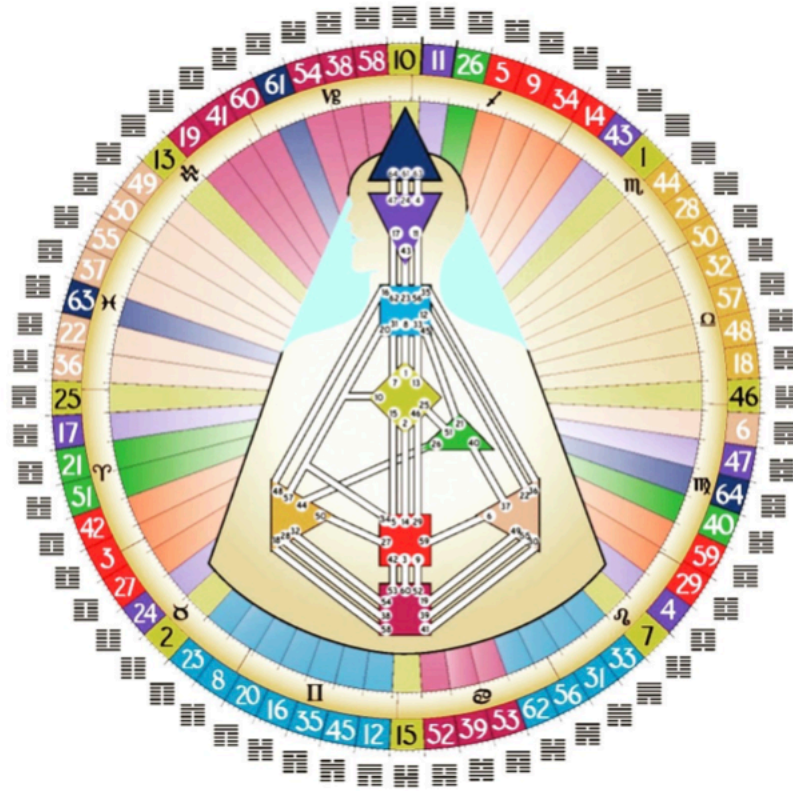


# So...WTF is Human Design?



Have you seen this thing before? Wondered WTF it is? Allow me to translate.

My name is Jaclyn Michelle. I write the blog **interior creature** and am a giant Human Design nerd.

Human Design is absolutely having a **MOMENT**. It seems like everyone in the wellness space is abuzz, talking about how they're a Projector or a Generator, collaborating about how best to leverage their strategy or listen to their authority...and maybe you've sat through those conversations thinking "the EFF are they talking about???"

GIRL, I got you 🍊

In a nutshell, Human Design is a marriage between **ancient observable scientific systems** (like astrology, the I'Ching, the Chakras, and Kabbalah's Tree of Life) and **contemporary science** (biochemistry, quantum physics/mechanics, genetics, and astronomy). Think of it like a giant master system that you can use a tool to work with and not against your energy.

Most importantly, Human Design is **not** a religion. It's **not** a belief system. **It's a resource.** A big experiment, if you will. In fact, whether the story I'm about to share sounds absolutely bonkers to you or not, that's totally OK!! You can still benefit from the tools and strategies Human Design offers. It's all about what works for you and what invites the most flow and ease into your life.

## What exactly is Human Design and where did it come from?

Let me set the scene: it's 1987, and Robert Allan Krakower was DONE with living that corporate life, so he walked away from this career and family and headed to Ibiza, Spain in search of himself. Now, when I think Ibiza, I think of beach-side clubs and Leonardo DiCaprio doing shots with Victoria Secret models...but Robert Allan Krakower was not up in da club. He was staying in a remote barebones beachside cottage really doing THE WORK. One night, he was walking down the beach on his way back to said cottage with his dog when he spotted a light coming from his inside. Now, his quaint little cottage didn't have electricity, so this understandably freaked him out a bit. He cautiously enters the cabin and his dog just goes NUTS. Barking and growling...and then the dog passes out. *(The dog was FINE and fully recovers...just in case your stress level was rising)*. And while the dog is freaking out, Robert Allan Krakower starts feeling this pressure building inside him, what he describes later as an internal explosion. Flash forward to our hero DRENCHED, standing in a pool of his own sweat (yuck), and coming to his senses to the sound of a disembodied male voice telling him it's time to get to work. It was at that point that Robert Allan Krakower became Ra Uru Hu, and for the next eight days, he channeled the system that became Human Design.

I know 🤔



*Ra Uru Hu, post-name change/channeling*

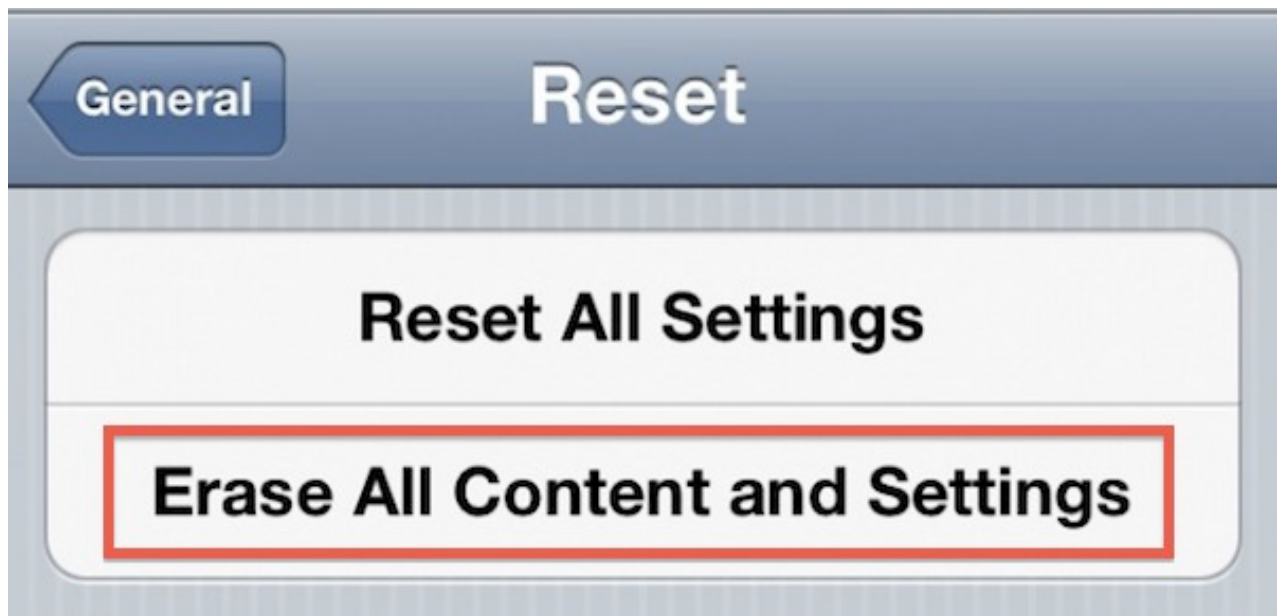
Like I said, regardless of whether you believe Human Design's origin story or not, the system itself offers some really powerful tools that, when applied, invite so much more flow into our day to day.

## How does it all work?

Without getting TOO FAR into the weeds, Human Design takes all the systems and sciences mentioned above (*astrology, the Tree of Life, the Chakras, the I'Ching, biochemistry, quantum physics, genetics*) and provides you with a chart that maps your unique energetic makeup.

**Here's an analogy:** think about the last time you bought a new smart phone. When you first peeled off the plastic wrap, took it out of the box, and turned it on, there were some apps and programs already installed. They're the factory settings, the tools you absolutely need for your smart phone to operate optimally. Now, no one uses their phone like that. We all add apps. We download music. We take SO MANY PICTURES. We livestream and call and text and after a while, our phone has been completely customized. We've added a ton of programming what wasn't there when we first took the phone out of the box. Now, some of these programs are dope and add value to our lives, but some are just draining the phone's energy, running in the background, taking up precious memory and killing our battery life. So before our phone just craps out and stops working, we go in and start deleting: unflattering pictures, apps we don't use, text message chains that make us feel bad when we reread them, etc. We strip the phone down to as close to the factory settings as possible, keeping only what adds value to our daily lives.

Human Design helps us do that very thing, but for our energy and our health. It helps us identify ways of working with our energy that invite more flow, grace and ease into our lives, and helps us identify which behaviors we're engaging in that are actually creating resistance, frustration and overwhelm.

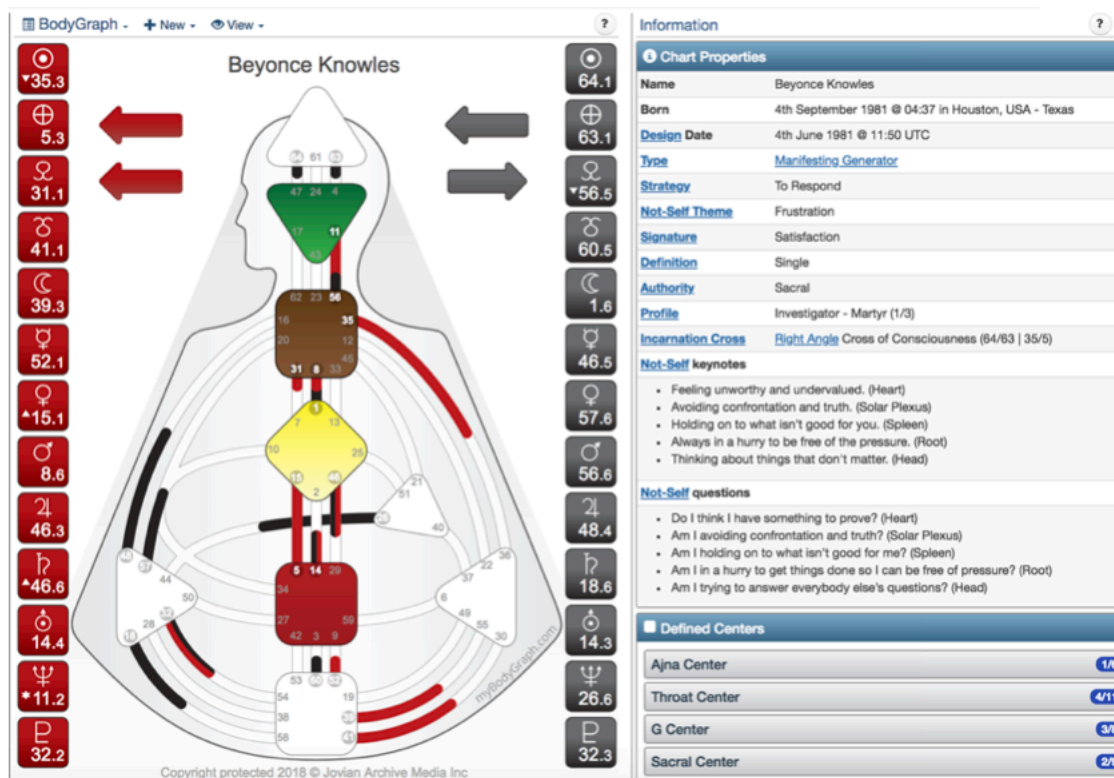


## What does a Human Design chart look like? And what are the most important parts of the chart?

If you want to play along and are BRAND NEW to Human Design, head on over to [myBodygraph.com](http://myBodygraph.com) to run your chart for free. You'll need to know your birthdate, time and place.

Try to get AS CLOSE to your time of birth as possible. If you don't know, either check out your long-form birth certificate, or if that's too much of a hassle, approximate to the closest time of day. For example, if you know you were born in the morning, approximate it at, say, 9am.

Once the good folks at myBodygraph process your info, click where it says "myBodyGraphs" at the top and you'll see a graphic that looks like this:



Since we all have as many hours in a day as Beyoncé, we'll use Queen Bey as our example.

The most important info is listed under chart properties:

- **Your TYPE:** There are five possible energy types in Human Design: a Generator, a Manifestor, a Manifesting Generator, a Projector and a Reflector. **Bey is a MANIFESTING GENERATOR.**
- **Your STRATEGY:** Each type has their own unique strategy they should employ in order to make the best possible use of their energy. Some strategies include waiting for an invitation, waiting 28 days to respond, initiating and responding. **Bey's strategy is TO RESPOND.**
- **Your CENTERS:** There are nine energy centers within our body. Some are open and some are closed. Our closed centers provide us with a consistent source of energy, and are colored in on our charts. **Beyoncé has 4 closed centers.** Our open centers are where we take in, absorb and magnify the energy of others, and they are blank on our charts. **Beyoncé has 5 open centers.** Each center governs a different aspect of how we interact with the world around us. If you were to scroll down under "Chart Properties," you'd find a listing of which of your centers are open (undefined) and which are closed (defined).
- **Your AUTHORITY:** Your authority is the center you should always look to for guidance when making decisions. **Bey has Sacral Authority in her chart,** which means she needs to check in with her gut and only say YES to things that light her up. I'll explain what I mean when we talk about authorities in a moment...
- **Your NOT SELF THEME:** This is how you feel when your actions aren't aligned with your Human Design. **Bey's Not-Self Theme is Frustration,** which basically means when she doesn't wait to respond (her strategy) OR she says YES and commits her energy to something she isn't super excited about (her authority), she will feel frustration.

Our individual Human Design is comprised of nine centers, thirty-six channels, and sixty-four gates, all of which present as either open or closed, or activated or off. There are a lot of parts and pieces and potential combinations, so suffice it to say that how these centers, channels and gates interact all combine together to form each person's individual overall Human Design.

## The Nine Centers

There are nine energy centers within the body, and within our charts which roughly correlate to the seven chakras:

- head/crown (Sahasrara)
- mind (Ajna)
- throat (Vishudha)
- heart (Anahata)
- solar plexus/emotions (Manipura)
- sacral (Svadhithana)
- root (Muladhara)

plus two more centers that don't specifically correlate to a chakra:

- spleen
- self/identity/G

Each center governs a different aspect how we engage with different energies, from inspiration to stress, from analysis to fear, from intuition to willpower. Some centers take in energy and some provide us with energy, depending on how they present in our chart.

Each center present as either open or closed, defined or undefined.

- If the center is **closed/defined**, it indicates that this function/aspect of your personality is more fixed or consistent.
- If the center is **open/undefined**, it means that this function/aspect of your personality is more flexible or malleable, leaving you more open to the influence or energy of others. These open/undefined centers are where we're the most open to the conditioning and influence of others, whether we're conscious of taking on that energy or not.

The knowledge of where our traits are the most fixed and where we're the most open to the influence can help us sit in our power on a daily basis; they help us figure out which of our choices, feelings and actions are coming from a place of truth, and which are opportunities for reflection and change.

These centers correlate to not just emotions but to physical body parts as well. Our physical, mental, spiritual and emotional wellbeing is all interconnected. Many times, when we experience physical symptoms (discomfort, illness, etc) in these areas of our physical body, it may indicate that we've fallen out of synch with our overall human design.

## The Five Types

According to Ra Uru Hu, a mutually beneficial relationship is designed to exist between the four\* types:

- **Manifestors** are here to INITIATE, and their focus should be on their impact
- **Generators** are here to RESPOND, are their focus should be on knowing themselves (their response process and what fulfills them)
- **Projectors** are here to GUIDE, and their focus should be on knowing how to best utilize the gifts and energetic resources of the other types.
- **Reflectors** are here to REFLECT the state of the world, and their focus should be on the wellbeing of the environment and the people around them

Imagine that Manifestor's mom marries Generator's dad and they have a kid: that kid would be a **Manifesting Generator**, which is, as the name implies, part Manifestor and part Generator. Ra Uru Hu categorizes Manifesting Generators as a variation of a Generator and not a type by themselves, but a ton of the more recent texts on Human Design split them off and categorize them as their own type, so we'll treat them as such. In a nutshell, Manifesting Generators have their Sacral Center defined like a Generator, but also have a direct connection between the Sacral Center and the Throat Center, which gives them that power of initiation. A close look at a Manifesting Generator's centers can reveal whether they are more Manifestor or more Generator, and which strategy is most appropriate for them.

Each type has a different strategy to employ to maximize their energy and aide in manifestation:

- Generators have the strategy TO RESPOND
- Manifesting Generators INFORM and RESPOND
- Manifestors INFORM
- Projectors WAIT FOR THE INVITATION
- Reflectors WAIT 28 DAYS/ONE LUNAR CYCLE





## The Seven Authorities

In order to make the best decision possible that leads to the most successful outcome, each type uses their **STRATEGY** and is guided by their **AUTHORITY**. In their chart, you'll have one of seven authorities listed:

- Sacral
- Splenic
- Solar Plexus/Emotional
- Self
- Ego/Heart
- Environmental
- Lunar

For example, say I had Solar Plexus/Emotional authority in my chart, and my strategy was to respond. **Here's how that might work:** I get offered a job. My intuition says NOPE, not the job for you. Instead of saying NO right then and there, I'd listen to my authority, which indicates I should feel it out, ride my emotional wave, and when I have clarity, THEN I should respond. So I visualize what taking the job would be like. I feel all the feelings: Elation at being asked. Discomfort with the pay. Frustration that it's not the jump in title I wanted. Apprehension regarding staying in my current position. Sadness at leaving colleagues. Once I've felt through the offer, and I have emotional clarity, I can decline the offer knowing it was the best choice for me. **I followed my strategy and responded once I followed by authority, which said I needed to feel my feelings to gain emotional clarity.**

## The Not-Self Themes

You know how newer model cars have that feature called lane-assist? If you switch it on, your car will alert you via a vibration on the steering wheel, a light or a noise and let you know whether you've inadvertently veered out of your lane or not. Not-self themes work the same way, only instead of a noise or a light, they employ feelings. On our charts, we're also given a not-self theme, a feeling we feel that lets us know we're giving our energy to something outside our integrity, or that we've made a decision that isn't for our highest good. Each type has their own not-self theme:

**Generators:** Frustration 🙄

**Manifestors:** Anger 😡

**Manifesting Generators:** Anger 😡 & Frustration 🙄

**Projectors:** Bitterness 😞

**Reflectors:** Disappointment 😞

Our body knows that sometimes, the only way to get our attention is to cause discomfort, which is why it gives us the bad feels to nudge us back in the right direction.