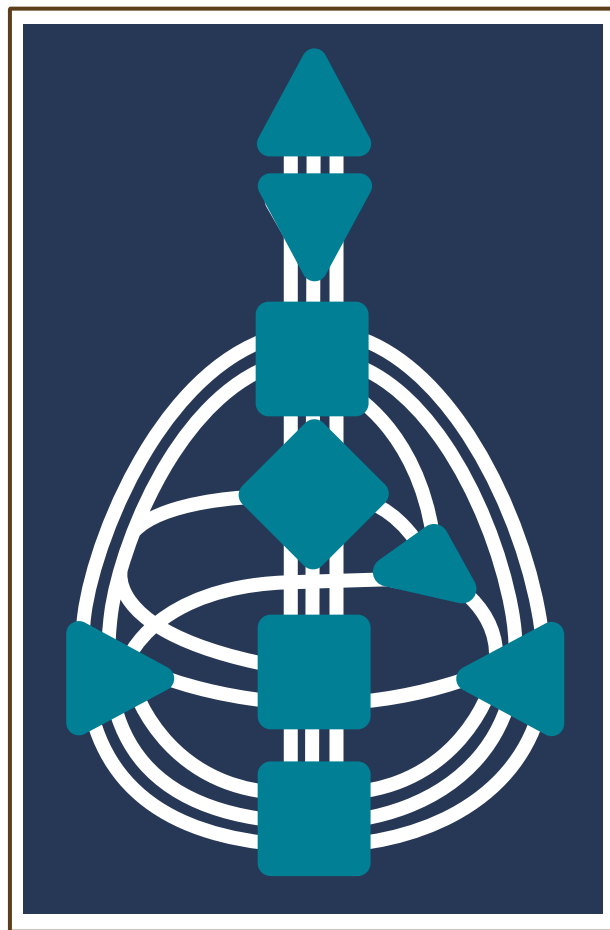


HD SNAPSHOT

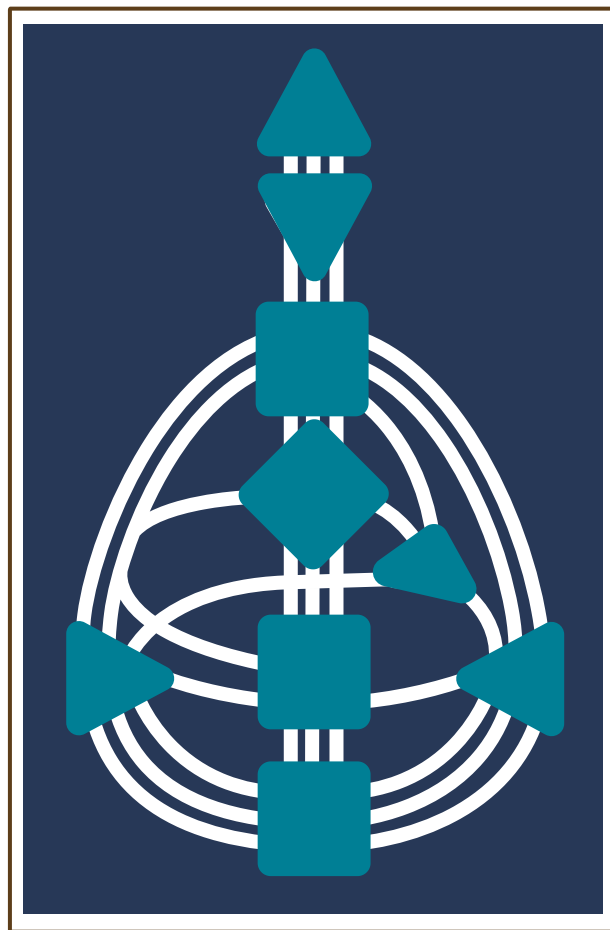
The Audio Experience

Human Design Terminology



HD SNAPSHOT

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The Lighthouse of Human Design

When I think about human design I love thinking about a lighthouse. Your own unique blueprint is sort of like your lighthouse. You can use this lighthouse to get you back home to who you are again and again. It's light shines brightly on the sea during a clear night and it pierces through the fog during stormy days.

It's a guide to help you find your way back home again to whom you were truly born to be... But the reality is on the journey through life we can get pulled out to sea by the undertow, we can lose sight of the shore, we end up in new lands and we get jostled about by waves. All of this pulls us further and further away from who we are truly meant to be. We end up in a foreign place wondering how we got there.

Until one day we wake up...usually when we've been hit with a storm or we stop ignoring that inner tug and longing, or both, realizing we've lost sight of our light. We ended up in a place many miles from where we intended, and we feel this ache to go back home again. While the fog might make it hard for us to navigate the water or the storms may come and go, when we can find our beacon of light, our lighthouse we will always know our way back home again. Bringing something new back with us.

It is in this coming and going that we uncover more about ourselves. Our lights shine brighter and brighter. It becomes easier to navigate your way back home again because you know the way. Even on the darkest nights, you can find your way back to your beacon, your lighthouse. We are here to explore, adventure, and embrace freedom while simultaneously coming back home again. Each adventure uncovers a new piece of us. Each homecoming renews our sense of individuality. Each exploration is another confirmation of who we are. And the freedom...it shows us we are each part of a bigger whole.



The Depth of Human Design

When I first started learning about human design, I wish someone actually took the time to explain to me the depth of the system. It can be a great source of understanding for each of us. It is built layer upon layer while always anchoring back into your strategy and authority. Here is a visual of different layers within the chart and the process that they are built upon. In human design, we always anchor back into your strategy and authority. From there, the layers build the type, profile, centers, circuits, gates and channels, definitions, environment and then the incarnation cross as the top, sort of like a compass to direct you toward your purpose in life.

Most of what is shared in human design has a duality to it. A stark contrast or a polarization. For example, the not-self and the signature themes. The defined and undefined centers. It is in this duality that we find meaning, make sense of ourselves and our place in the world. We get a true understanding of who we are. Embracing this duality is a big part of living in congruence with your design.

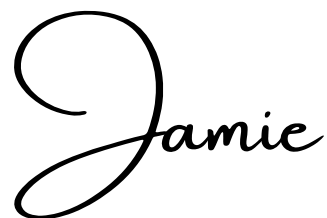
In your snapshot today I am going to cover the depths of profile, type, and authority. This is the foundation of beginning to understanding the nuance, texture, and mechanics of experimenting with and living our design.

On the next page I will provide a visual with short definitions of the different human design terms so that you can see the depth that is available with this tool.

Thank you for trusting me on this journey. I hope this snapshot is supportive to you.

From my experience, once you see human design, you can't unsee it.

With your design in mind,

A handwritten signature in a cursive script, reading "Jamie". The letter "J" is large and loops around the "amie" part of the name.

The Depth of Human Design

The Depths Of Human Design

Human design is so much more than type and profile. There is great depth and wisdom that can be discovered with your unique design.

Understanding your design is a become process that takes time due to the fact that we take on conditioning from a very early age. It is also constatly happening.

When we can better understand ourselves we can make a bigger contribution to the world.



Type

How you are designed to interact with others the world.

Profile

The baseline of your personality and how you experience the world

Strategy
Authority

Your unique decision making process

Defintion

How the energy flows within your chart and the unique voices you have

Centers

The wisdom and depth available within your chart once deconditioned

Circuitry
Gates & Channels

The unique types of energy that make you who you are and give life to your design

Incarnation Cross

The purpose and work you are here in your journey

Not-Self

The conditioning we carrying that is put on us by society, culture, people etc.

Variable
Determination, Environment,
Perspective, & Motivation

The transformation of your awareness, environment and persepective aka your cognitive function and your life experience.

Connection

The way your design impacts another in a one on one setting

Penta or Wa

The way you are designed to operate in a team or family setting, the strengths, weaknesses and challenges you may face in these settings

I believe the intention of this work is to be...

Individualized &
nuanced to the client

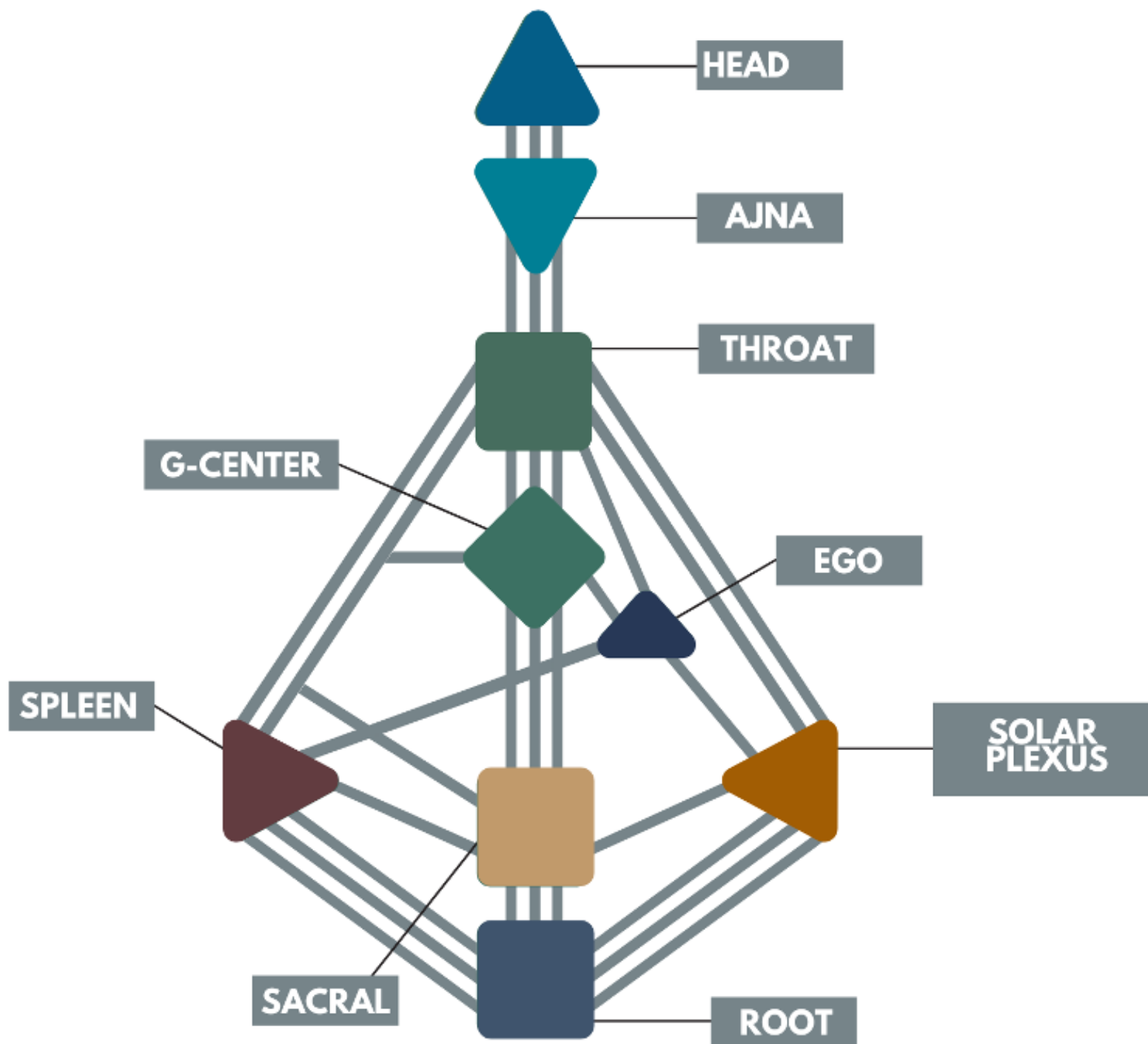
Synthesis of
client strengths

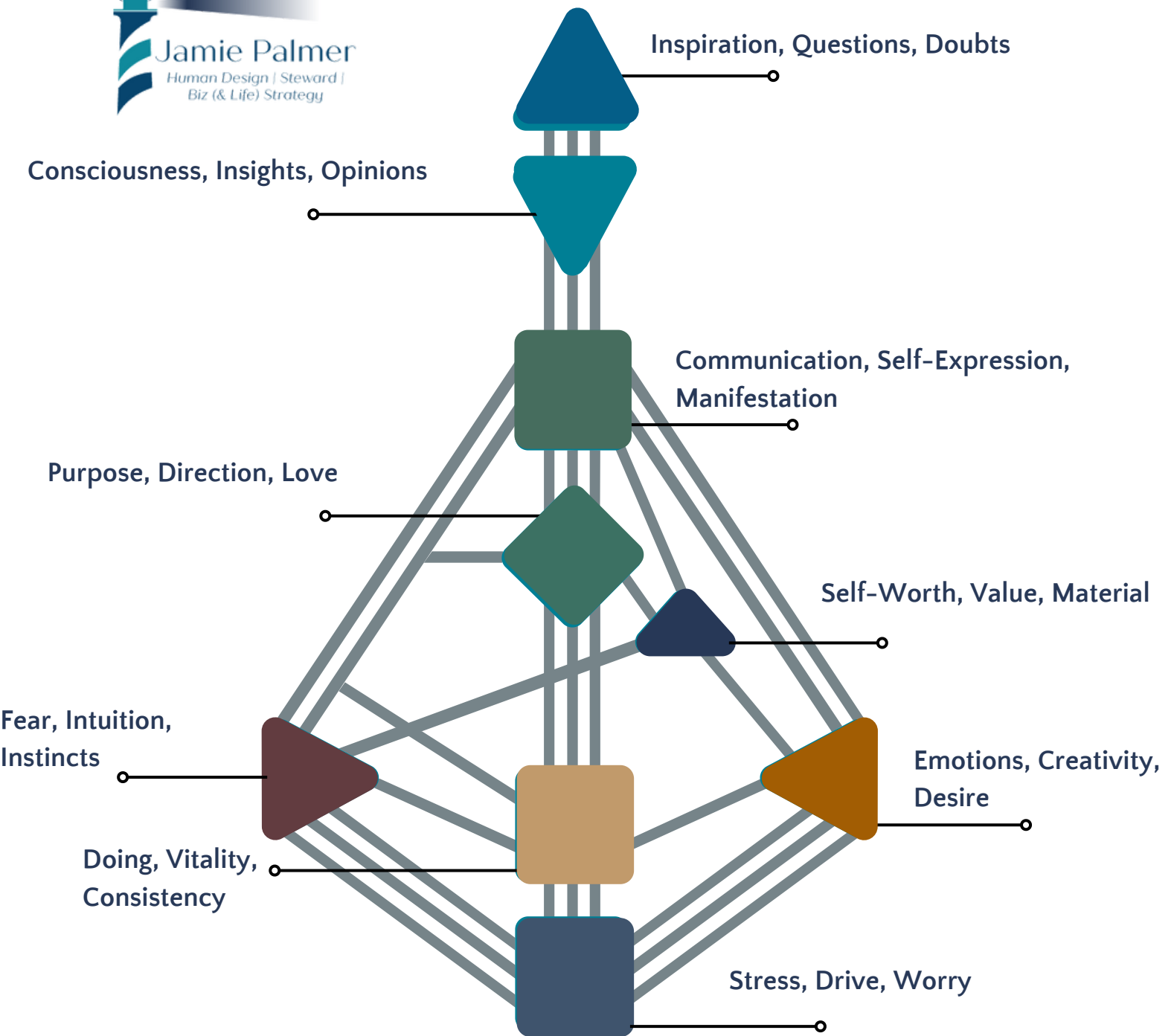
Congruent to client
design & lifestyle desires

Integrated with
deconditioning

Held with the dichotomy
of the human experience

The 9 Centers of *Human Design*





The Centers Distilled

Here are the themes of the centers and short descriptions of each.

Head Center – Pressure Center – The pressure to know. The head of the not-self spokesperson for all of the centers within the bodygraph. The head is the source of doubts, questions, inspiration, and mental pressure.

Anja Center – Awareness Center – The place where we “make sense” of the thoughts of the mind as they make their way to the throat to be communicated and come to life. The source of consciousness, conceptualizing, thoughts, insights, and opinions.

Throat Center – Manifestation Center – Where we bring our unique blueprint to life in the world. All energy within the bodygraph wants to come to life through the throat. This is where the energy within your chart is given a voice. The throat is the source of communication, manifestation, voice, and what differentiates humans from other species.

G-Center - Identity Center – This is where we connect to our higher self and the greater whole. This is the source of self, purpose, direction, and love.

Heart Center – Motor Center – The willpower to follow through and inspire others. The heart is the source of ego, willpower, motivation, inspiration, commitment, the material world, and self-worth.

Solar Plexus Center – Motor & Awareness Center – All emotion we experience, through waves, in the body derives from the solar plexus. This is the source of social and emotional awareness, moods, feelings, sensitivity, creativity, desire, passion, and spirit.

Sacral Center – Motor Center – The power to guide and sustain life in response to the now. The source of vital energy, fertility, availability, work, and response.

Splenic Center – Awareness Center – The survival instinct from a primal perspective. This is what connects us to our instinct to stay alive, physical health, safety, and health. The source of intuition, instincts, fears, body awareness, immune system, and time.

Root Center – Motor & Pressure Center – The pressure to do and take action. The source of all stress in the body. The root is the source of stress, life force, adrenaline, worry, and momentum.

The Center Types Distilled

The Types of Centers Defined:

Awareness Centers – This is where our human experiences are interpreted. This is where we derive our awareness, our consciousness and the mind, body soul experience. As our energy moves to the manifestation center of the throat this becomes an expression of our identity and intelligence.

Motor Centers – Also known as energy centers. These centers provide us with the actual energy to take action and make manifest in our lives. The root is the momentum to keep going. The solar plexus is the emotional wave to have more experiences in life, intimacy. The sacral is the life force to create and continuation of the human race. The heart is the source of will power and moves our communities forward through understanding everyone has a role to fulfill.

Pressure Centers – There are two pressure centers within the bodygraph, the head and the root. The head is the pressure to know and moves the energy into the Anja to come up with answer which then moves to the throat to come into the world through word either written or spoken. The root is the pressure to do. This is a charge energy to survive and drives us forward as a species. This of this as the drive to survive. This energy is potent and amplified by the other centers as it travels to the throat to manifest.

Identity Center – This where who you are as a person and your individuality derives from. It establishes our direction and purpose in life. This is where the pull of life pushes us forward.

Manifestation Center – All energy within the bodygraph wants to come to life through the throat. This is where the energy within your chart is given a voice. It is through this center how we express our own unique individuality. This is a big part of the human experience.

Human Design Terminology

Authority – Is the decision-making process within your unique human design blueprint. When you honor your decision-making process in alignment with your profile and type you will find more alignment.

Centers – The foundation of human design information. They determine your type, profile, and strategy. Centers determine the flow of energy within your human design blueprint.

Conditioning – The pressure, expectation and influence from family, friends, society, and modern culture to be something we are not. The pressure to conform of what others expect of us. The taking on of habits and strategies that repress our true self and push us out of alignment with our purpose in life.

Conscious/Mind/Personality – The black elements that appear on the right side of your chart are known as your conscious personality. You are aware of these elements to a degree and have some control over them.

Defined Centers – Are the colored in aspects of your chart. In these areas you have a set or fixed personality, and it is punctuated by the gates and channels you have coming off of the defined centers. Overtime you will only become more of who you already. For example, if you crave consistency, you will only crave consistency more over time. This is how your unique personality shows up in the world. You have the theme it is a matter of having access to it or lacking capacity to access it. The defined centers manifest in duality. Learning to explore and play with the polarity becomes the goal.

Definition – There are 5 types of definition. Definition defines how the energy flows within the different centers in your chart. The type of our definition defines whether we will have access to the continuous flow of energy within our chart. Our definition also determines how you best interact with others. This is helpful when you are building a team (or in relationships) you will want people who are complementary and help you bridge the definition in your design. For example, if you are a triple split definition you will want someone to help you transform your energy into a single or split definition.

No Definition – No centers defined within the chart (Reflectors)

Single Definition – All defined channels and centers in the human design are connect in one continuous stream.

Simple Split Definition – There are two separate areas of definition within the chart that are not connected to one another.

Triple Split Definition – There are three separate areas of definition within the chart that are not connected to one another.

Quadruple-Split Definition – There are four separate areas of definition within the chart that are not connected to one another.

Human Design Terminology

Gates & Channels – The life forces (tribal, collective, and individual) that make up the intricacies of who we are and how interact, share, support and empower others in the world.

Incarnation Cross – This is the guiding light for your purpose in the world when you are living out your unique human design blueprint in an authentic and aligned way.

Not-Self – a clear indication that you are out of alignment or congruence with your design. Your mind has taken over and/or you are acting out of your conditioning.

Not Self Themes – an indication or signal that a decision was made through the mind instead of through your strategy, typically resulting in resistance. i.e. you are out of alignment with your strategy.

Profile – There are 12 profiles in the human design System. These profiles guide us in finding our roles in life as we are living out our strategy, profile, and type. When we live our profile, we find our purpose and joy.

Signature Theme – The desired outcome for each of the types. This is the state achieved when the person is living in congruence with their design. It dispels the not-self and welcomes others into their ecosystem within the framework or guardrails of the strategy and authority.

Strategy – For each type within the human design system there is a strategy. This strategy should be the guiding principle with which they interact with the world. For example, the projector's strategy is to wait for the invitation and recognition. Projectors will find themselves bitter if they are offering up advice without being invited in and/or recognized. Manifestors who initiate without informing can often leave people wondering what happens when they fail to inform which is a big part of being a healthy manifestor.

Manifestor – Initiate & Inform

Generator – Know thyself & respond

Projector – Wait for the invitation (recognized or asked)

Manifesting Generator – Visualize & Inform

Reflector – Wait 28 Days

Type – There are 5 Types in the Human Design System. Each type determines the overarching theme for your life and ideal strategy for how you show up in the world. The five types are Projector, Generator, Manifesting Generator, Manifestor and Reflector. When we live our type in conjunction with our profile, we find purpose and joy.

Human Design Terminology

Unconscious/Body/Design – The red elements that appear on the left side of your chart are known as the unconscious personality. These are aspects of your personality that are consistent, but you may not be aware of them, nor do you have control over them. As you age, they typically become more of these parts of yourself. The red elements are pulled three months prior to your birth during a big growth spurt in the brain.

Undefined Centers & Open Centers – Are fluid aspects within yourself that are open to receive and take on the energy of others and are subject to conditioning. Undefined centers are like filters that take in information as you go about your experience in the world. As you dive into your human design you will need to become an observer of your open center and sort through what you like and what you don't. While you will not always have access to this energy in the undefined centers you can become wise about it. Think of open centers as a buffet where there are hundreds of different options, and you get to pick and choose what you want to eat. This is much like the open or undefined centers. Allow the energy and information to come in but learning to be selective about the information that you receive is key to living your purpose.



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