONALLY INVITE YOU AND ANY VOLUNTEERS OUT THERE WATCHING TO JOIN ME AND GO BEYOND THE BODILY LIMITS THAT WERE THOUGHT POSSIBLE.





WITHIN A FEW DAYS THE GROUP WAS ABLE TO STAY IN THE ICE WATER FOR 5 MINUTES.



THEY CAME TO REALIZE THAT MEDITATION WITH DEEP CONTROLLED BREATHING FREES THE MIND TO BE READY FOR ANY TYPE OF STRESS.

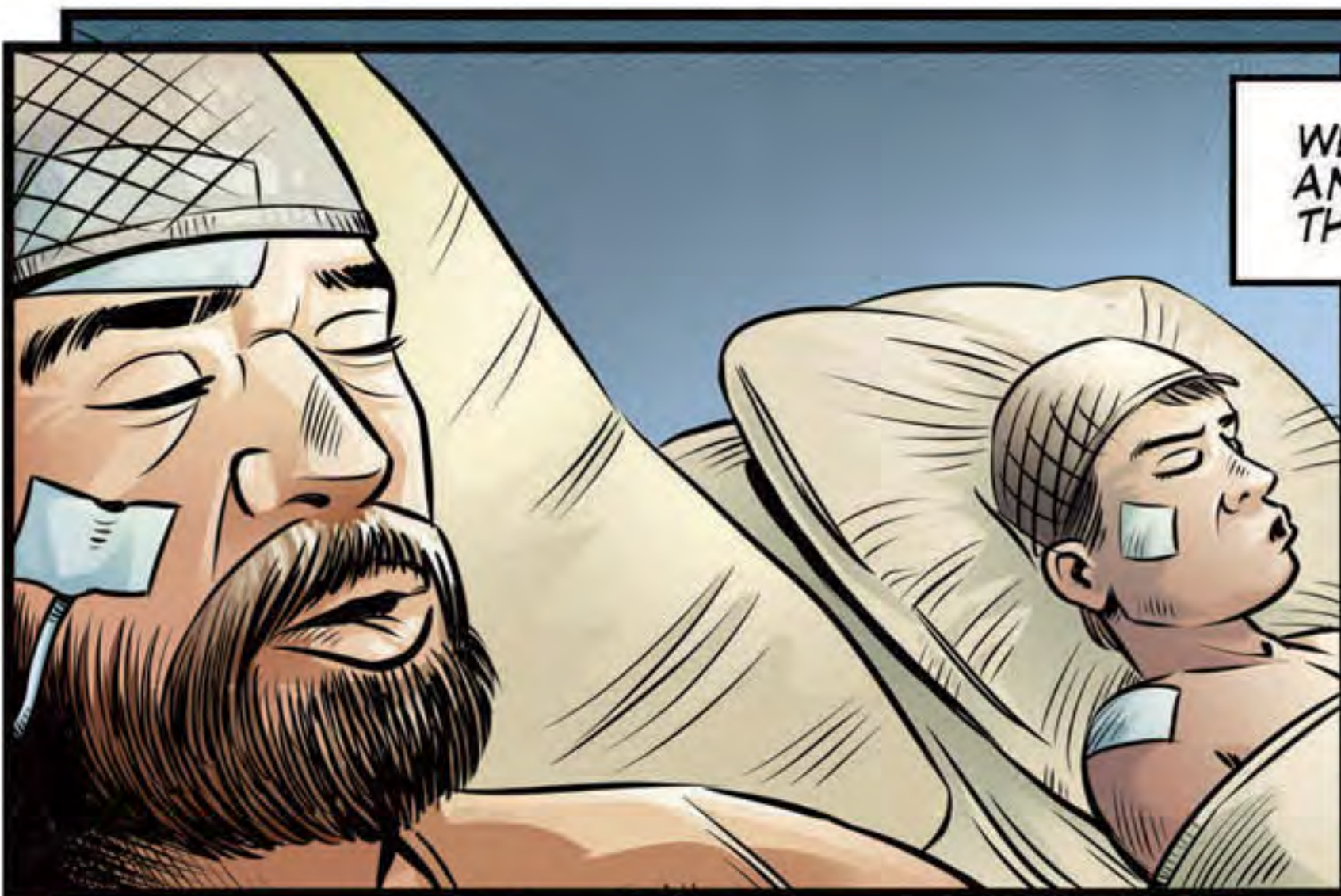
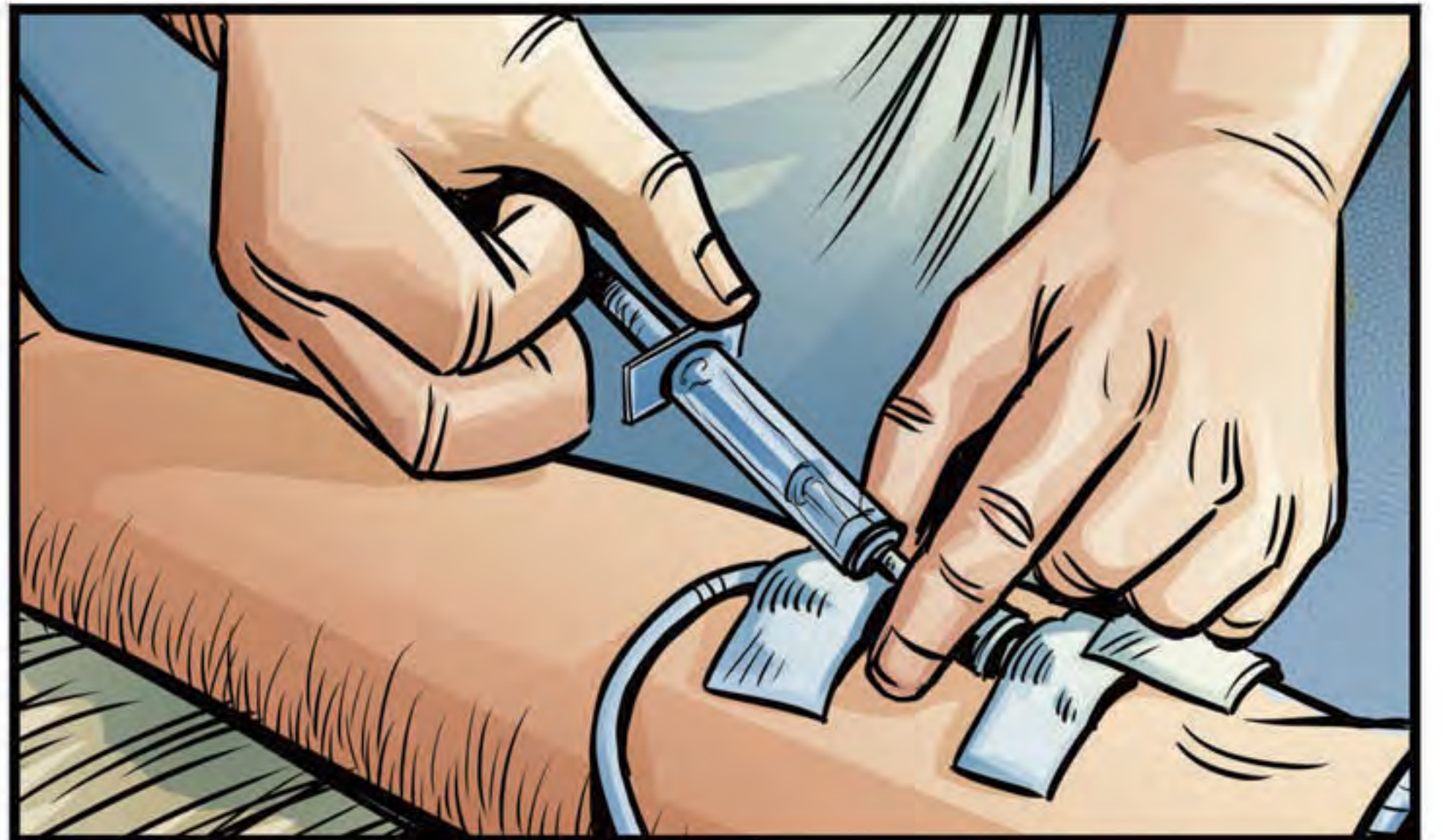
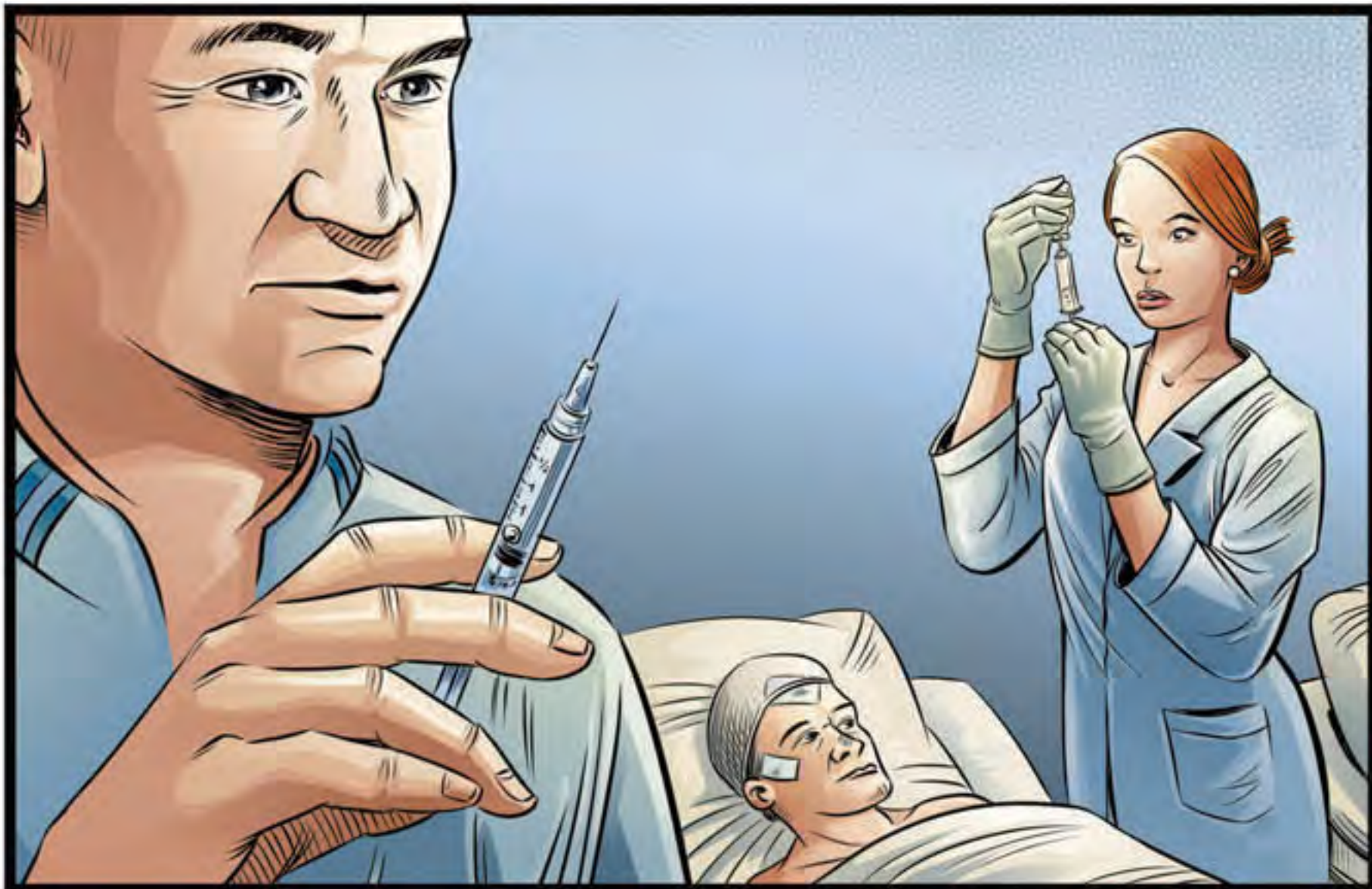
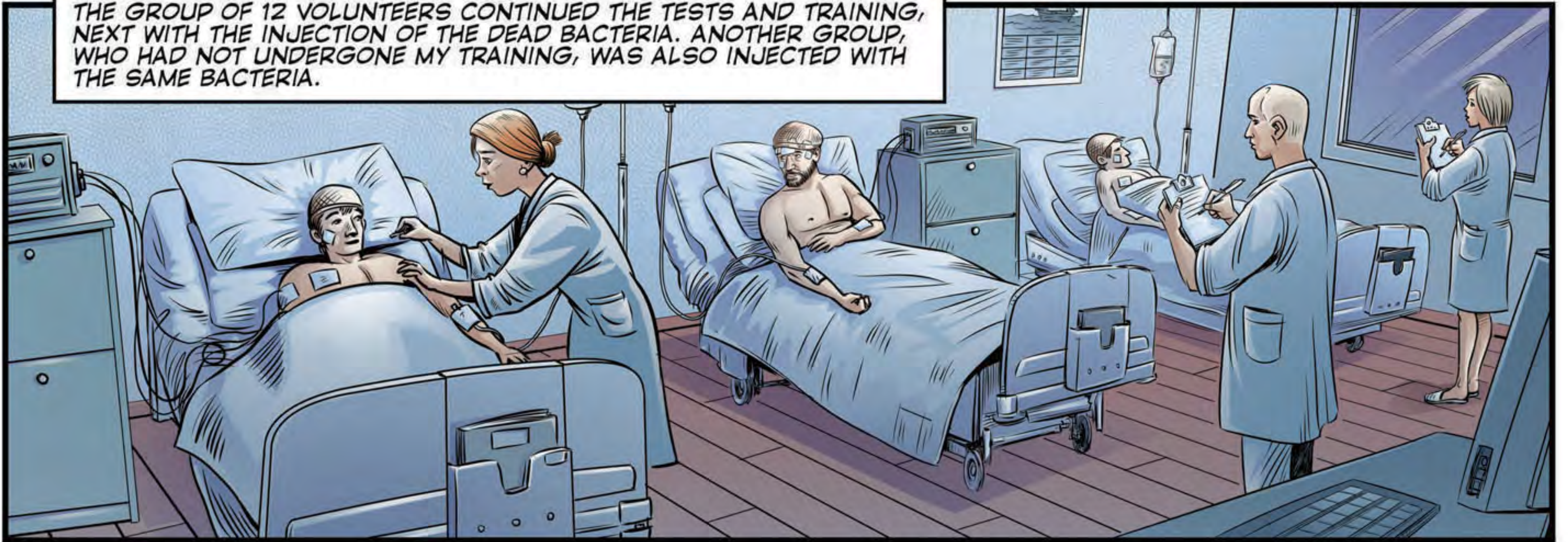


SEVEN DAYS LATER WE CLIMBED THE MOUNTAIN WEARING ONLY SHORTS AND BOOTS. WITH THE TEMPERATURE UNDER ZERO, IT TOOK US SEVERAL HOURS TO COMPLETE.

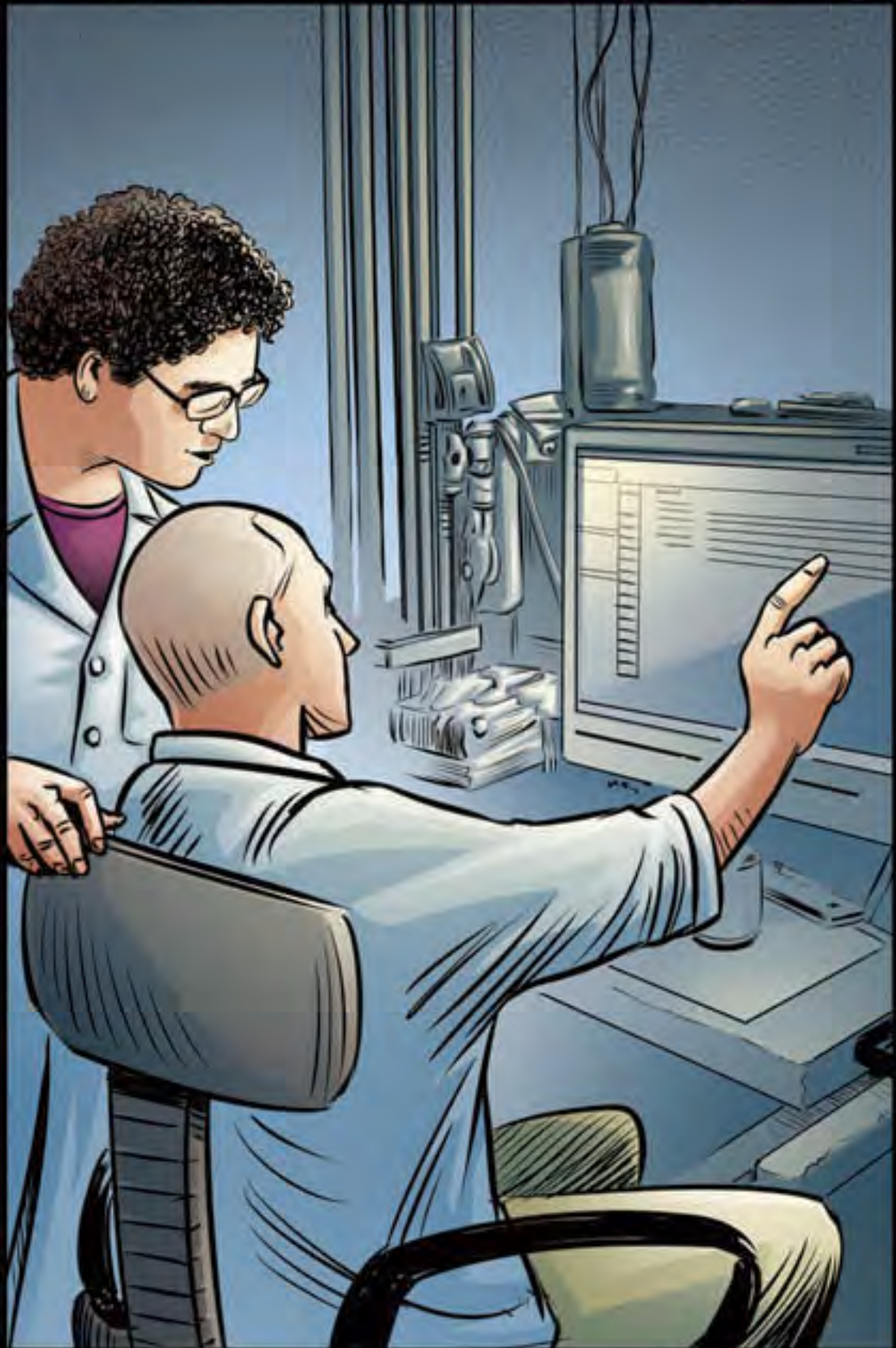
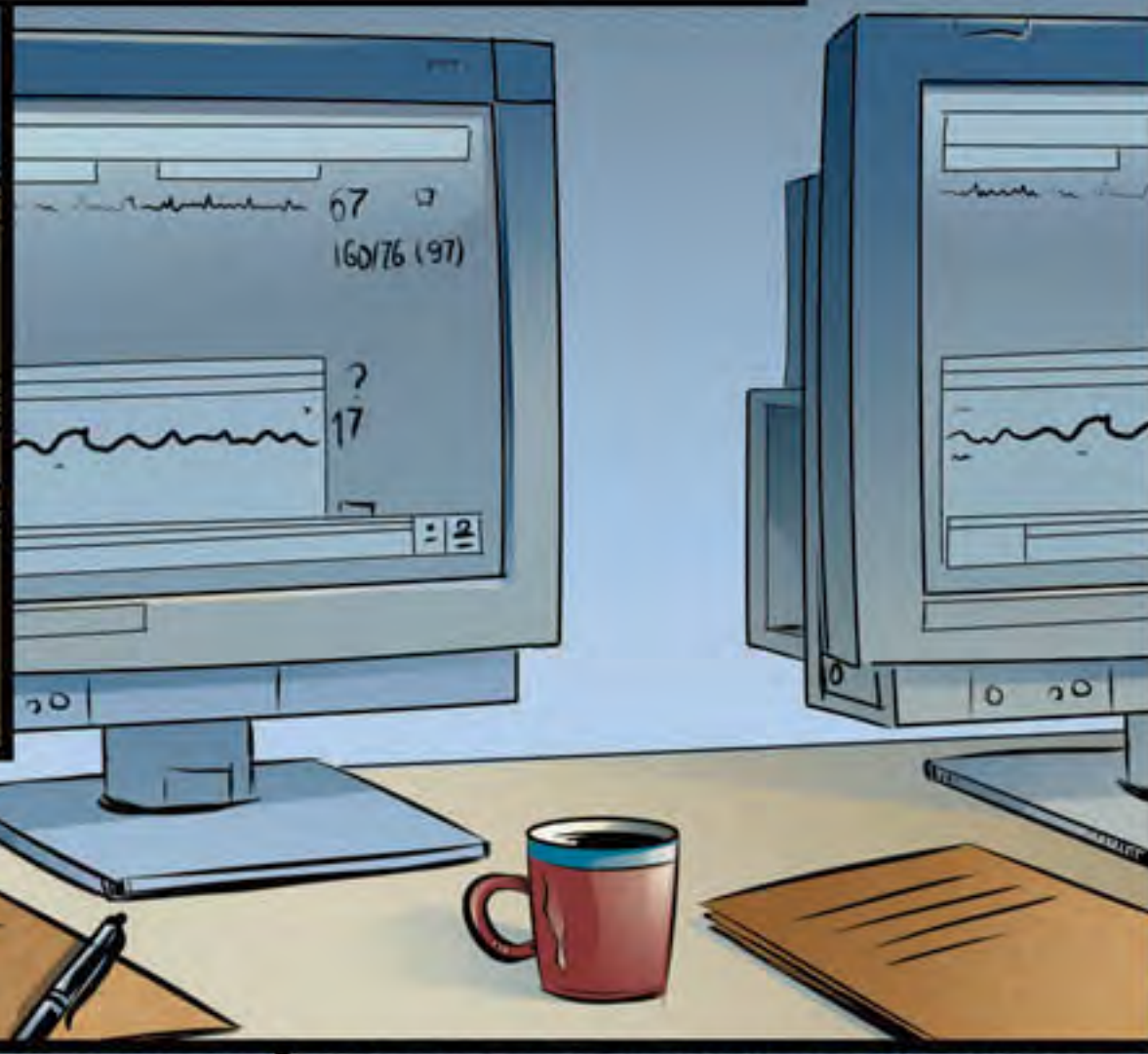


CONGRATULATIONS, ICE TRIBE! YOU ARE READY FOR THE NEXT PHASE.

THE GROUP OF 12 VOLUNTEERS CONTINUED THE TESTS AND TRAINING, NEXT WITH THE INJECTION OF THE DEAD BACTERIA. ANOTHER GROUP, WHO HAD NOT UNDERGONE MY TRAINING, WAS ALSO INJECTED WITH THE SAME BACTERIA.

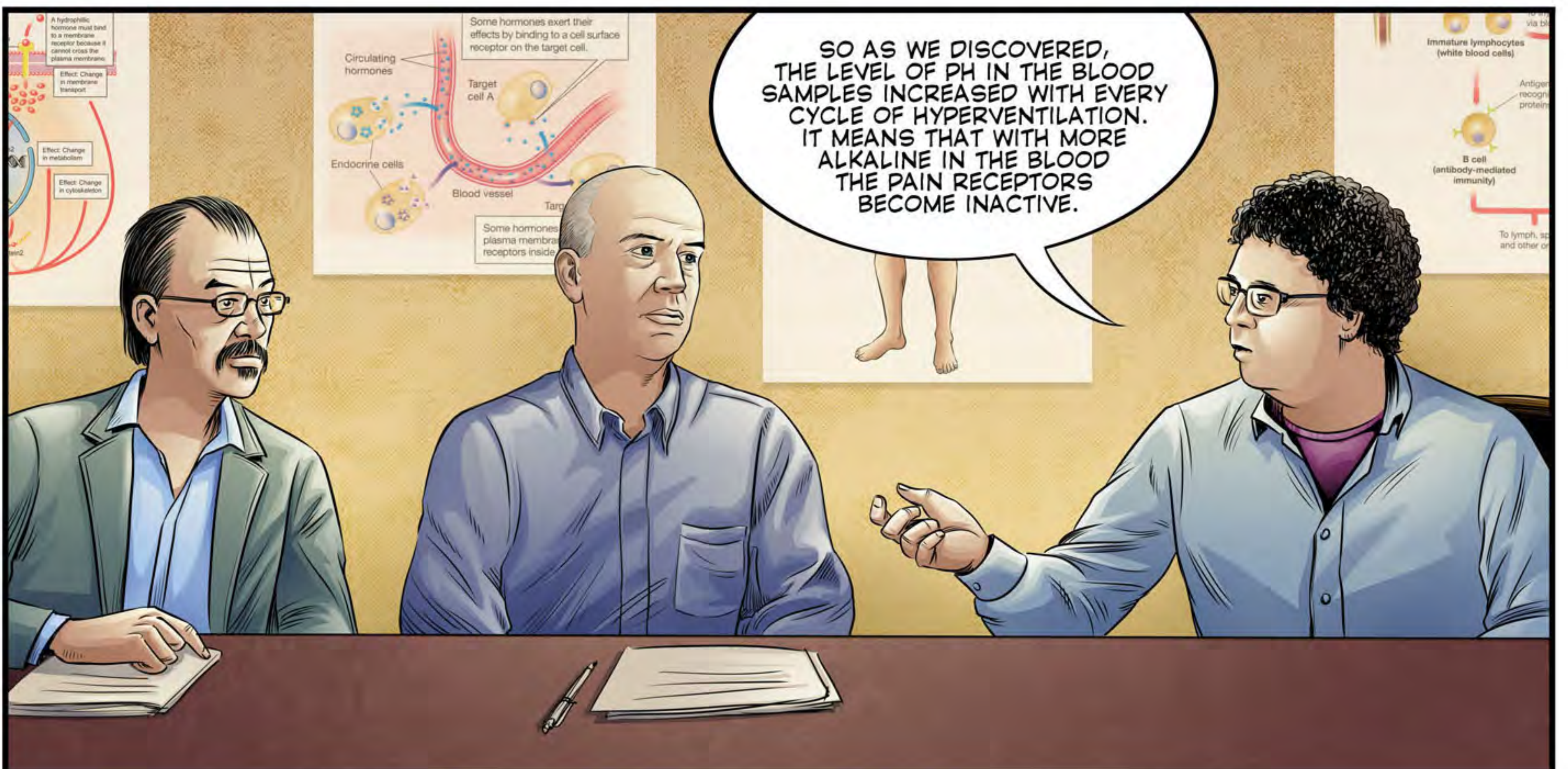
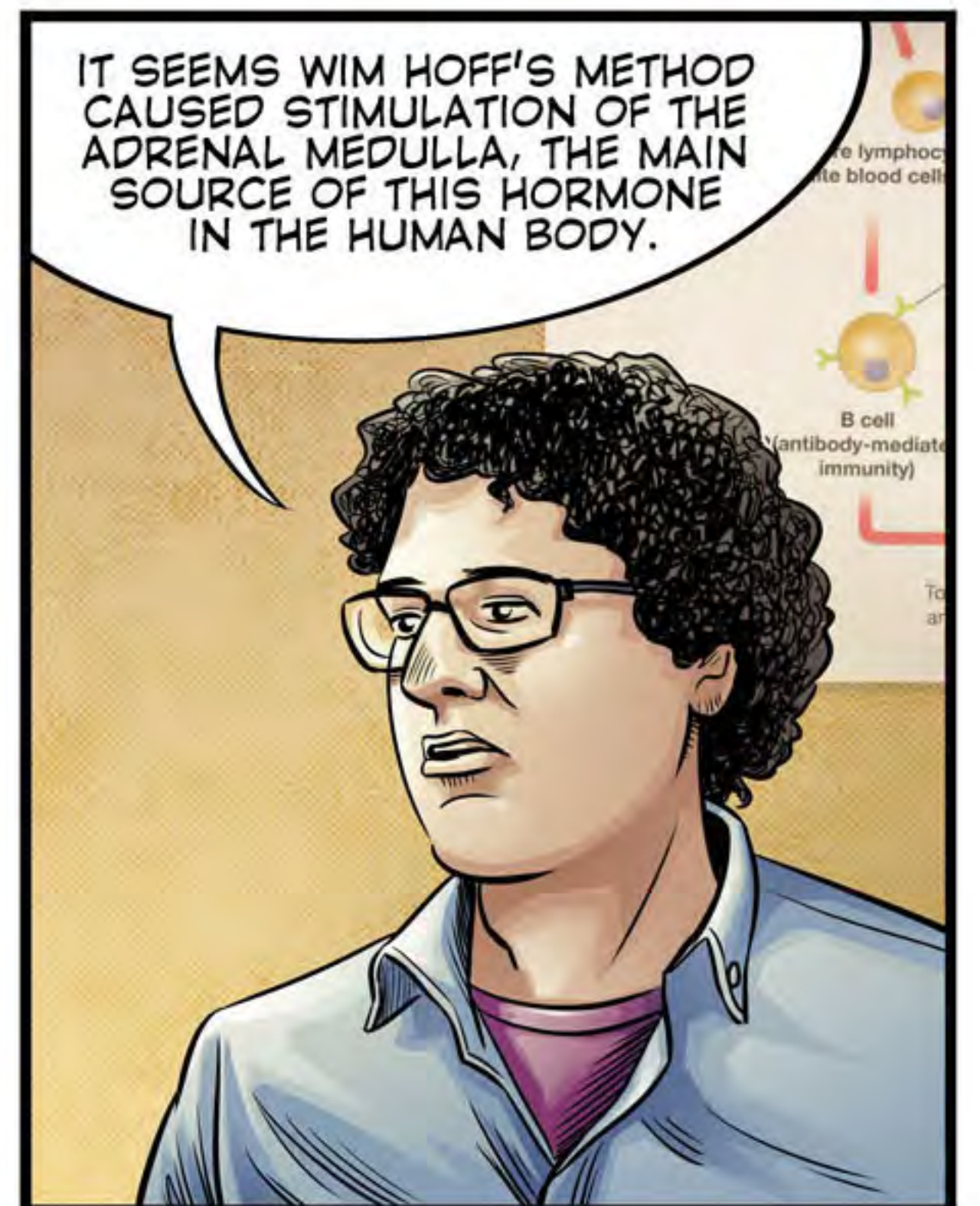
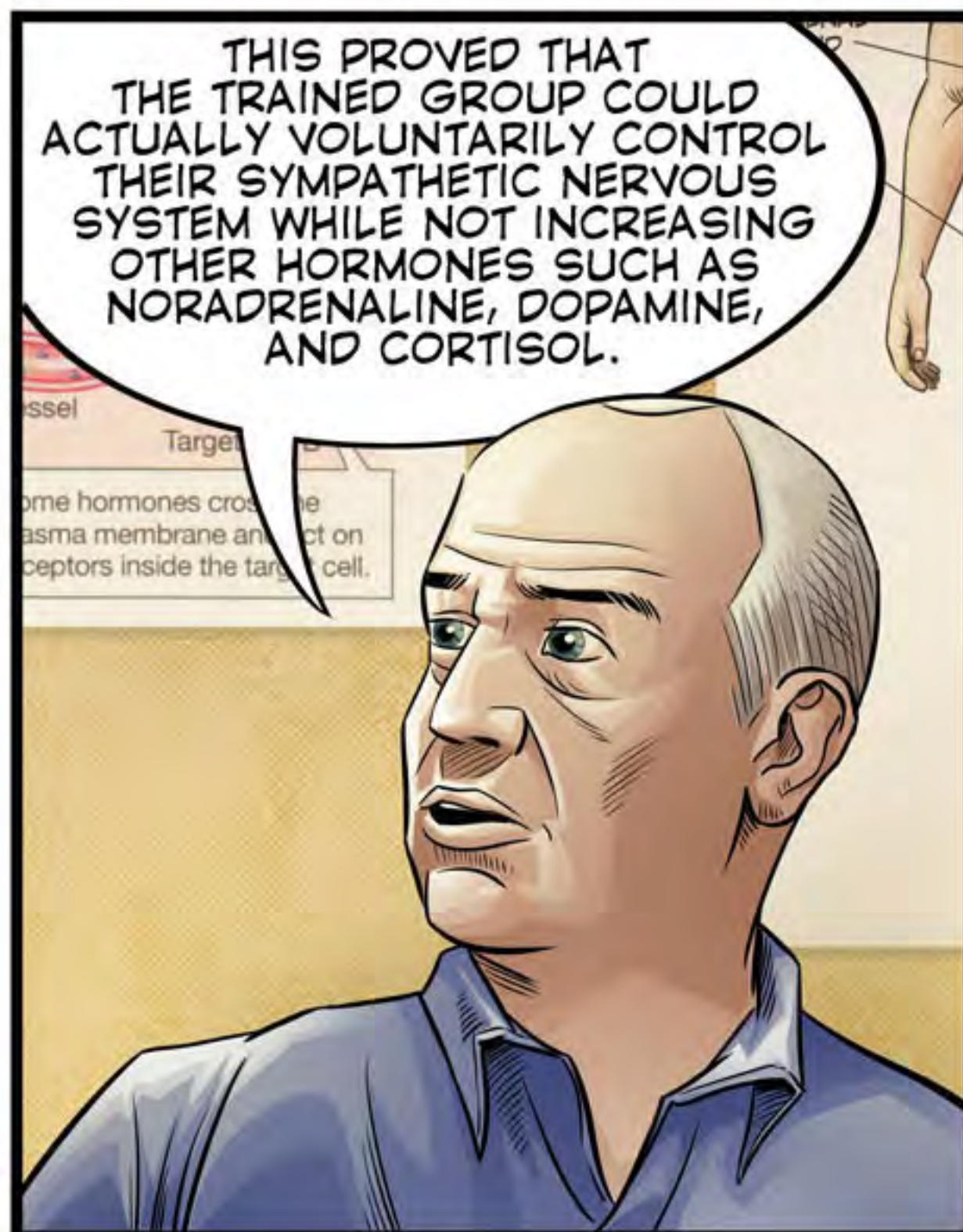
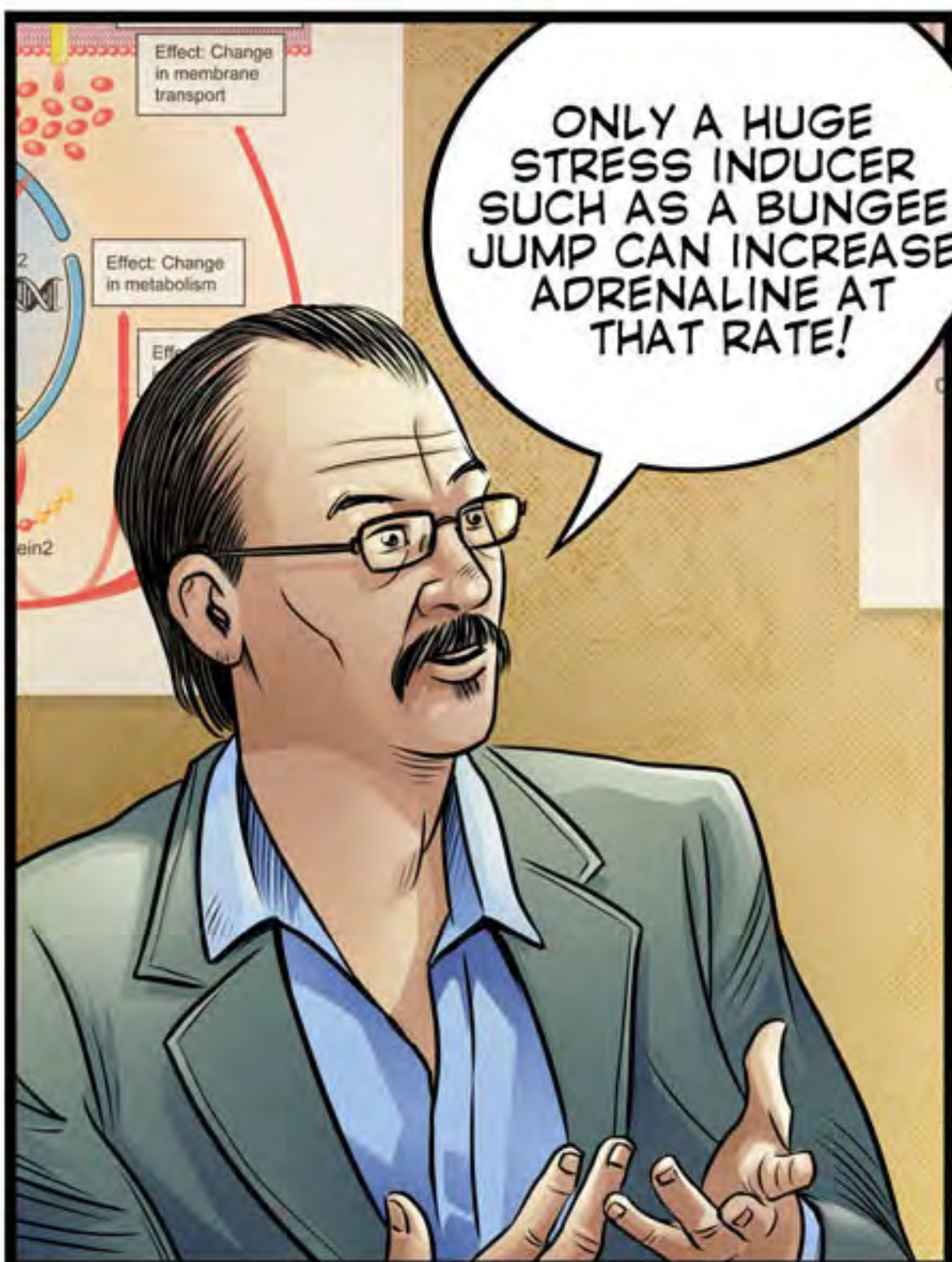
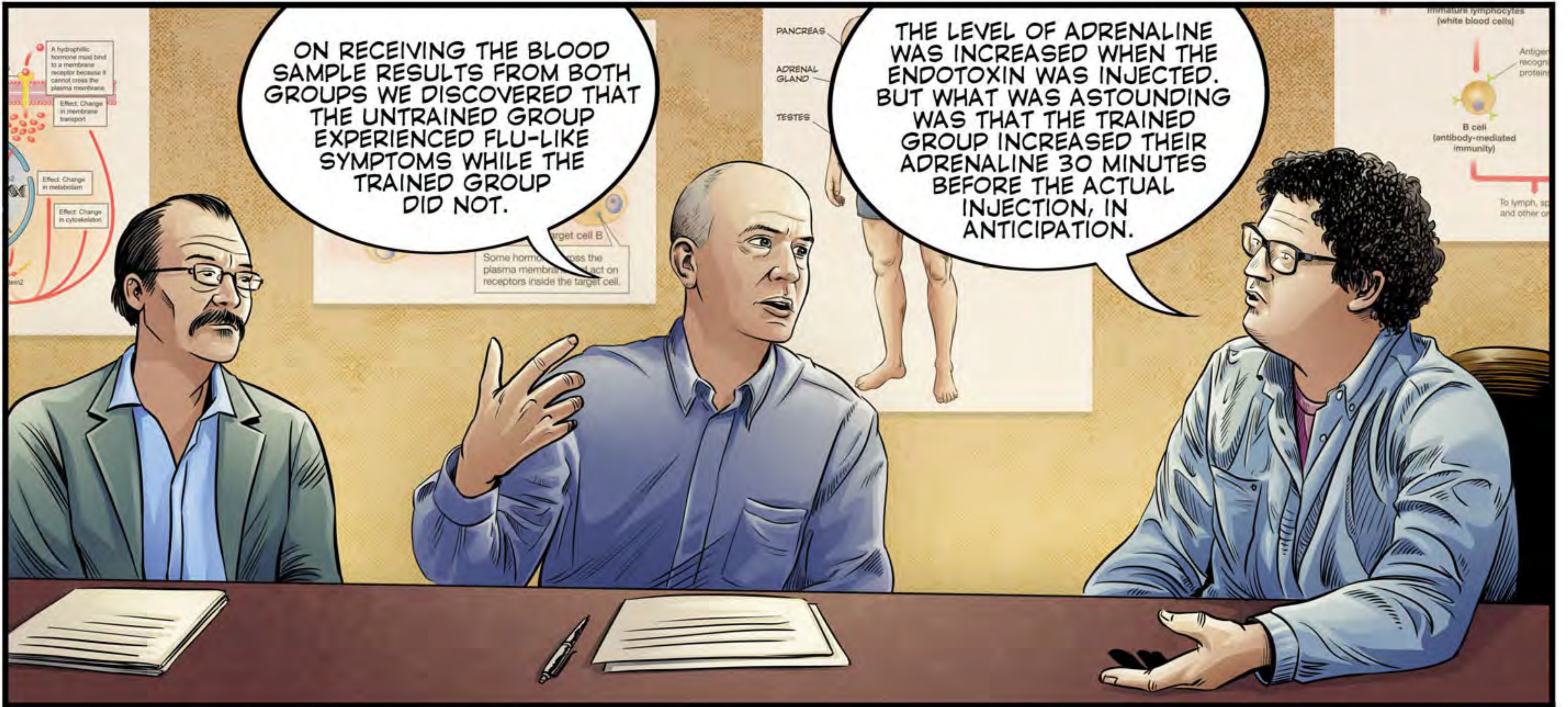


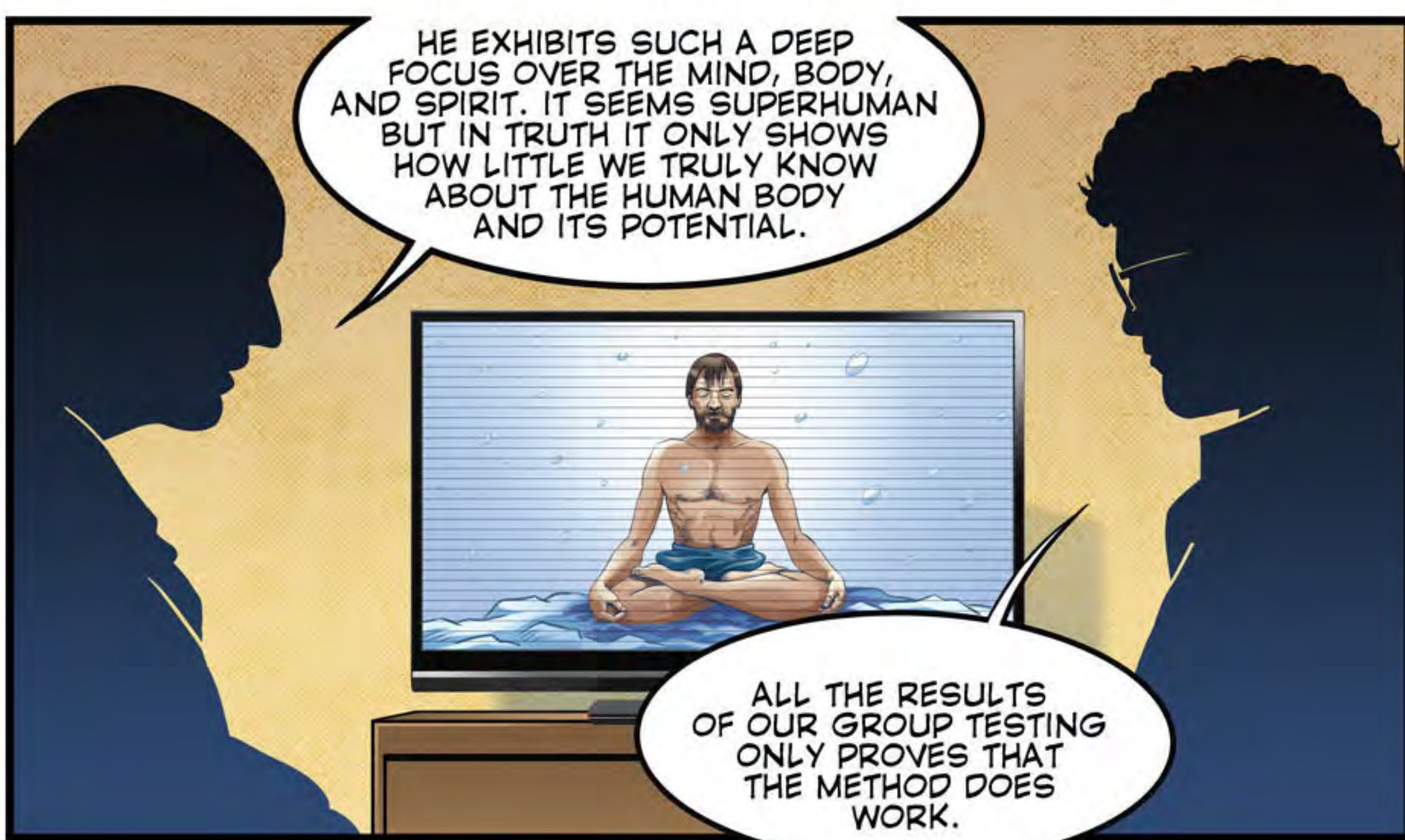
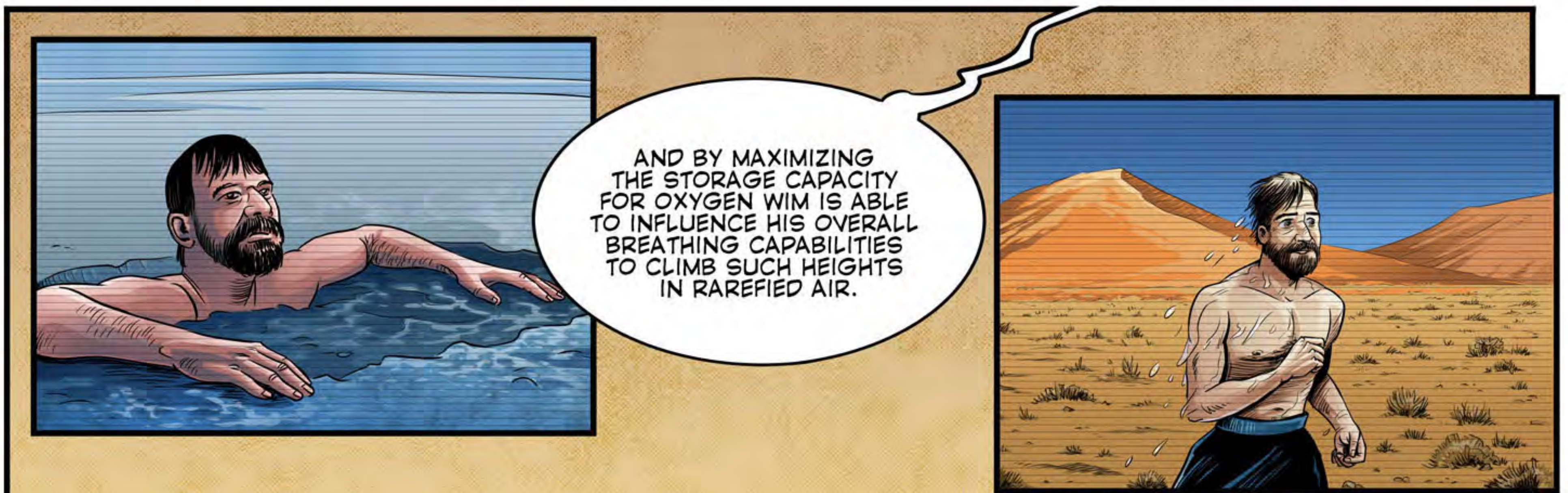
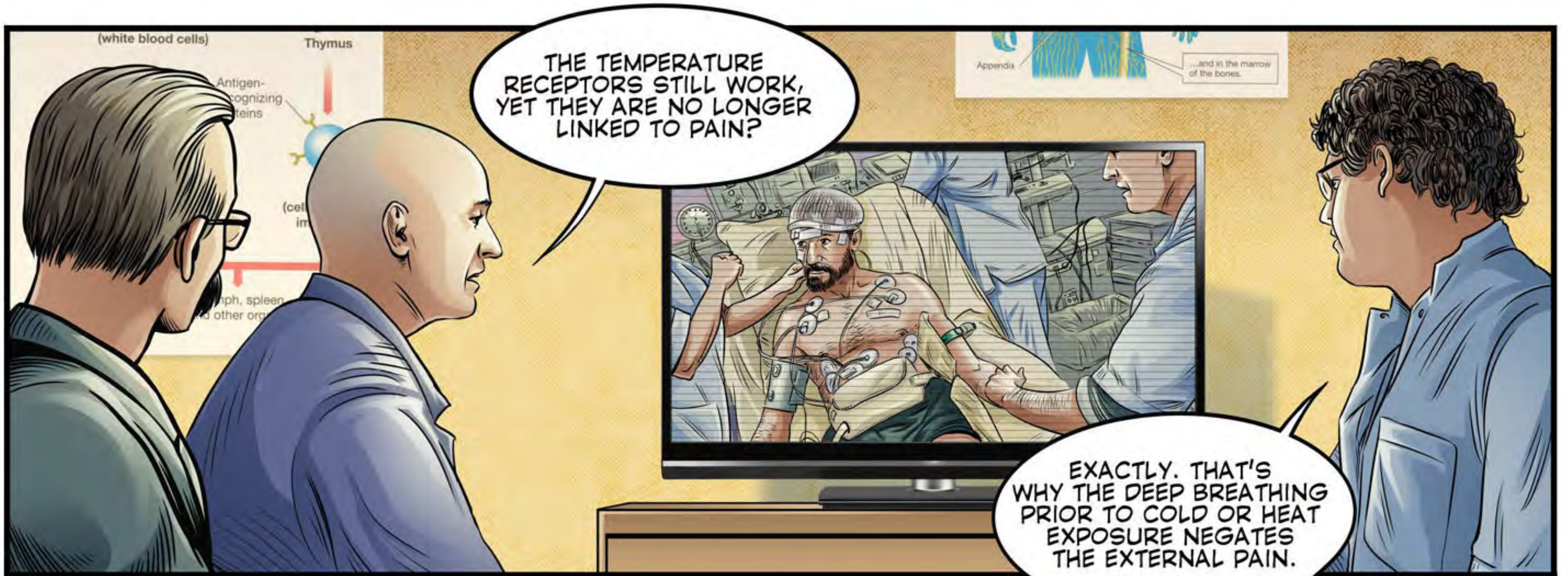
WE CONTINUED BREATHING AND MEDITATING DURING THE EXPERIMENT.



THE CLINICAL TRIAL RESULTS WERE REMARKABLE.







MT. EVEREST. PRESENT DAY.



AND WE ARE BACK TO THE START. WHERE IT BEGINS AND ENDS. WITH ONE FULL EXHALATION, I DISPERSE THE FLAKES OF MY MEMORY THAT BLANKETED MY MIND, BRINGING CLARITY BACK TO THE TASK AT HAND.



ALL RIGHT, PEOPLE! YOU'VE TRAINED FOR THIS MOMENT. NOW IS THE TIME TO PUT IT ALL INTO PRACTICE.



TODAY WE ARE CLIMBING AN UNMAPPED PEAK BOTH HERE ON THIS MOUNTAIN BUT ALSO IN OUR OWN CONSCIOUSNESS. HEALTH, HAPPINESS, AND STRENGTH AWAIT AT THE SUMMIT. LET'S GO CLIMB OUR INNER EVEREST TOGETHER!





THE WIM HOF METHOD HAS BEEN STUDIED BY NUMEROUS SCIENTISTS, WHO ARE CONSTANTLY MAKING NEW DISCOVERIES ABOUT THE POTENTIAL OF THE BRAIN AND BODY ON THEIR PATH TO DECODING SUPERHUMAN ABILITIES. THE MOST RECENT PROMISING DISCOVERY WAS MADE AT WAYNE STATE UNIVERSITY. IT SHOWS THAT HIS METHOD HAS THE EFFICIENCY OF AN ENDOGENOUS PAINKILLER. FURTHERMORE, THE BRAIN CAN CONTRIBUTE TO A SIGNIFICANT TOP-DOWN REGULATION OF THE BODY'S RESPONSE TO AVERSE ENVIRONMENTAL STIMULI. IT MAY NOT BE NECESSARY TO WAIT MILLIONS OF YEARS FOR EVOLUTION TO UPGRADE THE BODY. THIS EVOLUTION MAY BE A FEW BREATHS AWAY. RESEARCH IS CONTINUING.

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