

Inspired by The Gene Keys

LIFE ON

PURPOSE

Living life based on your genetics

Lead by

Katherine Ebacher & Chantelle Luttrell

OVERVIEW

Living life on purpose according to your genetics is the newest approach to
access

Health, Harmony & Happiness!

- Inspired by the Gene Keys by Richard Rudd (genekeys.com)
- Support from the Gifts of Gaia (randilee.net)
- Inspired by Essential Emotions (essentialemotions.com)

BENEFITS TO YOU

- Receive bite-sized introduction to the Gene Keys.
- Learn how to read your personalized chart to gain insight into YOU!
- Optimize your consciousness by understanding your best attributes and opportunities to share them with the world.
- Gain actionable self-determined steps using keywords, essential oils, and imagery help you align with your life's purpose in new and fun ways.



WHO ARE WE?

Katherine Ebacher

Owner of Listen to the BodyTalk. Elite Advocate for dōTERRA. I combine BodyTalk, Gene Keys, and more for holistic healing sessions that transform moments of stress into experiences of joy.



Nicole Chase – Our Example

Owner of Nicssentials and Diamond Advocate for dōTERRA International for eight years.



Chantelle Luttrell

Owner of Dō Rei Me Holistic Wellness and Gold Advocate for dōTERRA Essential Oils. She is an intuitive reiki master specializing in restoring balance through the magic of reiki-infused essential oil applications.



AGENDA

- What are the Gene Keys and Gene Keys approach?
- How do you read your Gene Key Profile?
- Walking through the tools that will support you both today and when you go home
 - ✓ Gene Keys Profile
 - ✓ Map of tools including dōTERRA essential oils
 - ✓ Healing approaches to raise the vibration of your DNA
- Breakout session
- Homework



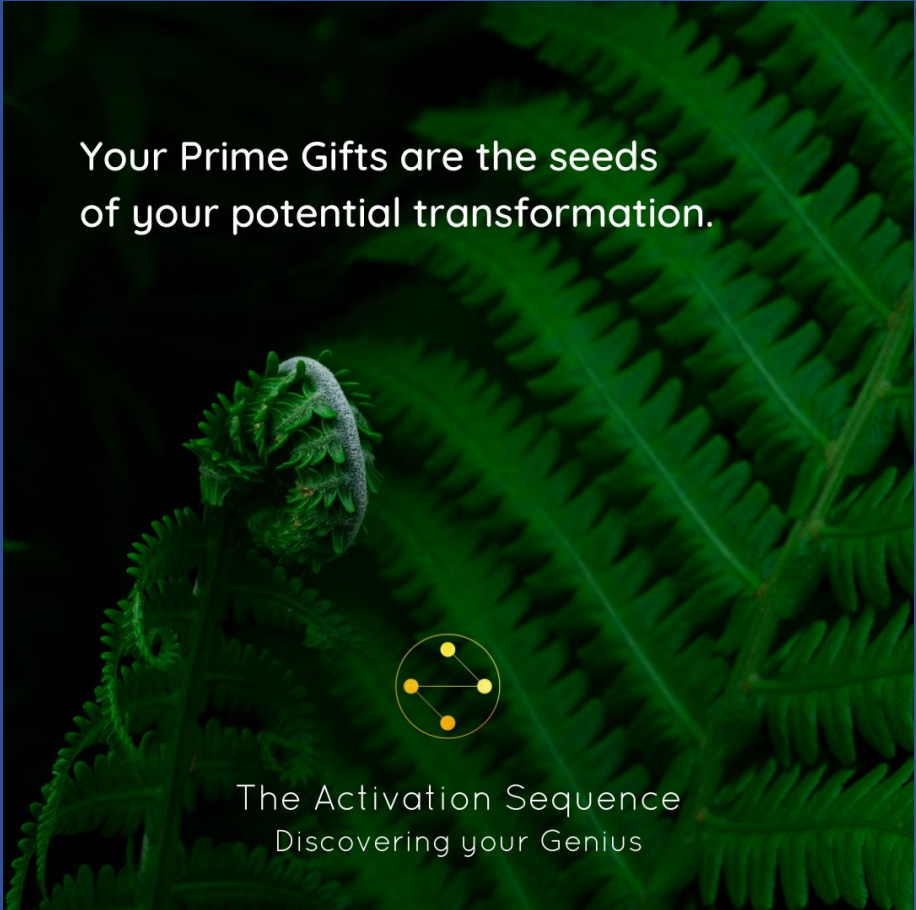
WHAT ARE THE GENE KEYS?

The Gene Keys is a codebook of consciousness. Combines the 64 hexagrams of the iChing, Human Design, horoscopes, mudras and consciousness.

Your Hologenetic Profile is calculated from your birth date, time and place.

To apply the Gene Keys directly to your life, you need to know which and how those codes apply specifically to you.

The Profile highlights specific Gene Keys that have a powerful bearing on your purpose, your relationships and your prosperity.

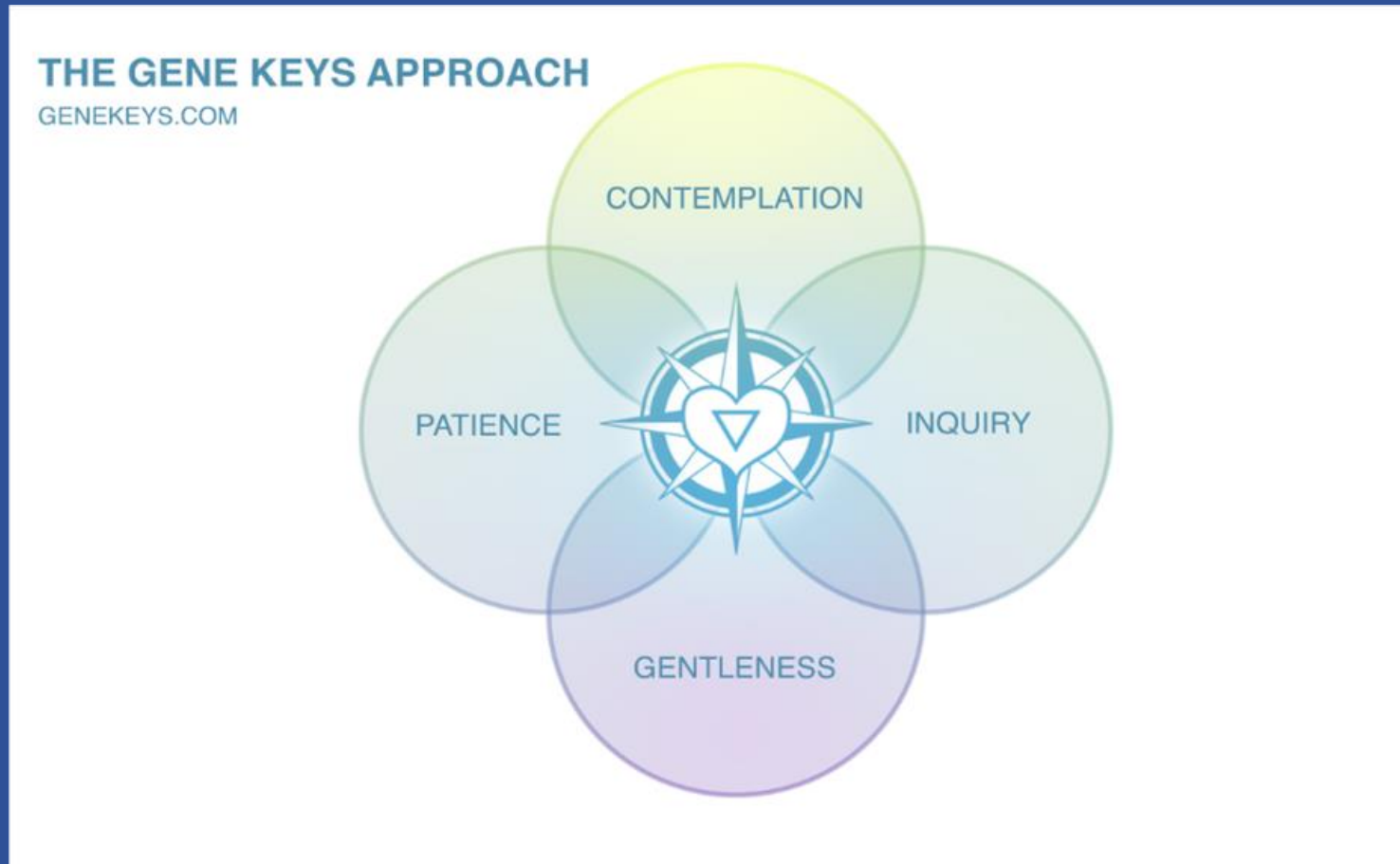


Your Prime Gifts are the seeds
of your potential transformation.



The Activation Sequence
Discovering your Genius

GENE KEYS APPROACH



The central technique is Contemplation. It uses the mind in playful ways to open new pathways inside our brain and body. It is through sustained gentle contemplation on the Gene Keys that we can affect subtle changes in our biochemistry.

YOUR FILES AND TOOLS

If you haven't already, go to your email box to get your two PDFs. You will want to print them for easy review during the class.

These are customized just for you!



Gene Keys Profile & doTERRA oils.pdf 



Nicole_Profile from GeneKeys.com.pdf 

YOUR FILES AND TOOLS

Hopefully, you read page 2 of your Gene Key Hologenetic Profile on your PDF file named: “Your Name_Profile from GeneKeys.com”


GENE KEYS

Nicole - MY GENIUS

My Life's Work - what I'm here to do - Gene Key 9



You have a very specific task to fulfil whilst you are here on this earth, and to discover that task, you must find the dream that lies inside you. You do not need to know all the details of your dream — all that is necessary is that you feel the energy of enthusiasm that it invokes in you. Armed with this, you can bring all your energy into a single line of focus surrounding your dream. Despite all this talk of dreams, you are not really a 'dreamy' kind of person but a being of action. You only have to make certain that your every act follows a unified direction; otherwise you will find yourself pouring enormous energy into something that can never fulfil you. If you find yourself committed to such a course of action, then at some point you are going to have to break the pattern and begin a new direction. In this respect, it is better not to wait too long, because the longer you wait, the harder it will be to begin again. Once you are following your heart, you can take heart from the fact that the whole universe is with you.

My Evolution - what I'm here to learn - Gene Key 16



Your test in life is about not getting stuck going in only one direction. You have the capacity to be a master of versatility — you can handle many different things in life all at the same time. The trick for you is to get out of your head and into your heart. When you are doing what you love, it all comes together without your having to mentally orchestrate it. You have natural intuitive timing and rhythm when you are not in a state of worry. Your Evolution is the counterbalance to your Life's Work. Just as you must stay with what you know is right, you must also allow this path to diversify so as to include other systems and people. If you just keep your heart open and your enthusiasm bubbling, your destiny will unfold in a logical and effortless way.

My Radiance - what keeps me healthy - Gene Key 40



Being alone is the most essential aspect of your feeling good about yourself and your body. Regular solitude, even in small doses, is essential to recharge and stay in touch with your own inner core. The other vital aspect of your life is to take plenty of rest and relaxation. The trick is to find ways of spending less energy for more reward. Your reward is always time off, often but not always alone. Everyone has a different way of relaxing, and it doesn't matter what you like to do when you are resting. It only matters that you have plenty of time for yourself. You also have a strong need to work in some way. What seems like hard work to others may not seem hard for you at all, as long as it's something that you love. If you can balance these two elements in your life — enjoyable work and plenty of rest — your body will hum with vital power.

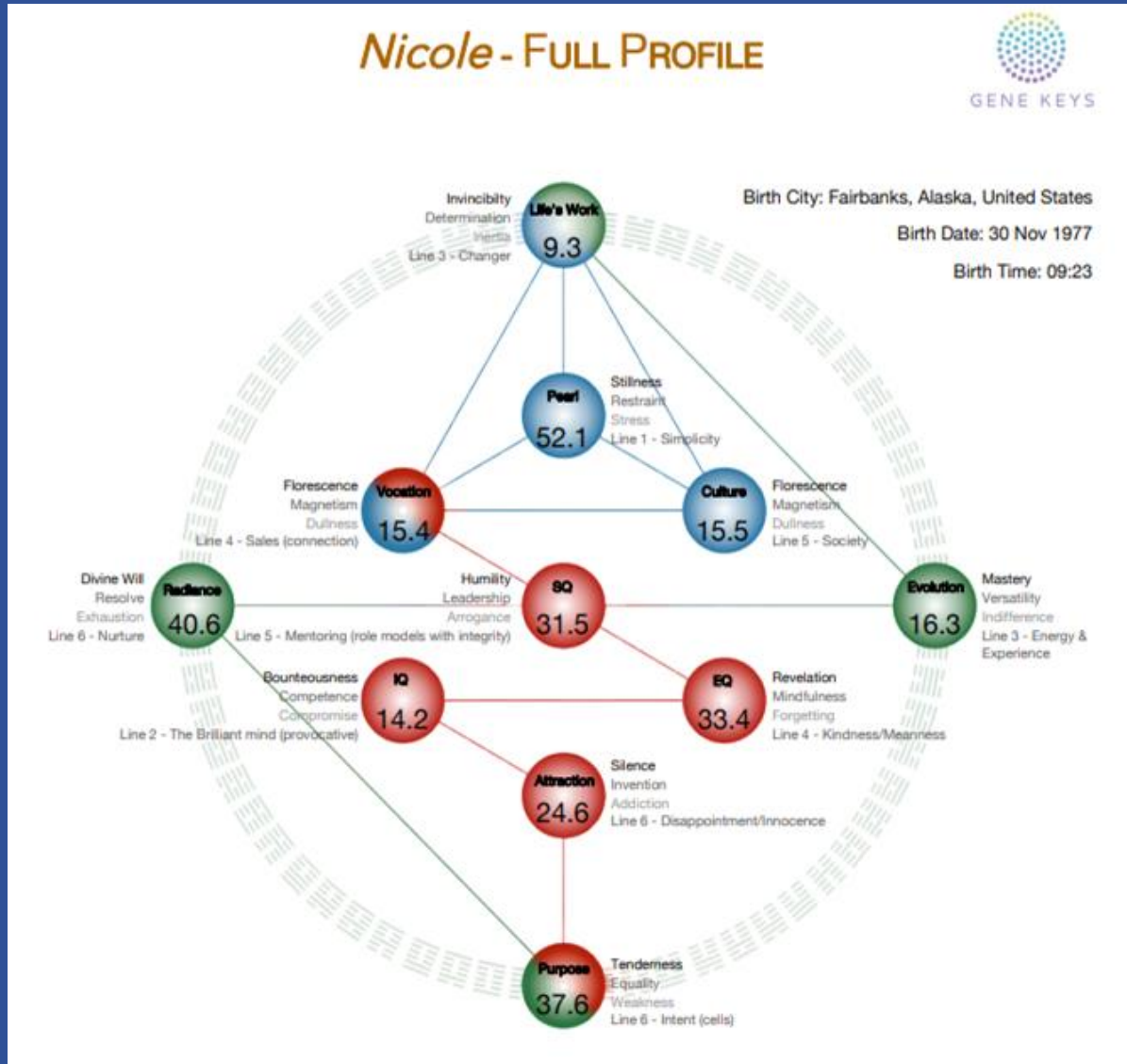
My Purpose - what deeply fulfils me - Gene Key 37



Your purpose is to bring people in the world closer together. In every aspect of your life, this is the essence of your work. Somewhere deep inside you a great vision is trying to find its way into the world — a vision of the world as one family. If this sounds cheesy, it is because most people have now been conditioned to believe it isn't possible. You, however, bring hope into the world through keeping this vision alive and implementing it in every relationship you have. The deeper you dig within you, the further you will realise you can go with this vision. There is nothing to stop you from transforming the whole world. You have the skills, the practicality, and the connections to really make a huge difference to the world. It is a matter of how big you can dream and how far you are willing to go. The secret, as you will learn, is unconditional love — the most powerful force in the universe.

YOUR FULL PROFILE

We will go over how to read this page together as a group.



HOW TO READ THE GENE KEYS

Your Gene Keys Profile is the beginning of an epic journey into transformation.

In each Sphere of your profile, you will see a number (between 1 of 64). This number represents your unique **Gene Key** for that sphere, which is determined by the date and time of your birth. We can awaken the higher components of each of our Gene Keys by contemplating them over time and in sequence.



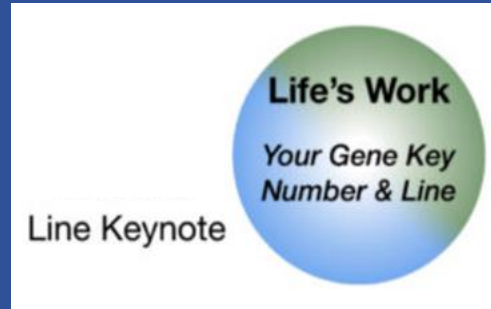
Each Gene Key also has the following three components:

Your Shadow – *a challenge to surmount*

Your Gift – *a creative attribute*

Your Siddhi – *a transcendent realisation*

HOW TO READ THE GENE KEYS



You will also see a **Line Keynote** (the small number after the dot) which describes a deeper aspect of how this Gene Key may show up in your life. Beyond the scope of the main Gene Keys book, the Line Keynotes are explained in depth within the Golden Path online programme and the books that go with it.

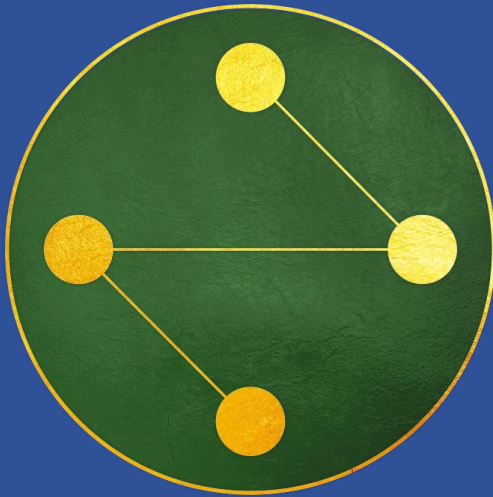
Explore the [Golden Path Program](#) to go deeper:



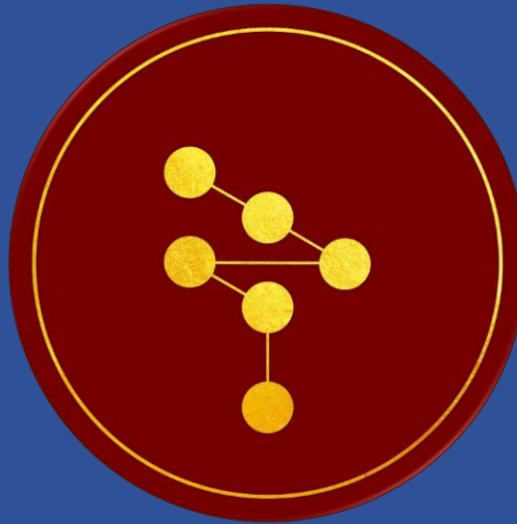
HOW TO READ THE GENE KEYS

There are three paths to contemplate:

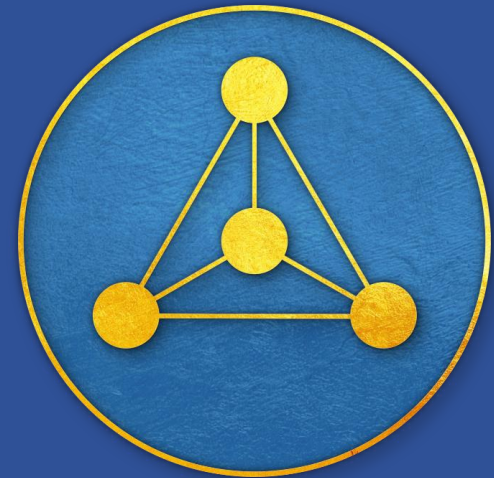
1. Genius: Life's purpose
2. Venus: Love and relationships
3. Pearl: Prosperity and career



Genius



Venus



Pearl

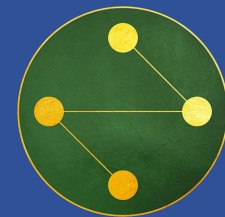
Grab your PDF named, “Your Name - Gene Keys & DōTERRA oils.”
We will go over how to read this page together as a group.

It describes:

- Key words in your profile to allow, accept and embrace
- Essential Oils that activate these genes
- Positive qualities of each oil and how they raise vibrations within the DNA
- QR code baskets to order oils

PURPOSE: GENIUS SEQUENCE

This customized tool offers you another view of your Genius Sequence with the dōTERRA essential oil that supports changing the vibration of your DNA to raise your consciousness.



Life's Work: What am I here to do?

Evolution: What am I here to learn?

Radiance: What keeps me healthy?

Purpose: What deeply fulfills me?

Gene Key Position	Gene Key	Shadow	Gift	Siddhi	Oil Bottles	Essential Oils	Oil Emotions	Purchase Oils by Sequence
Life's Work	9	Inertia	Determination	Invincibility		Motivate Blend	Motivation - Motivated - Encouraged - Hopeful - Energized - Confident	https://doterra.me/zjEDkD 
Evolution	16	Indifference	Versatility	Mastery		Cheer Blend	Cheerfulness - Hopeful - Comforted - Believing - Uplifted - Joyful - Determined - Restored	
Radiance	40	Exhaustion	Resolve	Divine Will		DigestZen Blend	Assimilation - Assimilating experiences - Adjusting - Nourished - Enthusiastic - Engaged	
Purpose	37	Weakness	Equality	Tenderness		Cedarwood	Community - Emotionally connected - Belonging - Supported - Social Bonds - Sociable - Community oriented	

WINTERGREEN EXAMPLE

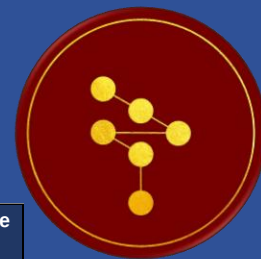


Name: Katherine Ebacher

Gene Key Position	Gene Key	Shadow	Gift	Siddhi	Oil Bottles	Essential Oils	Oil Emotions	Purchase Oils by Sequence
Genius Sequence (Purpose)								
Life's Work	47	Oppression	Transmutation	Transfiguration		Wintergreen	Surrender - Surrender - Relying on divine grace - Non-attachment - Teachable - Strengthened	https://doterra.me/egiXfu 

LOVE: VENUS SEQUENCE

This section shows the Venus Sequence (Love) with the dōTERRA essential oil that supports each gene key.



Purpose in Relationships

Attraction: Love with primary partner

IQ: Intellectual Quotient (age 15-21)

EQ: Emotional Quotient (age 8-14)

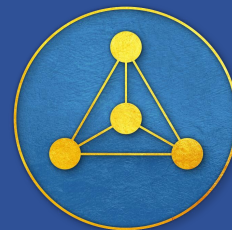
SQ: Spiritual Quotient (age 0-7)

Core Wound (conception-birth)

Gene Key Position	Gene Key	Shadow	Gift	Siddhi	Oil Bottles	Essential Oils	Oil Emotions	Purchase Oils by Sequence
Purpose (Venus)	37	Weakness	Equality	Tenderness		Cedarwood	Community - Emotionally connected - Belonging - Supported - Social Bonds - Sociable - Community oriented	https://doterra.me/ziEDkD 
Attraction	24	Addiction	Invention	Silence		InTune Blend	Presence - Focused - Completion of projects & tasks - Living in the present moment - Calm - Grounded	
IQ	14	Compromise	Competence	Bounteousness		Blue Tansy	Inspired Action - Initiative - Committed - Responsive - Energized - Motivated - Purposeful - Responsible	
EQ	33	Forgetting	Mindfulness	Revelation		Copaiba	Unveiling - Worthy - Self-aware - Clarity - Forgiven - Redefinition of self - Purposeful existence	
SQ	31	Arrogance	Leadership	Humility		Oregano	Humility & Non-Attachment - Humble - Willing - Teachable - Flexible	
Core Wound (Vocation)	15	Dullness	Magnetism	Florescence		Spikenard	Gratitude - Grateful - Acceptance - Content - Peaceful	

PROSPERITY: PEARL SEQUENCE

This section shows your Pearl Sequence (Prosperity) with the dōTERRA essential oil that supports each gene key.



Vocation: How do I best serve the whole?

Culture: Your support team

Brand: How you project essence into the world

Pearl: How life is lived well

Gene Key Position	Gene Key	Shadow	Gift	Siddhi	Oil Bottles	Essential Oils	Oil Emotions	Purchase Oils by Sequence
Vocation	15	Dullness	Magnetism	Florescence		Spikenard	Gratitude - Grateful - Acceptance - Content - Peaceful	https://doterra.me/cxqUSZ 
Culture	15	Dullness	Magnetism	Florescence		Spikenard	Gratitude - Grateful - Acceptance - Content - Peaceful	
Brand (Life's Work)	9	Inertia	Determination	Invincibility		Motivate Blend	Motivation - Motivated - Encouraged - Hopeful - Energized - Confident	
Pearl	52	Stress	Restraint	Stillness		Anchor Blend	Steadying - Calm - Present - Supported - Clear - Courageous	

Buy Full Set:

<https://doterra.me/QIEp-T>



PLAY TIME

Contemplate...Play!

What is an amazing insight you gained after seeing the concepts for your Life's Work?

Life's Work: What am I here to do?

15-minute breakout session

(5 mins each partner)

What are ESSENTIAL OILS



Video

Essential oils are highly potent chemical compounds that are derived from plants.

Roots, seeds, bark, flowers and more.

Plant Power!

Essential oils provide all the basic functions the plant needs to survive, from assistance in pollination to protection from environmental threats. When essential oils are distilled and prepared for us to utilize, they go to work supporting our bodies just as they would the plant.

Have you had an experience with an essential oil?
Share in the chat!



Gene Key

9

Power of the Infinitesimal

Codon Ring:



Shadow: **Inertia**
The Domestication of Dreams

Gift: **Determination**
Every Intentional Act is a Magical Act

Siddhi: **Invincibility**
Inner Space – The Final Frontier

R: Reluctant
E: Diverted



Tick



Beaver



Cormorant

Amino Acid: **Threonine**
Forms connective tissues: collagen and elastin. It also helps regulate digestion, immune system health, stabilizes mood and promotes muscle growth. It is a precursor to produce serine and glycine.



Gem: Magnetite

- Calms overenergized meridians
- Helps you trust your own intuition
- Alleviates negative emotions (fear, anger, grief, overattachment)
- Tenacity, endurance, objectivity
- Balances intellect & emotions bringing inner stability



Essential Oil: Motivate Blend

- Motivation
- Motivated
- Encouraged
- Hopeful
- Energized
- Confident

Gene Key Physiology:

- Sacral

Programming Partner: 16

PERICARDIUM ♀

Yin

Yang partner: Triple Heater

Planet:



• **Jupiter**

- Philosophy
- Religion
- Aspirations
- Growth and expansion
- Right brain
- Illusions of grandeur
- Recklessness

Planet Body Parts:

- Liver
- Solid fat
- Sacral spine
- Pancreas

Planet Brain Part:

5. Globis Pallidus (Jupiter)
Teacher, Guru
Higher order control
Action according to natural law
of inner/outer balance
Coordinates complex activity
Postural control

House

9

Spiritual: How do I like to teach?

- Philosophy
- Religion
- Intuition
- Travel
- Right Brain
- Expansion
- Spirituality and meaning

Pericardium Meridian: 7 pm – 9 pm

- Runs from lateral nipple to center of the middle finger (2nd)
- Right wrist - superficial -3rd from hand.

Muscles:

- Adductors
- Piriformis (side of coccyx, stabilizing sacrum)
- Gluteal Medius
- Gluteus Maximus

5 Elements



Fire

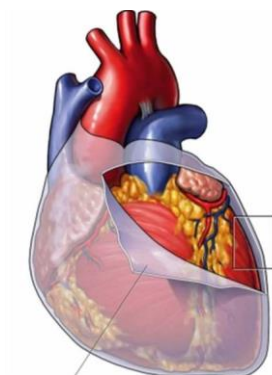
Governs: Veins and Arteries



Sign: Sagittarius



- Free
- Expansive
- Enthusiastic



Pericardium

Consciousness:

- ✧ Heart Protector
- ✧ Constrictor
- ✧ Sensuality
- ✧ Circulation
- ✧ Opens for universal love

✧ Heart growth while still protecting it

HOME-PLAY FOR NEXT WEEK

1. **Sign up for the FREE Journey: “New to the Gene Keys” course:**
<https://genekeys.com/ref/1765>
2. **Identify an issue, challenge, or area in your life** you’d like to improve in some way. Complete the Journey through “My Day of Purpose.”
3. **Bring your dōTERRA essential oil bottles.** Feel free to order more of your Gene Key’s oils using the QR codes/links.
4. Next week, bring to class a journal & pen or phone app for notes + paper towels, oils, and roller bottle.

