

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 Romy Schneider,

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

Romy Schneider

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

Romy Schneider

Fr, 23. September 1938 21:45:00 MET (01h 00E)

A - Wien, 016E22' 00" 48N13' 00"

BASIC TYPE: Manifesting Generator (Specialist)
 Life Code: responsive (intense) - Chemistry Theme: obstinate
 Aura Characteristics: sluggish or reactive
 Theme: Frustration

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

PROFILE: 3 / 5 - ashamed, avoiding / illusionary, paranoid

SHADOW (repressive / reactive)

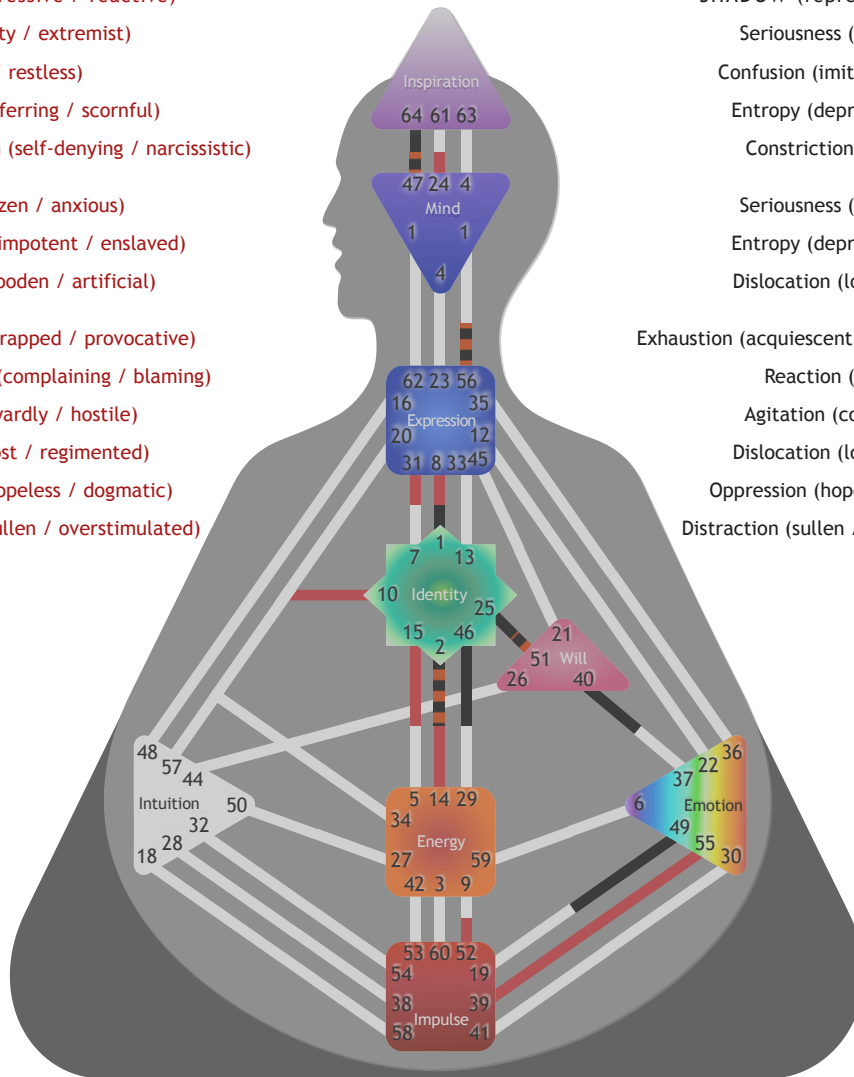
- ☉ 15⁵ Dullness (empty / extremist)
- ♀ 52¹ Stress (stuck / restless)
- ♀ 31⁶ Arrogance (deferring / scornful)
- ⊕ 10⁵ Self-Obsession (self-denying / narcissistic)
- ☾ 24⁶ Addiction (frozen / anxious)
- ♋ 14³ Compromise (impotent / enslaved)
- ♉ 8³ Mediocrity (wooden / artificial)
- ♂ ▲ 39³ Provocation (trapped / provocative)
- ♁ ▽ 55³ Victimisation (complaining / blaming)
- ♁ 51² Agitation (cowardly / hostile)
- ♁ 2⁴ Dislocation (lost / regimented)
- ♁ ▽ 47² Oppression (hopeless / dogmatic)
- ♁ 56³ Distraction (sullen / overstimulated)

SHADOW (repressive / reactive)

- Seriousness (frigid / frivolous) 46³ ☉
- Confusion (imitating / confused) 64⁶ ♀
- Entropy (depressive / frenetic) 1³ ♀
- Constriction (ignorant / cold) 25³ ⊕
- Seriousness (frigid / frivolous) 46³ ♁
- Entropy (depressive / frenetic) 1⁶ ♋
- Dislocation (lost / regimented) 2⁶ ♉
- Exhaustion (acquiescent / contemptuous) 40⁵ ♂
- Reaction (inert / rejecting) 49⁵ ♁
- Agitation (cowardly / hostile) 51¹ ♁
- Dislocation (lost / regimented) 2⁵ ♁
- Oppression (hopeless / dogmatic) 47⁵ ♁
- Distraction (sullen / overstimulated) 56⁶ ♁

CENTERS

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



ATTRIBUTES

6	2	4	6	isolated
5	2	4	6	fantasizing
4	1	0	1	rejecting
3	5	4	9	avoiding
2	2	0	2	denying
1	1	1	2	insecure

IDENTIFICATION and TRAP

- 64 / 47 Bewilderment - Confusion & Oppression
- 8 / 1 Disturbance - Entropy & Mediocrity
- 2 / 14 Disorientation - Compromise & Dislocation
- 25 / 51 Competition - Constriction & Agitation
- 55 / 39 Emptiness - Provocation & Victimisation

SPLIT DEFINITIONS: 3

STREAM

- Desire
- Chaos
- Chaos
- Selfishness
- Chaos

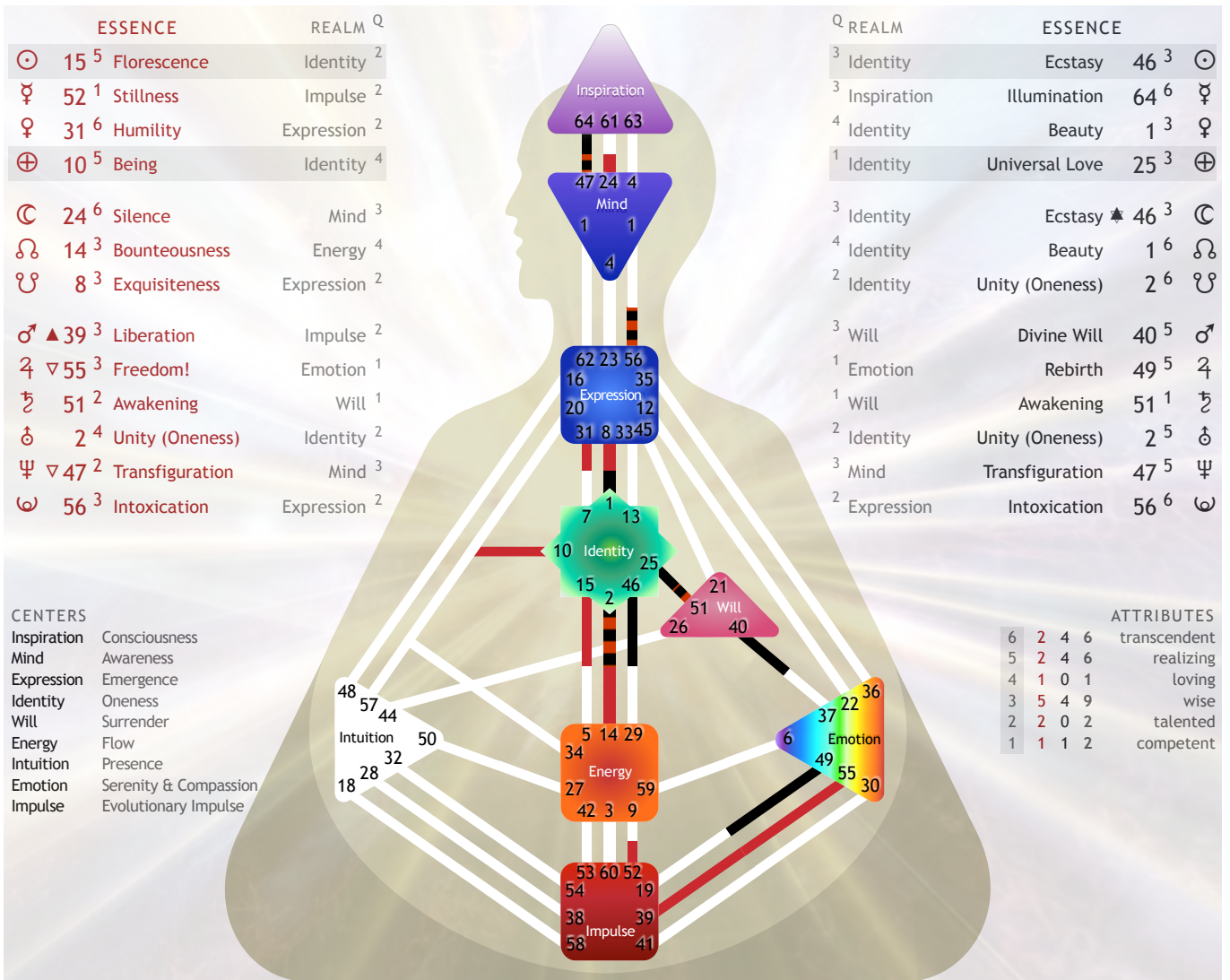
EMBODYING YOUR ESSENCE

Fr, 23. September 1938 21:45:00 MET (01h 00E)

Romy Schneider

A - Wien, 016E22' 00" 48N13' 00"

BASIC TYPE: Evolved Human
 Life Code: responsive (intense) - Chemistry Theme: vibrant
 Aura Characteristics: radiant
 Motivation: Unconditional Love
 DECISION MAKING: Choiceless Awareness
 GLOBAL ROLE: in Service of Conscious Evolution
 PROFILE: 3 / 5 - wise, humorous / realizing, empowering



PASSAGE

STREAM

64 / 47 Myth - Illumination & Transfiguration
 8 / 1 Magnificence - Freshness & Beauty
 2 / 14 Materialisation - Bounteousness & Oneness
 25 / 51 Initiation - Universal Love & Awakening
 55 / 39 True Love - Liberation & Freedom

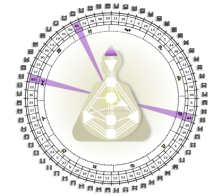
Ecstasy
 Love
 Love
 Spirit
 Love

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 clearly defined by at least one of your specializations. You are designed to experience Inspiration in a specific way, and the Inspiration you bring into the world is likely to have a specific focus.

Your STRENGTHS here include your ability to be deeply inspired by certain themes you are especially interested in, and your ability to deal with those themes in an inspiring way.

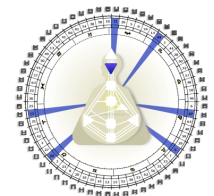
With regards to Inspiration, your LEARNING CHALLENGE is to deal with inner pressures to 'mentally engage' in issues that aren't necessarily interesting, inspiring and/or comprehensible to the people around you.

STRESS FACTORS: i.e. suppressing your true interests when people around you react with incomprehension. POSSIBLE STRESS SYMPTOMS: the feeling of being misunderstood by most people, a tendency/urge to indoctrinate others with your ideas and questions, tunnel vision, inattentiveness to your environment.

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.

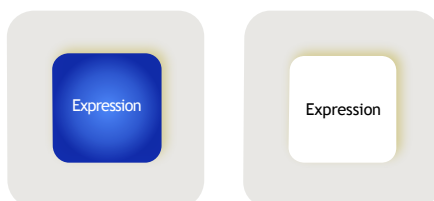
In your case, the field of Mental Awareness is clearly defined by at least one of your specializations. You actively bring your specific and unique way of thinking into the world.

Your STRENGTH here lies in your ability to approach themes you find interesting with your uniquely pensive mind, and to process those concepts in a thorough and all-encompassing way.

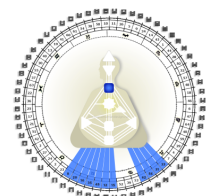
With regards to Mind, your LEARNING CHALLENGE is to deal with and embrace your particular way of thinking, even when those around you can't relate or don't share your views.

STRESS FACTORS: i.e. when presented with themes and concepts that don't mesh with your way of thinking. POSSIBLE STRESS SYMPTOMS: difficulties embracing alternative or new points of view, remaining convinced that your way of thinking is the only right way.

EXPRESSION



Emergence
Metamorphosis
Distortion



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

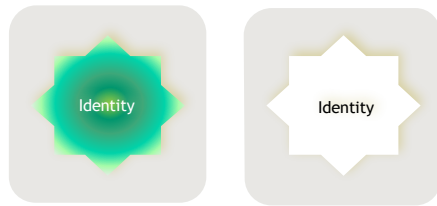
In your case, the field of Expression is clearly defined by at least one of your specializations. Your way of speaking and acting are likely to be highly specific.

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

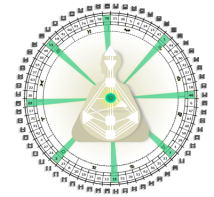
With regards to Expression, your LEARNING CHALLENGE is to restrain yourself from oversharing or acting impulsively, especially when those around you aren't open to or ready for your expression.

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



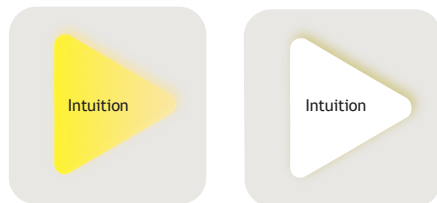
For humanity, the ESSENCE of Identity aligns us with ourselves and brings us into a deeper state of Oneness during our life's journey. In your case, the field of Identity and Alignment is clearly defined by at least one of your specializations. It is with a strong and particular identity that you move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

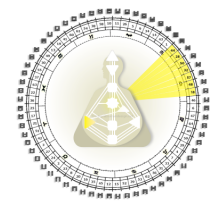
With regards to Identity, your LEARNING CHALLENGE is to find a way to deal with the strong inner urges you feel to remain true to your own direction in life, especially during times when a 'turnaround' might be required.

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 designed to operate in a receptive and interactive way. You can easily recognize the various instinctive and intuitive responses in yourself and others, and refer to them in a flexible manner.

Your STRENGTH is your heightened sensibility when it comes to your own body, its current state, as well as to the diverse sensitivities of the people around you. Sometimes your perceptivity is so exact and precise that it can be used as a diagnostic tool.

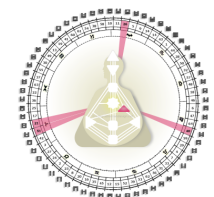
With regards to Intuition, your LEARNING CHALLENGE is dealing with your own ever-changing sensitivities, as well as the sensitivities of others. One of your life's lessons is learning how to remain centered -- even when you're picking up on the subtle vibrations in your environment, and the physical state of everyone in it.

STRESS FACTORS: i.e. when you or others are not feeling well physically. POSSIBLE STRESS SYMPTOMS: the need for security and constancy, a fear of illness, hypochondria, health crazes, obsessions with diet.

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.

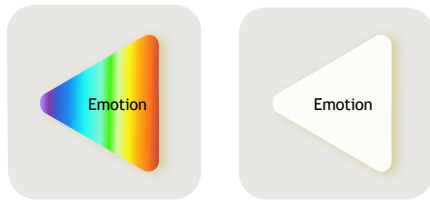
In your case, the field of Will is clearly defined by at least one of your specializations. You use your will to contribute to the world in a very specific way.

Your STRENGTH here lies in your readiness and motivation to make very specific contributions to your community, and in your ability to recognize the value of these contributions.

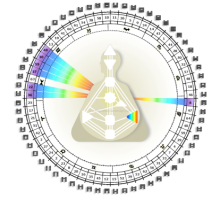
With regards to Will, your LEARNING CHALLENGE is to successfully recognize, genuinely respect and accurately estimate the value of others people's contributions.

STRESS FACTORS: i.e. a lack of recognition for your own contributions, being underpaid for your work, rivalry, the 'rat race', losing in a competition. POSSIBLE STRESS SYMPTOMS: overemphasizing your own contributions and/or priorities, intestinal and cardiovascular diseases.

EMOTION



Serenity & Compassion
Feeling
Yearning



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

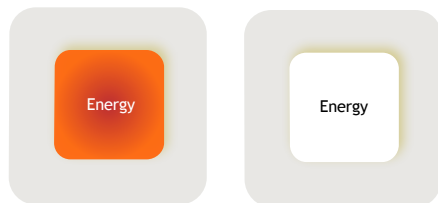
In your case, the field of Emotion is clearly defined by at least one of your specializations. You experience yourself and others through the filter of your specific emotional awareness, and you have a particular way of moving through your emotions.

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.

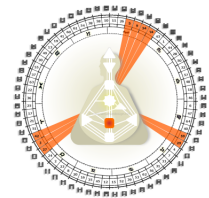
With regard to Emotion, your LEARNING CHALLENGE is to responsibly deal with the fullness, intensity and depth of your own emotional life. One of your greatest life lessons is to accept the fact that it takes time for emotional turbulence to subside, and for a clear, unobstructed view to return.

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 way your Energy unfolds is clearly defined by at least one of your specializations. Your natural energy flows into the world in a highly specific manner.

Your STRENGTH here lies in your energetic availability for very specific (and satisfying) activities. When you are using your Energy well, your creative juices enthusiastically flow and you are filled with a potent sense of aliveness.

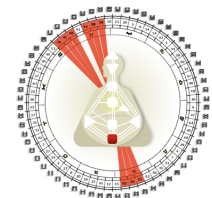
With regards to energy, your LEARNING CHALLENGE is dealing with the frustration that arises in you when you push yourself to do things that aren't aligned with your nature, don't appeal to you, or that you haven't genuinely 'responded' to.

STRESS FACTORS: i.e. unsuitable tasks, menial boring work, insufficient physical activity. POSSIBLE STRESS SYMPTOMS: workaholism, frustration, 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'.

Romy Schneider

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.

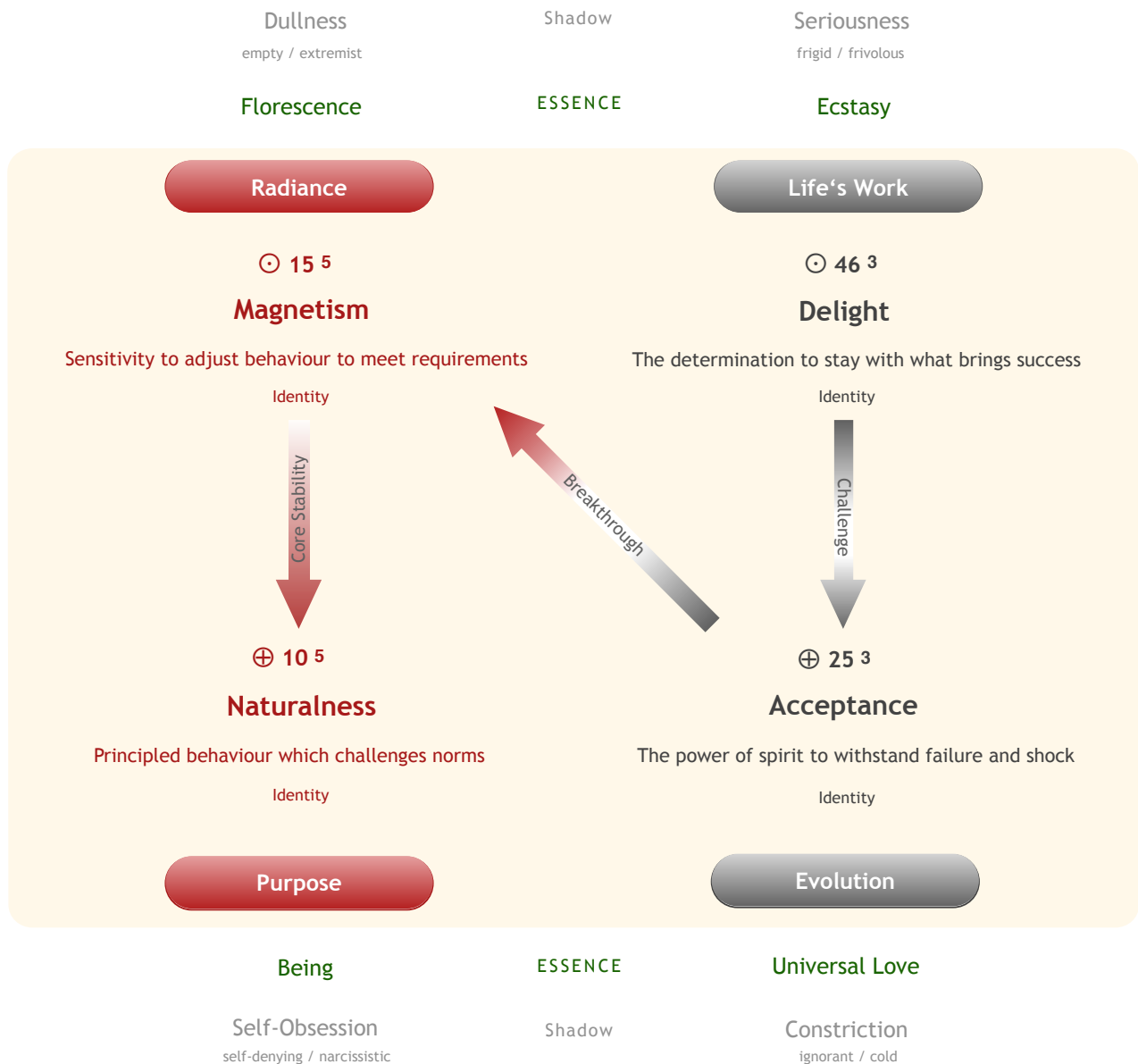
In order to support readability this detailed written analysis only mentions the potential itself and leaves out the stages of development, while INTEGRAL HUMAN DESIGN Coaching always emphasizes the developmental possibilities in each of the potentials.

GLOBAL ROLE: PURPOSE, VOCATION AND FULFILLMENT

Romy Schneider

GLOBAL ROLE: The right angle cross of the Vessel of Love (3)

PROFILE: 3 / 5 The way of Rebellion - Flexibility based on Adaptness / Realistic Attainment based on Clarity



POTENTIALS IN DETAIL: SKILLS UND PERSONAL GROWTH
THEMES

15.5 1 6 5
14.3 1 3 5

Romy Schneider

46.3 1 2 1
1.6 6 1 5

POTENTIALS

POTENTIALS

☉ RADIANCE	15 ⁵	Magnetism ^{1 1}	Delight	46 ³	LIFE'S WORK ☉
	Sensitivity to adjust behaviour to meet requirements	P S	The determination to stay with what brings success		
♀ COMMUNICATION	52 ¹	Restraint ^{1 6}	Imagination	64 ⁶	MESSAGE ♀
	Pacification of energy that leads to stillness and silence	A S	Keeping perspective in all the diversity of data		
♀ MORALS	31 ⁶	Leadership ^{1 4}	Freshness	1 ³	VALUES ♀
	Leadership where words and actions are one and the same	A S	Energy to sustain creative self-expression		
⊕ PURPOSE	10 ⁵	Naturalness ^{1 1}	Acceptance	25 ³	EVOLUTION ⊕
	Principled behaviour which challenges norms	P S	The power of spirit to withstand failure and shock		
☾ DRIVE	24 ⁶	Invention ^{5 1}	Delight	★ 46 ³	FOCUS ☾
	Conscious participation and effortless identification	P R	The determination to stay with what brings success		
♋ RELATING 2nd half	14 ³	Competence ^{1 6}	Freshness	1 ⁶	PERSPECTIVE 2nd half ♋
	Service and selfless contribution to society	A S	Objective assessment of creative value		
♌ RELATING 1st half	8 ³	Style ^{1 6}	Orientation	2 ⁶	PERSPECTIVE 1st half ♌
	An example by expression of style, not substance	A S	Transcending fixations to see the whole picture		
♂ ESSENTIAL FORCE	▲ 39 ³	Dynamism ^{1 5}	Resolve	40 ⁵	CREATIVITY ♂
	Responsible confrontation considering the larger framework	A S	Rigidity in the rejection of negative relationships		
♏ PROTECTION	▽ 55 ³	Freedom ^{2 6}	Revolution	49 ⁵	PROSPERITY ♏
	Innocence of spirit when failure occurs despite best efforts	P S	Understanding and practical provisions for the needs of others		
♌ STRUCTURE	51 ²	Initiative ^{6 4}	Initiative	51 ¹	DISCIPLINE ♌
	Instinctive withdrawal when power is threatened by shock	P R	Power and preparedness through previous crisis experience		
♁ INNOVATIVE STRENGTH	2 ⁴	Orientation ^{3 3}	Orientation	2 ⁵	INNOVATIVE GENIUS ♁
	Preserving harmony through discretion	A R	Intelligent application of higher knowing		
♁ ILLUSION	▽ 47 ²	Transmutation ^{4 4}	Transmutation	47 ⁵	DISCOVERY ♁
	The ambition and activity to overcome personal oppression	P S	Acceptance of oppression as a part of the process		
♁ INNER TRUTH	56 ³	Enrichment ^{5 1}	Enrichment	56 ⁶	TRANSFORMATION ♁
	Self-sufficiency and the drive to be the focus of expression	A R	Prudence and honesty in honouring the linkage achieved		

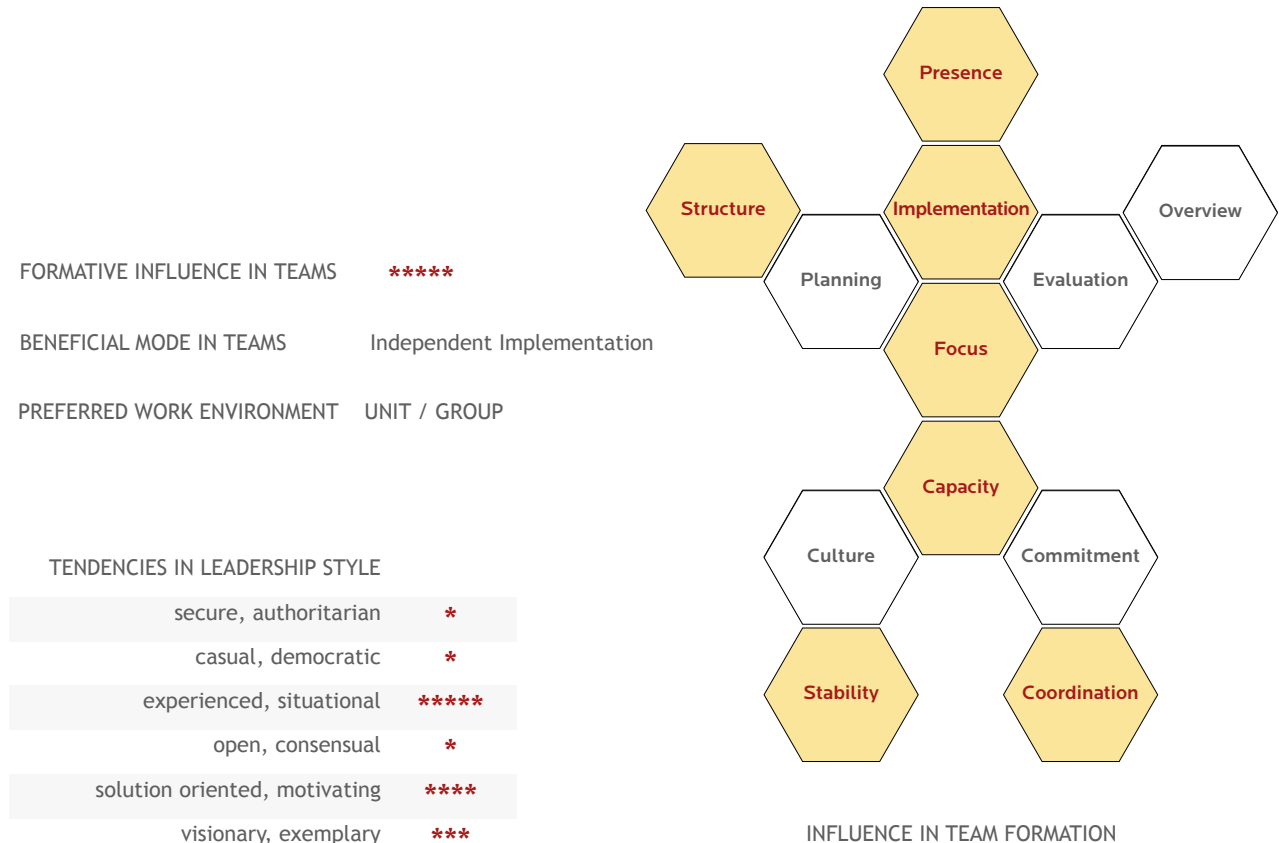
POTENTIALS IN TEAMS AND ORGANISATIONS

Romy Schneider

BASIC TYPE: Manifesting Generator (Specialist)

Energy Mode: Satisfying and effective use of own creative vital energy

Aura Characteristics: open 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

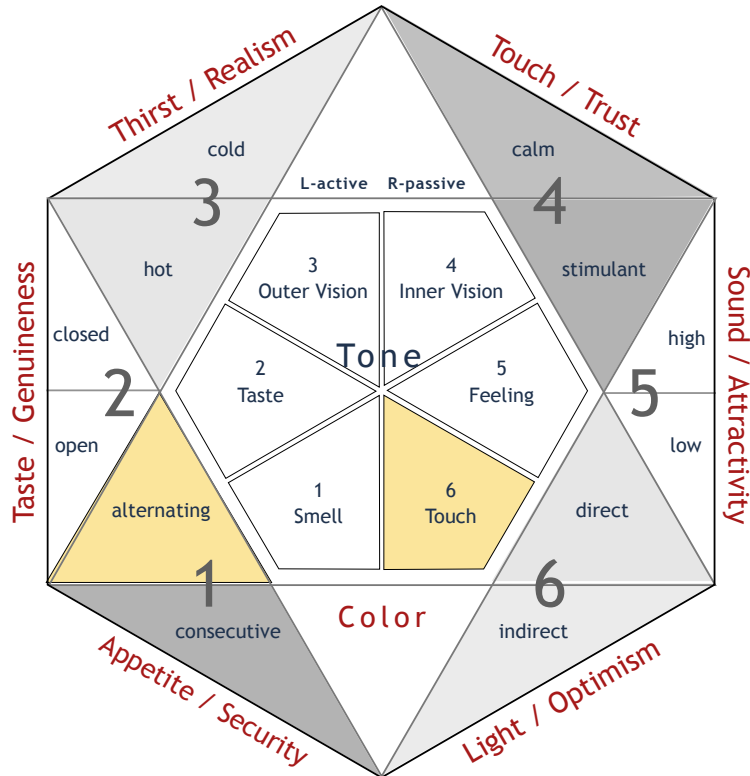
This aspect of the analysis refers to minute substructures of your individual potentials and attributes.
It is only diagnostically conclusive in case the precise time of birth (±5 minutes) is available.

15.5 1 6 5

14.3 1 3 5

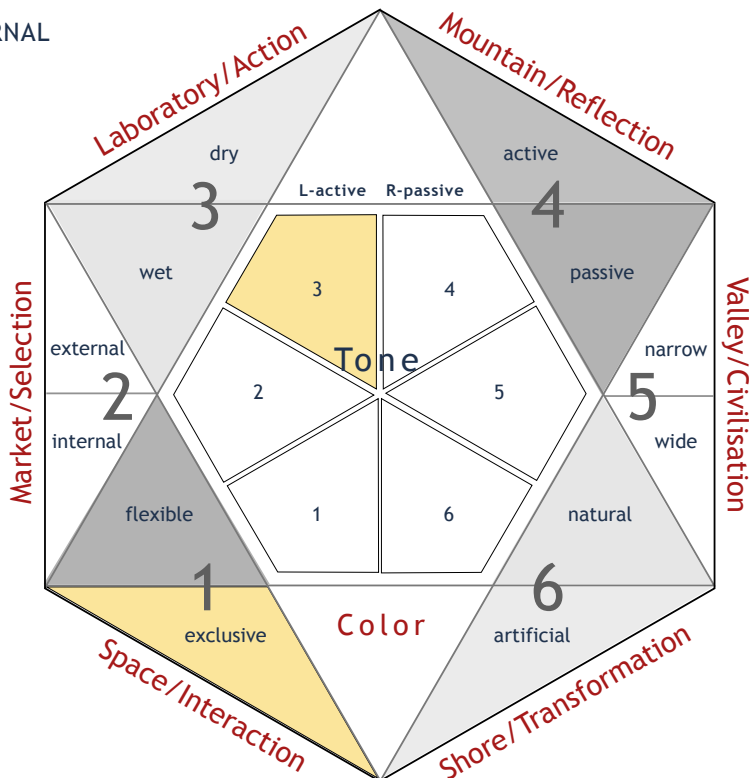
BODY / INTERNAL

Appetite/alternating - Touch



1 6

ENVIRONMENT/ EXTERNAL



1 3

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/>