
THE CHEMISTRY OF IDENTITY



**From Fragmented to Integrated Self:
The Science You Need to Know**

**The Molecular Identity Integration Model™ (MI²™)
Brief Introduction**

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Does This Sound Like You?

You've achieved things others admire. Your CV is impressive. People call you successful.

And yet...

You feel like you're living multiple lives that never quite connect. The scientist who paints. The executive who writes poetry. The professional who meditates. The parent who still dreams of more.

You're exhausted—not from working too much, but from constantly monitoring which version of yourself to show. From performing rather than being.

You've been told to 'pick one thing' and 'specialize'—but something deep within you rebels against that advice.

And you've spent years keeping these parts of yourself separate—because that's what you thought you had to do to survive.

If you recognize yourself in these words, I want you to know something important:

You are not broken. You don't need to be fixed, and you definitely don't need to 'transform' into someone simpler.

The Real Problem

You have what I call a **molecular identity**—multiple distinct parts (for example, scientist, artist, parent, manager etc.) that are meant to bond together into one coherent whole.

The problem isn't that you have many parts. ***Multiplicity is a gift, not a pathology.***

The problem is fragmentation—keeping these parts separate instead of integrated.

And fragmentation is exhausting. It creates chronic stress. It blocks creativity. It makes authentic connection impossible. It leaves you feeling hollow even in moments of success—because people are applauding the mask, not the real you.

The Discovery That Changed Everything

Through years of scientific research and working with professionals experiencing this exact struggle, I discovered a fundamental truth:

Human identity works like molecular chemistry.

Just as atoms bond to form stable molecules, your identity parts must integrate to form a coherent self.

When your identity 'atoms' are kept separate, they function like unstable free radicals—creating stress, reactivity, and internal chaos. They seek expression desperately, and when denied, they sabotage.

When they bond properly, something remarkable happens: your authentic self emerges naturally—not constructed through effort but revealed through integration. And stress reduces measurably.

The Molecular Identity Integration Model™ (MI²™)

Based on this insight, I developed MI²™—a scientific framework that applies molecular chemistry principles to identity integration.

The MI²™ applies principles of engineering and systems thinking to identity architecture. It maps your identity atoms, stabilises the charge, and bonds them into a single, coherent system – so you stop performing and start living.

This is neither therapy nor coaching. This is not mindset work. **It is structural integration.**

The Identity Integration Programmes apply principles from **molecular chemistry, systems biology, stress physiology, and identity psychology** to support **gradual, sustainable internal coherence**.

The MI²™ works through four structural stages:

SCAN	Map all your identity parts and see the fragmentation clearly
STABILIZE	Regulate your nervous system and create safety for bonding
RECONFIGURE	Resolve the inner conflicts and design your optimal structure
INTEGRATE	Embody your whole self across all areas of life

What Integration Makes Possible

In my pilot study with 20 professionals who felt exactly like you do now, the results were remarkable:

42% reduction in perceived stress

110% increase in feelings of authenticity

85% showed improved nervous system regulation

95% would recommend the programme to others

But beyond the numbers, participants described something harder to quantify—a homecoming:

“I feel like myself for the first time in 20 years. The old me would have seen slowing down as failure. Now I can see it — it’s finally arriving.”

Your Next Step

If what you've read resonates with you—if you're ready to stop fragmenting and start integrating, to stop performing and start being—I invite you to take the next step.

THE FRAGMENTATION BLUEPRINT™

Your Personal Identity Diagnostic

You've learned what fragmentation is. Now see yours.

- ✓ Map your complete Identity Atoms
 - ✓ Identify your exact fragmentation pattern
 - ✓ Calculate your Inner Stability Score
 - ✓ Receive your Personal Fragmentation Report
- 60 minutes. Complete clarity.

47 €

www.innerlabacademy.com/programmes/blueprint

About Svetlana Nikolić Poligenis, Ph.D.

Dr. Nikolić Poligenis holds a Ph.D. in Biotechnology and Biochemical Engineering, with 96 published books and scientific articles in peer-reviewed international journals. As a research scientist, senior scientific advisor, university lecturer, chief technology officer, and certified coach (6 coaching certifications, member of the Complementary Therapists Accredited Association), she brings rare scientific rigor to the deeply human work of identity integration. Her work has been featured on Deutsche Welle and Rheinische Post.

Her own journey of integrating nine identity 'atoms'—Scientist, Teacher, Painter, Writer, Mother, Friend, Coach, Entrepreneur, and Mystic—led her to develop the Molecular Identity Integration Model™. For years, she kept these atoms rigorously separated: at university, she was pure scientist; in art circles, she hid the researcher; in professional spaces, she masked the mystic.

The fragmentation was exhausting. It created chronic stress, confusion about which version was 'really her,' and a persistent feeling of performing rather than being.

She writes not as detached observer, but as someone who lived the fragmentation—and found the way through. Not by becoming someone new. But by finally allowing all of who she already was to come together.

*“The goal is not to create a different self,
but to reveal the one that has always been there.”*



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