

I N T E O R

Free guide · A workbook of inquiry

The 12 questions of your house

A workbook to open, room by room, the life you already live in

INTEOR Method · astrology, psychology and ritual

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“Every house is a question someone asked with their hands.”

1 · BEFORE YOU OPEN THE DOOR

Why questions, and not answers

There is a difference between living in a house and knowing the house you live in. Most of us spend years walking the same corridors: the same argument, the same ceiling on money, the same Sunday-night tiredness. We know the way with our eyes closed, and that is exactly why we no longer see the walls.

In the INTEOR Method, your birth chart is read as a house with twelve rooms. Each room holds one subject of life: how you enter the world, what you are worth, where you come from, whom you choose to love, what you build, what you carry without knowing. Inside each room there are drawers: the deeper questions that explain why the same thing keeps happening.

This workbook does not need your chart. The twelve questions apply to anyone, because every human being lives in these twelve rooms. What the chart does later is show *which* rooms weigh more in you, who lives in each one and how they talk to each other. Here the work comes first: turning on the light and looking.

How to use this workbook

- Write by hand. Since James Pennebaker's studies on expressive writing in the 1980s, we know that putting feelings into words organises experience in a way that silent thinking does not.
- One room at a time. Set aside twenty quiet minutes for each. This is not a test: there are no right answers, only true ones.
- Listen to the body. With each question, notice where your body answers before your mind does: throat, chest, stomach, shoulders. Neuroscience calls this perception *interoception*. In INTEOR, it is the first sign that you have touched a living drawer.
- Mark the weight. At the end of each room, rate from 1 to 5 how heavy that subject feels today. In part 9, these numbers will show where your house is asking to be opened.

An honest note. This workbook is a tool for reflection, not diagnosis. Astrology is used here as a symbolic language: controlled studies do not show that it predicts events. Its value lies in offering images that let you see yourself from a new angle. If a question touches a deep pain, pause and seek professional support.

2 · THE FLOOR PLAN

The whole house

Twelve rooms, six areas and a sky above.



Ground floor · the root. Self and Family & Origin: the front door, the backstage, the language learned at home and the roots. First floor · the exchange. Love and Money: where you trade affection and resources with others. Second floor · the work. Work & Body and Future & Meaning: what you do with what you received, and where you take it.

3 · GROUND FLOOR · SELF

The Door and the Back Room

What everyone sees, and what not even you see.

These two rooms sit side by side for a reason: the way you present yourself to the world almost always protects something that lives at the back. The door is the façade, the first gesture, the way you walk into a room. The back room is where the things you have not yet named are kept.

Room 1 · The Door

The smell of fresh air, a cold door handle, the second before you step in. This room speaks of your body, your presence and the first answer you give to life when it knocks.

The question of this room. How do I enter life?

Drawer · When I walk into a new place, what do I do first: observe, please, hide, take control? Who taught me that?

Drawer · Which part of me do people see straight away, and which part only appears after a long time?

Weight today 1 · 2 · 3 · 4 · 5 Where my body answered _____

3 · GROUND FLOOR · SELF

Room 12 · The Back Room

Low light, unlabelled boxes, a silence that is not empty. Here live the nameless tiredness, self-sabotage, the dreams that return and what you feel on behalf of the whole family.

The question of this room. What do I carry without knowing?

Drawer · Which pattern do I repeat even after promising I won't? What does it protect me from feeling?

Drawer · What do I need to step away from, every now and then, to become myself again?

Weight today 1 · 2 · 3 · 4 · 5 Where my body answered _____

4 · GROUND FLOOR · FAMILY & ORIGIN

The Conversation Room and the Roots

The language you learned before you could speak.

In the conversation room you learned to name the world; in the roots you learned to feel safe in it, or not. Together, these two rooms hold your emotional inheritance: the family sayings, the silences, the loyalties.

Room 3 · The Conversation Room

Voices crossing the table, the TV on in the background, a sibling interrupting. Here live speech, thinking, brothers, sisters and cousins, the way you learn and the way you defend yourself with words.

The question of this room. How do I think and speak?

Drawer · What was forbidden to say in my home? How do I still obey that rule today?

Drawer · When I feel threatened in a conversation, do I go quiet, over-explain or attack?

Weight today 1 · 2 · 3 · 4 · 5 Where my body answered _____

4 · GROUND FLOOR · FAMILY & ORIGIN

Room 4 · The Roots

The smell of food on the stove, the floor of your childhood, a hand (or its absence) in your hair. This is the deepest room of the house: the family of origin, home, the feeling of belonging.

The question of this room. Where do I come from?

Drawer · What did I need to receive at home and did not? Where do I look for it today?

Drawer · Which fate of my mother, my father or my grandparents do I feel I am carrying?

Weight today 1 · 2 · 3 · 4 · 5 Where my body answered _____

5 · FIRST FLOOR · LOVE

The Studio and the Mirror

What you love on your own, and whom you choose to love.

The studio is the love that is born from within: playing, creating, desiring, being enchanted. The mirror is the love that needs another person. When the studio is closed, we often ask a partner to bring a joy that only we can produce.

Room 5 · The Studio

Paint on your fingers, loud music, time disappearing. Here live joy, romance, creativity, children and everything you do simply because you enjoy it.

The question of this room. Where do I find joy?

Drawer · When did I last lose track of time doing something for pure pleasure? What stops me from going back there?

Drawer · Do I allow myself to be seen shining, or do I shine in hiding so as not to bother anyone?

Weight today 1 · 2 · 3 · 4 · 5 Where my body answered _____

5 · FIRST FLOOR · LOVE

Room 7 · The Mirror

Two cups on the table, a reflection that sometimes startles. This room speaks of marriage, partnerships, business partners and also open enemies: everyone who shows us what we cannot see in ourselves.

The question of this room. Whom do I choose?

Drawer · What kind of person do I choose again and again? What do they have in common with someone in my family?

Drawer · What irritates me most in others, and where does that same thing live in me?

Weight today 1 · 2 · 3 · 4 · 5 Where my body answered _____

6 · FIRST FLOOR · MONEY

The Vault and the Closed Room

What is yours, and what you share, owe or lose.

The vault keeps what you earn and what you believe you are worth. The closed room keeps other people's money: inheritances, debts, partnerships, what is lost in a crisis. Many people do well in the vault and bleed in the closed room, or the other way round.

Room 2 · The Vault

The weight of a coin in your palm, good fabric, a generous plate. Here live income, possessions, talents that become a living and, underneath it all, self-worth.

The question of this room. What do I have, and what am I worth?

Drawer · What do I charge, and what do I believe I deserve? How far apart are those two numbers?

Drawer · Which saying about money did I hear at home? Does it still decide for me?

Weight today 1 · 2 · 3 · 4 · 5 Where my body answered _____

6 · FIRST FLOOR · MONEY

Room 8 · The Closed Room

A heavy door, thicker air, a key nobody wants to hold. Here live what is shared, debts, inheritances, deep intimacy and the crises that transform.

The question of this room. What do I share, owe or lose?

Drawer · In which relationship do I give more than I receive, or receive and cannot give back?

Drawer · Which loss in my life (or in my family) has not yet been grieved?

Weight today 1 · 2 · 3 · 4 · 5 Where my body answered _____

7 · SECOND FLOOR · WORK & BODY

The Kitchen and the Lookout

What you do every day, and what you build before the world.

The kitchen is the small daily work: routine, health, craft, the everyday care of the body. The lookout is the work everyone sees: career, vocation, authority. When the lookout grows and the kitchen is forgotten, the body usually sends the bill.

Room 6 · The Kitchen

A knife on the board, steam on the window, the rhythm of the same tasks. Here live routine, habits, the working body, service and the way you care (for yourself and for others).

The question of this room. How do I care and serve?

Drawer · What signal does my body give me when I am going past my limit? How often do I ignore it?

Drawer · Do I care for others as a form of love, or as a way of securing my place?

Weight today 1 · 2 · 3 · 4 · 5 Where my body answered _____

7 · SECOND FLOOR · WORK & BODY

Room 10 · The Lookout

Wind on your face, the city far below, the feeling of being seen from a distance. This is the highest point of the house: vocation, reputation, the authority you exercise and the one you fear.

The question of this room. What do I build before the world?

Drawer · If no one in my family were going to judge, what work would I be doing?

Drawer · How do I respond to authority: obey, defy, or avoid taking the seat of the one who decides?

Weight today 1 · 2 · 3 · 4 · 5 Where my body answered _____

8 · SECOND FLOOR · FUTURE & MEANING

The Library and the Hall

What you believe in, and whom you walk with.

The library keeps meaning: faith, study, travel, the philosophy that guides your choices. The hall keeps the people you chose (not the ones you inherited): friends, communities, causes, the future you imagine together.

Room 9 · The Library

The smell of paper, a map open on the table, a lamp still on late at night. Here live beliefs, studies, long journeys and the teacher you are looking for (or have become).

The question of this room. What do I believe in?

Drawer · Which belief did I inherit and never question? Which belief did I choose on my own?

Drawer · What would make my life worthwhile, even if no one ever knew?

Weight today 1 · 2 · 3 · 4 · 5 Where my body answered _____

8 · SECOND FLOOR · FUTURE & MEANING

Room II · The Hall

Laughter in the big room, chairs pulled up for more people, a project larger than one person. Here live friends, groups, networks and the future you long for.

The question of this room. Where do I belong by choice?

Drawer · In which group do I feel like myself, and in which do I shrink to fit?

Drawer · Which future do I wish for but tell no one, for fear of sounding naive?

Weight today 1 · 2 · 3 · 4 · 5 Where my body answered _____

9 · THE READING

Where your house is heavy

The heaviest room is not the worst. It is the most alive.

Now go back to your answers and give each room a score from 1 (light, settled, I hardly think about it) to 5 (heavy, repetitive, it keeps me up at night). Be honest: the score is not about what should be, it is about what is, today.

Room	The question	Weight today (1 to 5)
1 · The Door	How do I enter life?	1 2 3 4 5
12 · The Back Room	What do I carry without knowing?	1 2 3 4 5
3 · The Conversation Room	How do I think and speak?	1 2 3 4 5
4 · The Roots	Where do I come from?	1 2 3 4 5
5 · The Studio	Where do I find joy?	1 2 3 4 5
7 · The Mirror	Whom do I choose?	1 2 3 4 5
2 · The Vault	What do I have, and what am I worth?	1 2 3 4 5
8 · The Closed Room	What do I share, owe or lose?	1 2 3 4 5
6 · The Kitchen	How do I care and serve?	1 2 3 4 5
10 · The Lookout	What do I build before the world?	1 2 3 4 5
9 · The Library	What do I believe in?	1 2 3 4 5
11 · The Hall	Where do I belong by choice?	1 2 3 4 5

Add up the pairs

Add the scores of the two rooms in each area. The area with the highest total is the front door of your house right now: it is where life is asking for attention. If there is a tie, choose the area where your body reacted most strongly while writing.

Area	Rooms	Total
Self	1 + 12	_____
Family & Origin	3 + 4	_____
Love	5 + 7	_____
Money	2 + 8	_____
Work & Body	6 + 10	_____
Future & Meaning	9 + 11	_____

A high score is not a flaw. In an INTEOR reading, the heavy room is where energy is stuck and, for that very reason, where change pays off most. Notice the unbalanced pairs too: one room at 5 and its neighbour at 1 usually means one side of the area is carrying the other.

10 · THE RITUAL

One drawer a week

Discipline is not rigidity. It is returning to the same place until it answers.

Answering once opens the door. What transforms is coming back. In the traditions of the East, practice is worth more than insight: the same gesture, at the same hour, until the body learns what the mind already understands. I suggest twelve weeks, one room a week, beginning with the area that weighed most.

- The place. Choose a fixed corner of your real home. A candle, a glass of water or a cup of tea marks the beginning. The brain learns through repeated context.
- The opening. Three long breaths, with the exhale longer than the inhale. This tells the nervous system it is safe to look.
- The question. Reread the room's question and the drawer that moved you most. Write for ten minutes without correcting.
- The root. Ask: *who in my family lived in this room before me?* Very often, what weighs on us did not begin with us.
- The gesture. Choose one small, concrete action for the week, linked to your answer. Small enough to actually be done.
- The closing. Say out loud: *"I have seen it. I keep what is mine. The rest I return with respect."* Blow out the candle.

*A house does not change when you understand the floor plan. It changes when
you open the windows every day.*

II · THE NEXT STEP

When you want to see who lives in each room

These questions are the same for everyone. What is only yours lives in your birth chart: which rooms carry the most movement, which character lives in each one, who governs the house, which links are in tension, and at what ages each subject tends to stir. That is where the drawers stop being questions and get an address.

In the INTEOR Method, I bring together the reading of your chart, the systemic view of your family, and practices of body and ritual. Everything is delivered in writing and as a recorded audio, in your own time, with no live session.

- The House Guide. The complete dictionary of this house: the twelve rooms with their four drawers each, the twelve signs, the inner characters and how they connect. For anyone who wants to learn to read their own chart.
- Area Map. The area that weighed most in this workbook, opened in your own chart: both rooms, drawer by drawer, with the systemic root, the possible scenes, a recorded audio and a 63-day Transition Code. The House Guide is included.
- Complete Map. The whole house: all six areas at the same depth, the threads that run through your life and the clock of your ages.
- Questions. If there is one urgent question right now: a Tarot or Lenormand reading for one or three questions, with audio and a three-day exercise.

carolinischmidt.com · Consultations

If you have made it this far, tell me which area weighed most. That answer is already the beginning of the reading.

With care,

Carolini Schmidt
INTEOR Method

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The soul is the territory; the method is the compass.