



Dechen Farrow



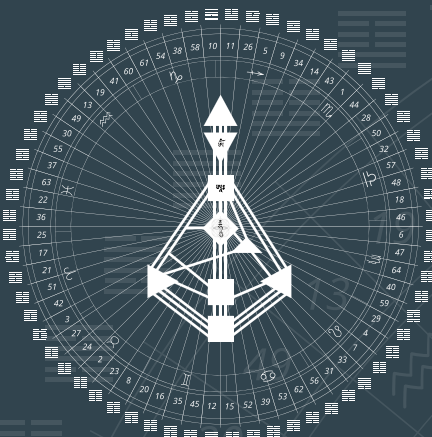
Hello and Welcome

Whether you're at a crossroads or simply sensing a quiet call for deeper support—this is your invitation to pause, connect, and be met.

I offer a complimentary 30-minute consultation: a space of grounded presence where you're not just heard, but deeply felt. We listen together—to your words, your body, your energy—tuning into the layers where true healing begins.

This is not a one-size-fits-all experience. Working with me is relational, responsive, and deeply personal. Each session is intuitively crafted and rooted in a multidimensional toolkit—including Human Design, nervous system healing, somatic repatterning, and frequency-based integration.

Together, we'll map a path that honors your pace, your design, and your truth—supporting you to release what no longer serves, integrate what's ready to land, and embody the wholeness that has always been yours.



This is not a formula—it's a living, responsive journey. Each person arrives with a different rhythm, pace, and way of processing life force. Our work honors that.

Depending on what your body and design reveal, we may weave together:

- Deconditioning support
- Nervous system regulation
- Subconscious Rewiring
- Somatic Repatterning
- Clinical Nutrition & Detox
- Somatic repatterning
- Living Practices & Community

Whether you're here to respond, initiate, guide, or reflect—the path we walk together will meet you in your timing, honor your energy, and amplify your design.

This is where healing becomes sustainable, and transformation becomes embodied.

New to Human Design?

The Science of Differentiation, Human Design is a quantum system that maps the intersection of cosmic intelligence and your biological form. It reveals how each of us is uniquely configured to process energy, make decisions, and live in alignment with their natural Potential—not by belief, but according to the absolute biomechanics of form. A synthesis of ancient and modern systems, including the I Ching, Astrology, the Chakra System, Kabbalistic Tree of Life, Quantum Physics, and Genetics.

Human Design is unique in its capacity to link the cosmos directly to the biology and biochemistry of all living systems. The Human Design BodyGraph is not symbolic—it is a mechanical map of how life force moves through your body, how you're designed to navigate decisions, and where you're most vulnerable to mental conditioning. More importantly, it offers a somatic blueprint for reclaiming and fulfilling the natural potential of your Design.



Meet Dechen

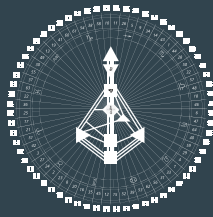
Foundational tools for deconditioning, nervous system integrity, and deep subconscious repatterning.

My approach is holistic, trauma-informed, and energetically precise—addressing the body, emotions, mental conditioning, and the deeper architecture of your unique design. This is a space where your transformation is honored at every layer: physical, emotional, energetic, and spiritual.

Through the lens of Holomechanical Human Design, I support you in mapping your inner blueprint and unravelling the patterns that have kept you living someone else's life. Whether you're here to respond, initiate, guide, or reflect, our work is designed to meet you exactly where you are—and walk with you toward where your soul is ready to go.

This journey isn't about fixing what's broken. It's about remembering what's true.

Together, we'll transmute trauma into clarity, dismantle old survival strategies, and awaken your natural alignment—so your energy moves cleanly, coherently, and according to your design.



How I Work



Deconditioning Support

For those ready to release inherited beliefs and survival patterns that have masked their truth, this is a space to reclaim sovereignty.



Nervous System Regulation

Supporting resilience and calm through personalized somatic practices and nutrition. Vital for those needing grounded momentum or clearer initiation energy.



Subconscious Rewiring

Using RTT and trauma-informed tools to access and clear deep-rooted identity blocks—ideal for those who process through emotional cycles or reflection.



Somatic Repatterning

Helping you re-attune to your inner authority through movement, breath, and body wisdom. Especially supportive for those designed to guide, respond, or wait for clarity.



Clinical Nutrition & Detox

Clearing interference at the cellular level to support consistent energy and clarity—essential for sustainable action and emotional equilibrium.



Living Practices & Community

Supporting resilience and calm through personalized somatic practices and nutrition. Vital for those needing grounded momentum or clearer initiation energy.



Begin the Journey

Before transformation begins, clarity is essential. This complementary 30-minute exploratory call is an opportunity to tune into where you are now, uncover the deeper layers influencing your experience, and discern the most aligned next steps for your healing journey.

This conversation is spacious, grounded, and attuned—guided by a fusion of Human Design, nervous system intelligence, and intuitive listening. Together, we'll explore what's alive in your body, your relationships, your energy, and your emotional field. Whether you're seeking greater embodiment, support with deconditioning, or integration of your unique design, this is a space to reconnect with what's real and ready to move.

This is not a sales call. It is a moment of genuine connection—designed to ensure that any path forward is entered with resonance, readiness, and right timing.

Decode Your Potential

This 90-minute Holistic Human Design Coaching & Mentorship session is more than a foundational reading—it's an initiation. A portal into the lifelong process of deconditioning, and the groundwork for all true transformation.

We begin by anchoring you in the essential mechanics of your Design: Type, Strategy, and Authority—the core pillars that reveal how your energy is meant to move through the world. From there, we turn to your open centers—the places where you've absorbed conditioning, constructed mental strategies, and adapted for survival, often at the expense of your authenticity.

Through a synthesis of deep inquiry, somatic awareness, and energetic attunement, we illuminate where the Not-Self Mind has taken over—distorting perception, overriding your inner truth, and fragmenting coherence. You'll begin to see clearly how these distortions show up in thought patterns, behavior, and nervous system regulation.

This session is an invitation to disentangle from false identity, restore alignment with your body's truth, and reawaken the intelligence of your inner authority.

If you're ready to initiate a return to Self—through deconditioning, nervous system sovereignty, and embodied presence—this is where the journey begins.

- 90-minute initial session: €250 60-minute follow-up sessions: €175

The Deconditioning Immersion

Unravel the Patterns. Regulate the Nervous System. Embody the Truth of Who You Are.

True transformation takes time. The Deconditioning Immersion is a five-session journey for those who are truly ready to break free from inherited survival strategies, trauma imprints, and mental distortions that have kept them living out of alignment with their design.

Rooted in the foundational mechanics of Type, Strategy, and Authority, this extended mentorship creates the space to move beyond intellectual awareness into embodied integration. Over the course of five 60-minute sessions, we gently and precisely unravel the most deeply embedded patterns—held in the open centers, the nervous system, and the subconscious mind—meeting the places where old programming still resists change.

This is not a quick-fix container. It is for those ready to meet themselves with honesty, devotion, and depth. Through a fusion of energetic inquiry, nervous system recalibration, and Human Design integration, you will gain the tools to trust your body, stabilize your inner world, and live from your most coherent, unconditioned self.

This immersion is for those who are serious about their healing, their sovereignty, and their awakening.

- Immersion Package: 5 x 60-minute sessions – €800

A committed container for layered transformation and lasting integration.

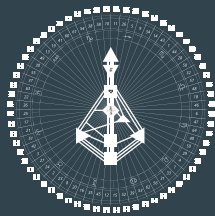


Integrative Services

Your Human Design reveals how you are built to move through life—how you're meant to make decisions, relate, work, and rest. This is where we begin. From here, we enter the process of deconditioning: a reverse engineering of the beliefs, behaviors, and inherited patterns that have been wired into your body and nervous system over time. This isn't about becoming someone new. It's about unraveling what isn't you—so your true signal can emerge, clean, clear, and alive.

As we work together one-on-one, you'll begin to embody your unique design—especially your strategy and authority—while learning to recognize and clear emotional and mental triggers in real time. This inner coherence becomes the ground for deeper relational work, nervous system stability, and long-term alignment.

For those who feel called and ready, additional invitations may unfold—into group containers where we explore this wisdom in shared aura, amplifying the field of transformation. From there, the possibility of in-person retreats may emerge—for those devoted to living with energetic integrity and coherence in community.



Foundational Work

Human Design Analysis & Deconditioning Guidance

We begin with your unique energetic blueprint—your Type, Strategy, Authority, and the patterns shaped by your open centers. This analysis becomes the compass for your journey, revealing how your energy is meant to move, where you've adapted for survival, and how to begin returning to what is truly yours. From this foundation, we enter the deconditioning process: unwinding inherited beliefs, nervous system imprints, and the mental constructs that no longer serve your evolution.

Nervous System Regulation & Somatic Healing

Lasting transformation requires a grounded, regulated nervous system. I begin with remote testing and kinesiology to assess what's interfering with your autonomic nervous system (ANS)—including subtle energetic blocks, trauma fields, or physical toxins. This provides clarity on where your system may be stuck in fight, flight, freeze, or fawn—and what it needs to return to baseline.

From there, we integrate somatic therapies such as breathwork, micro-movements, fascia release, and felt-sense tracking—not to force change, but to restore your body's natural rhythm of regulation. This work builds the capacity to hold more energy, feel more safely, and respond more authentically.

Whether your system resets quickly or in long arcs, this work re-establishes nervous system sovereignty, reconnecting you to your body's intelligence and stabilizing your ability to live your design from the inside out.

Emotional Coaching & Integration

Emotional healing is a somatic process. I offer real-time coaching to help you navigate and integrate what's surfacing—whether it's emotional reactivity, inner child wounding, or nervous system activation. This is about building the capacity to stay present with discomfort, unwind emotional charge, and return to your center with greater clarity and compassion.

Together, we create a grounded, responsive space where emotional material is not bypassed or analyzed, but felt and metabolized through the body. Over time, this process strengthens your ability to self-regulate, trust your inner signals, and live with more coherence.

Deep Subconscious Rewiring

Rapid Transformational Hypnotherapy (RTT)

For clients in long-term mentorship, I offer RTT as a deeper layer of subconscious repatterning. This modality allows us to access root-level beliefs shaped by early experiences, ancestral trauma, or identity imprints that continue to override your body's truth.

Used selectively and in alignment with your readiness, RTT can accelerate your deconditioning process by resolving hidden narratives that distort perception, drive emotional loops, or block nervous system integration.

Best suited for those in 6–12 month mentorship containers, RTT supports lasting inner rewiring and the embodiment of your unconditioned self.

Energetic & Physical Assessment

Remote Testing & Energetic Balancing

Before the body can heal, it must be understood. I use remote testing and subtle energy diagnostics to assess what's interfering with your physical vitality, emotional clarity, or nervous system regulation. This may include identifying hidden stressors such as toxicity, inflammation, trauma fields, interference zones, or energetic imbalances that aren't immediately visible on the surface.

This work brings clarity to what your system is asking for—so we can support it with precision, not guesswork. Whether the imbalance is physiological, emotional, or energetic, these insights help us target the root cause and tailor your protocols for more effective transformation.

Remote energetic clearing may also be used to restore coherence, calm the system, and support integration between sessions. This is especially helpful when the nervous system is overloaded, the body is highly sensitive, or deeper layers of deconditioning are unfolding

Hybrid Sessions

Personalized Protocols for Whole-System Support

Some journeys require a multidimensional approach. Hybrid sessions draw from all of the tools in my repertoire—Human Design insight, somatic therapies, nervous system tracking, remote testing, nutrition guidance, movement practices, and energetic recalibration—to create a fully personalized protocol for your healing and integration.

These sessions are both intuitive and strategic: responsive to your body's wisdom, informed by subtle diagnostics, and attuned to the energetic timing of your process. Whether you're navigating physical imbalance, emotional recalibration, or deeper soul-level realignment, each session meets you exactly where you are.

To explore whether this level of support is right for you, contact me directly to learn more or discuss custom packages.



Unlock Your True Potential with My Monthly Newsletter

Subscribe to my monthly newsletter where I share elegant codes for embodied self-mastery, nervous system sovereignty and real time transformation, as well as personal insights and stories.

www.dechenfarrow.com



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