

BODYGRAPH – A journey into your Essence

Seeing your **Uniqueness**

Accepting your **Humanity**

Raising your Frequency: Life as a process of **Growth**

- Embracing and Integrating your Shadow
- Releasing your Potential
- Embodying your Essence

Dear Frida Kahlo,

Thank you for your interest. To make the information in your BODYGRAPH more accessible to you, I would like to start out with a few introductory words.

The purpose of INTEGRALHUMANDESIGN is to guide you to the best possible expression of your unique potential. To this effect it combines naming and mapping out your potential in a readable way, with the activation of your potential in its highest accessible frequency. INTEGRALHUMANDESIGN is an invitation to embark on a journey into your essence, a process of self-discovery where YOU are the prime architect of your own evolution.

Every human being carries a unique encoding by birth, a basic structure of the Self. Life is oriented towards the unfolding of these innate potentials. INTEGRALHUMANDESIGN displays the encoded potentials in three BODYGRAPHS and in a GOLDENPATH, and it describes these basic themes of your biological imprint in simple keywords. Similar to a map or an X-ray of the Self, your bodygraph shows key elements of your individuality and how they are interrelated. It is a visual map that helps you discover your genuine talents and live a life that has real purpose and meaning for you.

In brief, your personal bodygraph provides an overall picture of the Type of person you are. Your Type is determined by the basic themes of your biological imprint and stays the same throughout your whole life, just like you remain a woman or a man. Yet your innate potentials and specialisations can express themselves in many different ways, depending on the kind of formative experiences you have gone through in your life, and primarily depending on the attitude and beliefs you are holding now. While the innate encoding stays the same throughout your journey, you can change your attitude and evolve in your stage of consciousness. You have a whole spectrum of possibilities as to which meaning the very same code actually assumes.

Placing the bodygraph and main elements of Human Design knowledge into a wider frame of reference known as the Integral Approach, INTEGRALHUMANDESIGN combines the depth of mapping our inborn potentials with an image of humanity where we have the choice and responsibility to co-create our own evolution. To give you an idea of the spectrum of options you have with your genuine source code, INTEGRALHUMANDESIGN draws on the language of the GENEKEYS and works with three different bodygraphs - Shadow, Potential and Essence.

The readable information in this map of personal resources is very comprehensive and complex, and is best conveyed in personal INTEGRALHUMANDESIGN consultations. This written interpretation of your unique encoding is meant to name your potentials and specialisations in simple keywords and to draw up some of the themes that can be addressed. The synthesis of all these levels of analysis to support your personal growth and to develop a comprehensive awareness is the real strength of INTEGRALHUMANDESIGN.

The purpose and benefit of a personal and interactive consultation is to support the next step in your process of opening up to your potentials and their inherent stages of development. To enable a coherent experience, the written evaluation is connected directly to your personal questions and current growth issues.

This evaluation mentions just a few aspects of your imprint. The BASIC TYPE is a generalisation of the unique type of person you are. It describes how you can flow most easily with the movements of life and your vital energy, and the general approach suitable for the embodiment of your innate potentials. The GLOBAL ROLE describes your life's mission, your vocation, the prime themes you are here to embody. Your POTENTIALS and SPECIALISATIONS are the code-based resources, themes and means available to you in the process of mastering your life's mission.

Your individual specialisation is also seen in the polarity in nine energetic CENTRES in your body. These centers represent human inspiration, understanding, expression, identity, will power, intuition, energy, emotion and drive. The polarity of the centers is displayed as white (receptive) or colored (focused) and works like a personal interface in the interaction with people. The PROFILE describes the specific combination of ATTRIBUTES in your personal approach to fulfilling your life's mission.

INTEGRALHUMANDESIGN is an open platform to support conscious development and the emergence of collective consciousness. The goal and orientation of INTEGRALHUMANDESIGN is to facilitate access to the wealth and fullest expression of your potentials and specialisations, and to empower you to evolve into your fullest expression, to (re)discover your life's melody, and to sing your song, living in your element within the whole.

With love and best wishes for you!

Laura and Werner

Frida Kahlo

Shadows, Potentials and Essence

To give you an idea of the spectrum of options you have with your genuine source code, INTEGRAL HUMAN DESIGN works with three different bodygraphs - Shadow, Potential and Essence.

The 'Embracing your Shadow' Bodygraph (page 4) shows what form your potentials take when you operate out of fear, an egocentric attitude or a low level of consciousness. It names some of the issues you might want or need to look at, to work on and to integrate until you are able to transcend and include them. You are invited to embrace these Shadow themes as an integral part of yourself - because it is simply human to sometimes contract into self-protective behaviour.

The 'Releasing your Potential' Bodygraph (page 5) describes your potentials as they operate when mind and body are relaxed, in a sociocentric attitude and seeking out wider and higher stages of consciousness while embracing and enfolding the lower. It draws an image of your personal Self at its best. You are invited to completely release all these potentials in your life - because personal fulfillment is deeply connected to giving what you have been given.

In the Gene Keys Synthesis, this stage is referred to as the level of Gifts.

(Note: VENUS and PEARL on the 'Releasing your Potential' Bodygraph are cross-references to the Gene Keys Hologenic Profile)

The 'Embodying your Essence' Bodygraph (page 6) refers to your same potentials when you live in an integrated stage, a worldcentric attitude, motivated by unconditional love and oriented through choiceless awareness. It pictures a state of transcendence where the personal Self is surrendered in the flow of life and in service of higher purposes. You are invited to fully embody this core of your being, these highest possibilities of human life - because in our essence we are all much more than we are usually aware of and able to access in our daily routines.

In the Gene Keys Synthesis, this stage is called the Siddhi level.

Between these three options lies a whole spectrum of developmental steps that are more fully described in Spiral Dynamics and the Integral Approach - emerging world views that integrate all dimensions and perspectives of consciousness.

For reasons of practicality INTEGRAL HUMAN DESIGN refers to just these three signposts at the beginning, in the middle and at the end of your journey. How far you want to go on the journey towards your Essence, how fully evolved as a human being you will embody your given encoding is mainly up to you.

INTEGRAL HUMAN DESIGN is an invitation to embark on a journey into your essence, a process of self-discovery where YOU are the prime architect of your own evolution.

EMBRACING YOUR SHADOW

Frida Kahlo

Sa, 6. July 1907 16:07:00 LMT (06h 37W)

MEX - Coyoacan, 099W10' 00" 19N20' 00"

BASIC TYPE: Manifestor (Initiator)

Life Code: proactive - Chemistry Theme: provocative

Aura Characteristics: closed and repelling

Theme: Anger

DECISION MAKING: based on physical tension, emotional charge and mental anxiety

PROFILE: 5 / 1 - illusionary, paranoid / insecure, confrontative

SHADOW (repressive / reactive)

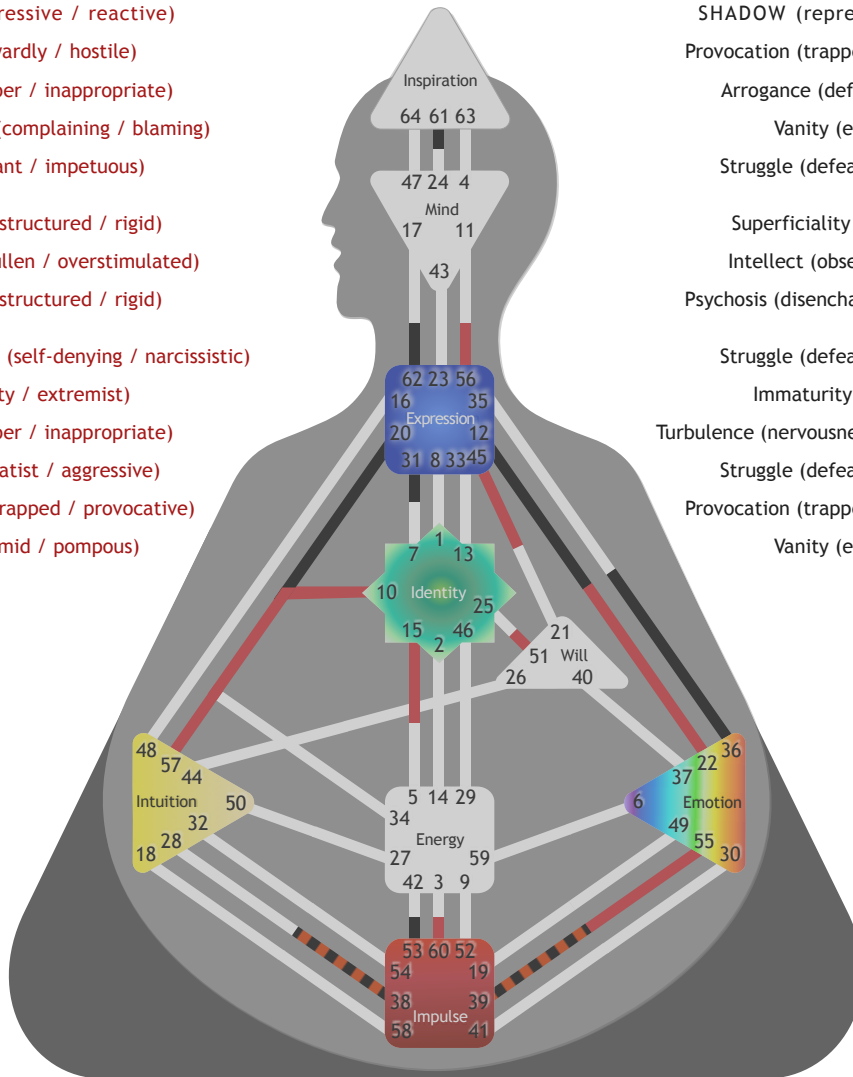
- ☉ 51¹ Agitation (cowardly / hostile)
- ♀ 22⁴ Dishonor (proper / inappropriate)
- ♀ 55⁶ Victimisation (complaining / blaming)
- ⊕ 57¹ Unease (hesitant / impetuous)
- ☾ 60³ Limitation (unstructured / rigid)
- ♊ 56⁴ Distraction (sullen / overstimulated)
- ♋ 60⁴ Limitation (unstructured / rigid)
- ♂ 10⁵ Self-Obsession (self-denying / narcissistic)
- ♋ 15⁶ Dullness (empty / extremist)
- ♌ 22⁵ Dishonor (proper / inappropriate)
- ♋ 38⁴ Struggle (defeatist / aggressive)
- ♁ 39¹ Provocation (trapped / provocative)
- ♁ 45⁶ Dominance (timid / pompous)

SHADOW (repressive / reactive)

- Provocation (trapped / provocative) 39⁵ ▲☉
- Arrogance (deferring / scornful) 31⁵ ♀
- Vanity (elitist / malicious) 12³ ♀
- Struggle (defeatist / aggressive) 38⁵ ⊕
- Superficiality (absent / hectic) 20⁴ ☾
- Intellect (obsessive / pedantic) 62³ ♊
- Psychosis (disenchanted / fanatical) 61³ ♋
- Struggle (defeatist / aggressive) 38⁵ ♂
- Immaturity (solemn / fickle) 53⁶ ♋
- Turbulence (nervousness / crisis-prone) 36⁶ ▽♌
- Struggle (defeatist / aggressive) 38² ♂
- Provocation (trapped / provocative) 39⁴ ▽♁
- Vanity (elitist / malicious) 12² ▲♁

CENTERS

- Inspiration Pressure
- Mind Anxiety
- Expression Distortion
- Identity Me
- Will Ego
- Energy Reaction
- Intuition Alarm
- Emotion Yearning
- Impulse Stress



ATTRIBUTES

6	3	2	5	isolated
5	2	4	6	fantasizing
4	4	2	6	rejecting
3	1	3	4	avoiding
2	0	2	2	denying
1	3	0	3	insecure

IDENTIFICATION and TRAP

- 20 / 57 Obscurity - Unease & Superficiality
- 20 / 10 Ignorance - Self-Obsession & Superficiality
- 12 / 22 Possession - Dishonor & Vanity
- 10 / 57 Panic - Unease & Self-Obsession
- 55 / 39 Emptiness - Provocation & Victimisation

SPLIT DEFINITIONS: 1

STREAM

- Chaos
- Survival
- Chaos
- Survival
- Chaos

RELEASING YOUR POTENTIAL

Sa, 6. July 1907 16:07:00 LMT (06h 37W)

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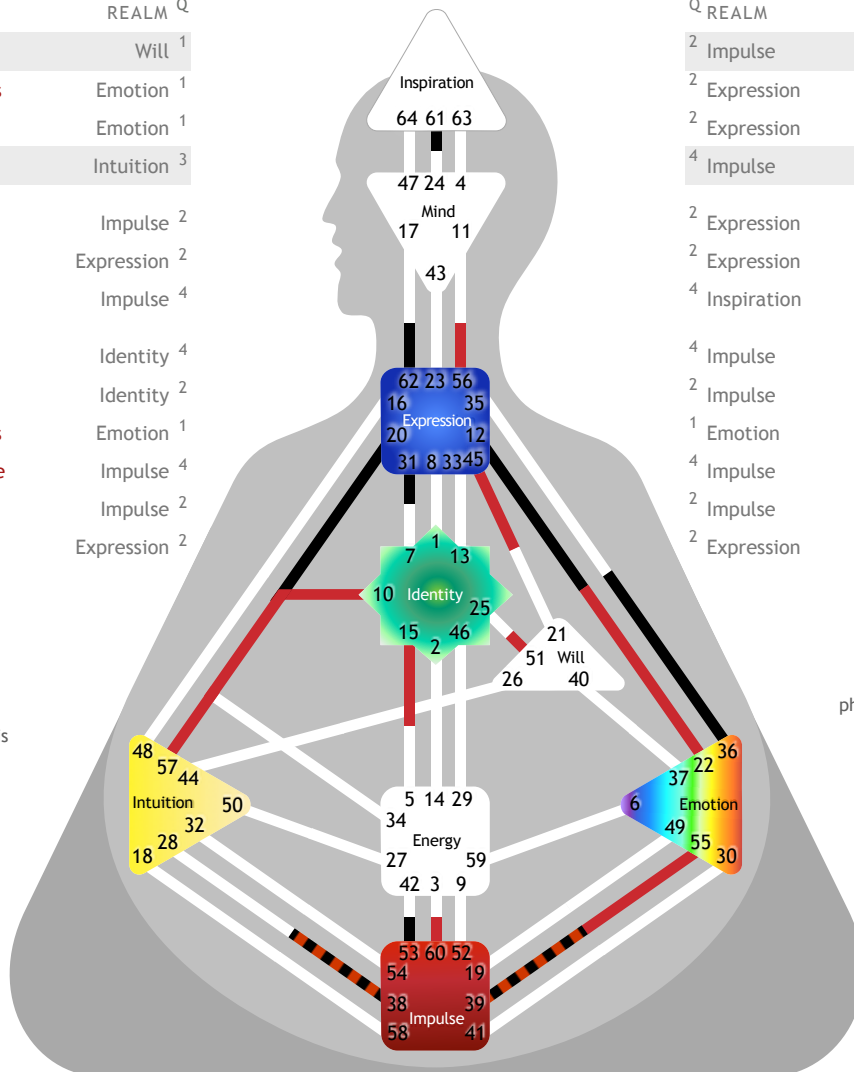
MEX - Coyoacan, 099W10' 00" 19N20' 00"

BASIC TYPE: Manifestor (Initiator)
 Life Code: proactive - Chemistry Theme: empowering
 Aura Characteristics: self-contained and self-sufficient
 Energy Mode: Efficient und forceful use of resources and energy
 DECISION MAKING: emotional

GLOBAL ROLE: The left angle cross of Individualism
 PROFILE: 5 / 1 The way of Impact - Practical Solutions based on Clarity / Security based on Well-Foundedness

POTENTIAL	REALM Q
☉ 51 ¹ Initiative	Will 1
♀ 22 ⁴ Graciousness	Emotion 1
♀ 55 ⁶ Freedom	Emotion 1
⊕ ∇ 57 ¹ Intuition	Intuition 3
☾ 60 ³ Realism	Impulse 2
♋ 56 ⁴ Enrichment	Expression 2
♌ 60 ⁴ Realism	Impulse 4
♂ ∇ 10 ⁵ Naturalness	Identity 4
♀ 15 ⁶ Magnetism	Identity 2
♁ 22 ⁵ Graciousness	Emotion 1
♁ ∇ 38 ⁴ Perseverance	Impulse 4
♄ 39 ¹ Dynamism	Impulse 2
♅ 45 ⁶ Synergy	Expression 2

Q REALM	POTENTIAL
2 Impulse	Dynamism ▲ 39 ⁵ ☉
2 Expression	Leadership 31 ⁵ ♀
2 Expression	Discrimination 12 ³ ♀
4 Impulse	Perseverance 38 ⁵ ⊕
2 Expression	Self Assurance 20 ⁴ ☾
2 Expression	Precision 62 ³ ♋
4 Inspiration	Inspiration 61 ³ ♌
4 Impulse	Perseverance 38 ⁵ ♂
2 Impulse	Expansion 53 ⁶ ♀
1 Emotion	Humanity ∇ 36 ⁶ ♁
4 Impulse	Perseverance 38 ² ♁
2 Impulse	Dynamism ∇ 39 ⁴ ♄
2 Expression	Discrimination ▲ 12 ² ♅



- CENTERS
- Inspiration Seeking
 - Mind Thinking
 - Expression Metamorphosis
 - Identity Self
 - Will Willpower
 - Energy Response
 - Intuition Alertness
 - Emotion Feeling
 - Impulse Drive

VENUS 1 3 3 5 6 5



ATTRIBUTES

6	3	2	5	connected
5	2	4	6	clear
4	4	2	6	open
3	1	3	4	experienced
2	0	2	2	natural
1	3	0	3	secure

PEARL 5 6 5 6

Health Type: Touch/stimulating - panoramic Vision

Radiance: 4 Trust

Brain: 4 passive

Connectivity: 1 Interaction

Environment: 6 exogenous

ORIENTATION RR RR

Mind: 5 receptive

Perspective: 6 peripheral

Concern: 3 Impact

Approach: 5 practical

SPECIALISATION

COMPLEXITY 1

STREAM

- 20 / 57 Awareness - Immediate expression of spontaneous intuitive awareness
- 20 / 10 Intelligence - Staying present in authentic behaviour as an expression of the Self in the now
- 12 / 22 Passion - Appeal by open articulation of personal moods and feelings
- 10 / 57 Self-awareness - Beauty of authentic behavior based on intuition
- 55 / 39 Romance - Use of obstruction as opportunity for the release of emotional abundance

- Creativity
- Self-Expression
- Creativity
- Self-Expression
- Creativity

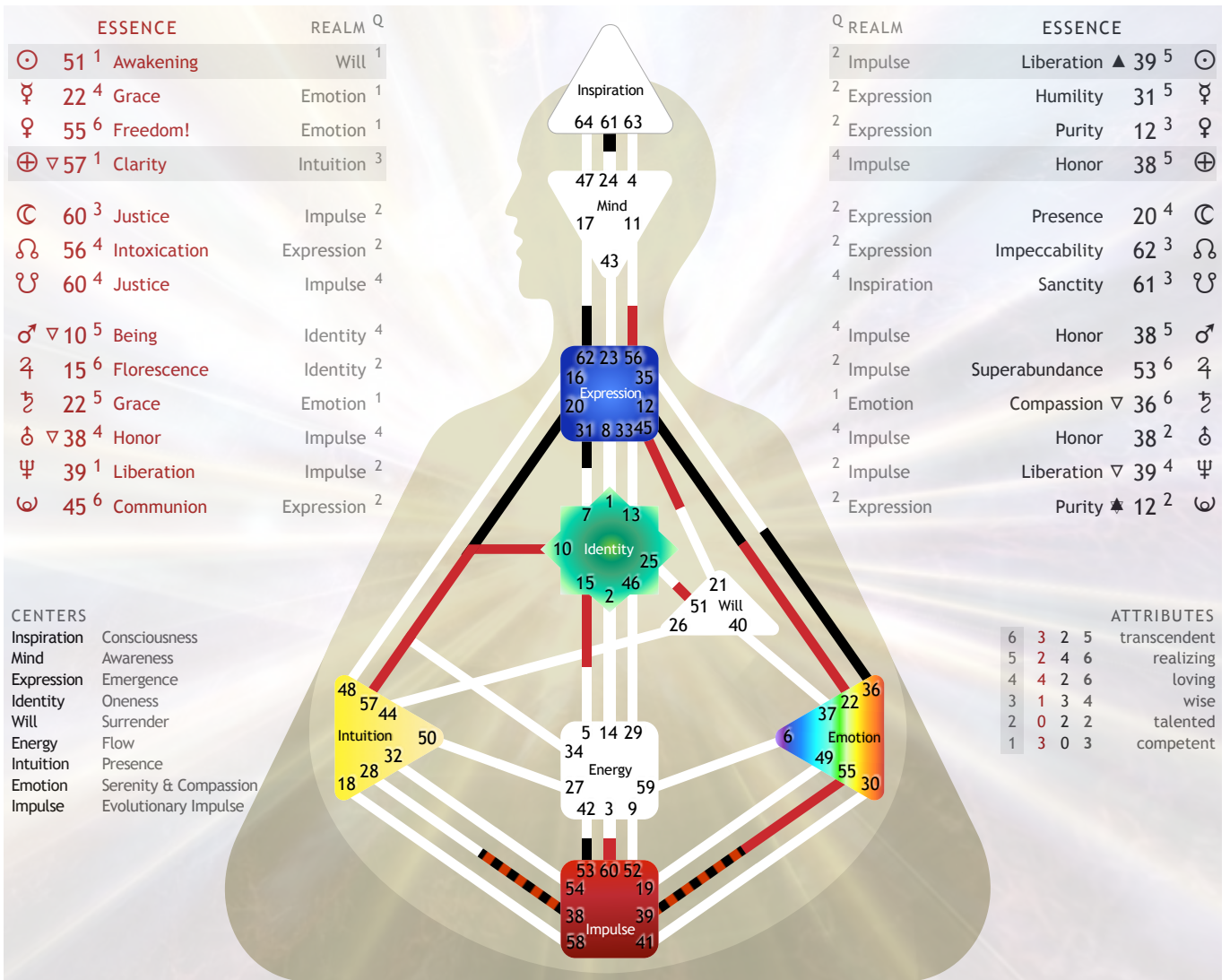
EMBODYING YOUR ESSENCE

Sa, 6. July 1907 16:07:00 LMT (06h 37W)

Frida Kahlo

MEX - Coyoacan, 099W10' 00" 19N20' 00"

BASIC TYPE: Evolved Human
 Life Code: proactive - Chemistry Theme: serene
 Aura Characteristics: radiant
 Motivation: Unconditional Love
 DECISION MAKING: Choiceless Awareness
 GLOBAL ROLE: in Service of Conscious Evolution
 PROFILE: 5 / 1 - realizing, empowering / competent, creative

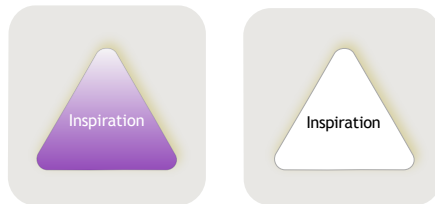


PASSAGE	STREAM
20 / 57 Affinity - Clarity & Presence	Love
20 / 10 Eternal Now - Being & Presence	Dignity
12 / 22 Pure Grace - Grace & Purity	Love
10 / 57 Elegance - Clarity & Being	Dignity
55 / 39 True Love - Liberation & Freedom	Love
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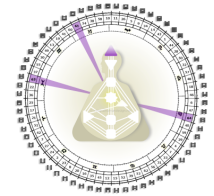
Frida Kahlo

CENTERS: ESSENCE, STRENGTHS AND CHALLENGES

INSPIRATION



Consciousness
Seeking
Pressure



For humanity, the ESSENCE of Inspiration is to be in service of the deepening and expansion of consciousness.

In your case, the field of Inspiration is designed to operate in a receptive and interactive way. You can easily recognize Inspiration when it rises up within you or around you. You can relate and respond to Inspiration with great flexibility.

Your STRENGTH here lies in your ability to stay receptive to the diversity of Inspiration available to you at any moment. By allowing yourself to be continually inspired, and by focusing on what you're currently interested in, you inevitably inspire others.

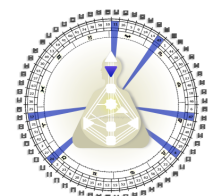
With regards to Inspiration, your LEARNING CHALLENGE is to withstand the inner and/or outer pull to 'mentally involve' yourself in the preoccupations of others -- especially when the things they're busy thinking about aren't genuinely inspiring to you.

STRESS FACTORS: i.e. inner and outer pressure to be interested in topics (in your environment) that don't inspire you at all. POSSIBLE STRESS SYMPTOMS: i.e. the inability to mentally unwind, persistent confusion and self-doubt, loss of interest.

MIND



Awareness
Thinking
Anxiety



For humanity, the ESSENCE of Mind is to support the cognitive processing of experiences and information in order to attain deep understanding and self-reflected awareness.

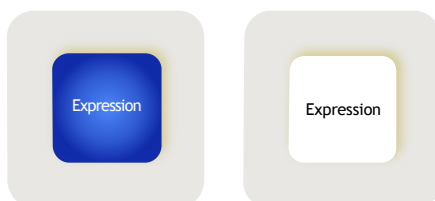
In your case, the field of Mental Awareness is designed to operate in a receptive and interactive way. You can easily perceive the variety of perspectives and ways of thinking that are all around you, and apply them in a flexible manner.

Your STRENGTH here lies in the flexibility of your thinking. You have the ability to validate a diverse range of perspectives, as well as the intelligence to assess their usefulness and conceptual relevance in relation to any given situation.

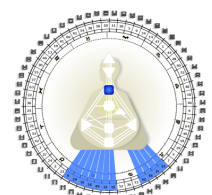
With regards to Mind, your LEARNING CHALLENGE is to resist the inner and/or outer pull to swallow concepts whole, without critical thinking. Or, to spend too much time fiddling with concepts that either don't interest you or aren't practical/relevant to (your) life.

STRESS FACTORS: i.e. inner and outer pressure to think in certain ways or embrace specific points of view. POSSIBLE STRESS SYMPTOMS: restless thinking that follows a rigid pattern, fear of not knowing enough, difficulty providing evidence for your opinions, exam/performance anxiety.

EXPRESSION



Emergence
Metamorphosis
Distortion



For humanity, the ESSENCE of Expression is to support the clear and tangible emergence of our contribution to the world.

In your case, the field of Expression is clearly defined by at least one of your specializations. Your way of speaking and acting are likely to be highly specific.

Your STRENGTH here is the ability and readiness to impact the world through your particular way of expressing yourself.

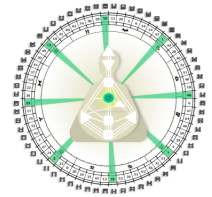
With regards to Expression, your LEARNING CHALLENGE is to restrain yourself from oversharing or acting impulsively, especially when those around you aren't open to or ready for your expression.

STRESS FACTORS: i.e. having to suppress your natural self-expression when you meet resistance. POSSIBLE STRESS SYMPTOMS: fear of not being received in your expression, tendencies to go on and on and/or interrupt.

IDENTITY



Oneness
Self
Me



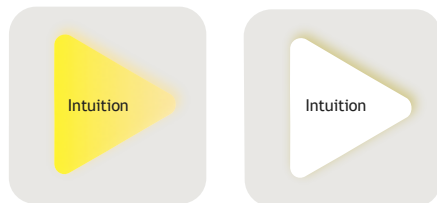
For humanity, the ESSENCE of Identity aligns us with ourselves and brings us into a deeper state of Oneness during our life's journey. In your case, the field of Identity and Alignment is clearly defined by at least one of your specializations. It is with a strong and particular identity that you move through the world in a highly specific manner.

Your STRENGTH lies in the fact that you possess a clear inner orientation. This clear orientation gives rise to a consistent sense of identity. Equipped with a built-in compass, you have the potential to walk your own path in life, as well as set the pattern for others.

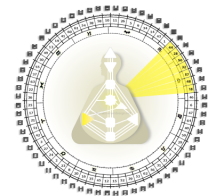
With regards to Identity, your LEARNING CHALLENGE is to find a way to deal with the strong inner urges you feel to remain true to your own direction in life, especially during times when a 'turnaround' might be required.

STRESS FACTORS: i.e. holding back, or restricting your own natural alignment when you sense others don't understand you or your way of moving through life. POSSIBLE STRESS SYMPTOMS: fear of walking your path alone, abandoning your inner alignment, resigning when it comes to your own life journey.

INTUITION



Presence
Alertness
Alarm



For humanity, the ESSENCE of Intuition is to shift us into embodied presence and align us with our body's intelligence.

In your case, your Intuitive Perception is clearly defined by at least one of your specializations. You follow your body's sensations, and they instinctively guide your interaction with the world in a highly specific way.

Your STRENGTH here lies in your clarity, your unfailing instincts, and your body's intelligence. These intuitive gifts enable you to sense (at lightning speed) what is healthy, safe, suitable and meaningful for you.

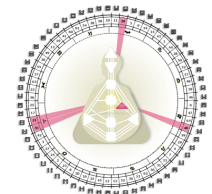
With regards to Intuition, your LEARNING CHALLENGE is to discriminate between natural alertness or spontaneous intuition, and mental fear.

STRESS FACTORS: i.e. certain health standards, slow and sluggish decision-makers and environments, feeling alone when it comes to your own sense of timing. POSSIBLE STRESS SYMPTOMS: impatience, agitation, hectic-ness, constant over-reaction to stimuli.

WILL



Surrender
Willpower
Ego



For humanity, the ESSENCE of Will brings individuals together in a spirit of cooperation, enabling us to fulfill our basic human needs through a process of synergistic collaboration.

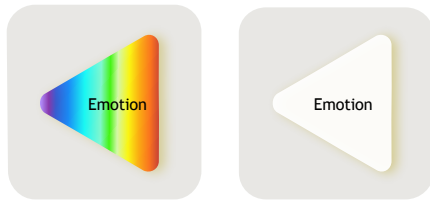
In your case, the field of Will is designed to operate in a receptive and interactive way. You can readily perceive your own needs and the needs of others, and you are able to contribute to fulfilling those needs in a situationally appropriate and flexible manner.

Your STRENGTH here lies in your willingness to cooperate and your natural inclination towards finding win-win solutions. Through your sensitivity to what is needed (by whatever group or system you are part of), you can easily recognize, validate and estimate the value and appropriateness of contributions made in the community.

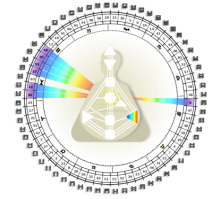
With regards to Will, your LEARNING CHALLENGE is to withstand the inner and/or outer pressure to prove yourself and the value of your contributions, or to enter into a competitive situation when you don't want to.

STRESS FACTORS: i.e. competition, work deadlines, undefined areas of competence, the strong will of others. POSSIBLE STRESS SYMPTOMS: taking on the ambitions and responsibilities of other people, a lack of self-esteem, dependency, discouragement.

EMOTION



Serenity & Compassion
Feeling
Yearning



For humanity, the ESSENCE of Emotion supports us in feeling and developing serenity, empathy and compassion.

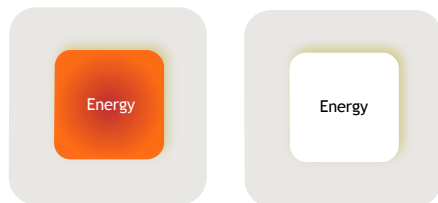
In your case, the field of Emotion is clearly defined by at least one of your specializations. You experience yourself and others through the filter of your specific emotional awareness, and you have a particular way of moving through your emotions.

Your STRENGTH here lies in the depth and breadth of your own emotional landscape, which enables you to experience and understand (over a period of time) your own multi-faceted emotional nature, as well as the deep complexities of other beings and things.

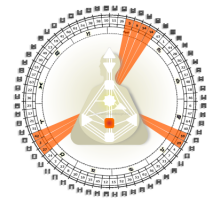
With regard to Emotion, your LEARNING CHALLENGE is to responsibly deal with the fullness, intensity and depth of your own emotional life. One of your greatest life lessons is to accept the fact that it takes time for emotional turbulence to subside, and for a clear, unobstructed view to return.

STRESS FACTORS: i.e. being pressured to make a decision, a lack of space/time/contact for processing emotions, an accumulation of emotional triggers. POSSIBLE STRESS SYMPTOMS: decision-making paralysis, incessant emotional turbulence, excessive perspiration, emotional overcharge -- potentially showing up in the form of helplessness, violence, aggression, and/or a need for over-justification.

ENERGY



Flow
Response
Reaction



For humanity, the ESSENCE of Energy connects us with the flow of life force, and allows us to effortlessly move in the world with our creative power.

In your case, the field of Energy is designed to operate in a receptive and interactive way. You can clearly perceive and sense the energies within you and around you. You have the potential to tune into these energies, sense what they're about, and then interact with them in a flexible, creative way.

Your STRENGTH here lies in your ability to be aware of the flow of life force. You can fully recharge your batteries during times of rest. You are able to tune into the momentary movements of your own and others' energies, and, you are also able to guide these energies.

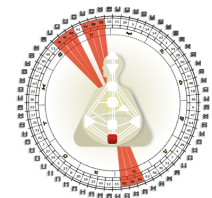
With regards to Energy, your LEARNING CHALLENGE is to resist the inner/outer pressure to stay busy and over-scheduled. One of your greatest lessons is to give yourself permission to rest -- whenever you need it, and for as long as you need it.

STRESS FACTORS: i.e. inner and outer pressure to continuously perform, produce and keep up with all of the busy bees around you. POSSIBLE STRESS SYMPTOMS: restlessness, overload, physical overstrain, exhaustion, burnout.

IMPULSE



Evolutionary Impulse
Drive
Stress



For humanity, the ESSENCE of Impulse serves the natural momentum to grow. It is the driver of human evolution itself.

In your case, the field of Impulse is clearly defined by at least one of your specializations. Through the natural thrust of your own growth impulse, you are designed to have a specific impact in the world.

Your STRENGTH here lies in your ability to follow your intense inner drives while remaining cheerful and calm. You are ultimately here to move something in the world in a very concrete way.

With regards to Impulse, your LEARNING CHALLENGE is to realize that not everyone is going to share or be motivated by the same impulses that are driving you.

STRESS FACTORS: i.e. stagnation in your environment, having to hold back your impulses, or to restrain the forces that motivate you. POSSIBLE STRESS SYMPTOMS: distress, permanent strain, compulsion, being constantly 'hyped up'.

Frida Kahlo

Global Role Potentials in detail

The following pages offer a more differentiated analysis of your potentials.

The GLOBAL ROLE (page 8) describes your life's mission and purpose. It names the prime themes of your vocation, and it shows three frequency bands to open the spectrum of options you have in your embodiment of these themes. The Global Role talks about what you are here to do in this life in order to experience the fulfillment of living out precisely your role in humanity. The Global Role is described in a way that bridges the 'Incarnation Cross' of the Human Design System with the Prime Gifts of the Gene Keys Synthesis.

The table of SKILLS (page 9) correlates each potentials with a planetary quality that is an inherent aspect of the activation of this potential. This correlation allows a deeper understanding of how the potentials can be used as resources in life.

The short phrases below each potential mention a PERSONAL GROWTH THEME that is derived from the specific attribute of the respective potential. Both these short sentences as well as the specific keynotes of the attributes add more depth and precision to the understanding of each potential.

The POTENTIALS IN TEAMS AND ORGANISATIONS (page 10) give an overview of the resources you contribute naturally in a team situation, on the impact you can most easily unfold in larger organisation, and on specific tendencies and preferences in your style of work and leadership.

The BODY ORIENTATION (page 11) describes internal and external conditions that are beneficial to the clarity of perception and to the overall performance of your body.

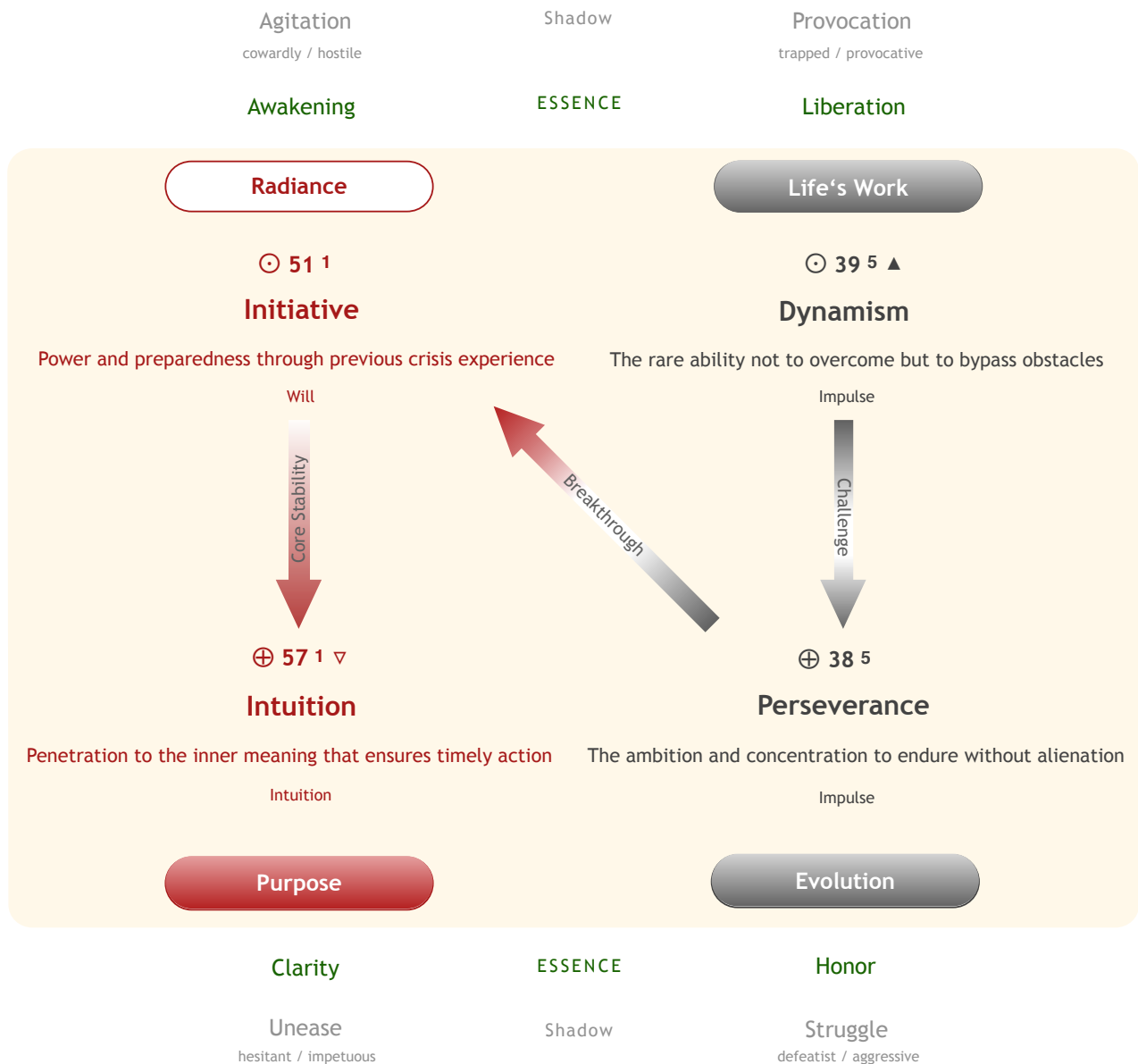
In order to support readability this detailed written analysis only mentions the potential itself and leaves out the stages of development, while INTEGRAL HUMAN DESIGN Coaching always emphasizes the developmental possibilities in each of the potentials.

GLOBAL ROLE: PURPOSE, VOCATION AND FULFILLMENT

Frida Kahlo

GLOBAL ROLE: The left angle cross of Individualism

PROFILE: 5 / 1 The way of Impact - Practical Solutions based on Clarity / Security based on Well-Foundedness



POTENTIALS IN DETAIL: SKILLS UND PERSONAL GROWTH

THEMES

Frida Kahlo

51.1 4 4 2
56.4 1 6 2

39.5 3 5 3
62.3 5 6 5

POTENTIALS

POTENTIALS

☉ RADIANCE	51 ¹	Initiative ⁴ ³	Dynamism	▲ 39 ⁵	LIFE'S WORK ☉
Power and preparedness through previous crisis experience		P R	The rare ability not to overcome but to bypass obstacles		
♀ COMMUNICATION	22 ⁴	Graciousness ² ⁵	Leadership	31 ⁵	MESSAGE ♀
Sensitive social openness through rejection of formality		P S	Leadership guaranteed by attitude and leading oneself		
♀ MORALS	55 ⁶	Freedom ⁴ ²	Discrimination	12 ³	VALUES ♀
Finding the spirit through transcendence of materialism		A S	Inadaequacies in interactions lead to self-analysis		
⊕ PURPOSE	▽ 57 ¹	Intuition ⁴ ³	Perseverance	38 ⁵	EVOLUTION ⊕
Penetration to the inner meaning that ensures timely action		P R	The ambition and concentration to endure without alienation		
☾ DRIVE	60 ³	Realism ⁴ ⁴	Self Assurance	20 ⁴	FOCUS ☾
Maintaining identity and security despite limitations		A R	Awareness transformed into action in cooperation with others		
♊ RELATING 2nd half	56 ⁴	Enrichment ¹ ⁵	Precision	62 ³	PERSPECTIVE 2nd half ♊
Stimulation as an expedient role that can mask true feelings		P R	Discovery and innovative application of valuable details		
♋ RELATING 1st half	60 ⁴	Realism ¹ ⁵	Inspiration	61 ³	PERSPECTIVE 1st half ♋
Resourceful maximization of potential within limitations		P R	Establishing relationships for the actualization of truths		
♂ ESSENTIAL FORCE	▽ 10 ⁵	Naturalness ² ¹	Perseverance	38 ⁵	CREATIVITY ♂
Principled behaviour which challenges norms		P S	The ambition and concentration to endure without alienation		
♋ PROTECTION	15 ⁶	Magnetism ⁴ ⁵	Expansion	53 ⁶	PROSPERITY ♋
Reexamination to weed out the weakest point		A S	Phasing of support for next stages based on evident success		
♋ STRUCTURE	22 ⁵	Graciousness ³ ¹	Humanity	▽ 36 ⁶	DISCIPLINE ♋
Directness and disregard of form when required		A R	Inevitable survival of light when crisis arises from pure feeling		
♋ INNOVATIVE STRENGTH	▽ 38 ⁴	Perseverance ³ ²	Perseverance	38 ²	INNOVATIVE GENIUS ♋
Investigation to recognize who to trust in times of struggle		A S	Politeness that values discretion even in opposition		
♋ ILLUSION	39 ¹	Dynamism ³ ¹	Dynamism	▽ 39 ⁴	DISCOVERY ♋
Temporary disengagement when confronted with obstacles		P R	Temperance and careful evaluation before taking action		
♋ INNER TRUTH	45 ⁶	Synergy ² ²	Discrimination	★ 12 ²	TRANSFORMATION ♋
Reconsideration of a prior rejection of an outsider		A S	Disciplined caution to maintain a pure state		

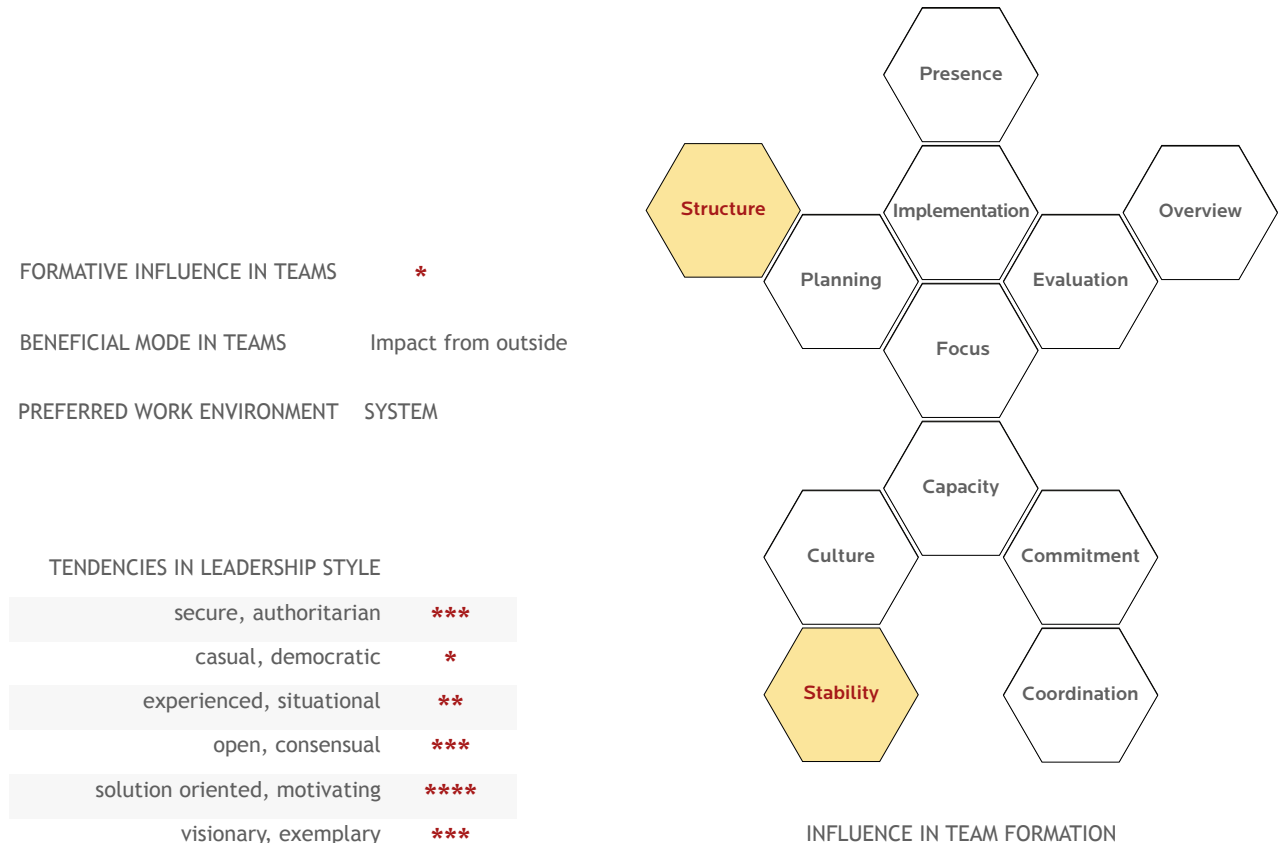
POTENTIALS IN TEAMS AND ORGANISATIONS

Frida Kahlo

BASIC TYPE: Manifestor (Initiator)

Energy Mode: Efficient und forceful use of resources and energy

Aura Characteristics: self-contained and self-sufficient



INFLUENCE IN TEAM FORMATION

The highlighted aspects in this chart show which resources you contribute formatively to team structures (3 to 15 people) and help to unfold specifically in a team situation (in addition to your competences, potentials and specialisations). Optimum team performance is best supported when all 12 aspects are activated in a balanced manner.

These team resources are not to be seen as personal capacities but rather can be understood as potentials that are activated in the 'force field' of a team. Like in all IHD analyses each keyword summarizes a wealth of qualities and aspects.

IMPACT IN LARGER ORGANISATIONS

Management	*
Competition	**
Direction	*
Interaction	*
Strategy	*
Innovation	****

BODY ORIENTATION: DIGESTION AND ENVIRONMENT

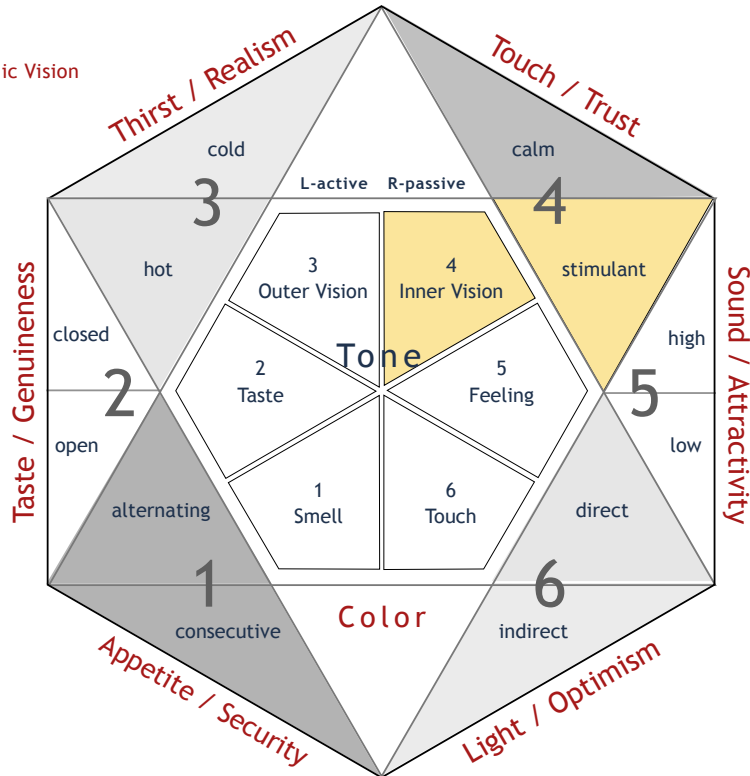
This aspect of the analysis refers to minute substructures of your individual potentials and attributes.
It is only diagnostically conclusive in case the precise time of birth (±5 minutes) is available.

51.1 4 4 2

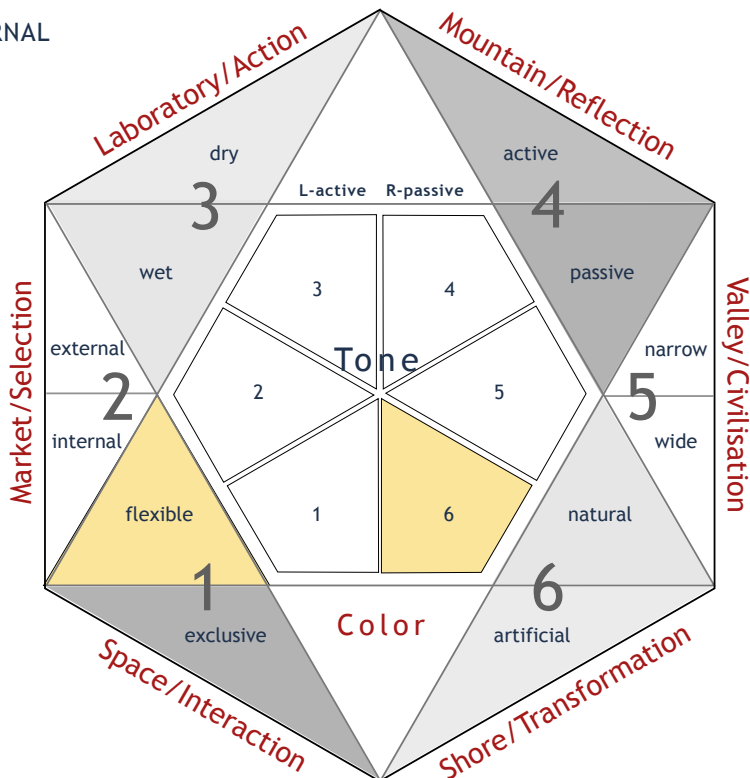
56.4 1 6 2

BODY / INTERNAL

Touch/stimulating - panoramic Vision



ENVIRONMENT/ EXTERNAL



SERVICES

INTEGRALHUMANDESIGN Evaluations – Getting Started

We offer individualized evaluations that can guide you on your personal journey towards your essence. It is your life's journey - a journey of transformation, transcending and including the various layers of the individual self. All the profiles offer a language that talks to your DNA to unlock the full potential of genius and consciousness that lies within you.

Your BODYGRAPH Evaluation is a 10+ pdf document which includes all three bodygraphs ('Embracing your Shadow', 'Releasing your Potential' and 'Embodying your Essence') plus a lot more specific personal information on your type.

Your GOLDENPATH Evaluation is a 16+ pages pdf document with includes your Prime Gifts Activation, Venus Sequence and Pearl.

Your PRIME GIFTS Profile contains just the Prime Gifts Activation Sequence.

For more information on these evaluations and for orders please visit <http://www.integralhumandesign.net/shop/evaluations>

BODYGRAPH Consultation – A journey into your Essence

Each consultation addresses your personal potentials as well as your specific questions and concerns. You choose which themes we bring up, to what extent and in which sequence. In your first consultation we can take up at least briefly all the themes that interest you. This gives you an orientation in which areas you would like to go deeper. Possible themes are:

Introduction to your Bodygraph - Energetic Structure, Life Code, Decision Making

Resources: Characteristics and Uniqueness, flexible and stable realms, conditioning and anchor points

Basic Type: Life Code, Energy Mode, Aura Characteristics, Chemistry Themes

Inner Authority: Orientation und Decision Making based on body intelligence

Health Design: Orientation of perceptions - Digestion - supportive Environment

GOLDENPATH Consultation - Sequences and Pathways of your Awakening

Your Spectrum of Consciousness

The Challenges, Resources and essential Qualities of your unique set of Gene Keys

Your Genius - Work, Purpose, Vocation, Fulfillment (Prime Gifts Activation Sequence*)

Prime Gifts*: Discovering your Genius (Activation Sequence)

Meaning in life: Life's Work, Destiny and the given Global Role in life

Profile: Character and style of mastery

Life's Geometry: Journey, Environment and Perspective

Potentials as an individual and in cooperation, teams and organisations

Your Openness - Healing in Relationships (Venus Sequence*)

The personal keys to opening your heart and unfolding your core talent

The steps of personal healing and loving relationships: Healing the core wound through transcending specific layers of resistance

Your Prosperity - Abundance and Success (Pearl Sequence*)

Releasing your Prosperity: Talent, Culture and personal Brand

The cycle of Initiative, Growth and Service as the basis for personal success

* The Prime Gifts Activation Sequence, the Venus Sequence and the Pearl are elements of the GeneKeys Synthesis, © Richard Rudd

INTEGRALHUMANDESIGN Coaching and Therapy – Individual Support

Resource and goal oriented help with your personal questions and concerns

Professional support for unfolding your potentials: Empowerment of your genuine Self

INTEGRALHUMANDESIGN **Coaching and Therapy** is a service you can also use without previous BodyGraph or GoldenPath Consultations. Information from your INTEGRALHUMANDESIGN Evaluations will then be included and communicated to the extent that is relevant and needed in the process of clarifying your issues.

Consultation/Coaching/Therapy – in person, or Skype - www.skype.com

In our consultations we usually work with a flexible time frame of 50-100 minutes, i.e. the duration of the consultation is tailored to your needs, and we charge only the time we actually spend working together. The fee for the consultation is \$4 per minute. It includes a downloadable mp3 audio recording of both tracks, i.e. you and me. We calculate the exact fee from the length of the mp3 recording.

Currency Converter: <http://www.oanda.com/lang/en/currency/converter/>