

An A to D of You

## THE HUMAN DESIGN SYSTEM

An **A** to **D** of You

By Richard Rudd

## A<sub>acceptance</sub>

It doesn't sound like a particularly exciting word to begin a book with, does it? Acceptance. In fact, it contains worlds. If you were to accept yourself completely and utterly, right now, your life would be utterly transformed in the blink of an eye. You would have nothing to worry about ever again. All of our human problems - the challenges of relationships, the concerns about money, the fear of being alone, the grappling with our health, the endless daily worries - they would all be in someone else's hands. You wouldn't have to worry about any of it ever again. It would all be in the hands of life.

Let me try to put it another way. If you came to buy this book, you might find it in a section of the bookshop labelled 'Self-Help'. Ah, what a delicious irony, as you will see! Most books in this 'Self-Help' category (and these days there are zillions) are based upon a single theme: Change. If there is something about your life that you wish to improve, or a certain challenge that you wish to surmount, the standard 'Self Help' book will offer you sound advice about how you can change that aspect of your life for the better.

But there are two types of Change. There is change that comes out of non-acceptance, and there is change that comes out of acceptance. The first type of change is probably the reason why you might read a book such as this in the first place. If there is something about your life that you are not happy with, the assumption is that you can simply go out and change it for the better. This kind of change is the fastest growing business in the world today - you can be happier, thinner, richer, faster, better, even enlightened. This kind of change is based upon being anywhere or anything other than where you are right now.

The second type of change comes out of acceptance. It is very rare, because it is too easy. By doing nothing, by simply allowing things to be the way they are, a natural change occurs without our help. This type of change appears to be totally illogical - it is based only upon simple understanding. Its only requirement is that you finally give yourself permission to be the way you are, warts and all. If you can do this - accept yourself, accept your health, accept your life situation, accept your irritating mother-in-law, then you will witness the awesome power of what true acceptance can do. The moment you stop trying to change things and allow them to be the way they

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are, you release so much energy back into your life, that it will initiate a natural change.

That is the domain of this online book - to inspire you to begin this journey of self-acceptance. You see, somewhere along the line, we have forgotten to trust in life. We have forgotten a beautiful truth that is present everywhere in nature - that life is self-healing. If you leave a wound, it will heal itself without your help. Everything about you is already correct. If you find yourself unhappy, accept your unhappiness and soon you will find yourself happy again. But we humans are so busy wanting to control our lives it doesn't generally occur to us that life might know better than us.

So you may see my dilemma. This is an Anti-Self-Help book, because your Self doesn't need any help. When you finally understand that, perhaps when you reach the end of this book, you may come to a point of pure acceptance. Only when you return to this state can your mind ever stop worrying about the future, and that is the essence of this knowledge - it has the potential to actually bring an end to your daily worrying. For millennia, the mystics and wise ones have given names to this state - 'nirvana', 'being awake', or 'living in the now', and despite what you may have heard, it can be attained by anyone. All these glamorous sounding names simply serve to make us think we have to change or improve ourselves again in order to somehow climb back to this state.

Most of us simply cannot imagine living a life without worry. However, it's a lot closer and a lot easier than most of us think. What's more, the journey towards acceptance is something of an adventure. You don't need any training, you don't need any techniques or meditations, you don't even need to be happy with your life, and you certainly don't need to be clever. This knowledge is for anyone. All you really need is your own willingness to be honest with yourself.

The knowledge contained in this book is a real tease. It will reflect back to you where your real genius lies, and you may have to compare that genius to where you are now, which might seriously piss you off. It will show you how to live in a state of optimum health, even though you may still get ill. It may make you laugh or cry when you embrace the sections on you, your emotions and your relationships. But above all, it will show you how to find love deep within yourself, as well as the courage to stand fast in this love, no matter what life may throw at you.

As far as I know, there has never been another book like this. It is the first of its kind ever written, and as its author I am the first to admit that its claim is enormously arrogant - that is, that it can reflect back to you exactly who you are. It is one of the first written mainstream introductions of the Human Design System to the world. The Human Design System is the

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science of the True Self. It is simply a map of all life forms. Now, I am not going to spend a great deal of time in this book explaining how Human Design works, (although there will be chapters that explore some of the background concepts, and you don't have to read them if you are not interested!). Neither do I want to teach you Human Design. If you want to go and learn Human Design, there are many good programmes around the world where you can lose yourself in the intricacies of Human Design for the rest of your days! I am simply going to try and give you a flavour of what Human Design could do for you, and leave the rest up to you. I would like to inspire you with a new vision of your own potential, and I would like us to have some fun together, so let's hope you enjoy looking at yourself in the mirror!

My personal concern about sharing this new knowledge with the world is that there is no real method involved in acceptance. It involves a complete reversal in our psychology. It involves a certain playfulness and lightness of spirit to laugh at our own individual foolishness. My concern is that it is too easy, and that the average human mind does not trust easiness. So, I have included certain experimental strategies and codes for each individual to play with in their lives. My advice is: take it easy, play with this knowledge. It's not serious, but it is profound. Acceptance on its own cannot in any way be grasped at. It often comes out of the realisation that you may have been wasting a lot of your time and energy on trying to fix something that isn't broken in the first place.

Finally, before we begin our adventure, I would like to invite you to fulfil a small quest. You will need your own personal Human Design Chart. This will be your map during the course of your journey through the layers of this book. There are two ways in which you can obtain your chart:

1. On the Internet - go to [www.jovianarchive.com](http://www.jovianarchive.com) and click on the button saying 'Free Chart'. You will need to enter the time, date and place of your birth.
2. The free Human Design CD enclosed with this book. Insert this CD into the drive on your computer and follow the simple instructions.

## HOW TO USE THIS BOOK

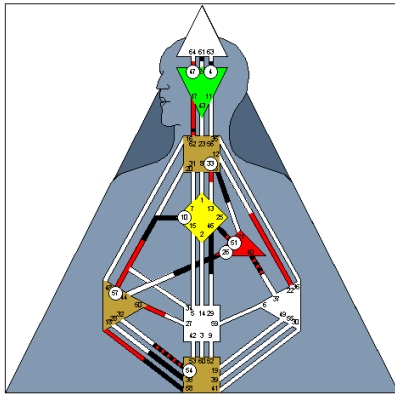
As you read the chapters in this book with your personal Human Design chart to hand, you will find a series of boxes labelled 'Your Profile' in every chapter. These boxes contain short, practical summaries of the many key elements of Human Design. If you then turn to the chapter at the back of the book labelled 'Y' for 'Your Profile', you will see a series of chapter

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headings with blank spaces. Every time you come to a 'Your Profile' box that directly applies to you, you can write it into the appropriate blank space in the 'Y' chapter. In this way, you will begin to build up a completely unique profile based on your Human Design chart. By the end of the book, you will have in your hands a concise summary of every major element of your Human Design chart, and you can immediately begin applying it to your life.

# B

## odygraph



By now, you should have in front of you one of these charts, or a similar version. The Bodygraph is the name given to the central graphic on your personal Human Design chart. It represents You. It contains a labyrinth of knowledge about you. In the language of The Human Design System, we refer to it as ‘your Design’.

Everything has a Design. Consider your body for a moment. Your body is a complex multi-cellular life form. It is an entire culture of individual cells, each with a unique and different task. Let’s take the example of the liver. In order for the cells in your liver to behave as liver cells, they each have to be programmed beforehand. Every cell has its unique programming that tells it where to go, what to do and how to behave. If one of your liver cells were suddenly to start behaving as a heart cell, you would probably die. You see, not only does each part of the whole have its own individual Design, but also all the parts are held together by an overall Design. In other words, your liver has its own Design, but on a larger scale, it is simply a part of the Design of your whole body.

The body is a wonderful microcosmic environment that reflects how the wider universe works. Your bodygraph shows your own unique Design within the body of humanity. It shows your place within the whole. Do you want to know where you are supposed to fit into society? Do you want to know whom, if anyone, you are supposed to marry? Do you want to know what your true purpose is? The answers are all within the overall Design of your body. If you are able to follow the laws of your own Design, then you will find the places and people with whom you naturally belong.

Most people in the world would consider it a luxury to live a life where you can be yourself, doing what you love. Most people believe that they can only find that kind of happiness when they have made enough money. If you added up all the time you spend worrying about money, you would probably be deeply shocked. And yet, if we return for a moment to the metaphor of the body and its individual cells, we can see that all the cells live within organic hierarchical structures that naturally support each other. Even the

most independent cellular organisms are interdependent on the whole in order to flourish. It is the same with us humans. Our financial needs depend on only two things - that we do what we are designed for (which also happens to be what we love) and that we have the correct allies and relationships in life.

The answers again, are contained within your bodygraph. Your bodygraph is the map, and your life is the territory. The bodygraph only gives you the laws that need to be followed in order for you to live a perfect life. If you cannot follow the laws of your own Design, you can never live a fulfilled life. Even if you do *not* live according to your Design, you can still be successful in the outside world, you can even be a Bill Gates, but the two things that will always be denied you are the right relationships and the ending of your anxiety. In other words, money alone really never *can* buy you happiness!

#### HUMAN DESIGN - A System with Soul

As you begin to explore the Bodygraph, you will find that it is made up of layers upon layers of numbers and words. At first glance, it may all seem rather cold to the thriving human heart. Even the two words 'Human' and 'Design' used together may give one a feeling of humans being reduced to robots. We human beings are each utterly unique, and this means that there is a deep part within each of us that hates to be put into any kind of compartment. We don't like to be dehumanised by systems and reduced to numbers. Ironically, that is exactly what the recent breakthroughs in the science of genetics are doing - they are showing that all human beings can be reduced to sequences of numbers and understood through the codes hidden within our DNA. Of course, we are not entirely the product of our genes, but are also moulded by our environment, as we shall see.

As you travel more deeply into this knowledge of Human Design, you will see how human beings *can* be reduced to types, categories and genetic profiles that appear to govern our nature. For many people, this can be quite frightening, as it appears to call into question the possibility of Free Will. In fact, the more deeply you look into the human genetic matrix, the more it appears that we are simply layers and layers of computer programming, all with its source in the human brain. In other words, the way we think determines everything - how we act, how we make decisions, how we handle our emotions, everything.

Human Design is primarily a mental system. It acts upon the neuro-circuitry within our brains, and this in turn influences and affects our behaviour patterns. You can use Human Design to deprogram your negative behaviour patterns, and at the same time, you can use it to reprogram your brain with the behaviour patterns that naturally belong to you. In the language of

computer technology, Human Design is like an anti-virus software that gradually deletes any conditioning within your brain that is not a part of your original program.

If all of this language about programmes, numbers and systems is upsetting you, you need not fret! Human Design is not a soul-less technology that sees all human beings as machines. There are essentially two aspects to human beings, as represented by The Human Design system. There is our Design, that is our genetic sub-programming inherited through our DNA. But there is also something else. There is also 'something' that lives inside each of us, which cannot be qualified by any system or verified scientifically. This is what we know as the 'soul'. Statistically, most human beings believe in an afterlife, or some kind of God. Depending on the power of the negative conditioning we receive during our childhood, schooling and culture, this soul is either deeply repressed, or is left some room to breathe. There is one easy way to tell how free a person's soul is within their Design - through their attitude. Our attitude to life betrays how deeply our cultural conditioning traps us. The attitude of the soul is always positive. It shines out in our lives and our deeds. It is unmistakeable because it transcends all cultural barriers.

All religions and systems of spirituality are attempts to release the human soul from the cage of its conditioning. Ironically, most religious systems simply overlay another set of conditioning over our true nature. The basic difficulty with any system, whether religious, spiritual or mental is that they tend to generalise. However, as we have seen, human beings are not replicas of each other. We are each unique. What is needed then, is a master system - a single system that directly mirrors our uniqueness back to us - and this is what Human Design is - it is a system that allows our soul room to breathe - that directly tackles our negative traits and transforms them into positive attributes, that changes our entire life attitude from being a victim into a feeling of being powerful, loving and liberated. Because at the end of the day, if it doesn't make us happy, what on earth would be the point of it? That is the only real purpose of this book. If your life does not improve at some level within a fairly short space of time after having read this book, it may be because you actually do not want it to.

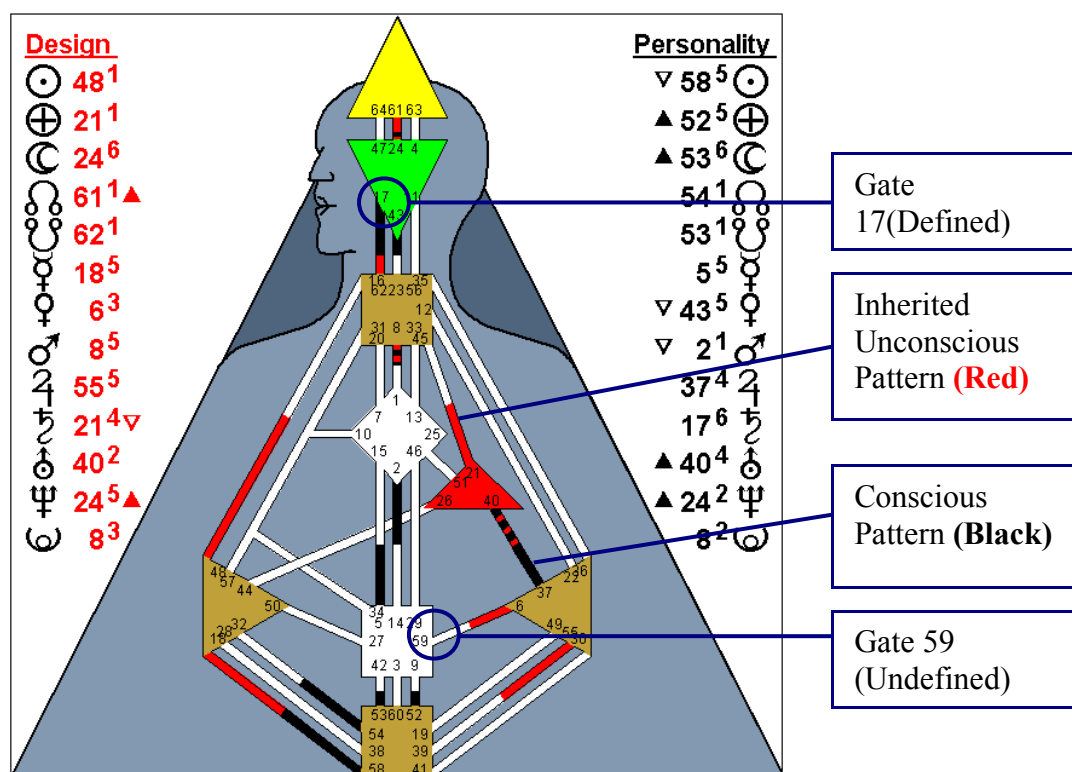
Finally, the cherry on the cake - no natural, free human being wants to live their life according any manmade system. We humans are beautiful, natural, organic creatures. If we are being ourselves, we have no need of any system or crutch. We will simply trust in our own free nature. Well, Human Design has another rather neat built-in sub-program - when we begin to be ourselves again, it deletes itself! In other words, once you have done it, you can forget all about it!

## THE BODYGRAPH - A Master Programming Tool

So how does it work? Well, in order not to bore you, I shall try and keep this next part as short and sweet as possible.

If you take another look at your Human Design Chart, I would like to draw your attention to those little numbers. Those little numbers in your Bodygraph are full of magic. There are 64 of them, and they are known as the 64 Gates. Each of the 64 Gates has a direct relationship to our DNA, which also contains 64 'codons'. A codon is basically a set of codes for chemical sequences within our DNA. To put it very simply, these 64 Gates are like archetypal sound bytes that can be used to directly program our brain in the way nature intended. They are in fact, the original gene keys.

### THE 64 GATES AND THEIR ASPECTS



You will see from looking at your bodygraph that certain Gates are switched on or 'defined' (they are coloured in), whilst others appear to be dormant or 'undefined' (they remain uncoloured). These alternations of colour throughout your bodygraph broadly represent your genetic imprinting. Wherever you see a Gate coloured in Red, it represents an unconscious pattern inherited from your parents and grandparents, and wherever you

see a Gate coloured in Black, it represents a conscious pattern through which your soul seeks to express itself.

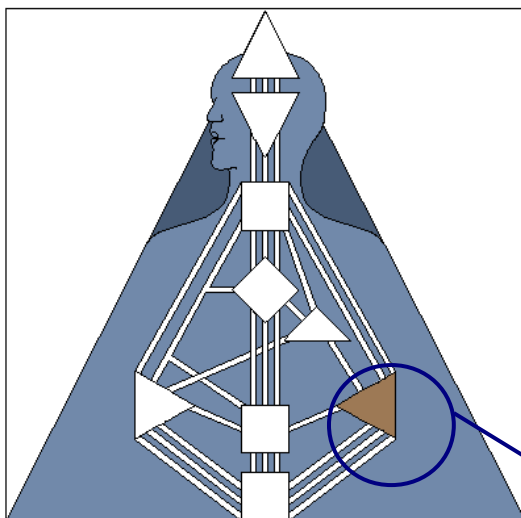
The trick with Human Design is to get these two sides of our nature - both the Soul (Black) and our Design (Red) to work in harmony.

## PROGRAMMING THROUGH LIGHT

There are three ways in which Human Design deprograms and then reprograms our brains. The first is through Light. When I say through light, I mean through the images that we take in through our eyes. Human Design is a visual tool. As you travel with me deeper and deeper into the bodygraph and its makeup, you are actually imprinting your brain with this archetypal matrix. Let me give you a sneak preview of what I mean by way of example:

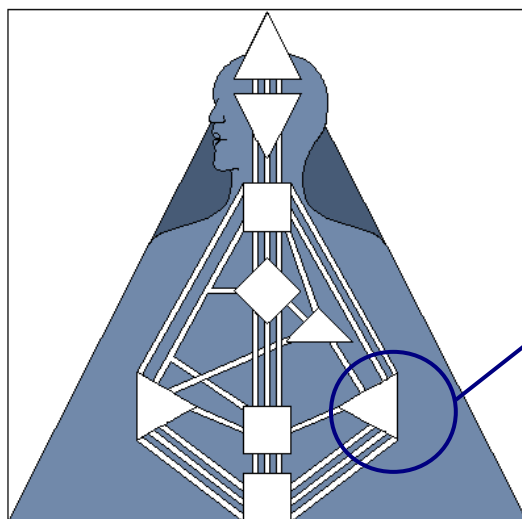
If you look at the triangular shaped Centre on the right of your bodygraph, it will either be coloured in brown, or it will remain uncoloured (white). This centre represents your entire emotional life. If it is brown, you are a transmitter of emotions (this is known as 'emotionally defined'), and if it is white, you are a receiver of emotions (this is known as 'emotionally undefined'). The implications of a statement such as this upon the way your brain handles emotional states will very likely change your life. When we come to the chapter on emotions, we will naturally cover this subject very thoroughly, but for now, let it be an illustration of how powerful the graphic image of your bodygraph truly is. Again, if that little centre is brown, you are a transmitter of emotions, and if it is white, you are a receiver of emotions. This single, simple truth is already being assimilated by the neurocircuitry in your brain.

### EMOTIONALLY DEFINED



### EMOTIONALLY UNDEFINED

You are a Transmitter of Emotions



You are a Receiver of Emotions

### PROGRAMMING THROUGH SOUND

The second way in which Human Design affects our brain is through sound. All sound can be reduced to vibration and frequency. When I talk about sound in this context I am talking about language. Our brains are programmed through language. What most human beings are not aware of is that our brains are effectively programmed by our inner vocabulary. All human beings have an inner vocabulary that is built up as we learn language as children. Our cultural conditioning, our parents, peers and schools all contribute to this inner alphabet that dictates the way in which we think. As we have seen, the way in which we think governs the way we act, react, interact, breathe, digest and just about every other aspect of your life that you can think of. For most of us, the neural pathways of this inner vocabulary are already laid down by the age of seven years old, regardless of how well we speak. In other words, our conditioning is not even in our own hands, but primarily in the hands of our parents, teachers and peers.

Each of the 64 Gates in the bodygraph has several layers of keynotes related to it. These words are your new neuro-linguistic alphabet. In other words, as you begin to associate these words with different aspects of your life, your life will appear to change. In fact, your life isn't changing. Your attitude towards life is changing. For each of these 64 gates there is a Master Keynote, a Deprogramming Keynote and a Reprogramming Keynote. Below is an example:

Gate 6, in the Emotional Centre:

**Master Keynote = The Gate of Friction**

**Deprogramming Keynote = The Pattern of Conflict**

**Reprogramming Keynote = The Gift of Diplomacy**

As we work with these different levels of Keynotes, what we are really doing is reprogramming our inner vocabulary. If you happen to have the 6<sup>th</sup> Gate activated in your bodygraph, you are probably running an emotional program rooted in a Pattern of Conflict. This pattern will follow you into your relationships over and over again until you manage to deprogram it. The first stage of this process is to accept it. After this, we can reprogram it, and your relationships will never be the same again!

## PROGRAMMING THROUGH INTENT

The final way in which Human Design works its healing magic upon our lives is through Intent. Intent is the only aspect of Human Design that is not in the hands of the system itself. In other words, intent is all up to you. This is another magical sub-program written into the Human Design System - it cannot be imposed on anyone who does not want to be deprogrammed. If you come to use this system, you have to first of accept the negative patterns within yourself, and you have to want to change them. Ironically, you will not change yourself at all through Human Design. You will simply experience yourself operating at a different frequency within your genetics as your inner vocabulary changes and your attitude becomes more and more positive. But your intent to want to change is the most important thing of all. Even though it may be misguided, it is the fuel that is needed in order for you to go through this incredible transformation. It is your very dissatisfaction with your life, coupled with your intent to improve it that will ultimately pull you out of being a victim and into the magnificence of your true nature.

## ADDENDUM

If, by the end of this chapter, you have not understood a word of what I have been talking about, this is absolutely fine. Just by reading this book from this point forward you can begin to apply a shift in attitude to your daily life. As I said earlier, the bodygraph is simply the map, and you don't need to understand every aspect of map-reading. You only need to know how to use those particular aspects of the map that affect you. It's your journey, and the real territory is your life. So shall we begin?

## Codes and Conditioning

No matter where you go to find out about the Human Design System, (and there are now many schools and organisations around the world) one of the first things you will probably learn or hear about is which 'Type' you are. The five Types are known as Manifestors, Generators, Manifesting Generators, Projectors and Reflectors. In looking at the database of information beside or below your own chart, you will see that you fall into one of these five categories.

I would like to present the idea of these five Types to you in a slightly new way. I don't want you to think of yourself as a 'Type' at all. This kind of language is actually quite divisive, and can lead to the impression that one Type is somehow better or more interesting than another. These Types do not separate human beings; rather they unite us in a remarkable and holistic way, as you will discover upon reading this chapter. The five Types are essentially Life Codes, and that is how I shall also refer to them throughout this book. So what are these Life Codes and what do they mean?

The answer is simple. Each of the five Life Codes represents a different life process within the whole - each one necessitating a different behavioural code or attitude towards life. If you adopt the attitude that corresponds to your own Life Code, your life will flow more smoothly. If however, you adopt an attitude that does not match your Life Code, you will encounter resistance and struggle throughout your life. It really is as simple as that. Therefore, along with your Life Code you will also find five keywords, which I refer to as 'the five Attitudes'. The five Attitudes are like pressure release valves for the Life Codes - their role is to release tension from one's life. They are the general practical attitudes we need to take in order for life to flow smoothly.

Below are the five Life Codes and the five Attitudes matched to each of the five Human Design Types:

| TYPE                  | LIFE CODE   | ATTITUDE   |
|-----------------------|-------------|------------|
| MANIFESTOR            | PROACTIVE   | COURTESY   |
| MANIFESTING GENERATOR | RESPONSIVE  | PATIENCE   |
| GENERATOR             | RESPONSIVE  | RESILIENCE |
| PROJECTOR             | INTERACTIVE | FAITH      |
| REFLECTOR             | DIGESTIVE   | TRUST      |

## THE HUMAN ELECTROMAGNETIC FIELD

Science now testifies that all human life emits subtle energetic radiation. This human bio-energy forms the cornerstone of many of the emerging alternative approaches to medicine. Every time we meet a new person, we engage them on a bio-energetic level. We humans call these feelings 'chemistry' for want of a better expression. But chemistry is *exactly* what it is. Each of the five Human Design Types creates a subtle energy signature in the space around it. If we are in harmony with our Life Code and Attitude then we literally create 'good chemistry' with the people we meet. If however, we are trying to push against our nature, then we immediately create energetic disharmony with others.

This chemistry that we are speaking of may sound like a nebulous term, but the reality is far from hazy - chemistry is a set of extremely physical sensations that governs all human interaction. Chemistry can be explosive at one extreme and deeply loving at the other, and we shall learn more about specific chemistries in the later chapter on relationships. The five Life Codes and their respective attitudes govern all human chemistry. If our attitude is correct, we create positive chemistry, and if not, we create negative chemistry. Each of the five Types therefore has a positive and negative theme associated with them. These themes can be seen below.

| TYPE                  | NEGATIVE CHEMISTRY THEME | POSITIVE CHEMISTRY THEME |
|-----------------------|--------------------------|--------------------------|
| MANIFESTOR            | PROVOCATIVE              | EMPOWERING               |
| MANIFESTING GENERATOR | OBSTINATE                | DYNAMIC                  |
| GENERATOR             | FRUSTRATING              | RHYTHMIC                 |
| PROJECTOR             | INTERFERING              | INTEGRATIVE              |
| REFLECTOR             | DISSIPATING              | EMBRACING                |

## CONDITIONING

The essential purpose of The Human Design System is contained in this single word - Conditioning. The first seven years of our lives form a behavioural programming matrix that moulds who we will become for the rest of our lives. The patterns that we inherit and learn from our parents and peers during these first seven years are referred to as our 'conditioning'. Simply put, when we come into the world we are utterly original, but by the age of seven, most of that originality has already been reprogrammed - it is reprogrammed by our parents, through their ideologies and beliefs, by our schools, our siblings and by society as a whole. There is no blame in any of this. Civilisation just happens to work in this way. The

Human Design System holds the potential for two great offerings to humanity - firstly, it can reverse the conditioning of any individual who is willing to work with its simple strategies, and secondly, it can help parents minimise and even eliminate conditioning in their children, providing they understand their child's original design and begin when the child is young enough. As you will see when you learn about your own Life Code and Attitude, your conditioning will have more or less set you right against it! Thus, the more deeply you can embrace your own themes and actually live them, the more deeply you will learn to be who you were always intended to be.

Once you know which of the five Types you are, you also know your Life Code and your Attitude as well as the pitfalls and potentials of your chemistry with others. As you will see, this is a vast amount of practical information that can really make a difference in your life and your relationships. With this information you can actually begin to reprogramme yourself as you go through your daily life. Over time, you will see how powerful your conditioning has been and how much it undermines your happiness and fulfilment in life.

Each of the five Life Codes is discussed below.

## THE PROACTIVE LIFE CODE

### The Code and its Conditioning

If you have a Proactive Life Code, then you are a minority among humanity. Only 8% of human beings fall into this category. To be proactive means to initiate something of your own accord or will. Interestingly enough, human conditioning tells us that this is something anyone can do at any time. It is something we all take for granted. Our conditioning tells us all that if we want something in life, we have to go and get it - we have to make it happen. There is a subtle fear underlying this conditioning - it is a fear that says: 'if I don't make the effort, nothing will happen'. This fear is the fear of missing our opportunity or our destiny in life. Ironically, being proactive is something that only works for a minority.

For those with this Proactive Life Code, you do indeed have to make it happen. This is the most natural way for you. It is the easiest way, since it is encoded into the very substance of your genetics. In the Human Design System, the name given to this Type is the Manifestor. It is a strong word, and one with many implications. As a Manifestor, you are a deeply creative human being, and you will have to carve your own path through life. You appear to be the most independent of the five Types, but that can also be your undoing, as you will see. You will have to find your deepest passion and have the courage to live it, despite what the conditioning of the rest of

humanity says. Proactive means that it's up to you. You need to work out what your dreams are, and then follow them.

## Attitude

For each of the Life Codes there is a warning, and this warning can be understood from the Attitude. The Attitude that goes with your Life Code is Courtesy. Courtesy means that despite being so independent, you need to constantly bear in mind the feelings of others. So many Manifestors simply plough through life following their proactive path, encountering enormous resistance and provoking anger and resentment from others. This is not how your life is intended to be. Every Manifestor child needs to have courtesy engrained within him or her from birth. Courtesy means that before you do anything in life, you need to consider everyone it will affect. If you are already an adult, all the conditioning you have received will probably chafe against this attitude. Independent as you know you are, it may well enrage you to have to pause on your path and listen to others!

If you have the Proactive Life Code, there is a very simple test you can do that shows you how well you are aligned with your Attitude. The test is directly relative to how others react and respond to you. If you have provoked anger or irritation from someone, that is resistance. Resistance from others reminds you that you may have overlooked someone in some way - you have probably rushed headlong into something without communicating your intentions clearly to those who might be affected. Annoying though it may be to you, you need to understand that courtesy truly is your best ally in life. You need to have the courtesy to constantly inform people of your intentions. It is an attitude that will truly make your life so much easier in the long run, even though you may find it hard in the beginning.

## Role within the Whole

Within the overall hierarchical structure of humanity, the five Life Codes could be compared to the four blood types of human physiology. As you can see from the table above, there are really only *four* Life Codes, since the two Generator Types have the same basic Code, with only the Attitude being different. The blood types differentiate human beings, but they have also emerged out of an organic historical genetic perspective. The four basic Life Codes - Proactive, Responsive, Interactive and Digestive, give rise to an intriguing mythological perspective when we look at them as harmonic aspects within the same system.

I would like to use the symbol of the human body as a metaphor to more easily understand each of the Life Codes and how they are designed to work

together. By seeing the true purpose of your Type at a holistic genetic level, you will see both what you are here for and what you are not here for.

The Proactive Life Code - the so-called Manifestors, are rather like those organisms within the human body that carry their own sub-programming. This sub-programming makes them *appear* more independent. An example might be an organism in the human body such as a macrophage, whose purpose is to seek out diseased cells or viruses in the bloodstream and eliminate them. How and when the macrophage does this is totally up to it - it has an independent task to perform within the body, and this is what it does. However, when seen within the perspective of the whole body, these macrophages are actually interdependent on all the other cells within the body.

What I am trying to demonstrate is that the Life Codes are really only operating codes or strategies for different aspects of a single consciousness - and by following these codes and their attitudes, we will encounter virtually no resistance in life. Thus, if you are a Manifestor Type, your natural tendency is to see yourself as fiercely independent from all other human beings, which is where you first get into trouble. You are simply an aspect of a single over-riding consciousness that only *appears* to be more independent than other human beings. Your great goal in life is thus to follow your own wonderful unique path, controlled by no one or nothing outside your own heart - and at the same time, to realise that your Code does not separate you from others, rather it brings you closer to them.

In conclusion then, if you have a Proactive Life Code, you only need remember one thing - every time you try and assert your independence, you increase the illusion of your own separateness. When you do this, the rest of the global body will remind you that you have stepped off track by resisting you and withdrawing its support, leaving you to do everything on your own, which you are not equipped for. This is how you create negative chemistry and provoke people - by excluding yourself and them. However, if you have the courage to follow the dreams of your heart AND include others, you will find enormous support from everyone you meet, and the positive side of your chemistry will flower, leaving you to empower everyone you meet.

## YOUR PROFILE

### THE ONLY THING YOU NEED TO KNOW IF YOU ARE A MANIFESTOR

*Whatever it is you want in life, just go after it - just make sure that you include others at the same time. If you exclude yourself, you will cut yourself off from the source of your power. Find the passion and Release it!*

## AN AFTERWORD CONCERNING MANIFESTORS AND THE POWER OF MANIFESTING

It is very important at this stage of our understanding to be absolutely clear about this word 'manifest'. Since one of the four Human Design Types is called 'the Manifestor', this has all sorts of implications, which can be confusing. Just because you are *not* a Manifestor Type does not mean that you cannot manifest anything in life! This is all simply terminology. There are simply different modes by which manifestation comes into one's life. The Manifestor Type simply uses the Proactive Life Code and manifestation occurs. The Generator Type follows the Responsive Life Code and manifestation occurs. It is the same with each of the Types, which is why the most important thing to understand is your Life Code.

### THE RESPONSIVE LIFE CODE

#### **The Code and its Conditioning**

If you have a Responsive Life Code, you are one of the two variations of the Generator Type - the Generator or the Manifesting Generator. Over 70% of humanity falls into this category. Responsive, as the word suggests, involves responding to stimuli presented by life. This is very different from the Proactive Life Code - in fact, it is exactly the opposite. To be proactive means to initiate action, whereas to be responsive means to wait and see what comes, and then respond, either with or without action. To be responsive rather than proactive requires a huge quantum leap for most modern people. All our conditioning, particularly here in the West, tells us to be proactive - to take our lives into our own hands. It is the credo that we all grow up with - that you make your life what it is. That is a very powerful conditioning indeed, as you may soon discover! If you have a Responsive Life Code, your natural way through life is to wait and see what happens - to wait and see what opportunities come your way. If you have the courage to take this more relaxed attitude towards life, you will immediately see results.

If you have spent many years behaving in a certain way and that way is not natural for you, you will weaken your physical body and health over time. If you then begin to reverse this process, your health and general well being will gradually improve. This is what happens when a Generator or Manifesting Generator begins to relax and let life come to them, instead of always pushing to get what they want. Having a Responsive Life Code does not make you totally passive - you can act out of response in a very direct and powerful way - but it has to be out of response.

The litmus test for you if you have a Responsive Life Code centres on the amount of resistance you get back from life. How easy or hard is it to manifest your dreams? If it is difficult and you find yourself frustrated and suffering, then that is a sure sign you are being proactive and pushing against the flow. If you can relax and wait a while, you will see that the universe has an uncanny knack of delivering the right things to your door at just the right time. The trick is to stop yourself pursuing your dreams, and to simply allow them to unfold in their own time.

Below are the slight variations in the attitudes of the 2 Generator Types. If you have a Responsive Life Code, it is recommended that you read this whole section, regardless of which variation of Generator you happen to be. There are many places where the 2 attitudes overlap.

### **Attitude - Manifesting Generator**

If you are a Manifesting Generator Type, then your Attitude is Patience. As a Manifesting Generator, you will probably already know what your dilemma in life is - in your design, you bring together some of the qualities of both the Manifestor and the Generator, but your Life Code connects you more strongly to the Generator Type. Thus your dilemma is how to hold yourself back in life! Now, I am not saying that you should hold yourself back at all. What I am saying is that there are times when you need to hold yourself back, and if you don't, you will learn something valuable about timing. Your negative chemistry is Obstinance - which means that if you cannot be patient, you will end up pushing people away from you. It is very easy for you to rush into something with all that dynamic energy of yours only to find that the people before you always seem to get in your way. The harder you push, the more anger and frustration you will encounter in life.

The other side of the Manifesting Generator is an almost unquenchable enthusiasm for life. Of all the Types, you are the one with the least limitations. You combine the unique power to get things done, with the staying power to go on creating endlessly. Once your cycle of manifestation has begun, you cannot be stopped, by anyone! Your cycle of manifestation begins with you making the correct response in life. The only trick is to wait for that magical moment when all your energy can finally be released.

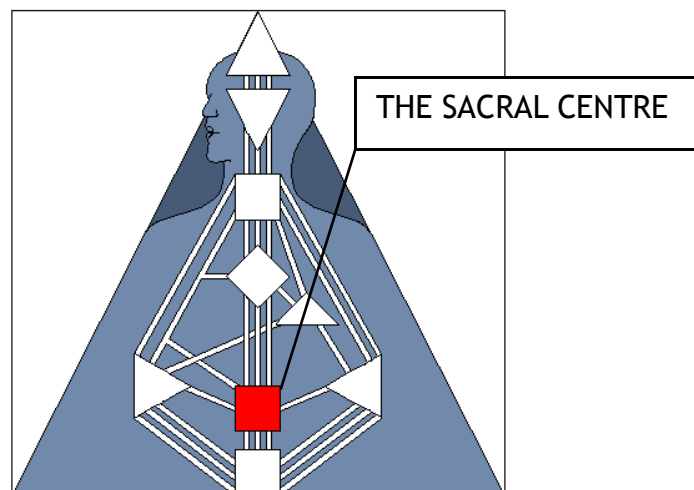
You have a great gift in your dynamic energy - it can galvanise anyone and anything if it is used properly - which means - don't be proactive if you can possibly help it! You are the kind of person that can end up learning things the hard way, but it doesn't have to be like that for you. Easy is easier, and all it requires of you is to hold your power back until the right moment in life. Timing is everything for you. Whenever you get stuck in Obstinance, you really are like someone bashing their own head repeatedly against a brick

wall! Whenever you find yourself in this space, it means that you have simply forgotten that life is meant to be easy. Patience brings huge and unexpected rewards for you.

### PATIENCE IS NOT AN EXCUSE TO DO NOTHING

The above sentence should serve as a caution to both Generators and Manifesting Generators. There is actually a fine line between allowing life to unravel in its own timing, and being overly passive. Both the types of Generator have enormous reservoirs of energy at their disposal. This is in fact what makes the Generator - the centre in Human Design known as the Sacral centre (See below). A Generator living at their full potential is an unstoppable dynamo of creativity. The secret is simply to know when you are being your own worst enemy. Response can be a very subtle thing. You can take the initiative in any situation, as long as it emerges as a natural response. You have to find out for yourself what it means to push the flow and what it means to allow the flow. The best advice for all types of Generators and Manifesting Generators is to be experimental - if you don't know whether you are pushing against the flow or not, try it and see! If the door opens easily, you know it is correct for you, and if all you encounter is resistance, frustration and irritation, it's simply life's way of saying that this isn't the door for you, or that it simply isn't the right time for you to go through this door.

### THE SACRAL CENTRE IS ALWAYS DEFINED (RED) IN BOTH GENERATORS AND MANIFESTING GENERATORS



### Attitude - Generator

As a Generator, your life can be so beautiful, simple and effortless. It only takes one quality for this to happen and you have bucketfuls of this quality

already - Resilience. Once you have learned the trick of not being proactive and allowing life to call upon you, you will soon discover a wonderful secret coming into your life - this is the secret of rhythm. Every Generator is held naturally in the lap of this universal rhythm, if they only have the courage to be patient and trust in life. Most Generators will recall days in their life when everything seems to just flow with perfect timing, as though the whole world were right behind them. Well, that feeling could be with you every day of your life. Now when I say that, I also need to clarify something important - knowing your Life Code does not mean that your life will be suddenly a bed of roses and that all your suffering will instantly go away! What it does mean is that you will move through life with far greater fluidity because you will soon realise that life is all a matter of rhythm. On some days, the rhythm is soft and silent, and on others it is full of staccato, noise and drama.

The secret to finding our flow in life is all about our attitude. Resilience means that you do not give up easily. It means that you stay with the process that you are in. This attitude is like gold dust to you if you are a Generator - everything reveals its meaning over time. As a Generator, you may not be able to see the future, but you can trust in the process that leads you into the future. The more deeply you yield to your life process, whatever drama is happening, the more you will find yourself in the present, not worrying about where you are going. This is what Resilience truly means - it means not interfering with the natural rhythm by worrying about it.

Over time, you will find that responding is not something that you can actually learn to do - you can only unlearn being proactive! Responding is then what is left behind, and it is your true nature. It fits you like a glove, and at this stage, everything becomes easy again, even when you come up against natural obstructions. There is a great deal of difference in navigating an obstruction and encountering resistance. Obstructions are a part of life's rhythm, like the great rocks that lie in the river's path. Obstructions actually define life's rhythm. Resistance, on the other hand, is when we fight with the obstructions instead of yielding and flowing around them, under them or even through them. The negative chemistry created by Generators when not following their Life Code is Frustration. This chemistry finds its way into their very environment, so that not only do they feel frustrated, but also others become frustrated with them. The Generator who has made the correct commitment out of a response will not make an obstacle into a point of resistance. Their commitment and resilience will simply allow that obstacle to dissolve over time - not being in a hurry always pays off!

## THE TORTOISE AND THE HARE

Both Generators and Manifesting Generators have different rhythms and different attitudes - The Manifesting Generator is rather like the hare in the old fable - they have this enormous dynamic energy that doesn't like to wait around. They tend to rush into things headfirst and then miss out of vital details, which means that they then have to retrace their steps and fill in the missing gaps in their knowledge. In this way, Manifesting Generators tend to make huge quantum leaps in life but then backtrack and follow the same steps again. If you are a Manifesting Generator therefore, don't beat yourself up because your life tends to follow this pattern - so what if you miss a few steps along the way?! You can always come back and catch up.

The Generators however, have a far steadier rhythm of response that misses nothing out and travels steadily and fluidly through life, rather like the tortoise in the fable. The Generator who is following their Life Code tends to move through plateau stages in their life - in other words, a Generator learning the piano may feel like they are stuck at a certain level of proficiency for a certain time until they suddenly breakthrough to another new dimension of mastery, and then they remain at that level or plateau for another length of time, until they have their next breakthrough. This is where their gift of Resilience pays off over the long term.

Whether you are a Generator or Manifesting Generator, there is no advantage. The difference is only in rhythm, not in result. Generators are no slower than Manifesting Generators, and one type has no advantage over the other. In this fable, the tortoise and the hare arrive at exactly the same time, so long as they have both followed their Life Code!

### Role within the Whole

Continuing our metaphor of the human body, Generators and Manifesting Generators are somewhat akin to blood cells. The two types of Generator comprise over 70% of humanity and as such they are the creative lifeblood of humanity itself. They keep the body alive and vibrating with their constant creativity. There is no type with greater potential for creative achievement in life. It is virtually impossible for any of the other three Types to attain any significant achievement in the world without the sustained support and love of Generators and Manifesting Generators. Because of the power of planetary conditioning, most of humanity does not follow the Responsive Life Code, with catastrophic results. This means that our planet has an unhealthy bloodstream with blockages and clots that endanger the life of the whole.

The answer to this conundrum is so simple - Generators and Manifesting Generators need to relax, find their true creative role and realise that they

are a part of life, rather than trying to make an effort to master or control life. For most of history, these two Types have compromised their creativity out of fear of not having enough or not being good enough. Now is the time for all Generators to free themselves from the conditioning that they have to struggle to be fulfilled. Their greatest secret is to do what they love in life, because only then can they unleash the full force of their awesome creative power.

## YOUR PROFILE

### THE ONLY THING YOU NEED TO KNOW IF YOU ARE A GENERATOR OR MANIFESTING GENERATOR

*Forget about what you think you want in life. Relax and allow life to deliver your dreams to your door. Only as you begin to respond to life, will you see how much you have been conned by the world that life is so hard. As you respond, you will also experience a creative explosion and a rhythm that will continue to guide you onwards for the rest of your life.*

## THE INTERACTIVE LIFE CODE

### The Code and its Conditioning

If you have An Interactive Life Code, then you fall into the category know as the Projector Type. Manifestors initiate, Generators create and Projectors guide. Guidance is a specific gift of all Projectors since it is rooted in your inherent skills at interacting with others. This is the great secret for all Projectors - finding the right people in life. When you find the right people, your interactive gifts really make you stand out. Finding the right people is rooted in single word - the most important word in your life - recognition. Only if you are recognised by another does your true power emerge, otherwise your gifts and skills will always remain hidden from the world. Within the five Types, there are more different variations of Projectors than any of the others, which says something important - namely, that there are many different types of guidance, and that each Projector is waiting for a very specific kind of recognition, tailored exactly for them.

Within the Human Design System, you will often hear of Projectors that they have a strategy to 'wait for an invitation'. In a certain sense this is exactly correct, but it can also be misleading. Projectors are not in any way designed to initiate activity in a proactive way unless they are within the aura of someone who directly recognises them. Neither can Projectors

release their creative potential without resistance if there is not someone somewhere close to them who allows them this profound experience of recognition. For the Projector, recognition *is* an invitation, regardless of whether the invitation is formal or wordless. It is very rare for Projectors to work alone. You most frequently see successful Projectors operating out of some profound relationship with another person.

The most important thing for a Projector to understand is what recognition truly means for them. We are not merely talking about someone recognising your skills, or a certain aspect of your character. For a Projector, recognition can only be total - it is as though the other person understands and respects them at the deepest level without having to go through any kind of process. These kinds of recognitions that are instant and beyond mental comprehension are what the Projector is waiting for in life. One Projector has described this recognition as though 'the presence of this person in my life triggered the sun to come out within my body'. It is a relatively rare and profound experience for a Projector to encounter true recognition.

## Attitude

If you have an Interactive Life Code, then there is a simple truth for you in life. You have to have Faith! This faith is absolutely essential for you - it is the faith in yourself, and the faith that your life will unfold without you having to struggle. Ultimately, your faith in yourself will allow you to wait for the right people to appear in life instead of making compromises with those who neither understand nor recognise you. You can see from the table at the beginning of this chapter that when you try to prove yourself to someone who doesn't recognise you, you create an instant chemistry with that person that is felt by the other as interference. Whenever you lose faith in yourself and attempt to win someone's recognition, you will immediately make the other person uncomfortable, even though they may not say it. What is more, you will very quickly become drained.

Exhaustion is a running theme for Projectors who are not clear with their interactive life code. You only become exhausted in the wrong company. You really have to see that your life code makes things so incredibly simple if you trust in it. Without your true allies, you cannot make yourself heard by anyone. With even one ally by your side to recognise you, the same people who couldn't hear you before, will not only hear you, but also crave your guidance and presence. When you have faith and wait for these instant recognitions, you create a chemistry within any group or relationship that is truly integrative. In other words, the group immediately begins to function harmoniously simply because of your presence. Any relationship where you are truly recognised is a relationship that is beyond words, because it is in

essence rooted in love and destiny. Your true destiny can only be unlocked by these kinds of relationships.

Finally, if you are a Projector, then this knowledge of Human Design may have a very profound impact on you, and in particular the chapter concerning the 32 channels of 'paths', found under the letter 'P'. Each of the channels you have defined or coloured in your design chart has a specific theme and meaning, and once you know these themes, you know exactly what it is you are here to be recognised for.

## COMPROMISE - THE DEATH OF THE PROJECTOR

As a Projector, you need to learn to see when you are making compromises in your life. We are not talking about ordinary compromises that all humans have to make in life. These are compromises in key relationships in your life - your boss, your husband or wife - and the compromise is made when you first meet them. There may be people who you meet and whose company you enjoy, but who do not respect you at a deep level. If there are people in key positions in your life like this, then these relationships can be incredibly draining for you. **The only reason a Projector compromises is out of fear that they won't get a better opportunity.** Having faith in yourself means that you have to have the courage to turn down opportunities that are not 100 % perfect. For you, only 100% recognition will do. If you do not wait for it, you will always have to fight to get recognition, and you will never truly get it. Even if your life turns out to be a great success on the outside, on the inside you will always feel the lack of true recognition. There is nothing more debilitating for a Projector than having people pay lip service to them without having the authentic feeling behind it.

Once recognition is present, there are no rules for a Projector. The recognition is an invitation to be yourself and release your magic into the world. Your greatest gifts will still be to reach out in some way and touch others, whether directly or through the medium of your work. In group situations, you really come into your true role as a facilitator rather than a leader. Even though you may be labelled as a leader, in fact your gift is make everything simpler and easier within the group (which is what the word 'facilitate' means), and you do this by integrating and balancing the collective energy and roles of everyone within the group. This may or may not be something you do consciously, but nonetheless, it is what happens whenever you are present.

## Role within the Whole

Within the genetic hierarchy, the presence of the Projector is pure magic. As the Projectors on our planet begin to awaken and live correctly according to their life code, then the whole notion of hierarchy will disappear. In its place what will emerge is a synarchy. A synarchy is circular in nature - leaders are not placed above anyone else, but simply recognised for their gift, which is primarily the gift of listening. The Projectors are the true leaders of the future, since they are not in the least bit interested in leadership. They are only interested in being surrounded by the right people so that they can get on with whatever it is that they are here to do.

At a holistic level, what the Projector does is balance the energy within the whole system. Through the undefined Sacral centre, each Projector acts as a conduit of energy - shifting it from places where there is too much, to places where there is too little, thus creating a synarchic structure rather than a hierarchical structure. Synarchy does not mean that everyone is equal - it means that everyone fulfils the role that belongs to them. It is not possible to be fulfilled as an individual unless one lives the correct role. This means that some people will need more resources to fulfil their role, and others will need less. If you have more resources (money) than you need, you cannot be fulfilled, and if you do not have enough, you cannot be fulfilled either. At a planetary level, Projectors are here to bring balance to the sharing of resources and integration to the collective.

There is one big key to understanding Projectors, and it can only be found by looking at the bigger picture. We know that statistically, Projectors make up 21% of the population. That means that for every five people, more or less, there is one Projector. Those are interesting numbers, especially when they are considered within the context of how Gene Pools operate. Projectors actually hold the secret to the choreography of all human gene pools. One day, when these aspects of Human Design are explored in more depth, we will be able to see how groupings of individual designs come together in the same way as cells bind together to create the organs within our bodies.

Imagine then, that humanity is a body like your own body. There are only 5 types of cells, each with their own sub-programming. The bulk of the cellular life of the body (91%) is made up of the two most common kinds of cell - Generator cells and Projector cells. These 2 types are designed to interlock with each other. The Generator cells collectively create the life of the organism. They are pure energy cells buzzing day and night, maintaining and building the whole. Projector cells are unique. They have no propulsion of their own, so they drift around on the endless energy currents created by the Generator cells. You might imagine how easy it would be for a Projector cell to feel that it had no purpose within the body. However, each Projector

cell actually has a very specific purpose (some have more than one), but that purpose can only be realised when certain energy cells (Generators) dock in with the Projector cell to receive instructions. Since the Projector has no propulsion, it is powerless to initiate this process, but has to allow the Generator cells to recognise them and dock in within their own timing. This recognition process takes place through a coded lock and key programme built into these 2 types at birth. In other words, every Projector holds multiple keys that fit an enormous array of locks. When a key does not fit a lock it is very obvious!

You can see then that if you are a Projector, you are genetically coded to have others (mainly Generators) recognise you and approach you. This is the foundation of the success of humanity as a species. The Projector's role is pivotal for life to be coherently organised. But there is a great irony to it all for the Projector - which is that there is nothing for them to do until they are recognised. Every Projector knows when the key fits. Every cell in your body lights up. You also know when it only 'sort of' fits. Those are the critical moments in your life if you are a Projector. If the fit is not perfect, you have to smile sweetly and turn away. The relief of not trying to make keys fit when they do not want to fit, actually releases a huge pressure from your life.

## YOUR PROFILE

### THE ONLY THING YOU NEED TO KNOW IF YOU ARE A PROJECTOR

You have to stop trying to get people to recognise you. You need to be able to walk into a room believing in yourself so much that you no longer need anything from anyone present. You need to realise that when someone doesn't recognise you, it isn't personal, which means you can immediately let it go. You are designed and destined to achieve recognition for doing what you love. All you have to do is wait for it to happen. Sooner or later, it will.

## THE DIGESTIVE LIFE CODE

### The Code and its Conditioning

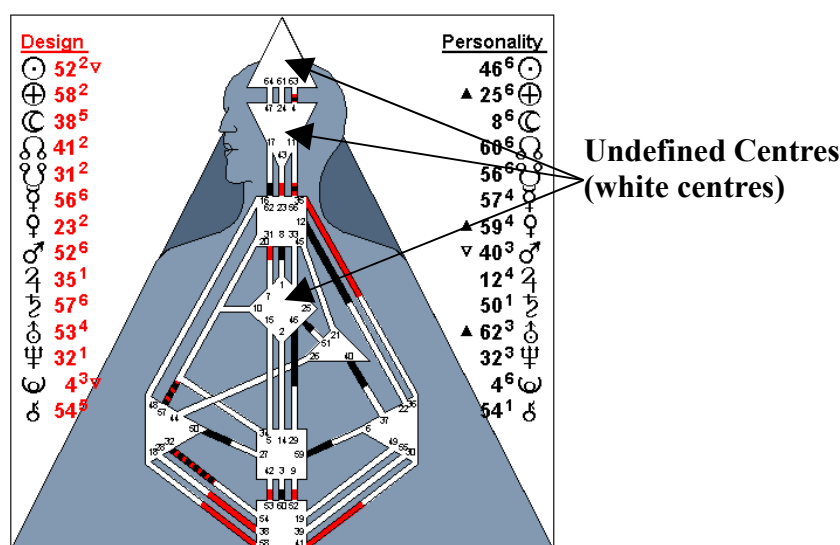
If you have a Digestive Life Code, then you are a minority among humanity. Less than 1% of the population fit into this category, which makes your role exponentially important compared to all the other Types. The digestive Life Code refers to the fact that no matter where you go, you are like a sponge for the environment - not only do you soak it up into yourself, but you are a

mirror of those around you, which is why your Type is known as the Reflector.

To be a Reflector means that when you look at your chart, you will notice that all of the 9 centres are colourless or white (see image below). This is not the case with all of the other Types, who have varying degrees and patterns of centres coloured in. In Human Design, these white centres are known as 'undefined' centres, and we will learn more about them as we travel through this book. The most important thing to understand about undefined centres is that each of them is like a blank slate, waiting to be written upon, influenced and conditioned by the outside environment and other people.

An undefined centre is both a great gift and a place of vulnerability. Being a Reflector therefore has some deep implications - but it does not necessarily mean that you are fragile or somehow more vulnerable than any other Type. It simply means that there are different rules for you than any of the other Types. To have a Digestive Life Code means that you have to literally digest everything and everyone at a cellular level. You actually become those you are around, or you become a mirror of your environment, which is why you are known as a Reflector. This means, above all else, that your health is directly tied to those with whom you live and the area where you live. It also means that you have a different life rhythm from those around you. Digestion takes time. You are advised never to make big decisions rapidly, and may need as long as a full month to fully digest and understand a new scenario or person in your life.

**Reflectors have all 9 Centres open or 'undefined'**



## Attitude

As a Reflector, your basic Attitude needs to be one of Trust. Trust goes along with digestion in that everything takes time to become clear to you. You are constantly engaged in a profound process of digesting your environment. You will always need a great deal of personal space in your life, away from the auras of other people. When you are alone, things will become clearer to you, but the process still takes time. You should never rush any process before you feel it has fully moved through the fabric of your being. You have to learn to trust in the process itself. You may spend time feeling unclear about certain things in your life, but as you give yourself more time and space, you will see that life follows its own course and by the time you are clear, everything is perfectly in place around you.

Trust is entirely different from Faith, the Projector's attitude. The Projector has to wait for a sudden event or recognition that will create a knock-on effect for the rest of their life. However, as a Reflector, everything in life spins around you. There is nothing that can really 'stick' to you. It all simply moves through, is absorbed and understood and then you move on. You do not really have to make any great effort in life for things to come your way. As you trust in a greater life process outside of you, so you follow your own nature and events take their own course. It is in no way a weakness to be defined by one's environment, so long as it's the right environment for you. The people in your life literally cause your life direction to unfold, but they do not do this at a conscious level. This all happens at a deep cellular, chemical level.

To be a Reflector means to be a shape-shifter. It means that you can move fluidly through any group or environment and simply 'fit in' without having to think about it. However, this is also how you can be manipulated by others, so the only way you can take advantage of your design is if you give yourself enough time and space. If you make a quick decision within someone else's aura, it may well be their aura that has influenced you. This does not mean that you can never be spontaneous, but it does mean that you should be very careful about who you sit next to or work with. To know whether a person is someone you can truly trust will always take you at least a month. If you are not clear about someone in your life you will experience your own energy dissipating into your environment. Your negative chemistry theme is to dissipate your sense of self. You can literally disappear into another person's ideas, thoughts, feelings or sensations, and your tendency will always be to think that they are your own.

This energetic dissipation is also felt by others when you are in a group or place that is not right for you. You can actually suck the energy out of the group, leaving the group feeling that something is missing and without any

real sense of cohesion. This should give you a sense of how powerful you actually are. On the positive side, when you *are* in the right group, you really alter the group chemistry in a positive way, bringing a sense that anything is possible. This chemistry is known as 'embracing'. You literally hold the group structure together in a way that simply could not occur without you. With all your undefined centres, you reflect the true agenda and dreams that lie within each person, and your presence unleashes the true potential of any group or community. All this happens without your having to actually do anything other than simply being yourself. Obviously you can see your true value emerge whenever you are a part of any group, family, business or community where you truly feel you belong.

### Role within the Whole

Within the holistic picture, you have a very specific function. If we continue our analogy of humanity as a human body and the 5 Types as cells with different functions, then Reflector cells would be like diagnostic cells. In every part of the body, you will find Reflector cells, and wherever they are, they will instantly reflect the health of that area, system or organ. In this way, Reflectors perform an incredibly important task at a global and genetic level - they actually reflect the evolutionary stage and general well-being of any part of humanity. Statistically speaking, there is a Reflector for every one hundred or so human beings. Thus it is as though every village or tribe has its wise man or wise woman, and that wise one is the Reflector. The power of the Reflector is directly linked to the intent of its community as well as its ability to maintain group stability and harmony.

True recognition and love can only come for you as a Reflector when you have found your place in the world. Your true family is the one you love to be around, even when there is discomfort. Your role is not necessarily to fix that discomfort - rather it is to accurately predict whenever things are beginning to move into an imbalance. Because of your sensitivity, you are also very strong - you will always pick up on instability before anyone else, which is why you can be so valued.

#### YOUR PROFILE

##### THE ONLY THING YOU NEED TO KNOW IF YOU ARE A REFLECTOR

The most important thing for you is to find the right place to live and work. Once you have found this place, all things will begin to revolve around you and many doors will open to you. You also always need to allow yourself enough time and space to be clear about who belongs in your life and who does not. You need a minimum of one month to truly know whether you can trust a person or not.

# D

## iet and Decisions

Having understood the rudiments of your Life Code and how your Type works, we can now turn our lens on what is possibly the most important information in this book - decision-making. One of the most practical areas of Human Design, the art and science of decision-making is known as 'Authority'. This knowledge is immediately applicable to your daily life, and is something of a litmus test for Human Design being a valid system. By the end of this chapter you will know exactly what your unique decision-making process (your Authority) is, and you can test it out for yourself. It may well change your life.

You may also notice that this chapter is called 'Diet and Decisions', which is intended as something of a joke. The fact is that there are two real types of decisions in life - life decisions and daily decisions. Life decisions are the really big decisions - whom we live with, where we live, which career we choose. For most people, these are the kind of big decisions that we only make a few times in life. Obviously a great deal hangs on them. When we are confronting one of these big turning points in our lives, our Authority has to be followed exactly.

### DIET

Life is also filled with millions and millions of daily decisions. Every day we make thousands of these decisions. One of the most important daily decisions we make is what we eat, and I have chosen this subject of diet as a symbol for this chapter. When you know how to choose the correct food in life, you will have mastered your own Authority. You can then apply this Authority to every single decision that comes towards you. You will also have the added benefit of greatly improving your health! Without knowing our Authority, not only are we gradually undermining our health, but also we are never truly able to feel secure in the world. Once we have tried and tested our Authority in the real world, we can be startled by how simple and obvious it is and yet what a huge difference it makes to our quality of life. This really is Human Design at its most practical.

There may be no sphere of modern life that has a more powerful conditioning field than diet. We are told what is good for us and what is bad for us. We may read books or articles that suggest what we should or should not eat. From a very early age, our Authority is essentially taken away from us, as most of us are simply told what we have to eat. On the surface, the subject of diet seems to be so vast since it is so deeply tied to our desires, instincts and psychology. However, when you know your Authority,

everything is brought down to essentials - the question is: what does the body need? It is not a question of what we think the body ought to have, or even what we want our body to look like. Each person has a unique chemistry, which is designed to respond to unique sustenance.

The human body is beautifully adaptive. Our bodies shift their food urges according to subtle changes in climate, geography, age and activity. Generalised diets are the greatest health killer on our planet. If you are eating a vegetarian diet and your body is designed to run on meat, you will soon pay the price, and vice versa. As you discover your Authority, you will actually enjoy food a lot more. Certain designs require more extreme diets. Balance is not what we are told by the scientists, dieticians or best-selling food books. As you begin to eat the food that your body needs, as well as eating at the times when your body needs to eat, rather than the times set by conditioning, your body will gradually find its inner balance. It will begin to settle into its own natural shape and weight. You will begin to feel more energy and more creativity. You will enjoy being surprised sometimes by what your body asks to eat.

With Human Design, all of this pressure, uncertainty, angst and guilt that surround food can be forever cut away. You will become far more flexible around food and far less opinionated. The greatest truths in life are the simplest. As you read your own Authority below, try experimenting with it in your life. You don't have to suddenly become fanatical - it's more important to simply relax and be open to a new way of eating.

#### INNER AND OUTER AUTHORITY

There are two types of Authority - Inner Authority and Outer Authority. Outer Authority is your ability to guide and see the way for others. It is the gift of your own unique mind. Inner Authority is your ability to make decisions concerning yourself. However, there is a golden rule with Inner Authority in Human Design, which is that despite what you may have grown up thinking, your mind can never make a decision for you. I am going to repeat that sentence again, so that you can begin to digest it fully:

**Your mind can never make a decision for you.**

According to Human Design, the mind only has the capacity to weigh up decisions, listing out the many pros and cons of a given decision. The place where you actually *make* the decision within you is called your Inner Authority, and this is a process that varies greatly within each of us. Inner Authority is the only means by which you can arrive at a precise and clear decision for anything in life, from whom you decide to marry to what you eat for breakfast.

## THE FIVE DECISION GROUPS - *How to read this chapter*

If you look down at your Human Design chart, you will see that somewhere on there will be a heading labelled 'Authority'. After this, you will see another word or words, which refers to your specific mode of Authority. There are a total of 11 modes of Authority, some being more common than others. These modes constitute 11 different ways in which humans are designed to make decisions. One of these belongs to you, and you can read about it in the text that follows.

For the sake of simplification, the 11 modes of Authority can be classified into 5 major Decision groups, each with a master Key. This chapter is divided into five Parts according to these 5 Decision Groups. Once you have found which Decision group you belong to, you will also find a neat, practical summary of your decision-making 'style' at the end of each section. You will find these summaries in the box entitled: 'All you need to know about making decisions'.

The 5 Decision Groups and their Master Keys can be seen below:

### THE FIVE DECISION GROUPS

|                                                                                                                                         |                                                                                                    |                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>INSTINCTIVE</b><br><br>Splenic Manifested<br>Splenic Generated<br>Splenic Projected<br><br><b>MASTER KEY:</b><br><br>Follow your Gut | <b>EMOTIONAL</b><br><br>Emotional<br><br><b>MASTER KEY:</b><br><br>Follow your Feelings<br>Through | <b>VOLITIONAL</b><br><br>Ego Manifested<br>Self Manifested<br>Ego Projected<br><br><b>MASTER KEY:</b><br><br>Follow your Will   |
| <b>VOCAL</b><br><br>No Inner Authority<br>Self Projected<br><br><b>MASTER KEY:</b><br><br>Follow your Voice                             |                                                                                                    | <b>FLUID</b><br><br>Sacral expressed Manifested<br>Sacral expressed Generated<br><br><b>MASTER KEY:</b><br><br>Follow your Flow |

## **PART 1: THE INSTINCTIVE DECISION GROUP**

**Consisting of:**

- 1. Splenic Manifested Authority**
- 2. Splenic Generated Authority**
- 3. Splenic Projected Authority**

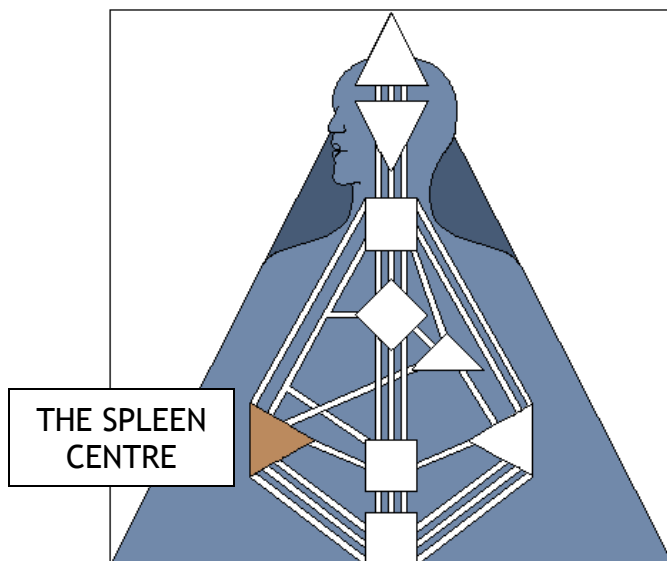
**Master Key: Follow your Gut**

The Instinctive Decision Group has their Authority based around a single centre in the Human Design bodygraph - the Spleen Centre. This mode of Authority is known as Splenic Authority. The Spleen Centre represents the immune system and is our oldest centre of awareness. Back in our mammalian past, our ancestors were able to survive only because of their instincts, and this is how you not only survive in the world, but also flourish. It takes great courage to trust in one's intuition because it is something that is entirely illogical. An example might be having a funny feeling at the airport telling you not to board the airplane, even though you have a non-refundable ticket. That is not something that we often trust. However, for you, your spontaneous instinct is the only thing you can ever trust. If your instincts tell you not to board the plane, there must be a very good reason. The hospitals are full of people who did not trust their first instincts!

### **THE COOLNESS OF THE SPLEEN**

If your Authority belongs to this Instinctive Group then first impressions are everything for you. The last thing you should do is make any decision when you are feeling emotional, whether you feel high, low, anxious or excited. Splenic decisions are cool decisions, and Splenic people like yourself, are by design, very cool. People can often mistake this coolness in you as coldness, but it is not the case. You will always do well to remember that instinct has nothing at all to do with your mind, as it is rooted in your body and in your immune system. If you instantly take a dislike to a particular environment or person, that is your immune system telling you that that person or place is not healthy for you in that moment. It is never personal, but is something that you must immediately have the courage to trust. Again and again, you will see that you can rely on this spontaneous awareness.

The Master Key for all those within this group is to 'follow your gut'. These Authority modes are where gut decisions rule.



## 1. SPLENIC AWARENESS MANIFESTED AUTHORITY

### Life Decisions

If You Have Splenic Awareness Manifested Authority then you will already know that you are a Manifestor and that you already create waves in the world around you. However, as a Splenic Manifestor, you are unlike most other people you will ever meet. For example, when you meet a person for the first time, your very first impression of them in the split-second that you meet them is the thing you must trust. You will see that you will never be proved wrong in this. If you hesitate in life, you will open yourself up to the doubts from your mind, and then you will have missed following your instinct.

Being a Manifestor, you must always remember that for you, a little politeness goes a long way! You need to remember to inform people before you act on your instinct. Don't just leave the room without saying anything. By simply saying that you are leaving, you put others at ease and do not have to deal with the inevitable backlash that often follows someone with your kind of design.

### Diet and Daily Decisions

Knowing what to eat is very easy for you. The first moment that you feel hunger, there is already an urge for a particular food within you. Whatever this instantaneous urge is, that food is what your body wants and needs. If you then allow your mind to interfere with all its judgements about what is

and what is not good or bad for you, you have lost touch with your true Authority. The Spleen is absolutely unpredictable. Whatever your body tells you to eat in the first split-second, that is precisely what you need.

## 2. SPLENIC AWARENESS GENERATED AUTHORITY

### Life Decisions

If you have Splenic Awareness Generated Authority then you will already know that you are either a Generator or Manifesting Generator. You will also know that your power to be clear in life always comes out of response. In your particular case, clarity comes only out of your very first response. Splenic awareness operates only in the Now, which means that if you hesitate or doubt your very first instincts about something, the chances are you will make a wrong decision. For you, the only thing you need do in life is wait, respond and trust in the very first instinct you have. That is your Truth and it never needs defending or justification. Over time, you will see that it is one hundred percent reliable.

### Diet and Daily Decisions

Unlike the Manifestor above, you cannot know what food is right for you until you are either standing in front of it, or looking at the menu, or someone asks you. Your Authority is based on instantaneous response, which means that you must first of all be presented with a stimulus. This can be an advert on the TV, or a cupboard full of food or just about anything. You will only know what is right for you when you can respond to something or someone. Since your Authority is splenic, you will not know what you want until the moment arrives, but when the response comes, it comes instantly and without hesitation. Again, you may sometimes be shocked by what your body wants! You can never have a pre-planned diet because you are a totally spontaneous being.

## 3. SPLENIC AWARENESS PROJECTED AUTHORITY

### Life Decisions

If you have Splenic Awareness Projected Authority, you will already know that you are a Projector. Being a Projector, following your Life Code and its Attitude is the only way of ensuring that you enter into situations correctly. You already know that you must be recognised and invited by another person into the most important decisions in your life. If you wait, your

career, relationships and greatest opportunities will come to you in this way, and given your instinctive Authority, you will always know immediately which invitation is right for you. You will always know in the first split-second that you receive your invitation whether it is right for you or not. If you hesitate and allow your mind to doubt at this point, you will probably make a wrong decision. You are someone who must always trust your first impressions, no matter how illogical they appear at the time.

For you, the only thing you need do in life is wait until you feel this special sense of recognition between you and another. All else will flow out of that. For the big decisions in life, you must hold out for relationships where you are one hundred percent recognised, whilst resisting the temptation to go out and try and make something happen for you. If you can wait, the rewards will come.

### Diet and Daily Decisions

There is some rather unusual advice for you regarding eating habits. What is most important for you as a Projector is to eat with the right people! If you spend time with people that do not recognise you in the first place, then it will tend to throw your whole life out of kilter. This also applies to eating in the right places. Your first instinct is never wrong. You need to eat whenever you are hungry and at no other time, regardless of what pressures others put you under. If you are in the right company, there will be no pressure anyway. Like the other modes in this group, you are a spontaneous being, so you can never eat a pre-planned diet. You just have to wait and see what happens when you get into the kitchen, or the restaurant!

#### YOUR PROFILE

##### INSTINCTIVE GROUP - ALL YOU NEED TO KNOW ABOUT MAKING DECISIONS

*You have to learn to trust in your spontaneous gut instinct. Your instincts follow no logical pattern and require you to have absolute faith in your very first impression or instinct concerning any decision. Your greatest enemy is hesitation. As you learn to trust in your gut feelings, you will see how incredibly sharp your instincts really are.*

## PART 2: THE EMOTIONAL DECISION GROUP

**Consisting only of:**

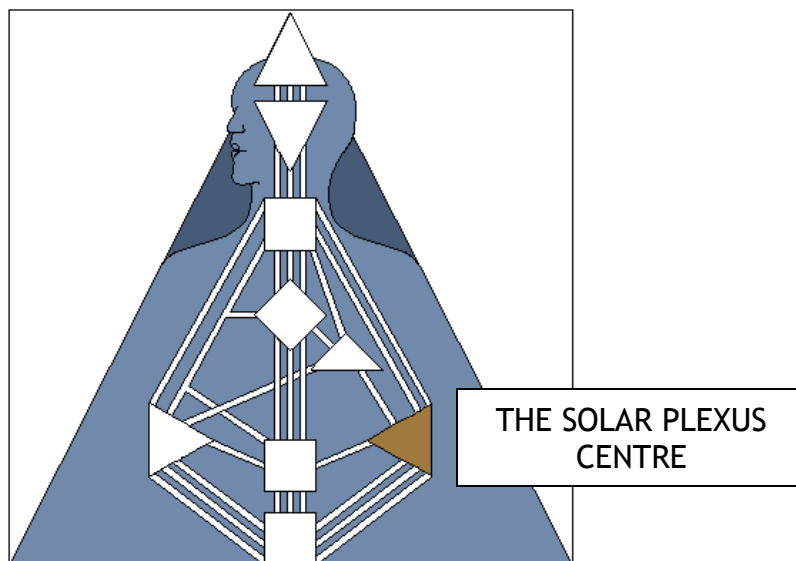
### **1. Emotional Authority**

**Master Key: Follow your Feelings Through**

Statistically speaking, around half of humanity fits into the Emotional Decision Group. That means that every other person in the world has a design *not* to make a decision on the spur of the moment! This might give us some idea of just how powerful a thing conditioning is, as well as how difficult it can be to overcome it. If your decision-making Authority is emotional, then your great challenge is to wait before you decide.

The Emotional Decision Group has its Authority centred on a single centre in the Human Design bodygraph - the Solar Plexus centre. The Solar Plexus represents the centre of emotional awareness in all human beings. If you have emotional Authority, then you must have this centre coloured in brown in your chart. It doesn't matter how many other centres you have coloured in, if this little brown triangle is coloured in, then it dominates over everything else within your design. For everyone in this group, all decision-making must be filtered through the emotions.

The Master Key for this group is: Follow your Feelings Through. This means that decisions should not be made until one's feelings have been allowed to run their course.



## 1. EMOTIONAL AUTHORITY

### Life Decisions

If you have Emotional Authority, then there is one golden Truth for you in life:

Never make spontaneous decisions that affect your own life! Cultivate patience.

No matter how wonderful you think it is to be spontaneous in life, there is nothing that is more dangerous for you. In your Human Design chart, you have a defined Solar Plexus centre, which is the seat of your emotions. Whether you realise it or not, this means that you are someone who is here to take life in through the depth of your feelings. Because your feelings are always moving in a wave motion that moves up and down, from joy to sadness, it is not possible for you to be absolutely clear at any given moment during this wave. This means that you can only have clarity around any decision over time. With time, you get perspective. When you no longer feel nervous or excited about a decision, only then are you truly clear.

Having Emotional Authority is not a handicap. People who do not have Emotional Authority probably do not have such a rich experience of life as you. However, the longer you take over any decision in your life, the healthier you will be. For important decisions, it is absolutely imperative that you sleep on it for a minimum of 1 night before committing. As far as

guiding other people's decisions, you can be as spontaneous as you like, but for yourself, you must always allow time.

## **Conditioning**

It is important to understand that your conditioning will generally pull you in the opposite direction from your Authority. In other words, you may love the idea of being spontaneous. The general conditioned view is that caution about decision-making is often seen as indecisive and weak. In your case however, you must trust in your Authority and try it out for yourself. Below is an example of the magic of Emotional Authority in action.

A man is trying to buy a house. One day he finds the ideal place. It's perfect in every way, the price is good and it has only just come onto the market. His normal conditioned behaviour would be to quickly snap up the purchase before anyone else does. However, having Emotional Authority, he waits and decides to sleep on his decision until the next day. The next day however, someone else has seen the house and already put in an offer, which has been accepted. The man accepts that the house cannot have been the right one for him, even though it felt perfect. A week later, a friend tells him of another house that is even more perfect and even cheaper, and which hasn't even come onto the market yet. He sees this second house, falls in love with it, thinks it over for a week and then buys it without any competition. He is so grateful for knowing his Authority, because otherwise he would have bought the wrong house in the first instance.

The information above is likely to be the hardest thing you ever attempt in life. For an emotional person, there is nothing harder than waiting. In love, in sex, in passion, in joy, in sadness, in everything, you have to resist the temptation to jump. It may be a long process of deconditioning that you will have to go through. No matter how deeply certain you may feel in the moment, sleep on it, and see if your conviction is still the same the next morning. If it is, then go ahead! The more important the decision, the longer you need to sleep on it.

## **Diet and Daily Decisions**

Obviously, there are many decisions in life that cannot wait for us to sleep on them. Our many daily decisions usually demand that we make up our minds quickly. Eating is a perfect example of this. If you have Emotional Authority, then this is an area in which it is healthy for you to be indecisive. Choosing food spontaneously or too quickly means that you are essentially guessing what to eat. The body has its own mechanism for telling each of us exactly what it needs.

## Emotional Eating - *Follow your Feelings Through*

The Master Key for Emotional Authority is 'Follow your Feelings Through'. This is a very clear piece of advice. It simply means that you should not simply eat the moment you feel like eating. You need to follow that feeling and see where it leads. It will either grow into genuine hunger, or it will fade away and be forgotten. Most people with Emotional Authority eat as though they had Splenic Authority (see The Instinctive Decision Group above), which is highly detrimental for their health.

The majority of weight problems arise because of emotional eating - from people with Emotional Authority not waiting to see if they really are hungry. It usually doesn't take at all long for the emotional wave to fade away. If your Authority is Emotional, you can begin to experiment with this immediately, and even though it may feel strange in the beginning, you will soon see how simple and life transforming a truth this is for you. Emotional eating takes its greatest toll over time. It is not just about what we eat, but *when* we eat. That is the real key to Emotional Authority. There are as many different eating patterns as there are human beings, and of course, our eating patterns determine everything - our health, our energy levels and our sleep patterns - in fact, the general tempo of our lives.

So before you decide you want something to eat, take some time to see whether you really are - a mere five minutes may be enough in some cases. And once you realise that you are hungry, take some more time to decide *what* to eat. If you just swallow the first thing that your craving demands, you may be ingesting the wrong food. You need to give yourself as much time as is practical - even a mere 30 seconds may give you the perspective you need. If the craving persists, then the food is correct for you. Now you can enjoy being the last person to order from the menu in restaurants!

When you have Emotional Authority, you need to give yourself as much time as possible before every decision, no matter how small. In doing this, you are putting breathing spaces into your every day. Over time, this will entirely alter the rhythm of your life, as you stop leaping into things and making commitments that you later end up regretting. With Emotional Authority, you are here to enjoy life, and to follow your passions. This is not about curbing your enjoyment of life - rather it is about being clear before you make a leap that it is the right leap for you. Then, no matter what happens, at the very least, you know you will have always been yourself.

### YOUR PROFILE

#### EMOTIONAL GROUP - ALL YOU NEED TO KNOW ABOUT MAKING DECISIONS

*The rule of your life is extremely simple - Be Patient! Wait before making any decision. You must learn not to allow your decisions to be ruled by your passions, no matter how beautiful, strong or certain you feel. If it is meant to happen, it will happen anyway. You will be surprised at how smoothly things resolve themselves when you do not act in haste.*

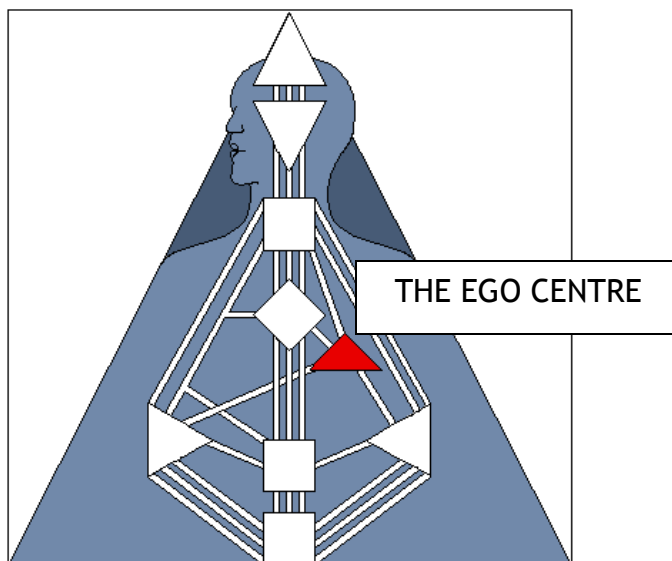
### PART 3: THE VOLITIONAL DECISION GROUP

Consisting of:

1. Ego Manifested Authority
2. Self Manifested Authority
3. Ego Projected Authority

**Master Key: Follow your Will**

The Volitional Decision Group is made up of three types of Authority that are statistically speaking very rare. This group is centred on a single centre in the bodygraph - the Ego centre. In the bodygraph, the Ego centre represents the seat of willpower. Thus these are all decision-making strategies that depend on the level of an individual's willpower. These kinds of decisions differ from other categories because they concern personal commitment. The question behind a volitional decision is: Do I have the willpower to follow this through?



People with Authorities in this group may also have to deal with issues of provocation. The Ego centre carries a very powerful charge in the world, and people with this power are very easily misunderstood. Such people can often appear to others as self-obsessed or selfish, when in fact they are simply being who they are. The trick in avoiding these kinds of misunderstandings therefore is to follow closely one's Life Code and its Attitude.

Despite what others may think, people in this group are far more sensitive than they appear. If you have any of the three modes of Volitional Authority,

you need to be careful about making decisions in the presence of others. It is always safest if you make your important decisions in your own space, away from others. This is because you can easily be conditioned and disturbed by other people's emotional state. You should not make decisions at all when you are either nervous or excited, because both these states will always be conditioned in you, rather than being a part of your own unique nature.

The Master Key of this Group is to follow your Will. These are decisions that come directly from a

## 1. EGO MANIFESTED AUTHORITY

### Life Decisions

There are three different types of Manifestor: Splenic, Emotional and Ego. You are an Ego Manifestor. As such, you are real a minority in the world. You are one of those rare people in life who can actually follow something through to the end by the sheer force of your will. Whatever you want in life, success for you is all a matter of how much willpower you feel within you.

Much of your life will be learning to deal with material demands and issues. You have an innate ability to make money out of whatever you do, but you really have to be your own boss in life. It is not natural for you to work under someone else because you are not designed to give up control to another person. You have to be the one in total control. In this sense you are very unusual because the only way you can fulfil your Authority in life is if you are a one-man or one-woman show. In other words, whatever you do, you will do it best if you do it all by yourself.

Ego Manifested Authority means that all your decisions in life flow directly from your Will. If you really want something badly enough, then you have to go after it. The only reminder for you is to inform those around you before you plough in with all that power of yours. Ego Manifestors tend to make those around them very nervous, even before you have done anything!

### Diet and Daily Decisions

As an Ego Manifestor Type, your Authority is very similar to the Splenic Manifestor, which means that you should eat what you want whenever you want it. It really is that simple for you. The difference between you and your Splenic counterpart is that your Authority stems from 'I want that' as opposed to the splenic version 'I need that'. Your Authority is based on what

you as a person want, rather than what your immune system tells you. This may mean that your diet is fairly consistent, since it is based on your likes and dislikes, rather than the body's changing needs.

Because you know what you like to eat, you can see very clearly when you are being conditioned by someone else's presence. If for instance, you never eat chocolate when alone, and then you eat a whole bar when in the presence of someone else, it is highly likely that their design (probably their emotions) have directly influenced you. It is not necessarily wrong for such things to occur to you, but it may disturb the balance of chemistry within your body and make you feel sick or tired or drained. Naturally, this doesn't mean that any one person is 'bad' for you - but that you need to keep a sharp eye on yourself whenever you are eating around others. You need to try and stay consistent with your own eating patterns, but without excluding yourself.

## 2. SELF MANIFESTED AUTHORITY

### Life Decisions

If you have Self Manifested Authority, this places you in any extremely rare category among human beings. Self Manifested Authority is about loving yourself. Every decision you make has to come as a result of two criteria: am I doing this because I really want to? And, have I first of all informed the people around me who may be affected by the decision?

Self Manifested Authority is about having the courage to always do what you love in life. In that sense it is about being selfish without feeling guilty about it. You are here to carve a path where no one else has been. Because of the nature of your Authority, you can always be sure that a decision you make only for yourself will in fact always benefit everyone else. There is a beautiful sense of innocence that arises out of living such a design as yours. Manifestors can meet a lot of resistance from other people. As long as you are letting everyone know what you are doing, you will not annoy anyone. In fact, rather the contrary, you will inspire and empower others to love themselves simply by being an example of that.

Above all, you have to find the courage to trust in your Self whilst making sure that you keep everyone around you in the picture as to what you are doing.

### Diet and Daily Decisions

All your daily decisions will follow the pattern of your life decisions. Every decision you make has to follow from the question: 'Am I doing this from the centre of me, or is it because someone else wants me to? This kind of Authority can be a great challenge for you to constantly love yourself. Even though that may sound selfish, it usually ends up with you wanting to give your love to others, since that is you loving yourself.

As far as diet is concerned, there are no rules for you. You may be an adventurous eater. It is natural for you to try new things and new tastes regularly. You may not need to eat as much as most other people either. Rest is actually more important to you than food. The best advice for you is simply to try new things and eat what you know you love.

### 3. EGO PROJECTED AUTHORITY

#### **Life Decisions**

If you have Ego Projected Authority then you have the least common form of Authority among humanity! Obviously, this means that you may feel different from others in the world. The laws that govern most people's decision-making do not apply to you. As a Projector, you know that you have to wait for people to come into your life who truly respect your uniqueness. However, on top of this, your major life decisions need to test your limits - you have a very powerful will, and this means that your big decisions need to arise out of a sense of excitement. Unless your will is going to be challenged, the decision will not come from the heart of you. You are here in the world to go beyond yourself and others. Everything you are here to do must serve this questing spirit within you.

#### **Diet and Daily Decisions**

As a rare Projector, you may have an unusual diet or pattern of eating. Your diet is actually defined by whom you live and/or work with. This means that it is simply a part of your lifestyle. All the small decisions in your life arise directly out of the big decisions you have already made. For you, it really is all a matter of whom you spend your time with - they must be people who allow you to be yourself absolutely. This also means that your diet may vary considerably when you are away from your home environment. You must be very careful not to be swept away by other people's expectations of you, or by any of society's norms. You will probably love to experiment with what and when you eat, but you probably do not need large amounts of food, which will tend to drain you. Your daily decisions need to have some element of excitement within them, as though they were all leading to some distant goal. If you are bored with your life, then somewhere in your past, you may have made an incorrect life decision or a compromise, and you will have to wait until true recognition finds you.

**YOUR PROFILE****VOLITIONAL GROUP - ALL YOU NEED TO KNOW ABOUT MAKING DECISIONS**

*All your decisions must flow right from the heart of your being. You can be easily swayed away from your own direction by the presence of others. You need to learn to make decisions from your heart, in spite of what others may or may not think or say of you. This does not mean you are oblivious of others, rather that you can best serve them by remaining true to yourself.*

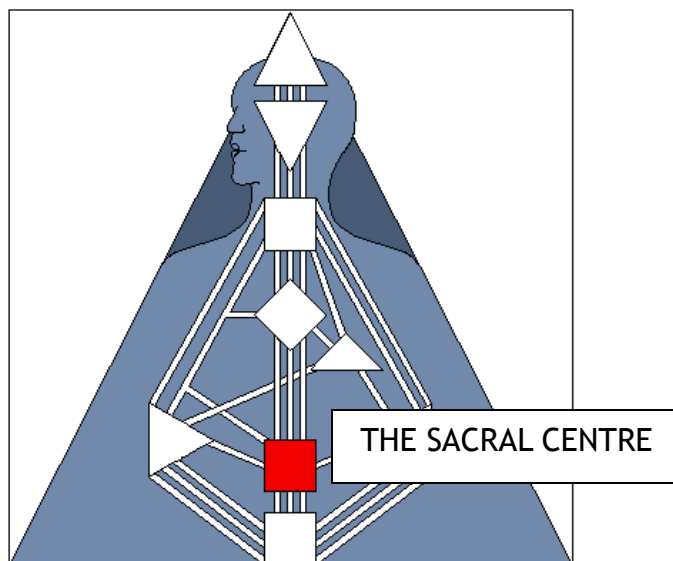
**PART 4: THE FLUID DECISION GROUP**

**Consisting of:**

- 1. Sacral Expressed Manifested Authority**
- 2. Sacral Expressed Generated Authority**

**Master Key: Follow your Flow**

The Fluid Decision Group is centred on a single centre in the Human Design bodygraph - the Sacral centre. As we saw in the chapter on the Life Codes, the Sacral centre is the source of power and response for both Generators and Manifesting Generators. If your decision-making Authority falls within this group, then it is only through this centre that you can make a reliable decision. What is unusual about your Authority is that it does not come from a place of awareness within you. What this means for you is that decision-making is something that is both automatic and very subtle. Being the centre of the life force itself, the Sacral Centre is the place where we say 'yes' to life.



If you belong in this decision group, then you are someone who can easily say yes to many things. Being a Generator or Manifesting Generator, you will generally find that your decisions happen without you having to think about them. They come as automatic responses to your environment. Despite not being a vocal centre, the Sacral Centre is actually capable of making sounds, and these sounds emerge as guttural grunts and sighs that occur in response to everyday life. If for example, someone asks you whether you would like to go to dinner with them, and you hear yourself make an indecisive moaning sound, then that is a clear indication that your Authority is saying No. Obviously this doesn't mean that you have to go through life grunting (although many Generators do!), but it does say that there is a response that takes place deep within you at a level below your awareness.

Your inner response can be felt or heard as an inner voice or impulse that almost seems to move *through* you, rather than coming from you. This is known as 'living in the response field'. The more you wait in life and the less you worry, the more you can relax and attune to these internal impulses that will always tell you exactly what is right for you. In this way you will find a wonderful flow in life, which is why this decision group is called the Fluid group. The Master Key for both the Authority Modes in this group is therefore 'Follow your Flow'. Below is an extract from an article by the author on what it feels like to live in this flowing response field:

### The Response Field

*The Response Field is the term I give to the state of consciousness reached by a generator living out their true nature. In the beginning, as I begun to experiment with waiting and responding and not responding, I made small successes. Every now and again, I would encounter a synchronicity, a*

*moment of magic when the timing of the universe would reveal itself to me without my having done anything. As I continued experimenting with my strategy, synchronicity became more and more commonplace, until now I hardly give it a thought. It seems to me as though a field of energy has softly lowered itself over me until I am living fully within it. This is the Response Field. It is a state of being when you cannot help but move in flow with life. People think there is such a thing as luck. People think there is such a thing as magic. My experience is that there is nothing but luck and nothing but magic. I live within that field now. That doesn't mean I don't suffer and it doesn't mean my life is all plain sailing. It does mean that I don't have to worry about where I am going. The Response Field shoulders all the responsibilities for me. I have just learned how not to initiate.*

The other thing that is extremely important if your Authority lies within the Fluid group is to be aware of how easily others can condition your decisions. This does not mean that you are somehow more vulnerable than anyone else. Rather you are very open and deeply affected by other people's chemistry and by their physical presence. Just because something feels good does not mean it is right for you. You must be very careful about deciding things with others in the heat of the moment. If you are unclear, excited, or emotional (high or low), that is a time for you to take some physical space away from people in order to feel your genuine response. In busy social environments this can be as simple as stepping out of the room for a few minutes. You may be surprised to find that simply being out of another person's presence brings immediate clarity for you.

1. SACRAL EXPRESSED GENERATED AUTHORITY
2. SACRAL EXPRESSED MANIFESTED AUTHORITY

## Life Decisions

For the sake of simplicity, both these decision-making Authorities will be looked at together as they are so similar in practice. Your major life decisions will always appear as though they were part of the flow of your life. It may seem to you as though they have always been destined to happen. They unfold naturally and effortlessly as life flows towards you. In this way, it may also seem as though it isn't even you who makes these decisions, but something deep and certain within you. They are a part of the river of your life and they flow out of your past and connect you to your future.

As we have seen, the only things that can get in the way of your clarity are other people, emotions and your own mind! So, to be certain, go off alone, find a restful emotional state and beware of going round and round in your head. You have to ask yourself: 'Which decision feels right in my body? Where is the Yes within me?' The answer is so clear and obvious when you tune in quietly.

### **Diet and Daily Decisions**

As a Generator or Manifesting Generator, your Life Code demands that you respond to your environment, which means that you cannot know what to eat until you see it or smell it! Since your life flows out of the natural rhythm of your inner responses, you may find that you develop a rhythm around food. The secret to healthy eating for you is calmness. If you feel in a balanced and flowing space, then you will easily know what and when to eat. It is only when you feel emotionally stirred up that you are vulnerable to eating the wrong thing at the wrong time. Emotional eating out of your regular rhythm can have a very detrimental affect on your health. It will tend to throw your whole metabolism off balance and upset the natural timing of your subtle daily responses.

Making any decision under pressure from another person will disturb your daily rhythms and can seriously throw you off centre. Therefore you have to be very attuned to your own rhythms at all times, rather than allowing yourself to be pushed and pulled by anyone else's needs or wants.

The only difference between these two types of Authority concerns the Manifesting Generator. Like the Generator, your decisions flow as automatic responses to your environment. However, as a Manifesting Generator, once you find yourself doing something, you may find that you change your mind halfway through doing it. For example, you may look out of the window one day and decide to take a walk, but just as you are putting your coat on, you realise that you don't actually want to take a walk because you notice that the washing up needs doing! This is very normal for you, because you often do not know what to do until you are actually doing it. It is then that your second response either confirms whether you want to do it or not.

## **YOUR PROFILE**

### **FLUID GROUP - ALL YOU NEED TO KNOW ABOUT MAKING DECISIONS**

*To make the correct decisions in life, you have to find your own natural flow. If you find yourself pushing against resistance, the chances are you have lost touch with this flow. Decisions arise so easily for you - they almost seem to happen on their own accord. It is only when you allow others to confuse you that you lose this wonderful sense of clarity and ease in your life.*

## **PART 5: THE VOCAL DECISION GROUP**

**Consisting of:**

- 1. Self Projected Authority**
- 2. No Inner Authority**

**Master Key: Follow your Voice**

Like the Volitional Decision Group, the Vocal Group is made up of a statistical minority among humanity. These are rather unusual ways of making decisions when compared to the majority of people. Most people in life don't really think about the way in which they are making decisions. They just do their best, and usually follow what the direction of their mind or their desires. If you belong to this decision-making group, then you have one of the subtlest but easiest ways of making decisions.

If you belong in this group, you are either a Projector or a Reflector Type and in Human Design terms, you will have a very 'open' design, which means to say that you are a very fluid and changeable being. Whichever Type you are, your voice is the key to making decisions. You also need to understand something of the dynamics of the human aura. Whenever you are in the presence of another person, their chemistry will have a profound effect on your own, even to the point of affecting your decision-making. You may for example, feel certain about something in someone else's presence, and when alone again, you feel uncertain about it. Other people can therefore interfere with your decision-making process, even if they say nothing. Below you can see how your Authority is designed to work in order to prevent these kinds of confusions.

The Master Key for you is to 'Follow your Voice'. In this group clarity comes from talking decisions through with others.

### **1. SELF PROJECTED AUTHORITY**

#### **Life Decisions**

If you have Self Projected Authority, then this automatically places you in a minority among the population. As a Projector, you have a very specific way of making decisions. Firstly, you already know that the most important decisions for you must come out of very specific invitations that recognise you for who you are. There is no real opportunity for you to have full

recognition in life unless you wait for these invitations. Secondly, when you do actually receive an invitation through being recognised, you need to know that it is absolutely the right one for you to take. The way you do this is by talking. Because of the uniqueness of your design, it is only by talking aloud to someone that you can actually be certain of what is right for you.

You need to have ‘sounding-boards’ in your life - in other words, people who will listen to you as you decide what you want and what you don’t want. These people will be your closest allies in life, and they have to be good listeners, rather than advisors. The last thing you need is advice from anyone else! It can be very difficult for you to know whether a decision is right for you unless you hear what you have to say about it. The moment you hear the decision come out of your mouth, then you have to trust in it. This is a highly unusual way of making decisions because you do not have to be aware of why they are being made. You simply have to trust in the words as you hear them, which means that you can sometimes even surprise yourself by what you decide. You will also need quite a lot of space from other people in order to be really clear about your decisions. Thus you have to find those people who you can talk things through with, but do not upset or disturb you in any way.

## **Diet and Daily Decisions**

Whenever you are alone, then you are not in a situation where you are being conditioned by another aura, so it will be easy and clear to you what you want to eat and when you want to eat it. However, because you have a very open design, other people around you can easily confuse you. If someone is very emotional, you will immediately pick up on it, and at such times you need to be very careful. It is essential you do not make decisions when you are nervous, excited or emotional (both high and low). This especially applies to your choice of diet. When you are with others, by simply talking out what you would like to eat, you will discover what you actually want.

Your Authority is purely mechanical. As you talk, you will hear what you want - it does not come from your mind, or your emotions. It comes right from the heart of you. For example, you may not be thinking of eating at all, but then someone asks you if you would like to go out, and you hear yourself saying: ‘let’s go for Mexican food’. It may be that you don’t even know that you like Mexican food! You have to trust in whatever comes out of your mouth in order to know what to put into your mouth!

## **2. NO INNER AUTHORITY**

## Life Decisions

If when you look at your Design chart under Authority and it reads either: 'None', or 'no inner Authority', this means that you are either a Reflector or a Projector with only a defined mind. Having no Inner Authority is no cause for alarm. It simply means that the way in which you make decisions is different from most people you will meet. The secret for you in your decision-making is only one thing - Time. The more time you can give yourself to decide things, the better. If you are a Reflector, then you know that for you to make a major decision in life, you must wait for an entire month in order to be absolutely clear. If you are a Projector, then you already know that any major life-changing decision must have come to you through being recognised.

Having no Inner Authority simply means that there is no consistent part of your nature to rely on for a clear decision. If you are a mental Projector, the last thing you can rely upon is your mind. If you are a Reflector, it is usually the people around you who are conditioning the outcome of the decisions you think you are making. Thus you have to wait for clarity to emerge in its own due course. The last thing you should ever do is make a spontaneous decision or a decision when you are feeling emotional (high or low), nervous or excited. Such decisions invariably end in you paying some kind of price. You can see clearly from looking at your Design Chart how open you are to the impact of others. It is extremely important that you grasp how deeply the mere presence of someone else standing next to you can affect the way you feel, think and act.

As with both the modes of Authority within the Vocal Group, you need to have 'sounding-boards' in your life - in other words, people who will listen to you as you work out what you want and what you don't want. Such people do not have to be close friends - they simply need to allow you to discuss your decision with them without interfering. You also need to bear in mind that talking something through with only one person will not be enough for you, because your decision-making process will always be affected by that person's chemistry. If you go to several people who you trust (ideally three or more) then you will get a full perspective on the question that you are examining. You will see how differently you see the same thing with each person.

Finally, as someone with no Inner Authority, you have a unique role to play in the world. As long as you are patient with your own decisions, you can see more clearly than anyone what is right for others, and you can see such things immediately. This can be both a blessing and a curse! You have to learn to trust in your wisdom, which means that you cannot offer it around for free. People have to come to you for your counsel, and thus you need to trust that it is something others can feel from you without your needing to

tell them first. You actually have an extraordinary ability to help others, but it is a gift that comes out of your silence. Only those that see it in you are ready to be helped.

### Diet and Daily Decisions

Since you have an unusual Design and Authority, you may also have an unusual pattern of eating. When alone, you will probably eat whenever you are hungry and whatever you feel like eating. That is simple. However, when you are around others, the rules are different. If you are a Projector with no inner Authority, you need to stay as much as possible with your regular eating habits. Your body is not really designed for a great diversity of food types. When you know what you like, you need to stick to that, rather than allow others to pressure you into eating something you really don't want.

If you are a Reflector, your body can handle just about any food on this planet, but only at the right time! When you are with others, you might like to eat what they are eating. This is very natural for you. Your daily decisions are a real adventure because they are actually made by the people around you - not by their minds, but by their auras. You are unique in this. It is a symbol of what your life really stands for - that you are here to digest anything that comes your way without being afraid of it. Since you have a Digestive Life Code, your diet actually extends far beyond the food you eat - for you, everything and everyone is food. This means that the only important thing is that you feel like you belong with the people around you. As long as you go on feeling this, then you can eat whatever each day brings.

### YOUR PROFILE

#### VOCAL GROUP - ALL YOU NEED TO KNOW ABOUT MAKING DECISIONS

*To make the correct decisions in life, all you need to do is discuss the issue out loud, rather than trying to resolve it alone. Through voicing your decision-making process, you allow it to resolve itself before your very ears! In order for this process to run smoothly, you need friends or allies who will allow you to come to the answer yourself, rather than people who try to help you with your decision.*

## CONCLUSION TO THE CHAPTER

Now that you know which decision-making Authority applies to you, you have an incredible tool to play with. If you read no other chapter of this book but this one, it would already be enough to change most people's lives for the better; such is the power and simplicity of knowing one's true Authority in life. It is therefore recommended that you begin experimenting gently with this knowledge at first, until you feel your way into it. When we revert to our inherent decision-making Authority, we take the first great step in our deconditioning. It may send ripples deep into the corners of our lives. Our bodies may begin to change immediately as our way of responding to life alters around us. As our diet also changes, our level of health will change, and in the beginning we may even move through a period of detoxification as our body adjusts itself to the new rhythms as well as potential new foods.