

NeoHumanCode

Practitioner Session Guide

How to bring NeoHumanCode reports into your sessions

AUGUST 2026 EDITION · THE 10 REPORTS IN YOUR SUBSCRIPTION

Before You Start

NeoHumanCode produces personalised self-knowledge reports from a person's birth data. Every report starts from calculations that do not depend on interpretation — the natal chart, Pythagorean and Kabbalistic numerology, the Human Design BodyGraph, the Mayan Kin, the Moon phase — and from a framework of 17 ancestral, scientific and holistic disciplines. The text is organised and synthesised with the assistance of artificial intelligence, following methodologies, criteria and templates defined and supervised by the NeoHumanCode team.

This edition replaces the March 2026 one. Since then the reports have changed name, structure and closing plan: what this guide describes is what your account delivers today.

I How It Complements Your Practice

The reports work as preparation and deepening material for your sessions. Instead of spending time gathering and calculating data, you receive an integrated analysis ready to work with, which lets you:

- **Prepare the session** with a detailed portrait of the client before they arrive
- **Open conversations** from concrete data rather than generalities
- **Test your intuitions** against several cross-referenced frameworks
- **Leave tangible material** the client takes home and keeps working on between sessions

Your Account, in Two Modes

From **Create Report** in your dashboard, every report is requested for one person and in one of two modes. The choice changes the tone and the recipient of the PDF — not the disciplines or the calculations.

Mode	What it is for	How it reads
For my patient	The one you hand over. Warm, personal tone, written in the second person, with every term explained the first time it appears. The page footer carries the client's name and yours as the professional.	Like a consultation with someone who knows the subject and explains it well: short paragraphs, everyday examples and an action plan at the end.
For my analysis	Your study material. Professional, analytical tone, longer sections, the vocabulary of each discipline with less translation. Not meant to be handed over.	Like an in-depth vocational consultation: useful to prepare the session and to have the technical fact behind every statement.

- Every report, in either mode, uses one unit of your plan's monthly quota. The balance is under **Usage & Subscription**.
- Reports requested for others are listed under **Client Reports**, with the person's name, the mode and whether the PDF has been emailed.
- The data that makes the difference: the **full name** as it appears on the ID (numerology and gematria are calculated letter by letter), the **date**, the **time** (recommended: the Ascendant, the houses and a good part of Human Design depend on it) and the **city** picked from the list, which sets the coordinates and the time zone.
- The PDF is ready within minutes and stays in your dashboard to download and deliver.

The 10 Reports in Your Subscription

The names are the ones in your catalogue. Each report answers a different question and closes with a plan of its own: that plan is the natural bridge to the next session.

Report	The question it answers	Draws on	Closes with
Matrix of Origin	Who am I according to my code, and what did I come here to do?	Natal Astrology · Numerology · Human Design	Your Action Plan for This Week
Discourse of Desire	How does my code translate into career and leadership?	Natal Astrology · Human Design · Leadership Styles	Your Action Plan (short-term goals)
Bereshit — Fractal of the Unconscious	Which pattern repeats across my cycles, and what leap is ahead?	Natal Astrology · Kabbalistic Numerology · Gene Keys	Your Next Leap
Life Cycle and Shadow	Which stage am I in, and what belongs to this stage?	Natal Astrology · Numerology · Moon Phase	Your Action Plan for This Stage
El Timón — Strategic Leadership	How do I hold the course when the context tightens?	Natal Astrology · Numerology · Human Design	Leadership SWOT + Leadership Action Plan
Gematria of Desire	What do my numbers say about my character, my mission and my cycles?	Numerology · Kabbalistic Numerology	Your Numerical Tools + Action Plan
Quantiko Subtle Body	Where does my energy go, and where does it recover?	Human Design · Natal Astrology · Numerology · Chakras	Your Balance Plan
The Sacred Bond	How do I lead through connection with others?	Natal Astrology · Numerology · Kin Maya	Your Development Plan
HERMES — Design of the Unconscious	How am I designed to work and to decide?	Human Design (full BodyGraph)	Your Professional Alignment Plan
Sefirot of the Soul	Where do my ways of desiring, deciding and sustaining come from?	Kabbalistic Numerology · Numerology	Your Sacred Practices + Spiritual Action Plan

Matrix of Origin

ANSWERS Who am I according to my code, and what did I come here to do?

DRAWS ON Natal Astrology · Numerology · Human Design

CLOSES WITH Your Action Plan for This Week

When to request it. It is the entry point: the first report any client should receive. More contemplative than operational, it is meant to produce recognition — “someone finally put it into words” — before it produces tasks.

What it contains. It opens with a Welcome to Your Code and moves through Your Natal Energy, Your Character & Personality, Your Natural Talents, Where You Can Shine and Your Growth Opportunities. When the three disciplines agree, the text flags it as a strong pattern: that is the core of the person's vocational identity. The closing plan opens by naming the Personal Year the person is living.

In session. *“Which part of this description do you feel you are not yet expressing?” · “Of the actions for this week, which is the smallest one you will actually do?”*

Discourse of Desire

ANSWERS How does my code translate into career and leadership?

DRAWS ON Natal Astrology · Human Design · Leadership Styles

CLOSES WITH Your Action Plan, with short-term goals

When to request it. When the question is about work: a change of direction, a new role, a project of one's own. It is the most pragmatic of the three entry reports.

What it contains. The Game of Your Career, Your Professional Code, Your Leadership Strengths, Where You Can Shine Professionally, Your Growth Opportunities and a bridging section — Your Inner World Creates Your Outer World — before the plan. It distinguishes the environments that empower the person from the ones that drain them.

In session. *“Of the environments it describes, which one are you in today: the ones that empower you or the ones that drain you?” · “Which goal in the plan can you start without asking anyone's permission?”*

Bereshit — Fractal of the Unconscious

ANSWERS Which pattern repeats across my cycles, and what leap is ahead?

DRAWS ON Natal Astrology · Kabbalistic Numerology · Gene Keys

CLOSES WITH Your Next Leap: The Transformation Ahead

When to request it. In processes of transformation: grief, the end of a stage, the feeling of “here we go again”. It is the most symbolic of the ten and the only one that works with the Gene Keys.

What it contains. It is organised as a fractal on four planes — Avatar (who you are at your core), Context (your world and your search for truth), Bonds (your relationships as mirrors) and Purpose (your mission right now) — and continues with Where You Are in Your Life's Spiral and The Still Point. It does not close with a task list but with the leap that is taking shape and the practices to sustain it.

In session. *“Where do you recognise the pattern the report sees repeating across your cycles?” · “Which current relationship is mirroring that back to you?”*

Life Cycle and Shadow

ANSWERS Which stage am I in, and what belongs to this stage rather than the previous one?

DRAWNS ON Natal Astrology · Numerology · Moon Phase

CLOSES WITH Your Action Plan for This Stage

When to request it. At age and cycle thresholds — 28, 35, 42, 56 —, after a big change, or when the person feels “late” or “early” relative to their own life.

What it contains. Where You Are on Your Journey, Your Current Chapter, What's Healing in You (the inherited pattern that tends to resurface), Your Sign at This Stage, Your Emotional Style with Change, What's Coming: Your Next Milestones, and Your Legacy Opportunity. It is the only one of the ten that reads the Moon phase at birth.

In session. *“Which task from the previous stage are you still carrying?” · “Of the wounds it names, which one do you recognise in your family and not only in yourself?”*

El Timón — Strategic Leadership

ANSWERS How do I hold the course when the context tightens?

DRAWNS ON Natal Astrology · Numerology · Human Design

CLOSES WITH Your Leadership SWOT and Your Leadership Action Plan

When to request it. For people who lead teams and projects and need an executive reading: GRIT, decision-making under pressure, strategic vision.

What it contains. Who You Are as a Leader, Your Leadership Strengths & Your Inner Drive, Your Decision-Making & Strategic Style, Your Team Impact and Your Leadership Growth Areas. The SWOT is a four-quadrant matrix with three to five items each, followed by its interpretation; the plan that comes after it orders the actions by horizon: this week, this month and this quarter, each one concrete enough to check. It ends with Your Leadership in Perspective: how that style plays out across five areas of life, starting with the person themselves and their family.

In session. *“Of the strengths in the SWOT, which one are you using below capacity?” · “Of the threats it lists, which already has a strategy and which does not?”*

Gematria of Desire

ANSWERS What do my numbers say about my character, my mission and my cycles?

DRAWNS ON Numerology · Kabbalistic Numerology

CLOSES WITH Your Numerical Tools and Your Action Plan

When to request it. When the client already works with numbers or asks for something concrete and checkable: everything comes from their full name and date of birth.

What it contains. Your Code in Numbers, Who You Are According to Your Numbers, Your Path and Your Destination (the Life Path and the Expression number), Your Place on the Tree of Life (the sefirah that shapes their way of being in the world), What You're Learning, How You Grow Over Time (cycles and Personal Year) and the tools: mantras, power days, practices.

In session. *“Your Life Path is [X]: how does it show up in the decisions you made this year?” · “Of the lessons it lists, which is the most uncomfortable to read?”*

I Quantiko Subtle Body

ANSWERS Where does my energy go, and where does it recover?

DRAWN ON Human Design · Natal Astrology · Numerology · Chakras

CLOSES WITH Your Balance Plan

When to request it. When the issue is exhaustion, stress, performance without well-being. It is the most embodied of the ten.

What it contains. Eight dimensions, one per section: Mind, Communication, Purpose, Will, Emotions, Vital Energy, Instinct and Stress Management. Each closes with its own four-quadrant SWOT matrix and a concrete practice for that dimension. The Big Picture integrates all eight into an energetic signature, and the Balance Plan orders the actions by horizon: this week, this month and long term.

In session. *“Which of the eight dimensions surprised you most?” · “From the plan, which physical action can you sustain for seven days in a row?”*

I The Sacred Bond

ANSWERS How do I lead through connection with others?

DRAWN ON Natal Astrology · Numerology · Kin Maya

CLOSES WITH Your Development Plan

When to request it. For people who lead through relationships: teachers, therapists, coordinators, community leaders. It is the relational counterpart of El Timón.

What it contains. Twelve dimensions framed as questions — Who am I? (Identity), What do I have? (Resources), What do I think? (Mind), What do I feel? (Emotion), What can I do? (Creative potential), What do I analyse? (Reflection), What do I balance? (Harmony), What do I desire? (Motivation), What do I see? (Perception), What do I use? (Tools), What do I know? (Wisdom) and What do I believe? (Transcendence) — followed by Your Current Life Chapter, The Big Picture and Your Leadership Legacy. It is the only one of the ten that reads the Mayan Kin.

In session. *“Which of the twelve questions had you never asked yourself?” · “According to the report, how do you build trust — and how do you lose it?”*

I HERMES — Design of the Unconscious

ANSWERS How am I designed to work and to decide?

DRAWN ON Human Design, on the full BodyGraph

CLOSES WITH Your Professional Alignment Plan

When to request it. When the person performs but ends up drained, or decides “well” and regrets it. It is the only single-discipline report, and the one with the most technical base: type, strategy, authority, profile, defined centres, channels and gates, calculated from date, time and place.

What it contains. Your Work Style, Your Built-In Strengths (the centres that are always on), Your Sensitive Areas (the centres that absorb the environment), Your Talent Combinations (channels and gates), Your Decision-Making Key (the Authority), You on a Team and Your Ideal Work Environment.

In session. *“Your authority is [X]: what happened the last time you decided without listening to it?” · “In which open centre do you recognise that you absorb what belongs to others?”*

I Sefirot of the Soul

ANSWERS Where do my ways of desiring, deciding and sustaining come from?

DRAWNS ON Kabbalistic Numerology · Numerology

CLOSES WITH Your Sacred Practices and Your Spiritual Action Plan

When to request it. For clients with an explicit spiritual search, or as the natural deepening after Gematria of Desire.

What it contains. Your Spiritual Home (where you stand on the Tree of Life), Your Soul Numbers (what your name reveals), Your Journey Through the Tree (pillars of strength and areas of growth), Your Sacred Name Connection (the names and the letters), Your Shadow Territory, Your Spiritual Evolution and the practices: mantras, power day and daily alignment.

In session. *"Of the practices it proposes, which were you already doing without calling it that?" · "What is in your shadow territory that you would rather not have read?"*

A Possible Path

No client needs all ten. The catalogue orders the reports in phases and every report page points to a **recommended next report**; the sequence helps you plan a series of sessions without repeating a theme.

Phase	Reports	What for
Awakening	Matrix of Origin · Discourse of Desire · Bereshit	First contact with one's own code: identity, talents, purpose. Any of the three is a good first report; Matrix of Origin is the most universal.
Truth	Life Cycle and Shadow · El Timón · Gematria of Desire · Quantiko Subtle Body · The Sacred Bond · HERMES · Sefirot of the Soul	Going deeper along one axis: the life moment, leadership, numbers, energy, relationships, design, the spiritual.

Sequences the catalogue itself suggests:

- Matrix of Origin → Discourse of Desire → Bereshit → Quantiko Subtle Body → HERMES → El Timón → The Sacred Bond
- Life Cycle and Shadow → Sefirot of the Soul ↔ Gematria of Desire

If a client would rather try on their own before starting a process with you, their first report on neohumancode.com is free: one per account, any title in the catalogue. After that they can continue with you.

Using the Report in Session

I Opening (first 10 minutes)

1. **Hand over the PDF beforehand or at the start**, and let them leaf through it for two or three minutes. The Welcome on the first page previews the journey; many clients go straight to the plan at the end, and that is fine.
2. **Opening question:** *"What was the first thing that caught your attention?"* It gives an organic entry point into what matters to that person.
3. **Set the frame:** *"This report crosses several disciplines over your birth data. It is not a horoscope or a personality test: it is a map of your energy, your talents and your moment. Let's see what it means for your life today."*

I Guiding Questions by Type of Section

The ten reports have different sections, but they fall into five types:

The core (Your Natal Energy, Your Professional Code, Avatar, Who You Are According to Your Numbers, Your Spiritual Home): *"Do you recognise yourself in this?" · "Which part of your identity do you feel you are not yet expressing?"*

Talents and where to shine (Your Natural Talents, Where You Can Shine, Your Built-In Strengths, Your Leadership Strengths): *"Where are you using this talent today? Where are you not?" · "Who around you already sees it in you?"*

Growth and shadow (Your Growth Opportunities, Your Sensitive Areas, What's Healing in You, Your Shadow Territory): *"What happens when this gets activated?" · "What would happen if you explored that area instead of going around it?"*

Decision (Your Decision-Making Key in HERMES, Your Decision-Making & Strategic Style in El Timón, Your Emotional Style with Change): *"How do you make important decisions?" · "What happens when you ignore that inner guide?"*

The closing plan: *"Of these actions, which feels most achievable?" · "What would you need to let go of to take the next step?"*

■ Suggested Session Flow (45-60 minutes)

Time	Activity
0-10 min	Opening: hand-over, first impression, framing
10-25 min	Exploration: the two or three sections most relevant to that person
25-40 min	Practical connection: linking the findings to the current situation
40-50 min	Plan: choosing one to three actions from the plan the report closes with
50-60 min	Closing: integrative reflection, next step, and what gets picked up next time

■ Between Sessions

The plans are deliberately short-range: Matrix of Origin's is "for this week", Life Cycle and Shadow's "for this stage", Quantiko's runs from this week to the long term. Ask the client to choose one to three actions and write them down; pick them up when opening the next session, before moving on to another report.

Interpretation Tips

■ What Lies Behind the Text

Every report starts from calculated data, not invented data: the natal chart (planetary positions for the exact date, time and place), the Pythagorean numbers (name and date), the gematria (the value of each letter of the name and its sefirah), the Human Design BodyGraph (type, strategy, authority, profile, centres, channels, gates and incarnation cross), the Mayan Kin and the natal Moon phase. The text translates them and explains every term the first time it appears: you do not need to be an astrologer or a numerologist to accompany it. When you want the technical fact behind a statement, request the same report in **For my analysis** mode.

Connecting Findings with the Client's Experience

The key is not to explain the report but to help the person integrate it:

- **Validate:** *"The report says X. Does that resonate with your experience?"*
- **Deepen:** *"Can you give me a concrete example of how that shows up in your life?"*
- **Challenge gently:** *"The report sees Y as an area of growth. What would happen if you explored it?"*

When Two Disciplines Seem to Contradict Each Other

The reports do not hide the tensions: when one part of the person asks for structure and another for freedom, they present it as versatility, not as an error. In session, ask for an example of each pole and in which context each one wins. That is usually where the richest conversation is.

The Two SWOTs

El Timón brings a four-quadrant matrix for leadership as a whole; Quantiko Subtle Body, one matrix for each of its eight dimensions. In both cases the order that works best in session is the same:

1. Start with the **strengths**: reinforcing what already works builds confidence
2. Move to the **opportunities** and connect each one to a specific strength
3. Approach the **weaknesses** as areas of growth, not as flaws
4. Treat the **threats** as alerts: preventive strategies, not fears

Common Client Questions

"Is this true?" *"The report crosses several disciplines that read patterns over your birth data. It is not a prediction or a diagnosis: it is a map. What matters is what resonates with your experience and what it invites you to explore."* Keep in mind that the reports do not replace professional health care and are not psychometric instruments: they are a complement for self-knowledge.

"Can my report change?" *"Your birth data does not change, so the core does not either. What changes is the stage: the Personal Year, the life chapter, what this moment is asking for. That is why Life Cycle and Shadow and the closing plans get renewed; the rest gets re-read."*

"What do I do with all this?" *"Start with one to three actions from the closing plan. Don't try to change everything at once: pick one area, hold it until the next session and we'll take it from there."*

Resources

- **Complete sample reports**, exactly as a client receives them: guide.neohumancode.com/reports/sample
- **Each report's page**, with its recommended next report: the catalogue at guide.neohumancode.com
- **Facilitator directory**: if you want people looking for guidance to find you, publish your profile at neohumancode.com/facilitadores. Signing up is free; the profile is published only if you authorise it, and after a review.
- **Support on using the platform**: support@neohumancode.com