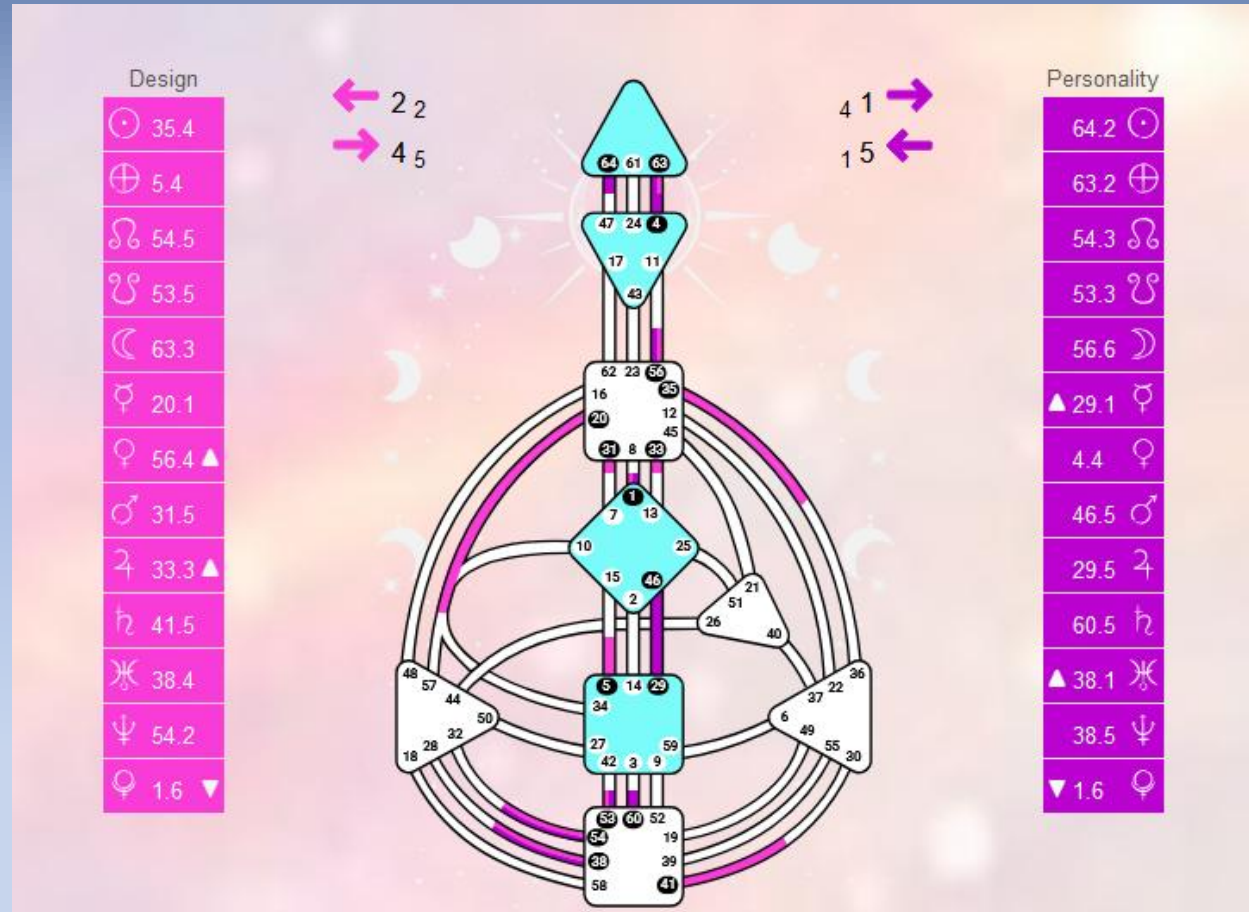


HUMAN DESIGN

BASICS

HUMAN DESIGN CHART - OVERVIEW



HUMAN DESIGN CHART - OVERVIEW

Unconscious:

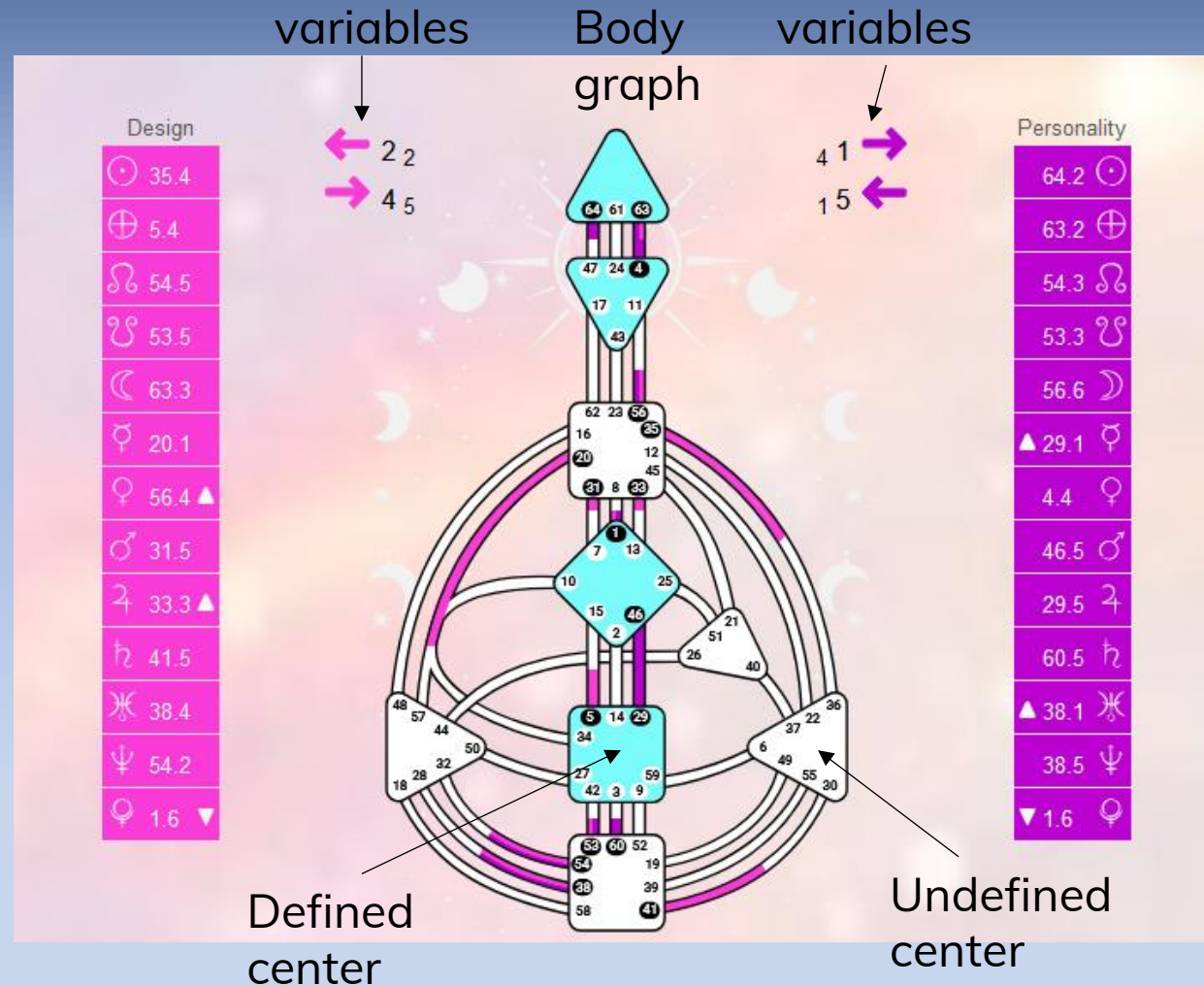
6 months prior
to birth

body

Conscious:

Date and time
of birth

mind

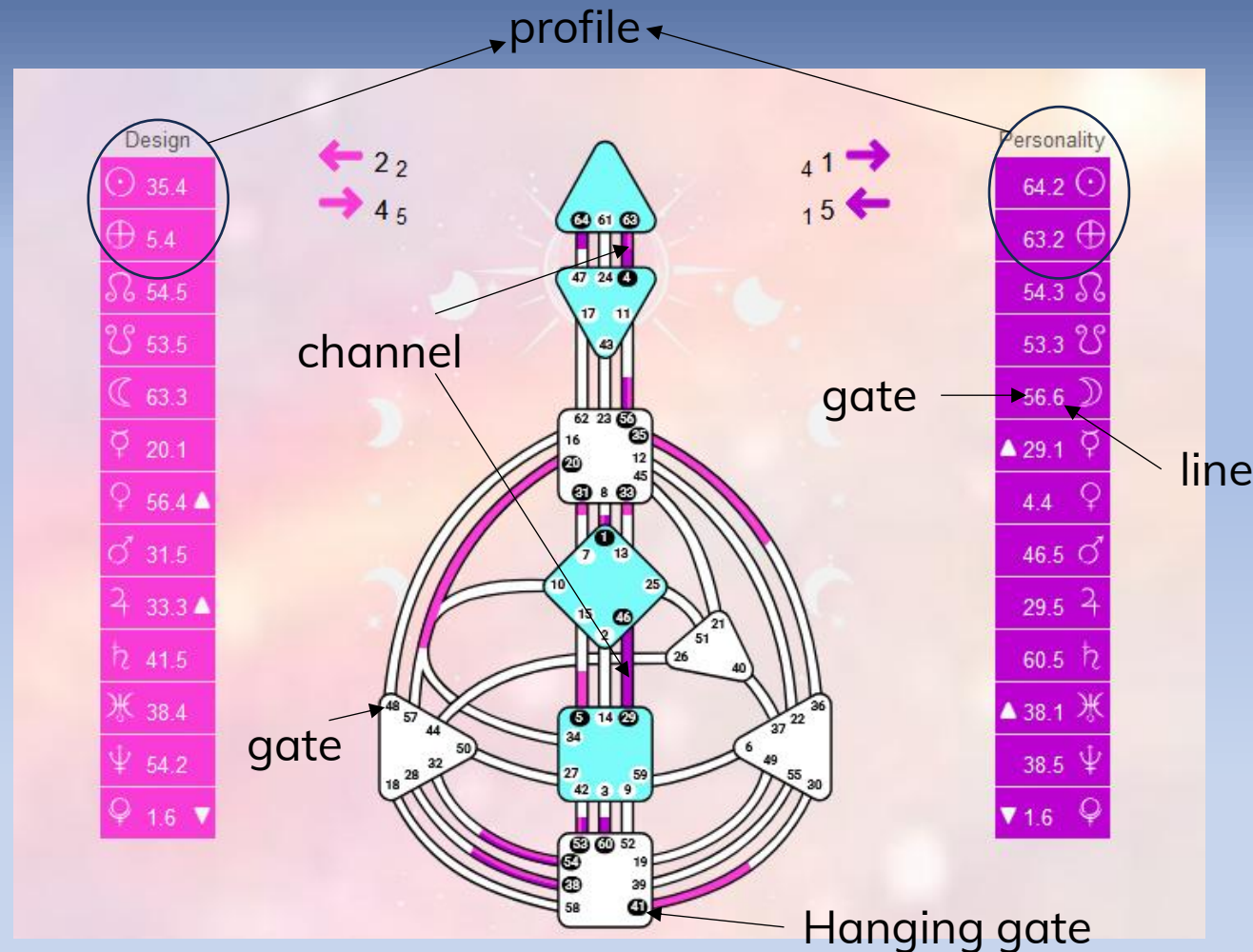


HUMAN DESIGN CHART - OVERVIEW

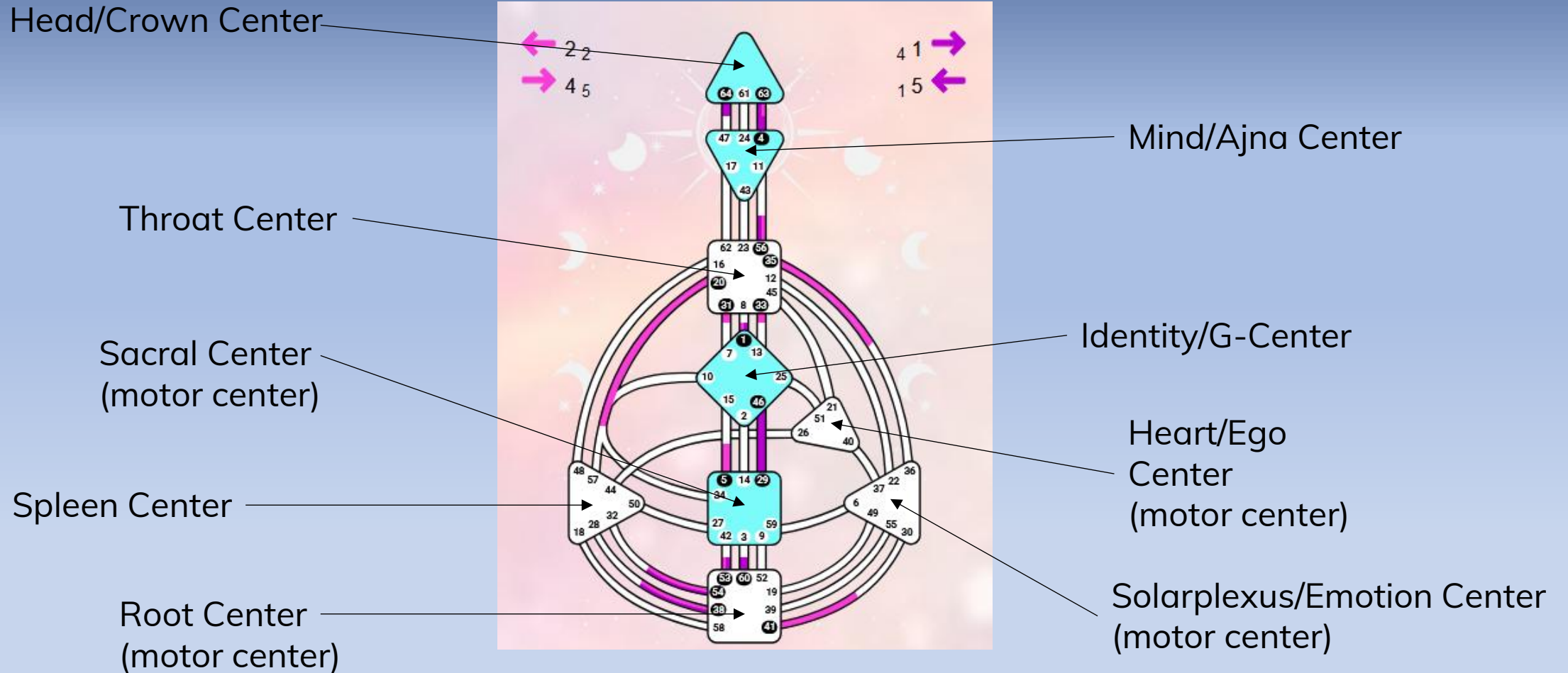
64 gates

6 lines

9 centers



HUMAN DESIGN BASICS



HUMAN DESIGN TYPES

Generators: approx. 36% of the world's population

→ Kim, Emma, Suit Lin, Stephanie, Danielle, Christina

Manifesting Generators: approx. 33% of the world's population

→ Jo, Wendy, Erica

Projectors: approx. 21% of the world's population

→ Lindsey

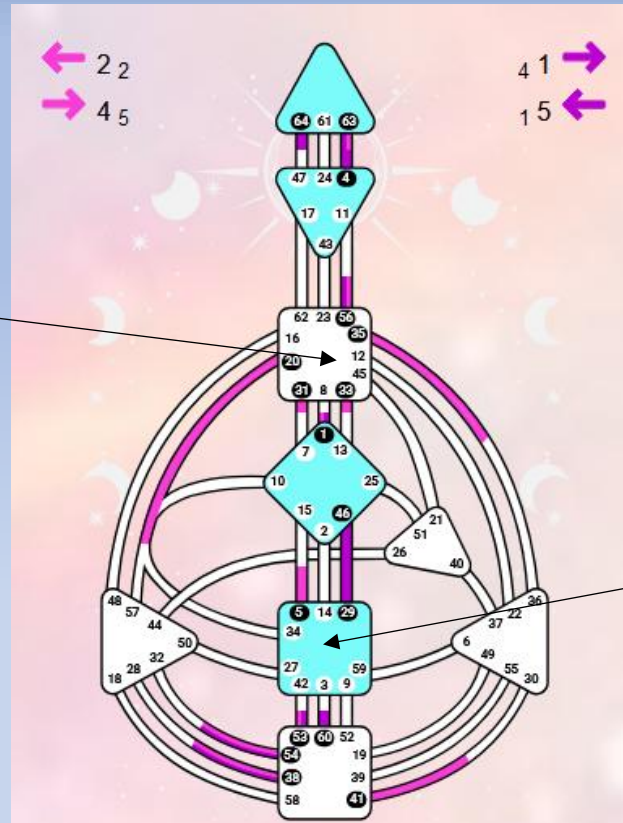
Manifestors: approx. 8% of the world's population

Reflectors: approx. 1% of the world's population

HUMAN DESIGN TYPES – WHO ARE YOU?

- Generator: defined sacral, no connection to throat

undefined throat, no
connection to sacral
= no channel
connecting sacral
and throat



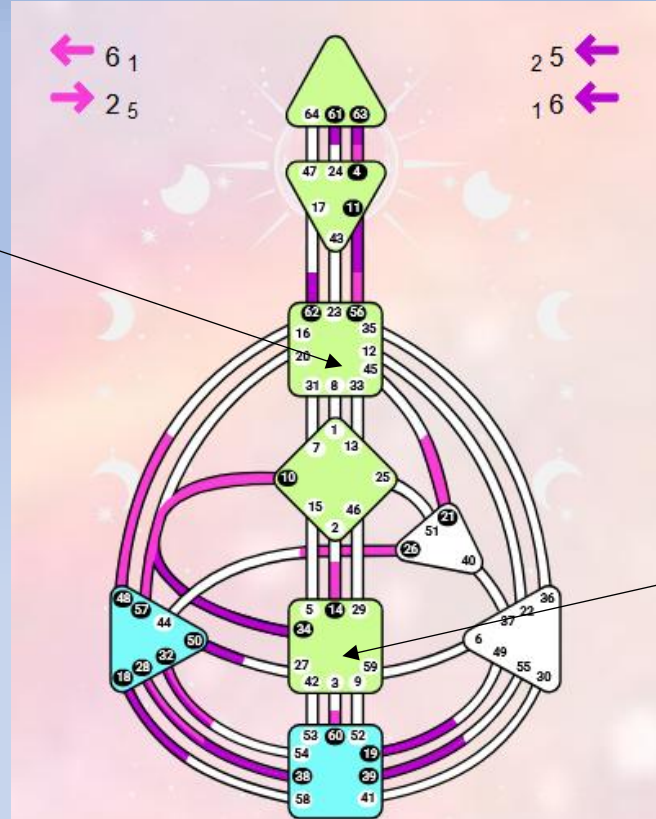
defined sacral center

Christina's body graph

HUMAN DESIGN TYPES – WHO ARE YOU?

- Generator: defined sacral, no connection to throat

defined throat, no
connection to sacral
= no channel
connecting sacral
and throat



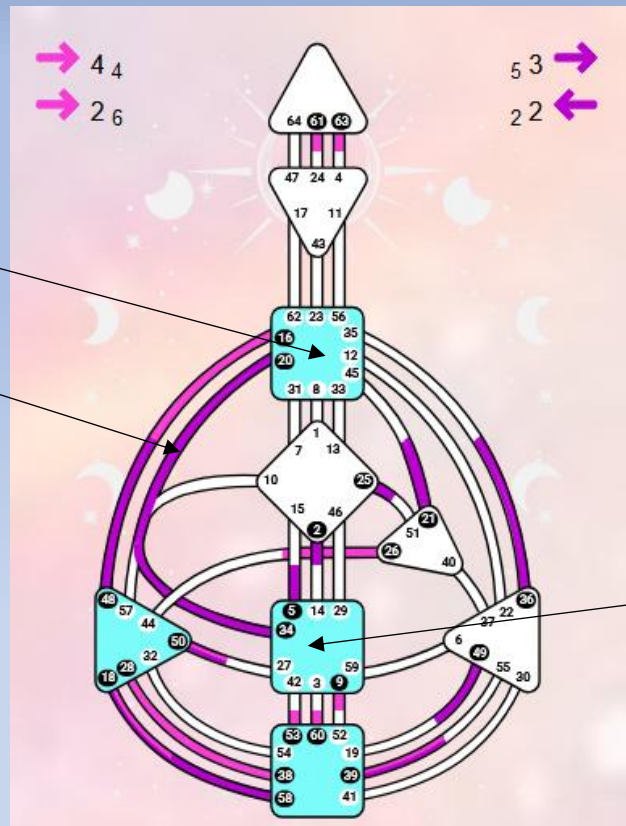
defined sacral center

Danielle's body graph

HUMAN DESIGN TYPES – WHO ARE YOU?

- Manifesting Generator: defined sacral, connection to throat

defined throat,
connection to sacral
= channel connecting
sacral and throat

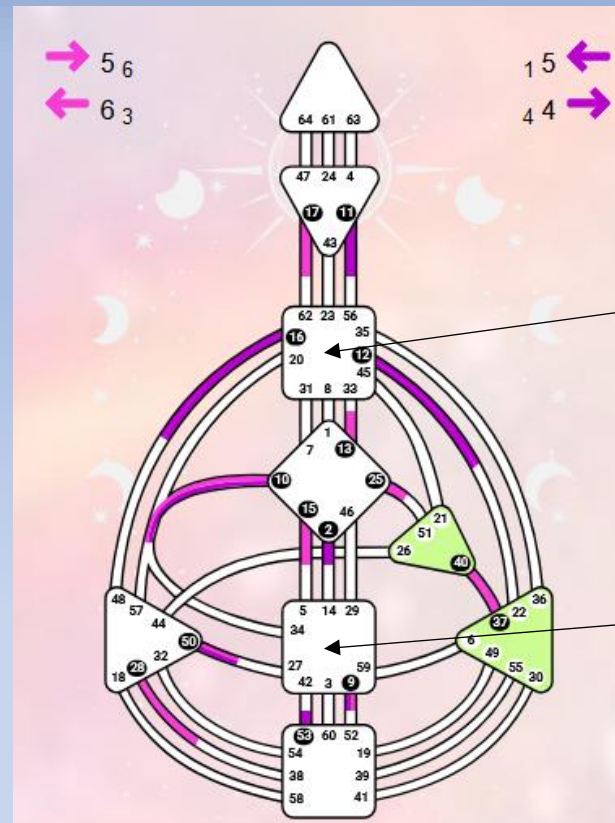


defined sacral center

Jo's body graph

HUMAN DESIGN TYPES – WHO ARE YOU?

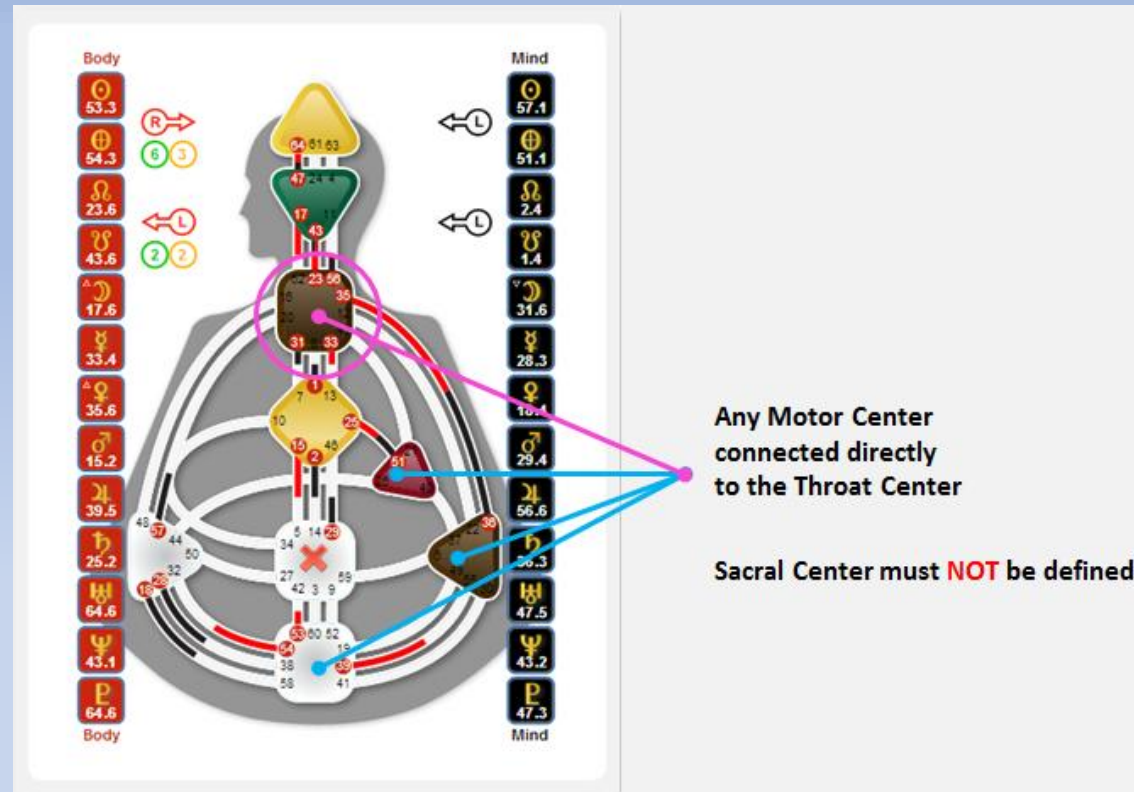
- Projector: undefined sacral, no connection between motor center and throat



Lindsey's body graph

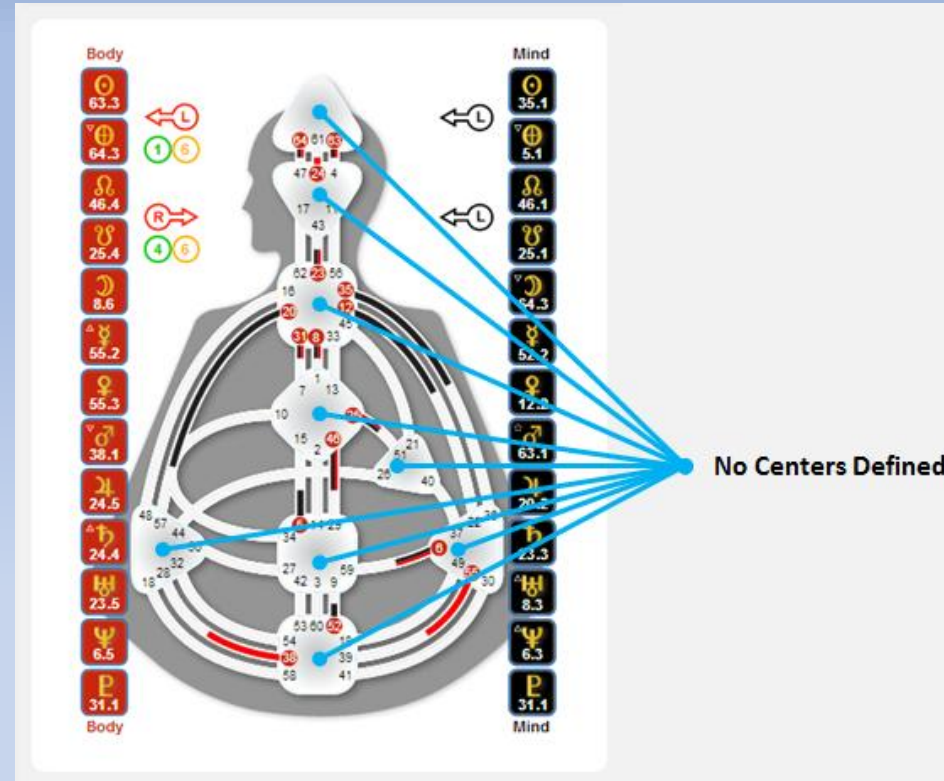
HUMAN DESIGN TYPES – WHO ARE YOU?

- Manifestor: undefined sacral, connection between motor center and throat



HUMAN DESIGN TYPES – WHO ARE YOU?

- Reflector: no defined centers



AND WHAT DOES THAT MEAN?

Your Human Design type basically shows you how to create your life in a way that's empowering, fulfilling, dynamic, successful and exciting (how to best use your given energy, talent, etc.).

Each type has

- a signature or sign that shows that you're „living your design“
- a so-called „not-self theme“ which shows you're not living it
- a so-called strategy which shows how to create the best opportunities in your life

AND WHAT DOES THAT MEAN?

Generator:

Sign/signature: satisfaction

Not-self theme: frustration

Strategy: responding

AND WHAT DOES THAT MEAN?

Manifesting Generator:

Sign/signature: satisfaction/peace

Not-self theme: frustration/anger

Strategy: responding/informing

AND WHAT DOES THAT MEAN?

Projector:

Sign/signature: success

Not-self theme: bitterness

Strategy: being invited

AND WHAT DOES THAT MEAN?

Manifestor:

Sign/signature: peace

Not-self theme: anger

Strategy: informing

AND WHAT DOES THAT MEAN?

Reflector:

Sign/signature: surprise

Not-self theme: disappointment

Strategy: waiting to be invited and planting yourself in the right place

HUMAN DESIGN AUTHORITY

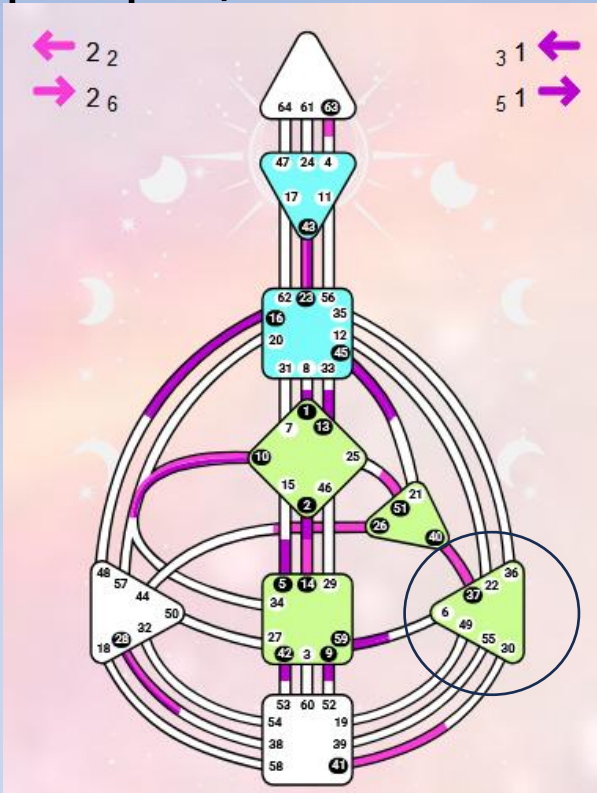
Then there's the so-called authority which shows you how to make an aligned decision

There are seven possible authorities (but you can each only have one)

Maybe you've heard phrases like „trust your gut“ or „don't trust your emotions“ or „follow your heart“ – but these are only half-true (at least if you're taking them literally)

HUMAN DESIGN AUTHORITY

Emotional Authority: if you have a defined emotion/solarplexus center, you automatically have an emotional authority (50% of all people)



Emma's body graph

this authority works in waves and you need to it fully to come to an aligned decision

there are four different types of emotional depending on which channel activates this

HUMAN DESIGN AUTHORITY

Emotional Authority in our group:

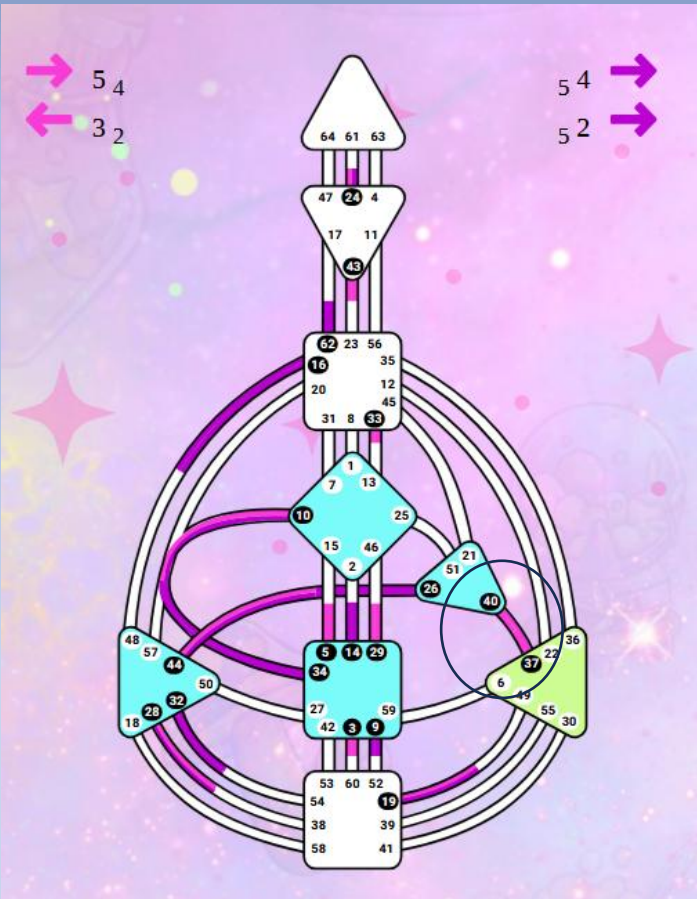
Lindsey, Emma, Suit Lin → Channel 37-40

This wave ratchets up and up until it's set off, then it comes back down.

<https://www.theauramarket.com/blogs/human-design/a-summary-of-the-seven-human-design-authorities>

With an emotional authority it is important not to make a decision when you're at the highest nor the lowest point of your emotional wave. To make an aligned decision it is best to get to a neutral space by being aware of your wave, emotions and how it feels in your body (notice something?)

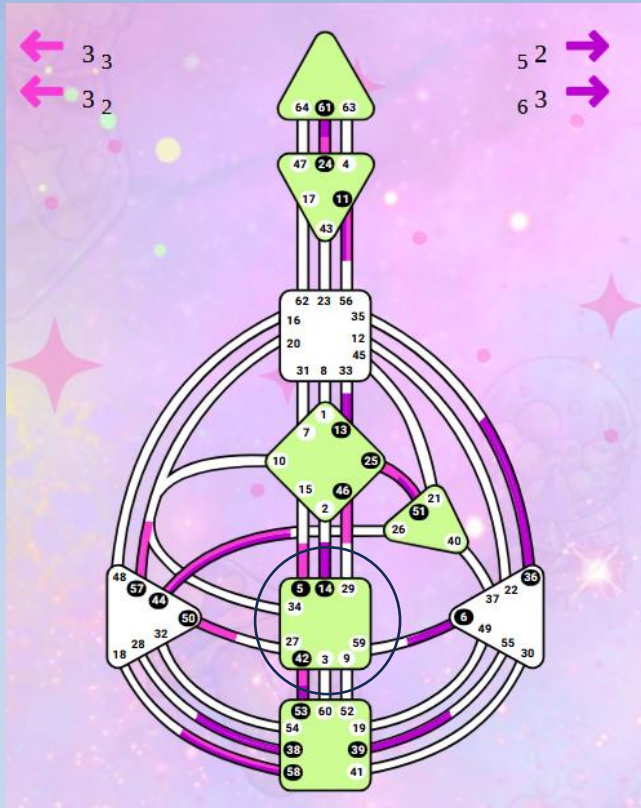
<https://www.jamielpalmer.com/emotional-authority-in-human-design-finding-emotional-neutral/>



Suit Lin's body graph

HUMAN DESIGN AUTHORITY

Sacral Authority: if you have an undefined emotion center and a defined sacral center, you have a sacral authority

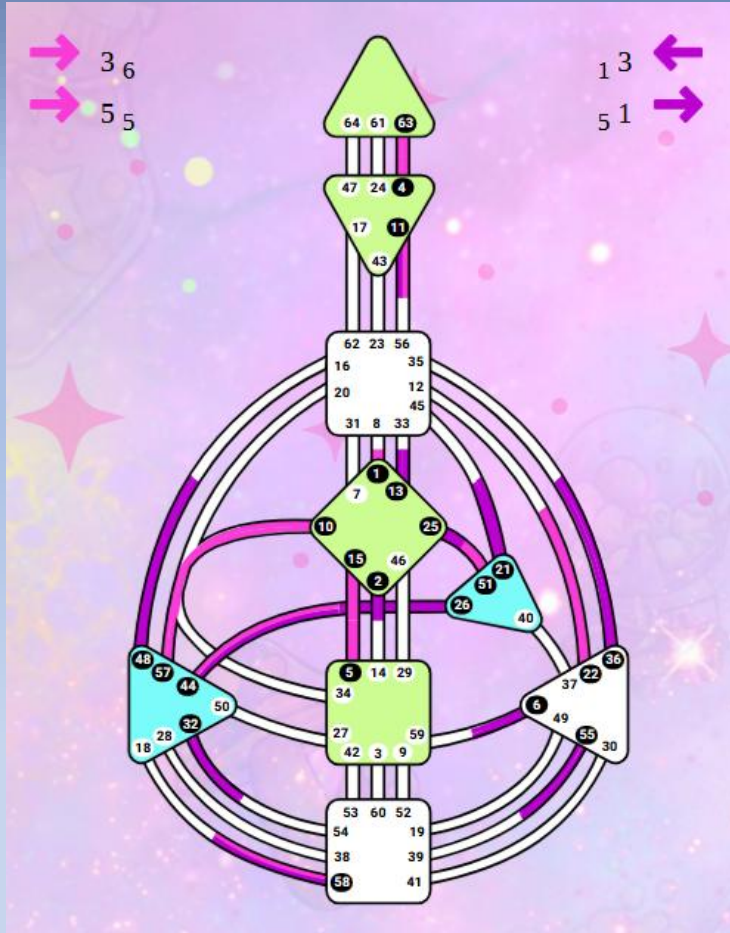


Kim's body graph

sacral authority is commonly known as „gut

with this authority it's either „hell yes“ or „hell no“ – it's not a „hell yes“ it's a „no“ or a „not right now“

HUMAN DESIGN AUTHORITY



Stephanie's body graph

sacral authority in our group:

Stephanie, Danielle, Erica, Jo, Kim, Wendy, Christina

Sacral beings and Sacral authority are known to respond to things with **sacral sounds**, things like uhn uh or uh huh among other grunts and groans. They are often told from a young age to use their words rather than sounds but this is how they know if something is right for them or not.

It's important to tap into and test your Sacral response, you may feel that when you make a decision based on this knowing your body is quite literally **pulled in the direction** of the thing you are responding to.

<https://www.theauramarket.com/blogs/human-design/a-summary-of-the-seven-human-design-authorities>

HUMAN DESIGN AUTHORITY

Splenic Authority: undefined solarplexus and sacral center, defined spleen center → spontaneous ping or inner knowing

Ego Authority: defined ego/heart center, undefined solarplexus, undefined sacral, undefined spleen → what do YOU want (most „selfish“ decision)

Self-Projected: G-Center connected to throat, undefined solarplexus, sacral, spleen and ego/heart center → you need to hear yourself speaking out loud to make decisions

Mental (environmental) Authority: either head/crown and mind/ajna center defined or mind/ajna and throat defined with no other centers defined → your environment is important for you to make a decision

Lunar Authority: no defined centers → waiting a lunar cycle to make a decision (the right environment is crucial)

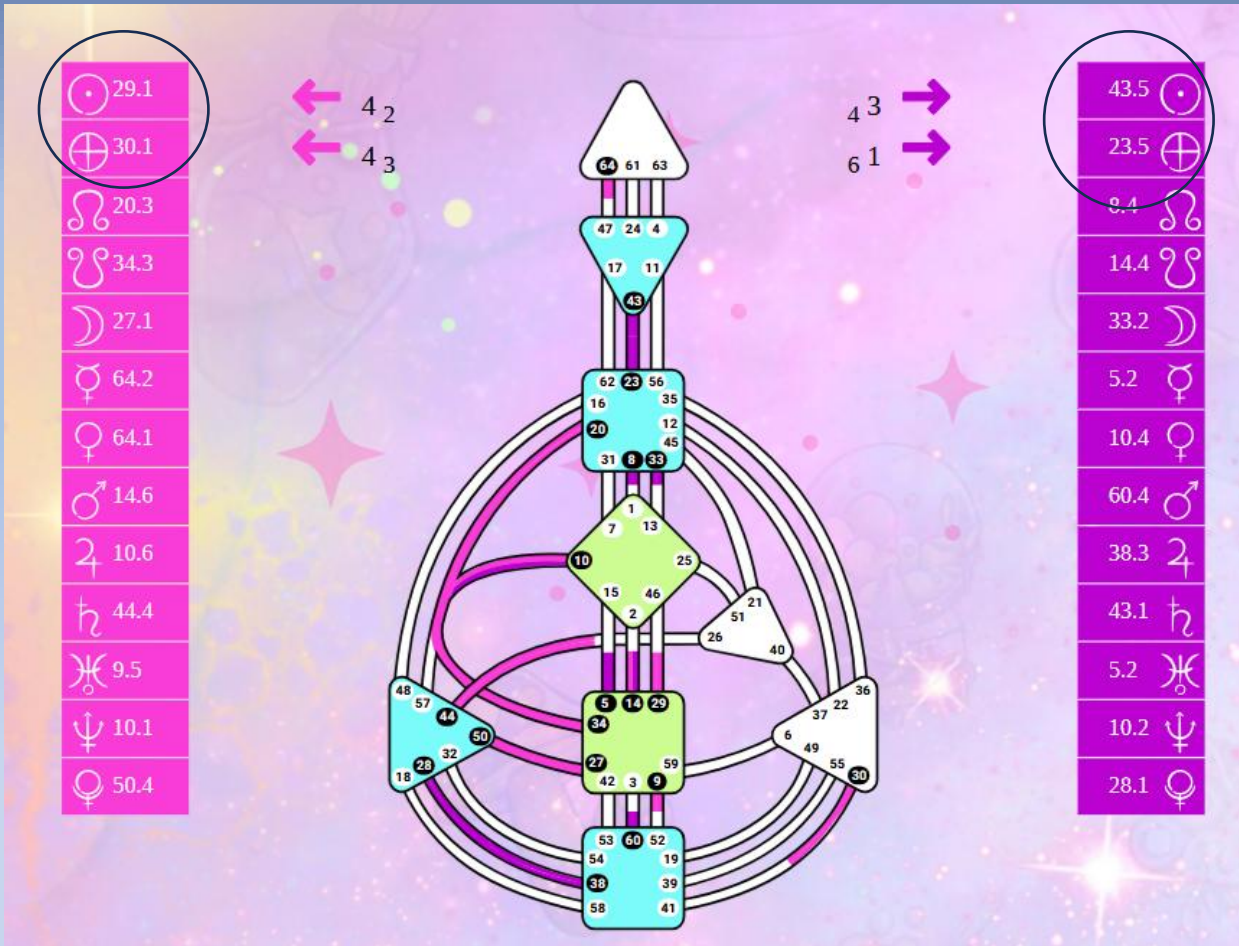
What role does trauma/a dysregulated nervous system play in Human Design authority?

As you may have noticed, all of the authorities (even the „mental“ one) sit in the body, not in the mind. So the body is our authority to make aligned decisions. And what is also stored in the body?

Yep, trauma.

So, when you are not aware of that it is very possible that you can't „hear“ your body talking to you – you can't ride your emotional wave because you're too scared to feel your emotions or you can't notice, let alone trust your gut feeling because you're disconnected from your body. So the key to being able to make an aligned decision is a well regulated nervous system and connection to your body.

PROFILES IN HUMAN DESIGN



Erica's body graph

There are 6 lines in Human Design that make 12 profiles:

1/3, 1/4, 2/4, 2/5, 3/5, 4/6, 4/1, 5/1, 5/2, 6/2, 6/3

To figure out which profile you are, look at the top two line numbers, the one on the right is your conscious line and therefore the first, the one on the left is your unconscious and therefore the second line.

Erica for example is a 5/1 profile.

PROFILES IN HUMAN DESIGN

The profiles represent the character or personality of your role on your life's path (Karen Curry in „Understanding Human Design“).

Each line has a certain theme or energy (almost archetypal):

Line 1: The Investigator

Line 2: The Hermit

Line 3: The Martyr

Line 4: The Opportunist

Line 5: The Heretic

Line 6: The Role Model



intrapersonal energy

transpersonal energy

PROFILES IN OUR GROUP

1/3: Lindsey, Danielle, Emma

2/4: Christina

4/6: Jo, Wendy, Suit Lin

5/1: Kim, Stephanie, Erica

PROFILES IN HUMAN DESIGN

Line 1: The Investigator:

- very curious by nature
- needs a foundation of information to feel safe and secure about the world
- before you can make a change or shift in your life, you need to investigate and learn everything about what you are to do
- loves the internet, guide books, self help books, etc.
- part of your life's path is to share your knowledge with others
- challenges: change doesn't come easy and can make you feel very uncomfortable; if things don't go as planned (and you've probably planned a lot), you can easily become very anxious
- highest expression: deeply knowledgeable
- lowest expression: terrified of the unknown; chance of missing life experiences because you're too busy questioning them

PROFILES IN HUMAN DESIGN

Line 2: The Hermit

- theme of shyness and loneliness in your life
- craves alone time and usually needs a lot of it to recharge
- the more the hermit hides away, the more it is seen by others
- tends to be shy in relationships and needs to be called out or recognized by others to enter the relationship correctly
- all hermit profiles are paired with transpersonal energy that craves relationships → internal conflict (push/pull)
- also called „natural“ because they often have a inner knowing/talent that is „just there“ (and they often don't recognize it as such)
- highest expression: waits to be called out into the right experiences and takes time to regenerate and renew
- lowest expression: hides and misses the joy of life

PROFILES IN HUMAN DESIGN

Line 3: The Martyr

- learns by experience
- here to share what works and what doesn't by their own experiences
- if you ever want to know the best way to do something, ask a third line because they've tried everything
- for you it is important to understand that you can't make mistakes, every so-called mistake is part of your learning curve and as such a vital part of your experimental process
- highest expression: you are wise about life based on your own experiments and experiences
- lowest expression: you are afraid to try new things because you are scared to make mistakes

PROFILES IN HUMAN DESIGN

Line 4: The Opportunist

- relationships are very important to you
- the greatest opportunities in your life probably come from your social network and friends
- you care – deeply
- you like things to stay the same, change doesn't come easy for you
- when you make a change you move yourself from foundation to foundation, meaning: you need to be well-prepared and have your new opportunity ready before you „jump“
- the unknown is very, very uncomfortable for you
- with friends and potential partners you also need a strong foundation to feel safe and secure
- highest expression: consistent, stable, a good friend
- lowest expression: afraid to speak your truth and fix things (repairing); you simply create an alternative and move on, sometimes without dealing with the challenges

PROFILES IN HUMAN DESIGN

Line 5: The Heretic

- life path is about helping others
- you're helping not just by your actions but by energetically serving as a mirror for others (not necessarily consciously)
- this energetic mirroring sometimes makes it difficult for others to see you for who you really are: how you appear to others is a projection of their consciousness and what they need to work on to heal
- because of that sometimes people project inaccurate expectations onto you and if you don't fulfill them, they are disappointed → this happens especially when you are in the „wrong“ place with the „wrong“ people
- the opposite is true when you are in the „right“ place with the „right“ people (when you're living your strategy and authority): you then are in a state of being of service in a way that is empowering and transformative for you and others
- highest expression: has the capacity to influence great numbers of people; natural charm
- lowest expression: hides away or uses natural charm for personal gain and sometimes hurts others

PROFILES IN HUMAN DESIGN

Line 6: The Role Model

- your life path leads you to becoming a role model for others
- three distinct life phases:
 - first phase: birth – approx. 28,6 years, your life is all about life experiences and experimentation (just like a third line)
 - second phase: approx. 28,6 – approx. 50 years, life isn't as „edgy“ or sharp as it was in your 20s, but things don't do as easy as before; you need a lot of rest as if you're healing from the first phase; you are more of an observer as if you were „on the roof“ looking down and watching people (don't confuse this phase with being depressed, it's your natural rest phase where you integrate everything you've learned so far)
 - third phase: 50 – end, „coming off the roof“; it's possible that the themes of the first part of your life come back but with newfound wisdom and maturity; it is not unusual for you to experience dramatic life changes during this time as you move toward creating a life that is a full manifestation of your authentic self; in this phase you have tried everything, figured out what works (and what doesn't) and are living true to yourself; by being your true self you are a role model to others
- highest expression: you are a role model who inspires others
- lowest expression: you get stuck in your aloofness and struggle to get out into the world

PROFILES IN HUMAN DESIGN

How does it all work together?

First of all, we all carry the energy of all six lines within us, but some are more prevalent than the others.

Your profile lines are the prominent characteristic of your personality and energy that you are sending into the world.

The first number of your profile is your conscious energy which means you most likely are very aware of it, whereas the second number is your unconscious energy which means you probably have more trouble accessing or grasping it.

As you can see in your chart, each activated gate also has a line number linked to it. The line adds its own nuance to the gate in question.

PROFILES IN HUMAN DESIGN

Quick overview over the six lines

(Chetan Parkyn – Human Design: Discover the Person you were born to be):

1: The first line always gives the gate something fundamental. With this line, you are looking for a firm foundation on which you can build. You need to understand in order to feel secure. You need things to be definite and clear, not uncertain. The first line needs to be underpinned by confidence, otherwise this uncertainty can stifle the quality or potential of the goal.

2: The second line always gives a gate natural, effortless, carefree quality. There is little self-awareness and a lot of inhibition here, so with this gate you are looking for reflections to assess whether what you contribute is accepted and recognized. Anything a second line expresses needs the feedback and validation of another and accordingly the theme of this line is the interaction between two people.

PROFILES IN HUMAN DESIGN

Quick overview over the six lines

(Chetan Parkyn – Human Design: Discover the Person you were born to be):

3: A third line always gives a gate something innovative and instinctive, but also a noncommittal, evasive and indecisive character. Third lines bring movement, mutation and some unpredictability. They are characterized by a versatile, adaptable element that adds something uncertain to any kind of expression. Wherever a third line appears, be prepared for it to bring with it a tendency to push the envelope and break new ground, regardless of the consequences.

4: The fourth line gives a gate a heartfelt, selfless, all-inclusive element and is based on the attitude of “one for all, all for one”. Its expression is always about “we” and “us”, about togetherness and charity. However, there is also a hidden vulnerability here, a vigilance against rejection or not being recognized or appreciated. Fourth lines promote friendly networking, through which opportunities arise. However, as soon as a fourth line feels challenged or unappreciated, it withdraws and becomes icy, which often comes across as harshness or meanness, but is its way of protecting itself.

PROFILES IN HUMAN DESIGN

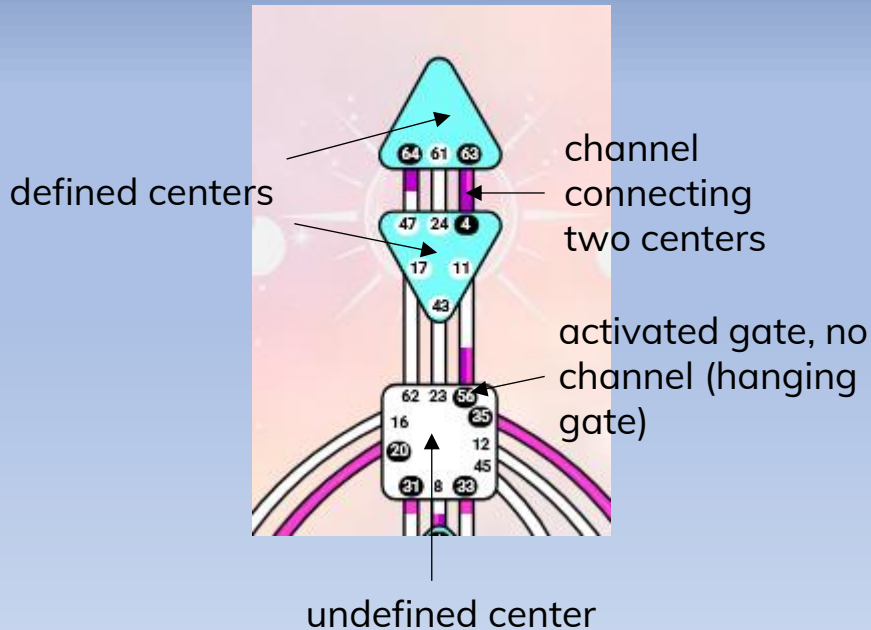
Quick overview over the six lines

(Chetan Parkyn – Human Design: Discover the Person you were born to be):

5: The fifth line brings the influence of a teacher, characterized by leadership and management qualities. It adds an informative, inspirational and martial note to every gate . People characterized by fifth lines are therefore often seductive, fascinating, persuasive and reliable. But the fifth line also prefers to project outwards rather than inwards, because it wants to avoid contact with its own weaknesses, issues and complexities. Failure is a hard blow for them, which can cause self-pity.

6: The sixth line adds an element of compassion and philanthropy to a gate. It represents the top level of a gate. While the first line is always about the firm foundation for action, the sixth line uses its higher-level view to keep an eye on everything and grasp the bigger picture. This is why sixth lines usually bring a touch of authority to the relevant processes. The danger with the sixth line is that it often finds it difficult to maintain a lasting interest due to its elevated position. The threshold for boredom is low. At the same time, the sixth line is a visionary who wants everyone to believe in its vision.

HUMAN DESIGN CENTERS



- there are 9 centers in Human Design
- a center can be defined (colored) or undefined (white)
- a center is defined when there is a channel connecting it with another center (then both of these centers are defined)
- channel means two opposing gates are activated
- a center is undefined when there is no channel connecting it with another center – but they can still have activated gates (=hanging gates)

DEFINED CENTERS

When a center is defined it means that the energy of this center is constantly available to you.

In other words, the energy is fixed and consistent.

This is where you radiate energy outwards and impact others with it.

UNDEFINED CENTERS

When a center is undefined it means that the energy of this center is not constantly available to you.

In other words, the energy is inconsistent and depends on your environment and mood.

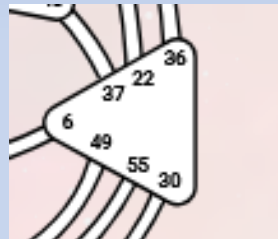
This is where you absorb energy from others (with this defined center). Kind of like a sponge ;)

OPEN CENTERS

There is one „special“ case: when there is no gate activated in a center, it is called „open center“.

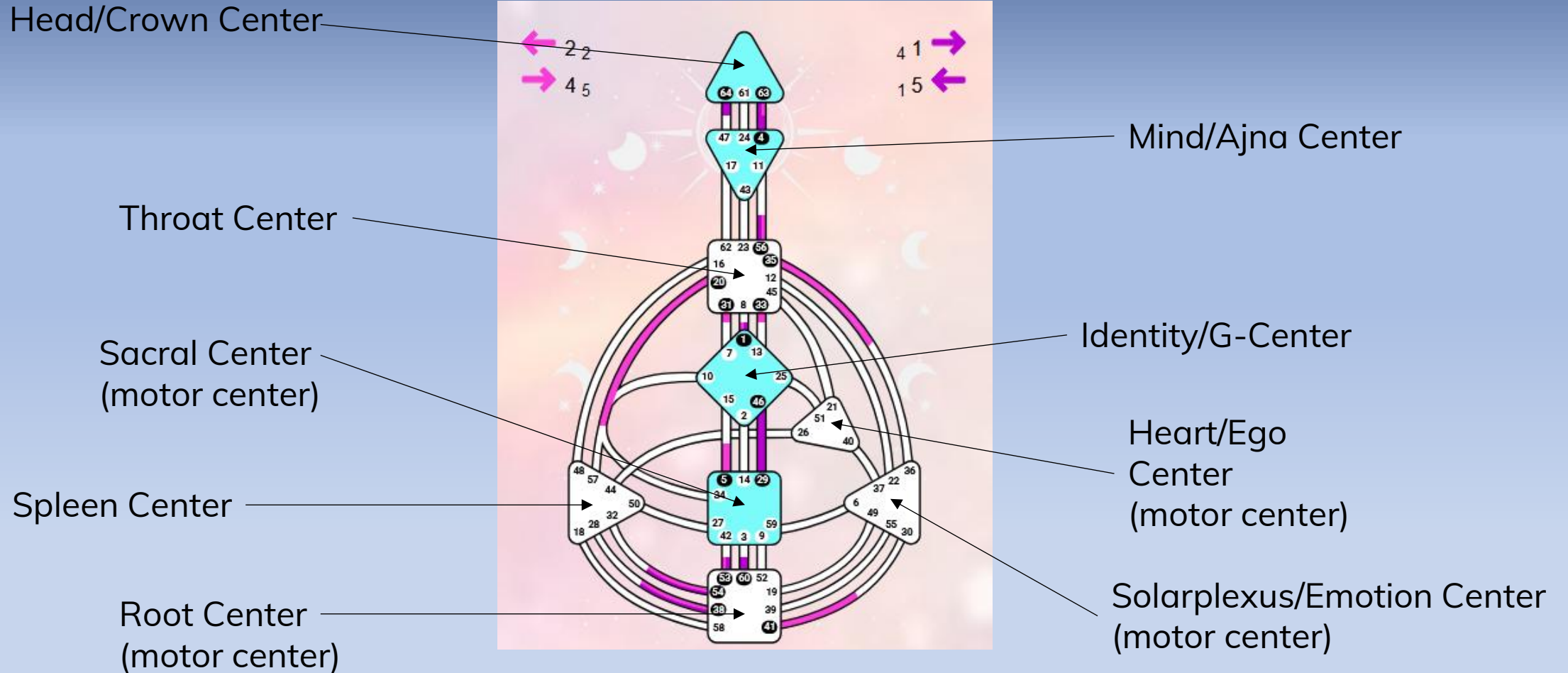
Basically it works like an undefined center but is an even stronger „sponge“ because you don't have any gate „energy“ there.

With an completely open center you are highly sensitive for the energies around you.



open solarplexus center = no
activated gates, no channels

HUMAN DESIGN CENTERS



HEAD/CROWN CENTER

- center of inspiration, imagination, truth, doubt, possibilities
- pressure center (pressure to answer questions)
- contains gates 64, 61 and 63
- if the head center is defined, so is the mind center



HEAD/CROWN CENTER

defined head center

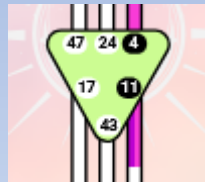
- always radiating inspiration out into the world
- consistent source of inspiration
- always asking questions, accompanied by the feeling that something is wrong if they don't have an answer
- It is important to process the questions you are receiving, but don't rely on the answers to make decisions about your life!

undefined head center

- no consistent way to receive inspiration
- when they come across inspiration, they will take it in and amplify it
- feeling inspired all the time and pressure to act on this inspiration asap („all-over-the-place“-energy)
- Sometimes it feels difficult to make a decision because they also take in all of the questions around them and amplify them.

MIND/AJNA CENTER

- center of thinking, researching, conceptualizing, awareness
- receives the pressure from the head/crown and tries to find the answers
- contains gates 47, 24, 4, 17, 11, 43



MIND/AJNA CENTER

defined ajna center

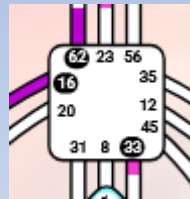
- designed to hold information
- trustworthy and reliable but fixed in how it works
- always „on“, always working, trying to figure things out
- compares, examines, verifies and researches all the time (needs to have something to do, otherwise it creates problems to solve them)
- great resource but terrible place to make decisions!

undefined ajna center

- can see many sides to an issue
- fair, judicious, empathetic, open-minded, intellectual
- doesn't have a fixed way of thinking, so they are able to process and understand information in many different ways
- Sometimes it feels hard for them to make up their mind about something and stick to it

THROAT CENTER

- center of (self-)expression, manifestation and communication
- many different ways to express itself through language, (written) words and actions
- contains gates 62, 23, 56, 35, 12, 45, 33, 8, 31, 20, 16



THROAT CENTER

defined throat center

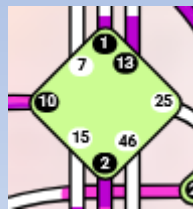
- designed to speak, but how it speaks is controlled by what it is connected to (which center/gate)
- connected to mind: speaks from the mind
- connected to solarplexus: speaking about emotions comes very easily
- to be heard: enter communication according to strategy!

undefined throat center

- often/always feels under pressure to speak (often blurs out comments or answers, sometimes)
- can speak in various ways depending on who they are with (some of the greatest speakers have an open throat)
- can be very good at speaking foreign languages or impersonating other's speech
- for a healthy throat it is important to use your strategy before you speak!

IDENTITY/G- CENTER

- center of identity, love, direction
- contains the energy of love in all its forms
- „home of the soul“ → diamond shaped
- „magnetic monopole“
- contains gates 1, 13, 25, 46, 2, 15, 10, 7



G- CENTER

defined G- center

- here to give love
- sense of self is usually pretty solid
- „I know who I am and I know where I want to go“ – energy
- „Nothing can stop me!“

undefined G- center

- takes in another person's identity and amplifies it, giving it insight into another person's perspective
- how it expresses itself depends on its environment and with whom it is together
- ways of how it perceives itself and how it receives love is always changing
- not here to find itself but to be wise about experiencing others

HEART/EGO CENTER

- center of willpower, value, business management, allocation of resources
- contains the energy getting things done even when the going gets tough
- one of the four motor centers
- Responsible for bringing things forth on the material plane
- contains gates 26, 51, 21, 40



HEART/EGO CENTER

defined heart center

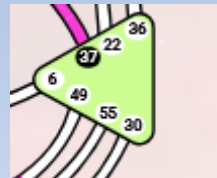
- consistent access to willpower (you can be willful)
- pretty easy to get into a regular routine and stick with it (even if you don't feel like it)
- It's very important for your self-esteem to make promises to yourself and keep them, even if you don't want to!
- take your promises seriously, as it takes time and energy to follow through and you always deliver on your word

undefined heart center

- no consistent access to willpower
- It is crucial to use your strategy to make agreements and promises because if you don't you will be using energy that you don't have and might feel obligated to follow through and probably miss out on the right opportunity
- often feels the need to prove itself

SOLARPLEXUS/EMOTION CENTER

- center of feelings, emotions and addictions
- the most intensive and complex center
- one of the motor centers
- contains gates 37, 22, 36, 30, 55, 49, 6



SOLARPLEXUS/EMOTION CENTER

defined solarplexus center

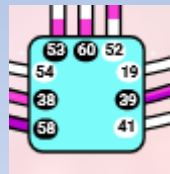
- emotional wave depending on which channel is activated
- because of this wavelike nature of emotional energy it is easy to mistake the melancholy of the low end of the wave for depression
- keep in mind: not all negative emotions are destructive and feeling down sometimes is no sign you're doing anything wrong
- You might find it helpful to keep a log of your emotional energy on a daily basis because everyone has their own emotional rhythm/pattern and only you know how „neutral“ or „clarity“ feels in your body

undefined solarplexus center

- here to learn about emotional energy and become wise about feelings
- very empathetic and highly sensitive to other people's emotions
- take in other's emotional energy and amplify it which sometimes makes them seem irrational, overly emotional and dramatic
- can be very painful when you don't know how it works because you don't understand what's going on with you
- coping strategies like people-pleasing, being nice, avoiding conflict and having a secret life are very common
- for you it is crucial to spend time alone to release other's emotional energy and know what's yours and what isn't

ROOT CENTER

- center of drive and motivation
- the other pressure center (pressure to act/to do)
- one of the motor centers
- contains gates 53, 60, 52, 19, 39, 41, 58, 38, 54



ROOT CENTER

defined root center

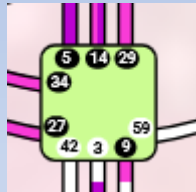
- fixed way of processing adrenaline
- Operates cyclical
- You will get things done when the adrenaline pulse is here
- You don't experience adrenaline pressure through your root; if you feel stress it usually comes from one of your open/undefined centers
- „things get done when they get done“-energy

undefined root center

- take in adrenaline energy from others and amplify it
- are really effective in getting things done quickly
- you might enjoy adrenaline-charged experiences like sky-diving or safer options like caffeine or chocolate „hits“
- hard time relaxing or playing unless all their work is done (spoiler: won't happen!)
- might experience constant pressure to do, do, do („get things done“) and have to be really careful not to fall into a negative cycle of putting on even more work to get done

SACRAL CENTER

- center of life force, work force, perseverance, sexuality
- the powerhouse
- the strongest of the four motor centers
- if the sacral center is defined you are a generator type
- contains gates 5, 14, 29, 59, 9, 3, 42, 27, 34



SACRAL CENTER

defined sacral center

- often described as the „working bee“
- designed to work, but (and that's a very big but!!!!): you need to find work that you absolutely love, otherwise you will burn out!!!!
- fixed way of processing sexual energy: how you experience sexuality usually stays the same throughout your life
- sustainable access to life and work force energy (like a generator that generates energy all the time)
- Follow your joy!
- to be able to wind down, you might want to move your body a lot

undefined sacral center

- here to become wise about work and sexuality
- ability to take in and amplify work and life force energies for short periods of time (like a sprint with a long rest phase afterwards!)
- no sustainable access to life and work force energy (you need to make resting a priority!)
- might think they are or be judged as lazy
- take time alone to release sacral energy and recharge

SPLEEN CENTER

- center of survival-based intuition, well-being and health (immune system)
- operates strictly in the now
- primal and instinctive
- fears sit in the spleen
- contains gates 48, 57, 44, 50, 32, 28, 18



SPLEEN CENTER

defined spleen center

- designed to be in the moment
- speeds you up
- gives you a sense of time and consistent intuitive insights in the moment
- very powerful immune system (sometimes easy to miss first symptoms of illness)
- can communicate through fear
- challenge is to figure out whether your intuition is giving you an important message about survival or if you're simply experiencing the energy of the spleen and need to push with understanding and insight (living your strategy!)

undefined spleen center

- very sensitive immune system → very sensitive to subtle changes in your body
- you might be very sensitive to medications and might need lower doses or more „natural“ approaches
- lower tolerance for alcohol or recreational drugs
- hard time letting go
- experiences intuition in unlimited ways
- no consistent access to the „feel-good“-energy of the spleen
- often struggle with the concept of time (always late or overly early)

HOW TO WORK WITH IT

Don't try to understand and incorporate everything all at once!

Start with one center and become aware how the energy of this center feels for you, how it plays out in your life and how you experience yourself with it (around others).

Sometimes you might feel like you have a defined center when in reality you are undefined in that area. That happens because your undefined centers take in and amplify the energy of those around you.

HOW TO WORK WITH IT

Or there are some „rules“ and „norms“ that you learned when you were a child of how you should be and act.

For example: as a non-sacral being (projector, manifestor, reflector) you were told that you HAVE to have a 9-5 job and to work consistently.

This is called „conditioning“. The process of uncovering who you truly are and how your energy works is called „de-conditioning“.

HOW TO WORK WITH IT

De-conditioning is a life-long process (as is healing) and it doesn't mean that you have to do it perfectly in order for you to live in alignment with your energy.

Nervous System and Trauma healing is a perfect addition to this process because you become more connected/attuned to your body and therefore it is way easier to become aware of and listen to the subtle voice of your authority, become aware of where you are living off other's energy, etc.

HOW TO WORK WITH IT

Please keep in mind that you are more than your type, profile or your undefined and defined centers. Human Design is a very complex system and we've only scratched the surface today!

And: Human Design is a very useful tool but it's just that, a tool. It's not „this is how it is and if you don't like it, you're doomed“. And it sure as hell is not another means to put any limitations on you.

When used „correctly“ it can help you navigate life's struggles with more ease but it won't prevent you from them.

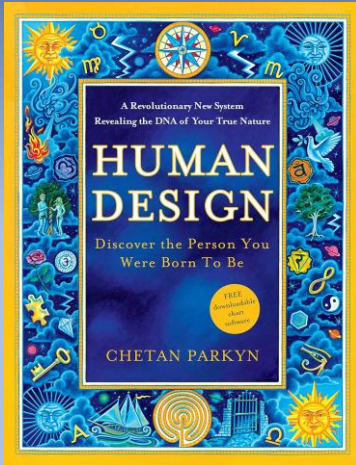
HOW TO WORK WITH IT

If something doesn't feel easy it doesn't mean you're „out of alignment“ or you're doing something wrong.

Life is hard sometimes and no system can or will change that.

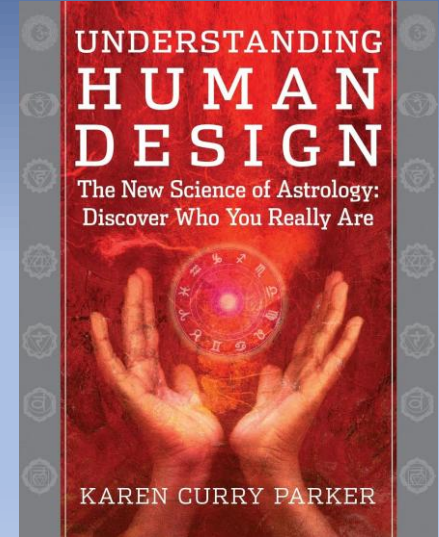
Sometimes we need struggles and obstacles in order to learn and grow, so naturally they will occur on our path. We can't change that. The only thing we CAN change is how we respond to them. And that's where Human Design can be quite helpful.

MY FAVORITE RESOURCES



Chetan Parkyn: Human Design - Discover the Person You Were Born To Be

Karren Curry Parker:
Understanding Human Design



Eden Carpenter: <https://www.instagram.com/iamedencarpenter/?hl=de>
<https://www.edencarpenter.com/get-your-chart>

Jenna Zoe: <https://www.myhumandesign.com/>