

YOUR HUMAN MAP

LEARN YOUR HUMAN MAP

8-week live programme

Starts October 2026

hosainstitute.com/wtf



01 ARCHITECTURE

Who Am I?

This is you.
A whole human system.

TS: The part of you that thinks it is you.
Thinking Self
Identity. Cognition. Meaning.
Metacognition. Conscious awareness.

HOS: The living biological system
beneath conscious experience,
composed of 12 interdependent
systems presented across 3 levels of
influence. Always sensing. Predicting.
Organising. Responding. Paying for it
all with its finite energy supply.

Soul: is what seeks expression through the
human architecture. **Vocation** is what
happens when that expression enters
the world.

3 Levels of Influence for Change That Holds

I Conditions for Change

- a. Epigenetic Interface
- b. Mitochondria
- c. Chronobiology

II Prediction Machine

- a. Central Nervous System
- b. Autonomic Nervous System
- c. Fascia

III Visible Function

- a. Respiratory
- b. Cardiology
- c. Endocrine-Reproductive
- d. Muskuloskeletal
- e. Digestion
- f. Waste Elimination

02 ORGANISATION

Why Am I Like This?

We are uniquely the same.
Same Architecture. **Unique Organisation.**

Your HOS has biologically organised over time in
response to inheritance, development, relationships,
experience and environment. Some of its deepest
organising patterns are established early and
become increasingly stable through repetition.

This organisation produces typical characteristics
and traits. This is your state.

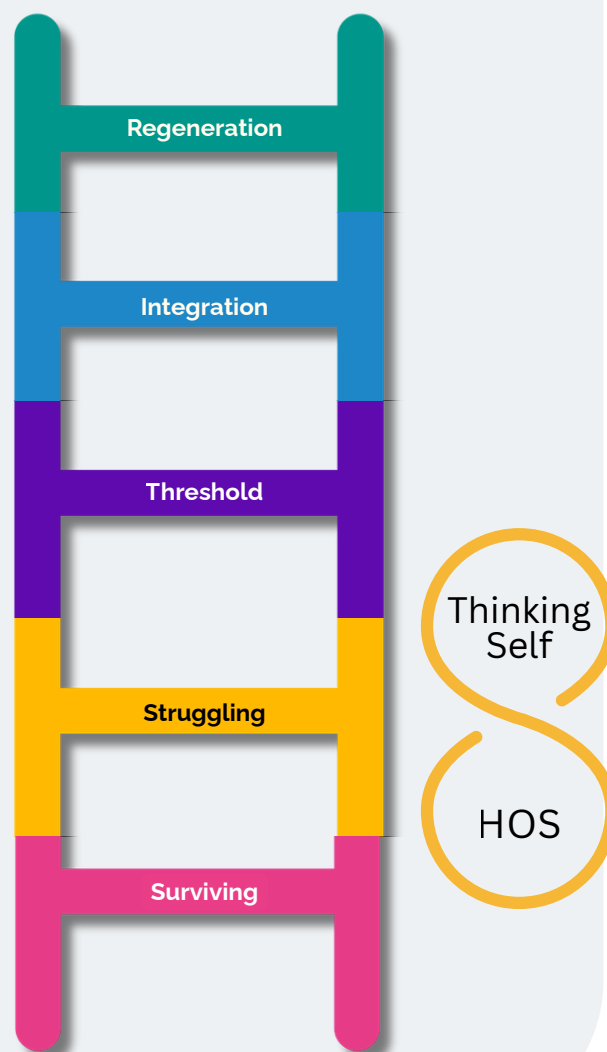
Everyone lives somewhere on the HOSA Ladder.TM
You are biologically anchored to this position.

Upper Ladder:

Your HOS is
increasingly
organised around
regeneration and
integration. There
is greater flexibility,
capacity and
congruence.

Lower Ladder:

Your HOS is
organised around
and through
survival and
protection. This is
where evidence of
fragmentation,
dissociation and
rigidity dominates.



03 EXPRESSION

Why Does My Life Look Like This?

The organisation of your HOS has a signature
expression. This is what you experience as
you – and what others experience of you.

Your state, physiology, perception, thoughts,
behaviour, emotions, relationships, and
performance are all evidence - expressions of the
HOS producing them all.

Your state, mood, behaviour and wellbeing can all
carry evidence of the biological organisation
beneath them. Change the upstream conditions and
the organisation can change. As organisation
changes, its downstream expression changes with it.

Everything of you that can be seen, felt, sensed or
experienced- every symptom, pattern and lived
experience- carries evidence of the HOS producing it.

We can continue to treat symptoms only to find they
persist. Or we can work at the level creating them and
change what is producing them.



04 CAPACITY

What Is Available To Me?

Your biological organisation shapes where your energy goes. First, it pays the
bills for keeping you alive, and then keeping you safe. Whatever is left over is
what you get to use to create a quality experience of life. That means you must
have surplus capacity. The HOSA Equation is used to resolve Capacity.

$$RC = TE - (TL + BL)^{TM}$$

**Recovery
Capacity**
What is
currently
available
to you.

**Total
Energy**
Your finite
energy
quote
today

Threat Load
The energetic
cost of
keeping you
safe

**Biological
Load**
The energetic
cost of keeping
you alive

05 CHANGE THAT HOLDS?

Change that fades, change that transforms.

Change the conditions. Change the organisation. Change your expression.
Change the expression, and you change your entire experience of reality.

Change has conditions. Change that fades,
change that holds, and change that
transforms are all subordinate to them.

All change is bioenergetically expensive.

It is your HOS that determines what change
will fade, what will hold and what can
transform. Your HOS constrains your
Thinking Self. Your Thinking Self has
influence. It does not have unilateral control.

**Change
That
Holds**