

Testimonial from Robert Hymes

Co-Owner and Founder of MYNT Systems, California, US.

When I first met Mikal, I felt like my work-life balance was totally askew. It felt like there was never enough time, and I was missing parts of my life that brought me joy and fulfillment - my family, my creative pursuits, my surfing and love of the ocean. Being a business owner and incredibly passionate about our mission to facilitate a transition to a more sustainable future, I felt like I needed to dedicate every waking hour to the work, even if that meant sacrificing so many of the people and things I loved, including myself.

I was somewhat of a skeptic about coaching - I didn't think an outsider could ever understand my specific situation and actually help me navigate through it more effectively. So when Mikal first asked me if I was ready to commit a significant amount of energy and time to working on myself, I was hesitant. I was already so busy, feeling like I was constantly multitasking and frantically balancing all of my tasks and responsibilities across my life.

Nevertheless, I knew I needed to make a change as it felt like I was on the verge of losing my marriage, my family, my career, and my health. Things were spinning out of control. So I made the commitment to a full year of coaching, and started working with Mikal, a couple of hours on a weekly basis, in April of 2021.

Now, sitting here reflecting 2.5 years later, I am a new man, rejuvenated, aligned with my natural instincts. The work I did with Mikal has changed my life in so many ways, and in such an intimate personal way, it's hard to put it all into words here, but I feel it's important to share my experience with the world so that others who are struggling with similar stressors or work-life balance challenges can seek guidance from this gifted soul.

Mikal's teaching style is not instructive, he's more of a guide, asking challenging questions and nudging towards an outcome that comes from within, not of his own predetermination. If you're fortunate enough to work with Mikal you will quickly learn all about the importance of self-awareness. He helps us to see that our internal hardware is already mostly pre-wired for a certain lifestyle, and how gaining an intimate awareness of this hardware is key to finding our true flow in life.

There were many moments throughout our time together that felt like revelations, cathartic joyful realizations - “this is what I was meant to be feeling most of the time”...”that’s why I was feeling so stuck - now I can follow my true calling”.

Yet as profound as these moments felt, they came from a bunch of small steps, little nuggets, wisdoms, minor rituals, that Mikal had walked me through over time. All of these exercises, practices, “homeworks (as he calls them)” are healing, helpful and progressive, but add them all up and the sum is far greater than its parts. I now have a foundation of self-love practice and awareness that enables me to share myself with the universe, without sacrificing myself.

Mikal didn’t create more hours in the day, that’s impossible. He helped me see that there’s plenty of time for the things that are most meaningful in my life as long as I prioritize them. He’s helped me find my true self which has allowed me to bring so much joy back into my life. My family, my coworkers, my friends all notice the change - it’s hard to love someone who doesn’t love themselves. It’s hard to support someone who doesn’t know how to help themselves.

After working with Mikal I am more attuned to my true path, I see gifts and opportunities in even the most dire of circumstance, I can sense the universe’s current and intentionally join its flow. Now the way I approach each day, the way I deal with issues, the way I choose to show up for my coworkers, my family, is different. Rather than drag everyone through my stressed out, time constrained panic, I have more empathy, gratitude, compassion and it’s all reflected back to me every day.

It’s not easy work, and it takes time for it all to come together, but I wouldn’t hesitate to recommend it to anyone seeking to elevate themselves and their experience on this planet. Our souls may have multiple journeys through the universe, but our human vessel only gets this one shot. Why not make the most of it and spend our days doing what we love.

Robert Hymes



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