



pathfinder

DISCOVER YOUR PERFECT LIFE PATH

---

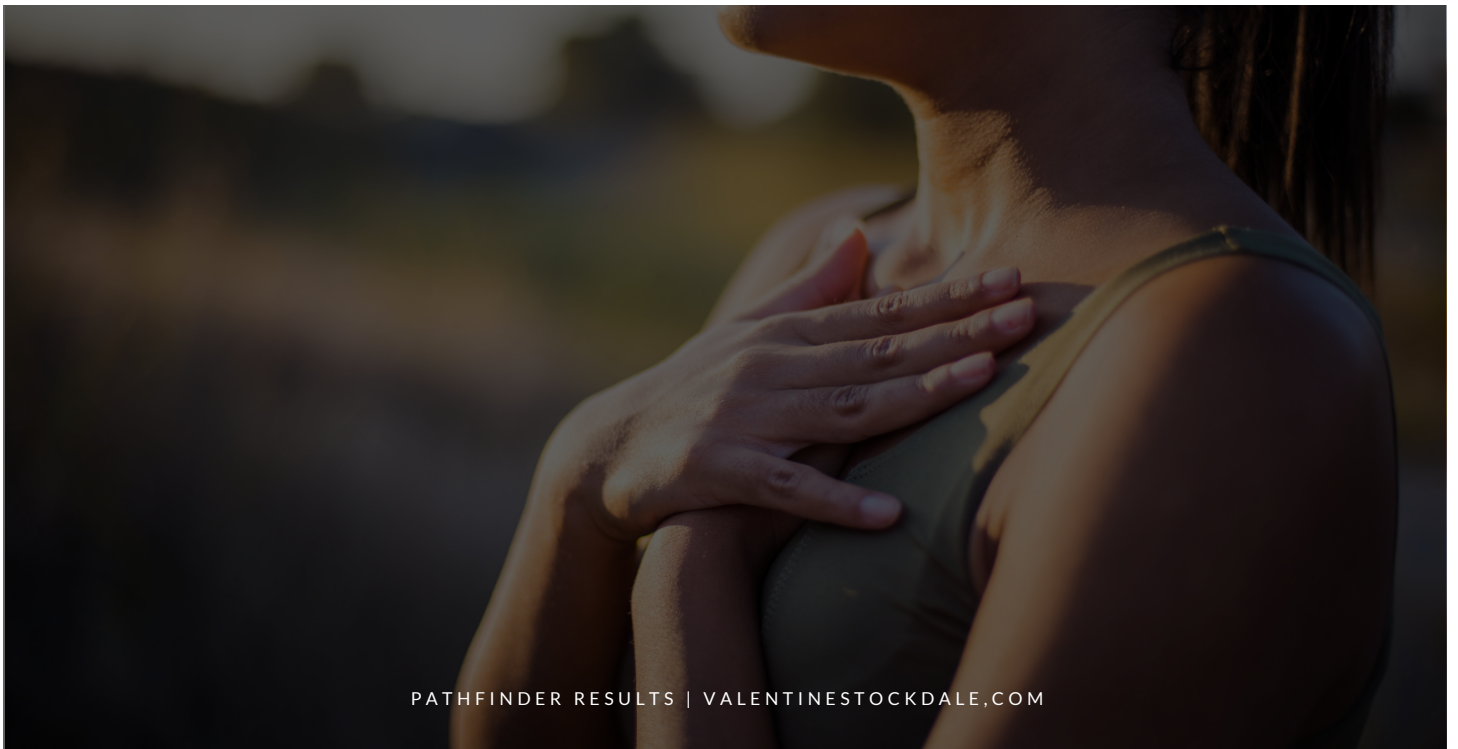
Your Name Here

---

---

# contents

|                         |    |
|-------------------------|----|
| Welcome                 | 3  |
| Your Top 5 Ikigais      | 4  |
| Your Ultimate Ikigai    | 6  |
| Realising Your Dharma   | 11 |
| The Evolution Incubator | 17 |



*Dear Seamus,*

I'm honestly so thrilled you have taken this incredible step toward manifesting your Ultimate Ikigai into reality. To be on this transformative path beside you is such a profound honour. As you embark on this journey to shift into your most aligned life path, please remember that you are supported in all the ways that matter.

As you take your next steps, you have the support of your loved ones and your community and Spirit, all of whom are continuously rooting for you. And you have me, walking beside you, totally dedicated to your success as you step ever more courageously into deeper joy, fulfilment, and abundance.

So without further ado, I am delighted to present your results from the Pathfinder workshop, integrating the Gene Keys data you submitted. As you reflect on the contents of this report, I lovingly invite you to consider me your dedicated partner should you require any further support in realising these, your most glorious aspirations.

It is my professional purpose to help you realise your most soul-aligned, joyful and abundant visions, and to prepare you for success in all competitive markets. Whether through coaching, consulting, incubator training, clearing self-limiting beliefs and even self-love guidance for optimised entrepreneurship, I have the solutions you need.

**I am absolutely at your service to offer any support and guidance you require to safely and confidently transform your Ultimate Ikigai into a viable, feasible (and even investible!) reality at the right time for you.**



*Valentine Stockdale*

FOUNDER AND CEO  
VALENTINESTOCKDALE.COM

# YOUR TOP FIVE

## ikigais

The following were identified as your 'Top 5 Ikigais' being those life paths that incorporate the greatest number of data points (answers you supplied) across all four Ikigai questions.

### Transformational Facilitation & Healing → 90 Data Points

Things you love: 32 entries. Things you are good at: 17 entries. Things you can be paid for: 20 entries. Things the world needs: 21 entries.

You show a strong, practical alignment with Transformational Facilitation & Healing. Your love list centres on deep, embodied work and creating safe, intentional spaces; your skills highlight presence, psychological safety, powerful questions, and guiding groups through change. On the paid-for side, you've identified credible future pathways—facilitation, coaching, EFT/energy work, men's work, conflict repair, 1:1 immersions—that fit those strengths. The world-needs data reinforces the brief: consent, nervous-system repair, honest emotional processing, accessible modalities, and spaces for genuine expression. Taken together, this points to a professional lane where you design and deliver high-integrity containers (1:1, group, retreat) with clear boundaries, defined outcomes, and a reputation for moving people safely and measurably from A to B.

### Regenerative Communities & Retreat Ventures → 89 Data Points

Things you love: 35 entries. Things you are good at: 18 entries. Things you can be paid for: 11 entries. Things the world needs: 25 entries.

You're strongly oriented to Regenerative Communities & Retreat Ventures—place-based work that blends nature, community and renewal. Your love list pulls toward water, forests, movement, spas/saunas, sacred and safe spaces, architecture and design; your strengths include systems/blueprint thinking, prototyping, convening, partner alignment and creating detailed, intentional experiences. On the paid-for side you've identified viable future pathways—community activations, retreats, men's work, immersions, regenerative systems building, community living counselling—that could sit inside a retreat campus or village model. The needs you named—regenerative stewardship, shared governance and councils, accessible healing, embodied joy, time in nature, nervous-system regulation—set clear design criteria. Together this suggests developing or upgrading sites where operations care for land and water, spaces hold people well, and guest/community outcomes and financials are designed to reinforce each other over time.

### **Sacred Community Architect & Experience Designer → 82 Data Points**

Things you love: 25 entries. Things you are good at: 17 entries. Things you can be paid for: 18 entries. Things the world needs: 22 entries.

You're clearly aligned with bringing people together in containers that feel safe, alive and purposeful. Your love list is rich with gatherings, community, being witnessed, creating sacred/safe spaces and curating experiences; your strengths point to deep listening, trust-building, powerful questions, group guidance and turning ideas into well-designed experiences. On the paid-for side you've identified credible future avenues—activations, mentorship, coaching, conflict repair, men's work, speaking/podcasting, 1:1 immersions—that can sit inside a community/experience brand. The needs you named—consent, ritual, councils, authentic expression, nervous-system regulation and accessible modalities—set the standard for how these spaces should run. Taken together, this suggests a professional lane where you design, host and steward high-integrity community experiences with clear agreements, thoughtful choreography, and outcomes people can feel and name.

### **Sovereignty & Regenerative Systems Architect → 53 Data Points**

Things you love: 14 entries. Things you are good at: 17 entries. Things you can be paid for: 8 entries. Things the world needs: 14 entries.

You're well aligned with Sovereignty & Regenerative Systems Architect—turning values into working structures for communities and mission-led ventures. Your love list centres on architecture and system design; your strengths include simplifying complexity, visualising structures, creating order, and translating values into governance. On the paid-for side you've named credible future avenues—system architecture/blueprinting, sovereignty education, financing pathways, regenerative systems builds, aligned incubators—suited to advisory or build-operate roles. The needs you listed—sacred economics, trust-centred exchange, decentralised leadership, transparent and regenerative systems—set clear design criteria. Together, this points to a lane focused on governance, decision protocols, value exchange and organisational templates that make communities and ventures resilient, ethical and effective.

### **Visionary Strategy, Narrative & Brand Alchemy → 47 Data Points**

Things you love: 15 entries. Things you are good at: 13 entries. Things you can be paid for: 13 entries. Things the world needs: 6 entries.

You show clear alignment with Visionary Strategy, Narrative & Brand Alchemy—translating raw vision into crisp language, frameworks and market-facing assets. Your love list highlights storytelling, turning sparks into structured blueprints and visual diagrams; your strengths include breaking down complex ideas, mapping systems, shaping long-term strategy and turning ideas into roadmaps. On the paid-for side you've identified credible future avenues—visionary consulting, branding, teaching, interviews/podcasting, books, intensives—that can sit alongside your other lanes and give them clarity, credibility and reach. The needs you named around authentic expression and better education reinforce the purpose: help mission-led people and communities say exactly who they are, what they do and why it matters—clearly, consistently and at the right altitude.

# YOUR ULTIMATE ikigai

Having mapped your four Ikigai lists into your Top 5 Ikigais and then cross-referenced these against your Gene Keys/Cosmic Role profile (strategy and authority, core keys, vocational line, culture and pearl), I've identified the single path that most tightly concentrates your strengths, honours your values, meets real-world needs, and fits the natural way your energy works. This is the route most likely to compound clean prosperity while sustaining clarity, health and meaning over time, along with profound joy, fulfilment and abundance. Your Ultimate Ikigai is:

## Transformational Facilitation & Healing

### About Your Ultimate Ikigai

Among the strongest themes that emerged from your Pathfinder process, Transformational Facilitation & Healing stands out for density, coherence, and fit with your Gene Keys/Human Design profile. Ninety entries across your lists converge here, making this the clearest through-line in your passions, capabilities, credible future services, and sense of purpose. Your Gene Keys confirm the temperament needed for this work (steady presence, acceptance, clear speech, reliable rhythm), and your design favours responding to genuine demand and collaborating rather than pushing or performing.

This Ikigai means you design and lead high-integrity containers where people make real shifts—1:1 immersions, group programmes, retreats, councils, and carefully held experiences. In practice, that looks like precise agreements and safety, powerful questions, somatic and nervous-system tools, measured outcomes (what changed and how we know), and simple methods you can teach and repeat. Your strengths in deep listening, trust-building, process guidance, and turning insight into practical steps sit at the centre of this path.

Just as importantly, this clarity defines what is not aligned. Opportunities that place you as a charismatic front-person, require constant initiating or hard selling, blur consent and safety, or treat “healing” as entertainment will dilute both your energy and your reputation. Your Ultimate Ikigai is a call to focus your time and credibility on containers that are well-designed, evidence-seeking, and values-clean—spaces that help people regulate, repair, and grow, and that allow you to operate in your highest zone of contribution.

You may find the section on Abundance especially useful; it shows how committing to this path unlocks prosperity not only in income and upside, but also in energy, place, time, relationships, and inner steadiness.

# YOUR ULTIMATE ikigai

Below you will find listed your very deepest passions, missions, vocations and aspirational professions that your Ultimate Ikigai draws from and builds upon, creating a synthesis of perfect alignment. Each line item below draws from a strikingly broad cross-section of the individual answers you supplied. For each, the exact number of contributing data points you submitted is listed in brackets. It is easy to see how and why your success on this life path will be inevitable.

## Your Passions

This is the energy source. You come alive when you're holding people well and shaping experiences that actually change them—deep, honest conversation, precise questions, steady presence, and somatic tools that bring people back into their bodies. You enjoy crafting simple frameworks and rituals so a room becomes safe, coherent, and alive. When you work from here, the work gives you energy back and your natural warmth and clarity are obvious.

## Your Missions

This is the direction of travel. You care about cultures that are emotionally safe, ethically governed, and ecologically sane—consent honoured, nervous systems regulated, grief and shadow welcomed, real learning and responsibility shared. Your mission is to make those conditions normal in communities and ventures by building containers and practices that reliably restore people and improve how groups relate and lead.

## Your Vocations

This is how the world can pay you to meet those needs. Credible avenues include consent-centred group work and retreats, focused 1:1 or small-group containers for regulation and pattern change, men's circles and initiatory work, restorative conflict repair and council facilitation for teams/communities, and accessible healing formats such as EFT, breath and sound. Each route lets you serve the needs you named while staying inside your strengths and boundaries.

## Your Professions

This is the craft you're known for. Lead facilitator for groups and retreats; trauma-informed coach/mentor for 1:1 change; somatic practitioner using clear, evidence-seeking methods; conflict-resolution and council facilitator for organisations; and programme/format designer who turns insight into step-by-step methods others can learn and repeat. Measurable outcomes, clean agreements and a sustainable cadence are the hallmarks that make this a professional, trusted practice.

Together, these four lenses point to the same centre: Transformational Facilitation & Healing as a disciplined craft in service of cultures that heal and mature.

# YOUR ULTIMATE ikigai

Below you will find guidance on what this future could look like in commercial terms. Your own vision of this life path may differ wildly from that below so you are strongly encouraged to follow your own intuitive guidance. The intention is purely to stimulate your imagination. You will also find more data on the suitability of this specific life path for delivering the maximum depth of joy, fulfilment and personal abundance that you so richly deserve.

## Commercial Viability

This path works commercially because it matches clear demand with your strongest skills. Organisations, communities and retreat operators hire experienced facilitators to solve specific people problems: safety, conflict repair, culture reset, leadership cadence, and integration after intense experiences. Your offer lives in three lanes that can run together: (1) Programmed containers (short 1:1 series, small groups, men's circles, leadership councils, retreats); (2) Organisational facilitation (conflict repair, team offsites, governance/culture practices); and (3) Formats and curriculum (repeatable methods you license or teach). Each lane is easy to scope, repeat, and improve, giving you a professional practice that compounds through outcomes and referrals.

## Future Revenues

Start with a calm base: fixed-scope blocks for 1:1 work and small groups; day-rates for team sessions; retreat facilitation fees. Add higher-leverage layers as proof builds: licensing of your formats to partner venues, train-the-trainer cohorts, speaking/education, and a small number of organisational retainers to support culture over time. As rooms succeed, pricing and selectivity rise; you do fewer, deeper engagements and protect your best energy for the highest-fit clients. Revenue remains “clean”: consent-centred, trauma-informed, measurable.

## Personal Process

Your system runs best on rhythm and collaboration. Protect recovery days, co-facilitate when useful, and accept work by response (referrals, invitations, waitlists) rather than push. Keep a short no-list: no entertainment-style “healing”; no blurred-consent spaces; no gigs that require you as a charismatic front-person; no calendars that erode your cadence. A quick intake scorecard—safety, clarity of aim, role boundaries, follow-through plan—keeps standards high and outcomes reliable.

# YOUR ULTIMATE ikigai

Below you will also find more data on the suitability of this specific life path for delivering the maximum depth of joy, fulfilment and personal abundance that you so richly deserve.

## Joy

Joy for you comes from doing precise, human work in rooms that feel safe and alive. In this path, your time with people isn't a distraction from the job — it is the job — and your steadiness, presence and clear questions turn ordinary meetings into moments that matter. Formats like small-group processes, retreats, circles and carefully held 1:1s put you in your element: you listen fully, you help people regulate, and you guide them toward simple actions that actually change their day-to-day.

Because the cadence follows your natural rhythm — fewer, deeper sessions; clear starts and finishes; recovery built in — the work gives you energy back rather than draining it. Your love of nature and well-designed spaces also has a place here: site-based gatherings, movement and breath between sessions, sound and ceremony used thoughtfully. The net effect is a day that leaves you more present, more connected and quietly satisfied.

## Fulfilment

Fulfilment comes from watching people and groups work better because of the containers you built. You care about consent, clarity, repair and authentic expression; you named them as needs, and this path lets you meet those needs directly and measurably. Each engagement has a simple scorecard: safety established, nervous systems settled, conflicts repaired or de-escalated, agreements made, practices adopted, follow-through observed. Over time you see cultures shift — teams become kinder and more effective, communities hold difference without collapse, individuals carry new habits into their homes and work.

Fulfilment also lives in how you lead the work: you respond to genuine demand rather than push, you collaborate rather than perform, and you hold standards that make people trust the room. When the outcomes match your values and the people feel right to you, the work lands as service, not performance — and that's the feeling you're chasing.

# YOUR ULTIMATE ikigai

## Abundance

Abundance in this path arrives on several channels at once—money, time, energy, relationships, place, and inner steadiness—and they reinforce each other when you work the craft as designed. Financial abundance grows from a clean, simple stack. The base is predictable income from well-scoped blocks: series of 1:1 sessions, small-group programmes, organisational facilitation, and retreat fees. Layer on higher-leverage pieces—licensing your formats, train-the-trainer cohorts, speaking/education, and selected organisational retainers for ongoing culture work. As outcomes compound, so do referrals and pricing power: rooms get easier to fill, you choose better-fit clients, and you work fewer but larger engagements. Everything stays thesis-pure—consent-centred, trauma-informed, measurable—so revenue arrives in ways you can feel proud of and continue to scale without eroding standards.

Abundance of time, energy, and place comes from cadence by design. You do fewer, deeper containers with clear openings and closings; you protect recovery days; and you anchor the year with a small number of site-based gatherings in environments that nourish you. Movement, breath and silence are built into the schedule rather than squeezed around it. This turns the calendar into an ally: energy rises, travel is purposeful, and you spend more days in spaces—natural settings, thoughtfully held rooms—that give more than they take.

Relational abundance grows as your rooms become known for safety and honesty. The people you meet—co-facilitators, founders, clinicians, elders, stewards—become collaborators and friends. Communities you serve begin to self-organise around shared language and practices you introduced, creating a network that feeds you with opportunities that are already values-aligned. Because your reputation rests on outcomes, not noise, every successful container becomes a quiet broadcast to the next right room.

Inner abundance is the compounding effect of doing work that fits your design. You respond to genuine demand rather than push; you collaborate rather than perform; you hold boundaries that keep consent, pace and clarity intact. The result is a steady state: clear mind, regulated body, simple commitments. From there, creativity opens—new formats, better questions, sharper curriculum—and purpose feels less like effort and more like alignment.

Put together, these channels form a flywheel: clean outcomes → stronger referrals → better economics and selectivity → more time and energy → higher-quality work → deeper relationships and impact → even cleaner outcomes. That is how this path unlocks the widest field of abundance available to you—and why committing to it now is the most reliable way to experience prosperity across money, time, health, love, friendship and purpose.

# REALISING YOUR dharma

## The Origin and Power of Dharma

Dharma is one of the world's oldest teachings on right living — a precise science of alignment between inner order and outer expression. Originating in the Vedic traditions of India and later refined through Buddhism, Shaivism, Tantra and Taoism, it describes the natural law that governs harmony, flow and creative power in all systems — personal, organisational and cosmic.

The sages who developed it noticed that when a person's thoughts, words and actions vibrate in coherence with that natural order, life accelerates. Decisions simplify. Support appears. Energy replenishes itself faster than it is spent. In the language of physics, coherence reduces internal resistance: frequencies align, energy moves more efficiently, and forward momentum increases exponentially.

For the ancient rulers and householders who studied Dharma, this was not mystical poetry but applied leadership technology — a way to manage the energetic architecture of reality itself. Modern science would describe the same principle as resonance: when multiple elements vibrate in harmony, they amplify one another instead of cancelling each other out.

To live in Dharma is therefore to operate as a coherent system. The individual, the work, and the world move in sympathetic vibration. What once required force begins to unfold naturally. Outcomes that previously felt “magical” are simply the visible effects of reduced friction between your intention and the field through which it manifests. When you step into Dharma, life gains velocity and ease at the same time. It is the state of sovereign flow — the point where clarity, creativity and impact converge.

# REALISING YOUR dharma

## 1. Truth

Truth is the discipline of seeing what's real — first within yourself, then in the world around you. It asks for directness without defence and perception without distortion. Living in Truth means you no longer spend energy managing appearances; you move from what is actually happening. When that alignment is steady, everything you do — your words, your timing, your relationships — gains clarity and strength.

In your chosen path of Transformational Facilitation and Healing, Truth is both your compass and your safeguard. It governs the quality of your presence, the accuracy of your insight, and the integrity of every process you hold. You already embody this principle through your openness and directness; people feel safe in your field because you speak simply and stay honest about what you see. It's not a performance — it's how you live.

The deeper layer of practice is self-honesty. The more responsibility you carry, the easier it becomes to slip into subtle distortions — softening what you feel to protect harmony, pretending calm when you're unsettled, or shaping language to fit what you think others can handle. These are small compromises, but they pull you out of alignment. The correction is to keep checking inward: What is actually true in me right now? When you stay connected to that baseline, your facilitation becomes cleaner, your intuition sharper, and your empathy more trustworthy.

If this current drifts into shadow, Truth can become a weapon rather than medicine. You might start to over-identify with being the one who “sees,” using insight to hold position or authority. Over time, that stance creates fatigue — the loneliness of always being the person who knows. For clients, the shift would be palpable: your precision would feel analytical rather than supportive, and the space would start to contract instead of open.

The antidote is warmth. Let your clarity be kind. Delivered with care, truth helps people reorganise around what's real; delivered without it, it burns. You don't need to prove accuracy — only to stay genuine. When Truth moves through you in that way, it restores coherence wherever you work and allows both you and your clients to move forward with quiet confidence.

# REALISING YOUR dharma

## 2. Purity

Purity is the discipline of maintaining clarity — in environment, intention, and energy. It's not about perfection but about choosing inputs that support coherence rather than scatter it. Purity governs what you consume — information, influences, relationships, and sensory experiences — because each shapes the quality of your work. When the field is clean, intuition sharpens, presence steadies, and your output feels effortless.

In your path of Transformational Facilitation and Healing, Purity is the quiet force that sustains your capacity to serve. You operate in emotional and energetic spaces where boundaries can blur, where others project or release in your presence. Without conscious maintenance of Purity, those energies linger and dilute your precision. The more refined your inputs, the stronger your transmission.

You already express this principle through the calm, ordered way you hold space. The environments you create feel intentional and trustworthy. Your discernment about tone, pace, and atmosphere allows others to settle and open.

The edge appears when refinement turns into control — when the wish for a clean field becomes avoidance of mess. True Purity includes staying present with discomfort rather than tidying it too quickly. For you, that means letting emotion, noise, or rawness have their place, provided your intention stays clear.

If this current drifts into shadow, Purity can tighten into rigidity. You may start judging others' chaos or withdrawing from intensity. The cost would be isolation and fatigue; for clients, self-consciousness and loss of authenticity. The correction is permeability without absorption — staying open but not porous. When you hold that balance, your presence becomes the cleansing agent: others leave lighter not because you fixed them, but because you stayed clear while remaining real.

# REALISING YOUR dharma

## 3. Non-Harm

Non-Harm is the principle of right relationship — ensuring that growth does not come at the cost of wellbeing. It is the art of creating change without depletion, both for yourself and those you serve. In practice, it means working with force rather than against it, allowing transformation to happen through attunement instead of pressure.

In your work of Transformational Facilitation and Healing, Non-Harm expresses through the safety people feel in your presence. You guide others through intensity with steadiness and patience, reading their nervous systems and adjusting pace instinctively. This capacity to hold space without pushing is what makes your facilitation regenerative instead of draining.

The edge lies in overextension. Because you sense others so deeply, it's easy to take responsibility for their process — softening your boundaries to keep harmony or stepping in too early to relieve discomfort. This pattern feels compassionate but quietly drains vitality. True Non-Harm includes you; sustainability depends on recognising where empathy must end and agency begins.

If this current drifts into shadow, care becomes control. You may start managing clients' emotions rather than trusting their resilience, or avoiding confrontation to stay liked. For you, that leads to fatigue and hidden resentment. For them, it slows growth — they feel comforted but not empowered.

The correction is clean compassion: remaining fully present while letting others meet their own edge. Stay steady, not soft; available, not responsible. When you do, healing happens through mutual strength rather than sacrifice, and your facilitation becomes a field where everyone — including you — leaves more whole.

# REALISING YOUR dharma

## 4. Discipline

Discipline is the principle that turns inspiration into embodiment. It's not about control or austerity, but about showing up consistently for what matters. Discipline is how vision becomes form — through rhythm, structure, and reliable follow-through. When lived well, it doesn't restrict freedom; it protects it.

In your work of Transformational Facilitation and Healing, Discipline is what anchors the sacred into the practical. Your presence in session is fluid and intuitive, but your impact depends on the invisible structure beneath it — preparation, timing, boundaries, and integration. When you hold those frames cleanly, your clients can relax into the depth of the process knowing they are contained by competence.

Your natural rhythm already expresses this principle. You have the stamina and focus to build long arcs of transformation, and you respect timing. The edge lies in maintaining that rhythm when enthusiasm fades or the work becomes repetitive. You may sometimes push past your own cycles of rest, mistaking endurance for commitment. Discipline, at its highest expression, includes restoration; without recovery, consistency becomes strain.

If this current drifts into shadow, Discipline turns into rigidity. You might cling to method over responsiveness, or rely too heavily on structure to feel safe. The cost would be creative fatigue and loss of presence; for clients, it would make sessions feel procedural rather than alive.

The correction is balance — systems that serve spontaneity, order that sustains flow. Build rhythms that include recovery, and hold commitments as living agreements rather than fixed rules. When Discipline becomes devotion instead of duty, your work expands effortlessly, and your clients experience both precision and ease within your structure.

# REALISING YOUR dharma

## 5. Integrating The Four Currents as One Field

The four Dharmic principles (Truth, Purity, Non-Harm and Discipline) — each of them, key to building coherence — are interlocking currents that govern how energy moves through your work. They form a living feedback loop between your inner world and the people you serve. The more coherence you maintain inside yourself, the more coherence your clients experience around you.

**Internally**, these principles stabilise your system.

When you live in **Truth**, you stay honest with yourself about what you feel, want, and know — removing the hidden friction of self-deception. **Purity** protects your focus by keeping inputs clean: energy, information, and relationships that keep you clear rather than cluttered. **Non-Harm** reminds you that self-care is part of service; it keeps compassion from turning into depletion. **Discipline** gives all this structure, turning intention into rhythm so that your energy can build rather than leak.

**Practised simultaneously**, these four create inner stability — a nervous system that is calm, awake, and able to hold deep process without collapse. The internal outcome is quiet power: endurance without strain and clarity without tension.

**Externally**, the same four currents shape the client experience.

Your **Truth** allows people to see themselves without shame; **Purity** gives them an environment where emotional release feels safe; **Non-Harm** ensures that their breakthroughs unfold through care rather than shock; **Discipline** grounds the whole process in reliability and order.

**Practised simultaneously**, these qualities turn your facilitation into a coherent field. Clients feel both held and free, guided yet self-directed. Transformation becomes organic — it moves at the speed of trust.

When both circuits — **inner and outer** — align, your work becomes regenerative. You no longer spend energy managing outcomes or holding others up. Instead, you create a living ecosystem where honesty, clarity, compassion, and structure feed each other. The result is momentum without depletion: sessions that end with more energy than they began, and growth that sustains both you and those you guide.

This is the essence of Dharma in practice: the simultaneous application of Truth, Purity, Non-Harm, and Discipline until inner coherence and external impact are one and the same.