

BY VANESS HENRY

VARI- ABLE PLAY BOOK

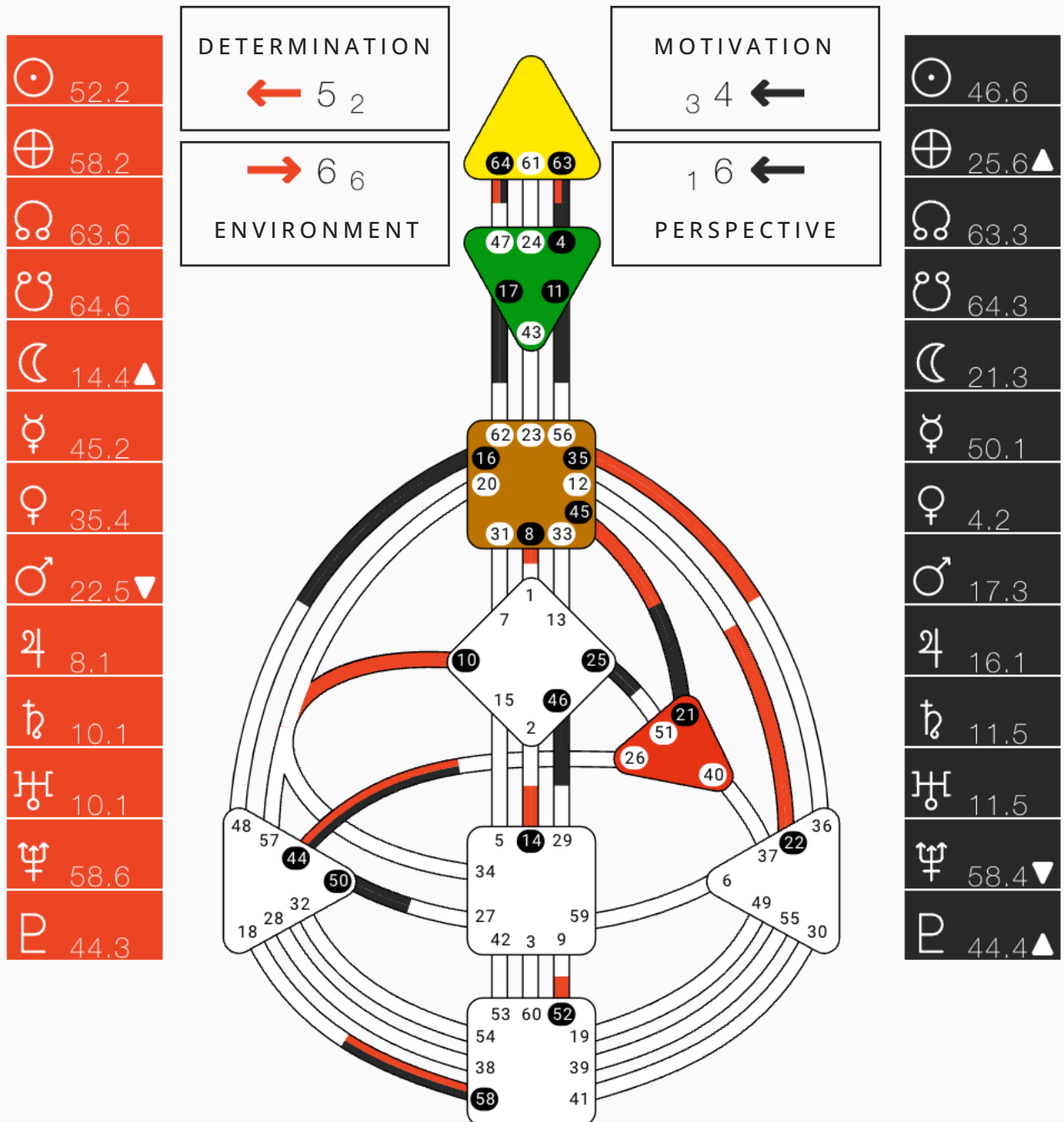
THE WELLNESS CLUB

A HANDY REFERENCE FULL OF HUMAN DESIGN VARIABLE MATERIAL

u.

Variable Close-up

COLOUR ← 5₂
TONE



Design

Personality

(INTERNAL)
DEPENDENT

DETERMINATION

← 5 2

→ 6 6

ENVIRONMENT

INDEPENDENT
(EXTERNAL)

(INTERNAL)
DEPENDENT

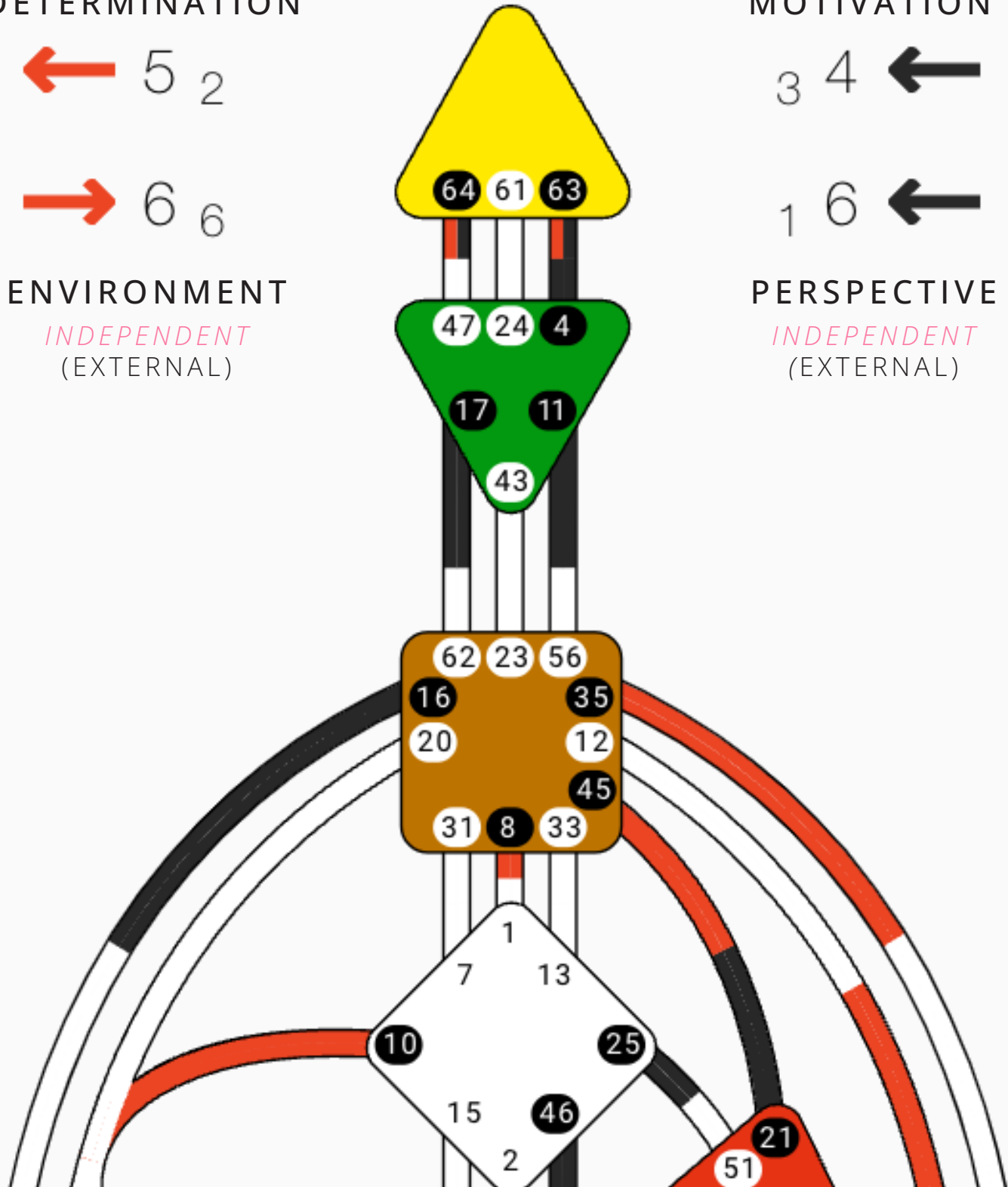
MOTIVATION

3 4 ←

1 6 ←

PERSPECTIVE

INDEPENDENT
(EXTERNAL)



Line



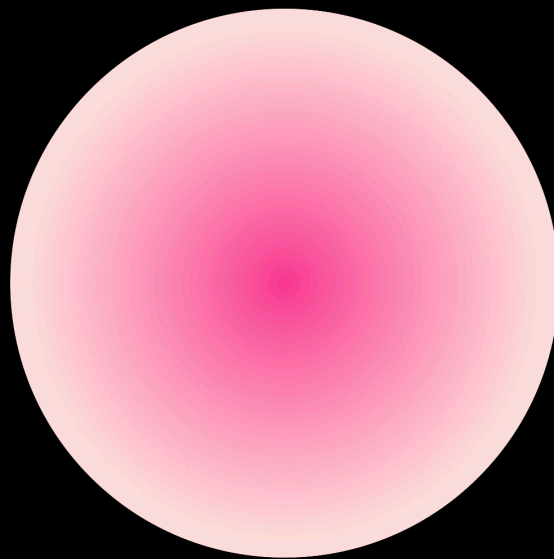
Colour



Tone



Base



View from above

The DETERMINATION Variable with Vanessa Henry

Colour Reference

LEFT: ACTIVE BRAIN

RIGHT: PASSIVE BRAIN

DIRECT

⁶ LIGHT

INDIRECT

HIGH

⁵ SOUND

LOW

CALM

⁴ TOUCH

NERVOUS

HOT

³ THIRST

COLD

OPEN

² TASTE

CLOSED

CONSECUTIVE

¹ APPETITE

ALTERNATING

The ENVIRONMENT Variable with Vanessa Henry

Colour Reference

LEFT: OBSERVED STYLE

RIGHT: OBSERVER STYLE

NATURAL

⁶ SHORES

ARTIFICIAL

NARROW

⁵ VALLEYS

WIDE

ACTIVE

⁴ MOUNTAINS

PASSIVE

WET

³ KITCHENS

DRY

INTERNAL

² MARKETS

EXTERNAL

SELECTIVE

¹ CAVES

BLENDING

The PERSPECTIVE Variable with Vanessa Henry

Colour Reference

LEFT: FOCUSED VIEW

RIGHT: PERIPHERAL VIEW

OBSERVER

⁶ PERSONAL

OBSERVED

CONDITIONER

⁵ PROBABILITY

CONDITIONED

MASTER

⁴ WANTING

NOVICE

LEADER

³ POWER

FOLLOWER

THEIST

² POSSIBILITY

ANTI-THEIST

COMMUNALIST

¹ SURVIVAL

SEPARATIST

The MOTIVATION Variable with Vanessa Henry

Colour Reference

LEFT: STRATEGIC

RIGHT: RECEPTIVE

OBSERVER

⁶ INNOCENCE

OBSERVED

CONDITIONER

⁵ GUILT

CONDITIONED

MASTER

⁴ NEED

NOVICE

LEADER

³ DESIRE

FOLLOWER

THEIST

² HOPE

ANTI-THEIST

COMMUNALIST

¹ FEAR

SEPARATIST

Variable Tones



SOLAR PLEXUS: CYCLICAL TONES

6 TOUCH

6 ACCEPTANCE

5 FEELING

5 JUDGMENT

AJNA: PERIODIC TONES

4 INNER VISION

4 MEDITATION

3 OUTER VISION

3 ACTION

SPLEEN: CONCENTRATED TONES

2 TASTE

2 UNCERTAINTY

1 SMELL

1 SECURITY

COLOUR

5 (2)

TONE

Design Tones

INTERNAL COGNITION

ACTIVE BRAIN

3 OUTER VISION

2 TASTE

1 SMELL

PASSIVE BRAIN

6 TOUCH

5 FEELING

4 INNER VISION

EXTERNAL SENSE

OBSERVED STYLE

3 OUTER VISION

2 TASTE

1 SMELL

OBSERVER STYLE

6 TOUCH

5 FEELING

4 INNER VISION

COLOUR



5



2
TONE

Personality Tones

INTERNAL SENSE

STRATEGIC

3 ACTION

2 UNCERTAINTY

1 SECURITY

RECEPTIVE

6 ACCEPTANCE

5 JUDGMENT

4 MEDITATION

EXTERNAL SENSE

FOCUSED

3 ACTION

2 UNCERTAINTY

1 SECURITY

PERIPHERAL

6 ACCEPTANCE

5 JUDGMENT

4 MEDITATION

Hardscape & Landscape

How each Environment behaves when it moves into unsustainable survival mode

¹ CAVE HARDCAPE **FLEES** TO ⁴ MOUNTAIN LANDSCAPE

² MARKETS HARDCAPE **FLEES** TO ⁵ VALLEYS LANDSCAPE

³ KITCHENS HARDCAPE **FLEES** TO ⁶ SHORES LANDSCAPE

1 - 4

2 - 5

3 - 6

⁴ MOUNTAINS LANDSCAPE **HIDES** IN ¹ CAVES HARDCAPE

⁵ VALLEYS LANDSCAPE **HIDES** IN ² MARKET HARDCAPE

⁶ SHORES LANDSCAPE **HIDES** IN ³ KITCHENS HARDCAPE

2

Uncertainty

Taste

Concentrated
Splenic Binary

1

Security

Smell

3

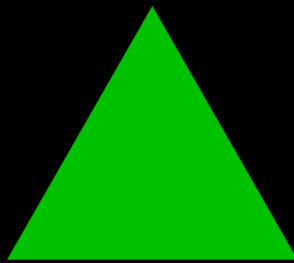
Action

Outer Vision

Meditation

Inner Vision

4



Periodic
Ajna Binary

Judgment

Feeling

5

Cyclical

Solar Plexus Binary

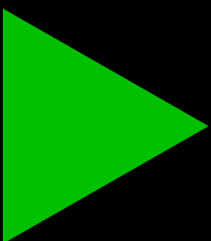
Acceptance

Touch

6

3
Action
Outer Vision

Meditation
Inner Vision
4



Periodic
Ajna Binary

2
Uncertainty
Taste
Concentrated
Spleenic Binary

Solar Plexus Binary
Cyclical

1
Security
Smell

Judgment
Feeling
Acceptance
Touch
5
6