

1 Science & Foundational Frameworks												
<b>Core Neuroscience</b> <i>The Foundation</i> <ol style="list-style-type: none"> <li>Central nervous system architecture (brain, spinal cord, peripheral nerves)</li> <li>Autonomic nervous system (sympathetic/parasympathetic/dorsal/vagal)</li> <li>Polyvagal theory (Stephen Porges) - hierarchy of response</li> <li>Neuroception - subconscious safety/threat detection</li> <li>Window of tolerance (Dan Siegel) - optimal arousal zone</li> <li>Neuroplasticity - capacity for change and adaptation</li> <li>Vagal tone and vagus nerve function</li> <li>Fight/flight/freeze/fawn response patterns</li> </ol>	<b>Neurophysiology</b> <i>The Mechanics</i> <ol style="list-style-type: none"> <li>Heart Rate Variability (HRV) and coherence patterns</li> <li>Stress response cascade (HPA axis, cortisol, adrenaline)</li> <li>Neurotransmitter systems (GABA, serotonin, dopamine, norepinephrine)</li> <li>Brain wave patterns (alpha, beta, theta, delta) and regulation</li> <li>Inflammation and immune system connections</li> <li>Cellular biology - mitochondrial function, cellular stress responses</li> <li>Fascial/connective tissue research - vagal pathways, tensegrity</li> <li>Gut-brain axis - microbiome, enteric nervous system, vagal communication</li> </ol>	<b>Neuropsychology</b> <i>The Thinking &amp; Feeling Self</i> <ol style="list-style-type: none"> <li>Hereditary nervous system patterns and predispositions</li> <li>Epigenetic changes through nervous system experiences</li> <li>Gene expression and environmental nervous system factors</li> <li>Evolutionary biology - adaptive value of nervous system responses</li> <li>Evolutionary trauma and species-level nervous system patterns</li> </ol>	<b>Genetics &amp; Epigenetics</b> <i>The Programming</i> <ol style="list-style-type: none"> <li>Hereditary nervous system patterns and predispositions</li> <li>Epigenetic changes through nervous system experiences</li> <li>Gene expression and environmental nervous system factors</li> <li>Evolutionary biology - adaptive value of nervous system responses</li> <li>Evolutionary trauma and species-level nervous system patterns</li> </ol>	<b>Circadian &amp; Bio Rhythms</b> <i>The Timing Systems</i> <ol style="list-style-type: none"> <li>Circadian biology and nervous system synchronization</li> <li>Sleep cycles and nervous system recovery patterns</li> <li>Ultradian rhythms and energy management cycles</li> <li>Seasonal patterns and light exposure effects on regulation</li> <li>Hormonal cycles and nervous system fluctuations</li> <li>Meal timing and metabolic nervous system impacts</li> <li>Work-rest cycles and sustainable performance rhythms</li> </ol>	<b>Developmental Neuroscience</b> <i>The Formation</i> <ol style="list-style-type: none"> <li>Critical periods and sensitive windows</li> <li>Co-regulation to self-regulation development pathway</li> <li>Adverse Childhood Experiences (ACEs) and nervous system impact</li> <li>Developmental trauma and neurobiological effects</li> <li>Intergenerational transmission of nervous system patterns</li> <li>Resilience factors and protective experiences</li> <li>Neurodevelopmental disorders and nervous system variations</li> </ol>	<b>Social Neuroscience</b> <i>The Connection</i> <ol style="list-style-type: none"> <li>Attachment theory (Bowlby, Ainsworth, Main) - secure/insecure patterns</li> <li>Attachment neuroscience and bonding</li> <li>Mirror neuron systems and attunement</li> <li>Emotional contagion and co-regulation dynamics</li> <li>Social engagement system (facial expressions, vocalization listening)</li> <li>Interpersonal neurobiology (Dan Siegel)</li> <li>Oxytocin, vasopressin and social bonding chemistry</li> <li>Collective nervous system phenomena and group dynamics</li> </ol>	<b>Sensory, Cognitive Processing</b> <i>The Input Systems</i> <ol style="list-style-type: none"> <li>Sensory processing patterns (hypo/hyper sensitivity, integration)</li> <li>Interception - internal bodily awareness</li> <li>Proprioception and spatial awareness</li> <li>Cognitive neuroscience - prefrontal cortex, executive function</li> <li>Attention regulation and focus capacity</li> <li>Memory systems (procedural, semantic, episodic) and nervous system states</li> <li>Sensory modulation and environmental sensitivity</li> </ol>	<b>Cultural Neuroscience</b> <i>The Context</i> <ol style="list-style-type: none"> <li>Cultural influences on nervous system development and expression</li> <li>Collectivist vs individualist nervous system patterns</li> <li>Cultural trauma and healing practices</li> <li>Indigenous wisdom and nervous system understanding</li> <li>Cultural rituals and nervous system regulation</li> <li>Cross-cultural variations in emotional expression and regulation</li> <li>Cultural context of safety and threat perception</li> </ol>	<b>Embodied Cognition</b> <i>The Integration</i> <ol style="list-style-type: none"> <li>Somatic markers in decision-making (Damasio)</li> <li>Embodied emotion and feeling states</li> <li>Body-mind integration research</li> <li>Felt sense and somatic intelligence</li> <li>Embodied self-awareness and presence</li> <li>Somatic psychology principles</li> </ol>	<b>Trauma &amp; Stress Science</b> <i>Rupture &amp; Repair</i> <ol style="list-style-type: none"> <li>Trauma response typology and survival strategies</li> <li>Complex PTSD and developmental trauma (van der Kolk/Herman)</li> <li>Somatic experiencing principles (Peter Levine)</li> <li>Trauma and memory (implicit vs explicit)</li> <li>Post-traumatic growth and integration</li> <li>Collective and historical trauma impacts</li> <li>Trauma-informed understanding and approaches</li> <li>Vicarious and secondary trauma</li> </ol>	<b>Nervous System Disorders</b> <i>The Variations</i> <ol style="list-style-type: none"> <li>Autism spectrum disorders and nervous system differences</li> <li>ADHD and attention regulation challenges</li> <li>Anxiety disorders from nervous system perspective</li> <li>Depression and nervous system dysregulation</li> <li>Sensory processing disorders</li> <li>Neurodevelopmental variations and atypical patterns</li> <li>Chronic illness and nervous system impact</li> </ol>	<b>Regulation Science</b> <i>Your Daily Practice</i> <ol style="list-style-type: none"> <li>Breathing techniques and respiratory influence on nervous system</li> <li>Meditation and mindfulness neuroscience</li> <li>Movement therapies and somatic practices</li> <li>Touch and nervous system regulation</li> <li>Environmental factors (nature, sound, light, space)</li> <li>Nutritional psychiatry and nervous system support</li> <li>Sleep hygiene and recovery protocols</li> <li>Creative expression and nervous system regulation</li> <li>Psychedelic research and nervous system reset</li> </ol>
The basic building blocks - how the system works					Time and growth - natural cycles and change			How we connect and process information		When things go wrong		Freedom

2 Individual Assessment & Awareness						
<b>Nervous System State Recognition</b> <i>Self Foundation</i> <ol style="list-style-type: none"> <li>Autonomic state identification (sympathetic/parasympathetic/dorsal/vagal activation)</li> <li>Window of tolerance awareness and tracking</li> <li>Fight/flight/freeze/fawn response pattern recognition</li> <li>Arousal level assessment (hyper/hypo activation)</li> <li>Nervous system capacity and resource evaluation</li> <li>Activation threshold and trigger identification</li> <li>Recovery pattern and regulation capacity assessment</li> </ol>	<b>Body-Mind Flow Awareness</b> <i>Body Intelligence</i> <ol style="list-style-type: none"> <li>Interceptive accuracy and internal bodily sensation recognition</li> <li>Breath pattern awareness and respiratory assessment</li> <li>Muscle tension and physical holding pattern identification</li> <li>Heart rate variability and cardiovascular awareness</li> <li>Postural awareness and embodiment assessment</li> <li>Movement quality and coordination evaluation</li> <li>Somatic marker recognition in decision-making</li> </ol>	<b>Emotional Regulation Assessment</b> <i>Feeling States</i> <ol style="list-style-type: none"> <li>Emotional activation and intensity tracking</li> <li>Emotional regulation capacity evaluation</li> <li>Trigger identification and emotional pattern mapping</li> <li>Emotional recovery time assessment</li> <li>Emotional granularity and differentiation skills</li> <li>Affect tolerance and emotional window assessment</li> <li>Co-regulation needs and emotional interdependence</li> </ol>	<b>Cognitive Function Assessment</b> <i>Mental Clarity</i> <ol style="list-style-type: none"> <li>Attention and focus capacity under different nervous system states</li> <li>Executive function assessment (planning, working memory, flexibility)</li> <li>Decision-making capacity and cognitive load evaluation</li> <li>Mental fatigue and cognitive resource assessment</li> <li>Memory function in various nervous system states</li> <li>Processing speed and cognitive efficiency</li> <li>Metacognitive awareness and self-monitoring skills</li> </ol>	<b>Environment Sensitivity Assessment</b> <i>Context Awareness</i> <ol style="list-style-type: none"> <li>Sensory processing patterns and environmental sensitivity</li> <li>Physical environment impact on nervous system states</li> <li>Social environment and relational nervous system responses</li> <li>Neuroception accuracy (safety/threat detection calibration)</li> <li>Environmental overwhelm and stimulation thresholds</li> <li>Optimal environment identification for regulation</li> <li>Workplace and living space nervous system</li> </ol>	<b>Self Regulation Capacity Assessment</b> <i>Personal Mastery</i> <ol style="list-style-type: none"> <li>Self-soothing and self-calming effectiveness evaluation</li> <li>Recovery time and resilience pattern assessment</li> <li>Regulation tool effectiveness and personal preferences</li> <li>Stress tolerance and adaptive capacity measurement</li> <li>Personal regulation practice consistency and impact</li> <li>Coping strategy repertoire and flexibility assessment</li> <li>Self-advocacy and boundary-setting capacity</li> </ol>	<b>Co-Regulation Awareness</b> <i>Interpersonal Impact</i> <ol style="list-style-type: none"> <li>Personal nervous system impact on others assessment</li> <li>Attunement and empathy capacity evaluation</li> <li>Communication effectiveness in different nervous system states</li> <li>Conflict and repair capacity in relationships</li> <li>Leadership presence and nervous system modeling</li> <li>Social engagement and connection capacity</li> <li>Collective nervous system awareness and group dynamics</li> </ol>

3 Modalities & Interventions - Hyperarousal						
<b>Immediate Discharge &amp; Contain</b> <i>Crisis Intervention</i> <ol style="list-style-type: none"> <li>Progressive muscle relaxation and systematic tension release</li> <li>High-intensity cardiovascular exercise for energy discharge</li> <li>Cold exposure therapy and ice applications</li> <li>Vocal release techniques (toning, humming, controlled yelling)</li> <li>Neurogenic tremoring and shaking practices (TRE)</li> <li>Vigorous movement and martial arts for contained aggression</li> <li>Rapid breathing techniques</li> </ol>	<b>Grounding &amp; Stabilisation</b> <i>Restore Safety To The Moment</i> <ol style="list-style-type: none"> <li>5-4-3-2-1 sensory grounding and present-moment anchoring</li> <li>Weighted blankets and deep pressure stimulation</li> <li>Earthing and direct ground contact</li> <li>Heavy work activities and proprioceptive loading</li> <li>Cold compress applications and cooling interventions</li> <li>Firm touch, massage, and pressure point work</li> <li>Gravity-assisted positions and supported rest</li> </ol>	<b>Breathing Regulation</b> <i>Parasympathetic Activation</i> <ol style="list-style-type: none"> <li>Extended exhale breathing patterns (4-7-8, coherent breathing)</li> <li>Box breathing and rhythmic breath control</li> <li>Vagal breathing with humming and vocalization</li> <li>Diaphragmatic breathing and belly focus</li> <li>Breath retention and CO2 tolerance building</li> <li>Alternate nostril breathing (Nadi Shodhana)</li> <li>HRV biofeedback and coherence training</li> </ol>	<b>Somatic Discharge Practices</b> <i>Body-Based Release</i> <ol style="list-style-type: none"> <li>Somatic Experiencing completion cycles and discharge</li> <li>TRE neurogenic tremoring and involuntary movement</li> <li>Bioenergetic exercises and emotional release work</li> <li>Authentic Movement and expressive dance therapy</li> <li>Continuum Movement for nervous system flow</li> <li>Active bodywork and manual therapy interventions</li> <li>Rolling and structural</li> </ol>	<b>Cognitive Regulation</b> <i>Mental Calming</i> <ol style="list-style-type: none"> <li>Mindfulness meditation adapted for hyperactivation</li> <li>Loving-kindness and self-compassion practices</li> <li>Body scan meditation with acceptance and release</li> <li>Cognitive reframing and thought interruption techniques</li> <li>DBT distress tolerance and emotional regulation skills</li> <li>RAIN technique and mindful awareness practices</li> <li>Visualization and guided imagery for calm states</li> </ol>	<b>Environmental Modification</b> <i>External Regulation</i> <ol style="list-style-type: none"> <li>Lighting reduction and visual stimulation control</li> <li>Sound dampening and acoustic environment management</li> <li>Temperature regulation and cooling strategies</li> <li>Organised spaces and environmental simplification</li> <li>Nature immersion and outdoor regulation</li> <li>Hydrotherapy and water-based interventions</li> <li>Aromatherapy and essential oils for nervous system</li> </ol>	<b>Advanced Integration Practices</b> <i>Long-Term Regulation</i> <ol style="list-style-type: none"> <li>EMDR and bilateral stimulation for trauma processing</li> <li>Somatic psychotherapy and body-oriented healing</li> <li>Neurofeedback and brainwave regulation training</li> <li>Polyvagal-informed therapeutic approaches</li> <li>Internal Family Systems work for hyperactivated parts</li> <li>Hakomi Method and mindful somatic awareness</li> <li>Psychedelic-assisted therapy in clinical settings</li> </ol>

3 Modalities & Interventions - Hypoarousal						
<b>Activate &amp; Mobilise</b> <i>Energy Building</i> <ol style="list-style-type: none"> <li>Micro-movements and gentle mobilization exercises</li> <li>Supported stretching and assisted range of motion</li> <li>Rhythmic movement and gentle bouncing</li> <li>Gradual walking and progressive mobility</li> <li>Self-massage and circulation stimulation</li> <li>Penultation movements and oscillation</li> <li>Postural activation and supported standing</li> </ol>	<b>Respiratory Activation</b> <i>Energy &amp; Alertness</i> <ol style="list-style-type: none"> <li>Energizing breath patterns (breath of fire, bellows)</li> <li>Rapid breathing for sympathetic activation</li> <li>Chest breathing and upper respiratory engagement</li> <li>Breath holds on inhalation for energy building</li> <li>Vigorous pranayama techniques (Bhastrika, Kapalabhati)</li> <li>Cold exposure breathing protocols</li> <li>Movement-synchronized breathing patterns</li> </ol>	<b>Sensory Stimulation</b> <i>Nervous System Activation</i> <ol style="list-style-type: none"> <li>Bright light therapy and phototherapy</li> <li>Textural stimulation and varied tactile input</li> <li>Temperature contrast and thermal stimulation</li> <li>Altering essential oils and aromatherapy</li> <li>Rhythmic music and auditory stimulation</li> <li>Tactile brushing and sensory activation</li> <li>Visual stimulation and color therapy</li> </ol>	<b>Movement Activation</b> <i>Building Capacity</i> <ol style="list-style-type: none"> <li>Feldenkrais Method for gentle nervous system education</li> <li>Alexander Technique for postural awareness and energy</li> <li>Progressive cardiovascular exercise and endurance building</li> <li>Dance therapy with gradual energy increases</li> <li>Tai Chi and Qigong for gentle activation</li> <li>Aquatic therapy and water-based movement</li> <li>Therapeutic exercise and</li> </ol>	<b>Cognitive Stimulation</b> <i>Mental Activation</i> <ol style="list-style-type: none"> <li>Engaging puzzles and cognitive challenges</li> <li>Creative activities and artistic expression</li> <li>Learning new skills and neuroplasticity activation</li> <li>Social interaction and conversational engagement</li> <li>Dance therapy with gradual energy increases</li> <li>Tai Chi and Qigong for gentle activation</li> <li>Aquatic therapy and water-based movement</li> <li>Therapeutic exercise and</li> </ol>	<b>Social Connection &amp; Co-regulation</b> <i>External Energy Support</i> <ol style="list-style-type: none"> <li>Safe social engagement and supportive relationships</li> <li>Group activities and community participation</li> <li>Animal-assisted therapy and pet interaction</li> <li>Therapeutic relationships and professional support</li> <li>Mentoring and guidance relationships</li> <li>Family connections and intergenerational support</li> <li>Cultural activities and ancestral practices</li> </ol>	<b>Advanced Therapeutic Support</b> <i>Long-Term Regulation</i> <ol style="list-style-type: none"> <li>Somatic Experiencing adapted for activation and mobilization</li> <li>EMDR modified for hypoarousal and immobilization states</li> <li>Internal Family Systems for withdrawn and exiled parts</li> <li>Somatic psychotherapy with gentle activation focus</li> <li>Polyvagal-informed capacity building approaches</li> <li>Neurofeedback for arousal regulation and activation</li> <li>Ketamine-assisted therapy for treatment-resistant</li> </ol>

4 Practitioners & Facilitators						
<b>Medical Professionals</b> <i>Clinical Foundation</i> <ol style="list-style-type: none"> <li>Psychiatrists with trauma and nervous system specialization</li> <li>Physicians integrating nervous system approaches in practice</li> <li>Neurologists specializing in autonomic nervous system disorders</li> <li>Emergency medicine doctors with trauma-informed training</li> <li>Integrative medicine physicians using somatic approaches</li> <li>Pain management specialists with nervous system focus</li> <li>Family medicine doctors with mind-body training</li> </ol>	<b>Mental Health Professionals</b> <i>Psychological Expertise</i> <ol style="list-style-type: none"> <li>Clinical psychologists w/ trauma and somatic specialisation</li> <li>Licensed clinical social workers with nervous system training</li> <li>Marriage and family therapists using attachment-based approaches</li> <li>Addiction counselors w/ trauma-informed &amp; somatic methods</li> <li>Art/expressive arts therapists w/nervous system integration</li> <li>Neuropsychologists w/ brain-body connections training</li> <li>Positive psychology</li> </ol>	<b>Somatic Therapy</b> <i>Body-Mind Flow &amp; Integration</i> <ol style="list-style-type: none"> <li>Somatic Experiencing (Peter Levine training)</li> <li>Hakomi Method therapists and somatic bodyworkers</li> <li>Sensorimotor Psychotherapy practitioners (Pat Ogden approach)</li> <li>Body-Mind Centering practitioners</li> <li>Bioenergetic Analysis therapists and somatic healers</li> <li>Focusing-oriented therapists and felt-sense specialists</li> <li>Authentic Movement facilitators and dance therapists</li> </ol>	<b>Trauma Informed Specialists</b> <i>Specialised Interventions</i> <ol style="list-style-type: none"> <li>EMDR therapists</li> <li>Complex trauma specialists using somatic modalities</li> <li>Brainspotting practitioners</li> <li>Internal Family Systems therapists with somatic integration</li> <li>Expressive arts therapists specializing in trauma recovery</li> <li>Play therapists using nervous system informed approaches</li> <li>Osteopathic practitioners specializing in nervous system health</li> <li>Chiropractic doctors with</li> </ol>	<b>Movement &amp; Bodywork Practitioners</b> <i>Physical Integration</i> <ol style="list-style-type: none"> <li>Feldenkrais Method practitioners and movement educators</li> <li>Alexander Technique teachers and postural specialists</li> <li>Rolling and structural integration practitioners</li> <li>Craniosacral therapists with nervous system focus</li> <li>Massage therapists with trauma-informed training</li> <li>Osteopathic practitioners</li> <li>Chiropractic doctors with</li> </ol>	<b>Breathwork &amp; Regulation Specialists</b> <i>State Management</i> <ol style="list-style-type: none"> <li>Breathwork facilitators and pranayama instructors</li> <li>Wim Hof Method instructors and cold exposure specialists</li> <li>Holotropic Breathwork practitioners and facilitators</li> <li>Coherent breathing and HRV biofeedback specialists</li> <li>Yoga therapists with nervous system training</li> <li>Meditation teachers with regulation focus</li> <li>MBSR instructors and mindfulness-based stress reduction specialists</li> </ol>	<b>Coaches &amp; Performance</b> <i>Optimisation Focus</i> <ol style="list-style-type: none"> <li>Executive coaches w/ nervous system, Co-Regulation training</li> <li>Performance coaches specializing in stress optimization</li> <li>Nervous System Informed Life coaches</li> <li>Nervous System Informed Business Leaders</li> <li>Athletic performance coaches with mind-body integration</li> <li>Relationship coaches with attachment and co-regulation focus</li> <li>Wellness coaches with</li> </ol>

5 Applications & Contexts		
<b>Self</b> <ol style="list-style-type: none"> <li>Mental health and emotional regulation</li> <li>Performance optimisation and flow states</li> <li>Stress management and resilience building</li> <li>Trauma recovery and healing</li> <li>Sleep quality and energy management</li> <li>Decision-making and intuition</li> <li>Physical health and chronic condition management</li> <li>Creative expression and artistic performance</li> <li>Learning enhancement and cognitive function</li> <li>Life transitions and major changes</li> <li>Personal development and self-awareness</li> <li>Spiritual growth and consciousness expansion</li> </ol>	<b>Others</b> <i>Relational Applications</i> <ol style="list-style-type: none"> <li>Parenting - child development</li> <li>Couples therapy - relationship healing</li> <li>Family dynamics and intergenerational patterns</li> <li>Friendship and social connections</li> <li>Conflict resolution and communication</li> <li>Teaching and mentoring</li> <li>Community building and group dynamics</li> <li>Social skills and interpersonal effectiveness</li> <li>Empathy development and emotional attunement</li> <li>Leadership presence and influence</li> </ol>	<b>Systems &amp; Structure</b> <ol style="list-style-type: none"> <li>Business Culture, Performance &amp; Competitive Advantage</li> <li>Educational reform and trauma-informed schooling</li> <li>Healthcare system integration and patient-centered care</li> <li>Criminal justice reform</li> <li>Military and first responder resilience &amp; PTSD prevention</li> <li>Community trauma healing and collective recovery</li> <li>Cultural healing and societal nervous system regulation</li> <li>Environmental crisis response and collective climate resilience</li> </ol>

6 Measurement & Evaluation		
<b>Physiological</b> <i>Objective Measures</i> <ol style="list-style-type: none"> <li>HRV, EEG,</li> <li>hormone testing,</li> <li>autonomic function assessment</li> <li>Measurable biological indicators of nervous system state</li> </ol>	<b>Psychological</b> <i>Behavioural Measures</i> <ol style="list-style-type: none"> <li>Standardized questionnaires, observation protocols, clinical interviews</li> <li>Professional assessment tools and diagnostic methods</li> </ol>	<b>Self Monitoring</b> <i>Body-Mind Flow &amp; Integration</i> <ol style="list-style-type: none"> <li>Daily tracking,</li> <li>subjective measures,</li> <li>personal awareness tools</li> <li>Individual self-assessment and progress monitoring</li> </ol>

# This is the Mind-Body Science Field

## Just one of the 12 Fields That Informs HOSA

### 12 Fields inform HOSA

HOSA sits at the intersection of multiple scientific and applied domains. The model draws from, integrates, and extends across the following fields:

- Mind-Body Science:** Integration of physiological, psychological, and behavioural processes, including bidirectional signalling between brain, body, and environment.
- Neuroscience and Psychophysiology:** Central and autonomic nervous system function, prediction, regulation, interoception, and state-dependent behaviour.
- Systems Biology and Network Physiology:** Coupled regulation across biological systems, including coordination between neural, endocrine, immune, metabolic, and structural systems.
- Non-Equilibrium Thermodynamics and Biological Energetics:** Energy production, allocation, and dissipation in living systems, including constraint, entropy, and system organisation under load.
- Dynamical Systems and Complexity Science:** Attractor states, phase transitions, non-linear change, and emergent behaviour in complex adaptive systems.
- Developmental and Clinical Psychology:** Formation of patterns over time, including developmental adaptation, attachment, and clinical presentations under constraint.
- Trauma, Stress, and Relational Systems:** Impact of chronic stress, threat exposure, and relational environments on system organisation, regulation, and recovery.
- Behavioural and Learning Sciences:** Conditioning, reinforcement, habit formation, and adaptive or maladaptive behavioural patterning.
- Structural and Biomechanical Systems:** Role of connective tissue, fascia, posture, and movement in system regulation, protection, and constraint distribution.
- Environmental and Contextual Physiology:** Influence of light, circadian rhythms, sensory input, social context, and environmental load on system stability and recovery.
- Consciousness, Meaning, and Predictive Models:** How perception, interpretation, and meaning-making shape prediction, behaviour, and system organisation.
- Applied Human Development and Performance:** Translation of system-level understanding into practice, including intervention, sequencing, capacity building, and real-world application.

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# HUMAN OPERATING SYSTEM ARCHITECTURE