



International Human Design School
The Official Gateway to Education and Empowerment in Human Design

YOUR PERSONAL HUMAN DESIGN REPORT

THE USER MANUAL FOR YOUR LIFE





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THE HUMAN DESIGN SYSTEM

**YOUR PERSONAL HUMAN DESIGN REPORT
FOR
JAN BRANT VAN DEN BERG**

THE USER MANUAL FOR YOUR LIFE

DISCOVER YOUR HUMAN DESIGN AND TRANSFORM YOUR LIFE™

PREPARED SPECIFICALLY FOR YOU

BY

THE INTERNATIONAL HUMAN DESIGN SCHOOL

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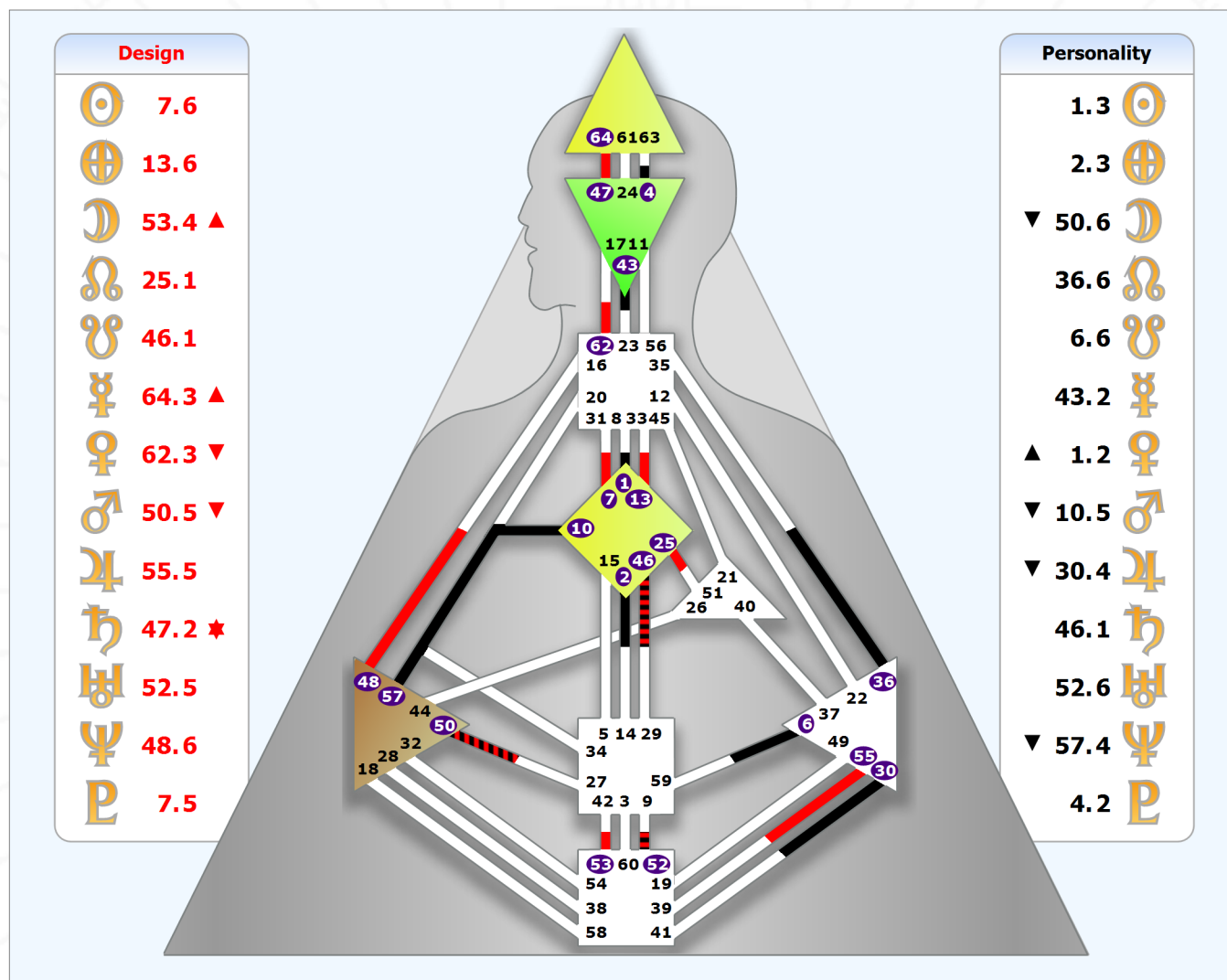
TABLE OF CONTENTS

DESCRIPTION	PAGE
CHART AND DATA PROPERTIES	4
MANDALA AND INCARNATION CROSS	7
ABOUT YOUR PERSONAL HUMAN DESIGN REPORT	8
CHAPTER 1 – INTRODUCTION	9
CHAPTER 2 – YOUR TYPE AND STRATEGY	12
CHAPTER 3 – YOUR AUTHORITY	14
CHAPTER 4 – DEFINITION/SPLIT	15
CHAPTER 5 – PROFILE AND INCARNATION CROSS	16
CHAPTER 6 – YOUR CENTERS	18
CHAPTER 7 – YOUR CHANNELS	28
CHAPTER 8 – YOUR PLANETS, GATES AND LINES	30
CHAPTER 9 – SUMMARY	44
CHAPTER 10 – RESOURCES	46



THE HUMAN DESIGN SYSTEM THE USER MANUAL FOR YOUR LIFE

JAN BRANT VAN DEN BERG'S RAVE BODYGRAPH



TYPE: PROJECTOR

AURA: FOCUSED AND ABSORBING

STRATEGY: WAIT FOR THE INVITATION

AUTHORITY: SPLENIC

PROFILE: 3-6 MARTYR/ROLE MODEL

DEFINITION: SPLIT DEFINITION

NOT-SELF: BITTERNESS

SIGNATURE: SUCCESS

INCARNATION CROSS: RIGHT ANGLE CROSS OF THE SPHINX 4



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YOUR CHART DATA

Variable:	PLR - DLL
Type:	Projector
Signature:	Success
Profile:	3-6 Martyr/Role Model
Definition:	Split Definition
Authority:	Splenic
Incarnation Cross:	Right Angle Cross of the Sphinx 4
Design Base Orientation:	Binary Separation
Determination:	Consecutive
Environment:	Shores
Personality Base Orientation:	Focused
Motivation:	Innocence
Sense:	Action
Transference:	Desire
View:	Survival
Strategy:	Wait for the Invitation
Not-Self:	Bitterness
Birth date (local):	11/8/1950, 23:45
Birth date (UT):	11/8/1950, 22:45
Design date:	8/11/1950, 05:03
Birth place:	Franeker, Netherlands

DEFINED CHANNELS

64-47	Abstraction	A Design of Mental Activity mixed with Clarity
57-10	Perfected Form	A Design of Survival



DEFINED PERSONALITY GATES AND LINES

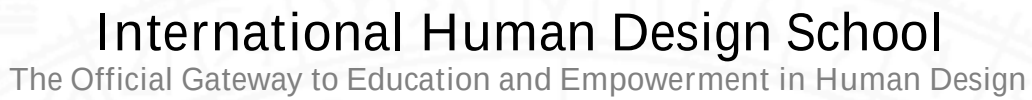
Planet	Gate.Line	Gate name	Line name
Sun	1.3	The Creative	The energy to sustain creative work
Earth	2.3	The Receptive	Patience
Moon	50.6	The Cauldron	Leadership
North Node of the Moon	36.6	The Darkening of the Light	Justice
South Node of the Moon	6.6	Conflict	The peacemaker
Mercury	43.2	Breakthrough	Dedication
Venus	1.2	The Creative	Love is light
Mars	10.5	Treading	The heretic
Jupiter	30.4	The Clinging Fire	Burnout
Saturn	46.1	Pushing Upward	Being discovered
Uranus	52.6	Keeping Still (Mountain)	Peacefulness
Neptune	57.4	The Gentle	The director
Pluto	4.2	Youthful Folly	Acceptance

DEFINED DESIGN GATES AND LINES

Planet	Gate.Line	Gate name	Line name
Sun	7.6	The Army	The administrator
Earth	13.6	The Fellowship of Man	The optimist
Moon	53.4	Development	Assuredness
North Node of the Moon	25.1	Innocence	Selflessness
South Node of the Moon	46.1	Pushing Upward	Being discovered
Mercury	64.3	Before Completion	Overextension
Venus	62.3	Preponderance of the Small	Discovery
Mars	50.5	The Cauldron	Consistency
Jupiter	55.5	Abundance	Growth
Saturn	47.2	Oppression	Ambition
Uranus	52.5	Keeping Still (Mountain)	Explanation
Neptune	48.6	The Well	Self-fulfillment
Pluto	7.5	The Army	The general

YOUR IMPORTANT CYCLE DATES

Saturn Return	9/12/1980, 18:46
Uranus Opposition	3/16/1990, 06:45
Kiron Return	12/12/2000, 08:54
Second Saturn Return	10/20/2009, 03:09



This diagram is a complex circular chart, likely a cosmological or astrological model. It features a central figure of a person's head and torso, surrounded by concentric rings. The outermost ring contains 64 numbers (1-64) and 64 hexagrams. The next ring inward contains zodiac signs (♈, ♉, ♊, ♋, ♌, ♍, ♎, ♏, ♐, ♑, ♒, ♓) and other symbols. The inner rings contain various numbers and symbols, including a central grid with numbers 1-64. The diagram is color-coded with segments in yellow, green, blue, and orange.

You were born on The Right Angle Cross of the Sphinx 4: You are a creative Individual trying to build a legacy to express and immortalize your own direction; providing and maintaining a mutative direction through example. (Gates 1-2-7-13)



ABOUT YOUR PERSONAL HUMAN DESIGN REPORT

This report is intended as an introduction and supplement to a Human Design analysis done by a professionally trained and IHDS certified Human Design Analyst. To fully appreciate Human Design and the tools it provides, it is recommended that you have a professional analysis of your design. A trained analyst will explain the details, focus in on key areas and synthesize your design, cover aspects that are not possible to put into an automated report, and bring it all together in an artful and holistic way. In addition, a professional analysis will provide the following:

- Your chart shows your specific genetic design: affirming who you really are, how to be yourself, and how to navigate successfully through a constantly changing world.
- It provides you with the tools you need to live an aware and awake life – a simple Strategy you can trust that reliably connects you to your personal Authority in order to make moment-to-moment decisions that are correct for you so that your unique life purpose can unfold naturally.
- Your Strategy will help you eliminate resistance (frustration, anger, disappointment, bitterness) and fear in order to live in a relaxed, unique, creative and evolutionary/revolutionary way.
- Your chart maps out your relationship dynamics to help you understand how the attractions, resonances and conflicts between you and others play out.
- It gives you guidance on how to align yourself with people who enhance your vitality, support your life purpose, and share your true path.
- Understanding the charts of others illustrates the truly unique and individual natures of those close to you, like family and friends, and how best to respect and interact with them.
- Most importantly, an analysis shows us how to create the best environment for children so that they are empowered to be their unique selves, and to learn and develop as individuated human beings.

Please note that the Chart Data pages in this report show many aspects of Human Design that you may find interesting to investigate once you have had a foundation reading and have taken time to explore and experience your Strategy and Authority. There are different types of readings that will reveal layer upon layer of your design. This includes advanced readings going further into the detail of planets, gates and lines, understanding your variables, career profile, family and partnership dynamics, the different life cycles covering major life transitions, how we are designed when we sleep, and much more. This body of knowledge is multilayered and profound.

Welcome to the journey!

If you have not yet had a Human Design analysis, you will find a list of qualified analysts at www.ihdschool.com.

You will also find additional information in The Definitive Book of Human Design, The Science of Differentiation: <http://www.ihdschool.com/Hdbook>



CHAPTER 1 INTRODUCTION

THE LIFE TRANSFORMING EXPERIMENT OF LIVING AS YOURSELF AND CLAIMING YOUR UNIQUENESS

The Human Design System is the Science of Differentiation. It shows each of us that we have a unique design and a specific purpose to fulfill while on Earth. Endless possibilities for individual uniqueness lie within our genetic matrix. There are millions of variations of human beings, yet each of us has a specific and unique Human Design configuration with a clear Strategy that effortlessly aligns us to our uniqueness. Human Design does not ask you to believe anything. It invites you to participate in a potentially life-transforming living experiment, and provides you with the practical tools and information needed to live life as yourself. Without this individualized – and individualizing – living experiment, Human Design is just a complex system of fascinating information to entertain the mind. In looking at thousands of charts, one thing stands out – no two are exactly alike. Even if someone had a chart very much like yours they would not be you. But how do we determine our unique design?

A Human Design Chart or BodyGraph is a precise map and user guide that gives you access to how we are genetically designed to engage with the world, and how our unique inner guidance system operates. Never before have we been able to see all of the parts of ourselves so clearly. The conscious and unconscious parts of ourselves, the aspects of us that no one can take away from us, as well as the aspects that we have been taught or conditioned to believe are us, but are not.

As the founder, Ra Uru Hu has often said, “What you can rely on you’ve never relied on in your life. What you can’t trust you’ve been trying to trust all your life. What you’ve been trusting has never been you. What you’ve been ignoring has always been you. Try to trust what’s really you and see what happens.”

Each of us is meant to be different from everyone else. Now we can see and get in touch with those differences. We are here to live our lives and express our truths in our own unique ways. Understanding this can lift a great weight from our shoulders. How often have we compared ourselves to someone else? How often as children were we compared to someone else by a parent, teacher or peer? Comparing ourselves to others creates an impression deep inside of us that it is not okay to be who we are. When we add that to the conditioning of our early years, we find ourselves trying to change or adapt how we act to suit others, which further distances us from the person we were born to be. When we begin to understand and accept our own uniqueness, something inside of us opens up and relaxes. The layers and layers of conditioning slowly fall away, and the person we were meant to be, our inner essence, begins to emerge.

WHO YOU ARE – THE FOUR HUMAN DESIGN TYPES

Your chart gives you your Type, Strategy, and Authority (body-centered intelligence) tools to show you the way you are designed to navigate through life and interact with the world. While there are millions of variations of designs, there are just four Types of human beings. Each of us is one of these Types, and your Type stays the same throughout your entire life. Here is a very brief explanation of the Four Types.

Generators, the Builders, represent about 70 percent of the population. Their Strategy is to engage with life by waiting for things to come to them so that they can respond. When they initiate rather than wait to respond, they usually end up feeling frustrated. Generators are the life-force of the planet and are designed to know themselves by observing what they respond to. Through responding they experience satisfaction in their life and work. Their work is their gift to the world.

Projectors, the Guides, are approximately 20 percent of the population. Their Strategy for engaging with life is to wait for their specific qualities to be recognized and invited into things. It is through an invitation that they experience recognition and success in their lives. If they initiate rather than wait, they experience resistance and rejection and can end up becoming bitter. The Projector’s gift to the world is to understand and be a guide for others.



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Manifestors, the Initiators, compose about 9 percent of the population. Their Strategy is to inform others of their decisions before they take action in order to eliminate resistance. When Manifestors cannot manifest in peace, they experience anger. Manifestors are designed to have a powerful impact and be initiating mechanisms for the other Types. Initiating is their gift to the world.

Reflectors, the Discerners, represent approximately 1 percent of the population. Their Strategy is to wait through a full cycle of the Moon before making major decisions. Reflectors delight in life's surprises. When they initiate and don't use their Strategy, they end up disappointed with life. Reflectors are designed to be the judges of humanity, to reflect back the injustices humanity inflicts on itself. Their ability to clearly discern the 'this and that' of the world is their gift.

THE EXPERIMENT OF LIVING YOUR STRATEGY AND AUTHORITY

The heart and soul of The Human Design System lies in the potential awakening that is available to you through the actual living of your unique design. Strategy and Authority are the doorways to living as yourself, affirming who you really are, and understanding and letting go of what you are not.

In the past we navigated life with our minds as the ultimate decision maker. Our minds are not equipped to do this for us any longer. The mind's real genius is for collecting information and experiences, measuring this against that, and contemplating unique perceptions and reflections that can be shared with others. It can only do this, however, when it is not making decisions for us. The mind is now at its best as a passenger – here to watch the movie and to view the scenes of life as an involved observer.

What actually moves us through life on our unique path is the superior consciousness or intelligence of our body, the form we inhabit. The Human Design System is the revelation of how our form works, and how it becomes the guiding source of our personal Authority. We are each designed with a unique way to make decisions with our body consciousness, and every decision is critical as each one moves us along life on a particular trajectory. One wrong decision can set our life on a course that can have serious consequences. Mental decision-making is rarely more than a 50/50 guess, and the mind is not a trustworthy personal guidance system. To survive on this planet, we each need to know how to access our own Authority. It is the decisions that come from deep within that either put us back on or keep us on the correct path for our life, empowering us to live life authentically from our personal truth.

The Human Design System's tools for awakening are like no others. Once you are familiar with your unique design and learn how to use your Strategy and Authority effectively, you can immediately begin to experiment with and discover for yourself how they transform your life. By living as you are designed to live, as yourself, your mind starts to play a much different and more appropriate role as an objective observer and resource, freeing you to experience what it is to be an awake and aware passenger. Your mind participates in your process of self-discovery but does not interfere with your day-to-day decisions. Human Design gives you the tools and points the way, but it's up to you to use them.

THE AUTHENTIC SELF

When we talk about the authentic self or true self we mean our pure and natural behavioral nature designed to emerge without resistance into the world. Another term used for this is our purpose, our reason for being here – being the person we were born to be. The not-self is conditioned programming masking our authentic self. As we become aware of our not-self through our Strategy and Authority, we slowly become aware of our authentic self always present, but concealed just behind it. Self-hatred also has its source in the not-self; we simply hate our failure to fulfill the layers and layers of expectations that we have taken on or placed on ourselves. When we know and accept – and live – from a comfortable place of authenticity, we will naturally come to love ourselves.

As you journey further into your personal experiment to know yourself, you will witness every possible variation of your not-self conditioning and the resistance it creates. The more clearly you see that, the more clearly you will see your true self. Knowing yourself is the path to loving yourself. The Human Design System shows you how.

Human Design focuses on the health, stability and direction of our life contained within our bodies. Once the form (body) is functioning optimally, the light of our psyche (Personality) or soul shines through all we



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think, say and do with an empowering clarity and gentle ease. This is authenticity, living as we were designed to live.

THE DECONDITIONING PROCESS

Deconditioning, as it is called in The Human Design System, is a process of letting go of what we are not. It is a slow process because it is a deep process. When we re-claim our Authority, changing how we make decisions and navigate through life, we actually change the way our cells function within our body. Life moves in seven-year cycles, as it takes approximately seven years for all the cells in our body to be renewed. The moment we begin to align with our own nature, the moment we allow our body to live its life without resistance, we begin this deep process of deconditioning. Seven years later we emerge closer to the person we were born to be. It is not easy to start as an adult, but as we have heard over and over – it is NEVER too late to begin.

As far back as ancient China, thinkers and philosophers espoused the idea of not-doing as a way of doing. There is a pleasant ease that comes from living your life surrendered to your inner guidance system. Being awake and aware of yourself, living authentically and in harmony with your design, is so much more interesting than living asleep and lost in the expectations of the conditioning of the homogenized world. Learning to make decisions from deep within yourself, so that you and others can fully benefit from you being you rather than a carbon copy of someone else, is worth the effort, the time and the patience that it takes to get there. To know your self IS to love yourself. Deconditioning will be discussed throughout this book.

SIGNPOSTS OF RESISTANCE

Once we begin living our life authentically through our Type, Strategy and Authority, we can begin to pay attention to whether we experience ease or resistance along the way. When we have acted from decisions made by our thinking minds, rather than our Strategy and Authority, we experience resistance. Continually making decisions from our mind means we are living a life that isn't ours; and the accumulated stress from such actions jeopardizes our physical, mental and emotional well-being. The not-self themes of Anger (Manifestor), Frustration (Generator), Bitterness (Projector), and Disappointment (Reflector) are signposts of resistance that alert us that we have veered off course by failing to follow our Strategy and ignoring our Authority. In other words, it is our not-self actions and decisions that are resisted, not our authentic selves! If taken personally, we experience resistance as rejection or suppression of our true self by others. On the other hand, when we become conscious and aware of what resistance is telling us through these signposts, it affords us an opportunity to take a step back and reassess our approach/action/words. When we become ill or dis-eased or accident prone, we know that continued outside resistance has manifested on the inside. As our authenticity is lived out, our purpose in life is freed to accomplish its essential mission and brings us our full true-self measure of satisfaction, success, peace or surprise.

THE BOTTOM LINE - AWAKENING

Human Design is a new kind of awakening. It is a process of coming to awareness that aligns our mind and body with their appropriate roles. It requires making an ally of the mind through understanding the mechanics of our design while simultaneously living our lives according to our Strategy and Authority. Once we understand the nature of the true self and the not-self, and are making life decisions from our personal Authority, we can release our attachment to the mind and its control over our lives, and free its incredible gifts to be of service to others. In doing so, we become aware and awake passengers, and our minds become objective observers of our life. Each individual's singular path to awakening begins with a growing awareness of our sophisticated body's heightened intelligence, and a deep trust in this intelligence to be our compass through life. We cannot, dare not, release our mind's hold until we know we can trust ourselves implicitly. By fully trusting our own ability to navigate life, we become more accepting of ourselves, and able to genuinely love ourselves – and others. This, in Human Design, is the point of personal transformation – seeing through the illusion, and moving through life awake and aware.



CHAPTER 2

YOUR TYPE AND STRATEGY

HOW YOU OPERATE MOST EFFECTIVELY

Type embodies the essence of The Human Design System, and is the basis for its most practical, empowering and transformative information – Strategy and Authority. Humanity is divided into 4 basic Types: Manifestors, Generators, Projectors and Reflectors. In The Human Design System, Type concerns the body, our genetics, our aura, and how we harmonize with the world around us; it has nothing to do with psychological or personality typing. Each Type defines a particular mode of operating energetically as a prime auric frequency that is as distinguishable as our blood type. Our practical use of Type is based on an understanding of the subtle and unconscious dynamics of human interaction through the aura. What we communicate through our aura is determined by our body's genetic makeup, which we see defined in our Human Design BodyGraph. Type is expressed through our aura.

There is an electromagnetic energy field surrounding and extending outward from every living thing. In the case of human beings, that field extends about two arm lengths in every direction from the body. Auric connectivity is a powerful and non-verbal form of communication that cannot be ignored. If we understand how our auras are designed to harmonize and function then we can honor the key differences between Types at this auric level. We then create the potential to interact and communicate successfully and amicably with one another on all levels.

YOUR TYPE IS A PROJECTOR

YOUR STRATEGY IS TO WAIT TO BE INVITED

As a Projector, you have an undefined Sacral Center, and no motor connection to the Throat Center, which means you do not have a built-in consistent, reliable means of manifesting or generating energy. You are known in Human Design terms as a non-energy type who is here to use your experiential wisdom about energy to increase the understanding and productivity of the energy types (Generators and Manifestors). Projectors represent a new archetype on the planet that emerged after 1781, and currently make up approximately 21 percent of the world.

You have a focused, probing aura, and a complex way of interacting with people at deeper energetic levels. Your general openness to life, combined with your penetrating aura that absorbs and energetically tastes the energy of others, gives you the capacity to see the big picture. You can be a gifted organizer, and master at understanding how to maximize energy and resources as you see things that others often miss. Your ability to recognize the talents and gifts of others, and bring people together, can make you an exceptional advisor, administrator, networker and natural mediator. Just because you can see how a person's energy is best utilized, however, doesn't mean you can tell others what to do. You want to be, and must be, recognized and invited by others in order to fulfill your purpose as an administrator and guide. You have a natural gift for diplomacy and a specific part of your role and purpose is to guide others by knowing how to ask the right questions.

The dilemma for all Projectors is operating according to your Strategy, namely waiting for the recognition and then the invitation. Your aura is an I-am-open-to-an-invitation field that draws people in and out of your life by provoking invitations from them. Recognition, accompanied by a formal invitation, is the way the other Types honor and empower you. Personal success for you is dependent on having energetically healthy people around you who acknowledge your skills and offer you their energy resources to work with. You are more interested in other people's designs than in your own, and you normally seek out systems that help you to understand individuals, groups and the ways people work together more efficiently.

The most basic but essential aspect of recognition, of waiting for the invitation, is that it allows you to choose the correct people to be in your inner circle, people who will keep you aligned with your own path and purpose. Because you are designed to penetrate other's so deeply, and cannot fulfill your purpose without access to the energy and resources of other people, you need to know, through your own personal



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Authority, who is correct for you, and recognizes you for who you truly are. Your powers of strategic recognition, through your Authority, provide you with your boundaries, which you maintain by being selective when accepting invitations. If you do not wait for the invitation, and are eager for recognition of any kind, you will try to meet the expectations of others and be recognized instead for who you are 'not'. You can avoid this trap by recognizing yourself, and understanding your own limitations. When you are no longer dependent on external sources for affirmation of any kind, your true Projector gift of recognition can function correctly.

Nothing boosts your mood like being recognized, or drops you faster into a state of bitterness than when you are not. By initiating and inviting yourself, however, you are giving your inherent power to the other person, which places you at a huge disadvantage. This often happens in family relationships where you have not been seen for who you truly are from the beginning. Taking your power back is difficult at first; it involves shifting your focus, standing securely grounded in awareness of your own gifts, and waiting until your own auric message is clearly received. You are designed to be seen, but recognition and invitations come from a place of silence. Waiting quietly is the power of your readiness, and you can then watch your strong aura pull people and recognition to you. Once you have been recognized and invited correctly, your gifts and skills are empowered as you are filled up by the transient energy of others that is yours to choreograph. The energy you connect with and commit to managing flows through you. It is not yours, but you get to utilize its potential to benefit others for as long as that invitation lasts.

You are waiting for what is best described as a more formal, long-term invitation. You are waiting for 'investors' to recognize, request and empower your special skills – in exchange for ample compensation! Investor invitations generally, but not exclusively, apply to the four major decisions one makes in life: the invitation to love, to a career, to bond with others, and to a place to live. Once an invitation is received and accepted, you can use all the skills at your disposal, within the parameters set by the invitation, for as long as the investor remains open and receptive and willing to play their part. This can be for a few weeks, months, years, or for the rest of your life. When entering into any of these major long-term commitments, you must be intentional and deliberate in following your Strategy and Authority. Just because you have finally received an invitation doesn't automatically make it right for you. Your decision-making process and Authority is unique to you, and the best way to determine what a correct invitation looks like is to measure the level of resistance you meet when you act on one. You must also remember that all invitations come with an expiration date.

Nurturing and protecting your auric space is important. This begins with creating an essentially aura-free space in your home that you can retreat to in order to properly relax and release the auric energies you have absorbed during the day. Sleeping alone is also important for you because 70 percent of the population is generating Sacral motor energy. In order to enter a deep, restful sleep, you must first take time to diffuse the extra energy you have taken in. It is best to go to bed before you feel totally exhausted. By lying down or relaxing as much as an hour before you would like to be asleep, you give your body a chance to unwind, and your aura time to release any energy that does not belong to you.

Recognizing the uniqueness and potential in others, and guiding them by asking the right questions without a personal agenda, is your gift. Success for you means getting to a place within where being a non-energy type is no longer an issue. Waiting for a respectful, formal invitation, accompanied by the appropriate rewards and energy resources, is how you can use your limited energy wisely.



CHAPTER 3

AUTHORITY

YOUR DECISION MAKING TOOL

The Human Design System teaches human beings how to live by their own authority; how to make decisions that are individually correct. Although we are all conditioned to seek approval and authority outside ourselves, and to make decisions from the mind, we do have a trustworthy personal Authority that we can actually rely on to make choices. When we intentionally practice our Strategy and Authority, we align with our unique geometry; subsequently, our genetic makeup, our reason for incarnating and our uniqueness are all expressed through us as our true self. Things just naturally fall into place, such as where we live, our job and our relationships.

Your strong and gifted mind tries to be the authority for your life, convinced that it knows what's best for you. Your mind will use and think anything in order to maintain its semblance of control, which makes it part of the dilemma that we face as highly differentiated beings. You can make an ally of your mind by honoring your Authority, and deepening your understanding of your Type's Strategy. Practiced together, these tools free the mind to observe the life of the Form as a relaxed, reflective passenger able to enjoy its ride and fill its role as an Outer Authority for others.

YOU HAVE SPLENIC AUTHORITY

This can be felt as an instantaneous intuitive resonance or recognition with something or someone, and an inner knowing as to whether it is healthy for you, or not. Our highly evolved survival intelligence alerts us to which environments, direction, opportunities and people are safe and advantageous for us to engage with, and which ones aren't.

This type of authority requires a deep level of attention to many subtle physiological sensations, and an ability to act if necessary and correct, no matter what the consequences. The Splenic voice speaks softly and does not repeat itself. Staying in the present and tuned into what your body is telling you is critical to your survival. This is a purely existential authority designed to keep you safe. Do not allow your mind, or the emotional needs, wants and pressures of others, to cause you to second guess or override your Splenic Center's messages.

The Splenic Center is constantly and spontaneously communicating with you about your moment- to-moment well-being, so there is great wisdom available in listening to its alerts. Those with Splenic Authority don't have time to go deep, and to ponder the broader ramifications of their decisions over time. Decisions must be made in the moment. Wait, and the moment and information are gone.

The Splenic Center is not aware of the future, so 10 minutes or an hour or a day later, what was correct for you may change, and your activity along with it. You will 'know' instinctively when something is correct and safe for you in the now moment, and when it is not. To reacquaint yourself with and honor your Spleen's guidance requires experimentation, and a deep trust in the inherent wisdom of your vehicle to take you safely where, how and with whom you need to go.



CHAPTER 4

DEFINITION

SIMPLE-SPLIT DEFINITION

We each have different ways in which we are subject to conditioning and we each have a particular way that our defined life force interacts with the world. Some designs have no definition (a Reflector), others have a single flow of definition, and there are those that have two, three or even four different definitions or splits in their design.

Simple-Split Definition describes two defined areas in your design that are separate or do not connect to each other, where the energy flow is not continuous. When you have a split in your design, the quality and characteristics of the 'missing' gate or channel that would bridge the split is a motivating factor in your life. The open gate(s) or channel(s) that can bridge your split and connect the two definitions is the most powerful conditioning element in your design, followed by the open centers. You will desire and pursue the qualities of the missing gate or channel as though it represents something that is incomplete or wrong with your life, or as if this is a part of you that needs to be completed or repaired. These open gates or channels create not-self behaviors, and cause you to initiate in order to fulfill what is perceived as missing. Remember that the missing gate/channel is not you, but it does represent certain people you will meet over and over again, who have the missing gate or channel, because you are drawn to the specific energy they carry within them. The attraction of that 'missing piece' is literally magnetic. You've heard of the saying "you complete me"? This is why this saying exists. By following your Strategy and Authority, you will meet those who bridge your split naturally and correctly.

You require more time to fully take in, process and digest information because the separate pieces of your definition need time to integrate. This digestion and assimilation process is aided by being in public places so as to provide neutral bridging auras and gates from others, rather than the same conditioning from family, spouses or friends that can become co-dependent and not-self. Neutral auras are especially valuable when making important decisions. Until your two separate definitions are connected, you are going to feel uncomfortable, or incomplete, and unable to make clear decisions. You must take your time, be patient, and wait for a sense of wholeness to happen before making a decision. Making mental decisions to find wholeness with a specific partner is a not-self activity. You are designed to have others naturally bridge your split(s) as you move through your life day by day. Let your Strategy and Authority do the work for you.

If your split cannot be bridged by a single gate, but instead needs bridging by a full channel, rather than feeling like you are missing something personally, you will experience the split as "it's the other person's problem or it's their fault" causing you to blame others. Constructively, you can use the wide split as a source of potential wisdom through observing and studying the world (or universe) objectively.



CHAPTER 5

YOUR INCARNATION CROSS AND PROFILE

YOUR PURPOSE AND LIFE COSTUME

Each human being is an aspect of the totality, with a unique contribution to make as an interactive part of that whole. Our life's activity is expressed as our purpose and is captured in our Incarnation Cross and lived out through our Profile, the costume we wear. Our Incarnation Cross isn't something that automatically emerges as we go through our de-conditioning process, nor does it provide instant gratification; it's much more than that. When we function as our differentiated self in the world through Strategy and Authority, our cross and profile literally but quite naturally take over our life. Fulfilling our purpose takes a lifetime of patient and disciplined attention to making decisions that are correct for us, combined with a dedication to fine-tuning our own awareness. We don't awaken to our cross - we awaken in it. Our cross embodies the full expression of our awareness potential and our process of living awake. Below is a synthesized description of your cross in a compressed paragraph. It is recommended that you have a full Incarnation Cross reading by a qualified IHDS Analyst.

You were born in the Quarter of Mutation with a theme of purpose fulfilled through attaining our full potential for transformation and awareness. You are focused on authenticity and the completion of cycles, surrendering to what life is with an understanding that when you have accomplished your purpose it is time to move on, and pass along what has been learned as truths and foundations for the next generation.

You were born on The Right Angle Cross of the Sphinx 4: You are a creative Individual trying to build a legacy to express and immortalize your own direction; providing and maintaining a mutative direction through example. (Gates 1-2-7-13)

Profile is another aspect that differentiates you as a unique being. You may be an emotional Generator, for instance, sitting with three other emotional Generators, but if you have different Profiles you are very different people. Together with our Incarnation Cross, Profile allows us to live our purpose as our own authentic character on the stage of our life.

The basis of Profile is the recognition of the fundamental duality that exists within each of us. We are a binary consciousness, a synthesis of a Personality consciousness and a Design consciousness, and within Profile we are able to understand the quantum of the two. Our specific interpretation of our Profile, the role our character plays, makes our life performance unique from all others. And the drama, the movie, begins at birth.

YOU ARE A 3/6 PROFILE

MARTYR/ROLE MODEL

Your role is to express the possibility that trial and error, and discovery, leads to wisdom, and you live a distinct three-stage life process. The first 30 years of your life you are deeply involved in experiencing life through one discovery after another, making and breaking bonds along the way. In Stage 2 (30-50 years), you try to climb up on the roof to take a break and observe life, but you never really get a break as life continues to bump into you and pulls you back off the roof. Potentially, your discoveries will be expressed as balanced and mature wisdom in Stage 3 (after age 50), a time when you must re-engage completely in life.

While part of you wants life to be perfect, you only learn about perfection through the often-messy trial and error process. Seeing your trial and error process as a positive discovery process will help you to maintain a more optimistic and objective attitude about life. There are no mistakes, only discoveries, which are critical to your development into an experienced and wise role model. You must be deeply engaged with life, in a hands-on way, in order to learn, and develop your self-confidence and self-mastery. The journey for you is to recognize the wisdom of your discoveries, and then allow your natural and wise authority to express as a living example of what you have learned. You are sought out for your advice and blessings, and when you give your stamp of approval, or not, your word is respected.



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Trust is a big issue for you, as is perfection, which can put stress on relationships that can't meet your standards or expectations. When you have trust, you feel secure in life. At the same time, you are involved in a very natural process of discovery. You make and break bonds, which may not meld easily with your motivation to find a soul mate and settle down into the perfect life you can trust. You carry a quality of nobility beyond the mundane, and you can become disappointed when the perfection is marred - and withdraw for a time when life simply doesn't work the way you expected it to. You can be a 'fence sitter' as indecision is a theme throughout your life. Part of you wants to enter into the experience, while another part of you would rather observe and not commit. Doing something, however, is better than doing nothing. You are designed to gather experiences, but only the experiences that are correct for you. Relief from the indecision comes when you have a navigation tool such as Strategy and Authority.

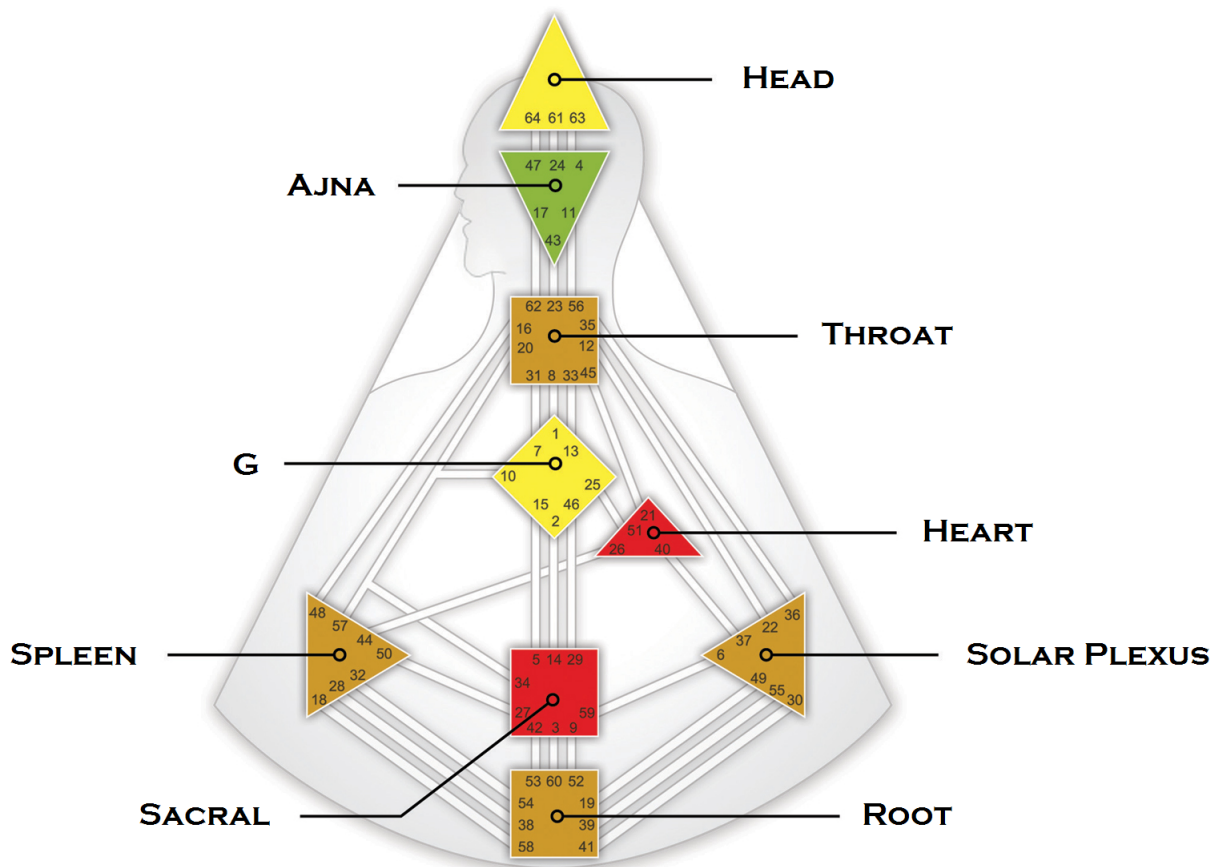
It is also important that you have time alone. The theme of bonds made and broken is not personal. You are not leaving the other person, but simply returning to your own necessary self-absorbed process - until life engages you again. Sometimes breaking a bond is appropriately permanent, but most of the time breaking a bond simply means going for a drive or to a movie by yourself, and then returning home for a meal with the family. Or breaking a bond in order to come together again, sooner or later, to re-establish that bond on a stronger, more authentic level.

You have a deep capacity to sustain yourself and not give up, eventually leading you to objectivity, as you uncover the truth of what does not work, and find over time that the 'bad' experiences are really the most important ones. With a unique and aloof perspective, and a renewed optimism, you can stand up for a truth, and model in different ways the transition possible for humanity if we transcend our conditioning, embrace our stages of maturing, become our own Authority, and live a unique, aware, and authentic life.



CHAPTER 6 YOUR CENTERS

THE STUDENT AND THE CLASSROOM OF LIFE



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

DEFINED AND UNDEFINED CENTERS

It is common in most people's BodyGraph to have some of the centers defined or colored in and some undefined, open or white. The centers that are defined are considered fixed, meaning they operate with a reliable and consistent energy through the aura, which is unique and recognizable. The undefined centers are not broken, they are not empty, and they don't need mending. They are places where we are most vulnerable to influences from outside of ourselves, which makes them valuable learning centers. The undefined centers become for us the greatest source of our education and our maturing wisdom. Since most of us are made up of a combination of defined and undefined centers, it is important to accept that one is not better than the other. The process of living into ourselves is one of recognizing where we are available to take in conditioning from others through these undefined or open centers, how this conditioning affects us, and how to put it in its proper context. What we call wisdom is achieving a working understanding that allows us to interact with the world around us, the school of life, without losing our center or our direction.



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CONDITIONING

From birth, we are continuously in the auric fields of our mother, father, siblings, relatives and others. Our undefined or open centers are constantly being defined or energetically filled in by the definition of others. Over time, we are subtly but deeply influenced by their energy fields – as well as by their growing expectations of us. This is what The Human Design System describes as conditioning. Although we never lose touch with who we really are, by the time we have reached seven years of age, several layers of familial and societal conditioning have been piled over our true selves, thus creating distortion and confusion.

Conditioning cannot be circumvented or escaped, nor is it inherently a bad thing. It is simply unavoidable. Planetary transits, people, and all life forms, including insects, birds, animals and plants, connect to us and can influence our thought patterns, our behavior and our decisions, especially if we are not grounded in our design through our Strategy and Authority. Throughout our life, the natural curiosity of our open centers attracts us to people with definition in those centers. Absorbing their frequencies, however, puts pressure on our openness and triggers our mind into thinking about all we are missing.

The open spaces in our chart are referred to as the source of our not-self simply because they are energetically inconsistent and unreliable. It is when we begin to confuse what we experience through our openness (that which is not us) with our defined self or true self (that which is consistent within us) that we run into problems. The Human Design System carefully scrutinizes where we are open to the impact of conditioning and distinguishes it from our definition. It shows us that, by following our Strategy and Authority, we are thoroughly and uniquely equipped to face and resolve the dilemmas arising from our not-self constructs.



YOUR DEFINED AND UNDEFINED CENTERS

In your Human Design chart you have the following centers defined: G, Spleen, Ajna, and Head. You have the following centers undefined: Root, Sacral, Solar Plexus, Heart, and Throat. The following is a description of each of these centers:

DEFINED CENTERS

G CENTER

LOVE, IDENTITY AND DIRECTION

Biologically, the G Center is associated with the liver and the blood. Liver function determines the health of our blood, and blood carries nutrients and oxygen to every organ and cell in the body. The G Center is the most extraordinary center in the BodyGraph. Its essential and mystical component, the Magnetic Monopole, is a magnet with a single pole that attracts love and beauty, and draws toward us what is specifically ours (by definition) to experience over the course of our lifetime. We are designed to live that love that is attracted to us, beginning with loving ourselves. The Magnetic Monopole also creates our identity during life by holding the Personality and Design Crystals in quantum in our BodyGraph giving us a unique and individual blueprint that differentiates us from everyone else. The Magnetic Monopole also holds us in our place within the totality, and keeps us on our path. It is like having our own inner GPS, and this pull allows our unique role in life to naturally play out.

The Magnetic Monopole knows where we are, where we are going and how to get us there. It attracts all the people, places, and events that we are here to encounter to us, determining the way life itself is attracted to and authentically lived through us. We call this movement in time through space our trajectory, or direction. We are moved along this trajectory one correct decision at a time. It is futile to go looking for anything since living correctly will bring to us the life and the love that is perfect for us. We have a driver to get us there, and all we have to do is sit back, and through our Strategy and Authority, let the Magnetic Monopole guide our vehicle.

THE DEFINED G CENTER – 57% OF THE POPULATION

Through your defined G Center, you have a fixed and reliable self-identity, a sense of being loved and loveable. If you are secure in your love for yourself, you can love others without becoming dependent on them. You have a sense of your own correct direction or mission in life, and naturally point out new directions – and possibly new loves – for others. You have a deep sense of connectedness to your center, and the capacity to comfort people who are concerned about the direction humanity is heading in, by helping them understand the nature of our evolution as a species.

If you do not rely on your Strategy and Authority, however, you can expect everyone to go wherever you are going, even though you don't always know where life will take you or how you will get there. This can be divisive if you try to direct or lead others without waiting to be asked or invited; forgetting that not everyone is designed to go the same way you are going. You cannot change or control your own direction, so if another person isn't comfortable with it or able to follow along, both of you need to be free to follow your own path. Although your G Center is defined, succumbing to expectations imposed on you or conditioned by others, while rejecting your own direction and thereby denying yourself love, can lead you to experience such a sense of loss in your life that you may give up on yourself altogether.

All of the gates of the G Center express our understanding of love or direction, and the different roles that we are here to play. See the Gates section in this report for more information about your gates.

SPLENIC CENTER

BODY CONSCIOUSNESS, HEALTH, WELL-BEING, INTUITION AND SURVIVAL

Biologically, the Splenic Center is associated with our lymphatic system, the spleen and T-cells. This is the



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hub of our immune system. Those with undefined Splenic Centers are probably the first to catch any illness out there, like the flu, a cold, measles or mumps. It is their body's way of allowing their natural immunity to deal with common diseases. The key to maintaining health is to allow themselves time to heal completely after they are sick. Those with a defined Splenic Center tend to take their health for granted, and benefit from regular checkups to make sure their hard-working Spleen isn't concealing potential problems. When they do succumb to illness, they usually require a lengthy recuperation time. It is imperative that they also heal completely before returning to a full, active schedule.

The Splenic Center is our existential awareness, in the now moment, that keeps us moving safely forward, while deep inside it steadily cleanses built-up toxins and the adverse effects of negative vibrations and memories from our system. The Splenic Center is our oldest form of awareness, and the work of this center is instantaneous, instinctual alertness for anything that threatens our well-being, including negative emotional vibrations. Fear is its mode of operating as fear for survival generates alertness. Over time, these primal fears evolved into a form of intelligence, a type of body awareness or body consciousness focused on what is needed to survive, adapt, and thrive in the mundane world. This intelligence remains alert and on guard within us to this day.

Of the three awareness centers, the Ajna (unique to human beings) is twice as strong as the Splenic, and the Solar Plexus (not yet fully evolved as an awareness center) is twice as strong as the Ajna. The fact that the Splenic Center, with its responsibility for life-and-death, is the weakest of the three indicates how fragile life is. The not-self voices of both the Ajna and the Solar Plexus Centers can easily override the quiet little alerts coming from our Splenic awareness.

THE DEFINED SPLENIC CENTER – 55% OF THE POPULATION

Your Splenic Center is responsible for your surviving and thriving with a sense of well-being in the world. It manages your instinct, intuition and taste which are processes for discerning what is or isn't healthy for your survival. Its non-verbal recognition operates in the present moment, in the 'now.' This vital, spontaneous information is your intuition, gut instinct or a hunch that allows you to make trustworthy spontaneous judgments/decisions. Moment-to-moment awareness, however, means that the Spleen never repeats its first alarm. If you do not pay close attention to those little alerts immediately, you will miss the warning which is always rooted in what is needed for survival right now.

If your defined Spleen Center is your Authority, you must listen to your intuition, do what it tells you to do, and not let your not-self or anyone else's mind distract you from following your own instincts. You can then remain alert and protected, feel good, and can enjoy the benefits of a strong immune system, living fully in the present moment with a care-free but deep attunement to your vehicle's awareness, and your body's intelligence. Existential awareness cannot be rationalized; it must simply be trusted. Understanding the fuller perspective of an experience can only happen by looking back after the fact. And what is not correct for you one moment, may be correct 30 minutes or a day later. For the Spleen, the present moment is all that matters, all it is aware of. If you follow your not-self mind, however, and 'think' you do not need to follow your body's intuitive intelligence, you can suffer disastrous consequences to your health, and well-being.

AJNA CENTER

MENTAL AWARENESS, THE MIND

Three biological functions are associated with the Ajna Center: the neocortex, the visual cortex and the pituitary glands. The Head and Ajna Centers function together as the mind. The Ajna Center is a processing hub, transforming the pressure of inspiration from the Head Center, into useful information for review, research, and communication. The Ajna is merely an interpreter, however; it cannot manifest. The Ajna, flanked by the Head and Throat Centers, is the only awareness center in the BodyGraph locked away from motor energy. The other two awareness centers do have access to motors; they can act out of their awareness.

Our perceptions are derived from two major processes: one is visual and one is acoustic. The visual, associated with development of the visual cortex, is concerned with what has been and what might be. The acoustic is associated with pure inspiration and the pressure to know now. The frequency of our mental



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process operates over all time. A decision made mentally has a long shelf life and can be mulled over until death! This means that any decision we make based on what is coming out of our openness will be lived over and over for the rest of our life. If you make a decision from your not-self mind and it doesn't work, your mind will automatically suggest that you try another option. If that doesn't work, it will say you should have used yet another option. None of these options are correct for you, and recognizing that the mind has no authority in your life is the only way to extricate yourself from confusion and disappointment, and from making incorrect mental decisions. We cannot know our own truth from this place of mental rationalization and comparison. Our truth must come from our personal Authority.

THE DEFINED AJNA CENTER – 47% OF THE POPULATION

Your defined Ajna Centers conceptualizes the same way most of the time, resulting in consistent, specific, and trustworthy mental function. Your mental preferences and predispositions are determined by the gates/channels that define your Ajna Center (see Section 6 in the Definitive Book of Human Design), and you are not easily influenced by another's presence. You can conceptualize, inspire and pressure others to think. Your mind is used for processing data, creativity, and as an outer authority for others as you condition the mental field and people who are in your aura. Defined centers are always 'on,' and you are always thinking, always processing. You may find it difficult to meditate because you can't stop or control your mental activity, but you also enjoy the mental stimulation.

If your definition is between the Ajna and Throat, you can always speak your mind according to your Strategy and Authority. Without Strategy and Authority, the head-strong tendency to make decisions from your mind often leads to feeling inadequate or hypocritical if you can't follow through on what was said, or obsessing about an uncompleted action or decision that is too late to do anything about.

HEAD CENTER

MENTAL PRESSURE AND INSPIRATION

Biologically, the Head Center is associated with our pineal gland, which regulates the flow of information between the gray areas of the brain and the neocortex, or between the Head and the Ajna Centers. The Head Center functions as the pressure to comprehend, to think, and to make sense of things in the world. It's pressure moves our thoughts toward conceptualization in the Ajna Center by pushing our questions toward formulas and opinions, our pondering toward clarification and insight, and our confusion toward realization and ideas – and then on to the Throat Center where they are transformed into language. Human Design refers to this pressure as inspiration, the ways we have of taking in information from the cosmic field of consciousness.

The inspiration of the Head Center is not a motorized energy that leads to action, but rather a pressure that drives our mental activity. It stimulates our imagination, our unique mode of thinking (Head) and conceptualizing (Ajna), and initiates our everyday, mundane thoughts as well as our most lofty and probing questions about the mysteries of existence. Quite simply, this is the pressure to ask questions, and expect answers, that we experience throughout our day.

THE DEFINED HEAD CENTER - 30% OF THE POPULATION

Your defined Head Center has a fixed way of thinking, and creates a consistent mental pressure to ask, answer, and understand, which can heighten mental anxiety. The themes of the particular gates and channels that define your Head and Ajna Centers are a potential source of inspiration that is available to others as your outer authority. Your Head and Ajna Centers are not connected to one of the four motors, however, and there is no energy for you to bring your thoughts and ideas directly into manifestation. Struggling to do so only leads to frustration, anger, bitterness or disappointment. By waiting for the correct moment to motivate people with your stimulating questions and possibilities, such as people who can put the ideas to work, you eliminate the resistance you meet when you impose your ideas on a world not yet prepared to act on them. Relying on your Strategy to determine the timing and receptivity of your audience will save you valuable energy, reduce anxiety, and increase your self-confidence. If, however, you turn the mental pressure inward on yourself, you can experience deep anxiety, self-doubt and depression, and may attempt to relieve the pressure by turning it outward into action. The challenge is to accept the mental pressure without trying to act on it or escape it. Confusion, doubt, and clarity are natural processes that



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have their own inner timing and resolution. Under the guidance of your Authority, they become qualities that can stimulate thought-provoking questions, and a wide array of answers capable of uplifting, inspiring and empowering others.

UNDEFINED CENTERS

ROOT CENTER

PHYSICAL ADRENALIZED PRESSURE FOR LIVING, STRESS

Biologically, the Root Center is associated with the adrenal system and the production of stress hormones. Nine different life processes are fueled by energy that originates in the Root Center. They ultimately make their way to the Throat Center, but only after this powerful fuel that moves them along is processed or tempered by passing through the centers around it: the Sacral, Spleen, or Solar Plexus. The Root Center is both a pressure center and a motor and its adrenalized energy is far too strong to be directly connected to and manifested by the Throat Center. How we direct the stress, which is neither good nor bad, is determined by our own unique Root Center configuration (the specific gates that are defined or undefined).

Stress, as understood in the context of this center, is merely a fuel. The Root Center brings the pressure and fuel to evolve, to adapt to the world, and to get us through our most difficult challenges. It provides us with our purest and most powerful energy and momentum to keep life moving forward. Stress cannot be avoided, nor can we fight against this vital fuel without paying the consequences. If we do not understand the mechanics of this pressure on our body, we can easily push ourselves too hard. If we turn this pressure inward, we can become depressed and suffer deeply. One by-product of maintaining a healthy balance between too much and too little stress is a sense of vitality that spills over as joy for living.

THE UNDEFINED ROOT CENTER – 40% OF THE POPULATION

The undefined Root Center absorbs stress from its environment, and you are subject to pressure from those with a defined Root. Because the amplified pressure is uncomfortable, you are always trying to get rid of it, yet as soon as you do another pressure takes its place. You rush around and accomplish the work of three people, trying to resolve pressure that cannot be resolved. It's an endless, unsustainable cycle that eventually results in burn out, because you amplify the adrenalized Root Center stress in the world, but are not equipped to sustain that level of momentum for long. Over time, this kind of conditioning can become hyperactivity, uncontrollable restlessness and an inability to focus. When you begin to understand that the pressure you feel is not your own, you can either step away and avoid it while taking deep breaths to release some of the pent-up pressure, or take advantage of the adrenalized energy. When operating correctly, your undefined Root Center will wait for your Authority to guide your decisions. You can then distinguish between healthy and unhealthy environmental, and know when to use the pressure correctly to increase your productivity, and when not to. You can give yourself the time needed to actually enjoy completing a task once it has been properly committed to. The wisdom to be gained from your undefined Root Center comes when you are able to observe how stress functions, and to discern how to use it properly.

Each gate in the Root Center carries a particular form of pressure (or fuel). If you have a gate(s) activated in your undefined Root Center, this gate is only activated when you are in the presence of someone else or through a planetary transit. See Section Six in the Definitive Book of Human Design: Circuits, Channel and Gates for a description of your gates, and the potential not-self pressures or stress.

Here are some examples of what the not-self mental monolog could sound like with an undefined Root Center: What am I going to do to make my life better? Where is my purpose? I have to achieve something in my life. I better hurry up and get this done. I have to start something new now. How can I get past this limitation? What am I going to focus on? I need something to focus on. I need to be needed. Who needs me? Where can I go to be needed? Where is my passion? What am I passionate about? I feel like a new experience. I have to hurry up and initiate a new experience. I don't want to waste any time. I have to get this done.



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SACRAL CENTER

FERTILITY, VITAL ENERGY, RESPONSABILITY, AVAILABILITY, SEXUALITY

Biologically the Sacral Center corresponds to the ovaries in a woman and the testes in a man. It empowers our survival by replicating life and by providing the impulse to nurture and care for our young. As the body's prime motor, the Sacral has enormous power that works in both a generative and a degenerative way. This motor's built-in work/rest cycle requires that it exhaust (generate) its supply of available energy each day in order to sleep well. While it rests, it recharges its batteries. If it is forced to do what it hasn't responded to, its generative capacity quickly becomes degenerative and burnout results. Anyone with a defined Sacral Center is a Generator by Type. The Sacral Center generates the creative life force, and is designed to respond to life, to what is being asked of it, by making expressive noises and sounds. These primal sounds do not originate in our Throat Center, but vibrate from our midsection to let us know if we have the energy for something, or not. These sounds tell us if we like what we see or hear, or are asked to do, or not. When Generators honor the true nature of their Sacral, and wait for their sacrals to respond and use the guidance of its sounds, they get in touch with their own power. The Sacral's response sounds like an ah-huh (or yes) or uhn-uh (or no), or sometimes there is no response which equates to an "I don't know" or no for the moment.

When the Sacral motor is defined to the Throat Center, we have a Manifesting Generator whose Sacral generative power is converted into a potential for manifestation. The defined Sacral then has the potential to move immediately from response to action. Manifesting Generators often experience their responses as actual physical movement toward or away from something or someone, rather than simply as Sacral sounds. Manifesting Generators are discussed in more detail in the Definitive Book of Human Design.

The nine gates of the Sacral Center describe the availability of the life force, and reveal the many processes the Sacral Center supports, or not. (see the section on Gates in your report.)

THE UNDEFINED SACRAL CENTER – 34% OF THE POPULATION

Your undefined Sacral Center is always vulnerable to the intense conditioning field (or buzz) created by the majority of human beings on the planet with defined Sacrals. With your undefined Sacral filled to overflowing by other people's energy, you are always busy with work and family and never know when to quit. You often run on this 'borrowed' energy and over-extend yourself, which leads to breakdown and exhaustion. You are not designed to live in response, and cannot rely on your own sounds to guide your decisions, or to tell you when enough is enough, or what healthy boundaries are. It is difficult for you to know when it is correct to enter a situation or relationship versus when to wait, or how long to stay or when to get out. Understanding how you connect to the people around you is the key to maintaining your vitality and a healthy open Sacral, and this can only be achieved by experimenting with your Strategy and Authority.

The Sacral Center is about the availability, or not, of pure, generative, life-force energy, particularly sexual energy. The undefined Sacral has no consistent boundaries, and with a potential for deep conditioning in this area, you can be anywhere from mildly curious to obsessed with sex. Consistent levels of generative and persevering energy are also not available with an undefined Sacral; the energy is there and then it's not there. If you understand and respect this, you will take time to rest when rest is needed. Failure to properly manage your energy can lead to serious sleep problems, resulting in insufficient, non-rejuvenating rest. The healthy bedtime practice for undefined Sacrals is to go to bed early, before you are tired, and to ease into sleep. You need this quiet time alone to release the Sacral energy buzz you have taken in during the day.

Let yourself relax and let others do the hard work. Let your Strategy and Authority help you to create healthy boundaries, and to know when enough is enough. Work in spurts, when you truly have the energy, and take plenty of time for rest. When you respect your inconsistent energy flow you can enjoy taking in the life-force energy of others without responding to it or identifying with it. Balance work with rest, and become wise about the ways the creative, powerful and responsive energy of the Sacral operates, and can be best utilized by those who are generating it.

Here are some examples of what the not-self mental monolog could sound like with an undefined Sacral



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Center: Let's keep working. We really need to get this done. We need to say yes to that otherwise we might miss out on something. I can keep going. Let me just get a cup of coffee. We can do that too. Not a problem. We're not tired yet. I don't want to take a nap or lay down – there's too much to do. Let's take care of that for them. I have to do it myself. Let's go find a mate. Who can we take care of? Life is juicy – who wants to say no. Yes, we are doing all the work but then someone has to do it. I don't think it's enough yet. Boundaries? What boundaries?

SOLAR PLEXUS CENTER

SPIRIT CONSCIOUSNESS, PASSION, DESIRE, MOODS, EMOTIONS

Biologically, the Solar Plexus Center is associated with the lungs, kidneys, pancreas, prostate gland, and the nervous system. Its themes are feelings, emotions and sensitivity, and its function is to allow us to gain a sense of emotional clarity and well-being. The defined Solar Plexus Center releases a wave pattern that takes us from one end of the emotional spectrum to the other. It is an inescapable chemical process that we experience as feelings, needs and desires. Each cyclical wave goes from hope to pain, expectation to disappointment, joy to despair – and back again, constantly in motion. No explanations accompany its shifts and swings.

The Solar Plexus Center provides the potent energy driving the cyclic nature of human experience; its desire frequency is continually moving us toward encounters with pleasure and its opposite, pain. The fears that accompany this center's emerging awareness are experienced as nervousness based on emotional uncertainty. We seek to prolong the waves highs to stay connected to spirit, and we do everything in our power to avoid its lows, our unfilled expectations and sense of separation. Whether we are emotionally defined, or undefined and taking in the conditioning waves of others, we have to be careful not to identify with the wave or its movement - we are not the wave, but we are being taken to our depths by it. Both the highs and lows of the wave can be beautiful when we don't let either of them disturb our inner tranquility, the tranquility of knowing what is 'normal' for us. True liberation comes when we learn to observe, accept and embrace the full gamut and gifts of the wave.

THE UNDEFINED SOLAR PLEXUS CENTER – 47% OF THE POPULATION

Your undefined Solar Plexus Center absorbs and amplifies the emotions present in your environment. You can be particularly vulnerable to the needs, moods, and feelings of others. It is critical for your health and well-being to know when the emotions you are feeling and expressing are not entirely yours, and that you can release them and protect yourself by not identifying with them. Otherwise, you will bounce up and down on the emotional waves of others, and repeatedly make emotional decisions which can leave you regretful and plagued by shame or blame, which you are not genetically designed to handle. Your Solar Plexus is designed to take in and sample the emotional field, but only for informational purposes. You may feel as though you have been emotionally out of control all of your life, and when emotionally confronted, you may experience sensations that include fear, terror, shock, and anger. You may bounce from happiness to depression, personalizing emotions and feelings as if they were your own when, in fact, you are simply taking in, amplifying, and distorting the emotions of those around them.

Confrontation makes you nervous, and you have probably developed not-self strategies to avoid emotional backlash by not speaking your truth for fear of rocking the boat or upsetting someone. With your open Solar Plexus Center, you will never enjoy dealing with emotional confrontation, but your Strategy and Authority will guide you to confrontations that are correct for you to face. The actual confrontation may be much easier than imagined, and the results may end up being the best thing that could happen, because if you always avoid confrontations, life is lived on a superficial level. It helps to remember that on the other side of pain is pleasure, and on the other side of fear is the freedom to be ourselves.

Each gate of the Solar Plexus Center holds a potential fear that manifests as nervousness about engaging others. If you have a gate(s) activated in your undefined Solar Plexus Center, this gate is only activated when you are in the presence of someone else or through a planetary transit. See Section Six in the Definitive Book of Human Design: Circuits, Channel and Gates for a description of your gates and the potential not-self emotional nervousness.

Here are some examples of what the not- self mental monolog could sound like with an undefined Solar



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Plexus Center: I don't want to go there because I don't want to deal with the confrontation. Let's go here because there won't be any confrontation to deal with. Let's not say that because it might upset that person. Let's say it like this to soften the potential confrontation. Let's be really nice and smile a lot so they like me. There is no point in going there because I might be disappointed or be rejected. It's not worth it. I'm afraid it won't work out so why bother. I'm afraid to tell her the truth because I don't want to hurt her feelings.

HEART CENTER

WILLPOWER, EGO AND THE MATERIAL WORLD

Biologically, the small size and unobtrusive position of the Heart Center in the BodyGraph is deceiving, as it has a significant physiological impact on our life. Its four gates are associated with the stomach (Gate 40), the thymus gland (Gate 26), the heart (Gate 21) and the gall bladder (Gate 51). Those who are unaware of how this center operates are more vulnerable to diseases of the heart and digestive system. And when the heart stops, everything stops!

The Heart Center is a powerful motor that drives willpower and ego power, the will to survive in community and thrive on the material plane, enormously influential forces in the world. Issues of self-esteem and self-worth surface and affect every level of our life, from relationships, to our work, to what we believe, to giving ourselves permission to play and enjoy this incredible life we have been given. The bottom line is that self-esteem is a place from which we move into the world with confidence as a valued and contributing member of society – and receive material and personal support in return. Without this firm belief and trust in ourselves and our own value, we lose our will to meet the challenges of life. In this context, it becomes clear why so many heart and digestive problems are related to the ways in which the not-self compensates for poor self-esteem. The tendency toward over-achievement, making promises or bargains that we don't have the will power to keep, and laboring beyond what our heart muscle is able to support in order to prove our worth, are all symptoms of trying to prove our worthiness. Understanding the mind's role in determining how we ultimately value our self, or not, can eliminate a great deal of unnecessary pain and suffering in our life.

THE UNDEFINED HEART CENTER – 63% OF THE POPULATION

Your undefined Heart Center is not designed to be willful and competitive, yet you often feel driven by a need to find the courage to exercise your will. While you want to exercise willpower, and to make and keep promises, you do not understand that you have no consistent energy to support either one. We live in a world that sends a constant stream of messages that we should/could/can be better, prettier, richer, faster, and more successful if only we would do this or that. This propaganda puts tremendous pressure on you to make more, do more and be more. Over-achieving is one way your undefined Heart Center compensates for its seeming lack of will, for a sense that it doesn't have what it takes. You are susceptible to amplification by a defined Heart Center's will power, and can deceive yourself into thinking you suddenly have the will to make and keep a commitment. This 'borrowed' willpower evaporates, however, as soon as the person with Heart Center definition leaves. If you rely on your mind, rather than Strategy and Authority, you will be proving yourself forever.

Your mantra is - never make a promise to yourself or others. Your open Heart has NOTHING to prove to anyone, under any circumstance, ever. With this realization comes wisdom and awareness. You can take in the vibration of other egos, becoming wise about who has a healthy sense of self-esteem and who does not. You can recognize who can or cannot deliver on a commitment. And you can learn that you do not have to compete with anyone, and you do not have to let anyone convince you to do or to commit to anything merely to prove your worth.

Each gate of the Heart Center holds a potential pressure to prove something. If you have a gate(s) activated in your undefined Heart Center, this gate is only activated when you are in the presence of someone else or through a planetary transit. See Section Six in the Definitive Book of Human Design: Circuits, Channel and Gates for a description of your gates and the potential not-self pressures.

Here are some examples of what the not-self mental monologue could sound like with an undefined Heart Center: I better do this because if I don't, I won't be worthy. I have to be in control. I have to be brave. I



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have to pump myself up so I feel worthy and good about myself, and then others will see my value. I have to be loyal so that others will see how valuable I am, and so that I can prove to myself how valuable I am. If I just tell it like this and make this promise, then they will see how wonderful I am. If I show them how trustworthy I am then they will like me. They think I can do this so I better prove to them that I can. If I am in control then I can prove my worth. I'm not a good wife, lover, friend unless I prove it.

THROAT CENTER

COMMUNICATION AND MANIFESTATION

Biologically, the Throat Center is associated with the thyroid and the parathyroid glands that are responsible for metamorphosis and transformation. As the central and most complex of the nine centers, all energy flowing through the BodyGraph is under tremendous pressure to get to the Throat to be communicated or acted upon.

The Throat Center's primary function is expressing who we are, what we are thinking, feeling, creating or learning, what we know or want to contribute, and what we have seen or heard and can say to empower others. Although we assume when we speak that we are expressing the thoughts of our mind, what we communicate (our voice) is actually determined by the 11 themes (voices) of the gates in the Throat Center. (see the Definitive Book of Human Design or consult an analyst). With so much pressure on the Throat Center to speak and to do, many people are prone to act or to say things either too soon or too late. The Throat Center's secondary function is manifestation as action. Manifestation is possible when a motor is connected to the Throat.

THE UNDEFINED THROAT CENTER – 28% OF THE POPULATION

The not-self theme of your undefined Throat Center is "Trying to attract attention." Afraid it won't be noticed, your not-self mind jumps at the chance to think up ways to attract attention. There is an amplified pressure to talk, to act, to make an impression, to interrupt or to be the life of the party. Your open Throat naturally attracts attention, however, and if you wait, you will receive the proper attention and invitations to speak, at the most opportune time based on your Authority, without expending unneeded energy. By reducing the urgent pressure to speak, you reduce stress on your vocal chords and thyroid. In addition, if the amplified pressure to speak has been conditioned by someone else's Throat definition, what you say will be unpredictable and probably poorly received by others. Over time, you can become fearful of opening your mouth. The healthiest approach for your open Throat is to stop trying to control what you say; you are designed to speak spontaneously and to enjoy the different voices or forms of expression that come through you.

Once you are comfortable with the flexibility and unpredictability of your speech, and confident in your Authority's guidance, the considerable wisdom potential of this center emerges, and you will also know who articulates well and who is speaking with authenticity from their own journey. If you have a gate(s) activated in your undefined Throat Center, this gate is only activated when you are in the presence of someone else or through a planetary transit. See Section Six in the Definitive Book of Human Design: Circuits, Channel and Gates for a description of your gates (voices).

The not-self mind is the spokesperson for the undefined centers, and tells us what we should say or do. Noticing this talk is essential to deconditioning. Here are some examples of what the not-self mental dialog could sound like with your undefined Throat Center: Where should I go so that I can get the attention I want? Is anyone noticing me? If I say this then I will be noticed. If I initiate this conversation then I will get the attention I deserve. I better say something because this silence is making me uncomfortable. What should I manifest? I better manifest something. What or who will I become in life?



CHAPTER 7 YOUR CHANNELS

THE LIFE FORCE WITHIN

Understanding channels opens the door to understanding our life force, and reveals the way we are differentiated yet designed to connect to each other. The flow or circulation of energy through a channel is like a spark of life that establishes communication between the two centers. This basic form of communication is called a “life force” because it carries the potential for growth and evolution. This resulting life force definition is projected and communicated through our auras, and influences or conditions those close to us. It defines our gifts and determines our limitations for the duration of our life. Our life force is unique and distinguishable from all others. It represents our reason for incarnating, and it must be expressed through us authentically without the not-self distortion of conditioning.

DEFINED CHANNELS

64-47	Abstraction	A Design of Mental Activity mixed with Clarity
57-10	Perfected Form	A Design of Survival

THE CHANNEL OF ABSTRACTION: 64-47 A DESIGN OF MENTAL ACTIVITY MIXED WITH CLARITY COLLECTIVE CHANNEL - EXPERIENTIAL SHARING

The Channel of Abstraction links the Head Center to the Ajna Center through the Gate of Confusion (64) and the Gate of Realization (47). Those with definition in Channel 64-47 are always under pressure to sift through a kaleidoscope of mental images from every experience, even their dreams. They are trying to make sense out of the past and gain perspective. They seek a story to share, either about their life or someone else's, maybe from this lifetime or perhaps from another. You have a very active, experiential mind that never stops playing with possibilities, and you probably wonder if it will ever stop being busy. You can experience considerable mental confusion as a result of the constant swirl of images always moving through it, feeling at times a bit like a drunk monkey stung by a scorpion. This confusion can mark the beginning of a new and inspiring journey for you, as you discover what really does make sense. If you remain patient with your discovery process, the gaps and spaces between the dots will at some point connect and a picture will appear; a new, unique sequence will be created or revealed. Your reward for being patient, for waiting for clarity to emerge over time, is the uncovering of an inspiring tale to tell, or a new perspective to share with others. You are utterly unequipped with this mental definition, however, to solve your own problems, or make sense of your own life.

THE CHANNEL OF PERFECTED FORM: 57-10 A DESIGN OF SURVIVAL INTEGRATION CHANNEL – SELF EMPOWERMENT

The Channel of Perfected Form links the Splenic Center to the G Center through the Gate of Intuitive Insight (57) and the Gate of the Behavior of the Self (10). This is a very creative channel – the art of survival. It projects a quality of behavior that is guided by intuitive awareness, and grounded in loving and appreciating oneself. This behavior is the core of our species' ability to survive, one person at a time. As you let your deeply intuitive impulses guide your behaviors moment by moment, you automatically release unfounded fears for the future, fears that can keep you from fully loving yourself and embracing your life. You embody the potential to move through the world existentially and unencumbered. This ability to “think on your feet” spontaneously perfects your form, perfectly ensuring your survival in the now. There is a beauty inherent in this process that makes you happy and fills you with joy. The spontaneity and nature of your creativity are quite different from the creative process of self-reflection, which the mind enjoys, or the depth and diversity of emotional sensitivity that comes over time through the Solar Plexus. By simply living true to yourself, you create something healthy and beautiful with your life. Such uniqueness attracts



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attention and impacts people around you as your example invites all of us to find the value of living life as ourselves.



CHAPTER 8

YOUR PLANETS, GATES AND LINES

THE PROGRAMMING AGENTS AND CHARACTERISTICS

You might call the Sun, Moon, Nodes and planets the local programming agents of our solar system. As part of their function, these agents activate specific Gates (Hexagrams) in your design with very specific qualities, which are expressed as specific characteristics and functions in your life force. Their location in the solar system at the moment of your birth determines the way they will influence or 'flavor' how neutrinos will imprint your DNA, thus determining the unique and differentiated way your individual life force is meant to express and operate. These Gates are also the gateways or openings for auric connection with other human beings in your life. In addition, each Gate has six specific qualities called Lines. Below is your unique combination of Planets, Gates and Lines, revealing very specific details about how your life force is meant to express in the world.

There is an important difference between the 'Personality' (black activations) and 'Design' (red activations). The Personality activations are experienced consciously; we are aware of these traits and we identify with them. The Design is associated with our body and is experienced unconsciously. We do not identify with these traits in the same way, since we do not have conscious access to this part of ourselves. These qualities are there but we only see them through our interaction with others or through the map we have available to us through Human Design.

Note: Under the line description, if there is a blue italicized line over the exaltation/detriment descriptions, this is a theme you are working on. If there is no blue line, this energy is already a part of your design. You will also find additional information in The Definitive Book of Human Design, The Science of Differentiation: <http://www.ihdschool.com/Hdbook>



THE SUN

☉ **Sun - Life Force** - The Sun in our chart represents our core energy, our primary yang force. It is our 'self' as well as what we 'do' and represents the theme of our incarnation. The Sun represents the archetype of the Father. (70 percent of the neutrinos that condition us are from the Sun). Our Personality Sun is how we express our 'light' in the world. Our Design Sun represents genetic themes we have inherited from our Father.

☰ **Personality Sun activates Gate 1 in the G Center**

The Creative - The Gate of Self-Expression

Creation as a primal force. The energy potential to manifest inspiration without limitation.

Gate 1 is the drive and deep need to focus on expressing oneself in unique and creative ways. You are not concerned with being the best, which is a comparative trait of the Collective. You simply want to live out your true creative nature, your authentic individuality. When happily absorbed in doing "your own thing," you are not aware that you are attracting the attention of others. It is while you are being true to your creative process that what you are doing, and how you are doing it, has its greatest impact. As you exemplify new ways of expressing your authentic self, you empower others to consider new perspectives or new ways of being in the world. You may even change their creative direction. Your creativity inspires others by example, and for your impact to be properly felt and appreciated, it must be seen or heard. This requires interaction with the world. Without Gate 8 in your design, what you probably find least attractive is marketing your own work. You will often find yourself drawn to people with Gate 8 because they are better equipped, or in a better position, to promote your work for you.

Personality Sun, Gate 1, Line 3 - The energy to sustain creative work

Exaltation: Mars exalted as the symbol of the profound need for self-expression. The deep need for self-expression.

Detriment: Material forces can disrupt creativity and lead to overambition. Materialism disrupts creativity.

☷ **Design Sun activates Gate 7 in the G Center**

The Army - The Role of the Self in Interaction

The point of convergence. By design, the need for leadership to guide and order society.

The 7th gate is oriented toward the future, with an ability to see when society's present direction needs correcting to get there. This is logic's gate of direction, part of the Right Angle Cross of the Sphinx. The substance of its contribution to the Collective is expressed through designated leadership roles, which are the: Authoritarian, Democrat, Anarchist, Abdicator, General, and Administrator. These roles are genetic and mechanical, and have tremendous conditioning power within the Collective. Through your role, and with your understanding of humanity's future direction, you persuade others to follow your leadership, thereby influencing people in positions of influence themselves, especially those with Gate 31. You might be the one to evaluate or modify the existing pattern or questionable direction, or be the catalyst for creating a new direction. This position of influence is described as the power behind the throne. In other words, without Gate 31 you can be a public leader but not necessarily the public figurehead who directly influences the Collective.

Design Sun, Gate 7, Line 6 - The administrator

The ability to share and justly apportion power.

Exaltation: The power to communicate the frameworks of responsibility. The capacity of the Self through its role to communicate responsibility.

Detriment: The bureaucrat whose lust for power eventually destabilizes the organisation. The role of the Self to seek power through the communication of responsibility.



THE EARTH

⊕ **Earth - Grounding and Balance** - The Earth represents where we concretize or bring into form, and how we ground and balance the Sun's energy within our forms, our bodies. The Sun and Earth always operate together and are located opposite each other in the Mandala. The Earth provides the primary yin balance, the archetype of the Mother. We find conscious balance when we are able to integrate the Personality correctly in our life, and we find our stability (or unconscious balance) when we come to grips with the world of form. The Earth is the backbone of our stability.

☷ **Personality Earth activates Gate 2 in the G Center**

The Receptive - The Gate of the Direction of the Self

Receptivity as the primal base through which any response is determined, the root of action.

The 'higher' knowing of Gate 2 is rooted in the direction of the self toward love and beauty via the Magnetic Monopole, the Driver. The Driver is focused on our movement in time through space, and built into your design is an innate sense of inner direction, which is not based simply on geographic location. You cannot change this direction through your mind or your will and if others are not going in your direction you may come to a parting of ways. Gate 2 is likened to the key of the vehicle; it starts the engine for the Driver. The motor and the fuel to keep moving in your direction come from the Sacral Center through Gate 14. You may even find yourself directing other people toward the resources they need to support their creative endeavors, or discover that by simply aligning to your own direction you automatically empower or confirm in others their own sense of direction. You are a visionary providing the plan or overview for a new way forward, but you are not necessarily to do the work or make it happen. You look to Gate 14 for allies, for the power and resources to bring your vision to fruition.

Personality Earth, Gate 2, Line 3 - Patience

The teacher that never stops being a student.

Exaltation: Dedication to a lifetime of receptivity with the maturity to accept that the process never ends. When connected permanently to Gate 14 through the Beat Channel, rewards for services rendered. The recognition that receptivity is a lifelong process.

Detriment: For the revolutionary patience is a vice. Higher knowing that cannot wait and demands expression.

☷ **Design Earth activates Gate 13 in the G Center**

The Fellowship of Man - The Gate of The Listener

Universal ideas and values in an ordered framework which inspires humanistic cooperation.

With its gift for hearing, seeing and storing secrets, Gate 13 provides continuity between the past and the future in its role as the listener. You are perceived as a confidante and a keeper of secrets. People naturally share their experiences with you because you genuinely enjoy hearing their stories, their adventures, victories and challenges. They sense that you are quite comfortable simply holding inside you what has been shared. Gate 13 is not pressured by the Throat Center to speak. You will recognize the right moment to share what is most valuable from your remembering because it will be drawn from you by people who are able to properly select, reflect upon and organize it for sharing with the broader community, such as people with Gate 33. In this way, you insure that the important lessons, which can only be learned through experience, are held and cherished until the time is right for them to contribute to humanity's understanding of itself. Historical continuity informs our future as a species. Without Gate 33, your secrets may never be shared.

Design Earth, Gate 13, Line 6 - The optimist

The ability to accept any limited interaction as a necessary step towards greater union.

Exaltation: The energy to persevere. Unlimited hope. The hope that openness will lead to better relationships.

Detriment: Naivete. The translation of mutual interest into universality. The belief that mutual interests can be projected on others.



THE MOON

☾ Moon - Driving Force - The Moon represents what moves us, the driving force in our design. The pull of the Moon is a force that is powerful, always there, and always willing to embody the message of our Sun's energy. The input comes from the Sun, but the direction or force or drive is represented by the Moon. The Moon is the archetype of the eldest daughter, and makes possible the task of the Earth (Mother) to drive and move the form, thus ensuring evolution. The Moon is also the reflected light that others see in our inner nature brought to the surface and placed on display.

☼ Personality Moon activates Gate 50 in the Spleen Center

The Cauldron - The Gate of Values

The value of historical continuity whose traditional values serve and enrich the present and future.

Each act of intimacy that results in a birth demands that the offspring of the union be nurtured into adulthood. Gate 50's mystical name is the Guardian. As the Tribal lawmaker, it establishes what is right or wrong. This is how and where the rules for caring become the source of moral conditioning for our children. At the core of the Tribe's defenses lies the Spleen's fear-driven mandate to maintain its own viability by protecting and guiding its young. You are one who is here to guard the values and integrity of Tribal law, and the structures that uphold the well-being of the community. Your task is to be cognizant of which values or laws or rules safeguard how the Tribe cares for its own. Your instinctual awareness scrutinizes which are corrupt or unjust, unnecessary or self-serving, or need to be challenged and changed. This is your way of caring for and nurturing every aspect of life within the Tribe. Without Gate 27 you may try to physically take care of others when it is not correct for you to do so, thus fulfilling your fear of taking on responsibility that you aren't equipped to handle.

Personality Moon, Gate 50, Line 6 - Leadership

Detriment: An inherent moodiness, that in a position of power may at times alienate or offend and effect overall efficiency. The strength to maintain one's values but at the expense of harmonic relationships.

☼ Design Moon activates Gate 53 in the Root Center

Development - The Gate of Beginnings

Development as a structured progression that is both steadfast and enduring.

Gate 53 is the pressure to begin the cyclical process of maturation, a sequence of development from conception to completion. This is a format energy that applies to all life forms as well as to relationships, ideas, projects, trends, and even the life cycles of nations and civilizations. You carry the fuel needed to begin something new. If you give yourself time to correctly decide where to commit your energy, you will initiate the cycle whose time has come, and you will be able to see it flower and ripen, and leave its seed for the future. Your role is to provide the impetus to get the cycle moving. Follow your Strategy and Authority in order to avoid beginning projects or relationships that you are not equipped to or interested in finishing yourself, or that you are unable to pass on to someone who can bring what you started to completion. If your beginnings continually meet resistance, or are stopped before they mature, your disappointment can cycle into depression. If you commit to beginning something correctly, you are not compelled to complete it yourself. You will find that you can appropriately discharge the pressure, take what you learned from the experience, and enjoy sharing that wisdom with others. Without Gate 42, you are not designed to finish everything you begin, but you can feel frustrated by thinking that you always have to.

Design Moon, Gate 53, Line 4 - Assuredness

Exaltation: The ability to maintain the strength of one's individuality in complex and often awkward situations, that ensure continued security and development. The pressure to maintain one's individuality in confused beginnings.



THE NORTH NODE OF THE MOON

☾ **North Node of the Moon - Future Direction and Environment** - Although not planets, the Nodes of the Moon are equally powerful. On the Personality side the Nodes are not who you are, but instead frame what your Personality thinks about the world and itself. On the Design side the Nodes frame your relationship to the environment and the people in it. The North Node is the mature stage of experiencing life and shifts from the South Node at our Uranus Opposition (38-43 years). Movement into the North Node signals a process of letting go of what no longer serves us, and retaining what does.

☐ **Personality North Node of the Moon activates Gate 36 in the Solar Plexus Center**

The Darkening of the Light - The Gate of Crisis

The rule of cycles in which decline is a natural but not enduring stage

Gate 36 is the place where your fears of vulnerability and inexperience (emotional and sexual) are resolved or transformed into experience; where you create and meet the challenges of change and growth through emotional crises. As you gain emotional clarity over time, you learn how to handle emotional crises created by others, and you create less of them yourself. Gate 36 restrains the strong hope-to-pain wave that drives human experience toward change. Its energy is aimed directly at the Throat Center, which means that the full range and depth of your emotions are being readied for manifestation. All that is needed is someone or something to trigger their release. Without Gate 35 to provide a proper outlet or give a focused direction to this energy, it can be experienced as a personal crisis. You learn over time to remain steady by patiently adapting to constantly changing feelings. These feelings can prove to be wonderfully stimulating and natural for you to express, or overwhelming to you and uncomfortable for others. Either way let them unfold, as this is how you reach for your emotional depth in order to access your own truth. Without Gate 35, feeling inadequate and unable to fulfill your own expectations makes you nervous.

Personality North Node of the Moon , Gate 36, Line 6 - Justice

The inevitable survival of right.

Exaltation: The knowledge and attendant faith that the powers of darkness eventually destroy themselves. 'Those whom the Gods wish to destroy, they first make mad.' The correctness of crisis when it arises out of pure feelings.

Detriment: A profound sorrow and cynicism, that is not diminished by the understanding, that darkness is self-annihilating. The sorrow or cynicism that comes with seeing that despite the correctness of the feelings, there is always crisis.

☐ **Design North Node of the Moon activates Gate 25 in the G Center**

Innocence - The Gate of the Spirit of the Self

The perfection of action through uncontrived and spontaneous nature.

The love of Gate 25 flows out of fully accepting and living surrendered to one's form. A gate of the higher self, its pivotal role is to turn people toward individuation. Your innocence is not designed to bring love into the world in any specific way, but rather to love without discrimination. You hold the potential, and empower others with the potential, to love life and everything in it equally. A flower can be loved as profoundly as a human. This quality of love is often projected as cool or cold but is neither. The mystical potential of this love is transcendent and universal, and your spirit innocence is always being tested. You have the capacity to meet these initiations from life like a spiritual warrior, fired up and ready to compete for your spirit (your individuality) no matter what the circumstance. Then, when the warrior or "fool" of Gate 51 prods you to leap into the void, or when you meet life's initiating challenges, you will be able to land on your feet and deepen your innocence into a wisdom that can empower others on their own journey. You may emerge a bit wounded from such initiations, but your ultimate triumph and survival enriches your spirit and the spirit of those around you. The result is that you are alive with the wonder, the love, of being.

Design North Node of the Moon , Gate 25, Line 1 - Selflessness

Motiveless action.

Exaltation: The universalization of activity. Psychic attunement that is its own reward. The potential for centering through attunement to challenges.

Detriment: A tendency to publicize one's selflessness. The insecurity of the Self manifested in times of challenge.



THE SOUTH NODE OF THE MOON

☾ **South Node of the Moon - Past Direction and Environment** - The South Node represents our developmental stage of experiencing life, our immaturity, until we arrive at our Uranus Opposition. In our 9-centered Uranian bodies, our transition from the South Node to the North Node symbolizes mid-life and our entry into adulthood. The Nodes represent the stage on which our lives are played out, how we perceive the world around us, and the environments that we will experience throughout our lives that will support us in living out our unique destiny.

☰ **Personality South Node of the Moon activates Gate 6 in the Solar Plexus Center**

Conflict - The Gate of Friction

The fundamental design component of progress. The law that growth cannot exist without friction.

Gate 6 in the Solar Plexus Center generates all three modes of emotional awareness: feelings, moods and sensitivity. This is a powerful motorized combination on a wave that is designed to create friction. This friction produces the heat essential for growth and fertility, and is aimed at Gate 59. The friction you create when you step into another person's aura is a mechanic. If (or when) the conflict is resolved, or resonance is reached, there is then an opening and intimacy can proceed. Until there is such an opening, you must wait, as readiness and fertility are both subject to the emotional wave. Gate 6 is a kind of diaphragm that is either opens up to intimacy or closes. It is the gate of your pH, and establishes and maintains the boundary between what is outside and what is inside your body. In this way it determines who to be intimate with, when, and the bonding role you will play. Each time you feel drawn toward intimacy, let your Strategy and Authority be your guide. Each gate in the Solar Plexus carries a fear. The fear associated with the 6th gate is the fear of intimacy, which is why Gate 6 looks to Gate 59 with its ability to break down the barriers to intimacy.

Personality South Node of the Moon , Gate 6, Line 6 - The peacemaker

The discipline and integrity of a superior force to unilaterally cease conflict to permit surrender and survival of its foe.

Exaltation: The highest form of reason is that life is sacred. The emotional power to end conflict tempered by feelings and sensitivity to others.

Detriment: The peacemaker whose actions are just but whose terms are unacceptable. The emotional power to end conflict but only after one's conditions have been satisfied.

☰ **Design South Node of the Moon activates Gate 46 in the G Center**

Pushing Upward - The Gate of the Determination of the Self

Good fortune that may be perceived as the result of serendipity but derives from effort and dedication.

The 46th gate is focused on the quality of life we experience in a physical body. It expresses the love of the body, and the sensual honoring of it as a temple in which we are always in the right place at the right time. You are one who lives the good fortune and discovery of serendipity. Whether you succeed or fail is dependent on the determination of your higher self. This is an abstract process of surrender to a cycle of experience that can fulfill your potential or bring chaos. The lessons you learn and the wisdom you share with others is derived from your determination, dedication and absorption in the experience as you are living it. The experience of the nature of your self in interaction with others is a deeply spiritual process, and can only be evaluated when the cycle is complete. If you cannot commit yourself to the cyclical nature of life, your body will begin to fail under the stress of constant crisis. Without the 29th gate, you may recognize the right timing, but not have the energy to begin the process or the perseverance to complete it.

Design South Node of the Moon , Gate 46, Line 1 - Being discovered

Dedication in obscurity that is unexpectedly discovered.

Exaltation: Art for art's sake. Any creative endeavour that is self-fulfilling sooner or later is recognized. The potential for creative success through dedication.

Detriment: The ability to judge the potential of those in obscurity but often solely to benefit one's own success. The determination to recognize and benefit from the success of others.



MERCURY

☿ **Mercury - Communication and Thinking** - Mercury, the archetype of the eldest son, represents the expansion of human consciousness, as well as the need within us to communicate. Mercury is closest to the Sun and thus metaphorically has its ear. Mercury programs the Personality Crystal from the time it enters the body until birth. Where your Personality Mercury is defined gives you insight into what you need to communicate in this life. Your Design Mercury also has something to communicate, but we often do not know why we are telling something to someone when it expresses through our unconscious form.

☰ **Personality Mercury activates Gate 43 in the Ajna Center**

Breakthrough - The Gate of Insight

In order for achievement to be maintained a new order must be fairly established.

Gate 43 is the gate of the inner ear and only listens to its own unique inner voice. It can spontaneously transform rational inner knowing into Individual insight and new perspectives. Your knowing is not backed up by facts, however, and it can take fortitude to stand behind and explain insights that seem freakish and completely outside of the Collective or Tribal norms. You have the capacity, when the timing is right, to mentally mold a unique and mutative awareness into its final shape. When fully conceptualized, your insights need to be invited in order to bring the potential mutation, the possibility of a new perspective, out into the world. Nothing is more difficult for you than to listen to and really hear others. It's not your fault, nor a problem to be fixed, but simply your genetic protection from undue influence. Gate 43 carries a fear of rejection. Without Gate 23, you may wonder how to clearly communicate your breakthrough insights. Mental anxiety arises when you fear that your ideas are too weird, and if you can't explain them you are vulnerable to the possibility of their being rejected.

Personality Mercury, Gate 43, Line 2 - Dedication

Exaltation: The maintenance of specialized attitudes which promote breakthrough. Unique mental habits and thought processes which promote insight.

Detriment: A dedication to action, that when actualization is in sight may become incautious. The urge for expression that will abandon its normal processes when an opportunity arises.

☿ **Design Mercury activates Gate 64 in the Head Center**

Before Completion - The Gate of Confusion

Transition, like birth, requires a determined strength for the passage through.

Accepting confusion, the state before order is established, is part of Gate 64's process of attempting to make sense of a constant flow of data that continually recycles through the mind. Gate 64 is the pressure behind that flow, not the gate that resolves the confusion. Your mind is filled with a string of disconnected memories and images from your past that need filtering and sorting until you can see or make sense of what really happened. In order to enjoy your mental state of confusion and not become overwhelmed by it, let the clips of your past experiences simply stream through your mind until the message of the movie becomes clear to you. When it does, share it with others. If you put pressure on your mind to figure the data out with a specific methodology, you may increase your level of confusion and trigger anxiety. It takes great inner strength to let the confusion process resolve in its own way and time, thus leaving your peace of mind intact. It may also be tempting to react in some way once the clarity arrives, but these "aha's" are for sharing, not acting upon. Without Gate 47 you may be tempted to resolve the confusion prematurely.

Design Mercury, Gate 64, Line 3 - Overextension

Exaltation: The wisdom to recognize when one has not the necessary resources to complete transition. Such timely awareness may give it a chance to seek assistance. The wisdom to accept confusion as a temporary state, that will be resolved in time or through others.



VENUS

♀ **Venus - Values** - Venus establishes our values, and represents our morals and the natural laws for how we deal with each other and the world around us. Venus is the archetype of the youngest daughter, and also represents love and beauty. For you personally, Venus is the right and the wrong, and your moral questions and issues. If you do not act with moral clarity, and if those around you do not act with moral clarity, Venus can be harsh in her retribution. The values that are established in Venus become laws in Jupiter, and any retribution takes place through Saturn.

■ **Personality Venus activates Gate 1 in the G Center**

The Creative - The Gate of Self-Expression

Creation as a primal force. The energy potential to manifest inspiration without limitation.

Gate 1 is the drive and deep need to focus on expressing oneself in unique and creative ways. You are not concerned with being the best, which is a comparative trait of the Collective. You simply want to live out your true creative nature, your authentic individuality. When happily absorbed in doing "your own thing," you are not aware that you are attracting the attention of others. It is while you are being true to your creative process that what you are doing, and how you are doing it, has its greatest impact. As you exemplify new ways of expressing your authentic self, you empower others to consider new perspectives or new ways of being in the world. You may even change their creative direction. Your creativity inspires others by example, and for your impact to be properly felt and appreciated, it must be seen or heard. This requires interaction with the world. Without Gate 8 in your design, what you probably find least attractive is marketing your own work. You will often find yourself drawn to people with Gate 8 because they are better equipped, or in a better position, to promote your work for you.

Personality Venus, Gate 1, Line 2 - Love is light

Exaltation: Venus exalted as a symbol of beauty. The required harmony between established values and ideals that enriches inspiration. Self-expression conditioned by ideals and values.

■ **Design Venus activates Gate 62 in the Throat Center**

Preponderance of the Small - The Gate of Details

Caution, patience and detail produce excellence out of limitation.

Gate 62 says, "I think." It is designed to name, concretize, and communicate a visual pattern. It selects and organizes details as facts in order to better understand and explain complex concepts or situations. When connected to Gate 17's ability to structure the concept, Gate 62's supportive details make these concepts tangible, meaningful and understandable so they can be repeated and tested over time. Understanding is logic's gift – and yours. When you address complicated situations with clear, appropriate and well-organized details, your opinions increase our understanding of the world. When you wait to be asked to speak, you increase the Collective's potential receptivity to what you are sharing, and you avoid the embarrassment of compulsively blurting out facts and details that are unwanted, unnecessary and may potentially obscure people's understanding. The quality of your opinion is always dependent on your grasp of the facts, but all facts are not equal. It is helpful to remember that you can have all the details in hand, but without Gate 17 may not necessarily be able to put them into their proper structural context for expression in the moment.

Design Venus, Gate 62, Line 3 - Discovery

Detriment: A dissatisfaction with the monotony of detail work, where what is missed may be of great importance and value. The expression of dissatisfaction and boredom in detail work.



MARS

♂ **Mars - Immature Energy** - Mars is the archetype of the youngest son, energetically immature and free of responsibility. Passive until it gets rolling, and then a force to be reckoned with. Once ignited, Mars' capacity to build momentum can result in mindless outbursts where even the most basic inhibitions can be overwhelmed. Mars in your chart represents an extraordinary energy that when refined over time can settle into a powerful and mature wisdom about the correct use of energy. Mars plays a significant role in our personal transformation.

☰ **Personality Mars activates Gate 10 in the G Center**

Treading - The Gate of the Behavior of the Self

The underlying code of behavior which ensures successful interaction despite circumstances.

Gate 10 is the most complex gate in the G Center, and one of the four Gates of the Incarnation Cross of the Vessel of Love. This is the gate of the love of oneself. The six potential behaviors or roles of the self (listed below) are guided by the intuition of Gate 57, empowered by the Sacral response of Gate 34, and manifested or expressed through Gate 20. Within the framework of these roles, humanity is now exploring what it means to live as a 9-centered, self-aware form with its potential to awaken, and to experience genuine self love. With your Strategy and Authority in place, Gate 10 empowers your potential to surrender to living authentically as yourself. As you come to know, accept and love what makes you unique, you empower others to love themselves as well. True awakening through surrender is not a commitment to becoming something; it is a commitment to being yourself. Gate 10's strong emphasis on loving self-acceptance will deeply impact how humanity moves through the 21st century. You are one who recognizes that awakening is not possible without self-acceptance. As you embrace the honor and pleasure of exploring life in a self-aware form, you empower our potential to live as our true selves, awake in the now moment.

Personality Mars, Gate 10, Line 5 - The heretic

Direct and overt challenge to norms.

Detriment: The burning at the stake. Behaviour which directly challenges behaviour and is eventually punished.

☷ **Design Mars activates Gate 50 in the Spleen Center**

The Cauldron - The Gate of Values

The value of historical continuity whose traditional values serve and enrich the present and future.

Each act of intimacy that results in a birth demands that the offspring of the union be nurtured into adulthood. Gate 50's mystical name is the Guardian. As the Tribal lawmaker, it establishes what is right or wrong. This is how and where the rules for caring become the source of moral conditioning for our children. At the core of the Tribe's defenses lies the Spleen's fear-driven mandate to maintain its own viability by protecting and guiding its young. You are one who is here to guard the values and integrity of Tribal law, and the structures that uphold the well-being of the community. Your task is to be cognizant of which values or laws or rules safeguard how the Tribe cares for its own. Your instinctual awareness scrutinizes which are corrupt or unjust, unnecessary or self-serving, or need to be challenged and changed. This is your way of caring for and nurturing every aspect of life within the Tribe. Without Gate 27 you may try to physically take care of others when it is not correct for you to do so, thus fulfilling your fear of taking on responsibility that you aren't equipped to handle.

Design Mars, Gate 50, Line 5 - Consistency

When continuity has brought success, it should not be tampered with.

Detriment: A perverse reaction to rebel against the methodology of one's very success. When effectively stimulated, the drive to rebel against basic principles.



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JUPITER

4 Jupiter - Law and Protection - Other than the sun, no object exerts greater influence over us. Jupiter is the logos for the universe and defines our outer development in 11+ year cycles, as well as our relationship to the other and the whole. We are each imprinted with a very focused theme of what is correct for us, our law as written by Jupiter. If you live by that law you can gain great good fortune as Jupiter is very generous at times, but your ability to benefit from the generosity comes from deep obedience to your own law.

Personality Jupiter activates Gate 30 in the Solar Plexus Center

The Clinging Fire - The Gate of Feelings

Freedom recognized as an illusion and limitation accepted as a fate.

The Gate of the Fates teaches us that life is not what we expect it to be – it is what we allow it to be. Your experiences are conceived from a desire that then meets life on the highs and lows of your emotional wave. This desire can feel like an obsessive hunger that weaves the yearnings of different lives together, influencing your every interaction until it is satisfied or fulfilled. The only control you have is over the clarity with which you enter into each experience, not over the outcome. Because desire can only be temporarily assuaged, life without clarity becomes a wild emotional ride. Over time, you see that the freedom to fulfill your wildest dreams is merely an illusion, and unreciprocated desire should not be taken personally. Balance in your life comes through surrender, through accepting what is. In doing so, you need not fear the fates or feel pressured to chase after the fantasies of Gate 41. By accepting your limitation, or place in the larger pattern of life, your reflections on feeling and desiring deeply while experiencing your humanness become a gift to be shared with others.

Personality Jupiter, Gate 30, Line 4 - Burnout

An unrealistic pace that begs misfortune.

Detriment: Uncontrollable expansion with the inevitable bursting of the bubble. Uncontrollable feelings and accompanying emotional outbursts.

Design Jupiter activates Gate 55 in the Solar Plexus Center

Abundance - The Gate of Spirit

Abundance is strictly a question of spirit.

Awareness of spirit is not a concept (Ajna) or instinct (Spleen) – it is an emotion (Solar Plexus). Abundance is a function of spirit; it is how you perceive what you are feeling, and the mood you are experiencing in the moment. The 55th gate is susceptible to the melancholic chemistry of the emotional wave, which is constantly moving through cycles of hope to pain. One moment your cup feels half empty and the next it feels half full. Your moods determine what is correct for you and when. If you are not in the mood to eat, work, make love, be sociable or create, it is not healthy for you to do so. When you feel like being alone, don't attempt to explain or excuse yourself; simply honor the mood and embrace being in the moment with your own creative inner self. Your most creative time is when you feel deeply melancholic. A thoughtful word to those around you when you are simply not in the mood to be social will help them to not personalize the emotional energy that they are feeling from you. You are open to people with Gate 39 provoking you so that you can perceive your spirit, and your moods, for yourself. At any given point in your wave, how your spirit feels and emotes is not open to comparison, debate or influence by others. Spirit awareness arises out of the wonder that the cup exists at all. What you fear most is emotional emptiness or a lack of passion in life.

Design Jupiter, Gate 55, Line 5 - Growth

Exaltation: The unusual ability in a position of power to accept advice and transform it innovatively. This gift in a position of power allows one to continue to lead rather than being perceived as being led. The emotional strength and spirit derived from positions of power.

Detriment: An integrative openness that in its broad acceptance of advice may be eventually eclipsed. An emotional openness where the spirit is at risk from conditioning.



SATURN

♄ **Saturn - Discipline (The Judge)** - Saturn is the place in your chart where you must deal with the consequences of your actions. A very ancient yin force, it represents the judge, and the places in your life where you will pay for any incorrectness when not following your own laws and morals. Saturn is a profound signpost that allows you, over time, to see the progress in your process. Saturn is an expectant task-master without praise. If Saturn is leaving you alone, this is a signpost that you are living correctly; however, if you break your own rules, values and laws, Saturn will punish you.

☰ **Personality Saturn activates Gate 46 in the G Center**

Pushing Upward - The Gate of the Determination of the Self

Good fortune that may be perceived as the result of serendipity but derives from effort and dedication.

The 46th gate is focused on the quality of life we experience in a physical body. It expresses the love of the body, and the sensual honoring of it as a temple in which we are always in the right place at the right time. You are one who lives the good fortune and discovery of serendipity. Whether you succeed or fail is dependent on the determination of your higher self. This is an abstract process of surrender to a cycle of experience that can fulfill your potential or bring chaos. The lessons you learn and the wisdom you share with others is derived from your determination, dedication and absorption in the experience as you are living it. The experience of the nature of your self in interaction with others is a deeply spiritual process, and can only be evaluated when the cycle is complete. If you cannot commit yourself to the cyclical nature of life, your body will begin to fail under the stress of constant crisis. Without the 29th gate, you may recognize the right timing, but not have the energy to begin the process or the perseverance to complete it.

Personality Saturn, Gate 46, Line 1 - Being discovered

Dedication in obscurity that is unexpectedly discovered.

Exaltation: Art for art's sake. Any creative endeavour that is self-fulfilling sooner or later is recognized. The potential for creative success through dedication.

Detriment: The ability to judge the potential of those in obscurity but often solely to benefit one's own success. The determination to recognize and benefit from the success of others.

☶ **Design Saturn activates Gate 47 in the Ajna Center**

Oppression - The Gate of Realization

A restrictive and adverse state as a result of internal weakness or external strength or both.

If Gate 64 is the one who remembers the disorganized collection of film clips that passes through its life, then Gate 47 is the editor who attempts to assemble them all into a meaningful slice of human experience. You will not see the full picture immediately as you tentatively start to sort through the collection of images, and it may not be apparent to you at first which clip holds the key to your eventual mental realization. As new details emerge, you may vacillate between perceiving the event this way or that way through a mix of recognitions that direct you toward different interpretations. At first you may feel that rather than the process becoming easier, it is becoming more complicated for you to reassemble the mental sequences in a way that makes sense. If you can step back and trust, however, you will eventually cycle through to that "aha" moment. The secret is to avoid the pressure to act on every conclusion that comes to you, and simply enjoy the array of possibilities that move through your active mind, until one stands out. You are then ready, when asked and it is correct for you, to share your recognitions with others. Without Gate 64 you may put pressure on yourself, and forget to wait for the revelation that will truly bring the mental activity to a temporary halt.

Design Saturn, Gate 47, Line 2 - Ambition

Exaltation: The ambition and drive to overcome personal oppression in order to achieve security. Realizing that to be busy is mentally healthy.

Detriment: An indecisiveness in times of personal oppression, whether to apply intelligence to recovery or accept its weight to take advantage of other prevailing conditions that may only be temporary. The inability to sense when and which activity is healthy.



URANUS

☿ **Uranus - Unusualness, Chaos and Order** - Where Uranus shows up in your design is where you express your unusualness. The evolutionary mutative undercurrent of Uranus allowed us to transform our understanding of the Maia and extend our life span to the current 84 years. Uranus also introduced us to the tripartite life process of subjective youth, objective mid-life, and transcendent older age.

☿ **Personality Uranus activates Gate 52 in the Root Center**
Keeping Still (Mountain) - The Gate of Stillness

Temporary and self-imposed inaction for the benefit of assessment.

Gate 52 is energy under pressure that is focused on assessment, the raw power to concentrate. There is a passive tension in this connection from the Root Center that is looking toward Gate 9 for an outlet. Once the 52nd gate finds something it deeply identifies with, something worthwhile to channel this energy toward, the tension is balanced between the Root Center's pressure to keep you moving forward, and Gate 52's power to help you sit still and concentrate. Before this balance is reached, however, you can find yourself vacillating between restlessness and depression, bouncing from one thing to the next, unable to find the self discipline to withdraw once again into your stillness and concentrate. There is no physical outlet within Gate 52 that can direct or relieve this passive tension within you except to focus it. Without Gate 9, it is difficult to know what activity or details to concentrate it on.

Personality Uranus, Gate 52, Line 6 - Peacefulness

Exaltation: A harmonic and balanced attunement that is at ease regardless of the situation. The lack of pressure in times of stillness.

Detriment: Delusion as a substitute for genuine tranquillity. Given the positive nature of this position, the delusion may be just as effective as the 'real thing'. Where the pacification of the energy is extreme, pressure real or imagined does not disturb the stillness.

☿ **Design Uranus activates Gate 52 in the Root Center**
Keeping Still (Mountain) - The Gate of Stillness

Temporary and self-imposed inaction for the benefit of assessment.

Gate 52 is energy under pressure that is focused on assessment, the raw power to concentrate. There is a passive tension in this connection from the Root Center that is looking toward Gate 9 for an outlet. Once the 52nd gate finds something it deeply identifies with, something worthwhile to channel this energy toward, the tension is balanced between the Root Center's pressure to keep you moving forward, and Gate 52's power to help you sit still and concentrate. Before this balance is reached, however, you can find yourself vacillating between restlessness and depression, bouncing from one thing to the next, unable to find the self discipline to withdraw once again into your stillness and concentrate. There is no physical outlet within Gate 52 that can direct or relieve this passive tension within you except to focus it. Without Gate 9, it is difficult to know what activity or details to concentrate it on.

Design Uranus, Gate 52, Line 5 - Explanation

In times of inaction, the often important ability, to explain one's position.

Exaltation: The often terse but exceedingly accurate statement. Where inaction and focus can lead to detail.

Detriment: A convulsion whose enigmatic nature is normally misunderstood with unpredictable circumstances. Where too much inaction can lead to a loss of focus, and not to detail.



NEPTUNE

♆ **Neptune - Illusion and Spirituality** - A great teacher who demands total acceptance. Neptune in any gate veils its potential. This veiling can deeply disturb the not-self as it is not possible to see through the veil, and we lose the ability to see any limitations, which can lead to abuse. Surrender to Neptune, leave it alone, and you allow the potential magic to emerge from behind the veil. You also learn a great deal about the nature of surrender.

☰ **Personality Neptune activates Gate 57 in the Spleen Center**

The Gentle - The Gate of Intuitive Insight

The extraordinary power of clarity.

With its clarity of intuitive insight, Gate 57 has the capacity to penetrate to one's core in the now. You have a deep inner attunement to sound that is constantly alert to the vibrations coming from your physical, emotional and psychic environments. Moment by moment your intuition registers a sense of what is safe, healthy and good for you, and what is not. Gate 57 is the gate of the right ear. If you want to hear what someone is really saying to you, listen with your intuitively attuned right ear. You must be alert and focused in the now to hear the messages from your intuition, or the information you are getting for survival may be ignored. You may sometimes appear deaf to others, or be accused of selectively hearing what they have to say, but your intuition is your only guide in determining what the perfect behavior is that will insure your well-being. The only way you will alleviate your fears for the future is to pay close attention to your instinctual hunches, to that little voice that only speaks once and softly, and act on these hunches immediately. When you are listening and paying attention to your intuition now, there is no tomorrow to fear.

Personality Neptune, Gate 57, Line 4 - The director

Detriment: A tendency given this position to be dictatorial rather than directorial. With the gift of clarity to master relationships, the possibility of being intuitively dictatorial.

☰ **Design Neptune activates Gate 48 in the Spleen Center**

The Well - The Gate of Depth

The necessary and qualitative foundation that is a prerequisite to establish the common good.

Gate 48 provides a potent awareness rooted in deep instinctual memory that gives you the potential depth to bring logic's real and workable solutions to the problems of society. More than anything, you want to express and share your depth in order to help others recognize, correct and perfect the world we live in. Without Gate 16 you may experience feelings of inadequacy, fearing that you won't be able to explain your solution, or periods of frustration when you realize that you must wait for your depth to be recognized by others before you can share it. You may become overly concerned about developing skills you feel you lack. Relaxing into an active (expectant) waiting will usually draw people to you who will initiate your depth. In this way your potential solutions can emerge naturally and clearly as a foundation for evaluating, perfecting and mentoring the skills of others.

Design Neptune, Gate 48, Line 6 - Self-fulfillment

An undiminishable resource.

Exaltation: The valued center, that as it gives, it receives and thus can continue to give. A depth and potential talent that is of value to others.

Detriment: A tendency to superficiality, that though generous and nurturing, will lack the inspirational quality that can transform its gift into a common currency. Where the depth is limited the taste will be superficial and affect the quality of the possible talent.



PLUTO

P Pluto - Truth and Transformation - Pluto brings the forces of the subconscious to the surface; it represents rebirth. Pluto is the 'truth teller', bringing truths that are hidden to the surface for you to look at directly and squarely in the eye – truth brings transformation. Wherever you see Pluto in your chart, this is your Truth. Pluto's deepest lesson is to find the light within the darkness. The mystery of Pluto, the mystery of you, takes a lifetime to explore.

Personality Pluto activates Gate 4 in the Ajna Center

Youthful Folly - The Gate of Formulization

The energy to beguile and succeed despite ignorance. Freedom from retribution.

Gate 4 applies mental awareness to questions fueled by doubt about the future; it formulates logic's answers. Each answer, each formula, is only a potential, which must eventually be tested and substantiated by facts. That means that your answers may be the ones people seek, and they may not be. You use your mental intelligence and mental awareness to judge what looks suspicious. The pressure of a doubt or suspicion can last a lifetime, however, and you need to rely on your Authority to guide you to the correct question(s) on which to concentrate your energy while you wait for the right timing to share your answers. Ultimately, the answers you formulate are to be applied to questions that come from people around you. Rarely if ever can you formulate answers that provide solutions to your own questions about your life. Understanding and accepting this truth can bring the comfort of letting answers come and go in your mind, until the time is right for one to be brought to the surface by being asked to share it for the benefit of others. If you do not have Gate 63, you may either spend a lot of time looking for the next inspirational question you can answer in order to resolve the lack of logic and chaos of the mind.

Personality Pluto, Gate 4, Line 2 - Acceptance

The recognition of limitation in oneself and others leads to tolerance and the suspension of judgment.

Exaltation: The glorification of feelings. The mother which always pardons the errant child. The potential to recognize that not everyone can understand.

Detriment: The assertion of the ego at the expense of others' failures. The potential to take advantage of the lack of understanding in others.

Design Pluto activates Gate 7 in the G Center

The Army - The Role of the Self in Interaction

The point of convergence. By design, the need for leadership to guide and order society.

The 7th gate is oriented toward the future, with an ability to see when society's present direction needs correcting to get there. This is logic's gate of direction, part of the Right Angle Cross of the Sphinx. The substance of its contribution to the Collective is expressed through designated leadership roles, which are the: Authoritarian, Democrat, Anarchist, Abdicator, General, and Administrator. These roles are genetic and mechanical, and have tremendous conditioning power within the Collective. Through your role, and with your understanding of humanity's future direction, you persuade others to follow your leadership, thereby influencing people in positions of influence themselves, especially those with Gate 31. You might be the one to evaluate or modify the existing pattern or questionable direction, or be the catalyst for creating a new direction. This position of influence is described as the power behind the throne. In other words, without Gate 31 you can be a public leader but not necessarily the public figurehead who directly influences the Collective.

Design Pluto, Gate 7, Line 5 - The general

Leadership whose authority must be absolute and is sanctioned by society in times of crisis.

Exaltation: The gift of attracting loyalty necessary in harmonizing the potential of society. The capacity of the Self through its role to attract loyalty.

Detriment: The commander isolated from his troops and obsessed with victory at any price. The lack of loyalty when the Self insists on isolation.



CHAPTER 9 SUMMARY

Thank you for your interest in The Human Design System, The Science of Differentiation. This body of knowledge has come into the world to bring information and tools for navigating life during these changing and challenging times. For more information on Human Design please visit www.ihdschool.com. Here you will find a newcomer area where you can get free Human Design charts, listen to free recordings and have access to on-line courses, self-study courses, books and more, all specially designed to support you on your journey of self-discovery.

FROM THE FOUNDER OF THE HUMAN DESIGN SYSTEM

In 1781, coincidental to Sir William Herschel's discovery of the planet Uranus, a momentous event took place: The advent of the nine centered being. Centeredness is a structural aspect of evolution. Neanderthals were 5-centered like modern Mammals, and so called Cro-Magnon or Homo sapiens were 7-centered beings.

We are 9-centered. We are a transitional form, 'Homo Sapien in Transitus'. Human Design is the knowledge of the mechanics of the 9-centered being. Since 1987, we have been awakening to our nature and its extraordinary potential.

Human Design is the Science of Differentiation. The BodyGraph is truly new: An extraordinary map to individual transformation and empowerment, it is a synthesis. There are endless numbers of possibilities in the way in which BodyGraphs are configured.

Human Design is mechanical knowledge. The mechanics reveal that we are a binary consciousness. The graphing clearly indicates that we are a juxtaposition of two sets of data. Herein lays the dilemma and the greatest challenge of the emerging nine-centered being. We are all objects moving through a duality of this and that. Our seven centered ancestors were limited to a singular conscious, and relied exclusively on mind for decision-making.

Human Design is about transforming your life by making decisions as yourself, and it is not about mind. It is Type that reveals the mechanical Strategy and Authority derived not from your mind and its deep openness to conditioning but from your body, your vehicle, your Design consciousness.

This is the great experiment that defines Human Design. Experiment with your Strategy & Authority. Free your mind to see and discover the beauty of your unique purpose by making decisions as yourself, one at a time.

One of the profound potentials in Human Design is the awakening of passenger consciousness, becoming the witness to your life. The quality and potential of your life is based on the decisions you make and the directions they lead to. Look at any Human Design Chart and you will see an obvious duality between what is activated and colored in and what is white and open. As humans we are ruled by the genetic imperative to be attracted to what we are not (open centers). This genetic law that maintains the health of the gene pool pulls us towards conditioning.

Each open center has a not-self strategy that directly impacts mental decision-making. For the majority of Human Beings, their minds are conditioned by their openness and this distorts their decision-making. Your Strategy sidesteps this basic pitfall.

In Human Design, as we are a binary consciousness, we are endowed with two Authorities: the inner personal Authority of the Body to determine the life and the outer Authority of mind to express unique awareness. In the conditioned being known as the 'Not-Self', the mind expresses both inner and outer Authority as distorted.



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A mind absorbed in the machinations of survival will always withhold some truth in its attempt to control its future. We are not here to be absorbed in survival consciousness. Your Strategy aligns your life to the correct geometry, eliminates resistance and offers the great challenge of awareness to your Personality consciousness.

The most important step is to try the experiment for yourself.

Discover Your Design and Transform Your Life™. Change the way you make decisions. Through experiment you will learn to honor your Strategy & Authority. It is the way to differentiation and the fulfillment of purpose.

Love Yourself

Ra Uru Hu

Founder of the Human Design System
Ibiza, Spain, 2009



International Human Design School

The Official Gateway to Education and Empowerment in Human Design

CHAPTER 10 ADDITIONAL RESOURCES

OFFICIAL HUMAN DESIGN ORGANIZATIONS

The Human Design Community is truly global. Ra Uru Hu was acutely aware that The Human Design System is a special and unique body of knowledge. He nurtured it for 25 years, carefully releasing aspects of it as he felt people were ready to receive it. He established a network of Organizations with the intention that they would continue his work, and carry the true message of Human Design into the future and the world. The licensed and authorized organizations you find here have the privilege of maintaining the purity and essence of this great body of work, and the legacy of Ra Uru Hu. Licensed professionals and organizations will display the official logo.

Jovian Archive: <http://www.jovianarchive.com>

The personal website of Ra Uru Hu and home to his digital books library, self-study material, software, videos and Human Design Television.

International Human Design School: <http://www.ihdschool.com>
Human Design Standards and Education

Human Design America:

<http://www.humandesignamerica.com>

Human Design Austria:

<http://www.humandesignsystem.info>

Human Design Australia:

<http://www.humandesignaustralia.com>

Human Design Brazil:

<http://www.desenhohumanobrasil.com.br>

Human Design Canada:

<http://www.hdcanada.org>

Design Human France:

<http://www.designhumainfrance.com>

Human Design Hellas:

<http://www.humandesignhellas.com>

Human Design Iceland:

<http://www.humandesigniceland.com>

Human Design Italia:

<http://www.humandesignitalia.it>

Human Design Japan:

<http://www.humanjp.com>

Human Design Hispania:

<http://www.humandesignhispania.com>

Human Design UK:

<http://www.humandesign.info>



RECOMMENDED NEXT STEPS

Step One – Have a Human Design Reading by an IHDS Certified Human Design Analyst to understand how to begin to live life according to your Strategy and Authority, and then begin to experiment with what you have learned.

Step Two – Ra Uru Hu, as the first person to take the journey of ‘becoming himself’ through The Human Design System, had a clear understanding of what it takes to fully embrace and live life according to your true self. He structured both experiential and educational programs to help guide us on this path. Step Two is the Living Your Design experiential workshop. Throughout the world, there are now hundreds of Living Your Design Guides and Teachers providing workshops to support you on your journey. Here is a link to regularly scheduled Living Your Design courses: www.ihdschool.com

Step Three – Live what you have learned. That's all. It's simple – not easy, but simple. Live each moment of each day through the lens of all that you have learned so far and see what happens. There are free supportive study groups being offered in the Human Design community on a regular basis. Feel free to join one.

FOR THOSE WHO WANT MORE ...

Step Four – Human Design is fun and profound, and the Rave ABC and Rave Cartography courses were designed by Ra for the general public that wants a deeper understanding. These courses were originally taught by Ra, and are now taught by IHDS Certified Human Design Teachers all over the world, either in person or on-line. Contact the www.ihdschool.com or your country's National Organization to find these courses.

Feel free to take advantage of the free e-books and recordings on the www.ihdschool.com website. [E-Books](#), [Media Library](#), [Public Downloads](#), [Blogs](#), and [free software](#) are also available.

In addition, there are a variety of self-study lectures and courses available to you. [Click here](#) for more information.

FOR THOSE WHO RESPOND TO BECOMING HUMAN DESIGN PROFESSIONALS ...

Step Five – Get involved in the IHDS Certified Human Design Professional Analyst training program. This is a four-level comprehensive training program that offers students the ability to fully synthesize the information in the BodyGraph in order to provide profound and life transforming Human Design readings to the public. This training includes Foundation, Partnership, Solar Return, Saturn Return, Uranus Opposition, Kiron Return, and Incarnation Cross Readings. [Click here](#) for more information.

Step Six – Advanced studies include Family Practice, Child Development, BG5 Career and Business Consulting, Rave Psychology, Primary Health System, Holistic Analysis, DreamRave Analysis and Rave Cosmology. For further information on these topics please see the following pages for a brief description, [click here](#), or contact any of the official organizations listed on the previous page.



International Human Design School

The Official Gateway to Education and Empowerment in Human Design

AREAS OF STUDY AND INTEREST AVAILABLE IN THE HUMAN DESIGN SYSTEM

CHART ANALYSIS

This fundamental and powerful initial reading is your entry point into discovering yourself. It is a true journey of self-empowerment. You will be offered insight into your Strategy, your Authority and the characteristics of your design. You will gain an understanding of why you are here, the potential of your unique contribution, how to express your true self and life purpose, and how to authentically live your design. Each of us has a unique way in which we are designed to transform. You will discover your road map to transcending your conditioning, and learn how to tap into your unique decision-making process. The Human Design System is an incredible tool for self-observation as you continue down your own path of self-discovery, and will help you to identify the challenges you will face along the way, and how best to work with them in your day to day life. [Click here](#) for a list of IHDS certified analysts.

CYCLE ANALYSIS

There are several key juncture points that happen for all of us at specific times in our lives. These transition points usually arrive with major life decisions, and important lessons about the trajectory of your path. The more knowledge you have about yourself, the better equipped you will be to make these important decisions during sometimes challenging times. These cycles include the Saturn Return around age 28, the Uranus Opposition around age 40, the Kiron Return around age 49, and the annual Solar Return three months before your birthday every year. Cycle readings equip you with insights and signposts, a weather report so to speak, to make these transitions as smooth as possible, and keep you on track. [Click here](#) for a list of IHDS certified analysts.

PARTNERSHIP ANALYSIS

We are all designed differently, and we all deserve to be honored and supported to be our unique selves. When a couple understands themselves from the vantage point of their individual designs as well as their combined design, there is the potential for a relationship based on authenticity, compassion, acceptance and respect. In a Partnership reading you will learn how to communicate one-on-one with your spouse, children, family members, colleagues and friends. The health and well-being of a relationship can be nurtured correctly when we understand the potential attractions and compromises that bring us and hold us together, and sometimes push us apart. The Human Design System illuminates the differences in your designs so that awareness can replace misunderstanding. [Click here](#) for a list of IHDS certified analysts.

FAMILY PRACTICE

A Family reading is very beneficial to all members of the family unit, particularly the children. Through an exploration of the Penta (a group aura of 3 to 5 people), each member can see the dynamics of their family relationships, and how mechanically these dynamics are always present. When we understand how the Penta operates, we have the opportunity to create an environment, with no fault or blame, that accepts and supports the uniqueness of each family member, and the family itself. [Click here](#) for a list of IHDS certified analysts.

CHILD DEVELOPMENT

The knowledge of The Human Design System is ultimately for children, and Child Development teaches the adult how to interact with children in very practical ways that nurture their development. This study includes: the dynamics of the conditioning of both children and parents; what is correct conditioning; the different types of interaction between the parent and child; what conditioned parental authority is; the proper nurturing of Generator, Manifestor, Projector and Reflector children; what the 'dysfunction' is; the profiling patterns; and aligning a child with its personality. This is essential information for the well-being and nurturing of children and their families. [Click here](#) for a list of IHDS certified analysts.



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BG5 AND OC16 CAREER AND BUSINESS CONSULTING

The Human Design System is a fascinating way to see into the mechanics of small to large business group dynamics. BG5 and OC16 focuses on the different energetic natures of human beings, and what role each is best suited for in terms of the business environment. It explores all aspects of a functional working team, and the ways single individuals can contribute their personal strengths to form an effective and efficient greater whole. This study includes detailed information on personal career profiles, as well as small business group and large corporate business dynamics. It pinpoints specific strengths and dysfunctions in a working team or group, as well as what is specifically needed in order to create optimal business performance that plays on the strengths and gifts of the individuals involved. [Click here](#) for a list of IHDS certified BG5 analysts.

RAVE PSYCHOLOGY

Rave Psychology holds the key to employing your mind as an ally. When you discover how your unique cognition works, you are able to create a working partnership between mind and body. The mind has strategies to cope with the openness in your chart. These strategies attempt to manage the ever-changing energies that stream into, around and through you. These coping mechanisms attempt to keep the mind in a dominant position in your life, thus reinforcing the contradiction between body and mind. Recognition of the correct functioning of your own mind begins by seeing what is natural to you. Rave Psychology delves into the deepest levels of the way your mind digests the information it takes in from the world around you. Rave Psychology provides a complete understanding of the way the human mind works in its fundamental duality, the homogenized mind and the differentiated mind. Slowly but surely, this understanding permeates the being and leads to the awakening of passenger consciousness. [Click here](#) for a list of IHDS certified analysts.

PRIMARY HEALTH SYSTEM (PHS)

What Rave Psychology is to the mind, the Primary Health System is to the body. PHS offers a revolutionary approach to well-being through the enhancement of the body's potential through correct food intake, and finding the correct living environment. PHS teaches us how we are best designed to take in and digest food for optimal brain function, as well as our overall health and longevity. The potential effects of following your unique health strategy may include improved digestion, heightened sensory awareness and brain function, and unique improvements to your lifestyle. [Click here](#) for a list of IHDS certified analysts.

HOLISTIC ANALYSIS

Holistic Analysis is the integration of PHS (Primary Health System), Rave Psychology, Variable, Lunar and Planetary Resonance, and Base Orientation knowledge with traditional chart interpretation. Holistic Analysis is the full realization of the analytical potential of Human Design. [Click here](#) for a list of IHDS certified analysts.

RAVE SOCIOLOGY

The greatest force opposing differentiation is conditioning. Rave Sociology is dedicated to exploring the mechanics of group interaction and its conditioning impact. This is the shadow of, and the window into, the homogenized world. Understanding these mechanics is the counterpoint to living the potential of your unique purpose. It is an opportunity to see how you are designed to morph under the influence of the other, family, classroom, group or the crowd.

DREAMRAVE ANALYSIS

DreamRave Analysis helps us understand how we are vulnerable to conditioning while sleeping. When sleeping, the higher levels of our 9-centered consciousness simply disappear, and we return to an ancient 5-centered configuration. This information will change the way dreams have been interpreted historically; they are not what you would expect. [Click here](#) for more information.



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RAVE COSMOLOGY

Rave Cosmology covers the mysticism and science of The Human Design System. There are several layers including the Bhan Tugh, the mythology and the mechanics of the 'Biverse' as transmitted by the 'Voice'; The Mystical Way, Ra Uru Hu's journey into the framework of Human Spirituality that offers deep insights into humanity's relationship to God, and the genetic imperative that drives us all towards awakening; Dying, Death and Bardo, the most in-depth analysis yet of the mechanics of dying and death and an extraordinary journey into the mechanics of the 'Bardo'; 2027, which covers the changing of the cycle we are currently in, and the emergence of the 'trans-auric form', the conscious Penta; Brahma's Night and Beyond, a look at what awaits humanity in the future; Profile, Purpose and Function, a look at the 'patterns in being' and the 'complexity of purpose'; and The Nature of the Stars, which covers the workings of the Neutrino Ocean through an in-depth look at 11 stars. [Click here](#) for more information.



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RECOMMENDED MATERIALS

In addition to the Digital Books available on the Jovian Archive website, The National Human Design Organizations are licensed to publish Human Design books, and other materials.

The Definitive Book of Human Design, The Science of Differentiation

By Ra Uru Hu and Lynda Bunnell

The first complete compilation of The Human Design System knowledge as presented by Ra Uru Hu.

<http://www.ihdschool.com/hdbook>

Living Your Design Student Manual

by Lynda Bunnell

Covers the basic concepts of Human Design and supports the Living Your Design workshop.

Ephemeris

Tracks the movements of the planets (transits) around the Rave mandala throughout the year. Highly recommended for Reflectors. Updated annually.

The Rave I'Ching

by Ra Uru Hu

An excellent reference tool that includes each gate, line, gate and hexagram name, channel name, harmonic gate, circuit name, astrological position and sign, hexagram image, line descriptions, life lesson for each line, and Incarnation Cross names.

Incarnation Crosses: The Global Incarnation Index

by Ra Uru Hu

Based on a transcript of Ra Uru Hu, this book covers Right Angle, Left Angle and Juxtaposition Incarnation Crosses organized by Quarter.

Profile and Type Reference Book

by Ra Uru Hu

An exploration of the 12 Profiles by Type, covering the Four Type Overviews, the Twelve Profiles, and the Forty-Eight Profile and Type Combinations.

Rave BodyGraph Circuitry

by Ra Uru Hu

Explore the circuits, channels and gates in more depth.

Circuitry

by Richard Rudd

A reference and keynoting guide to circuits, channels and gates including advanced keynotes.

The Rave I'Ching Line Companion

by Ra Uru Hu

The Line Companion 2-Book Set is a breakdown of the Gates and Lines in the I'Ching, with an explanation of each Line in great detail.

There are many digital books by Ra Uru Hu at <http://www.jovianarchive.com> and <http://www.ihdschool.com>

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Note: If you find any problems with this report, please send an email to office@ihdschool.com along with a description and, if possible, a screen shot.