



Foundation

Everyone has their own way of functioning, making decisions and relating to the world. Yet much of our lives is spent trying to adapt to models, expectations and ways of acting that do not always reflect our nature.

Foundation is the starting point for getting to know your Bodygraph and understanding the mechanics behind the way you function.

It is not about learning to be someone different, but recognising what is already part of you and beginning to distinguish what comes naturally from what you have learned or been conditioned to do.

What we will explore

Type and Strategy

How your energy operates and how you are naturally designed to interact with the world, recognise opportunities and move through life with less resistance.

Definition and Openness

The areas where you have a consistent way of functioning and those where you are more receptive to the influence of others. An exploration of your natural resources, learning and patterns of conditioning.

Inner Authority

Your natural decision-making process. Understanding how to recognise the right timing and approach for decisions, without relying solely on mental analysis or external expectations.

Profile and Incarnation Cross

The themes that shape your life experience, how you express yourself and the role you naturally come to embody along your journey.

From understanding to experience

Foundation is not intended to give you a set of rules to follow. It offers a basis for observation and experimentation, so you can begin to recognise these mechanisms in everyday life and discover, through your own experience, what works for you.