

Design

32.1 ▲

42.1

26.4

7.5

13.5

1.5

40.6

34.2 ▲

6.6

46.5

43.6

26.4

32.1 ▲

Personality

▲ 54.5

▼ 53.5

★ 30.6

33.4

19.4

61.5

▲ 11.6

41.6

48.1

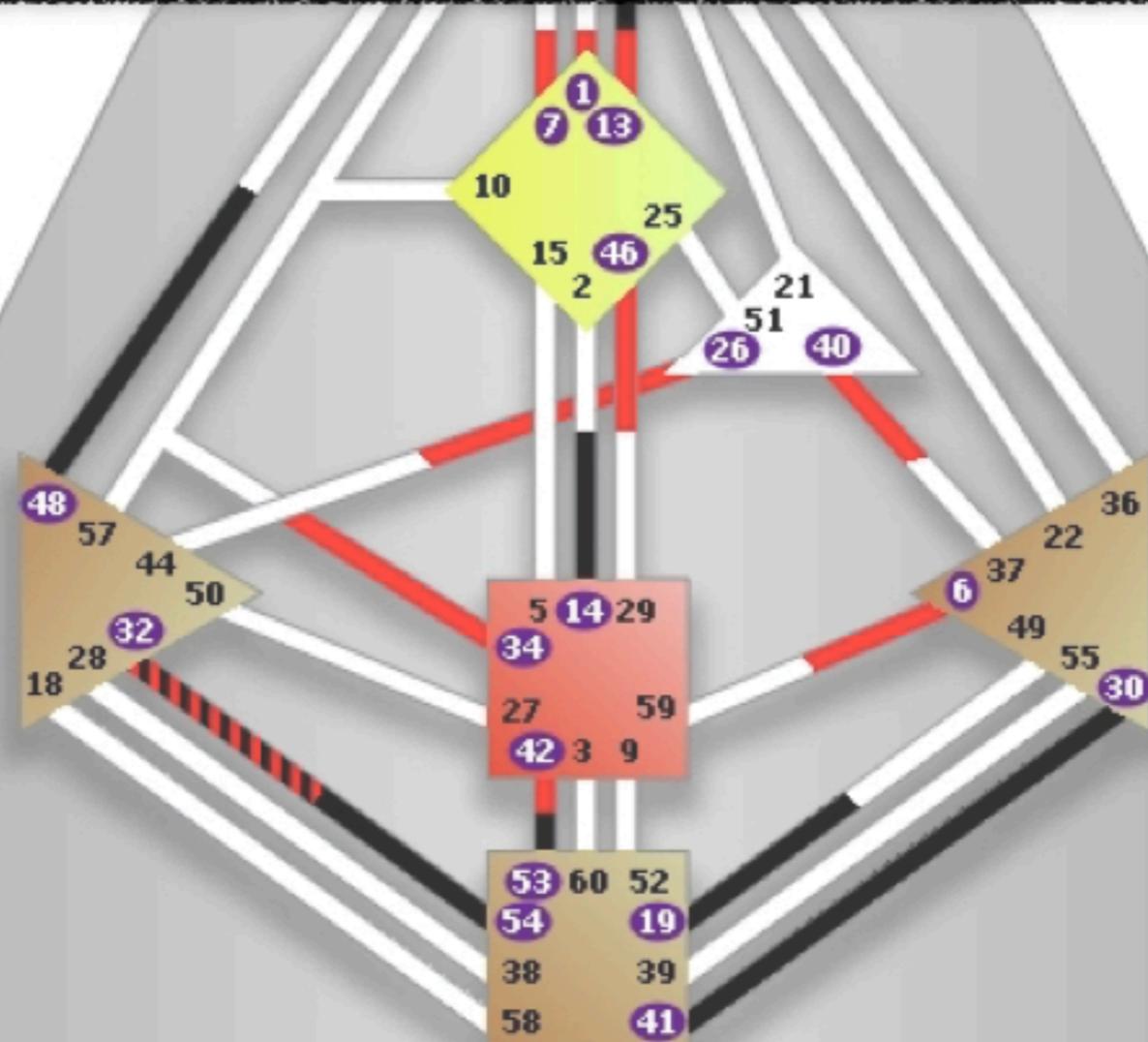
48.1

14.5

11.1

32.4

# What is Human Design?



# Human Design

Human Design is a system that helps unlock your deepest potential.

It helps you to gain awareness of your key strengths and what holds you back.

It works by plugging your birth data into a sophisticated software system that calculates your energetic blueprint at the time of your birth.

We call this blueprint, your Design. Your Design represents your authentic self.

Your Design can highlight how you are meant to live, work, connect with others in relationship and even the kind of environments that you are meant to thrive in.

You don't necessarily *learn* your Design - you live into it by experimenting with *living your design!*

Engaging in this work is not always easy - but it can be simple!

The challenge is that it's counter-intuitive to how the world works!

# Orienting to the Bodygraph

Let's orient to your Human Design Bodygraph (see next few pages).

Think of this as a map that describes how you work energetically. If you look at the picture you'll see 9 different shapes. These shapes are energy centers. You could think of each shape as a radio receiver – with each one tuned into a specific station.

One's about feelings, another thoughts and another is about expressing your ideas. Basically - these centers tell you how take in and process energy and information.

These centers connected by colored or white lines – which we call channels or pathways that run between the centers. When one of these lines is colored in all the way – it can define – or *turn-on* 2 of the centers (like a lamp that gets plugged into a socket). You know that something is defined in your design because it is **colored** in.

This is what we call your definition. **Definition – in it's simplest form – is who you are.** It tells you about your type, strategy and inner authority is.

**Type** - They way that you operate in the world.

**Strategy** - is a technique that helps you operate with more ease and flow.

**Inner Authority** - How you make decisions that guide your life.

**Design**

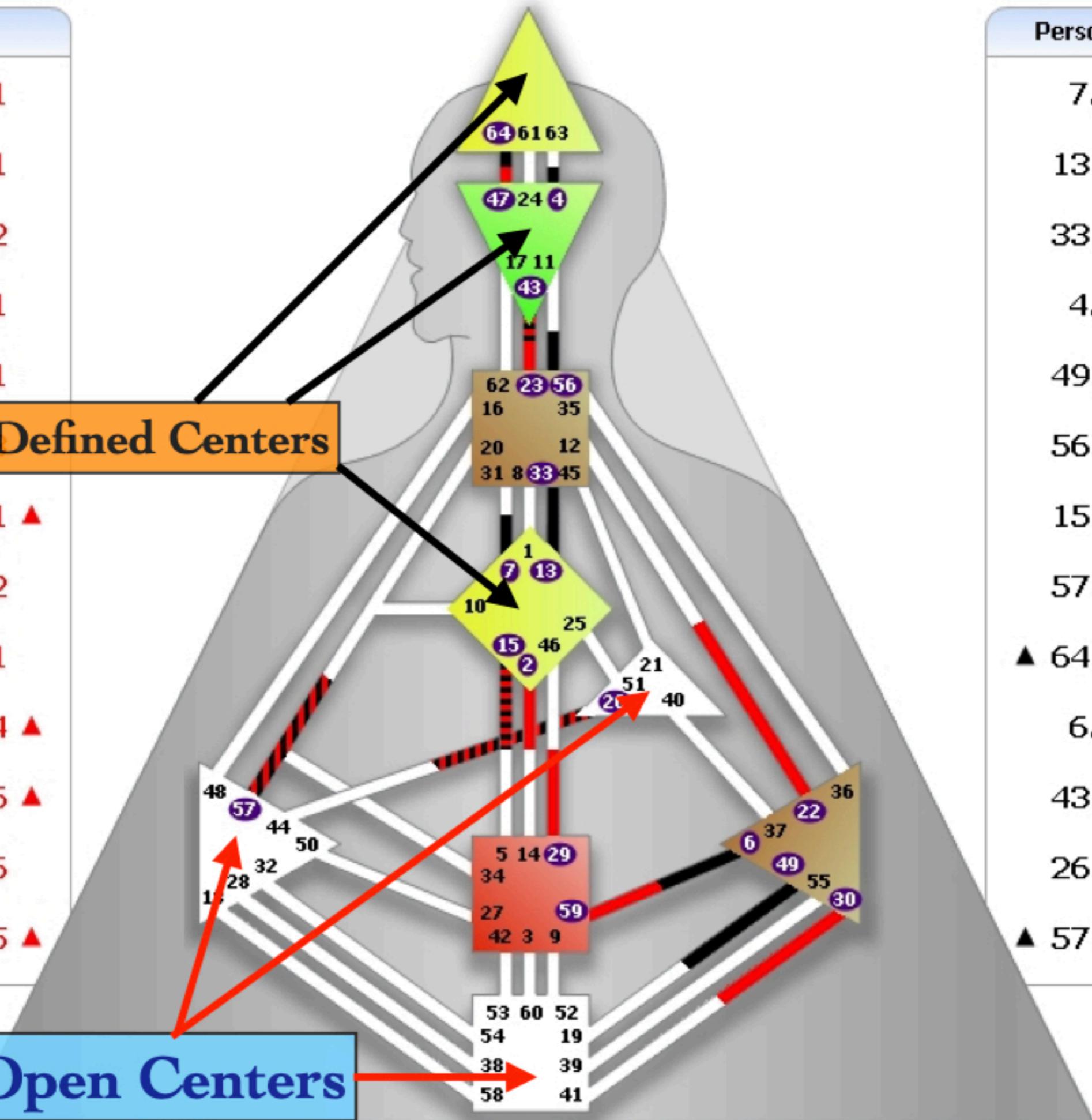
- ☉ 23.1
- ⊕ 43.1
- ☾ 22.2
- ♊ 29.1
- ♋ 30.1
- ♌ 2
- ♍ 15.1 ▲
- ♎ 59.2
- ♏ 59.1
- ♐ 47.4 ▲
- ♑ 43.6 ▲
- ♒ 26.6
- ♓ 57.5 ▲

**Defined Centers**

**Personality**

- 7.5 ☉
- 13.5 ⊕
- 33.2 ☾
- 4.2 ♊
- 49.2 ♋
- 56.6 ♌
- 15.5 ♍
- 57.3 ♎
- ▲ 64.3 ♏
- 6.3 ♐
- 43.3 ♑
- 26.4 ♒
- ▲ 57.5 ♓

**Open Centers**



64 61 63

47 24 4

17 11

43

62 23 56

16 35

20 12

31 8 33 45

1

7 13

10

15 46

2

21

51 40

5 14 29

34

27 59

42 3 9

53 60 52

54 19

38 39

58 41

48

57

44

50

32

28

1

36

22

6 37

49

55

30

# Gaining Self Awareness

The purpose of our Human Design Session is to help you become aware of how your design works.

When you begin to look at your Bodygraph chart for the first time, begin to get a sense of what centers are colored (defined) and which are open (white).

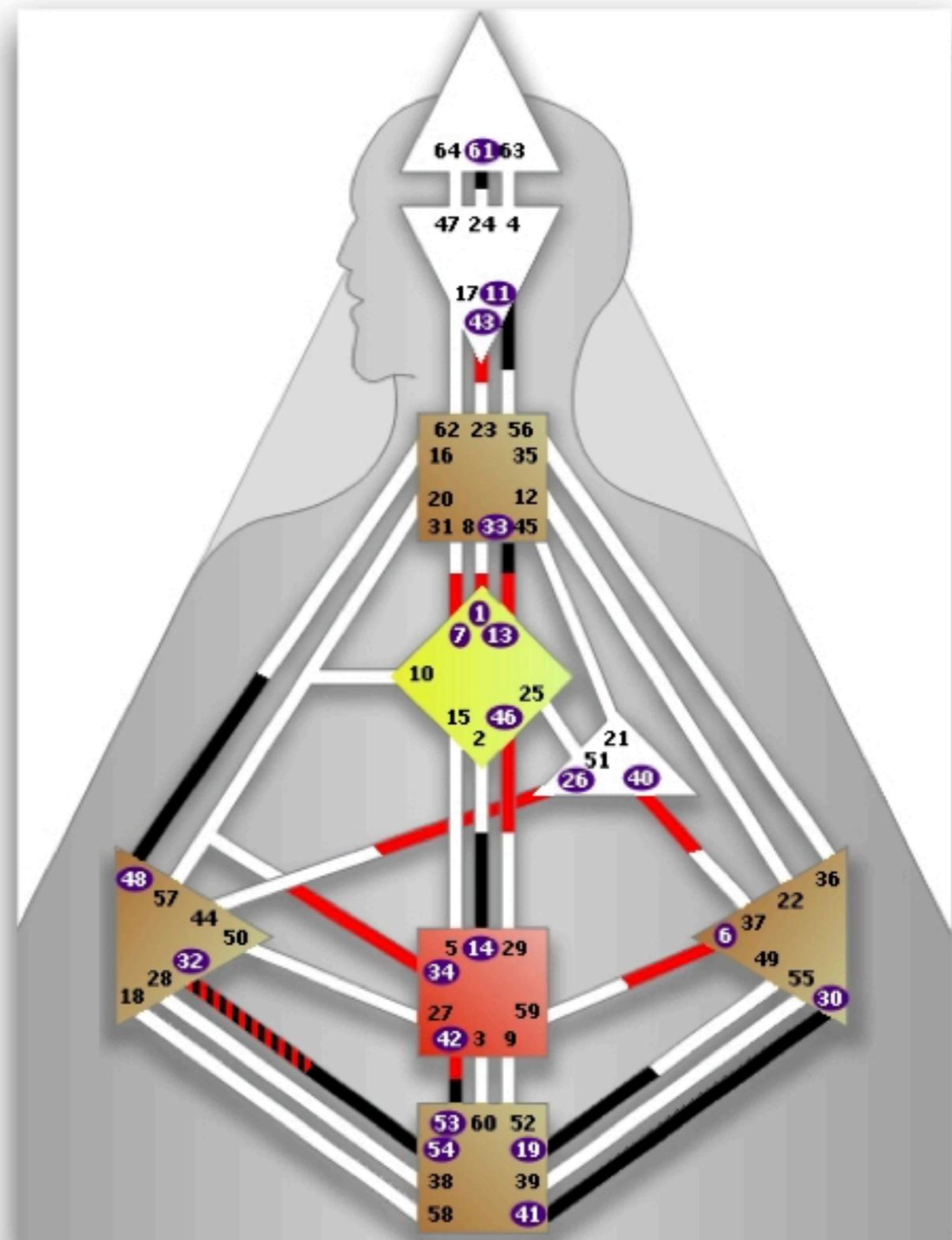
## Questions to ask yourself:

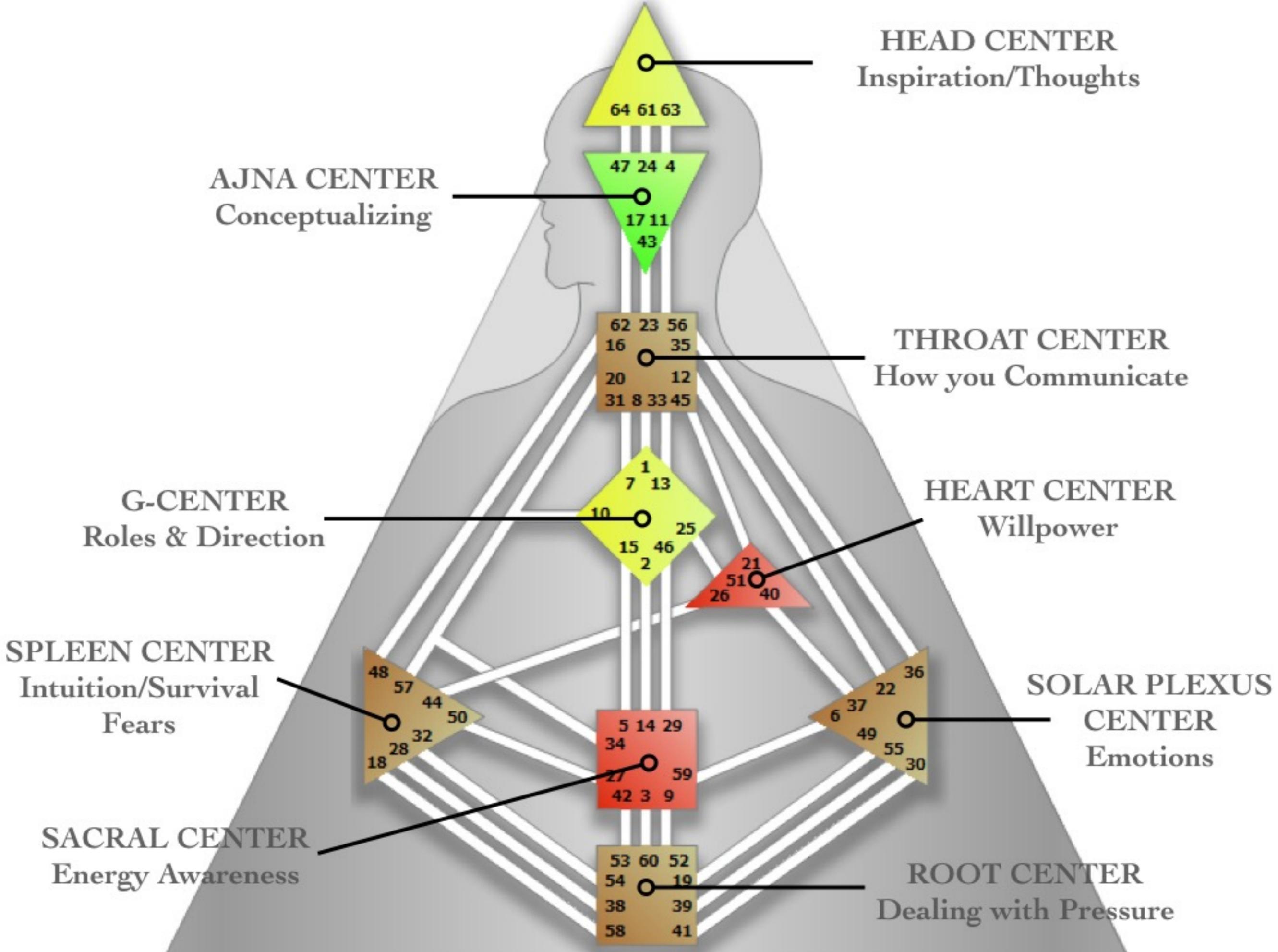
- **Open Centers:** Which places in my design am I open to be influenced by those around me?
- **Defined (colored) Centers:** Where am I influencing those around me?
- **The Ratio of Open to Defined:** How many centers do I have defined vs. open?

In general, the more centers you have defined (colored in) the more you are designed to do your own thing and not be overly influenced by others.

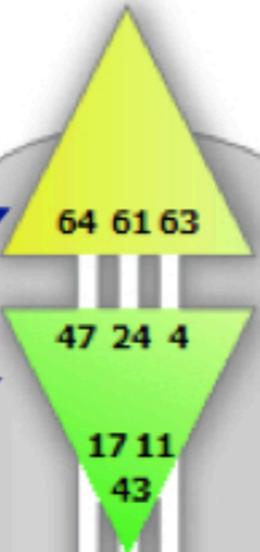
The more centers you have open, the more *sensitive* you are to those around you.

Neither is better than the other. Just information for you to learn about yourself!





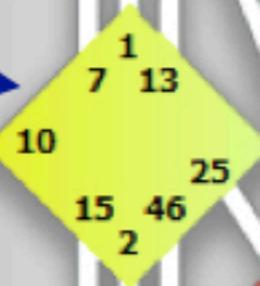
**Mental Awareness**  
How your mind works  
(Head & Ajna Centers)



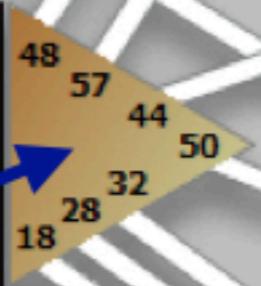
**Self Awareness**  
How your mind works  
(G-Center)



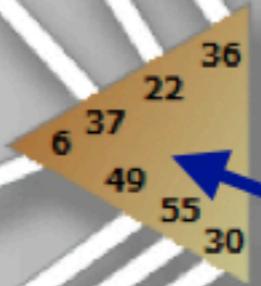
**Communication Awareness**  
How you express yourself  
(Throat Center)



**Intuitive Awareness**  
How your intuition works  
(Spleen Center)



**Emotional Awareness**  
How your emotions works  
(Solar Plexus Center)



**Energy Awareness**  
How your energy works  
(Root, Sacral & Heart Centers)

