



# Tim Steinruck

Speaker | Award Winning Musician | Producer | Facilitator

As the founder and frontman of The Mighty One, Tim has released three full-length albums, earning multiple Top 10 radio singles and licensing placements with major networks including MTV, Discovery, and A+E.

His solo project, STEINRUCK, merges alternative pop and rock with the intention to elevate human consciousness through collaboration and artistry. After years of success in both music and business, Tim became a Certified Accelerated Evolution™ Master Coach, integrating deep psycho-spiritual tools with creative mentorship.

His upcoming book, *The Blissiplines*, distills over 2,000 days of daily practice into a powerful method for aligning Energy, Breath, Visualization, and Action.

Through his speaking, music, and coaching, Tim inspires others to awaken their inner mastery, transform limitation into liberation, and live in alignment with their highest truth.





# ENDORSEMENT

## Satyen Raja

There are books that inform... and then there are rare transmissions that recalibrate your very way of being.

Tim Steinruck's, "The Blissiplines" \*is one of those sacred transmissions. In a world full of chaos, distraction, and psychic static, this book is a sword of clarity. It slices through the noise and delivers you to the altar of self-mastery..!! through a simple, profound, and daily embodiment of what truly matters..Energy, Breath, Vision, and Action. This is not just a book to read. It's a Dojo. A sacred training ground where you strengthen your mind, your body, and your spirit , fifteen minutes at a time ,until you become the lighthouse in the storm, unwavering and luminous. I've trained leaders, visionaries, and high-stakes game changers across the planet. And what I know is this: the ones who rise, who lead with integrity and ignite real transformation...they live by disciplines that awaken their bliss. This book is the codex for such a life. If you're ready to command your energy, silence the doubt, and take aligned action from your deepest intuition ,then don't just buy this book... live it. Let it initiate you. Let it remind you. Let it return you to your true power. "The Blissiplines" is not another self-help guide. It is a call to the Soul...and a blueprint for becoming the peaceful, potent master of your own destiny.

**Founder, WarriorSage Trainings and Accelerated Evolution Academy Mentor to Leaders & High-Stakes Visionaries**

## ENDORSEMENT

# Dr. Matt Helm

There are rare individuals whose lives become their message, whose every action becomes a prayer of devotion. Tim Steinruck is one of those individuals. For more than two thousand consecutive days, Tim has risen each morning in quiet reverence to meet himself through four simple, sacred practices he calls Blissiplines. Energy, Breath, Visualization, and Action.

What began as a daily routine has become a living work of art. Through his unwavering discipline and luminous heart, Tim has transformed these practices into a way of being, a harmonious symphony of movement, breath, intention, and creation that has shaped his life, his music, his family, and all who have had the privilege of walking beside him.

Tim's leadership is a study in beauty and integrity. His discipline is not a cage, but a form of liberation. What he teaches is not theoretical, it is embodied, proven, and lived. Through his steadfast commitment, he has turned the concept of discipline on its head, transforming it into something radiant, joyful, and deeply human. His notion of conscious discipline has altered my own life. It has refined the way I lead, create, and serve.

**Dr. Matt Helm, Professor at University Of Michigan  
Author of Uncaged**





68K views 1 year ago

The official music video for the song "Kickin' Stones" from the "Torch Of Rock And Roll" album.

[...more](#)

0:16 / 7:25



[Kickin' Stones - Official | The Mighty One](#)



▶ (●) 1:16 / 4:17

49K views 9 months ago

Spotify: <https://open.spotify.com/album/2QJrfy...>

iTunes: [/ letting-you-go-single](#) ...more

STEINRUCK feat. Sarah Smith - Letting You Go

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SINGER  
SONGWRITERS  
ASSOCIATION

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SINGER  
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ASSOCIATION

INTERNATIONAL  
SINGER  
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ASSOCIATION









**THE BLISSIPLINES**  
A PATH TO PERSONAL  
MASTERY

# Work With Tim Steinruck

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**Contact Us At [SteinruckOfficial@gmail.com](mailto:SteinruckOfficial@gmail.com)**