

Read Your Own Human Design Chart



Intuitive Human Design Readings
with
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Amen.Fun/hd

Today's Goals

- Remain open to the intuitive process as we read.
- Learn a brief history of the study of human design a.k.a. The Science of Differentiation.
- Set an intention to be patient, kind, and gentle with ourselves and each other as we start to peel back the layers of our true nature and separate it from the parts of ourselves that are a result of a lifetime of conditioning from the outside world.
- Use the worksheet as a guide to understanding.
- Ask questions freely as we weave between the conscious study and lessons from the divine.

Step One: Sourcing Your Chart

- Need your **accurate birth time**, date, and location
- (if not sure, use your best guess for today)
- Go to - theWildPixel.com/chart-generator
- OR
- download the free version of
- Human Design App



While You Source Your Chart...

...Some Background

Ra Uru Hu (born Alan Robert Krakower)

- musician - composer and performer, advertising executive, magazine publisher, media producer
- had a mystical experience with "The Voice" in 1987
 - 8 days and 8 nights transcribed this system in detail
 - "Don't believe a thing I tell you, try it for yourself."
- The Definitive Book of Human Design by Lynda Bunnell
- Psychological Counseling Instrument
 - Parts work (check out Amen.Fun/pvt)
 - Self vs Not-Self

While You Source Your Chart...

...Some Background

- *"This is Profound Knowledge and it requires awareness, experimentation, self-reflection and time."* - Lynda Bunnell
- Synthesizes aspects of two types of science
 - Ancient Observational Systems
 - Astrology
 - I'Ching (Chinese)
 - Chakras (Hindu-Brahmin)
 - The Tree of Life (Zohar/Kabbalist)
 - Contemporary Disciplines
 - Quantum Mechanics
 - Astronomy
 - Genetics
 - Biochemistry

Intuition vs Calculation

- Start with whichever feels more comfortable, easy, and/or interesting to you.
- There's no one-size-fits-all method or solution.
- Be flexible to change - expect the unexpected to show up during your readings
- Invite yourself to see how each aspect fits in with your experience thus far, but don't force it
- Take your time - digest your chart in pieces

Let's Dive In!

"The Voice" Predicted what was Proven Later

- The Neutrino - capable of leaving an imprint, therefore particles that carry mass (infinitesimal)
 - 1-2% speed of light
 - Can pass through ANY atomic barrier w/o resistance
 - Carry Information
 - More Neutrinos than ANYTHING ELSE in universe
 - Could be scientific explanation of *chi* (qi) or *prana*
 - Proven scientifically by 1998
- Magnetic Monopole (magnet that only attracts)
 - Observation Announced by Scientists 9/4/09

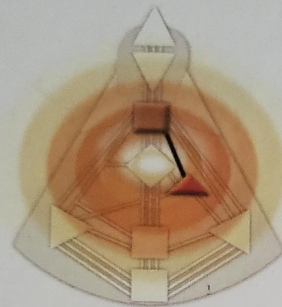
The Limo Passenger Analogy

- Magnetic Monopole = The Driver (G Center)
- Design Crystal = Vehicle (Ajna)
- Personality Crystal = Passenger (Head)
 - Quiet and Relaxed
 - Watch the Scenery Go By
 - Don't Fight With the Driver for Control
 - Human Design tools for living can help make the ride more comfortable and enjoyable

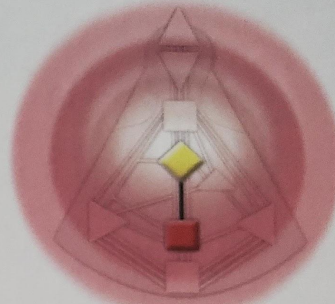
Reading Your Chart - Basics

- Enter time correctly...am vs pm vs military
- 9 centers and transitioning (evolved from 7 centered)
 - Head, Ajna, Throat, G-Center, Heart, Sacral, Splenic Center, Solar Plexus
- Defined vs Undefined - we share the whole map
 - Our individual imprint differentiates us
- Binary Systems (ancient + modern = awesome)
 - 64 Hexagrams of I'Ching × 6 lines per hexagram
= 384
 - 64 DNA Codons × 6 groups of amino acids per codon

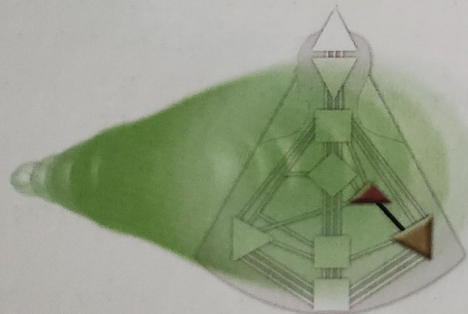
Reading Your Chart - Basics



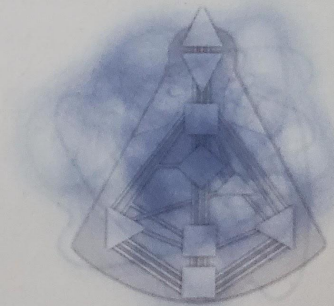
MANIFESTOR



GENERATOR



PROJECTOR



REFLECTOR

(From the HD Book)

Types (approx %)

- Manifestor - 9%
- Generator (+MG = 70%)
- Manifesting Generator (MG)
- Projector - 20%
- Reflector - 1%

Signatures and Signposts

| | <u>Self</u> | vs | <u>Not-Self</u> |
|--------------|----------------|----|------------------|
| • Manifestor | - Peace | | - Anger |
| • Generator | - Satisfaction | | - Frustration |
| • MG | - Satisfaction | | - Frustration |
| • Projector | - Success | | - Bitterness |
| • Reflector | - Surprise | | - Disappointment |

Strategies by Type

- Manifestor - Inform others before acting
- Generator - Wait to respond with sacral
- MG - Wait to respond before action
- Projector - Wait for recognition & invitation
- Reflector - Wait through a lunar cycle
(process of elimination)

Profile Lines – House Analogy

- ** Not Tied to Specific Type and Strategy **
- Upper Trigram – 2nd Story –
 - Line 6- Roof - “The Role Model” - The Peacemaker
 - Line 5- 2nd Story Window - “The Heretic” - The Savior
 - Line 4- 2nd Floor Foundation - “The Opportunist”
- Lower Trigram – 1st Story – Very Personal Process – Absorbed in Self
 - Line 3- Ceiling/Floor - “The Martyr” - what doesn't work
 - Line 2- Playing Inside - “The Hermit” - must be called out
 - Line 1- Foundation - “The Investigator” - introspection

Profile Lines – Lower Trigram

- * Very Personal Process – Absorbed in Self *
- Line 1 – Foundation – “The Investigator” – introspection
- Need for secure physical foundation
- Driven to investigate the foundation
 - to discover how life works
- Studies Behavior
 - Blends in well like a Chameleon when insecure
- Once you firmly establish foundation, you can relax
 - The more you know the less anxiety experienced
- Empathic – others aid investigation

Profile Lines – Lower Trigram

** Very Personal Process – Absorbed in Self **

- Line 2 - Playing Inside - "The Hermit" - must be called out
- The Natural - Innate Gifts
 - Seed in a drawer: wait for timing; unique fruit
- Projection - others project onto you what they see
 - Waiting to receive correct call to share to world
- Fulfillment is very important
 - Doesn't respond well to interference when hermit-ing
- Democrat
 - Doesn't want to expel energy explaining or taking sides

Profile Lines – Lower Trigram

** Very Personal Process – Absorbed in Self **

- Line 3 - Ceiling/Floor - "The Martyr" - what doesn't work
- Mutation is your gift - catalyst of change/transformation
 - Transition Point between Personal and Transpersonal
- Trial and Error
 - Discover how the material plane operates
 - Bonds made and broken
- Resilience - always bumping into things - Adaptation
 - Stands up and take criticism for finding falsehoods

Profile Lines – Upper Trigram

** Very Personal Process – Absorbed in Self **

Line 4 - 2nd Floor Foundation - “The Opportunist”

- Deeply Influential - Human Resources - Networking
- Waits for Opportunities - Share gifts of lower trigram
- Friendliness - Creates the opening needed
- Stay within sphere of influence
 - not influencing strangers - casual contact
- Transition Point between Personal and Transpersonal
- Quality of Life proportionate to Quality of Network
 - Energy investment must bring returns
 - Abdicate and find a network that does

Profile Lines – Upper Trigram

** Transpersonal - Outer-Directed - Need to Share **

Line 5 - 2nd Story Window - "The Heretic" - The Savior

- Responsible for universalizing the message
 - Projection Field- others project onto you what's needed
 - Step in to provide "out-of-the-box" solutions
 - Other solutions have failed
 - Aura is seducing and inviting projections for rescue
- Reputation is dependant upon success or failure to meet expectations, but largely ignored after crisis is over
- Stand by and be ready - not constant duty - time to regroup
- Moves towards others

Profile Lines – Upper Trigram

* Transpersonal – Outer-Directed – Need to Share *

Line 6 – Roof – “The Role Model” – The Peacemaker

- Vantage Point – looking back – also looking to the next
- Moves from others eventually to become role model
- 3 stages of life
 - First 30ish years like a 3rd line, but not as resilient
 - Goes “on the roof” – external discovery shifts inward
 - Withdrawing to Heal and Reflect
 - Nudged/kicked off roof – engage in world – at 50ish
 - Optimistic Role Model – Authentic
- Don't Like Hypocrisy – deeply trusting – model trust

Profile Lines – Not-Self Themes

- Line 6 "The Role Model"
 - Vulnerable especially w/o inner authority in stage 3
- Line 5 "The Savior"
 - Flattered & Believe others' perceptions
- Line 4 "The Opportunist" - People Burnout by trying to create network (it's already there)
- Line 3 "Trial & Error"
 - Feel like a failure due to all the bumps along the way
- Line 2 "The Hermit" - suffer greatly and isolate more if they answer the wrong calls or ones they can't fulfill
- Line 1 "The Investigator"
 - Inferiority especially when investigation incomplete

Pause and Reflect

- Questions so far?
- Share experiences...
- What Resonates with you?
- What doesn't resonate with you?
- Check in with your body:
 - Heart - Breath - Gripping

Ready to Dive back in?

- There's always more - try not to stress about getting/learning it all.
- We have only scratched the surface, but that was already a lot.
- I only NEED to teach you one more thing today, but many topics still
- More classes will be offered.

Authority in Human Design

- Authority = Our Unique Authentic Truth
 - Never From Our Own Not-Self Mind
- 9 Chakras/Centers - defined vs undefined
 - Defined = Authentic Self
 - Undefined = Not-self Themes
 - 4 cannot be Authority Centers
 - 2 Authorities are not "in" a center
- 7 Authorities function in hierarchy

Inner Authority vs Outer Authority

- 5 Centers (in Hierarchical Order)
 - Solar Plexus - Emotional Authority
 - Sacral - Sacral Authority
 - Spleen - Splenic Authority
 - Willpower/Ego/Heart Authority
 - Projected or Manifested
 - G - Self-Projected Authority
- 2 Other Authorities
 - Environment - Sounding Board Authority
 - Moon - Lunar Cycle - Process of Elimination

Multitasking – Authority & 9 Centers

- White shapes = Undefined Centers
 - Not-Self Themes
 - Conditioned by Other Energies (+ & -)
 - Other people - even strangers' auras
 - Transits (current neutrinos)
- Colored Shapes = Defined Centers
 - Consistent Energy - you can trust!
 - Conditions Others Around Your Aura (+ & -)
- Your Personal Authority is a colored center
 - Highest on the Hierarchy

5 Centers of Authority Hierarchy

Solar Plexus - Emotional Authority - 50%

Potent Energy - Drives Cycle of Human Experience

- Emotionally Distorted World - Act on Emotions or Avoid
- **Defined Solar Plexus** - "There is no truth in the now."
 - Uses Emotional Wave to Make Decisions - Key is Waiting!!
 - Biochemical Process - Highs and Lows: Hope-Pain, Expectation-Disappointment, & Joy-Despair
 - Clarity can come very quickly or take years
 - Total clarity is rare: goal = clear as possible
 - Spontaneous Decisions are Not-Self Based
- **Undefined Solar Plexus** - Amplifies Others' Emotions
 - Are these my emotions? - Someone else's?

5 Centers of Authority Hierarchy

Sacral Authority - Creative Life Force

- Involuntary Guttural Response - responds Yes or No
 - "Do I have the energy to support _____?"
 - Immediately Heard or Felt - If Healthy
 - Hesitation - idk - ask later or in a different way
- **Defined Sacral** - Your Energy Boundary Indicator
 - Only Generators - but not all generators (Emotional)
 - Only Functions in the Present Moment (can't predict)
 - MG's - often feel physical movement towards or away
 - Reliable Guide to Less Resistance & More Satisfaction
 - You can re-train if heavily conditioned by not-self.
- **Undefined Sacral** - Amplifies Others' Energetic Buzz
 - Bodies aren't equipped to handle - need rest

5 Centers of Authority Hierarchy

Spleen - Splenic Authority - Survival & Safety

- Inner knowing if something is healthy for you
 - Environments - Direction - Opportunities - People
 - Decisions made in the moment - Spontaneous
 - Speaks softly; Doesn't Repeat; In the now (not future)
- Must trust your vehicle to take you to safety
 - Don't allow outside pressure to cause you to doubt
- **Defined** - rarely get sick - tend to take health for granted
 - primal fears - generate alertness & survival awareness
- **Undefined** - may be sick often - may need gentler remedies
 - magnifies fears - need to face fears one by one - not suppress
 - seek defined for security - tend to hold on to what isn't good

5 Centers of Authority Hierarchy

- Willpower/Ego/Heart Authority - Self-Esteem
- **Ego-Manifested** - what you say without controlling is your truth
 - Trust Your Voice to Guide You - Surrender to it - Have an impact!
- **Ego-Projected** - only one channel - "Initiation" - Heart to G
 - Easy to get lost in the openness of your chart - "What do I want?"
 - While waiting for recognition, prepare. Learn about a system to guide others

Must be re-assured of value (self/others) or becomes self-loathing
- **Defined - Repeatedly make & keep promises you have will for!**
 - Naturally Competitive - Balance between work and rest
 - Like control - Recognize own value (may inflate it) - follow through
- **Undefined - Never make a promise to yourself or others!**
 - You have nothing to prove! - You are still worthy!
 - Susceptible to amplification of defined - Will fades in time
 - Often try to make up for lack of will by committing more...
 - Wisdom: sense of who has healthy self-esteem; who can deliver

5 Centers of Authority Hierarchy

- G - Self-Projected Authority - Love/Identity

Magnetic Monopole - Attracts Love and Beauty

- 4 channels G to Throat Center: Speak in reaction to invitation
- What you need to know is what you say without thinking!
 - Can get lost in conditioning of undefined centers
 - Guided by what brings you enjoyment - Be the passenger!
- Defined - Reliable self identity, Secure to love and be lovable
 - When conditioned to reject own direction - deny self of love
- Undefined - No fixed identity - sample/reflects others
 - Wrong Place = Wrong People
 - When aligned, don't have to find anything - others initiate for you

2 Other Authorities on the Hierarchy

Lots of Work Deconditioning the Undefined Centers

- Is Environment Correct for Me? - Go and Feel
- Environment - Sounding Board Authority
- No Inner Authority (Mental Projectors)
 - Must engage with another to hear or feel your energetic answer reflected off the other
- Moon - Lunar Authority (Refelctors)
- Wait at least a full lunar cycle before making decisions.
- Process of Elimination - Life should surprise you
 - Slow down - don't let the world rush you

Outer Authority

- The Liberated Mind - Inspiration for Others
- Express Intelligence, Commune with others to Share
- Freer from making decisions, More valuable to others
- "The mind is here to think, question, interpret, teach, inspire, remember, organize, name and process data"
- Lynda Bunnell

4 Other Chakras/Centers

- Head Center - Pressure to Think - Inspiration
- Questions seeking answers to comprehend the confusing
 - Filtered through accumulated past experiences
 - Focused on: - Securing future - Processing the now
 - Sorting through the past to find meaning
- Imagination - don't lose sight of the wonderment
- Not-self - stream of meaningless questions
 - Incessant pressure to know - Fills us with doubt/confusion
 - headaches/migraines - discerning what/who is truly inspiring
- Defined - Your aura pressures/inspires others
- Undefined - Heavy pressure to solve other's problems quickly

4 Other Chakras/Centers

Ajna Center - Mental Consciousness - Interpreter

*For eons - mind-dominated life (evolved to emotional) *

- Role of Mind has shifted to an Outer Authority:
- Dominates perceptions - derived from 2 major processes:
 - Visual - what has been & what might be
 - Acoustic - pure inspiration/ pressure to know now

"Recognizing that the mind has no authority in your life is the only way to extricate yourself from confusion and disappointment, and from making incorrect mental decisions." - Lynda Bunnell

* Dualistic process of mind determines how many sides of an issue there are, but cannot judge the best -

* Awareness = successfully dealing with fear - mind is a playground!

- Ajna - fear of not knowing & fear of being misunderstood
- Fears magnified in **undefined** - don't hold concepts as your own

Defined - consistent/trustworthy mental processes - enjoy stimulation

4 Other Chakras/Centers

Throat Center - Communication & Manifestation

- Metamorphosis & Transformation through interaction w/ the world
 - central and most complex of all 9 chakras/centers - 11 gates
- Make ourselves known to others so they can respond to or interact with what we say/do
- Speaking too soon or too late (or too much) can affect health
 - Goal is to speak/act without resistance - full impact
- **Defined** - Can express for 6 different chakras/centers
 - manifest their truth with easy, honesty, & clarity
- **Undefined** - amplify pressure to talk/act - cannot plan words with consistency - stop trying to control - speak spontaneously
 - Not-self theme - trying to attract attention - silence uncomfortable?

4 Other Chakras/Centers

Root Center – Physical Adrenalized Pressure – Stress

- To Sustain Momentum for Living – Fuel
 - Joy for Living – helps maintain healthy balance of stress
- Drives energy towards the Throat Center = Manifestation
 - Pressure to evolve, adapt, & get through challenges
- Also a Motor Center – must pass through Sacral, Spleen, or Solar Plexus
- How we direct stress – gets the body & life moving forward
- **Defined** – fixed way of dealing with stress & pressure to move
 - careful of unreasonable expectations – not-self stress
- **Undefined** – Absorbs stress from environment; amplify pressure
 - avoid excess pressure (breathe) - take advantage of it

Deconditioning 101

- Wait more in general - slow down whenever possible
- Start to build awareness of self vs not-self
- Be patient and gentle - even at your own impatience!!
- Trust that every moment is already perfect!
- Remind yourself that your personality is supposed to be chilling in the back of the limo....but present and engaged in life - not withdrawn and frozen in fear
- Practice using your strategy in every moment.
- Practice making decisions with your personal authority
 - Tip: Start with small decisions - ex. Food, Entertainment, etc.

Going Deeper into Your Chart...

- Your Conscious Sun is 70% of the total nutrilinos
(the energy you radiate)

How to Find Your Conscious Sun

- Use an App
- Get the Human Design Book
- Google Search for your gate # (64 possible)
- Book a Reading - private/family/group

• So Much More!

- Your Incarnation Cross
- Your Channels
- Your Trauma Line
- Relationship Charts
- Current Transits
- Chiron/Saturn Returns, Uranus Opposition
- Your "Arrows" = Digestion, Environment, Motivation, etc.

For More Resources and Contact Info Visit Amen.Fun