

## 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 Samuel Harris,

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

## Samuel Harris

### 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 Hologenetic 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

Sa, 4. January 1975 16:36:00 EST (05h 00W)

Samuel Harris

USPA - Pittsburgh, 079W59' 00" 40N26' 00"

BASIC TYPE: Projector (Coordinator)  
Life Code: interactive - Chemistry Theme: interfering

Aura Characteristics: intrusive and taking energy

Theme: Bitterness

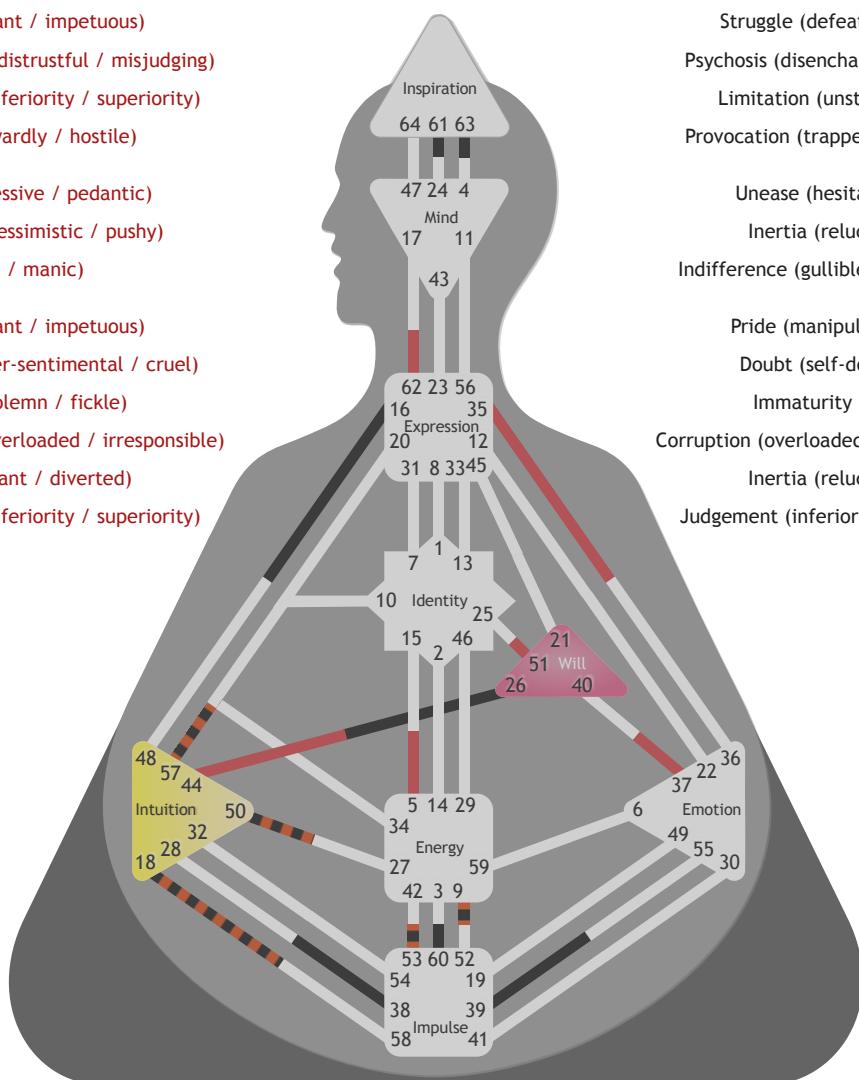
DECISION MAKING: based on physical tension, emotional charge and mental anxiety

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

### SHADOW (repressive / reactive)

- ⌚ ▽ 57 1 Unease (hesitant / impetuous)
- ϟ ▲ 44 3 Interference (distrustful / misjudging)
- ♀ 18 6 Judgement (inferiority / superiority)
- ⊕ 51 1 Agitation (cowardly / hostile)
- ⌚ 62 6 Intellect (obsessive / pedantic)
- ⌚ 5 1 Impatience (pessimistic / pushy)
- ⌚ 35 1 Hunger (bored / manic)
- ♂ 57 3 Unease (hesitant / impetuous)
- ⌚ 37 4 Weakness (over-sentimental / cruel)
- ⌚ 53 4 Immaturity (solemn / fickle)
- ⌚ 50 2 Corruption (overloaded / irresponsible)
- ⌚ 9 2 Inertia (reluctant / diverted)
- ⌚ 18 4 Judgement (inferiority / superiority)

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



### SHADOW (repressive / reactive)

- ⌚ Struggle (defeatist / aggressive) 38 5 ⌚
- ⌚ Psychosis (disenchanted / fanatical) 61 3 ♂
- ⌚ Limitation (unstructured / rigid) 60 3 ♀
- ⌚ Provocation (trapped / provocative) 39 5 ⊕
- ⌚ Unease (hesitant / impetuous) 57 1 ▽⌚
- ⌚ Inertia (reluctant / diverted) 9 5 ⌚
- ⌚ Indifference (gullible / self-deluded) 16 5 ♂
- ⌚ Pride (manipulative / boastful) 26 1 ▽♂
- ⌚ Doubt (self-doubt / suspicion) 63 3 ▲⌚
- ⌚ Immaturity (solemn / fickle) 53 1 ⌚
- ⌚ Corruption (overloaded / irresponsible) 50 6 ⌚
- ⌚ Inertia (reluctant / diverted) 9 6 ♂
- ⌚ Judgement (inferiority / superiority) 18 6 ⌚

### ATTRIBUTES

6	2	3	5	isolated
5	0	4	4	fantasizing
4	3	0	3	rejecting
3	2	3	5	avoiding
2	2	0	2	denying
1	4	3	7	insecure

IDENTIFICATION and TRAP  
26 / 44 Manipulation - Interference & Pride

SPLIT DEFINITIONS: 1

STREAM  
Fragmentation

RELEASING YOUR POTENTIAL

Sa, 4. January 1975 16:36:00 EST (05h 00W)

Samuel Harris

USPA - Pittsburgh, 079W59' 00" 40N26' 00"

BASIC TYPE: Projector (Coordinator)  
Life Code: interactive - Chemistry Theme: integrative

Aura Characteristics: focussing and sensing

Energy Mode: Recognition for successful coordination and guidance of other's energies and resources

DECISION MAKING: intuitive

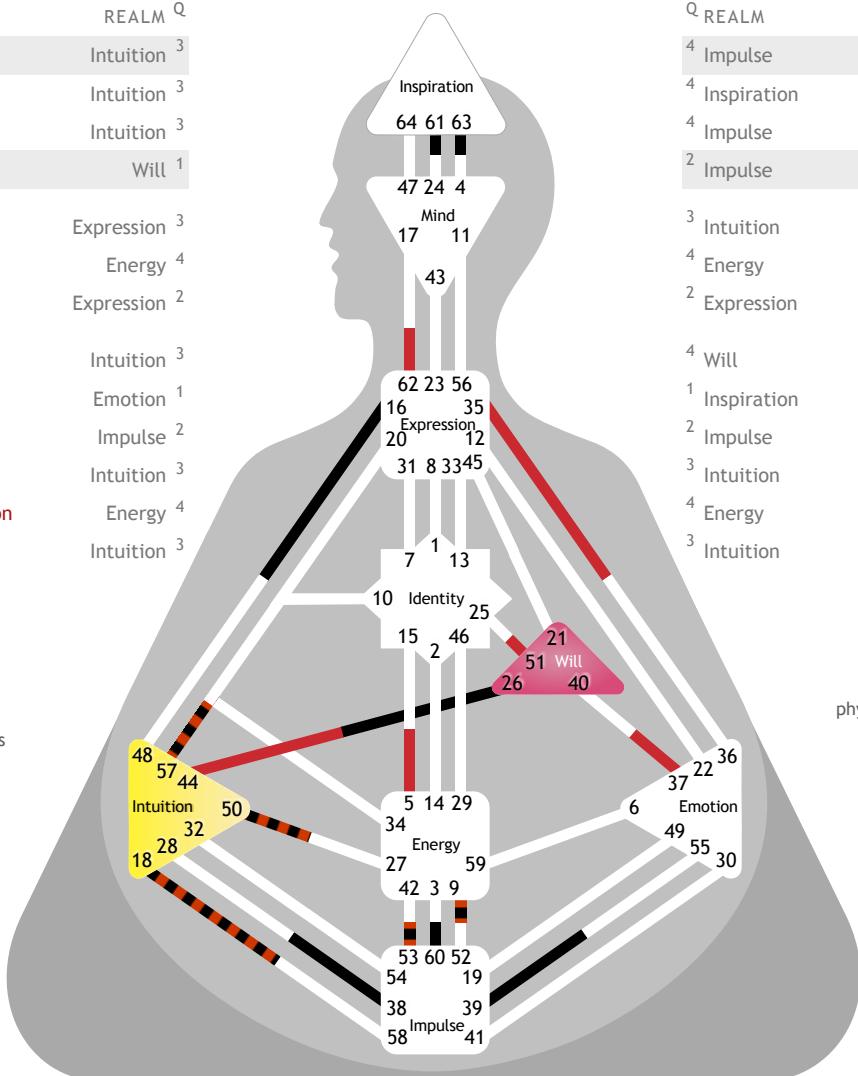
GLOBAL ROLE: The left angle cross of Individualism (2)

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

POTENTIAL	REALM	Q
☉ ▽ 57 1 Intuition	Intuition	3
♀ ▲ 44 3 Teamwork	Intuition	3
♀ 18 6 Integrity	Intuition	3
⊕ 51 1 Initiative	Will	1
⌚ 62 6 Precision	Expression	3
∅ 5 1 Patience	Energy	4
♂ 35 1 Adventure	Expression	2
♂ 57 3 Intuition	Intuition	3
♀ 37 4 Equality	Emotion	1
⌚ 53 4 Expansion	Impulse	2
♂ 50 2 Equilibrium	Intuition	3
Ψ 9 2 Determination	Energy	4
∅ 18 4 Integrity	Intuition	3

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

VENUS 1 6 3 1 6 3



Health Type: Light/direct - Smell

Radiance: 6 Optimism  
Connectivity: 4 Reflection

Brain: 1 active  
Environment: 3 endogenous

ORIENTATION LL LR

Mind: 2 strategic  
Perspective: 6 peripheral

Concern: 5 Estimation  
Approach: 2 existential

SPECIALISATION

26 / 44 Transmission - Influence on the community by suitable teamwork and skillful tactics

COMPLEXITY 1

STREAM

Cooperation

## EMBODYING YOUR ESSENCE

Sa, 4. January 1975 16:36:00 EST (05h 00W)

Samuel Harris

USPA - Pittsburgh, 079W59' 00" 40N26' 00"

BASIC TYPE: Evolved Human

Life Code: interactive - Chemistry Theme: harmonising

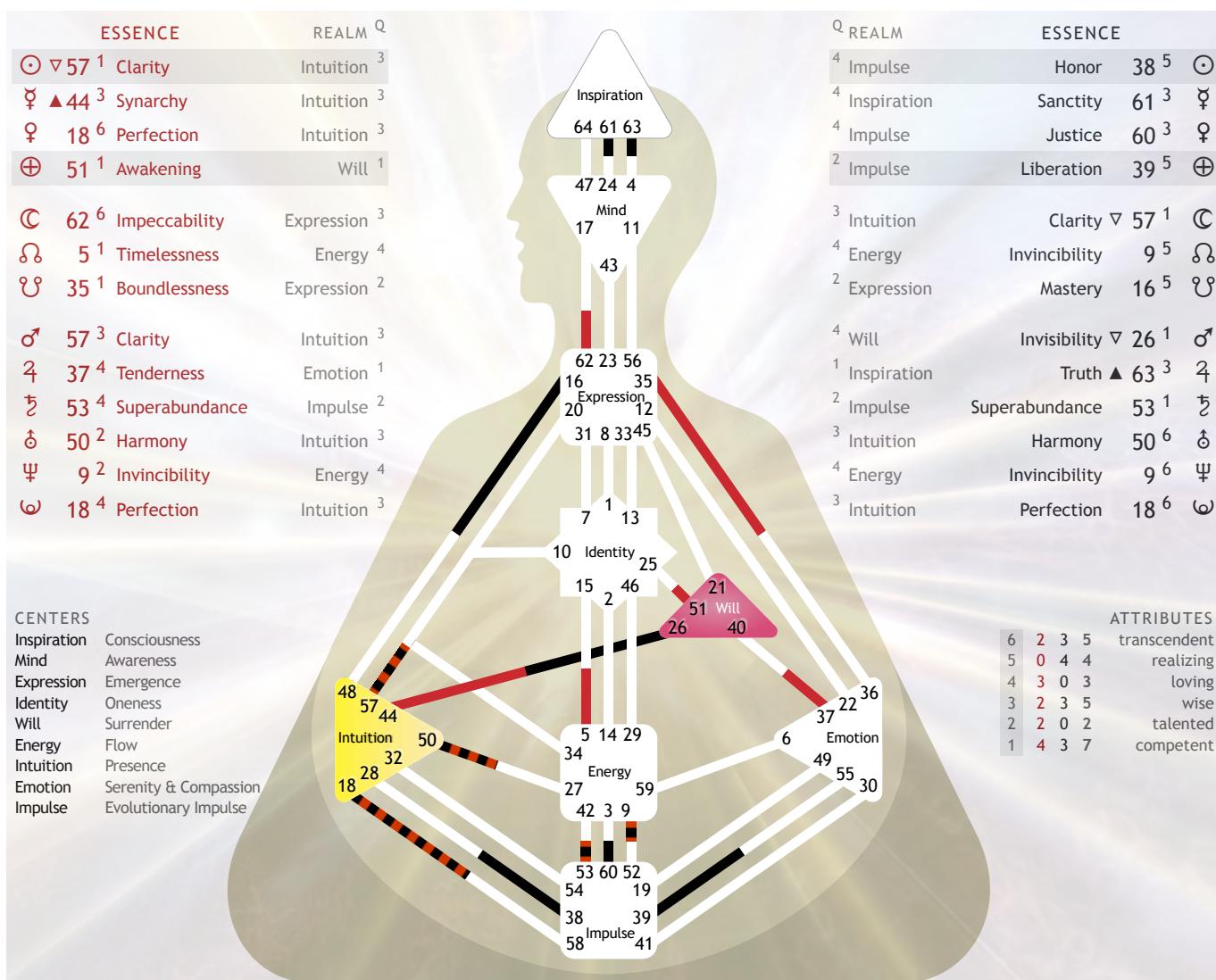
Aura Characteristics: radiant

Motivation: Unconditional Love

DECISION MAKING: Choiceless Awareness

GLOBAL ROLE: in Service of Conscious Evolution

PROFILE: 5 / 1 - realizing, empowering / competent, creative



### PASSAGE

### STREAM

26 / 44 Alchemy - Synarchy & Invisibility

Synarchy

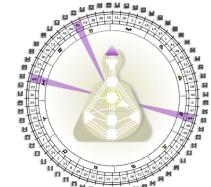
Samuel Harris

## 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.

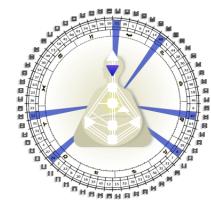
With regards to Inspiration, your LEARNING CHALLENGE is to withstand the inner and/or outer pull to 'mentally involve' yourself in the preoccupations of others -- especially when the things they're busy thinking about aren't genuinely inspiring to you.

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.

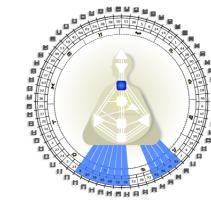
With regards to Mind, your LEARNING CHALLENGE is to resist the inner and/or outer pull to swallow concepts whole, without critical thinking. Or, to spend too much time fiddling with concepts that either don't interest you or aren't practical/relevant to (your) life.

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 designed to operate in a receptive and interactive way. You can easily relate to the various styles of expression that are available within and around you. You can adapt your speech, play with language, and act with great flexibility.

Your STRENGTH here lies in your ability to speak and act in a way that is profoundly related to the context in which you find yourself. You

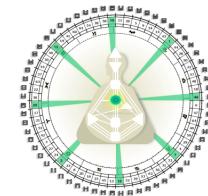
With regards to Expression, your LEARNING CHALLENGE is to resist the inner and/or outer pressure to speak or act in a certain, repeatable and well-defined way.

STRESS FACTORS: i.e. inner and outer pressure to express yourself in reliable, consistent and fixed ways. Pressure to always be available to 'produce'. POSSIBLE STRESS SYMPTOMS: fear that you'll only get attention if you say and/or do something, ostentatious behavior, insecurity when expressing yourself, hoarseness, aphonia, muteness.

## 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 Alignment and Identity is designed to operate in a receptive and interactive way. You can clearly recognize and embrace your own individuality and that of others. You can easily experience and appreciate the uniqueness of places (environments) Your STRENGTH here lies in the flexibility of your own orientation, as well as your heightened sensitivity to place and environment. You are highly attuned to the diverse identities of the people around you. It is through your environmental sensitivity and openness to others that you orient yourself, and ultimately help others find their way in this world.

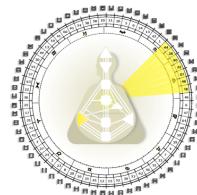
With regards to Identity, your LEARNING CHALLENGE is to resist inner and/or outer pressures to take on certain orientations, roles and lifestyles that don't 'fit' who you are.

STRESS FACTORS: i.e. inner and outer pressure to have a certain direction or identity. POSSIBLE STRESS SYMPTOMS: forlornness, hopelessness, endlessly searching for a consistent sense of identity, love and/or direction.

## 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.

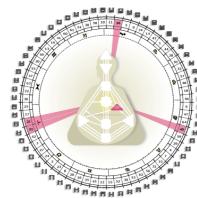
With regards to Intuition, your LEARNING CHALLENGE is to discriminate between natural alertness or spontaneous intuition, and mental fear.

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 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.

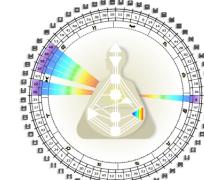
With regards to Will, your LEARNING CHALLENGE is to successfully recognize, genuinely respect and accurately estimate the value of others people's contributions.

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 designed to operate in a receptive and interactive way. You can easily perceive a diversity of emotions in yourself and others, and you can relate to them with great flexibility.

Your STRENGTH lies in your ability to empathize with your own and others' emotional condition. You have the potential to feel into the colorful and multiplicitous nature of the emotional field, without getting overwhelmed.

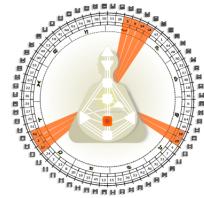
With regards to Emotion, your LEARNING CHALLENGE is to remain open to your own and others' feelings (even when they become intense), and to resist the temptation to overly identify with -- and thus over-process -- other people's emotions.

**STRESS FACTORS:** i.e. lingering emotional charge in the people around you, unexpressed, heavy and/or hefty emotions. **POSSIBLE STRESS SYMPTOMS:** nervousness, oversensitivity, emotional outbursts, emotional reticence.

## 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.

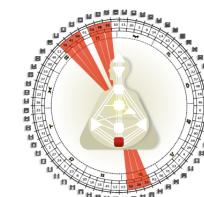
With regards to Energy, your LEARNING CHALLENGE is to resist the inner/outer pressure to stay busy and over-scheduled. One of your greatest lessons is to give yourself permission to rest -- whenever you need it, and for as long as you need it.

**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 designed to operate in a receptive and interactive way. You are able to perceive the (growth) impulses in yourself and others clearly, and to refer to them in a flexible manner.

Your STRENGTH here lies in your natural ability to perceive the diverse thrusts of impulses within yourself and in the world around you. You have the potential to use these impulses for the sake of growth and development, without getting unhealthfully 'roped in'.

With regards to Impulse, your LEARNING CHALLENGE is to remain calm even in the presence of inner and/or outer pressures and stress. One of your life's lessons is learning how to maintain a cheerful composure and state of relaxation, even when the people around you are

**STRESS FACTORS:** i.e. pressure, stress, anxiety, tension in the environment. **POSSIBLE STRESS SYMPTOMS:** addiction to adrenaline rushes, constantly performing, being overly 'on', restlessness, stage fright, stubborn performance blocks.

## Samuel Harris

### Global Role Potentials in detail

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

The GLOBAL ROLE (page 11) 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 12) 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 13) 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 14) describes internal and external conditions that are beneficial to the clarity of perception and to the overall performance of your body.

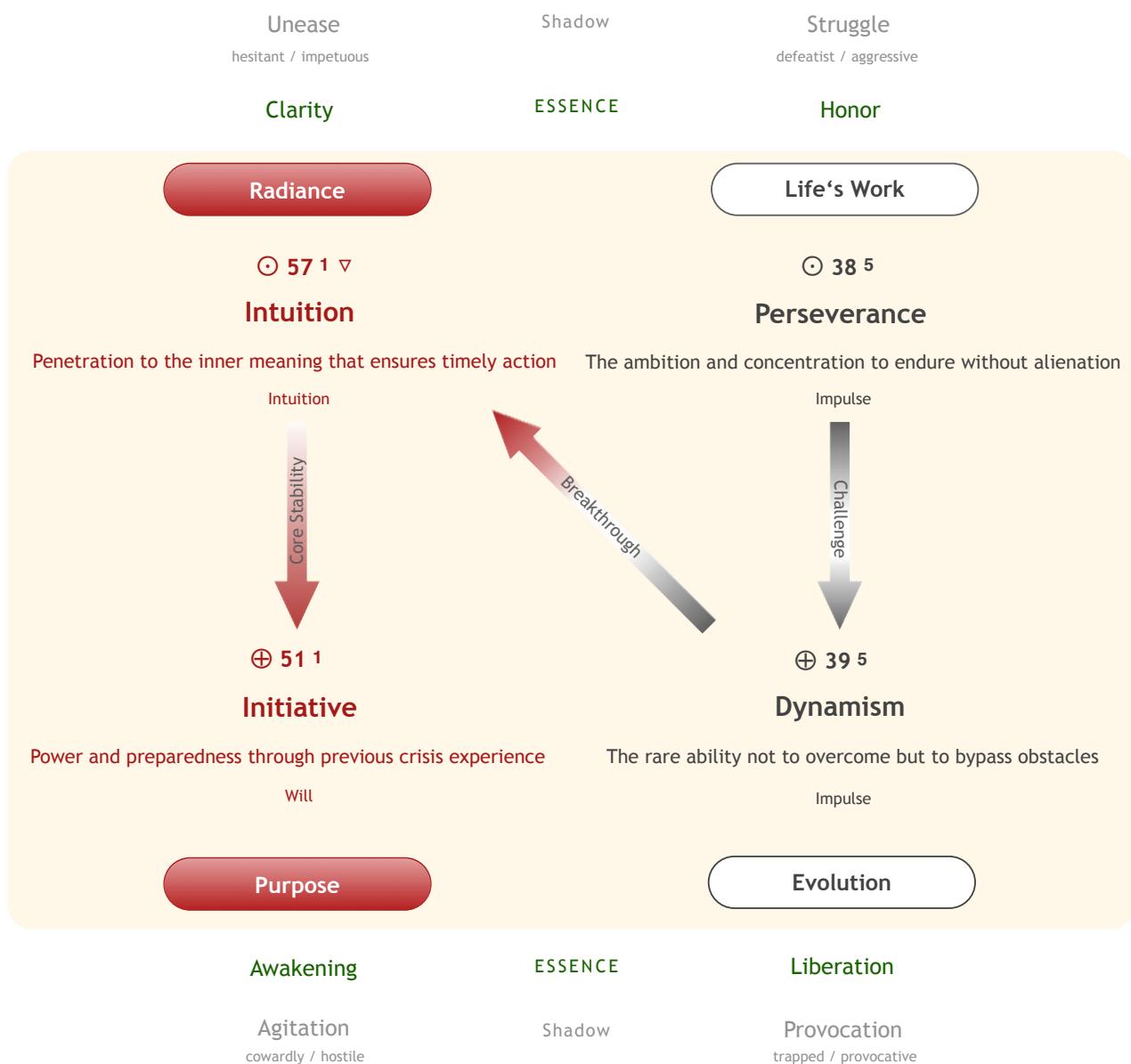
In order to support readability this detailed written analysis only mentions the potential itself and leaves out the stages of development, while INTEGRAL HUMAN DESIGN Coaching always emphasizes the developmental possibilities in each of the potentials.

## GLOBAL ROLE: PURPOSE, VOCATION AND FULFILLMENT

Samuel Harris

GLOBAL ROLE: The left angle cross of Individualism (2)

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

57.1 6 1 1  
5.1 4 3 2

Samuel Harris

38.5 5 2 2  
9.5 2 6 1

POTENTIALS		POTENTIALS	
⊕ RADIANCE	▽ 57 1 Penetration to the inner meaning that ensures timely action	Intuition 6 5 A S	Perseverance 38 5 The ambition and concentration to endure without alienation
♀ COMMUNICATION	▲ 44 3 The alertness to handle interference through the ego of others	Teamwork 1 6 P S	Inspiration 61 3 Establishing relationships for the actualization of truths
♀ MORALS	18 6 Finding new horizons and sharing their values with others	Integrity 2 1 A S	Realism 60 3 Maintaining identity and security despite limitations
⊕ PURPOSE	51 1 Power and preparedness through previous crisis experience	Initiative 6 5 A S	Dynamism 39 5 The rare ability not to overcome but to bypass obstacles
⌚ DRIVE	62 6 Disciplined detail work as a path to material success	Precision 4 1 P R	Intuition ▽ 57 1 Penetration to the inner meaning that ensures timely action
∅ RELATING 2nd half	5 1 Perseverance to maintain one's own rhythm	Patience 4 2 A R	Determination 9 5 Faith that detailed adherence will lead to fulfillment
∅ RELATING 1st half	35 1 The humility to accept rejection as a part of progress	Adventure 4 2 A R	Versatility 16 5 Initial refusal to share in enthusiasm
♂ ESSENTIAL FORCE	57 3 Acuteness of perfected intuition which ensures manifestation	Intuition 4 5 A R	Artfulness ▽ 26 1 Satisfied with what has been accomplished
♀ PROTECTION	37 4 Leadership by behaviour exemplary of highest principles	Equality 3 5 P R	Inquiry ▲ 63 3 Continuance through maintaining achieved principles
⌚ STRUCTURE	53 4 Assuredness that maintains individuality in complex situations	Expansion 4 3 A R	Expansion 53 1 Retaining valued components in the dissolution of old forms
♂ INNOVATIVE STRENGTH	50 2 Strength through determination to maintain one's values	Equilibrium 1 6 A R	Equilibrium 50 6 Leadership based on maintaining one's values with vigour
♀ ILLUSION	9 2 Collaboration with others while holding the focus	Determination 6 1 A R	Determination 9 6 Gratitude, accepting small rewards for small victories
∅ INNER TRUTH	18 4 Competence through open experience of inadequacies	Integrity 3 5 A S	Integrity 18 6 Finding new horizons and sharing their values with others

## POTENTIALS IN TEAMS AND ORGANISATIONS

Samuel Harris

BASIC TYPE: Projector (Coordinator)

Energy Mode: Recognition for successful coordination and guidance of other's energies and resources

Aura Characteristics: focussing and sensing

FORMATIVE INFLUENCE IN TEAMS \*

BENEFICIAL MODE IN TEAMS Coordination

PREFERRED WORK ENVIRONMENT COMMUNITY

### TENDENCIES IN LEADERSHIP STYLE

secure, authoritarian \*\*\*\*\*

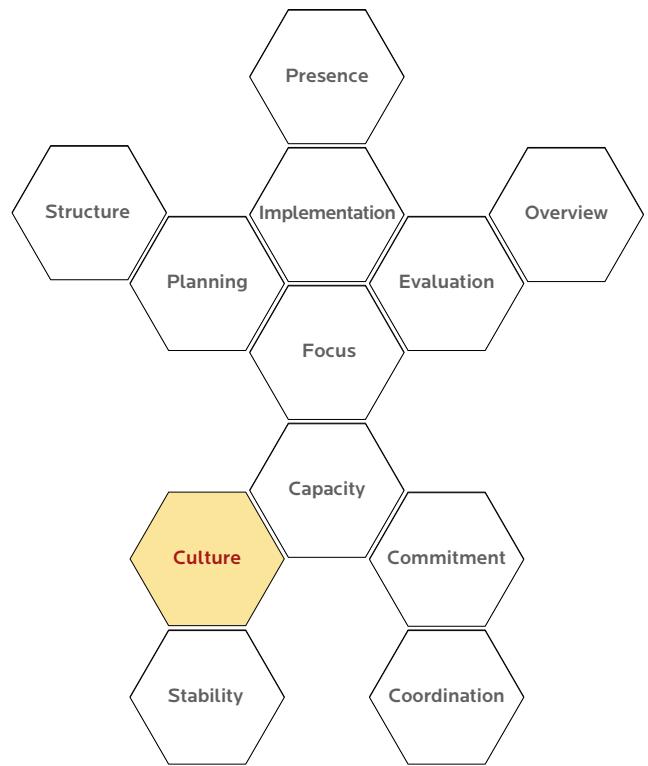
casual, democratic \*

experienced, situational \*\*\*

open, consensual \*\*

solution oriented, motivating \*\*\*\*

visionary, exemplary \*\*\*



### 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 \*\*\*

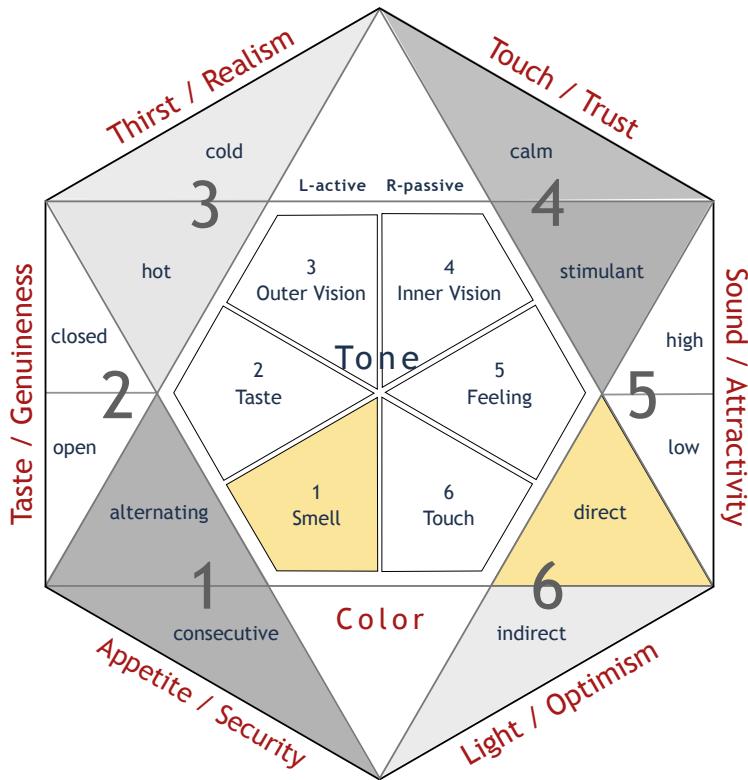
## BODY ORIENTATION: DIGESTION AND ENVIRONMENT

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 ( $\pm 5$  minutes) is available.

57.1 6 1 1  
5.1 4 3 2

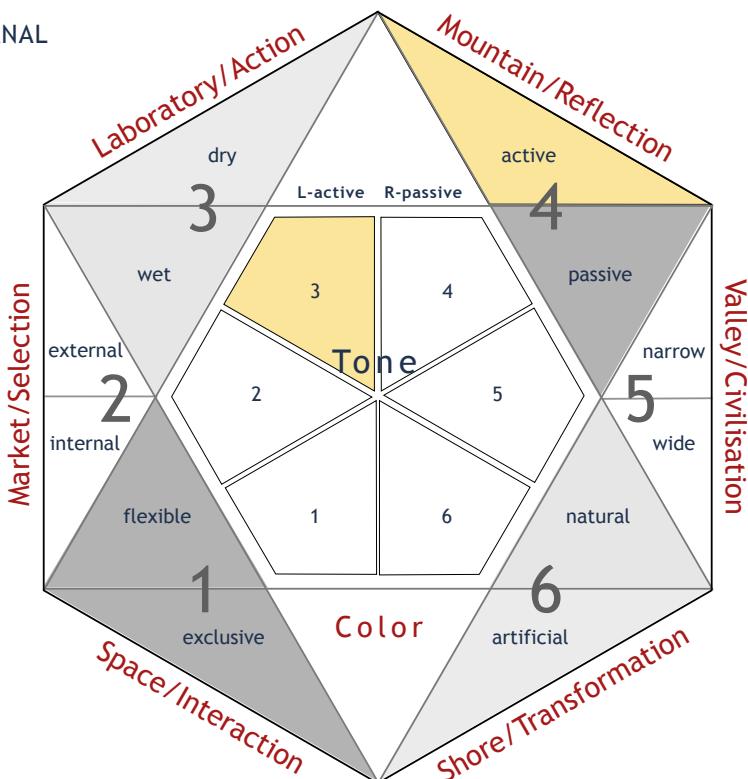
### BODY / INTERNAL

Light/direct - Smell



6 1

### ENVIRONMENT / EXTERNAL



4 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 – online via Zoom - [www.zoom.us](http://www.zoom.us)

In our consultations we usually work with a flexible time frame of 50-120 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 \$5,50 or €4,50 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/>