



Getting Off The Wheel

A vérité documentary. 48 minutes. Human Transformation.

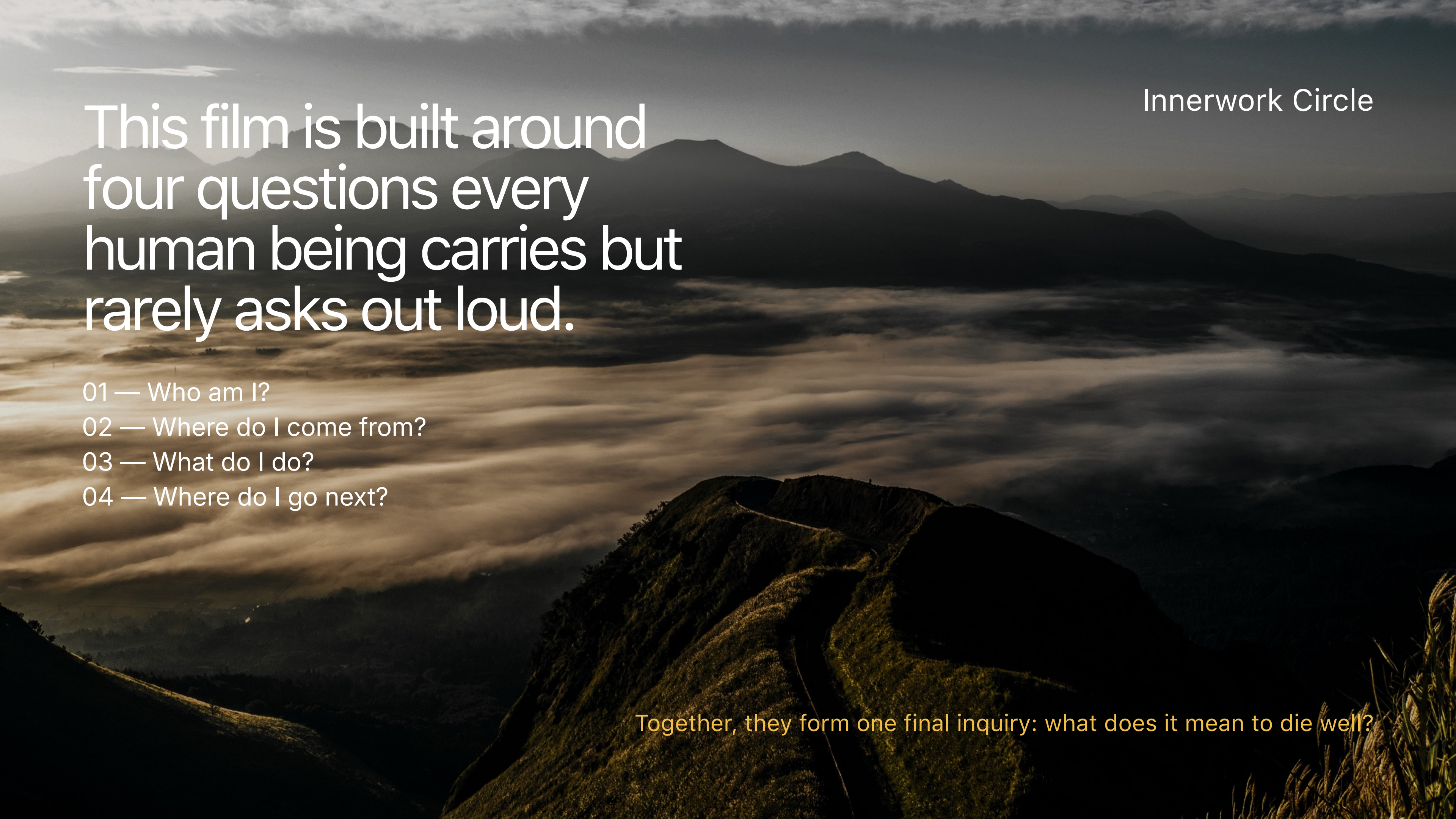
Ten Lives. Ten Days.

Shot in one take—no script, no reshoots, no safety net.

Set in the spiritual landscapes of Kumamoto, Kōyasan,
Awaji Island of Japan (2026)



What does it mean to die well?



This film is built around
four questions every
human being carries but
rarely asks out loud.

Innerwork Circle

- 01 — Who am I?
- 02 — Where do I come from?
- 03 — What do I do?
- 04 — Where do I go next?

Together, they form one final inquiry: what does it mean to die well?

QUESTION 01: WHO AM I?

Innerwork Circle

*Who am I — beneath
the titles, the roles, the
masks I built to survive?*

The film follows people who have never stopped long enough to ask: an emotionally detached C-suite executive; a master coach confronting his true LGBTQ+ identity; and a military regular who entered a career on his father's order. These are people who have lived entirely as someone else's idea of themselves.

QUESTION 02: WHERE DO I COME FROM?

Innerwork Circle

*Where do I come from
— what did I inherit that
was never mine to carry?*

A three-generation family confronting the weight of inherited narratives, histories, and silence; a young mother whose body collapsed, mirroring the emotional weight of a family ecosystem she married into; and a banking executive who never forgave the woman who raised her—and now that woman is disappearing into dementia.

QUESTION 03: WHAT DO I DO?

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A silhouette of a person's head and shoulders in profile, looking upwards. The background is a gradient of red and orange, with some faint, abstract patterns. The person's face is partially visible in profile, looking towards the right.

What do I do — with all of this? With the grief, the rage, the numbness, the unlived life?

This is where the film becomes something rare.
Not therapy. Not performance. Not resolution.
Ten people in a sanctuary, with nowhere left to hide.

QUESTION 04: WHERE DO I GO NEXT?

Innerwork Circle

Where do I go next — if I finally let go of who I was supposed to be?

This is the question beneath every other question in the film. To die well is not about the end of life. It is about dying to the version of yourself that was never really you.

WHY THIS. WHY NOW.

Innerwork Circle

*The world is in a quiet
crisis of identity. Burnout.
Disconnection. Inherited
trauma. Meaning collapse.*

People are not looking for more content about productivity or wellness. They are looking for permission to be human.

Getting Off The Wheel is the only documentary that captures the exact unfolding of that humanness as ordinary people with real lives navigate deep, visceral struggles.

Quiet. Raw. Human.

CORE CONCEPT



*Real lives.
Raw, unscripted
transformation.*

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Drawn from actual events during the retreat facilitated and hosted by award-winning master coach and trainer Hun Ming Kwang of Innerwork Circle and guest teachers Dr. Gary Reiss, 8th Dan Shihan Ikeda Hiroshi, 7th Dan Shihan Munetsugu Sakabe, the film captures a profound collective transformation process, entirely unscripted in one take.

Each participant enters with histories marked by trauma, inherited beliefs, family systems, conflict, and unspoken emotional burdens, are invited into a shared space of world work, deep democracy, conflict resolution, healing, recalibration, and reconciliation as they meet different parts of themselves through each other.

THE STORIES

Innerwork Circle



THE MASTER COACH

A respected 40-year-old professional who still feels like a child inside, wrestling to claim his true LGBTQ+ identity against a lifetime of religious and societal shame.

THE C-SUITE EXECUTIVE

A high-powered leader unravelling a survival script built on the fear of a hyper-critical mother, watching the same script fracture under the weight of an affair.

THE INTERGENERATIONAL FAMILY

A three-generation family confronting the unspoken histories and silences that shaped them, fighting to step out of the rigid, inherited identities thrust upon them.

THE MILITARY REGULAR

A career soldier who blindly obeyed his father's orders his entire life, now forced to confront how little space he ever gave to his own desires, body, and sexuality.



THE STORIES

Innerwork Circle



THE CYBERSECURITY VICE-PRESIDENT

A prominent banking-sector executive watching her mother fade into dementia, forced to grapple with whether she can finally forgive and let go of a lifetime of deep-seated resentment.

THE DETACHED CFO

A corporate strategist, cold and calculating by design, who couldn't weep when her ex-partner died by suicide, now wrestling to thaw the numbness around her heart as she tends to her dying mother.

THE YOUNG MOTHER

Upended by a life-threatening autoimmune diagnosis nine months into motherhood, a woman discovers that her physical collapse is a somatic rebellion against a warring, toxic family ecosystem. Did she only marry the man she loved, or unknowingly married an entire family?

THE RADICAL INQUIRY

Innerwork Circle

*A universal
human experience.*



The 48-minute film gently reframes a question we often ask ourselves—what does it mean to live our lives well—and asks instead: **What would it mean to die well? What does it mean to be truly free and to let go?**

What would it mean for us to step beyond the scripts, the assumed identities, and roles we were given so that we can finally live from our own voice, our own body, our own truths, in our own right?

A FILM ABOUT EVERYONE

Innerwork Circle

For those who long to reclaim their own voice.

This is not a documentary about quick fixes, perfect breakthroughs, or heroic endings. It is a quiet, relentless record of individuals of departing from old patterns to start living with more awareness, honesty, courage, and love than what the world ever prepared them for.

It is a film that speaks to anyone who has ever felt trapped inside roles and identities they never got to choose, who has secretly wondered: **what would it be like to finally step off, and to get off the wheel?**

THE CORE HUMAN IMPERATIVE

Innerwork Circle

Becoming awake in a world deeply asleep.

Getting Off The Wheel explores what it means to become awake in a conscious, deliberate way, to be truly free, while the world around us remains deeply asleep, haunted by collective traumas, inherited ghosts, and unresolved histories.

If awakening is possible, what would it look like to step out of the cycle, and to meet both life and death not with fear, but with clarity, honesty, courage, and love?

The background image is a photograph of a Japanese cemetery. In the foreground, there are several stone statues and tombstones. One prominent statue on the left is a seated figure, possibly a Buddha or a deity, with a red flower in its hair. To the right, another statue is visible, and further back, a tall, tiered stone pagoda stands among the trees. The scene is filled with lush green foliage and trees, creating a serene and somewhat somber atmosphere. The text is overlaid on this image.

THE AWAKENING

Innerwork Circle

*Can we break out of the
lives we keep reliving?*

Getting Off The Wheel suggests how we live is inseparable from how we prepare to let go, not only of our bodies but of the patterns, roles, and identities that have carried us through life. It asks how we might transcend the wheel of 'Samsara', a concept widely spoken of in Buddhism and echoed in modern pop culture films like '*The Matrix*' and '*Cloud Atlas*'. How do we transcend the same old stories, repetitions, and compulsions that keep us running in circles within systems generation after generation?

THE ROLLOUT OPTIONS

Innerwork Circle

Two pathways.

A STANDALONE FEATURE

A complete 48-minute film, ready for global streaming.

<https://www.vimeo.com/innerworkcircle>

A REPEATABLE FRANCHISE

Each season: a new group. A new set of lives. The same four questions. A different answer every time.

ROLLOUT OPTION 1

Innerwork Circle

A standalone feature.



A completed, highly intimate 48-minute independent documentary film focusing on a hyper-dense, collective human process hosted on Netflix.

Trailer and promotional videos of the completed film are available at <https://www.vimeo.com/innerworkcircle>

ROLLOUT OPTION 2

Innerwork Circle

A repeatable franchise.

Using the standalone film as a proof of concept, *Getting Off The Wheel* expands into an episodic, repeatable, global unscripted format series.

What happens when the world's most successful, highly scrutinized people step off the treadmill of fame to face the one thing they can't outrun: themselves?

Every episode or season, a curated group of 4-5 high-profile global figures (celebrities such as Matthew McConaughey, Alex Hormozi) go on an innerwork retreat. Their healing journeys are captured unscripted and presented as they are.



THE BRAND PROFILE



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Innerwork Circle exists to help individuals to unlock what is within to get to their next level.

We are all about sustainable human performance and unlocking breakthroughs to self actualization.

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THE TEAM BEHIND

Innerwork Circle

A production by



three
blind
mice
FILMS

Creator & Director



Hun Ming Kwang

Director



Jeremy Ho

Director & Editor



Gary Thong

FULL CREDITS

Innerwork Circle

Creator: Hun Ming Kwang

Director: Hun Ming Kwang,
Jeremy Ho, Gary Thong

Editor: Gary Thong

Executive Producer:
Hun Ming Kwang

Producer: Rayen Lim

Director of Photography:
Magnum Ng

Camera Operator:
Lek Choon Yang, Jeremy Ho

Location Sound Recordist:
Chris Ang

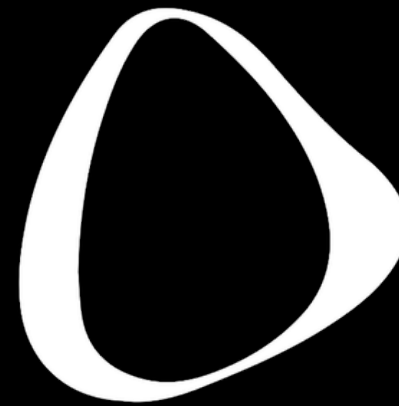
Line Producer: Sevyn Loo

Main Trainer: Hun Ming Kwang

Guest Trainer: Dr. Gary Reiss

Aikido Trainers: 8th Dan
Shihan Ikeda Hiroshi, 7th Dan
Shihan Munetsugu Sakabe

Participants: Clarence Chua,
Gow Hui Yian, Heng Xiu Ting,
Lim Pei Ying, Lim Tze Siang Zan,
Lim Yuan Teck, Sharon Ong, Tan
Xing Jian, Zhang Yue Xing, Luna
Lim



innerwork
circle

We are looking for a commissioning partner to acquire the film or
co-develop it as a series.

Watch the full documentary:

vimeo.com/innerworkcircle/gettingoffthewheel

Get in touch: ming@innerworkcircle.asia

An aerial photograph of a traditional Japanese garden. A central pond is surrounded by a variety of trees, some with vibrant autumn foliage in shades of orange, red, and yellow, while others remain green. A small, simple wooden bridge crosses a narrow part of the pond. In the lower-left area, a red structure, possibly a gate or a small building, is visible. The garden is meticulously landscaped with rocks, moss, and various shrubs. The overall scene is peaceful and scenic.

Getting off the Wheel
[Watch the trailer](#)

Watch the promotional videos

