



## BODYGRAPH – OVERALL DESIGN

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

## GOLDENPATH – HOLOGENETIC PROFILE

**Discovering Your Genius** - Prime Gifts Activation Sequence

**Opening Your Heart into Connectedness** - Venus Sequence

**Releasing Your Prosperity in Authentic Contribution** - Pearl Sequence

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 'Releasing your Potential' bodygraph is included in this free service. To receive your full personal **BODYGRAPH** Evaluation with all three frequency bands please see page 4.

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

BODYGRAPH – RELEASING YOUR POTENTIAL

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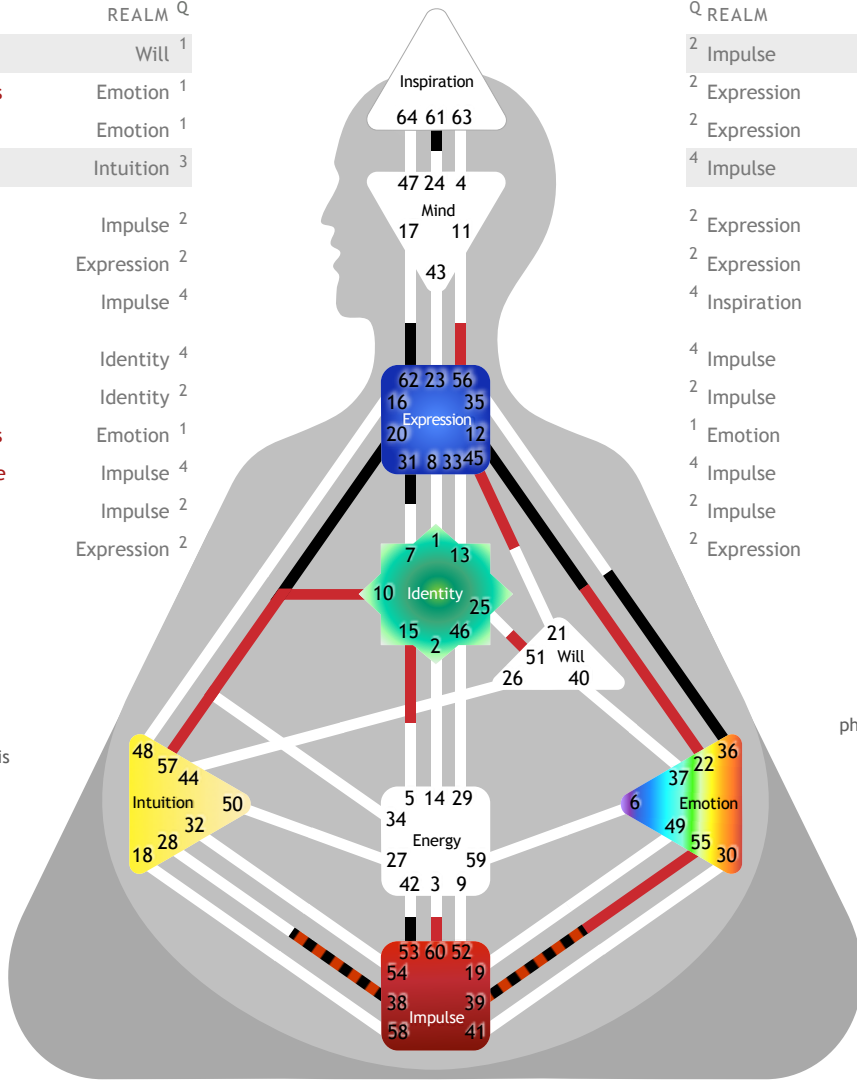
MEX - Coyoacan, 099W10° 00" 19N20° 00"

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 <sup>1</sup> Initiative     | Will <sup>1</sup>       |
| ♀ 22 <sup>4</sup> Graciousness   | Emotion <sup>1</sup>    |
| ♀ 55 <sup>6</sup> Freedom        | Emotion <sup>1</sup>    |
| ⊕ ∇ 57 <sup>1</sup> Intuition    | Intuition <sup>3</sup>  |
| ☾ 60 <sup>3</sup> Realism        | Impulse <sup>2</sup>    |
| ♋ 56 <sup>4</sup> Enrichment     | Expression <sup>2</sup> |
| ♌ 60 <sup>4</sup> Realism        | Impulse <sup>4</sup>    |
| ♂ ∇ 10 <sup>5</sup> Naturalness  | Identity <sup>4</sup>   |
| ♃ 15 <sup>6</sup> Magnetism      | Identity <sup>2</sup>   |
| ♄ 22 <sup>5</sup> Graciousness   | Emotion <sup>1</sup>    |
| ♅ ∇ 38 <sup>4</sup> Perseverance | Impulse <sup>4</sup>    |
| ♆ 39 <sup>1</sup> Dynamism       | Impulse <sup>2</sup>    |
| ♁ 45 <sup>6</sup> Synergy        | Expression <sup>2</sup> |

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



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



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      |

VENUS 1 3 3 5 6 5

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 |
|---|--------------|
| 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            |              |

STREAM

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

## 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 examples of these Evaluations please visit <http://www.integralhumandesign.net/offer/evaluations/examples/>

For more information on our 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](http://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/>