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Your First Overview
Your Personal Human Design

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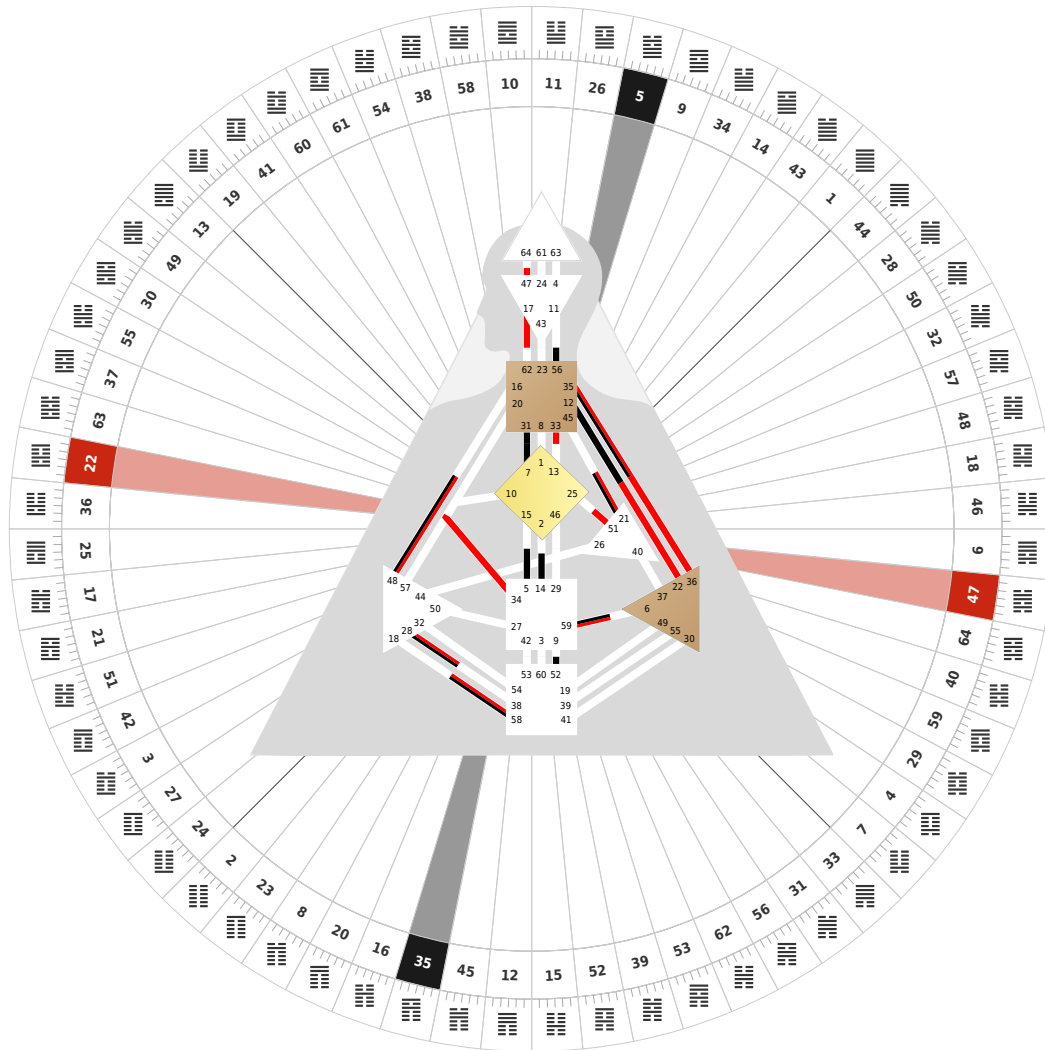
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Introduction

Thank you for your interest in the Human Design System!

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The Human Design Synthesis

The Human Design System combines ancient and modern sciences in its unique body diagram, thereby making the genetic structure and function of a human being visible and logically comprehensible.

Let us begin by examining the **Human Design Mandala**.

The inner wheel shows the zodiac signs, which you probably know from astrology. In the outer wheel, the 64 hexagrams from the Chinese I Ching are arranged. In a first step, we can thus convert an astronomical position into a hexagram or equate it. Each hexagram is further divided into 6 Lines (Yin and Yang), whereby the astronomical position can be represented as a hexagram (the heading) and a Line (the detailed theme).

Astrology and the **I Ching** are ancient sciences. In our modern sciences, the same contents can be found in **Quantum Physics** and in **Genetics**:

Astrology speaks of the 'quality of time', which can be read from the position of celestial bodies. Proof of this has always been difficult.

Quantum Physics shows that neutrinos are mass particles. This was one of the most important findings of modern research; until a few decades ago, neutrinos were thought to be energy particles. Neutrinos - which mainly originate in nuclear fusion processes in stars - are present in the universe in unimaginably large numbers: approximately 66 billion (!) of them penetrate us here and now per second per square centimeter. It is in THIS way that information or quality is transferred from every celestial body to us. These countless, tiny material particles penetrate everything at nearly the speed of light and inform and condition us and generate the so-called 'quality of time' (weak interaction between material parts ensures energy and momentum exchange).

The ancient **I Ching** describes the 64 fundamental building blocks or properties of life.

Modern **Genetics** knows that human DNA is constructed from 64 codons, which code the 20 essential amino acids that correspond exactly with the structure of the hexagrams from the Chinese I Ching.

The ancient Yin and Yang Lines are, expressed in our terminology, simply a **binary code**.

About 70% of the neutrinos that reach us here on Earth come from our Sun. This is why the Sun position is of such great significance in astrology. 70% of the information that reaches and penetrates us comes from our Sun. The remaining 30% comes from other sources, mainly from stars outside our solar system. These neutrinos carry different information - from other stars, and from planets and moons when they penetrate these celestial bodies on their way.

And naturally, the information transfer does not stop with us: we live within an ocean of particles, are continuously penetrated and informed from all sides and naturally also inform the particles with our quality in return. We are therefore truly in a constant and never-ending connection with the entire universe.

This is the Mandala that connects Astrology with Physics and the I Ching with Genetics.

At the center of the wheel stands the Human Design **BodyGraph**, which also connects ancient and modern. The so-called **Centers** in the BodyGraph are derived from the Indian **Chakra** system and correspond to organs, glands and hormonal processes in our human **biology**.

The Centers are connected by **Channels** - which in turn have an affinity to the developmental paths of the Jewish **Kabbalah** and represent a **Quantum** - a whole that is greater than the sum of its parts.

The Human Design System is truly a synthesis of ancient and modern sciences and wisdom.

The information from the wheel is now transferred to the corresponding position (in the Centers) in the BodyGraph.

Everything that is written or drawn in **black** is the information from the time of birth. This represents your **Personality**, that which you identify with, that which is consciously accessible to you.

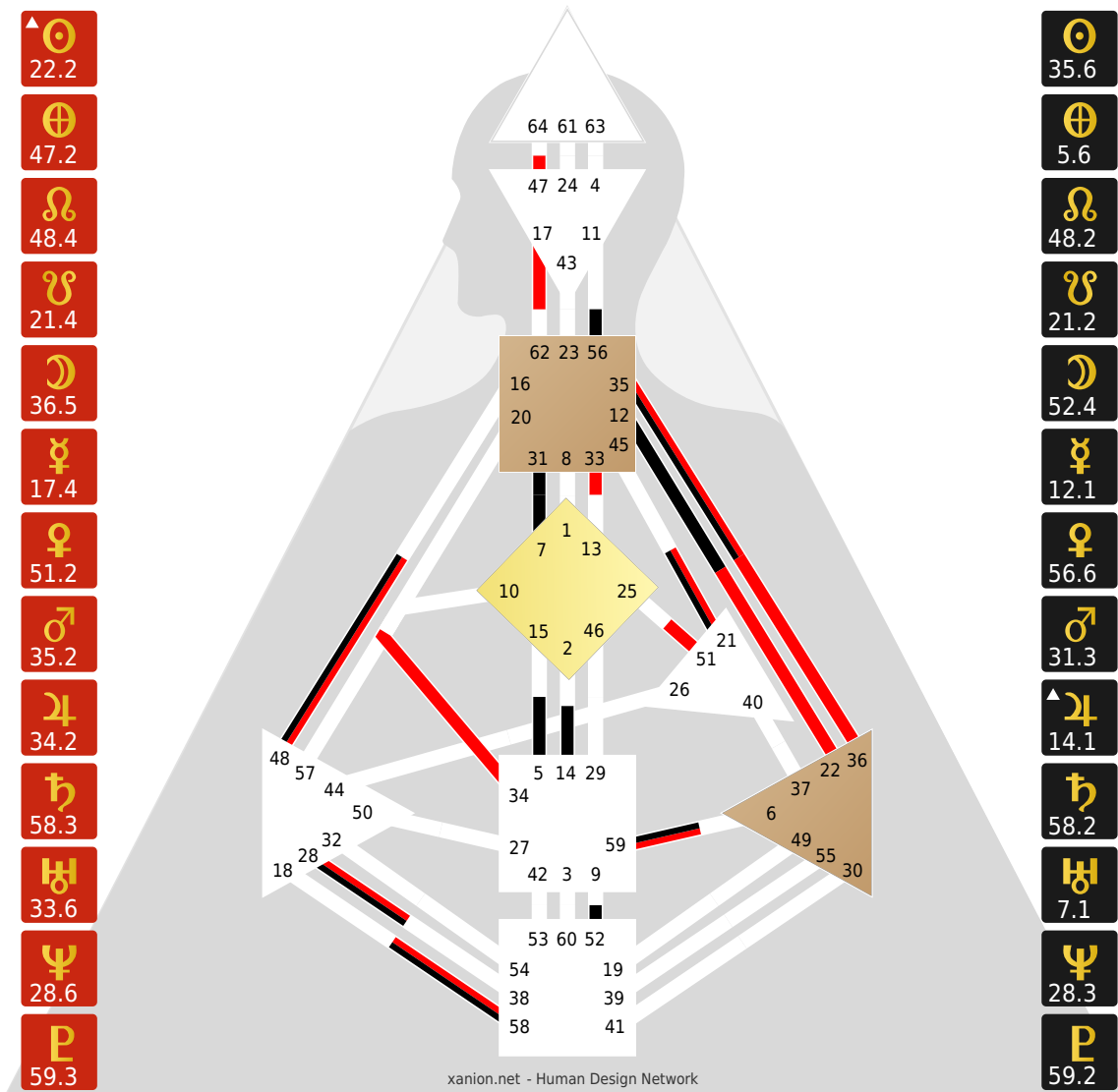
Everything that is shown in **red** comes from a point in time exactly 88 solar degrees (approximately 3 months) before your birth (completely independent of what type of birth it was). This is your Design date, the point in time at which the infrastructure of your physical body was ready to receive and house your consciousness (one could also call it the 'soul'). It represents your unconscious, the physical, bodily side of your being.

The interaction between conscious and unconscious now represents the **Quantum**, the whole. It is the representation of your genetic imprint, your mechanical mode of functioning. And one can easily distinguish which aspects of your being are conscious and which operate without your knowledge.

When two celestial bodies are positioned at the hexagrams at both ends of a **Channel**, they form a **Definition**, an activated Channel and thus two activated Centers. This is how your individual BodyGraph emerges, usually with open (non-activated) or defined (activated) Gates (hexagrams), Centers and Channels.

Very importantly: this is **NOT** a judgement! Having an activation is neither good nor bad, it is simply one of two possibilities, like two sides of a coin. It is what it is, and there is absolutely no need to want to change, improve or develop anything. You can think of it like your blood type or eye color - it is your mechanical configuration and it is perfectly fine!

Your BodyGraph



Type	Manifestor
Authority	Solar Plexus (Emotional Center)
Strategy	To Inform
Signature	Peace
Profile	6/2 Role Model/Hermit
Definition	Single Definition
Not-Self	Anger
Birth Date (local)	08.06.1959 09:35 (UTC +01:00)
Design Date	10.03.1959 03:31

Type and Strategy

Type and the corresponding Strategy is the first and most fundamental distinction between human beings made in the Human Design System. Belonging to one of the 4 Types is one of the most important pieces of information and shows you simply and clearly what your first step towards a personally correct decision is.

Manifestor/Initiator

You belong to the Manifestor type, the only type designed to initiate

You belong to the Manifestor/Initiator type, the only type designed to initiate.

As a Manifestor, you are one of the few (about 9%) who are designed to act independently and set things in motion. Your strategy is to inform those who will be affected before you take action. This is not about asking for permission, but about reducing resistance and creating allies.

You have a closed and repelling aura that gives you natural independence but can also create distance from others. When you inform before acting, you create peace around you and can move through life with less resistance.

When you fail to inform and simply act, you encounter anger - both from others and within yourself. Your signature of peace comes from correctly informing and then freely initiating what is correct for you.

As a Manifestor, your peace comes from the freedom to initiate and the understanding that informing is not a limitation but a tool that clears your path.

Strategy	To Inform
Aura	Closed and repelling
Signature	Peace
Not-Self Theme	Anger

Inner Authority

After Type and Strategy, your Inner Authority shows you the next step towards making personally correct decisions.

Solar Plexus (Emotional Center)

Your Inner Authority lies in the Solar Plexus Center

It is correct and important for you to take plenty of time for decisions. You are an emotional person who constantly rides the wave of your own emotional cycle, and therefore cannot have clarity at any single point on this wave. To arrive at a correct decision, this wave must have run through at least once, and you should feel that you are no longer nervous. If you decide from an emotion or from the mind (whether from the high or low end of the wave), it only leads to instability and unpleasant consequences.

Trusting your Inner Authority and experiencing the different aspects of your emotionality before making a decision brings extensive clarity and removes resistance and chaos from your path. You should take your time and show others that you need it. Only then will you find what is correct for you.

Definition

Single Definition

In your Bodygraph, all activated potentials are connected to each other. You experience yourself as a "whole", as a person who is not "missing" anything.

Your Profile

Your Profile shows the way in which you move through life, so to speak the costume you wear. After Type, Strategy and Inner Authority, it is another key aspect of your being.

Profil 6/2

Role Model/Hermit

Your Profile represents a person with high standards that are not easily fulfilled in practical life. Your desire for wisdom, detachment, and perfection can only be fulfilled over time and requires three different life phases:

The first approximately 30 years are a time of gathering experiences and trying things out for you, and your fundamental optimism can take on a pessimistic note through the mistakes and dysfunctionality that you see and experience everywhere. In the second phase, from approximately 30 to 50, you experience a time of distance and withdrawal that allows a more objective, uninvolved perspective and can be a particularly harmonious time.

The third and in many ways most important phase, after your approximately 50th year of life, marks the time of role model effect. Experiences have been gathered and processed, and now the time has come to bring your acquired potential wisdom into the world as a living example.

In relationships and career as well, your life is shaped by these phases, and a central question is always trust! Is the effort worth it, or not? Through your elevated perspective, you often see more than others and should pay particular attention to correct decisions (according to your Type and Strategy) in order to enter into fitting connections.

The nine Centers are energy hubs that transform or convert the life force as it flows through the BodyGraph.

Defined and Undefined Centers

In most people's BodyGraphs, it is common for some Centers to be defined or colored and others to be undefined, open or white. The Centers that are defined are considered fixed, meaning they operate with a reliable and steady energy through the aura that is unique and recognizable. The undefined Centers are not broken, they are not empty, they do not need to be repaired. They are the places where we are most vulnerable to external influences, and that makes them valuable learning Centers. The undefined Centers become the greatest sources of our education and our maturing wisdom. Since most of us are made up of a combination of defined and undefined Centers, it is important to accept that neither is better than the other. The process of living within ourselves is one of recognizing where we are available to absorb the conditioning of others through these undefined or open Centers, what effect this conditioning has on us, and how to put it in its proper context. What we call wisdom is to achieve a functioning understanding that allows us to deal with the world around us, with the school of life, without losing our center and our direction in life.

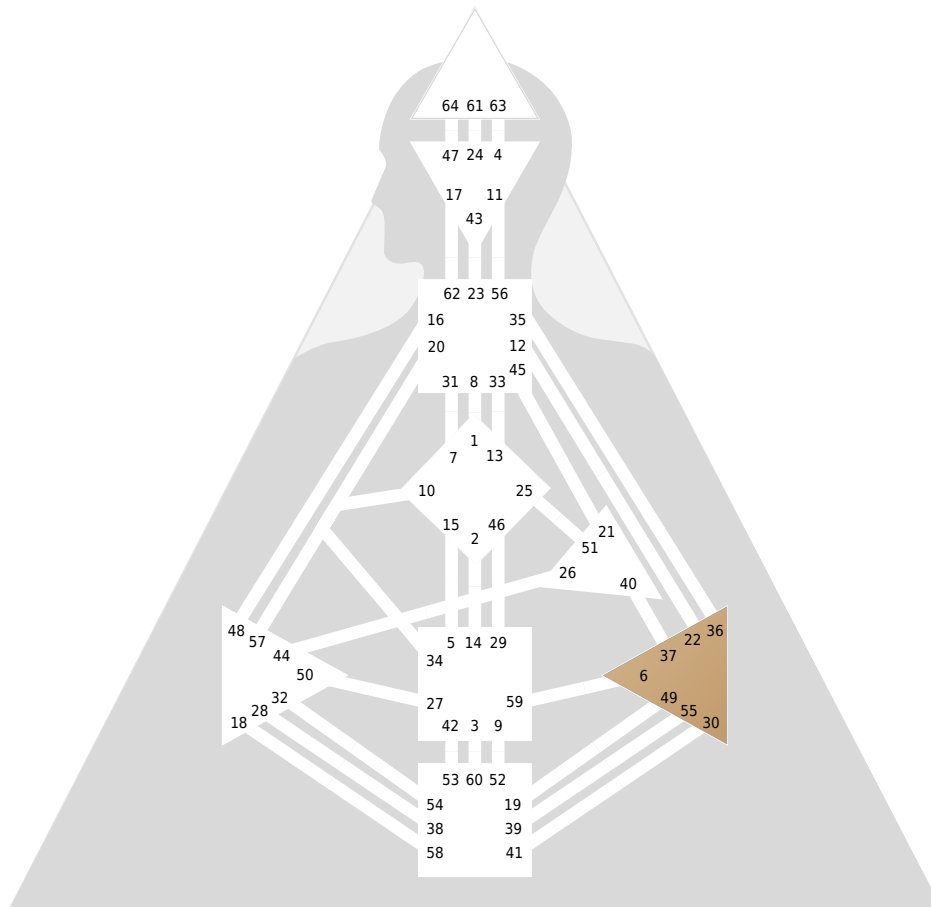
Conditioning

From birth, we are permanently in the aura field of our mother, father, siblings, relatives and others. Our undefined or open Centers are thereby permanently defined or energetically filled by the definitions of others. Over time, we are subtly but deeply influenced by their energy fields - and equally by their growing expectations of us. This is what the Human Design System describes as conditioning. Although we never completely lose contact with who we truly are, various layers of familial and societal conditioning have been placed over our true Self by the time we reach the age of seven, and this creates distortions and confusion.

One cannot avoid or escape conditioning, nor is it inherently something bad. It is simply unavoidable. Planetary transits, people and all life forms, including insects, animals and plants, connect with us and can influence our thought patterns, our behavior and our decisions, especially when we are not grounded in our Design through Strategy and Inner Authority. Throughout our lives, the natural curiosity of our open Centers attracts people who are defined in those Centers. Absorbing their energy frequencies puts pressure on our openness and triggers our mind to think about everything we lack.

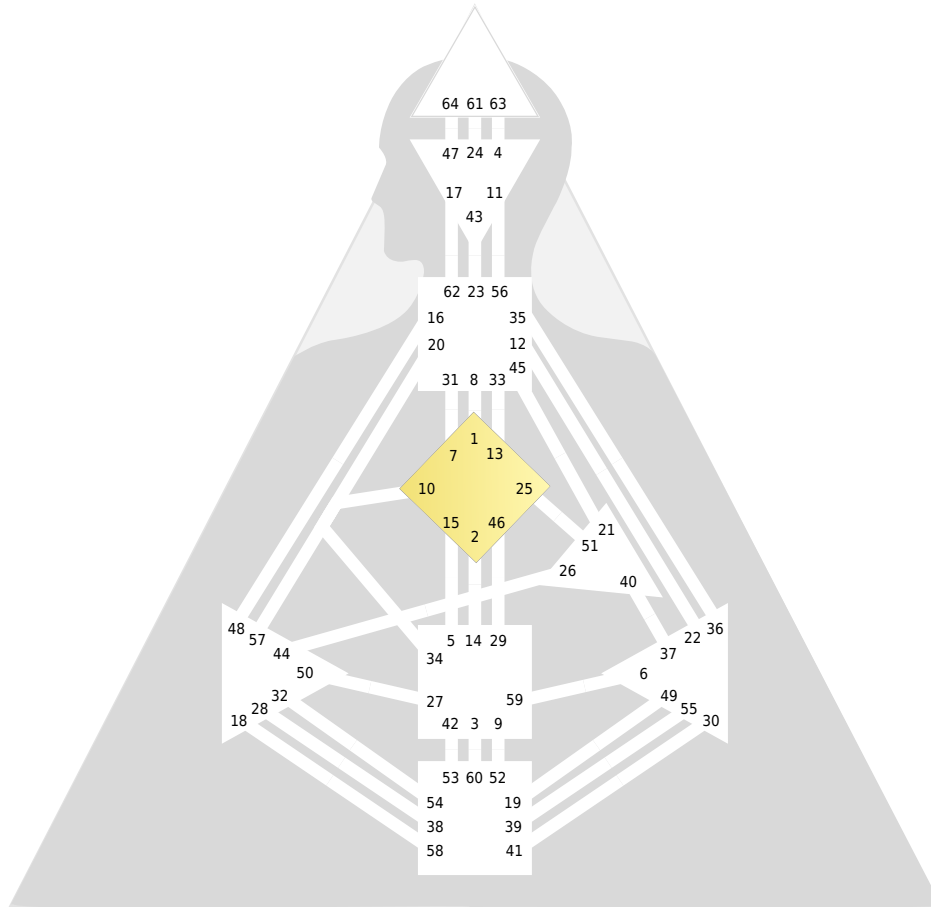
The open places in our chart are regarded as the sources of our Not-Self, simply because they are energetically inconsistent and unreliable. When we begin to confuse what we experience through our openness (through what we are not) with our defined or true Self (what is consistent within us), we get into trouble. The Human Design System carefully examines where we are open to the effects of conditioning and distinguishes that from our definition. It shows us that when we follow our Strategy and Authority, we are perfectly and uniquely equipped to face and resolve the dilemmas of our Not-Self constructs.

The Defined Solar Plexus Center



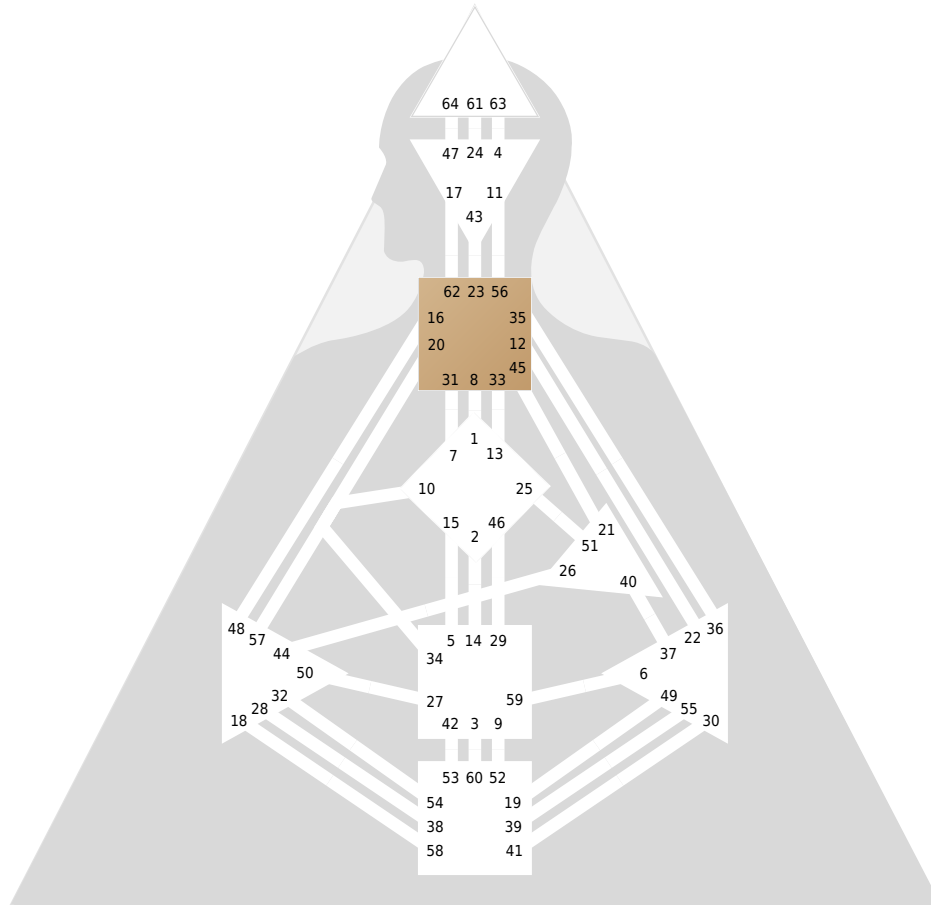
You belong to approximately 50% of people with a Defined Solar Plexus Center (which represents your Inner Authority) and should therefore not make quick decisions, because you only gain clarity about your emotions over time. If you decide from a particular emotion, you endanger yourself and others and become a source of chaos and thoughtless action. Your gift lies in the slow recognition of your own feelings and the decisions that only then result from them.

The Defined G Center



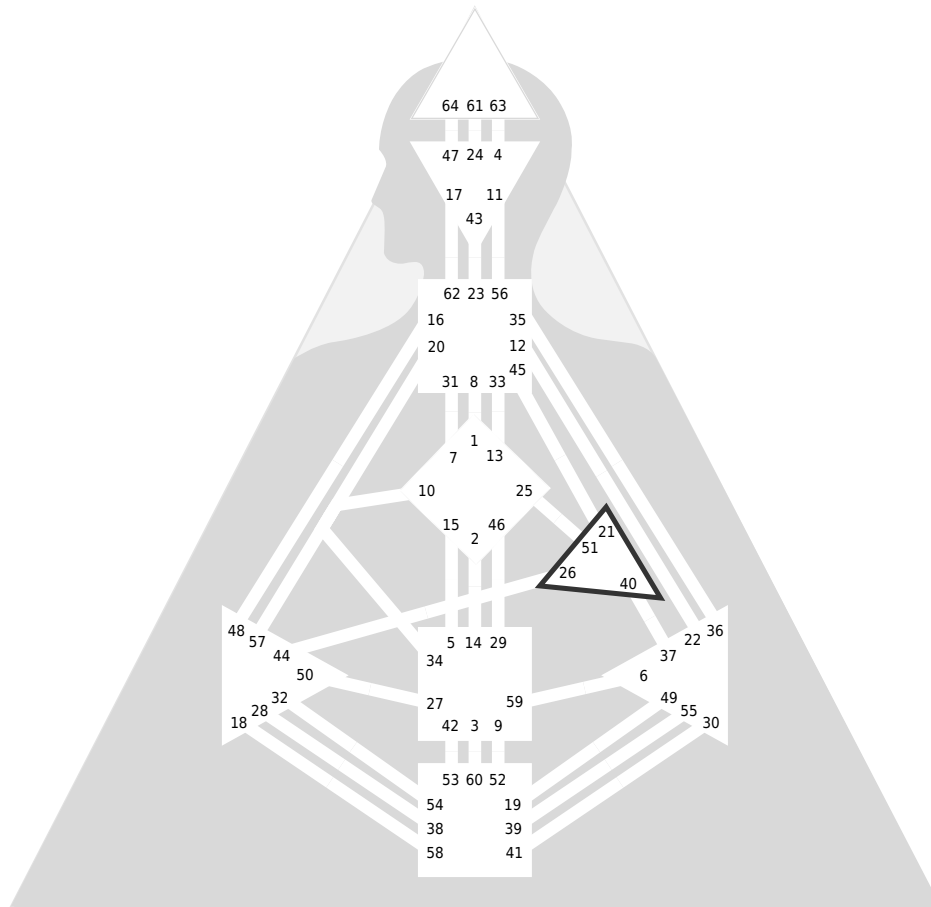
You belong to approximately 46% of people with a Defined G Center and thus have a fixed sense of identity. When asked for advice, you can show other people new directions or love.

The Defined Throat Center



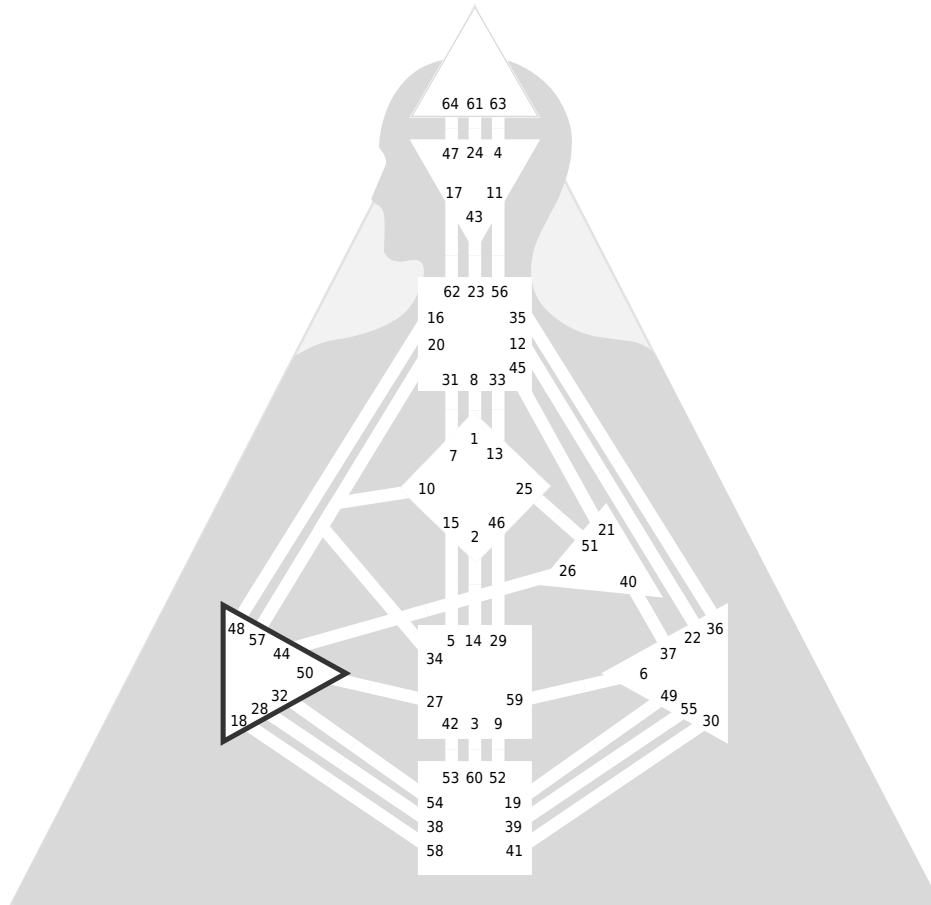
You belong to approximately 71% of people with a Defined Throat Center and thus have a fixed way of speaking and acting. If you are not correct, your timing can be off, leading you to speak or do too much.

The Undefined Heart Center



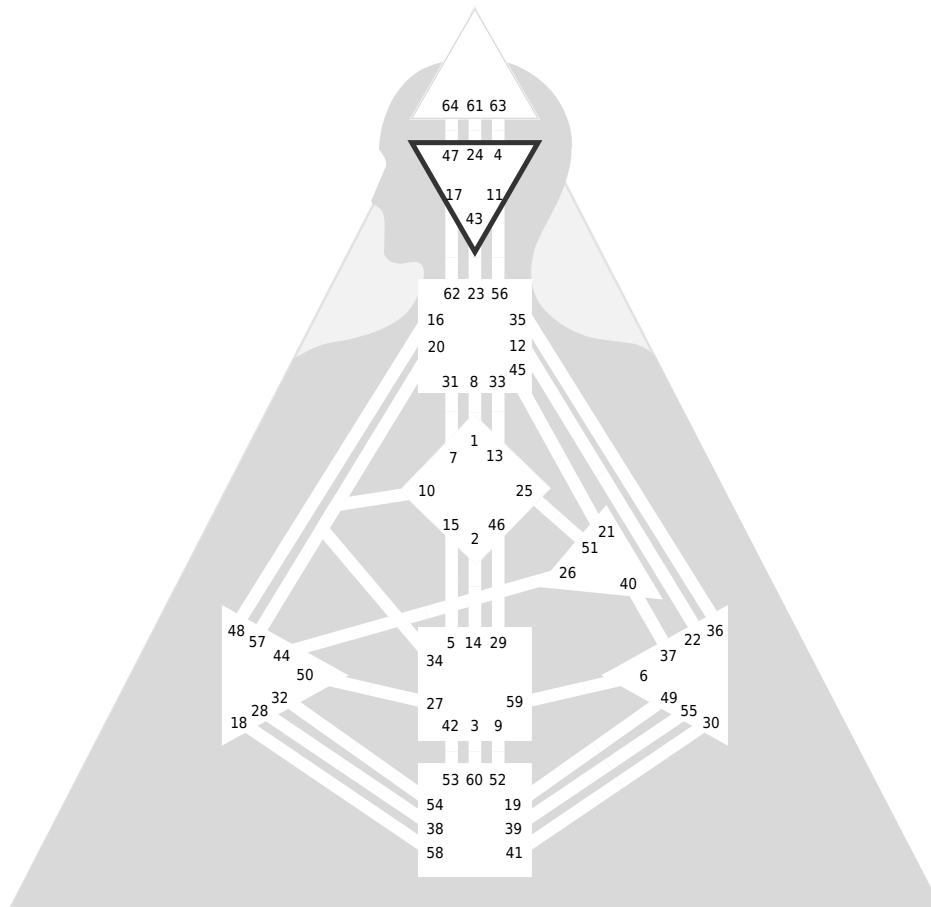
You belong to approximately 65% of people with an Undefined Heart Center and are not designed to be selfish or competitive. You often try to gain the approval of others and can suffer from low self-worth. When you recognize that you have nothing to prove, your gift and potential wisdom reveals itself: you recognize who has a healthy ego and do not make promises yourself, even when pressured to do so.

The Undefined Spleen Center



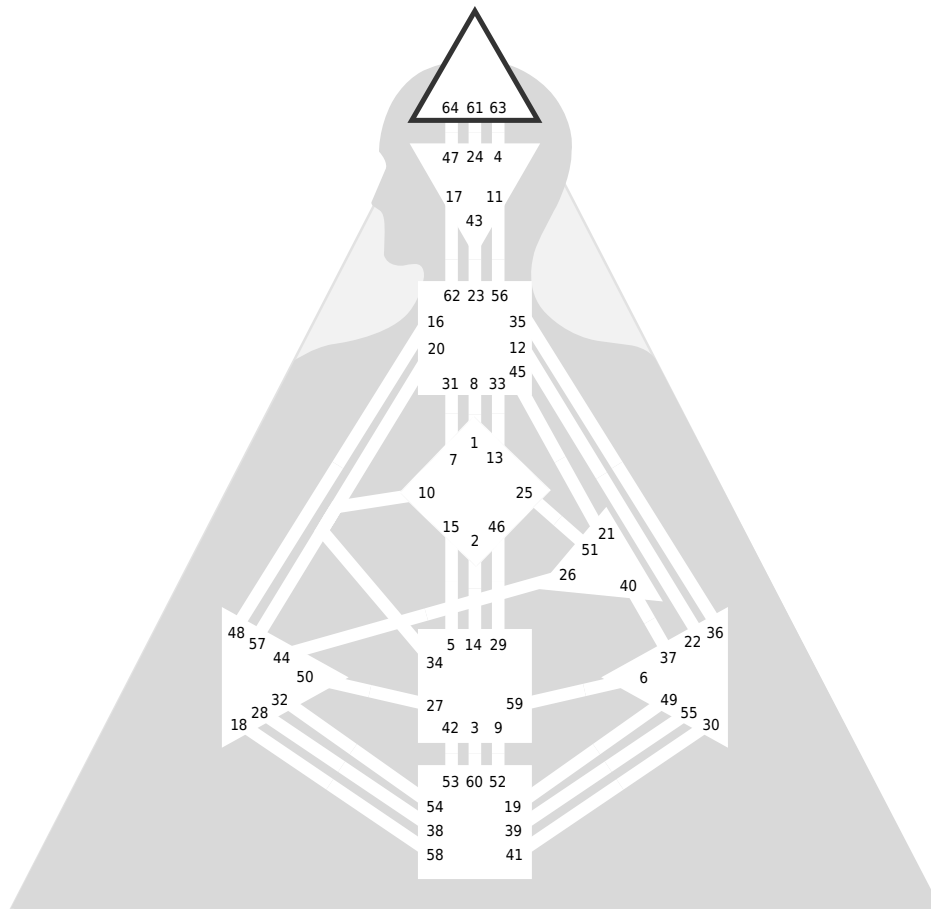
You belong to approximately 47% of people with an Undefined Spleen Center and should avoid spontaneity as much as possible. Be selective and do not cling to people or situations that are no longer good for you. Your Strategy can show you what to hold on to and what not, which benefits both you and others.

The Undefined Ajna Center



You belong to approximately 49% of people with an Undefined Ajna Center and thus have an open, flexible mind that can be conditioned by a wide variety of mental concepts, but is also capable of recognizing the truth and wisdom within them. Your mental openness can become a worry about not being intelligent (enough) and lead to a rigid clinging to ideas or concepts.

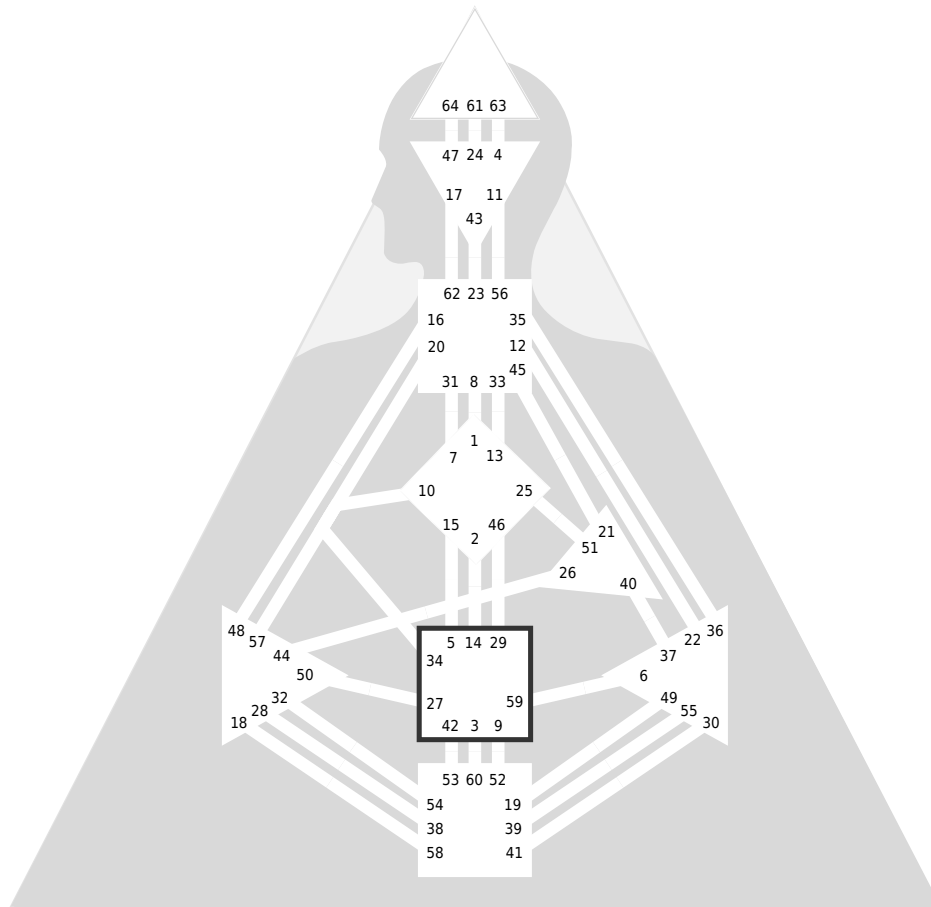
The Undefined Head Center



Your Undefined Head Center shows that inspiration for you (as for approximately 70% of people) comes from the outside, and you often occupy yourself with questions that have nothing to do with you. The conditioning mental influence of others can overwhelm you and distort your decisions.

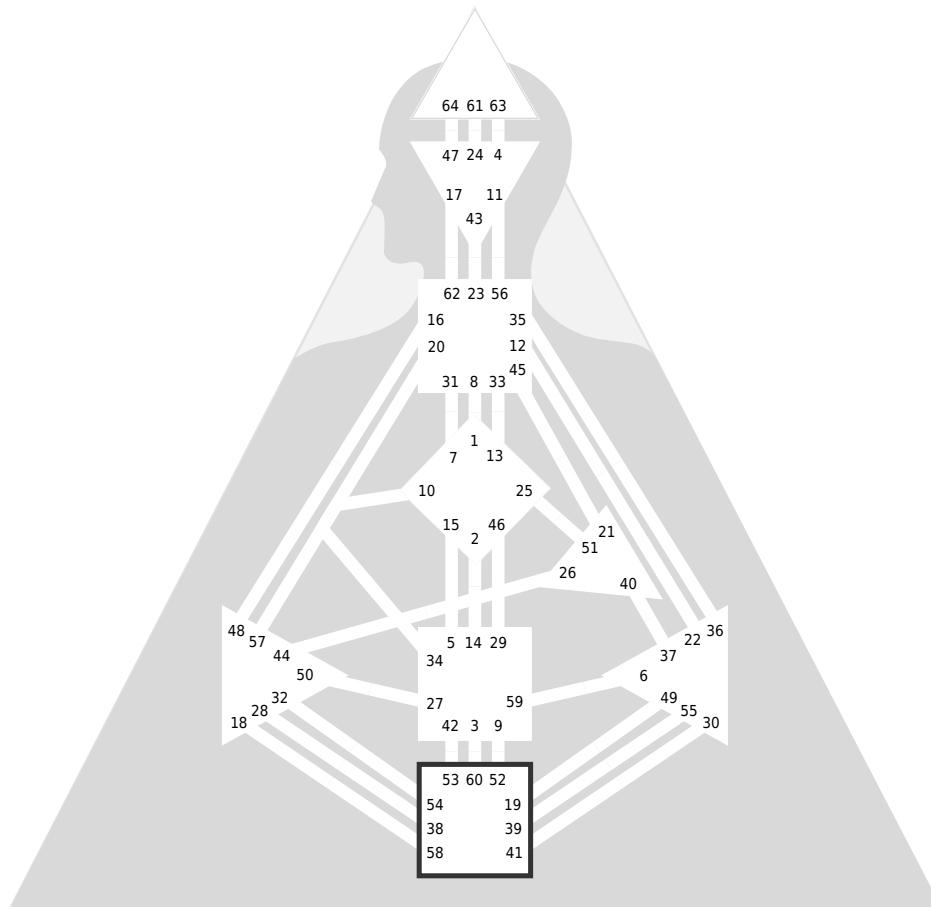
The value of your Undefined Head Center lies in your potential to understand which stimulation is important and which is not, and which people are stimulating and which are not.

The Undefined Sacral Center



You belong to approximately 30% of people with an Undefined Sacral Center and thus do not have consistent work and physical energy available. Your abilities lie in other areas, and it is particularly important to ensure that you do not overexert and exhaust yourself (when trying to keep up with your environment) and to respect your limits. Your gift and potential wisdom lies in recognizing who has what kind of workforce.

The Undefined Root Center



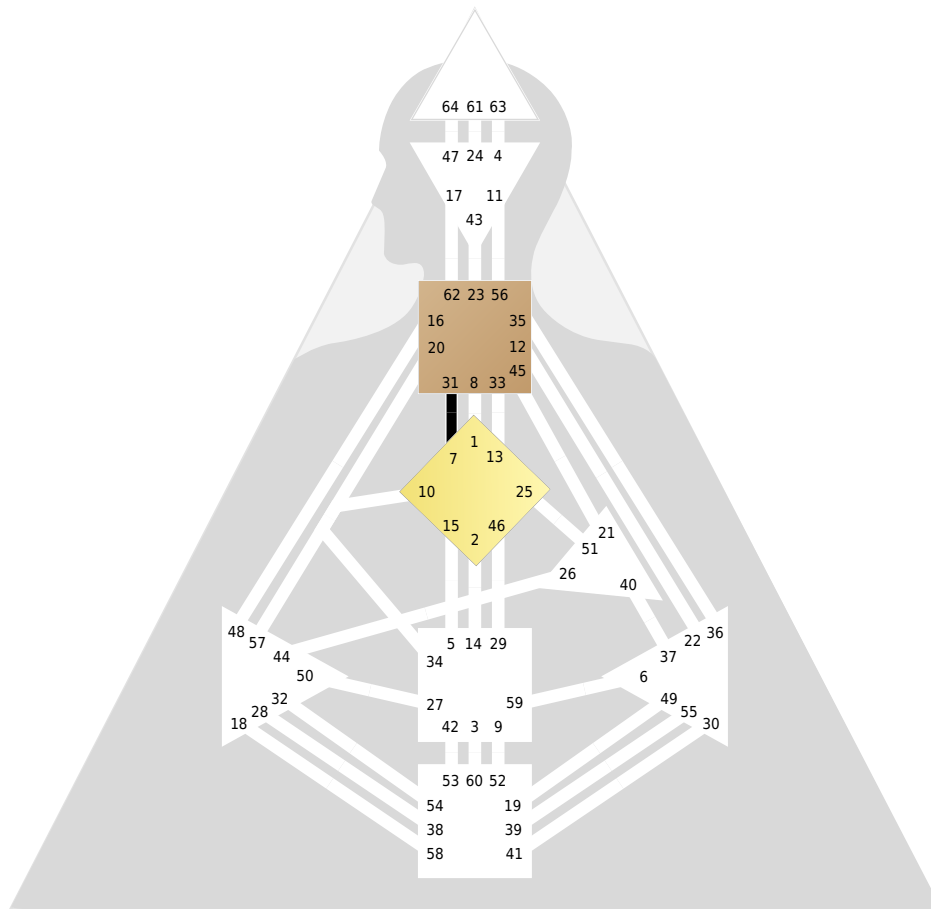
You belong to approximately 32% of people with an Undefined Root Center and thus have no fixed way of dealing with stress. You easily allow yourself to be put under pressure from the outside and then try to escape this influence by acting especially quickly. Your gift and potential wisdom lies in recognizing which kind of pressure can be useful for you. It is important for you to be patient and not to act hastily.

The Channels

Your Channels represent concrete characteristics and abilities that are available to you at all times and that constitute the core of your being.

The Channel of The Alpha: 7-31

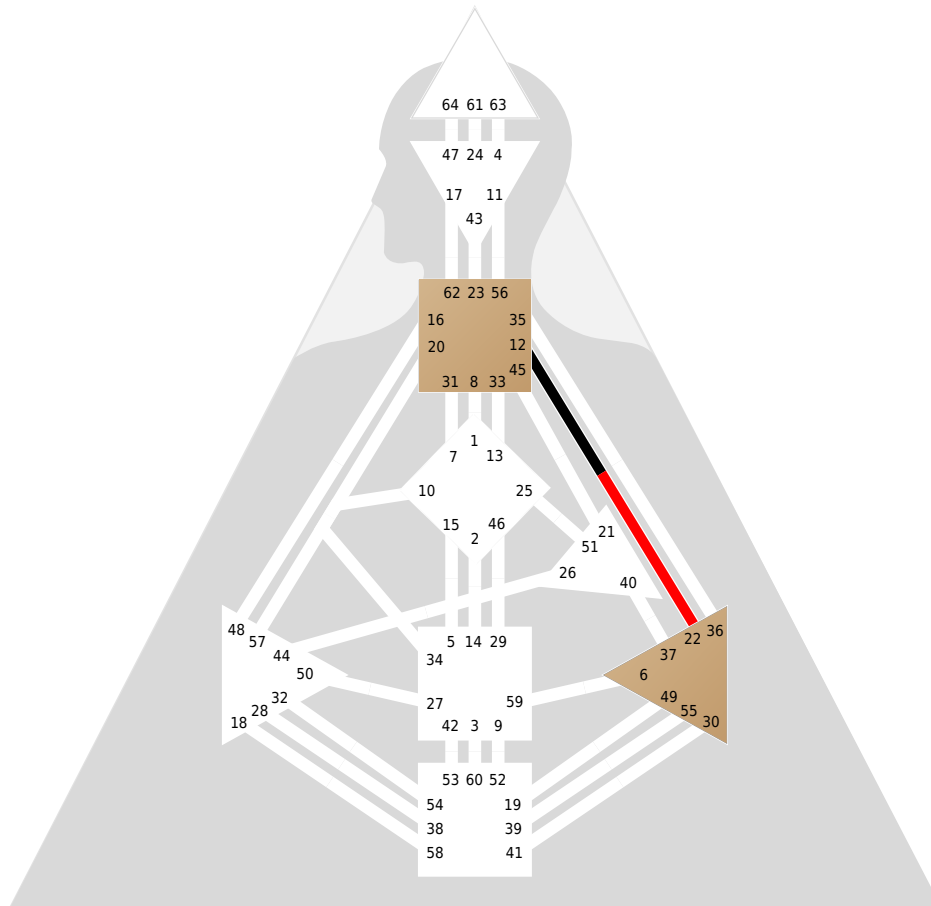
A Design of Leadership for Good or Bad



The Channel of leadership represents your potential to lead others – but only when you are asked, invited, or, for example, elected to do so. It is a logical Channel; leadership should therefore be substantiated by logical details and evidence. Your explanation of patterns should be useful and helpful to others and be understood by them. Then this is a truly collective, future-oriented leadership quality.

The Channel of Openness: 22-12

A Design of a Social Being



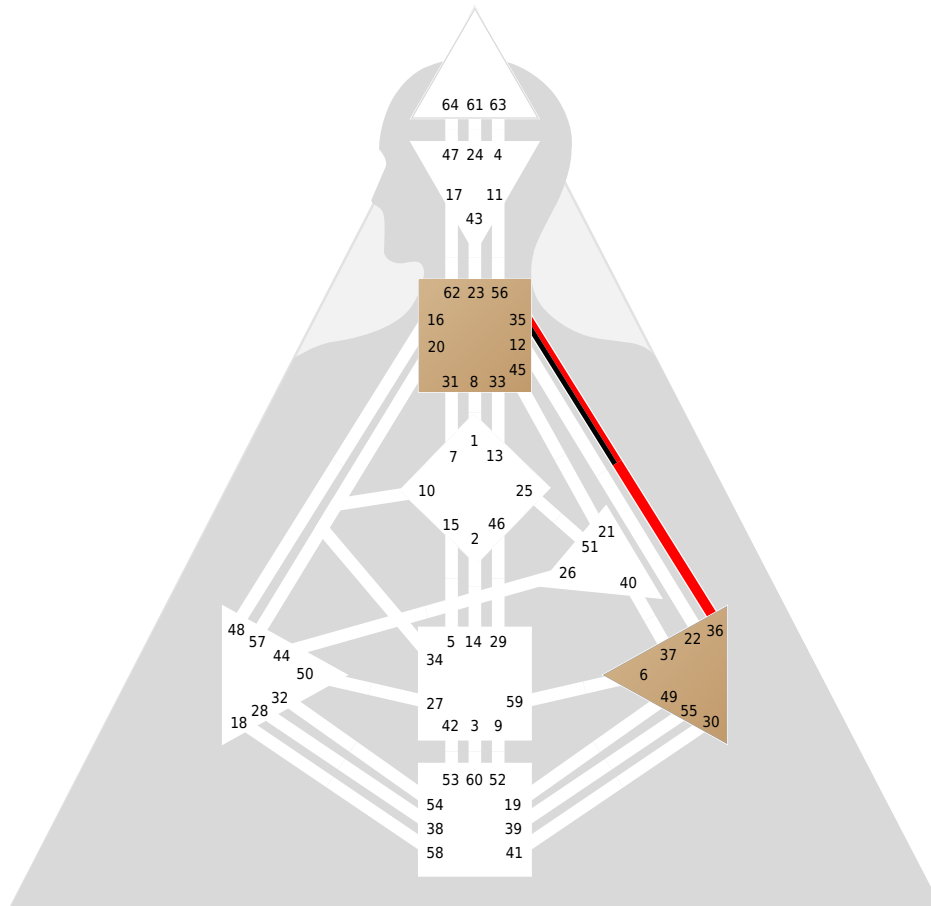
This Channel describes a charming person who – depending on the mood – can communicate openly and gracefully, or not.

You can convey your individuality and emotionality well to others, but you proceed carefully and depending on your mood. The right moment and tone of voice are of great importance to you, and you should definitely wait for (emotional) clarity. Then your openness has an impressive impact, and even your melancholic moods can empower (you and others).

If you act prematurely (without clarity), resistance and anger are the consequence, and your talent is wasted.

The Channel of Transitoriness: 35-36

A Design of a Jack of all Trades



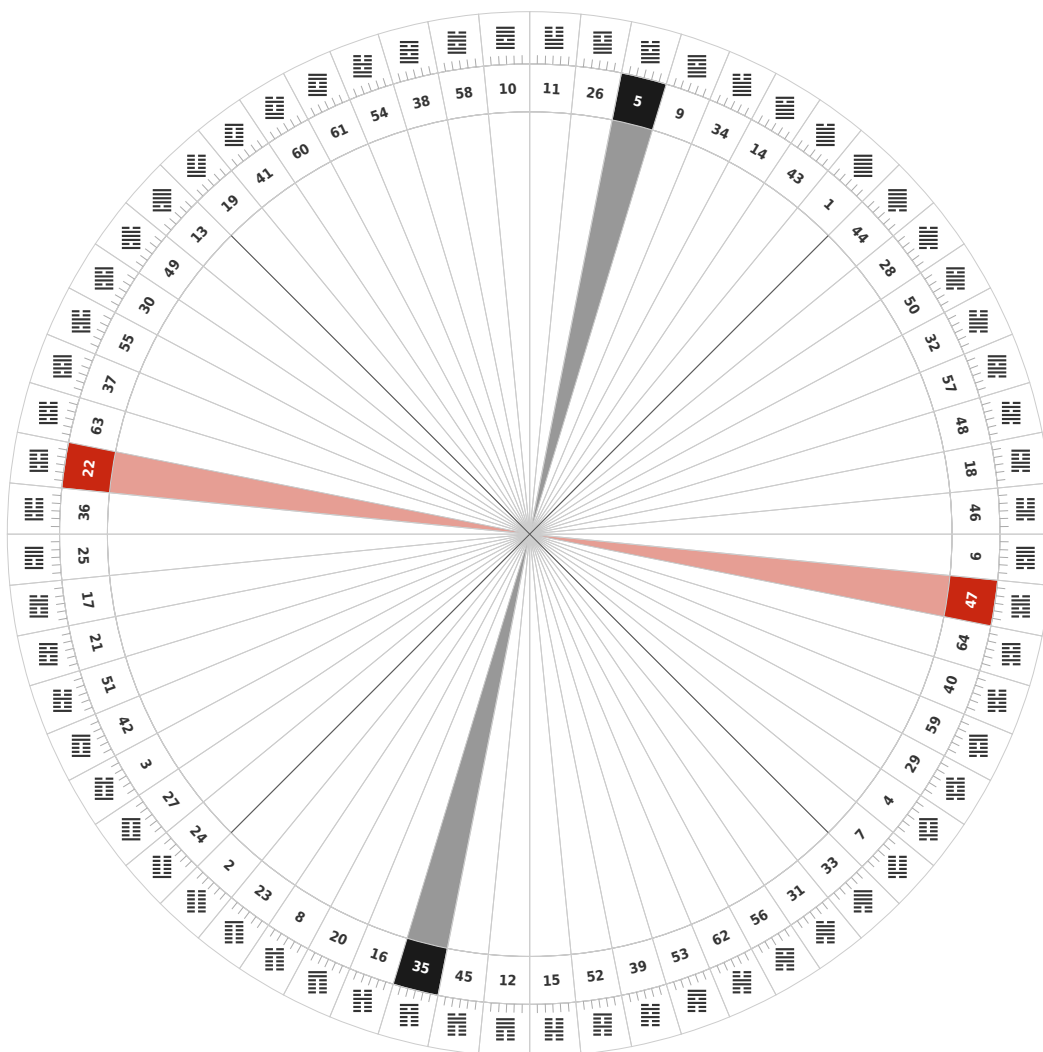
This Channel shows a ‘Jack of all Trades’. You have a talent for engaging in many different and new experiences without becoming attached to any single one. You can report on many things, but you need ample time to arrive at a reliable decision.

Be careful, however, not to throw yourself blindly into every new experience, even when your emotionality sometimes pushes you to do so. Without clarity (which takes time!), you only encounter resistance and anger.

Your Incarnation Cross

The two Sun-Earth axes form a heading for your life, a theme that runs like a common thread throughout and provides the foundation for your individual purpose and meaning in life. However, there is nothing to do - except to be correct according to your Type and to observe yourself and your life. Then purpose and meaning unfold on their own.

Left Angle Cross of Separation (35/5 | 22/47)



The headline for your life could be: "Because of you..."

Your (emotional) state seems to depend on others. You should learn to share your experiences with others only very cautiously and consciously decide when to be part of a group and when you are better off alone, without losing your sense of belonging to the whole.

Further Information

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