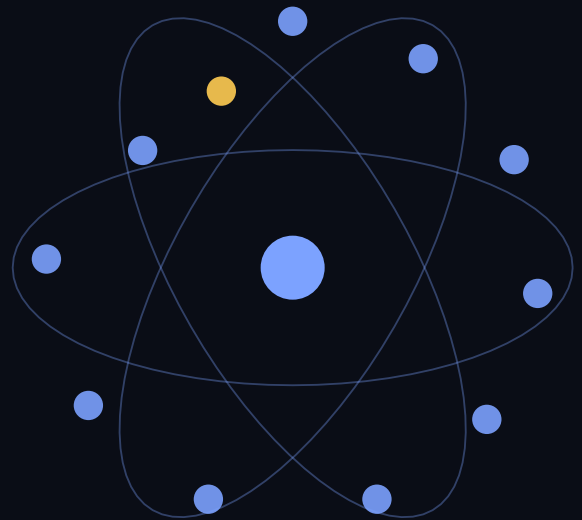


PARTICIPANT GUIDE · FOUNDING EDITION

The 11-Day Human Upgrade Constellation™

A guided inner + outer beauty experience organized around meaningful choice, disciplined practice, sensory preference, and honest reflection.



01 · PURPOSE

A visible map of disciplined practice.

The Human Upgrade Constellation™ is the visual language of the 11-Day experience. Each day focuses on one capability and illuminates one node after the participant completes, modifies, or intentionally ends the practice.

The constellation does not diagnose, measure, or rank a person. It records participation, reflection, and the completion of a guided practice.

THE OPERATING PRINCIPLE

One method.

One recommended
next step.

Multiple responsible
ways to experience it.

WHAT ILLUMINATION MEANS

A node is illuminated when the participant reaches the completion state or chooses to end intentionally. Illumination means “practice recorded,” not “human capability objectively upgraded.”

Capabilities practiced across the journey.

01

AWARENESS

Notice your starting point without judgment.

02

CLARITY

Select one responsible direction.

03

BALANCE

Adjust without abandoning the practice.

04

ENERGY

Match action to the energy honestly available.

05

FOCUS

Return attention to one chosen action.

06

PURPOSE

Connect action to a reason that matters now.

07

IDENTITY

Express without performing for approval.

08

RITUAL

Repeat what supports you by choice.

09

CONNECTION

Carry private practice into relationship.

10

INTEGRATION

Combine what is useful into one pattern.

11

ACTIVATION

Choose what comes next.

How to complete one day.

1

CHOOSE YOUR PRESENTATION

Select Standard Visual, Immersive Visual, or Reduced Motion. The presentation changes; the method remains the same.

2

CHOOSE YOUR SENSORY SUPPORT

Use the SATA-CODA™ master audio, spoken guidance, both, or neither. Audio is optional and may be paused.

3

BEGIN THE 11-MINUTE SEQUENCE

The experience moves through RESET, IGNITE, and INTEGRATE. You may pause, advance, modify, or end at any time.

4

COMPLETE OR END INTENTIONALLY

Reaching the final prompt or choosing to end stops the timer and records the completion state on the device.

5

REFLECT PRIVATELY OR SHARE SELECTED FEEDBACK

Your private reflection remains separate from the feedback you choose to submit to the founding program.

PARTICIPANT AUTHORITY

You may sit, stand, recline, participate product-free, use your own product according to its directions, reduce motion, mute audio, skip a prompt, repeat a prompt, or end the experience.

One method. Three responsible presentations.

STANDARD VISUAL

Moderate visual intensity, gentle constellation movement, normal webpage view, and optional audio or guidance.

IMMERSIVE VISUAL

Cinematic full-screen environment, enlarged visual system, phase-specific color transitions, and optional audio or guidance.

REDUCED MOTION

Static constellation, minimal transitions, no orbiting or pulsing, and the same prompts, timing, and completion standard.

RESET

Orient. Notice the starting point. Reduce unnecessary competition between inputs.

IGNITE

Choose and complete one deliberate beauty or presence action.

INTEGRATE

Notice what changed, what remained, and what is useful to carry forward.

Your reflection belongs to you.

The current “Save Reflection” control stores the text on the same browser and device. It is not automatically sent to DUME Beauty™, Skool, or another participant.

PRIVATE REFLECTION

Optional. Saved on the participant’s current device when selected. It may disappear if browser storage is cleared, private browsing is used, or a different device is opened.

FOUNDING FEEDBACK

Submitted separately through the approved feedback form. Only the information the participant chooses to submit should be collected.

RECOMMENDED SEPARATION

Keep personal reflection private by default. Ask for ratings and short design feedback separately. Add explicit opt-in before sharing any reflection text.

PARTICIPANT CONTROL

The participant may leave the reflection blank, revise it, copy it, or decline to submit feedback.

RECOMMENDED COMPLETION LANGUAGE

Your practice is complete. Your private reflection remains on this device unless you choose to share selected feedback.

Completion preserves choice.

Day 11 illuminates the Activation node and presents a clear decision screen. Completion does not require a perfect streak or a specific outcome.

A

COMPLETE THE JOURNEY

Leave with the constellation and the personal ritual you developed.

B

CONTINUE YOUR BEAUTY PRACTICE

Use an optional integration path without entering a different environment.

C

EXPLORE ADVANCED DECISION READINESS

Enter a clearly separated SATA-CODA™ cognitive-performance environment only after a dedicated introduction and fit confirmation.

D

NOT NOW

End without pressure and return later if appropriate.

The final service standard: The participant should always know what happened, what was saved, what comes next, where to return, and whether they may stop.

The experience continues through a clear return.

DUME WEB EXPERIENCE

Interactive ritual, timer, audio, spoken guidance, visual mode, product preference, constellation state, and private reflection.

PRIVATE SKOOL COURSE

Orientation, TED-style beauty briefings, daily lesson context, community, submitted feedback, support, and the return link.

BEFORE EACH PRACTICE

Read the day briefing, choose a quiet period, and open the matching 11-minute experience.

AFTER EACH PRACTICE

Complete the private reflection, submit selected feedback, and return to the private course for the next release.

SUPPORT

Report broken links, unclear prompts, discomfort, or accessibility needs through the designated support channel.

BEGIN WITH AWARENESS

This is a general wellness and experience-design program. It is not medical care, diagnosis, treatment, or a guarantee of outcomes. Product use remains optional and should follow the product's instructions and the participant's own comfort.