

Inspired by The Gene Keys

LIFE ON

PURPOSE

Living life based on your genetics

Lead by

Katherine Ebacher

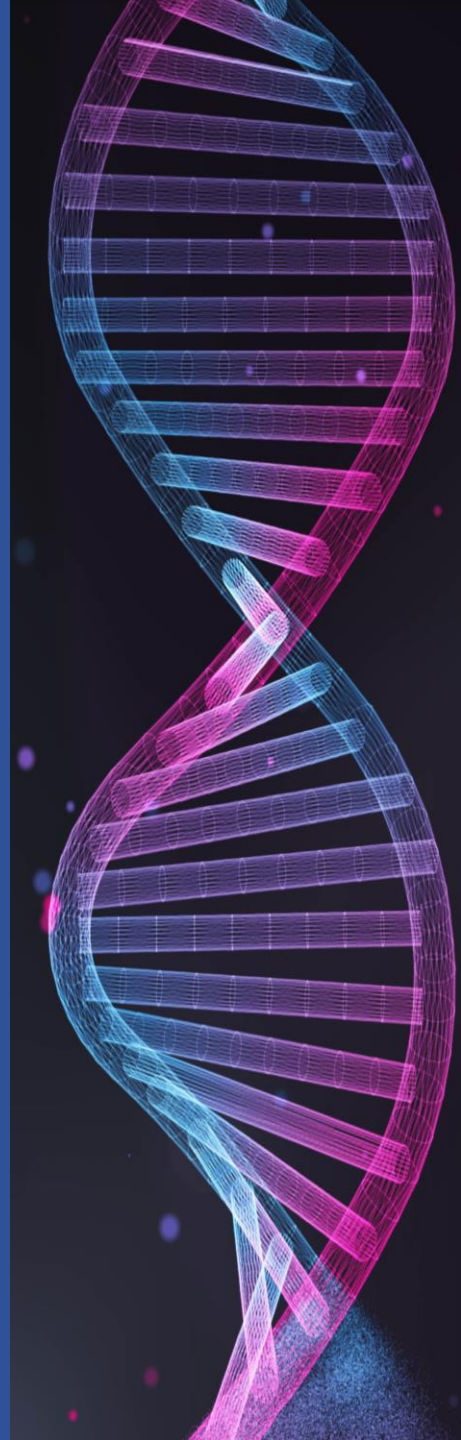
BENEFITS TO YOU



- Dig Deeper into your Venus Sequence
- Learn about Love and Relationships
- Allow, accept, embrace your Shadows of your Venus spheres through relationships to release the Gifts and embody Siddhis

AGENDA

- Definition of Love
- Sensory Perception
- Opening Space - Mudras
- Reminder: What is the Venus Sequence?
- Human Suffering...what is it, why now, why me?
- Practice the Art of Contemplation
- Sharing your ideas with the group

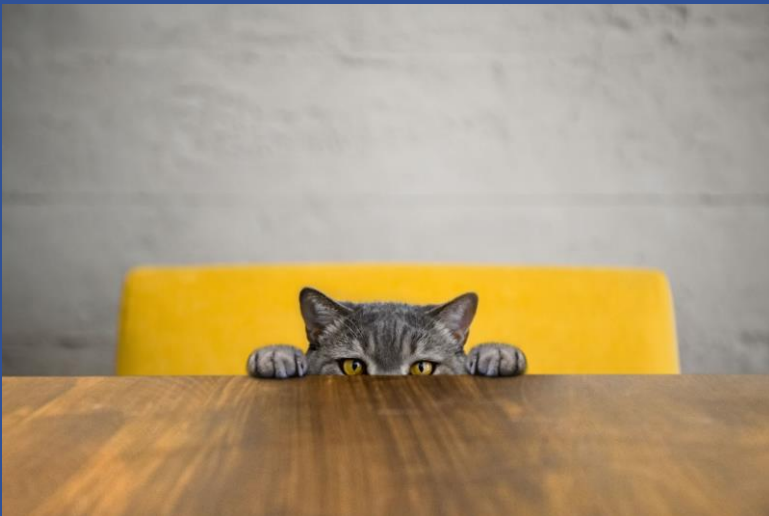


VENUS SEQUENCE IS ALL ABOUT SELF-LOVE

My definition of love is...

Space & Curiosity

Space to be who you are. Curiosity to get to know who you are!



BE CURIOUS WITH ALL 10 SENSES (5 x 2)

Physical:

Subtle:

Examples of subtle senses:

- | | | | |
|-------------|------------------------|----------------------|--------------------------------------|
| 1. Hearing: | Sounds | Thought | I hear my grandma's voice in my head |
| 2. Touch: | Ext. sensations | Int. sensations | Holding your hand touched my heart |
| 3. Sight: | Observe World | Visualize | I see my soul-mate in my mind's eye |
| 4. Smell | Scent | Knowing | My girlfriend's story smells fishy |
| 5. Taste | Flavor on
tastebuds | Inner
Nourishment | Her puppy is so sweet! |



Walter Early

OPENING SPACE: Mudras
(Sight, Sound, Touch)

25-Universal Love

<https://genekeys.com/mudras/ref/1765/>



LOVE THROUGH RELATIONSHIPS

In the Venus Sequence, we follow the path of **Love**.

This journey guides you to discover freedom and lasting love through your relationships, through understanding and releasing old negative patterns and fully opening your heart.

We use our daily lives and our relationships as the fuel of our spiritual transformation.



WE LEARN THROUGH RELATIONSHIPS

Experiencing struggle is both the challenge and the opportunity within relationships.

In the Venus Sequence, we look in depth at our patterns of suffering. Through our relationships, we can see these patterns most clearly.

Based on the same structure as our genetic code, suffering can be distilled down to six essential themes. The Venus Sequence is one of the simplest techniques for revealing the deepest issues in our lives.

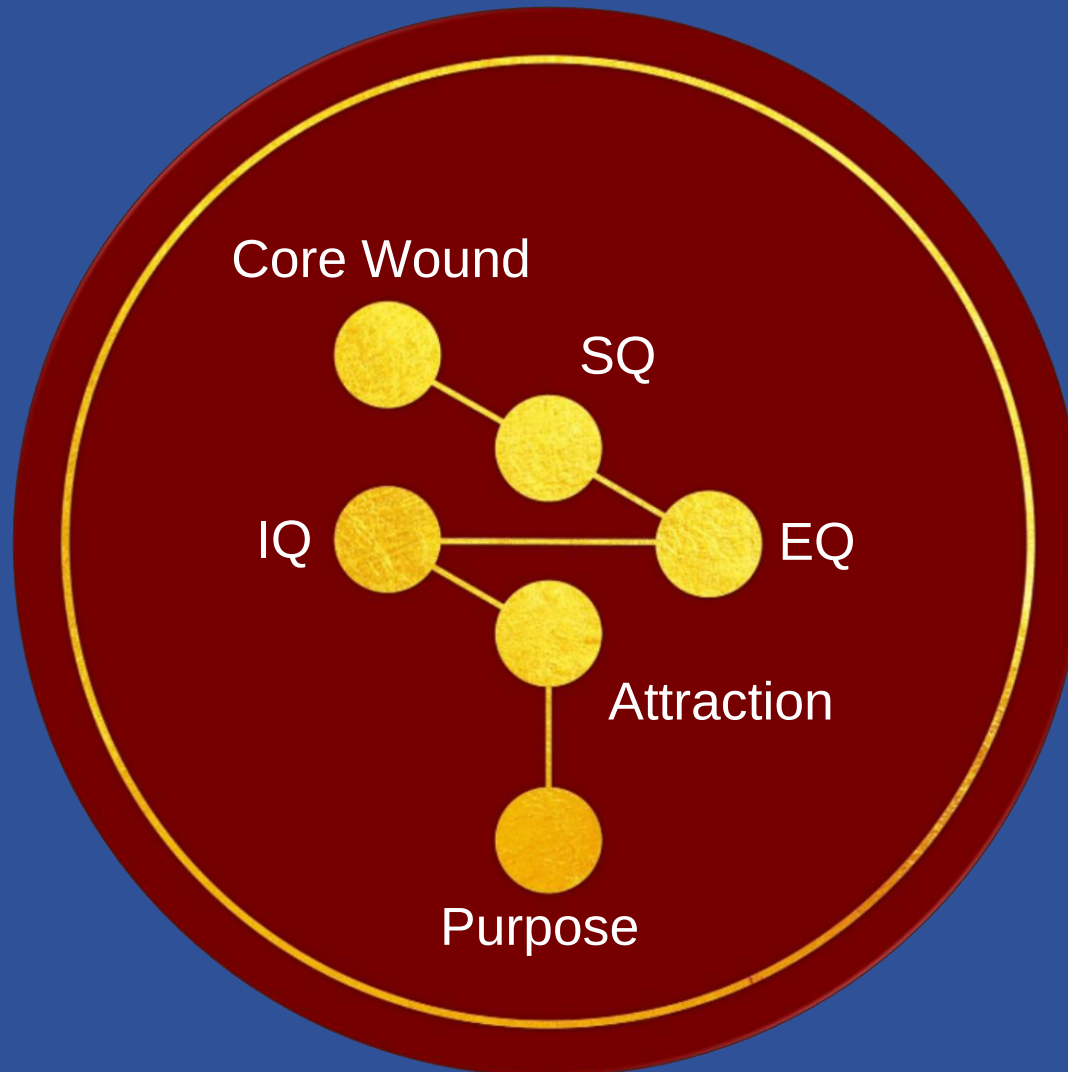
IT IS SUPER POWERFUL!

VENUS SEQUENCE

IQ: Intellectual
Quotient
(age 15-21)

Attraction:
Love
with our primary
partner or
significant
relationships

Purpose in
Relationships



Core Wound
(conception-
birth)

SQ: Spiritual
Quotient
(age 0-7)

EQ: Emotional
Quotient
(age 8-14)

WHAT IS SUFFERING?

This very human trait of wanting to free from pain is totally understandable.

Few people have discovered the true secret of suffering:

Suffering is a Doorway to Grace

Our pain is always trying to tell us something important, and if we can summon the courage to lean into the pain and listen to its message, then we will always discover its hidden gift.

Often our culture doesn't teach us that there is a gift in our physical and emotional suffering.

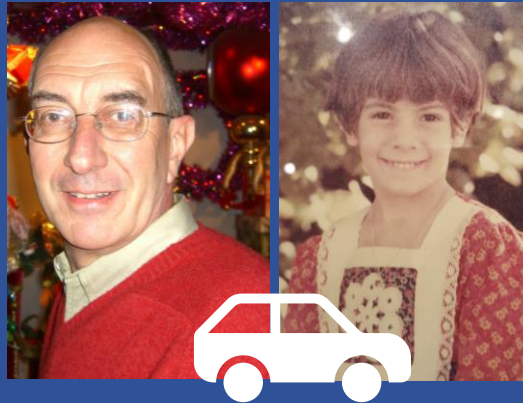
LEARN THROUGH RELATIONSHIPS

Inside Out Swing



Lightbulb Moment
(Attraction)

Work Hard



Age 4-15 Conditioning
(SQ & EQ & IQ)

I'm Not Good Enough!



Age 10 Conditioning
(EQ led to my Life's Work)

BRIEF CONTEMPLATION

Step 1: Remember your Intention: the issue, challenge or area in your life you wanted to improve in some way.

Step 2: Notice - has it shifted in any way over the last 3 weeks?

Step 3: Write down what changed for the better.



CELEBRATION

Step 4: Internally “Celebrate” any positive changes with 1 or more of the 5 subtle senses (thoughts, internal sensations, images, knowing, nourishment)

Step 5: Let’s celebrate together...



WHAT IS THE JOURNEY?

The Venus Sequence is a journey right into the heart of human suffering.

This journey through your 6 spheres helps you discover conditioned patterns locked in your DNA.

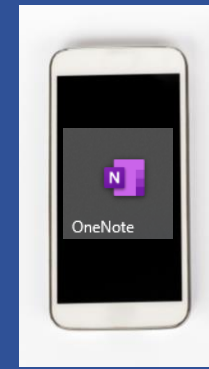
The process for healing those patterns is through the act of observation and contemplation.

...then BRAIN BALANCING to tap in the learning!





CONTEMPLATION TIME



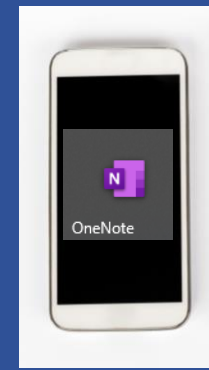
Grab your journal/paper & pen or OneNote or another app on your phone

1. Remind yourself of your intention
2. Choose one of your 6 spheres to contemplate (Purpose, Attraction, EQ, IQ, SQ, Core Wound)
3. “Pause” and breathe in the oil scent of that sphere
4. Breathe into your heart and then down into your body.





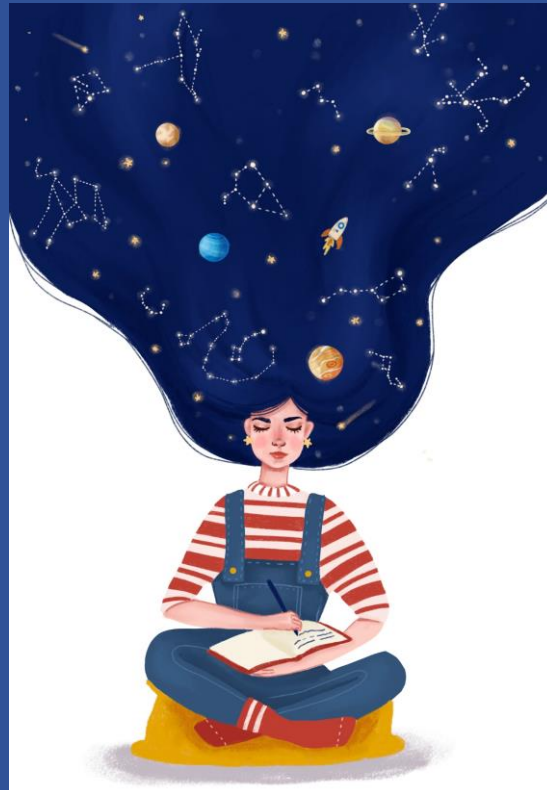
CONTEMPLATION TIME



5. As you embrace this sphere, what subtle senses (thoughts, internal sensations, images, knowing, nourishment) emerge?
6. Look from the heart and write what bubbles up to the mind
7. What, if any, gifts emerge as a result of your contemplation?

COMMUNITY TIME

Share what bubbled up...



WHAT HAPPENS NEXT?

**One thing you may notice:
your relationships will keep
reflecting to you exactly how
far your understanding is
progressing.**

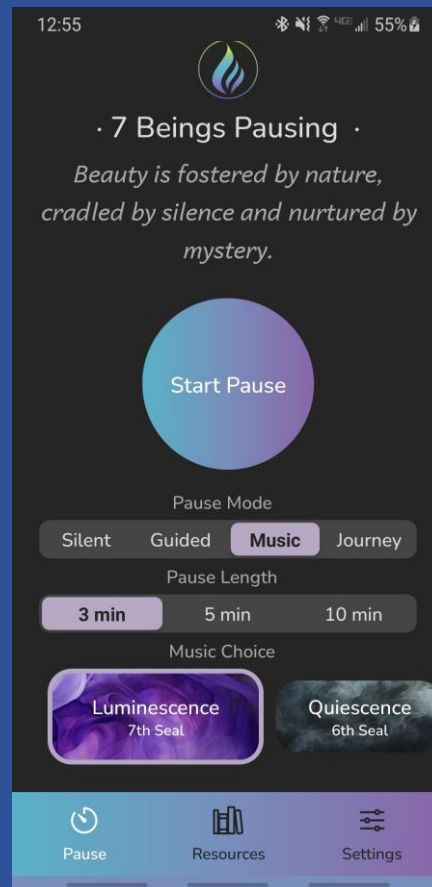
**Feel free to use this wisdom
as you feel drawn to using it.**

**It is your journey, so you
should follow your heart as
you drift, dive, plummet,
rise, and immerse yourself
in the living waters of the
Venus Stream.**

CLOSE RITUAL AND SPACE

Pause for 45 sec:

- Sound Cloud



WELLNESS PYRAMID

PROACTIVE
MEDICAL CARE

INFORMED SELF-CARE

REDUCED TOXICITY

REST AND MANAGED STRESS

MOVEMENT AND METABOLISM

NUTRITION AND DIGESTION

HEALTHCARE

LIFESTYLE



Body Talk, Reiki, Meditation etc



Regular Wellness Checks



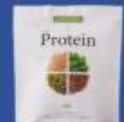
Sleep Hygiene



Brain Balancing



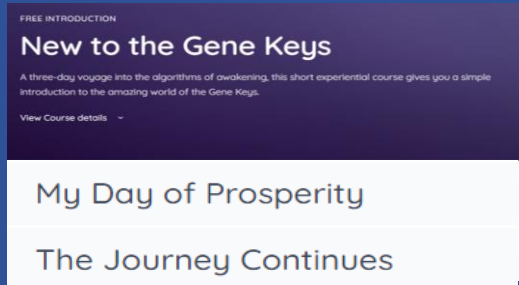
Physical Activity



HOME-PLAY FOR NEXT WEEK

1. You can order your dōTERRA oil pack for Pearl Sequence (Blue) with your QR codes or links. Use the search bar to find your favorite oils.
2. Review your Life on Purpose webpage for your group:
<https://listentothebodytalk.com/life8>
3. Continue with “New to the Gene Keys” course. Complete through “My Day of Prosperity” and “The Journey Continues.”
4. Play with Space, Curiosity and the Art of Contemplation.
5. If you need additional emotional support, you can treat yourself to a Listen to BodyTalk session with Katherine: ListentotheBodyTalk.com.

Class 8



EXPERIENTIAL SESSIONS

Listen to the BodyTalk Sessions: To dig deeper into your profile and heal more deeply at the level of your DNA, treat yourself to a holistic healing session: <https://bodytalkcincinnati.com/book>.

