

# **Ignite Your Vitality** using **Human Design**

*Turn on your energy to feel younger as you grow older*



by Linda Landon, PCC

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Cover Design by Bari Snyder  
Text design by Bari Snyder  
Author photo by Keegan Curry  
Publisher: Linda Landon & Associates, LLC, Los Angeles, California

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## Acknowledgements

I want to thank Robin Winn, my spiritual mentor, for introducing me to Human Design – and riding on the journey with me as I embrace my incredible life as a Projector. You showed me what it's like to be recognized and called out to shine my light.

I am grateful for Karen Curry Parker, whose brilliant teachings on Human Design continue to expand and evolve as you do. Your amazing courses, retreats and conferences have guided my mastery of this amazing technology, and your generosity has no bounds. Your Master Mind Group was the first marketing group and training to recognize me as a Projector and show me how to grow my business in a way that is sustainable and fun.

Thank you, Bari Snyder, for inviting me to write this book, and then putting it together into a delightful format! Your encouragement, sense of design, and steadiness as a Generator has been invaluable to me.

Ra Uru Hu, the founder of Human Design. Though I never had the opportunity to meet you, I feel your radiance streaming through all the teachings. Thank you for bringing this amazing technology to the planet.

I appreciate all my courageous clients, whose willingness to embrace Human Design as a tool for their transformation has inspired me to write this book!

## Introduction

When I was introduced to Human Design and told that I'm a Projector, I was shocked. It completely blew apart my self-image. I pictured myself as an enthusiastic go-getter, initiator, and powerful woman with inexhaustible energy. Underneath that facade I felt like a fraud. The truth was, though I worked harder than anyone I knew, my business had flat lined, and I wasn't very happy. My body was just plain worn out. Every time I pushed myself to host one more class or present at an event, I'd generate just enough energy to 'get it up,' and then afterwards, I'd crash. A simple cold would last for three weeks, or my lower back would seize up, setting me back again to the depleted state I'd been in before the temporary surge of energy.

My personal life?! Well, you can ask my friends. I think they were starting to give up on me, because I'd often make a plan and cancel. I had relegated pleasure to something in the future I could reward myself with, after I completed the next project. Though I sometimes went away to my favorite spa or took a short vacation, I wound up spending most of my time off resting and recovering. I was afraid that if I took my foot off the gas pedal, and let myself coast for a while, I'd lose the lifestyle I'd worked so hard to create. A lifestyle I didn't even like!

Human Design shifted everything. It opened me to the possibility that I can enjoy my life now. Not only that, it emphasized that enjoyment of life is the key to my success! Projectors are here to rest, play and work - in that order. And, they need to do work that feels juicy and fun!

Projectors are not initiators or worker bees; their role is to guide and direct others - *when they are invited!* What? This premise contradicted everything I'd learned from my marketing gurus and business coaches, and in my mind, spelled disaster. I was horrified, how could I possibly be successful if I sat around waiting to be invited, or heaven forbid, doing something fun? Yet, on a deeper level, I felt utterly relieved.

I resolved to learn everything I could about Human Design - and test the method out on myself - before I shared it with others. I read everything I could get my hands on, signed up to learn everything I could from Karen Curry Parker, an expert in the field, started running charts, and earned my certification as a Human Design Specialist. (Later

I learned that my tendency to thoroughly experience something first, then share what I've learned with others, is a quality highlighted in my individual chart.)

Karen, and my spiritual mentor, Robin Winn, have been bright lights of encouragement as I've struggled to understand how to live as a Projector, and undo lifetimes of conditioned behavior. To be fair, I have always been a student of consciousness, and have already done a massive amount of inner work to raise my consciousness. I have mentored with many fantastic teachers including don Miguel Ruiz, Faisal Muqaddam, Nicole Daedone, and Byron Katie, and toured the country teaching *Releasing* with Larry Crane. I also obtained certification as an Enneagram practitioner and teacher.

And yet, Human Design touched something in me that was still hidden and yearning to be seen. To date, it's been an incredibly accurate and compelling mirror of who I truly am. And, like any other vehicle of consciousness, you have to take steps to reap the goodies that are revealed in the chart.

The more I consciously choose to follow my strategy, and wait for invitations, the more my life is flowing with ease. Here are a few examples: My whole nervous system has relaxed, and I don't worry or fret about money, time or relationships anymore. I don't push myself and 'work hard', and the only 'work' I do is work that is pleasurable. My mantra is "If it feels good, do it." My work life is completely aligned with my personal life - I am 100 percent myself whether I'm seeing clients, going on a date, painting, or writing my next blog. My business is flourishing, and full of clients I'm in resonance with. I am NOT who I imagined myself to be and I AM more joyous, free and happy than I could have imagined. I know I am living my life purpose.

As a Projector, I welcome you to the magical - and highly practical - world of Human Design. I invite you to take your first step and run your chart, if you haven't already. You can do that for free by going to this webpage <https://bit.ly/2vVgq69>

Then dig in: Start by reading about your Type and Strategy. Even if you never get further than that, learning the characteristics of your specific type, and following your strategy just might change your life.

Each chapter is designed to take you a step further into the incredible world of you via Human Design. You'll learn about your type and strategy, how you learn and move

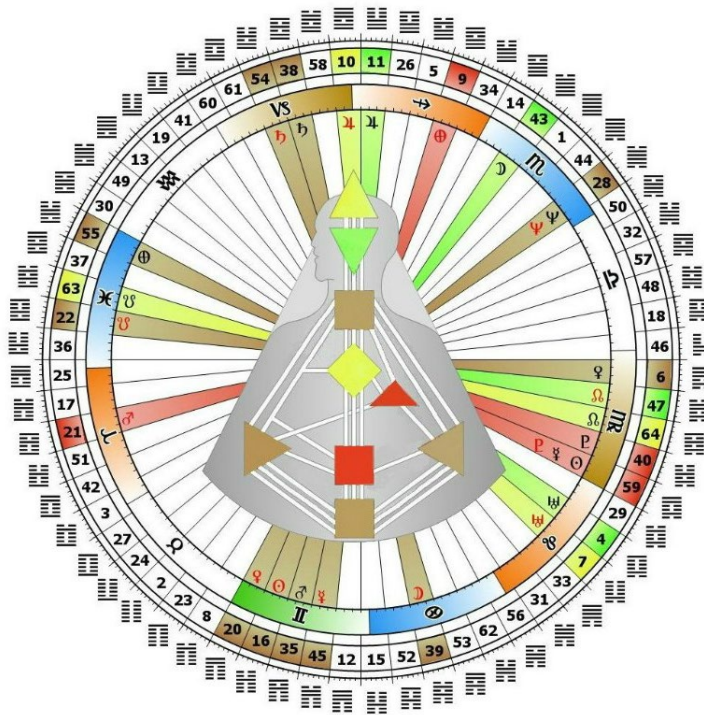
through the world, how you uniquely process energy for thinking, feeling, creating, connecting, loving, and more.

Please note that this book is an introduction! It gives you an overview of many aspects of your chart. When you're ready to learn how all these aspects fit together into the unique whole that is you, a catalytic session with a skilled facilitator like myself will transform how you see yourself – and everyone around you! You will learn how to recognize and work with your strengths and greatest challenges so you can claim the magnificent life that is your birthright.

## Chapter 1: What is Human Design?

**Human Design** is a fantastic energy assessment tool that weaves ancient wisdom teachings - Astrology, the Chakra System, the I'Ching, Judaic Kabbalah - with Quantum Physics, into a whole new paradigm that can change your life.

Each individual chart is a “map” of how you process your vital life force energy. The chart reveals your strengths, your potential weaknesses, your gifts and talents. Most importantly, the chart tells the story of who you are, why you are here and how you can live a life that is the truest expression of you.



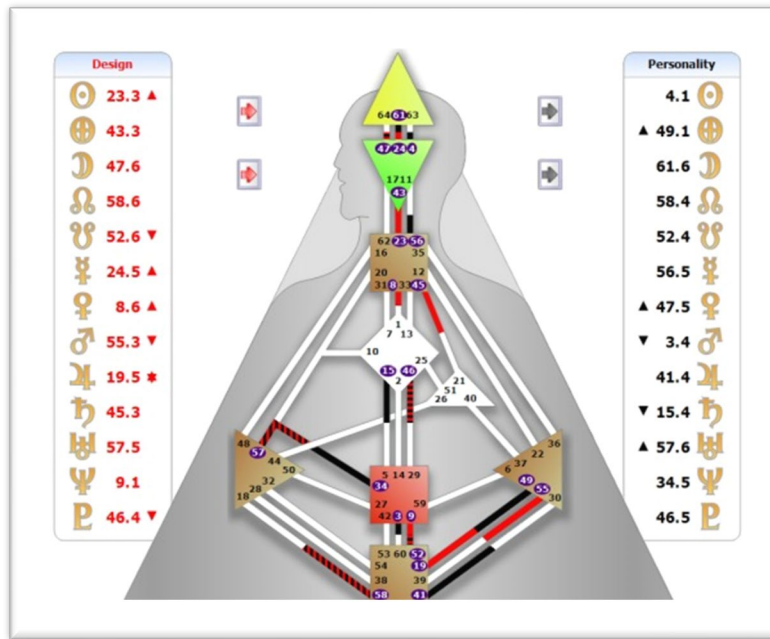
The Human Design chart, called the Body Graph, is a visual representation of the sum total of all human possibilities and energies. The entire archetype of humanity is contained within the structural framework of the chart. In other words, all of the possibilities for the expression of being human are in the chart. The Body Graph shows us the different ways we love, hate, lead, follow, learn, know, grow and so much more!

From your birth information (time, date and location), we run your unique Human Design chart. That chart reveals your energetic blueprint, and your best strategy to be financially successful, fulfill your creativity, have radiant health, enjoy great relationships, open up your sexual energy, essentially... how you can increase your vitality!



## Chapter 2: Meet Your Type

Welcome to your Human Design Body Graph! You can see there are a series of numbers and planetary symbols next to a triangle comprised of all kinds of lines, geometric shapes, and colors, backlit by the shape of a person. This body graph is, in essence, a map of your unique genetic blueprint.



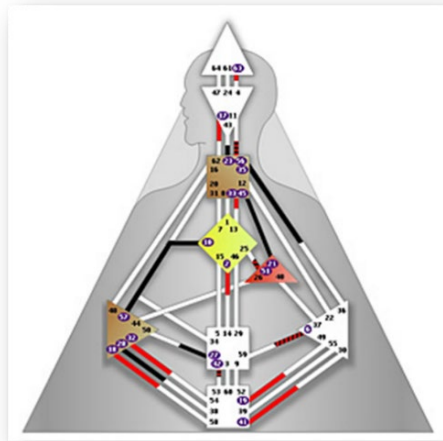
There is so much information here! So to keep it simple we will start with the most important aspect of your chart: Your Type and Strategy.

There are five types: the Manifestor, The Manifesting Generator, The Generator, the Projector, and the Reflector. You will see your type right at the top of your chart.

Below is a description of each type, followed by its unique strategy for making decisions and being in the world.

Remember: *Knowing your type and following your strategy is the most valuable thing you can do with Human Design!* Even if you never learn about the rest of your chart, I guarantee following your strategy will help you move into more ease, flow and ignition!

## Manifestor



Manifestors comprise approximately 9% of the population and are one of the rarest types in the Human Design system. They are also probably the hardest type to understand. They are impulsive, self-starters, powerful, mysterious, and pure energy.

### Strengths

Energetic and driven  
Powerful, influential  
Successful  
Impulsive  
Mysterious

### Challenges

Anger easily  
Self-Absorbed  
Loner, not a team player  
Impatient  
Secretive

Manifestors are the only types who have the energy to start things, without waiting for an opportunity or invitation. When they get an idea, they can just do it. Because of their tremendous initiating energy, a Manifestor cannot work in a sustainable 9 – 5 way. They do best working in spurts, and then resting. As finishing is not their strong suit, learning to delegate is key.

Manifestors can have communication issues: They move fast with powerful energy. Once they've entered their creative flow, they are like an express train speeding to its final destination. They can forget to slow down and stop to let others know what they're up to; so people in their orbit can feel angry, confused, or left out.

## Strategy for a Manifestor: Inform

It's crucial that Manifestors inform others of their actions. Slowing down to inform, though challenging, will actually soften the impact of their energy and decrease the resistance of all those who are impacted by their actions. Informing is not asking for permission; it's simply letting others know what they are up to, so others feel included and the Manifestor can be supported in harnessing their powerful energy.

Famous Manifestors: Bruce Springsteen, George Bush, Jack Nicholson, Maya Angelou, Hermann Hesse, Susan Sarandon, Adolf Hitler, Martha Stewart

## Self Care

Manifestors need to take time out and rest after periods of intense creative output. To others it may look like they're isolating or slacking off. However, if they don't take time to rest, they can burn out. They may also struggle with sleep issues. The best remedy is to do some practices to discharge energy accumulated during the day, go to bed before they are tired, and preferably sleep alone. (For more information, read about Open Sacral Centers in Chapter 4).

## Relationship

Manifestors, unlike other types, don't need others to know themselves, so they don't need to be in relationship! If a Manifestor has initiated you into relationship with them, appreciate that they chose to be with you, and give them plenty of space to be their powerful free-spirited self.

## Parenting

Manifesting children are probably the most misunderstood of all the types. They have a very strong aura, and need to be given a lot of freedom to move. As they tend to go off and do their own thing, it's important to teach them their strategy as early as possible – so you know what they are up to and can keep them safe. One of the best ways to teach them their strategy is to model it for them – that is, inform them what you are up to.

One of my clients has twins who are Manifestors! In the morning before school, she specifically informs them the schedule: "Let's finish breakfast in 15 minutes, then boots on, backpacks on your back, and we're out the door at 7:30am". It works wonders!

On the other hand, when a Manifestor child needs help making a decision, instead of asking them yes/no questions or telling them what to do, try beginning a sentence with “I’m wondering if.....” and honor their response.



## Wait to respond

Generators, unlike Manifestors, are not initiators. As a 'doer' they fear that if they sit and wait nothing will happen. In truth when they follow their strategy – *Stop and wait to respond* - something shows up very quickly in their external world that they can respond to.

## Follow your Sacral Response

Generators can streamline their ability to respond by answering simple 'yes' or 'no' questions with their gut. The gut sounds for 'yes' and 'no' are: "uh-huh" and "uh-uh." Using these sounds turns on their Sacral motor and gives them full access to knowing what is correct for them.

Here's a great way to start practicing your sacral response: Go to a restaurant with a friend and hand them the menu. Invite them to read to you the different options one at a time, so you can use your "uh-huh" / "uh-uh" response to choose what you'd like to eat.

Generators following their strategy dance with life. From the moment they open their eyes until they drop into sleep, they are actively responding to the next thing that arises, whether it's a bird singing, their child calling, or a phone ringing at work.

Famous Generators: Albert Einstein, Dali Lama, Madonna, Bill Clinton, Oprah Winfrey, Greta Garbo, John Lennon, Meryl Streep, Ram Das, Mozart

## Self Care

Generators are like energizer bunnies. Their 'battery' is designed to wear out at the end of the day, so they can sleep well, recharge, and be ready to get up and go the next morning. As a Generator, if you're not sleeping well, you probably haven't burned up your daily supply of energy. Consider adding more physical movement into your day, so you can thoroughly wear yourself out.

## Relationship

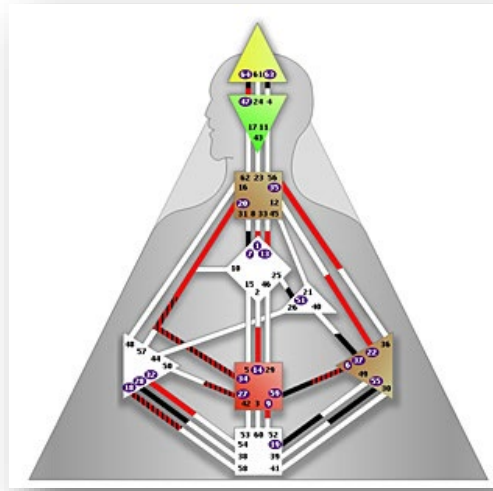
Generators are designed to be in relationship with others. Even Generators who have the 'hermit' profile still need to engage and collaborate with others. The best way to enter into an intimate relationship is to respond; in other words, you're not here to make the first move. However, if someone winks at you from across the room, feel free to respond. Generators have consistent and steady sexual energy, and usually like to

sleep with their partner. (To learn more, read about Defined Sacral Centers in Chapter 4.)

### Parenting

Generator children, like all the types, are not here to be told what to do. They are here to respond and do what they love. It's helpful to encourage them to use their sacral sounds (which will naturally occur as long as no one tells them it's rude), so they can learn to rely on their innate ability to make good decisions. Make sure they get enough exercise so they can easily fall asleep and sleep soundly.

## Manifesting Generator



Manifesting Generators, which comprise approximately 35% of the population, are a blend of the Manifestor and the Generator.

### Strengths

Energetic – can get more done than most people  
Good at finding shortcuts  
Enjoys multi-tasking  
Sustainable energy  
Self-aware  
Good at starting things

### Challenges

Emotional themes: anger and frustration  
Skips important steps  
Tries to 'make things happen'  
Hates to wait  
Doesn't always finish what they start

Manifesting Generators, like Generators, have lots of sustainable energy, and like Manifestors, move fast. As they are designed to do many things at once, they can appear to be scattered and frenetic. The truth is, they can get more done than most people, and keep up their pace for long periods of time. Unlike Generators who work on one thing at a time, multi-tasking is energizing for them. The worst thing you can say to a Manifesting Generator is to focus on one thing until you're done.



## Strategies for a Manifesting Generator: Visualize, Inform and Respond

Visualize. Manifesting Generators do best trying on an idea in their imagination first, visualizing the outcome. Then they must *wait* for something external to respond to before taking action.

Inform. Like Manifestors, they must slow down enough to inform others what they are doing. This helps decrease other's resistance and gain support for their actions.

Respond. Like Generators, Manifesting Generators need to respond by answering simple 'yes' or 'no' questions with their gut that sound like "uh -huh" and "uh-uh." Using these sounds turns on their Sacral motor so they can respond very quickly to ideas and things that appear in their outside world in response to their visualization!

Famous Manifesting Generators: Angelina Jolie, Hillary Clinton, Donald Trump, Yoko, Mother Teresa, Vincent van Gogh, Elton John, Charlie Chaplin

### Self Care

Manifesting Generators need to make sure they are doing enough and responding. This will ensure that they burn up their energy and sleep well at night. Like a Generator, if they have trouble sleeping, they may need to increase their level of physical activity.

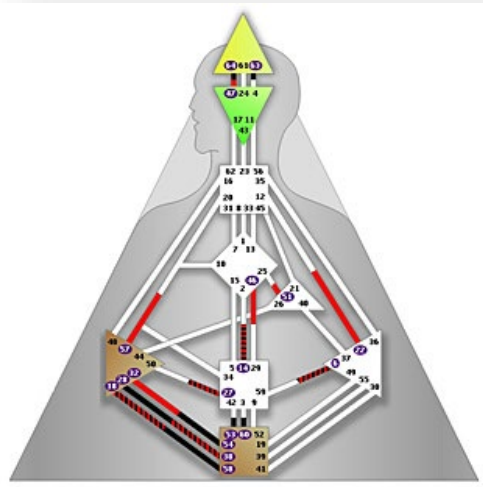
### Relationship

If you are in a relationship with a Manifesting Generator, be prepared for a wild ride! They may initiate you into some interesting adventures, and then disappear for hours on a creative pursuit. Never tell them what to do, and ask them yes/no questions to help them slow down to connect with you, and make decisions.

### Parenting

Manifesting children are constantly moving and doing. They need lots of mental and physical activity, and freedom to do their own thing. Let them experiment and learn from their experience. Don't be concerned if they skip steps while they create; it's part of their energy flow. Sometimes they get frustrated when they can't manifest their big ideas. Encourage them to use their sacral response and be patient when things - or people - don't move as quickly as they'd like.

## Projector



Approximately 20% of the population are Projectors. They are here to manage, guide and direct the other types, especially the Generators and Manifesting Generators. They have the ability to see the big picture, and have a tremendous amount of wisdom to share.

### Strengths

Managing and directing others  
 Insightful  
 Intuitive  
 Magnetic and attractive  
 Helps focus energy to accomplish great things

### Challenges

Perceived by others as lazy  
 Can burn out  
 Highly sensitive  
 Can lose self-awareness  
 Can be bitter

Projectors are often misunderstood in our 'doer' culture. Unlike Generator and Manifesting Generators, their life force energy is variable and not sustainable for long periods of time. Projectors are **not** here to work – at least not in the traditional way we think of work. They are here to play, rest, and when invited, do work in spurts that involves guiding and directing others to focus their Generator energy so they can accomplish great things.

## Strategy of the Projector: Wait to be recognized and Invited

Projectors who don't understand their type and don't follow their strategy can have a hard time in life. They can get bitter that they cannot just make things happen, or feel invisible and misunderstood. Their strategy is to wait to be recognized and invited – especially for big invitations, like a love relationship, career move, and living situation.

Unlike the Generator, who is constantly responding to life, the Projector has to wait for the invitations. And then, decide if the invitation is correct for them – or not! This requires a lot of patience.

If you are a Projector, it can sometimes appear to others that you are 'lazy' and just sitting around, especially in our doer culture. Actually, while you are sitting around, you are actually preparing for your next big opportunity; you might be doing research, meeting people, writing a book, building your website, or playing! That way you're poised and ready for the next invitation to appear.

Projectors can struggle to be heard and acknowledged. When they follow their strategy and wait to be recognized and invited, they have a tremendous amount of wisdom to share with the world. They are magnetic like lighthouses, brightly shining light to guide the Generators and Manifesting Generators, who need their support.

Famous Projectors: Brad Pitt, Princess Diana, Barack Obama, Nelson Mandela, Marilyn Monroe, Baghwan Shree Rajneesh, J.F. Kennedy, Karl Marx, Steven Spielberg, Ringo Starr

## Self Care

One of the biggest lessons a Projector can learn is how to recognize when enough is enough. As a Projector is an open Sacral being, it is easy to take in and amplify the energy of the Generators and Manifesting Generators around you. For a short period of time, you can feel super-charged like a sprinter, and run circles around others. But then, after you leave their energy field, your 'borrowed' energy is no longer sustainable. It's important you discharge this excess energy you have pulled in from others and rest, or else you can start running on empty. This can lead to exhaustion, sickness, or worst case, burn-out. (See Open Sacral Center in Chapter 4).

Getting enough sleep is essential for a Projector. It's important that they get to bed BEFORE they are tired, and then, lie down and rest before they turn off the light. No watching the news please! Naps can also work wonders. I love my naps; they give me an opportunity to relax, discharge excess energy, and reset for the rest of my day. Like

Manifestors, Projectors sleep better alone – so they can reclaim their unique energy. This doesn't mean you can't snuggle, make love and play together before you slip away to your own bed!

Projectors don't need daily exercise to burn off excess energy like Generators and Manifesting Generators. Moderate to light exercise, like yoga, walking, or hiking, is usually enough. Also exercise in short bursts, like sprints, alternating with rest, can also feel good. Their body will tell them exactly what they need.

### Relationship

Though Projectors are wise about others, it's hard for them to know themselves, and recognize their own needs. They need others to see them, recognize them and call them out. They don't necessarily need a lot of friends, just a few good friends and/or a partner who takes the time to listen and be present for them.

Intimate relationships are interesting because Projectors don't have a defined Sacral Center. Their sexual energy is inconsistent and variable, depending on whom they are with. They also can go without sex for long periods of time, and not miss it! You will learn more about this in Chapter Four: Sacral Center.

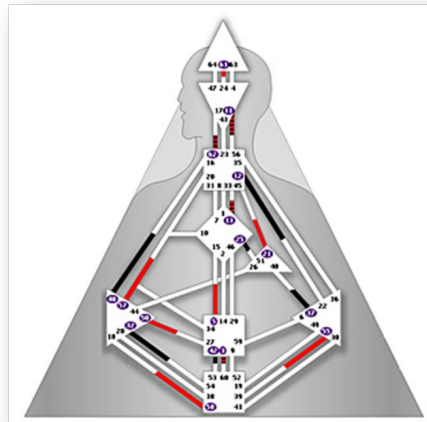
And, as I mentioned above, even if your partner wants to wrap themselves around you all night long, it's better for both of you as a Projector to you sleep in your own bed.

### Parenting

What your Projector child most needs from you is recognition. Projector children are very wise, and see everything that is going on with you and the family. If you invite them to share their insight, they may surprise you!

One of my clients has a son who is a Projector. At home, he talks incessantly – sharing his ideas and insights. But he feels frustrated when others don't want to listen. My client now invites him to share his wisdom – and it's changed their dynamic. She's learned he has valuable insights, and he feels loved and respected. She's also taught him how to practice his strategy, wait to be invited, especially at school. Now, instead of being called a bossy 'know it all' by his classmates, he's being recognized as a wise leader.

## Reflector



Reflectors comprise less than 1% of the population and are very rare. When you look at their chart, you'll see that, unlike the other types, ALL their centers are totally white!

### Strengths

Talkative  
 Passionate  
 Unique  
 Advocates peace and prosperity  
 Reflects the health of their  
 community

### Challenges

Highly sensitive  
 Emotional theme: Disappointment  
 Need consistency  
 Hard to stay grounded  
 Can be clingy

The Reflector is a truly unique and unusually sensitive being who must be in the right place with the right people to experience true happiness. They need to be honored and valued by those around them. Reflectors actually mirror the health of their community: If your community is healthy and honoring of you, you will be healthy and happy. If, however, your community doesn't get you or has some kind of dis-ease, you will be unhappy and unhealthy.

Passionate with a deep sense of the pain and suffering on the planet, Reflectors are strong advocates for peace and prosperity. They talk a lot, and need to talk to know themselves and get clarity. The greatest gift to give a Reflector is to listen to them.

One of my favorite Reflectors is Mata Amritanandamayi, known throughout the world as Amma, the 'hugging guru.' She uplifts and inspires millions of people through her

warm embrace. Her entire life and international community is dedicated to alleviating suffering throughout the planet. She radiates light and love.

### Strategy for a Reflector: Wait twenty-eight days

Reflectors are lunar beings, and must wait for the full cycle of the moon to make a decision. In our fast-moving culture, this can be very difficult. Reflectors can experience disappointment when they don't wait a full 28 days for clarity. When they do wait, it's helpful for them to talk out their decision with others, as they get clearer when they see it reflected through others.

Famous Reflectors: Michael Jackson, H.G. Wells, Rosalyn Carter (wife of Jimmy Carter), Ammachi, Sandra Bullock, Richard Burton, Fyodor Dostoevsky

### Self Care

Like other open Sacral beings, Reflectors may have issues with sleeping. They too need to discharge excess energy they have taken in from their day, and lie down and rest before they turn off the light. They also sleep better alone in their own energy field.

Like Projectors, they are not here to work and do hard physical labor. So gentle exercise that feels good to them is best.

Health can be challenging for a Reflector. As they are so open, sometimes they don't even know when they are ill. They need people around them to show them how to take care of their health. If a Reflector does get sick, they need to rest. It's also important to take a look at the people around them and discern if their illness is reflecting something awry with their community. If you're a Reflector, illness may be showing you that you're with the wrong people!

### Relationship

Reflectors need people to support them and help them see themselves. Better yet, they need a whole community that recognizes and values them. They also need alone time, so they can discharge and manage their energy. Reflectors are very sensual, and touch as a way to communicate. If you're in a relationship with a Reflector, allow them to talk with you to gain clarity, don't rush them to make decisions, and enjoy their sensuality!

## Parenting

As Reflector children are very open and fluid, it's important to create a home environment that is stable, consistent, and feels good to your child. You may have to move things in the home around for them, until they feel settled.

At school your child needs teachers and friends who value them, and are patient with their need to talk. If your child often gets sick or complains that something doesn't feel good in the classroom, you may want to consider if that is the correct class or even school for them.

## **Chapter 3: Love-Based Communication!**

### **Learn how to deeply connect using Type & Strategy**

This page condenses what you learned in Chapter 2 into some simple tips to help you communicate in a way that makes you feel heard – and others feel understood!

#### **Manifestor**

Needs a lot of freedom to do their thing and stay in the creative flow.

DON'T tell them what to do or ask them yes/no questions, and DON'T interrupt them when they're in their flow – even to offer your assistance!

DO ask them curious questions like “I wonder if...” and inform them what you're up to.

#### **Generator**

They are busy doing what they love to do (or frustrated if not doing what they love).

DON'T tell them what to do.

DO ask them yes/no questions to wake up their inner authority and help them make decisions that feel good.

#### **Manifesting Generator**

Needs a lot of freedom to create and stay in their creative flow. They are VERY busy following their passion.

DON'T take it personally when they disappear into a new project without telling you.

DON'T interrupt them or tell them what to do.

DO ask them yes/no questions, and inform them what you're up to.



## **Projector**

Needs to be recognized and invited, and then talk until they get clear. They are very sensitive.

DON'T ignore them or get frustrated when they talk and talk.

DO ask for their insight and use open-ended questions. They will teach you!

## **Reflector**

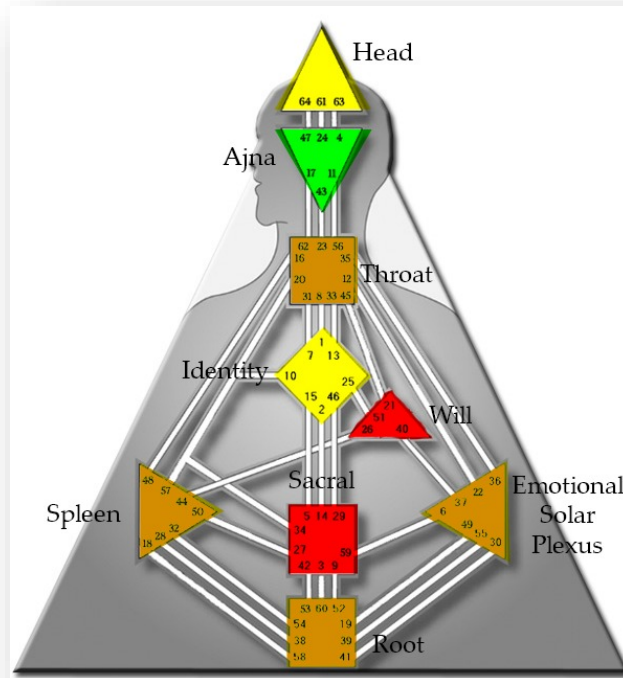
VERY sensitive. Needs consistency. It takes time for them to make decisions.

DON'T rush them.

DO listen, ask open-ended questions, and let them find their answers.

## Chapter 4: The Nine Centers

### How energy flows through your chart



When you look at your chart you'll notice that there are nine geometric shapes. These shapes are called the Nine Centers. The Centers contain and manage the energies that make up the totality of your being; they reveal how you think, feel, love, manage resources, take care of your community, and much more.

The Centers are connected by double lines, called Channels. The end of each channel connects to a center through a Gate, which appears on the chart as a number. Energy travels around the chart from center to center through the gates and along the channels.

Energy in the chart is designed to move through gates and channels towards the Throat Center, which is the center of manifestation. All the other centers function to support that movement. Two centers, The Head and Root, create Pressure to move the energy. Three Awareness centers, The Spleen, Ajna, and Emotional Solar Plexus, expand your capacity to know yourself as a physical, mental, emotional and spiritual being. Four Motor centers, the Root, Emotional Solar Plexus, Sacral, and Will, provide the energy resources that move energy towards the Throat and thus support manifestation. The Identity Center in the middle is the grounding force that connects your unique flow of energy to the flow of all life.

## Definition and Openness

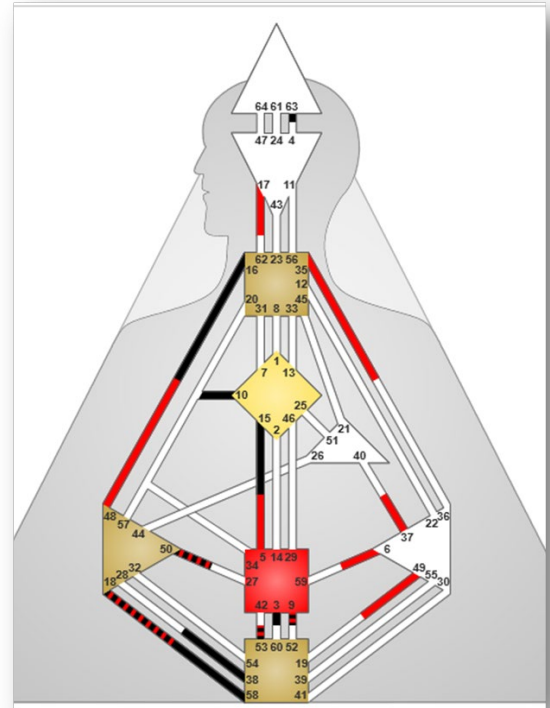
You may have seen that some of these centers are colored in and some are white.

When a center is colored in, it is called it Defined or 'fixed.' That means that this energy comes from within you and is available for you in a consistent way throughout your life. This energy radiates out from you and impacts others, especially those who have openness in the same center. You can think of your defined centers as transmitters, sending energy outwards.

White centers are called Open or 'undefined'. The energy in these centers is inconsistent, variable, and receptive. In these centers you take in energy and information from those around you, and then amplify it outwards. So though you don't generate these energies from within yourself, you have the capacity to experience the energies in their many expressions when you are around others. You can think of your open centers as receivers; they pull energy in and then amplify the energy out.

The energy in your defined centers tends to be more fixed, and less fluid. It's important to follow your strategy so you can live out the highest expression of your defined centers.

Open centers have the capacity to be very wise about energy. Because they are so receptive, they also are easily conditioned by energies outside of them. Following your strategy is key to undoing your conditioning, so you can let go of what Ra Hu calls your 'not self' and express the beauty of who you truly are.



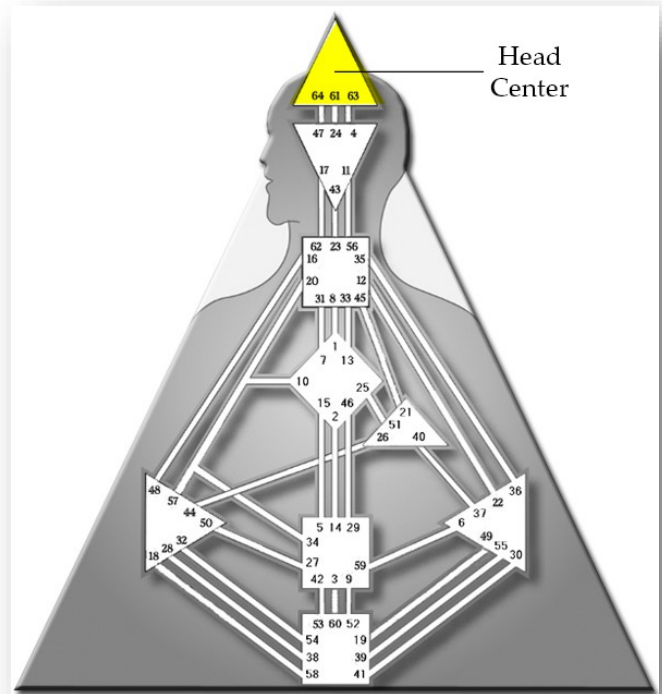
## Meet the Centers!

### Head

The Head, at the very top of the chart, is the center for inspiration. It's always under pressure to answer questions...why, how, can you prove it? It's associated with the pineal gland in the brain. As your head center is non-motorized, it is designed to ask questions and seek answers, but not necessarily do anything! You are **not** designed to take action based on what your head tells you. Decision-making and taking action come from following your strategy.

If your Head center is undefined, you are open to all kinds of inspiration, and feel pressured to act on your inspiration. You can appear to others to be indecisive, because you are constantly trying out new questions and ideas! You are not supposed to hold onto one idea or inspiration; your mind is malleable. It's important to follow your strategy when deciding which inspirations to act on.

If you have a defined Head center, you are a source of inspiration. Whether you realize it or not, your presence inspires those around you. You are constantly asking questions and seeking answers. It's important to listen to your answers but not necessarily act on them. Enjoy the thinking process, and use your strategy to make decisions.

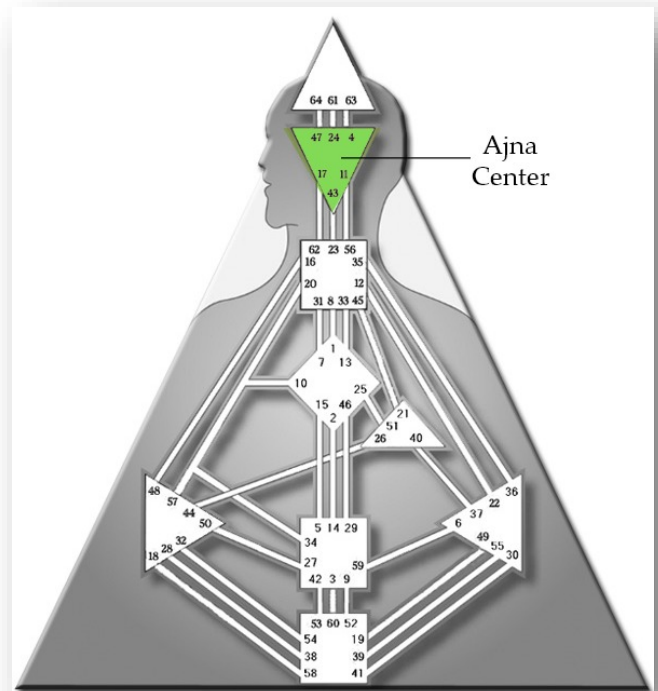


## Ajna

The Ajna, located just below the Head, is a center for Awareness. It works closely with the Head and its function is to research, collect and store data, and conceptualize. It is located in the anterior and posterior pituitary in the brain, and is also non-motorized.

If you have an open Ajna, you are open-minded and unbiased. You can see all sides of any issue and entertain many possibilities. When you're with someone who has a fixed Ajna, you may find yourself totally agreeing with their point of view, say their political opinions. And, as soon as you get out of their aura, you may realize that you don't agree with them at all! With an open Ajna, it's important to relax, enjoy all the possibilities that arise, and stay open.

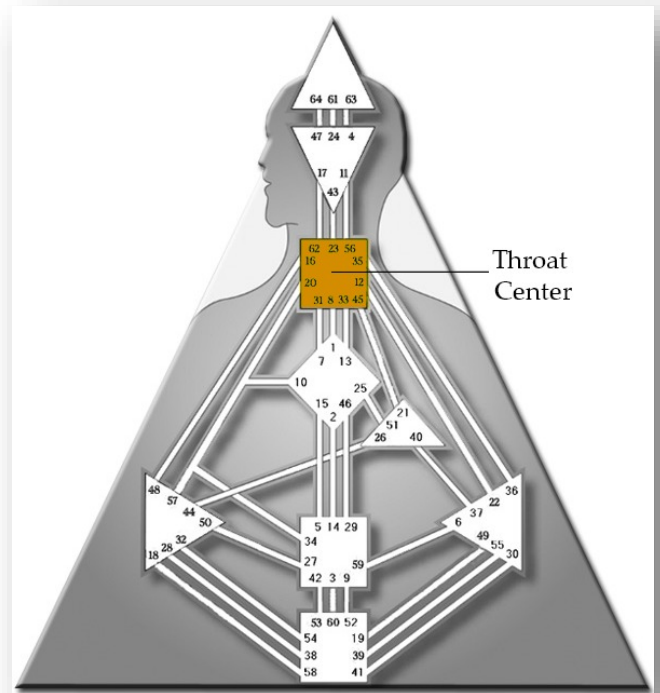
Those with defined Ajna Centers can reliably process and store information. However, they can get attached to their point of view. It's important that you listen to other's viewpoints, and don't make decisions based on what your mind is telling you.



## Throat

The Throat Center, located below the Ajna, is the energy center for communication, manifestation, and taking action. It is associated with the thyroid and parathyroid.

People with open Throat centers feel pressured to speak. Sometimes they can blurt out comments or answers, which doesn't always fare well in social situations. There is a lot of wisdom in the open Throat – many great singers and speakers have an open Throat. The key is to follow your strategy. For instance, as an open Throat Projector if you remain silent until people sense your presence and invite you to speak, your words will have huge impact. Plus people will find you irresistible to talk to!



People with defined Throat centers are designed to speak, with a few caveats. What you speak about is influenced by the centers connected to your Throat. For example, my G Center is connected to my Throat, so I am designed to speak about matters of the soul.

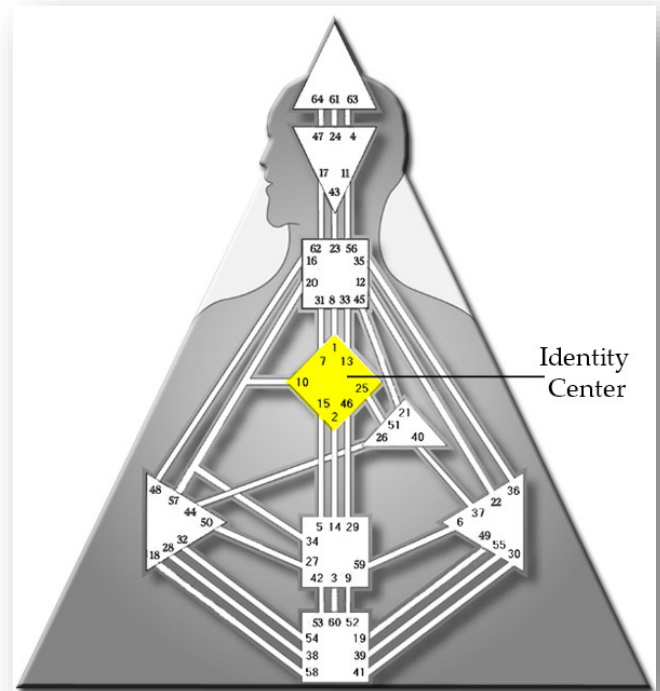
In order to speak at the correct time and be heard, it's essential that you follow your strategy. For instance, if you are a Generator, you must wait to respond. If you are a Projector, you wait to be invited to speak (just like an open Throat). Only Manifestors and Manifesting Generators are designed to freely speak out.

## Identity

The Identity Center is the diamond in the middle of the chart. It's also called the G Center. It's all about love and direction, and your sense of Being. It's where your soul resides, and is associated with the Liver. Sometimes called the Magnetic Monopole, it connects us to the flow of life, and it draws to you the energy you need to follow your unique direction in life.

People with an open Identity center can see into others' souls. They can have deep insight about another and reflect back their identity and sense of direction. Many therapists, teachers and coaches have open Identity centers. For this center, being in the 'right' environment with the 'right' people grounds them and gives them a sense of direction. I encourage my clients to follow the inner knowing of the G center to choose their next new home, a table in a restaurant, a networking group, or a mentor. When they are surrounded by people and places that feel good to them, opportunities show up for them and they feel loved. When they are in an environment that doesn't feel good to them, they can feel unlovable, lost, ungrounded, and depleted.

If you have a defined Identity center, you know yourself and have a sense of where you're going, even if you don't know how you'll get there. You convey a sense of groundedness and you radiate love! As I mentioned above, if you have a channel connecting your Identity center to your Throat center you love to speak about matters of the soul. Those who have a channel connecting the Throat to the Identity center, are quite open and can be sensitive to criticism.



Identity Center

## Will

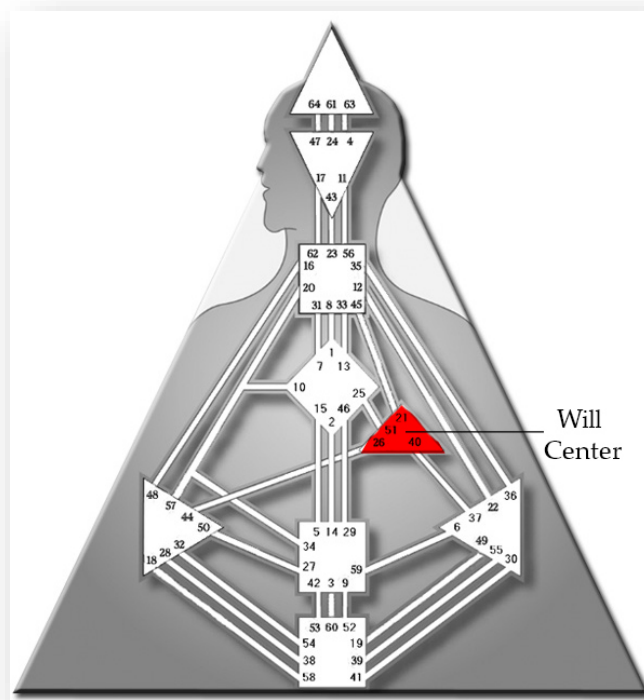
The Will Center, also known as the Heart or Ego Center, is the small triangle located just to the right of the Identity center. As a motorized center it is all about creating and allocating resources, and making agreements to protect those resources. It contains the energy of willpower – sticking with something no matter what - and having a sense of value. It is associated with the heart, stomach, gall bladder, and thymus.

People with an Open Will center do not have steady, consistent and reliable willpower. Try as you may, it can be hard for you to stick with something you've committed to. This is not a flaw, it's just energy. It's essential that you use your strategy to help you determine what is correct for you before you make a promise to yourself or another.

People with an open Will sometimes don't recognize their value, and can undercharge for their services or have difficulty recognizing their achievements. Plus, they can devalue themselves when they don't follow through on a commitment! They may try to prove themselves, pushing past their limits, to over compensate for their lack of self-value.

When you have an Open Will Center, you can become very wise about what is truly valuable in life, and what your true contribution is to the world.

Defined Will Center people have consistent access to willpower and sometimes can be willful and stubborn. If you have a defined Will, it's easy for you to commit to something, like an exercise plan, and stick to it, no matter what. You honor your word, and follow through on your promises, even when you don't want to. Your 'can-do' energy inspires the Open Will center people around you to believe they can follow your lead. However, don't be disappointed with them if they lose their oomph when they step out of your aura.





With a defined Will, you are designed to work and then rest. If you don't take periodic breaks between your times of achievement, you can wind up with heart or stomach issues. Though you may feel you omnipotent, you can burn yourself out if you don't follow your strategy and take time to rest and rejuvenate.

## Emotional Solar Plexus

The Emotional Solar Plexus is the large triangle on the right side of the Chart. It is a motorized awareness center that regulates your emotional energy, which goes through up and down cycles or waves. It is associated with the kidneys and pancreas.

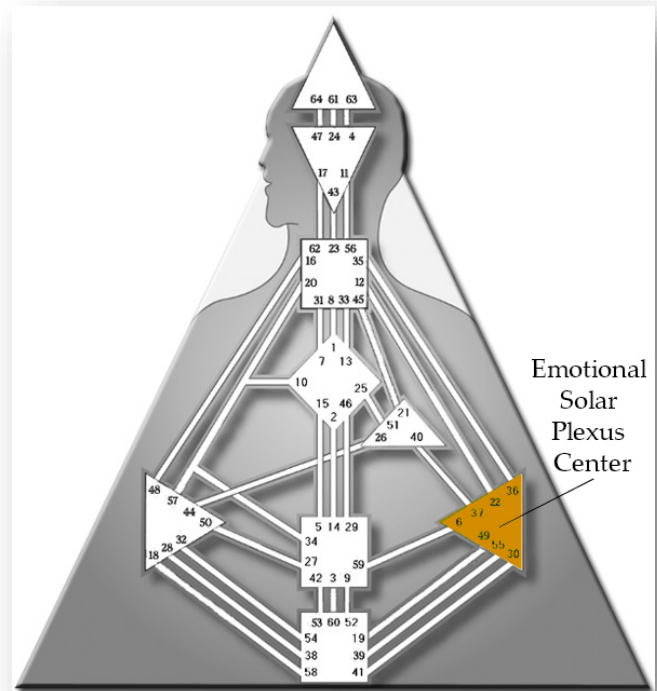
If you are Open in this center, you do not generate your own emotions. For instance, when you are in a peaceful place, away from others, you may notice that you are emotionally calm, almost emotion-less!

On the other hand, with this openness, you are very empathic – so you can take in, and then amplify others' emotions.

For instance, I'm open in this center, and facilitate a group for people recovering from emotional dis-regulation. I can walk into the room feeling calm and immediately experience a strong emotion, such as anger or uneasiness. Fortunately, I have learned some great tools to recognize and let the emotional energy move through me so I don't get caught off guard. Plus, I am able with this openness to reflect the emotion back to the 'sender' and help them recognize and process it through.

People with an open Solar Plexus can have difficulty being around those with emotional definition – especially when the emotions being transmitting towards them are challenging, like anger. If you're open in this center, you may try to placate the defined Solar Plexus person's strong feelings by being nice, avoiding conflict, or avoiding them entirely. Then, if that doesn't work, you might amplify that person's emotion, and blow up at them.

Your reactive behavior, even if intended to help calm them down, can make that person feel worse, and strain your relationship. In a Human Design session, if you are open in this center, you learn tools to help you allow the emotions to pass through you, so you can come back to your naturally calm and receptive state, be wise about emotions, and



allow those with emotional definition to have their feelings. (You can learn one of these tools, 'Say Yes' in Chapter 7.)

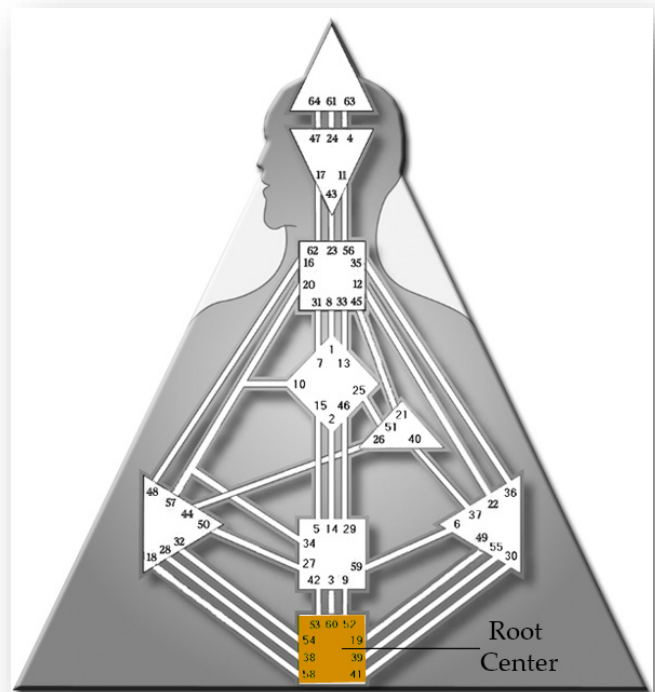
Emotionally Defined people run emotional energy, which travels through them in emotional waves. The intensity of the waves depends on which channels in your chart are connected to your Solar Plexus. My clients are immensely relieved when I tell them that they are designed to experience emotional ups and downs, and that allowing these waves to follow their natural course can enhance their creativity! I invite them to reframe their language about emotions. Instead of calling the down part of their emotional wave depression or negative, I encourage them to view it as a time for feeling into their melancholy, slowing down, and incubating! They learn to track the rhythm of their emotional waves, become more resilient, and make healthier decisions.

## Root

The Root is a motorized center located at the bottom of the chart. This center is associated with the adrenal glands and stress hormones and is all about adrenalized energy. Like the Head, it is also a pressure center. While the Head is all about mental pressure, the Root brings pressure to evolve, adapt to the world, and get through challenges. As a motor it provides you with powerful energy and momentum to keep moving forward in your life.

If you have an Open Root center, you absorb stress from your environment, and amplify it. You may rush around trying to get things done to relieve the pressure, only to find that another project takes its place. For someone with an open Root center, the 'In box' never empties. You may push yourself, saying that if you just finish this one last thing, you can finally rest. If you have an open Root, I have this suggestion: Ask yourself, "What is the worst thing that can happen if I don't finish this today?" That may help you put it down and give yourself a much-needed break. People with an open Root center need to follow their strategy or they will burn themselves out.

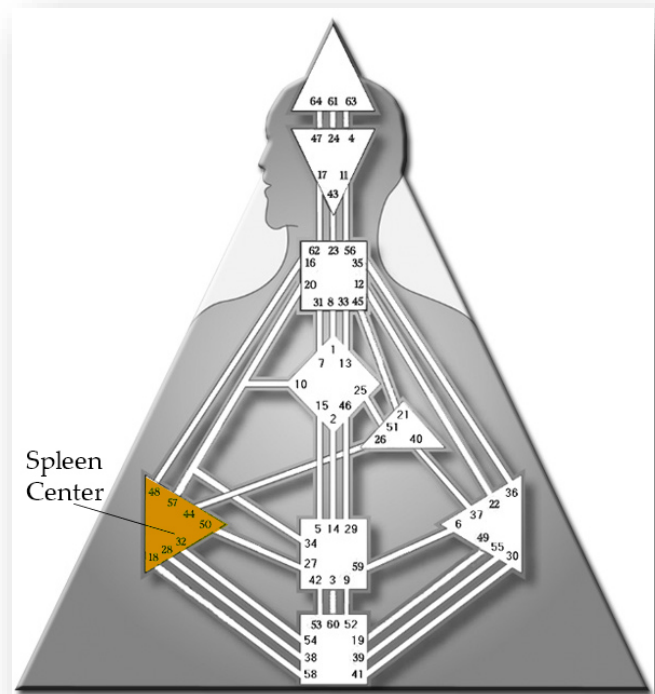
If you have a Defined Root center, you don't experience the same kind of adrenalized stress as someone with an open Root. You are able to steadily get things done, in cycles. In other words, depending on the configuration of your channels, sometimes you can steadily push through and complete something. Other times, you can't. Either way, if it's important you'll eventually get it done, and you don't stress about it. People with this center defined tend to seem grounded and steady as they move through the challenges life presents.



## Spleen

The Spleen is the large triangle on the left side of the chart. As an awareness center, it is all about health, survival-based intuition and time. The lymph nodes and immune system are associated with the Spleen.

This center operates in the now; primal and instinctive, it lets you know how to respond in the moment. For instance, fear lives in this center. Some fears are helpful – like knowing instinctively to step onto the curb when a car comes around a corner. Other fears that aren't beneficial - like fear of failing if you try something new - also reside in this center. In a Human Design session, you learn tools to move through Splenic fears.



If you have an Open Spleen center, you may have a sensitive immune system. You are very attuned to your body, and can sense it's starting to get out of balance even before you actually get 'sick.' You also may be very sensitive to medications and may need lower doses than other people, or do better with more alternative medicine. You also may have a lower tolerance to alcohol or recreational drugs. When you do get sick, you need to fully rest in order to recover.

People with open Spleen have difficulty letting go of possessions, relationships, even grudges. Have you ever found yourself holding onto a relationship even when you know it's not good for you? Or, do you find it hard to let go of clothing you never wear?

If you have an open Spleen, you may have an interesting relationship with time. For instance, one of my clients is chronically late, not because she doesn't want to come to the session, but because she underestimates how long it will take it to do one more thing, get out the door and drive across the city to my office. It's important to allow yourself more time than you think you need, so you don't have to rush.

The good news is people with an open Spleen who learn to follow their strategy can become incredibly wise about time, intuition, and healing.

Definition in the Spleen centers means you are designed to be in the moment. You make decisions right in the moment, and have a clear sense of timing. Your immune system is very strong, and you can power through illness. However, sometimes you may not even know you are sick until you are very very ill. So it's important to check in with your body.

You have a reliable gut knowing that exists in the moment. If you learn to listen to your intuition, it will serve you well. Your Spleen may also communicate to you using fear. For instance, depending on which gates are activated in your chart, you may be plagued by a fear of inadequacy, fear of not being perfect, fear of life being meaningless, and so on. The best way to manage these Spleen-based fears is to feel them, and take action. The best way to differentiate a false fear from an intuitive gut-knowing and know what action to take is to follow your strategy.

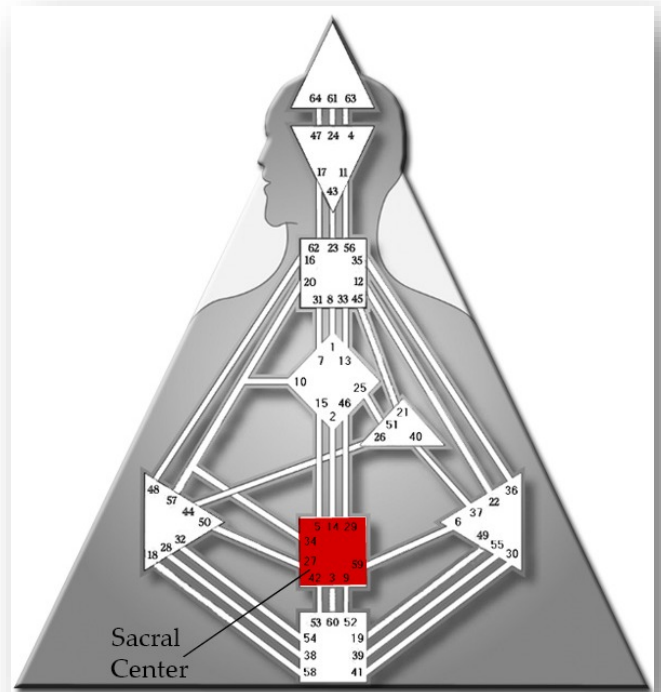
## Sacral

The Sacral is the most power energy center in the Human Design chart. Located towards the bottom just above the Root Center, it's responsible for generating the life-force energy that creates, guides and sustains life. Its major themes center around sexuality, reproduction, relationship, work, movement, steadiness, and vitality. It is associated with the reproductive organs – ovaries and testes.

Open Sacral beings have an unlimited capacity to experience and become wise about this generative life force energy. If you are an open Sacral (a Manifestor, Projector or Reflector) you are also very vulnerable to the intense conditioning field created by defined Sacral beings around you - the Generators and Manifesting Generators who comprise over 75% of the population! When you are in their energy field, you can take in their sacral energy, amplify it, and for short bursts, work even harder than them. However, it's important to remember that this energy is 'borrowed' and not sustainable. When you leave the Generator field, it's important to discharge this excess energy and rest. Otherwise, as I can attest from personal experience, you will burn out.

The most important lesson for a non-Sacral being is to learn when 'enough is enough' and set healthy boundaries. This is very difficult in a culture that puts so much value on doing and achieving. People with an open Sacral are not designed to work nine to five, whether at a job or as a parent! Here's an example:

One of my clients is a Projector and mother of two young children. Before she met me, she was doing her best to be a full time mom, and had just been diagnosed with adrenal fatigue. She couldn't keep up with her family's expectations of her, and felt like a failure. When she learned in our sessions that she's has an open Sacral, she started to ask for help. Though it took time to change her – and her family's – mindset, she now shares parenting with her spouse and in-laws (who are delighted to help), and takes lots



of personal time to replenish. She's happier, more vibrant, and..... enjoying sex again with her husband!

Speaking of sex, if you have an open Sacral, you can have a very interesting relationship with sexuality. You may find that when you're not in a relationship, you don't really miss sex. Yet, when you are attracted to someone, your sexual energy lights up! You may also notice that the range of your sexual expression is unlimited and varies depending on whom you're with.

Good sleeping habits are very important for those with an open Sacral center. As we've mentioned, it's important to discharge the excess energy you take in during the day. Here are some 'unplug' practices I recommend: Take a hot bath (preferably with Epsom salts), meditate, or do my 'Say Yes' exercise before getting into bed. Then, allow yourself to lie down and do something relaxing for 30 minutes (do NOT watch the news!), before you turn out the light.

Do your best to sleep alone at least a few nights a week. If your partner is a defined Sacral, they may enjoy cuddling with you all night long. However, you may feel the need to sleep separately, so you can restore your energy field. Though this might take some negotiation, you'll find that your connection gets even juicier.

If you have a Defined Sacral center you are designed to work. The key is, you need to find work that you love. When you love what you're doing, you have access to steady, sustainable energy that lasts from the moment you wake up until you go to sleep. You're kind of like an Energizer Bunny: You can go and go until your battery runs down at night. You recharge as you sleep, and are good to go the next morning.

If you're not doing what you love, you can lose energy and get frustrated. You can even burn out. It's VERY important that you don't push to make the right work happen, instead wait for the right thing to show up and respond to it using the 'uh-huh' 'uh-uh' sound that comes from your sacral motor.

The Sacral is the center for sexuality. With definition, you have a steady and reliable way of experiencing sexual energy. This might mean you prefer certain sexual positions over others, or there are times of day or the week when you are more available for sexual play. Your sexual energy stays consistent for you throughout your life.

Regarding sleep, it's very important that you get enough sleep to recharge your battery. If you have trouble falling asleep, you may need to increase your level of physical activity. You're here to build, create, and move your body!



As you can see there is much to be learned from listening to the wisdom of your nine centers. In a full Human Design session you gain a deep understanding of the importance they play in the magnificent interplay of energies in your chart.

## Chapter 5: Authority

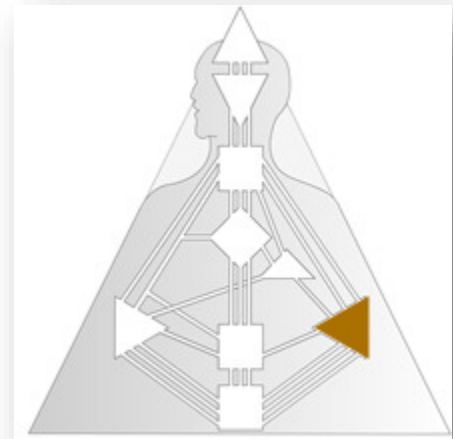
At the top of your chart you'll see 'Inner Authority.'" Authority is an aspect of your design that influences your strategy, and how you make decisions that are correct for you. When you intentionally practice your strategy, along with your Authority, you align with the unique energy that is you – and everything in your life starts to fall into place.

### Emotional Authority

When your Solar Plexus is defined in your chart, you have Emotional Authority. This means that your authority is rooted in what you feel emotionally, NOT what you think. It is not logical, and cannot be explained. You have to feel your way through a decision.

As you've already learned, when the Solar Plexus is defined, you experience consistent emotional waves, or changes in your mood, from highs to lows and back again. Though you may have an impulse to spontaneously jump into something, it's essential that you ride out your emotional wave, over a period of time, before you make a decision. Otherwise, you may find yourself committing to something in the moment that later on doesn't feel correct for you.

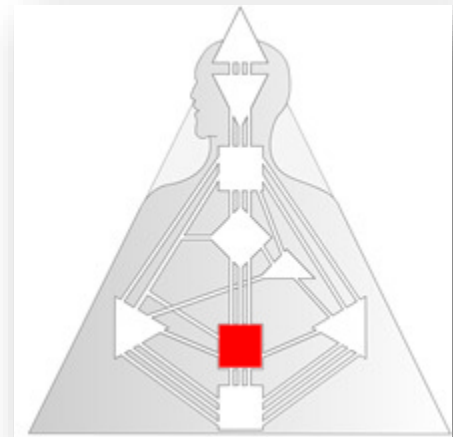
I invite my clients with emotional authority to give themselves at least 24 hours to make a decision. That way they can feel into their 'uh-huh' / 'uh-uh' throughout their emotional wave. If they don't get a consistent 'uh-huh' over the time period, the answer to the decision is probably 'no'.



## Sacral or Generated Authority

This authority is exclusive to Generators and Manifesting Generators. It is an immediate response that comes from gut, and the key to following your strategy - Respond. This authority is super powerful because when you use it, you bypass thinking, and go to a deeper source of wisdom – your life force energy.

With Generated Authority, you have a defined Sacral Center, and no other energies influencing your Sacral. Therefore, you simply need to follow your strategy to make a correct decision. When something arises to respond to, ask yourself yes/no questions (or better, invite someone to ask you yes/no questions), listen to your gut, and use your auditory ‘uh-huh’ / ‘uh-uh’ sound to feel and hear your answer. If you hesitate, or respond with “maybe” or “hummmmm”, your answer is “I don’t know; can you ask me the question a different way?” When the question is correct, you’ll get a clear response.

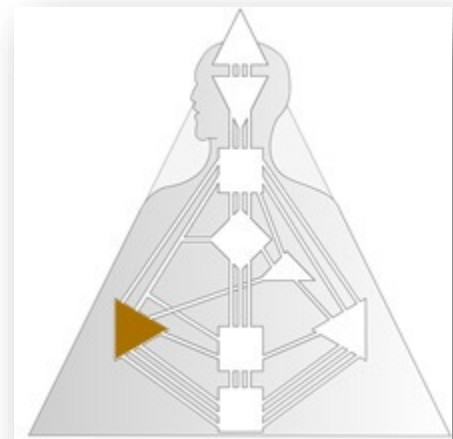


## Splenic Authority

This authority is exclusive to Manifestors and Projectors. When the defined Spleen Center stands alone without a defined Sacral or Solar Plexus, you have Splenic Authority.\*

Splenic Authority is rooted in survival, and is the oldest and most basic of awarenesses. The Spleen is all about how to survive in the NOW. It can be experienced as a cat-like sense of alertness, and is very subtle. It only speaks once, and doesn’t repeat itself – so it can be easy to miss.

If you have Splenic Authority, learn to turn into this subtle awareness, and then act on it. It feels like an intuitive and instantaneous recognition that something or someone is healthy for you – or not.

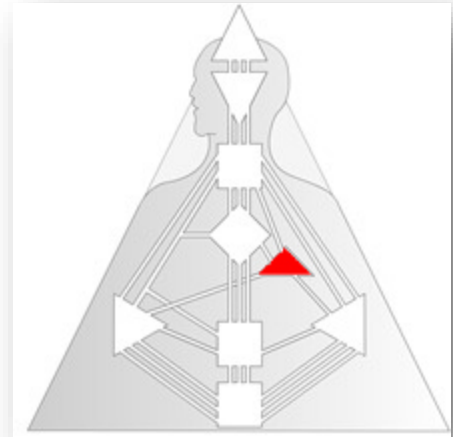


\*Occasionally a Generator or Manifesting Generator’s chart says ‘Splenic Inner Authority.’ In that case the Spleen works with the Sacral, and you still essentially have Sacral Authority.

## Ego Authority

Only Manifestors and Projectors can have Ego Authority, the rarest of all authorities. It shows up when the Will Center is connected to the Throat. That means it's important that you listen to what you 'say' and the ring of authority in your voice, rather than rely on what your mind is telling you. This authority is deeply rooted in the correct use of willpower by the ego.

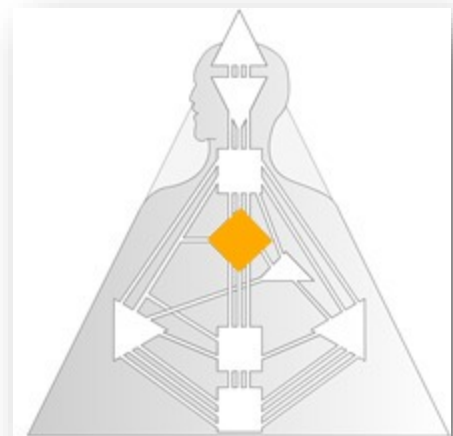
When you have Ego Authority, you have tremendous willpower to complete something. You don't have to wait for anything before you make a decision. However, you need to be sure you're well rested before you jump in. Remember, a defined Will center needs cycles of work alternating with rest, or it will burn out.



## Self-Projector Authority

Only Projectors with a Defined Identity Center connected to the Throat, and no other definition in the chart, have Self-projected Authority. This means you need to talk through a decision with another or others to get clarity. As you listen to what you say, be guided by what brings your enjoyment and pleasure. You can ask yourself "Will this make me happy?"

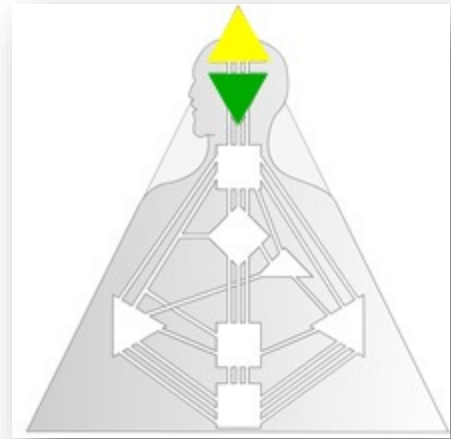
Over time, you may begin to feel this authority viscerally, as an opening or pull from inside your chest, as if your self is rising up to meet life and move in the correct direction. It's essential to find others who can listen to you without judging or offering opinions, so you can talk freely without censoring yourself until you get clear on your truth.



## Mental Projected Authority

This authority is experienced by Projectors who have the Ajna connected to the Head or Throat Center, or the Head, Ajna and Throat Centers all connected together. Like someone with Self-Projected Authority, you need to talk to others to get clarity on whether an invitation is correct for you, or not.

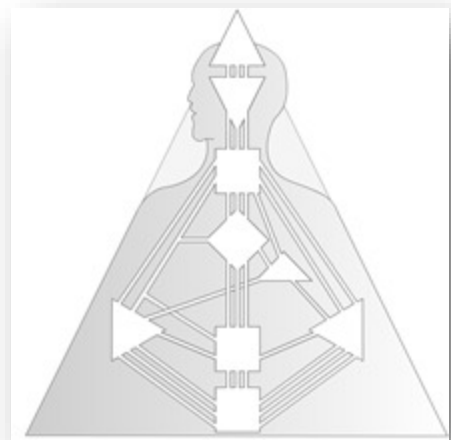
With Mental authority, you are tuned into sensory information about the environment. When you use others as your sounding boards, focus on the environment in question and how it might impact you. For instance, ask yourself “Will these people, or does this place feel healthy to me?” You might even visit the environment and sense how it feels in your body before you make your decision.



## Lunar Authority

Lunar authority is the domain of the Reflector, and is navigated by the movement of the moon through its 28-day cycle. This authority is radically different than the other authorities.

As a Reflector, before you make a decision, you need to spend at least one lunar cycle contemplating and discussing the issue with trusted listeners. As you are strongly influenced by the transits of the moon, you will experience many different perspectives throughout the 28-day period.



Pay attention to your environment, how you feel, and be patient with yourself! Over one or more lunar cycles, you will become clear about which environment feels good to you, and come to your decision.

## Chapter 6: Lines and Profiles

### How you learn and move through the world



### Profile Lines

You'll see at the top of your chart "Profile" followed by two numbers separated by a slash. These indicate your Profile – your learning and personality style. There are twelve different personality "Profiles" in the Human Design system.

Profiles describe how your personality interacts with the world. Your profile sheds light on how you address challenges, enter into relationships, handle change, learn, manage your energy and influence others. Everyone comes into the world with a specific profile. Knowing your profile deepens your awareness of how you navigate through the world. Learning about all the profiles gives you a greater understanding of others – and how we interact together.

Each number in a profile has a specific meaning. The first number in your profile is an element of your personality that you are consciously aware of. The second number in the profile may be unconscious and more hidden from you. Most people are aware of their unconscious profile but because it is unconscious, they have less control over the expression of it.

### The profile lines are

- Line 1 - Investigator
- Line 2 - Hermit
- Line 3 – Martyr/Experiencer
- Line 4 - Opportunist
- Line 5 - Heretic
- Line 6 - Role Model



Referencing Ra Uru Hu: Jovian Archive

Lines 1 through 3 are intrapersonal lines. With these profile lines, your energy is more inward, and your primary focus is on understanding yourself through your personal experience.

Lines 4 through 6 are transpersonal. That means you learn and grow through your relationships with others.

Some people just have intrapersonal lines, some have transpersonal, and others have a combination of both! This is explained in depth in a full Human Design Session.

### **The Intrapersonal Lines**

Line 1 – *Investigator* (Profile 1/3, 1/4, 4/1, or 5/1)

First line profiles are deeply curious and move slower than other profiles. Picture them as the foundation of a house. Survival based, they ensure their safety and security by building a foundation of information. They need to thoroughly investigate something before they can feel ready to take action. When they've learned what they feel is enough, they can do anything – and share what they've learned with you!

A challenge for a first line/Investigator profile is handling change. Don't expect first lines to be spontaneous or make transitions easily until they've done their research and know their next step.

In relationships, first line profiles like to study their partner thoroughly before they're ready to make a commitment.

First line children need a lot of reassurance and stability before they can make a change. For instance, if you move to a new home, get them involved in the process. Invite them to go online with you to research homes, neighborhoods, and options for their next school.

Line 2 – *Hermit* (Profile 2/4, 2/5, 5/2, 6/2)

This profile line is secretive, shy, and genuinely enjoys being alone. They actually crave and need lots of alone time to re-charge their energy. When they think they are hiding and no one misses them, people notice that they are missing, and call them out to share their energy and ideas.

Take a look at the image of the house: Imagine a line 2/Hermit as someone sitting alone on the first floor of a house, looking out the window from behind the curtain. They think they are hidden when actually, as the light is on behind them, everybody outside can clearly see them playing their guitar!

All second line profiles are paired with a transpersonal profile line. This means they can experience a conflict between craving alone time and craving connection with others. If they follow their strategy, they can find a way to balance these needs.

In relationships, line 2 energy is very shy. The best way to approach them is to call them out using their strategy. Give them lots of space to be alone within the relationship, knowing that after they've had sufficient alone time they'll want to come out and connect with you.

Likewise, second line children can be quite shy and enjoy playing by themselves. Don't judge them or push them to 'socialize'; instead create ways for them to play by themselves and then they will let you know when they want to come out and join their friends.

### Line 3 – *Martyr, Experimenter* (Profile 1/3, 3/5, 3/6, 6/3)

Line 3 profiles are designed to learn by experiencing. They are deeply wise about what works/doesn't work because they have pretty much tried everything. Think of them as someone on a ladder in the house, testing out a new coat of paint to see if it's the right color.

Third line profiles are people who don't read the operating instructions! For example, you just get in your new car and turn on the ignition, trusting you'll figure out how the different gizmos work as you drive. Sometimes things you try don't seem to work out, and others can criticize you for doing it 'wrong.'

I encourage line 3/ Experimenters to see that every experience they have is an opportunity for learning – and to share their accumulated wisdom with others according to their strategy. Make your mantra "There are no mistakes" and free yourself to experience the joy of experimentation.

These profiles tend to fall in love at first sight, and then, several weeks later, decide you're 'not the one.' They need to go in and out of relationship, until ultimately, they know – and find - exactly what they want based on their experience. If you love a third line, give them a lot freedom so they don't feel trapped. Some third line profiles prefer



to not be monogamous.

Line 3 children are the ones who jump into the deep end of the pool, before they know how to swim! Encourage them to experiment, and keep a watchful eye on them so they can be safe, and you don't have to worry.

## **The Transpersonal Lines**

### Line 4. Opportunist (1/4, 2/4, 4/1, 4/6, 6/4)

People with line 4 energy are very social; they care deeply about relationships and are good at networking. Not only do they have lots of friends; they enjoy connecting their friends with each other. Whenever they travel, they know someone to visit or stay with! They find their greatest opportunities through their network of connections.

Like the 1, line 4 is a foundational line. Imagine line 4 as the second floor of the house. Opportunists' sense of safety and security is grounded in relationships; so they dedicate their lifetime to understanding and cultivating connection.

If you have fourth line energy, you may not be comfortable making a change until another opportunity is available to you. It's difficult to leave a job, home, or partner, until the next one is in place. You do NOT do limbo, and the unknown is very uncomfortable for you. Your theme may be: "Whom or what can I trust?"

Entering into a relationship, you need to be friends first before you become lovers. The platonic energy you bring can confuse or frustrate someone who's interested in you romantically, because they don't know where they stand with you. Once you feel safe enough to enter into sexual intimacy with them, you are their friend for life – even if the relationship ends.

Children with line 4 energy are extremely social and make friends easily. Like a line 1, change is hard for them. If you do move them say to a new school, give them opportunities to stay in touch with old friends, as they transition into making new ones.

### Line 5. Heretic (Profile 2/5, 3/5, 5/1, 5/2)

People with line 5 energy are here to help others as 'Karmic Mirrors.' They live in a pure projection field. People project expectations, beliefs, and thoughts onto them, and then get disappointed when the fifth line doesn't meet their expectations. What is

actually happening is that the fifth line profile mirrors back to others unconsciousness aspects of the others that need to be healed.

If a line 5 is living their strategy, they can be powerful healers – and guide people to wake up and transform their unconscious aspects. If however, a fifth line is with the wrong people or in the wrong place, people blame them for not meeting their expectations, hence the name, 'Heretic.'

Line 5's often feel invisible; it can feel like no one knows who they are. Picture them standing at the window on the second floor of the house, hiding behind the curtain. They are reluctant to come out and reveal themselves for fear they'll be misunderstood. When they follow their Human Design strategy they attract the right place and the right people, who recognize and call them out. Then they can shine as they truly are, and profoundly impact the world around them.

Fifth line's can also be coy and seductive. They like to seduce people into their ideas or the bedroom! They are magnetic, attractive, and can draw you in with their personality or sexuality.

If you have line 5 energy you probably love to flirt, and use seduction to attract a lover. Once you've gotten their attention, you may find yourself hiding, because you're still afraid of being projected upon and misunderstood. It's important to use your Human Design strategy to enter into a relationship correctly, so you attract someone who clearly sees you through the projection field. Then you can play with seduction to keep the spark of intimacy alive!

Children with fifth line energy can have difficulty in social situations. They can feel judged and misunderstood by their peers, even teachers. It's helpful to teach them to not take other's misunderstanding of them personally, and learn how to follow their strategy, so they attract the right friends and circumstances to them.

#### Line 6. Role model (Profile 3/6, 4/6, 6/2, 6/3)

Line 6 profiles have three distinct life phases that lead them to becoming a role model for others. Sometimes they seem more aloof than other profile lines.

First phase: Birth to age 28.6 years. Experimentation.

During this phase sixth line people act like an amplified line 3. They experiment with everything and have a lot of 'trial and error' experiences! This phase of the line 6 can be even more experimental and intense than someone with a 'regular' line 3.

Second Phase: Age 28.6 – 50 years. Being on the roof.

This is when the line 6 seems most aloof. Imagine yourself standing on the roof of the house, looking down at the world. Now it's time for you to rest, heal and integrate all you learned in the first phase of your life. You may feel like you've lost your verve because you're not interested in experimenting with everything that shows up. You're more invested in turning within - writing, studying, observing, and preparing for your final stage. Though people may call you out to new experiences, you won't engage unless it's really worth your while. This can be a great time to build a new business or write a book about what you've learned from your experiences.

If a sixth line enters the second phase single, they are not likely to seek a relationship until the third phase, when they come off the roof. If they already have a partner – or children – relating can be difficult as there are so many internal shifts occurring.

Age 50 +. Final phase. Coming off the roof.

At around age fifty, the sixth line starts to come down off the roof. Everything they have experimented with, delved into deeply, and integrated is now honed and ready to give back to the world. You are now a role model. All you have to do is be your authentic purposeful self, and people will watch, learn, and be inspired by you. You are designed to lead the world towards its next stage of evolution.

Sometimes sixth lines are reluctant to come down off the roof and share their wisdom, and the descent can be a bit traumatic. The key to navigating all three phases is to follow their strategy. If the line 6 hasn't lived their strategy while on the roof, when they come off, they may have to repeat the first 30 years all over again.

Sixth line profiles deeply need and desire a soul mate. They tend to try out many relationships in the first phase. If they are still single in the second phase, when it's hard to initiate a relationship, they can feel quite lonely. When they do finally meet 'the one' they realize it was well worth the wait.

### The Profile Combinations

The twelve Profiles listed below are combinations of two of the lines described above. The first number is the 'conscious' line and the second number is the 'unconscious' line. In a full Human Design Session we explore in depth how the combination of your conscious and unconscious profile lines informs how you navigate the world

1/3 Investigator/Martyr  
1/4 Investigator/Opportunist  
2/4 Hermit/Opportunist  
2/5 Hermit/Heretic  
3/5 Martyr/Heretic  
3/6 Martyr/Role Model  
4/6 Opportunist/Role Model  
4/1 Opportunist/Investigator  
5/1 Heretic/Investigator  
5/2 Heretic/Hermit  
6/2 Role Model/Hermit  
6/3 Role Model/Martyr

## Chapter 7: Put this into Practice

Here are some tips to help you put this invaluable information into practice, starting now!

### **Follow your Type and Strategy**

#### **Generators and Manifesting Generators**

Remember you're here to respond to what shows up for you. You are NOT an initiator.

To help you decide how to respond to all the opportunities that do show up, use your Sacral authority. Invite someone to ask you yes/no questions, and use your "uh-huh", "uh-uh" response.

#### **Manifestors**

Remember that your powerful initiating energy comes in waves. Be sure to rest after you've birthed your next creative project.

Inform others what you're up to before you dive in.

#### **Projectors**

Do what you love, and let your light shine through you.

WAIT to be recognized and invited before you share your wisdom. Remember: While you're waiting, you are preparing for then next big invitation.

When the invitation arrives, allow yourself time to talk out the pros and cons before you decide if it's the correct invitation for you.

Invite others to ask you open-ended questions, and allow your intuition to respond.

#### **Reflectors**

Be super patient with yourself, especially when you need to make a decision.

Live in an environment that feels nourishing, and surround yourself with people who 'get you' and will listen while you talk to get clarity.

Give yourself plenty of alone time to replenish your energy.

## Feel into your Open and Defined Centers

If you have a *Defined Emotional Solar Plexus*, be aware of your emotional waves. Allow yourself to experience the ups and downs, and honor your emotional authority when you make a decision.

If you are *Open* in your *Emotional Solar Plexus*, be aware of emotions that arise. Ask yourself “Is this even my emotion?” and do your best to let it pass through you, as if you’re a screen door. Learn the ‘Say Yes’ Practice (see Chapter 7).

If you have an *Open Identity Center*, surround yourself with people and places that feel good to you. With a *Defined Identity Center*, sense your groundedness and notice how you radiate love.

With an *Open Head Center*, you will feel inspired all the time, and pressured to act on your inspiration. Remember, decisions come from lower down in the chart. Enjoy your ever-changing inspirations and don’t act on them. If your *Head Center is Defined*, enjoy the thinking process, and use your strategy to make decisions (NOT your head).

If you have an *Open Ajna*, remember you see endless possibilities. If your *Ajna is Defined*, don’t get attached to your point of view.

If you have an *Open Throat Center* (or un-motorized *Defined Throat*), DON’T blurt out what you’re thinking. Use your Strategy and wait for the right timing to speak.

If you have an *Open Will Center*, remember it’s sometimes hard to recognize your value. If you have a *Defined Will Center*, don’t fault others if they don’t have steady determination like you do.

If you have an *Open Root Center*, and feel like you have to do one more thing before you rest, ask yourself “What’s the worst thing that can happen if I don’t finish this today?” With a *Defined Root Center* assure those around you that you are not pressuring them.

If you have an *Open Spleen Center*, your relationship with time is malleable, so always allow yourself more time than you think you need to get from point A to point B. With a *Defined Spleen*, be sure to check in with your body, as it can be hard to tell when you’re sick.

If you have an *Open Sacral Center*, learn to know when enough is enough! If your *Sacral Center is Defined*, use your Sacral “uh-huh”, “uh-uh” response to make sure you’re doing work that you love.

## Chapter 8: The “Say Yes” Practice

As you’ve discovered from this book, Human Design affirms that you are an energy being. You are comprised of energy. Your individual chart reveals the unique ways you are designed to process the energy of thought, emotions, physical sensations, survival instincts, love and more. Over time, as you practice your strategy, receive support from a Human Design mentor, and gradually undo your conditioning, you correctly align your energy and shift from your ‘not self’ into the authentic being you were born to be.

Along the way, however, you may find yourself getting stuck in energy that feels uncomfortable. For instance, if you have an open Solar Plexus, you now recognize that most of the emotions you feel aren’t even yours! However, knowing that doesn’t mean you don’t deeply feel the emotions generated by others, let alone get hijacked by them.

Or, if you’re a Projector who is still learning how to discern when ‘enough is enough,’ you might sometimes find yourself so exhausted at the end of the day you can’t fall asleep.

Or....with an open Head or Ajna, do you sometimes experience an overwhelming pressure to figure things out?

And, even if you have a defined Solar Plexus and are designed to experience emotions, sometimes you may feel like you’re stuck in the ‘down’ part of your emotional wave. Worse, judging yourself for feeling ‘down’ will only make you feel worse.

Here’s a fantastic practice that can help you release uncomfortable energy that gets blocked in your system. It’s only takes a few minutes, and is so easy you can teach your children how to do it with you!

### Uncomfortable energy may manifest as

- A difficult emotion: Sadness, anger, frustration, disappointment, resentment, fear, doubt, resistance...
- Physical discomfort: Tiredness, soreness, tension, burning, stiffness....
- Issues arising from ‘over’ thinking: Anxiety, overwhelm, a sense of pressure to figure things out.....

We’ve been conditioned to judge uncomfortable energy and then what do we do? We stuff it (by overeating, using drugs or alcohol, binging on TV); amplify and ‘express’ it



onto another (and hurt their feelings); ignore it (hoping it will magically go away); or try to get rid of it. None of these methods work, and the energy festers inside you.

As you can see from Human Design, energy is designed to move freely through your system. The intention of this practice is to identify stuck energy, welcome it up, and allow it to naturally unblock and move through.

Here are the steps to take

1. Identify the uncomfortable energy, and give it a name (anger, fear, pressure, tiredness.....)
2. Notice if you sense it anywhere in your body (as tension, pressure, clenching...)
3. Measure its level of intensity from 0 – 10 (0 is no intensity, 10 is 'off the charts' intense)
4. Invite the energy to arise by saying "Yes" to it. Continue to welcome it up by saying "Yes" over and over until you start to feel a shift. *Note: it works better if you say "yes" out loud!*
5. Measure the level of intensity and notice: is it more intense, less intense or the same? How is the sensation now in your body?
6. Say "Yes" again over and over until the intensity has significantly lessened.
7. You may notice you feel lighter and freer.

Have fun with it!

## Conclusion

Thank you for allowing me to introduce you to the wonderful world of Human Design!

As you've discovered, this is a magnificent system, and quite complex. I know it can be very tempting to read about every little detail - especially if you have an Investigative profile. And, if you want go beyond the scope of this book, check out the resources listed in the next chapter.

The trouble is, you can get lost in the details and lose the magic, the joy - and the actual experience - of what's truly conveyed by your chart.

Your chart is transmitting one simple message: YOU WERE BORN TO BE YOURSELF!

I invite you to picture your genetic blueprint as a huge magical umbrella, which arches over a whole world of mysterious interacting elements – the totality of you. The arc of the umbrella is your Type and Strategy. When you simply practice your Type and Strategy, everything beneath comes into alignment – and you become the remarkable being you were born to be!

Please don't take my word for it. Find out for yourself if this magical triangle really works! Here are some steps you can take:

1. Practice your Type and Strategy, and see what happens. Use your Strategy and Inner Authority when you make decisions. Start with small decisions first; then when you get some confidence, try tackling some bigger ones. Notice if you have more or less energy when you follow your strategy.
2. Feel into your Centers, and become especially curious about your open centers. For instance, if you have an undefined Solar Plexus, notice how others' emotions affect you. Or if you have a child with an open Identity, help them set up their home environment so that everything feels really good to them.
3. Play with your Profile! Discover how your profile lines resonate for you. If you have a 2/Hermit line, enjoy your alone time – without judging yourself. If you are a 3/Experiencer, enjoy the pleasure of jumping into something new headfirst!

And then, when you're ready to experience how all the different elements of your chart come together into the totality that is you, consider treating yourself to the gift of a full Human Design Session.

It will be my pleasure to meet you there.

## Resources

### Ready to take your next step?

Receive your FREE individual Human Design Chart

Go to <https://bit.ly/2vVgq69>

Schedule your individual Human Design Session.

Contact us at <http://igniteyourjoy.us/contact/> and we'll help you set that up.

This transformational session will reveal how the complexities of your type, profile, centers, gates and channels come together to form the magnificent whole that is you. In this catalytic conversation with Linda you will learn how to

- Optimally manage your energy so your life moves into flow
- Make decisions that are correct for you
- Turn challenges in your life into opportunities to grow
- Recognize and undo old patterns that hold you back
- Be more understanding of yourself and others
- Communicate more lovingly
- And... have more fun.

In short, you'll discover how to have the joyful, authentic and fulfilling life that is your birthright.

### Want to do more research?

*Getting to Know You: Embrace Your Unique Blueprint to Make Decisions you Love and Trust – A Human Design Guidebook*, by Karen Flaherty

*Human Design: The Definitive Book of Human Design, The Science of Differentiation* by Lynda Bunnell, authorized and in cooperation with Ra Uru Hu

*Understanding Human Design: The New Science of Astrology: Discover Who You Really Are*, by Karen Curry

## About the Author

Linda Landon, PCC is an International Coach Federation certified business coach, trained recovery coach, certified Human Design Specialist, Deep Coaching facilitator, Somatic practitioner, and experienced seminar leader. She is the author of *The Power of Pause: simple meditations for complicated lives*, and creator of the Wellness Sexuality Practice for individuals and couples.

A life-long entrepreneur and president of Linda Landon and Associates, LLC, Linda is passionate about guiding people to maximize their vitality and wellness, especially as they grow older. Her clients learn how to alchemize their particular life challenges into pure love, brilliance, and success beyond anything they have imagined.

She has trained with dozens of master teachers and teachings including Rosen Method Bodywork, Somatic Therapy, the Release Technique, Don Miguel Ruiz's The Four Agreements, the Work of Byron Katie, Enneagram-based Coaching, and the Diamond Logos. She has traveled around the country teaching the Release Technique, presented to audiences of up to 500 people, and worked with 100's of clients worldwide. For the last eight years she's studied Human Design, and is now a certified Human Design Level 4 Specialist.



Linda has synthesized her mindfulness-based trainings and life experience to create a powerful and effective approach that is unprecedented, transformative, and overflowing with love. To learn more about Ignite Your Joy, please visit her website: <http://igniteyourjoy.us>

In 2020, during the Covid pandemic, Linda followed her heart and moved to Asheville, NC. She now lives on hillside overlooking the Blue Ridge Mountains, and is practicing her new mantra as a Projector – Play, rest, and then work. One of her many pleasurable pastimes is expressive painting.