Introduction to Human Design

An E-Book by Karen Curry
INTRODUCTION
Have you ever wondered what makes you so special and unique from the other people around you? The Human Design System, a new synthesis of ancient wisdom and modern science can help you understand the beauty and the power of just who you really are.

Human Design is a relatively new system of personality analysis that combines elements of Eastern and Western Astrology, the Chinese I’Ching, the Kabalah (Tree of Life), the Hindu Chakra system and modern quantum physics. Your personal Human Design chart, calculated from your birth data, gives you very specific knowledge about your personality traits, your health, your personal psychology, your talents, your wisdom and your vulnerabilities.

WHERE DOES HUMAN DESIGN COME FROM?
As noted above, the basic elements of the Human Design System originate in the ancients traditions of several human cultures. The arrangement of the information from those systems into a simple chart that can be interpreted by a trained Human Design Analyst comes from one specific man named Ra Uru Hu who was “given” the key to the relationships among those ancient systems.

In 1987 a unique astronomical event moved the earth with its drama and beauty. For the first time in hundreds of years on Earth, many of us witnessed the death of a star, known as Supernova 1987A. At the same time that astronomers at all the major observatories of the world were marveling at this magical event through telescopes, on the island of Ibiza, Spain, Ra Uru Hu was having a mystical experience. During an eight-day period he says he was instructed by a “voice” to write down the information that forms the basis of the Human Design chart. By his own description he was drafted, against his will, to record the information and to be the clarion that would introduce this information to the world.

After two years of studying the information he had recorded during Supernova 1987A, Ra Uru Hu named the information “The Human Design System” and he began teaching the system and interpreting
charts for others. According to Ra Uru Hu, all humans were programmed with the information about the Human Design System during Supernova 1987A, but he was one of the few individuals to receive the information in his conscious awareness, and, as far as we know, the only person to actively begin teaching it to others. For the next 16 years, Ra Uru Hu traveled and shared the Human Design System with the world, bringing his unique teachings to the United States for the last time in March of 2003.

SCIENTIFIC VALIDATION FOR THE HUMAN DESIGN SYSTEM
In spite of Human Design's metaphysical origins, the system shows uncanny accuracy in describing the personality traits of individuals. For this reason, scientists have worked very hard over the last few years to validate the system. In April of 2000, social scientist and psychotherapist, Dr. Eleanor Haspel-Portner, statistically validated some central aspects of the Human Design system. Dr. Haspel-Portner and her husband, Dr. Marvin Portner, continue to work to prove the scientific validity and value of Human Design Analysis for applications in modern medicine, psychotherapy and personal coaching. They continue to discover new aspects of the system and new applications of Human Design for healing and personal growth.

The Human Design System has gained tremendous momentum in the United States in the last few years and will continue to grow in recognition as more people discover its usefulness for everyday decision-making.

THE FIVE TYPES
The easiest way to begin benefiting from Human Design concepts is to know one’s Type and to follow the strategy for that type. In the Human Design System there are five personality “Types”, each with a unique strategy for making decisions. Knowing your Type can help you develop confidence and trust in your capacity to make reliable decisions for yourself.
The five Types are called the Manifestor, the Manifesting Generator, the Generator, the Projector and the Reflector. Each Type has a different natural role to play when interacting with others and the world.

**The Manifestor**
The first Type is called the Manifestor. Approximately 8% of people are Manifestors. Manifestors can initiate action without waiting. Manifestors are energy beings that possess tremendous initiating power but they have to use their power carefully or risk angering others. Their purpose in life is to initiate action.

If a Manifestor decides that to start a business, for example, all they have to do is decide on the right timing and then just do it. All of the other types have to wait before they can take action.

In spite of the fact that most of us think we would love to be Manifestors, being a Manifestor can have its own challenges. Many Manifestors have had to struggle to learn how to use their power appropriately and may be conditioned to hide their power or suppress it. Manifestors must learn how to channel their energy properly or they will face tremendous resistance in life. Properly channeled, Manifestor energy often gives the other four Types something to respond to.


**Manifesting Generators and Generators**
The next two Types are called Manifesting Generators and Generators. Together these two Types comprise 67% of the population. These two Types are the only Types who possess a special energy center called the Sacral Center. For both the Manifesting Generator and the Generator, the most important thing in life is finding the right work. If a Manifesting Generator or a Generator is
not working in the right job, he will burn out. When these types find the correct work for themselves, their Sacral Center supplies them with a virtually inexhaustible source of energy.

Manifesting Generators and Generators have to wait until things come to them before they take action. Most of us are taught to "just do it". If we are Manifesting Generators or Generators we can experience deep frustration if we try to initiate things. For Manifesting Generators and Generators, waiting for something to respond to is crucial for ensuring success in life and avoiding burn out from committing to the wrong work.

For example, a Generator who is a workshop facilitator might desire to teach a particular workshop. If this woman decides to initiate this workshop without anything to respond to other than her own mental urgings, most likely she will find that the workshop turnout may be low. But, if instead, this Generator woman waits until someone suggests that she teach workshop, she has something to respond to and the outcome of the workshop will probably be much different.

Of course, waiting can feel very challenging for these energy types. It does not feel natural for most people to wait and see what Life brings. If you are a Manifesting Generator or a Generator, experiment with waiting, even if it is for just a few days and see what happens! Your energy field communicates to the world that you need something to respond to. When the Manifesting Generator and the Generator wait, things always come to them in the right time and the right way.

Even though these two types are similar in how they must wait to respond in order to make decisions, there are some interesting differences between them. Manifesting Generators have some of the energy characteristics of Manifestors. They tend to respond more quickly to situations than a pure Generator. Manifesting Generators may also have to "test drive" their response to situations that come to them in order to see if they are correct. Because of this characteristic of trying out responses, Manifesting Generators can seem as though they are changing their minds frequently. Pure Generators act more
deliberately when they respond, and they usually know what is correct for them to do without having to try it out first.

Famous Manifesting Generators and Generators include Madonna, John Lennon, Dalai Lama, Hillary Clinton, Oprah Winfrey and Timothy Leary.

**The Projector**
The fourth personality Type in the Human Design System is the Projector. Projectors represent about 24% of the population. Projectors can become the natural managers and leaders of the world. Projectors do not carry energy in their own personal energy field, but instead take in the energies of others and manage it. Projectors have to wait to be recognized and invited into the major events in life, such as love relationships, career and right place (where they live). If an invitation feels good for a Projector and she accepts it, she channels an enormous amount of energy and power into that situation. She can then use that energy to manage others and the world around her.

Projectors, for all their wisdom, can have a frustrating and debilitating life process if they try to push themselves and initiate action. A Projector simply does not have the energy to “just do it”, and if they try to initiate like a Manifestor, or work steadily like a Generator, they will burn themselves out very quickly. The challenge for the Projector is to trust that the right invitations will come and to them, and to wait for those invitations. Sometimes Projectors wait months or years for the right invitation.

Because they are “non energy” types and they are not here to work steadily like the Generator Types, the Projector Types may receive a lot of judgment from other and be perceived as "lazy" when. In fact, it is literally unhealthy for these types to initiate any kind of action or to work at the wrong kind of jobs on a steady basis. They usually can't sustain the energy flow on their own.

Projectors are here to deeply understand others. Projectors can be powerful resources if they are recognized and used properly. A
Projectors can, simply by watching an energy type, intuitively know how that other person can maximize their energy and their potential. This makes them natural coaches and mentors.

Projectors are here to be recognized and invited by others. Many Projectors are magnetic, charismatic recipients of amazing invitations. Ringo Starr is a Projector. He was literally “invited” to join The Beatles after one of the original band members left the band.

Other famous Projectors include Steven Spielberg, John F. Kennedy, Paul McCartney, Fidel Castro, Karl Marx and Demi Moore.

The Reflector
Reflectors are the most rare of the types. Less than 1% of people are Reflectors. The Reflector is here to "mirror" or reflect the health of the community around them. A Reflector is extremely open to all kinds of energy. The Reflector takes all the energy from the world around him deep into his own energy system and then reflects it back out.

If you are a Reflector and you are happy, then where you are at the moment is a happy place. If you are a sad Reflector then the community, or the world around you is sad.

Because Reflectors are completely open, they can become very deeply wise about others and the world around them. Reflectors take in so much energy and information that it can take them a while to make decisions. A Reflector needs to wait 28 days, the full cycle of a moon, before they can feel certain about their decisions. Sometimes, they have to wait out two or more moon cycles until they know a decision is correct for them.

Reflectors need to talk about their decisions to everyone. Because they are always taking in information and processing it, it can be difficult for the Reflector to know herself. Reflectors have to see their decisions reflected through others in order to know what to do.
Famous Reflectors include Michael Jackson, Uri Geller and Roslyn Carter.

CONCLUSION
The Human Design System is a very deep and complex personality assessment tool. A Human Design Analyst can sit down and talk to you about your chart for many hours. At the same time, there is a beauty and simplicity to Human Design that makes it instantly useful for anyone who encounters it. All the depth and the power that was imprinted on you at the time of your birth can be lived out gracefully by simply knowing and living the strategy of your type. Live true to your type and you will truly live out your own personal Destiny.
**Another Look at the Types**
(similar to above, but with some additional info)

In the traditional Human Design System, there are four types of individuals, each with a unique strategy for living. All humans can and do manifest. By understanding what type of person you are, you can avoid forcing yourself to manifest something in your life that may not be correct or healthy for you. Understanding your type gives you a strategy to live the life you were created to live!

**MANIFESTORS**
Manifestors are the first type in Human Design. Approximately 8% of the population are manifestors although we are all socialized to act like manifestors. Manifestors are pure energy beings. They are designed specifically not to be controlled by anyone. They often meet a lot of resistance in life because of this and they can end up feeling very cut off from people. Manifestors can truly "just do it" although they meet with a lot less resistance if they inform the people around them about what they are going to do before they do it.

It can be quite challenging to raise a manifestor child as they usually have a lot more power than their parents. As a parent of a manifestor it is important to understand your child's need for power and control while tempering it with appropriate limits and boundaries. Many adult manifestors were horribly beaten as children in an attempt to control their power. Some famous manifestors are Adolph Hitler, Sigmund Freud and Elisabeth Kubler-Ross.

**GENERATORS**
Generators are the second and most common type in Human Design. Roughly 70% of the population are generators. Generators are design to respond in life. Unlike manifestors, they have no idea where they are going until they respond. Generators have to wait until they are given something to respond to. Consequently, generators can be very frustrated waiting for the right thing to come to them. Generators are
potentially the most powerful of all types once they understand how they work.

Generator children need to be given something to respond to. Forming your discipline into "yes" or "no" questions can help your generator children work with you. If you tell a generator to do something they will resist you. If you give a generator child too many choices, it will overwhelm them. Some famous generators are Mozart, The Dalai Lama and Prince Charles.

MANIFESTING GENERATORS
There are actually two types of Generators, the regular Generators and the Manifesting Generators, and current theory is moving toward calling the Manifesting Generator a separate type. You can read more about Manifesting Generators in my article about them under the Five Types.

PROJECTORS
About 20% of the population are Projectors, the third type. Projectors are people whose specific gift is to work with and guide the energy of others. The alone can understand both manifestors and generators. They also have the design to wait, and the key that unlocks their power is recognition. Projectors have to be invited in order to activate their power. Projectors who wait will be invited to participate in many delicious opportunities.

However, because sometimes projectors have to wait a long time for what is right for them, they can become very bitter if they are not recognized for their gifts.

Projectors are like the general in the army or the CEO of a corporation. They intuitively understand which people are best suited for each task that needs to be accomplished. Projectors, when properly recognized and invited, make great leaders and can be very wise.

Projector children need to be invited to participate in family activities.
It is vital that projector children are recognized and listened to. Projector children may need to rest and seem to be "low energy". Allow them ample alone time to rest their systems. Some famous projectors include John F. Kennedy, Karl Marx, Stephen Spielberg and Princess Diana.

**REFLECTORS**
Reflectors are the rarest of the four types (less than 1% of the population). Reflectors have nothing fixed in their design to rely on (none of their nine centers is colored in). These people can be the wisest people among us, since their life rhythms are directly governed by the moon. Reflectors must wait a full 28 days (a full moon cycle) before they can make a decision. Reflectors take people in on a very deep level and can know a person in a way that most of us can not. If a reflector does not understand how their design works, they can feel deeply lost and overwhelmed by life. Michael Jackson is a famous reflector.

Are you curious about what type you are? Request a Human Design chart from one of our Certified Human Design Specialists.

[http://www.humandesigntoreveryone.com/human_design_specialists.html](http://www.humandesigntoreveryone.com/human_design_specialists.html)
Understanding your free chart is the first step towards discovering new truths and information about yourself. Although nothing can take the place of a full Human Design Analysis, having a simple understanding of your Human Design can start you on a beautiful journey of self-discovery.

WHAT IS THIS CHART?
The Human Design Body Graph that I send to newsletter subscribers represents a snapshot look at the "DNA" of your waking personality. In other words, it is a still picture of some of the fixed personality characteristics with which you were born. We are all born with a fixed biological structure determined by our DNA.

While the environment can work on our nature and affect it in many ways, certain characteristics will never change. If you have brown eyes, for example, you will always have brown eyes. If you are male you will always be male (barring surgery). Your genes, in other words, do not change over time.

One way to think of a Human Design Body Graph chart is to consider it a representation of the "genes" of your Personality.

I want to clarify that the free chart you receive by no means represents the whole picture about you and your personality no more than one chromosome would represent your whole biology. You are a beautiful multidimensional being with great depth and complexity. The Body Graph chart that I send and that is used for an initial Human Design Analysis represents the personality traits you exhibit during your typical waking state.
This is called your "Solar" chart or waking design. It is probably the most important chart for a beginner to learn about, but there are other charts that represent your "sleeping" design and your design at different phases of your life. To benefit from Human Design Analysis you should start by trying to understand and use the information in your "waking design" chart. After a practicing using the information from your waking design you may wish to delve deeper into who you are and learn about your other charts.

So with that in mind, lets take a look at your free chart and how to read it.

THE NINE CENTERS
The first thing you will notice when you look at your chart is that there are nine geometric shapes. These shapes are called the nine centers. Each center carries and manages a certain frequency of energy and relates to specific themes in our lives.

You may notice that some of the centers are colored in and some of them are white. The centers that are colored in are called defined or fixed. Having a center defined means that you have a specific way of processing that kind of energy in your life.

For example, if you have the diamond in the center of you chart colored in then you have a defined or fixed Identity Center. When your Identity is defined then you have a specific, consistent way of thinking about yourself and where you are going with your life.

The white centers are called open or undefined. When you have an open center it means that you don’t have a fixed or specific way of processing that energy. Your open centers are your greatest teachers and the deepest source of your wisdom. In your open centers you can process that center's type of energy in many, many different ways. Your experience and understanding of the energy of that center may be unlimited.

For example, the small triangle on the right middle of the chart is called the Will Center. The Will Center is about processing the energy
for bringing things forth onto the material plane. When you have an Open Will Center, it means that you don’t have a specific way of thinking about material things. The gift the open Will Center gives you is the ability to become very wise about making money and knowing what is truly valuable in life.

For more specific information about each of the nine centers, read my articles about the different centers.

THE CHANNELS
The next thing that you may notice on your chart is that it is covered with lines, some of them colored red, some black, some checkered black/white and some totally white. Lines that span all the way between two centers are called channels. If you have a line that is all the way colored in then the centers on either end of the channel will be defined. An open center has no fully colored channels attached to it. There are 32 channels in the Human Design body graph. Each channel has two halves called gates. There are a total of 64 gates. The 64 gates correlate to the 64 hexagrams in the Chinese I’Ching. Each gate that is active in your chart adds a different “flavor” to your personality.

You may notice that some of your gates are colored in differently. Gates colored Black carry personality traits that you are consciously aware of. So for example, if you have the gate 11 coming out of the Ajna Center towards the throat colored black, then you would be consciously aware that you have a lot of ideas! The black gates are derived from the black numbers on the left of your body graph chart.

Some of the gates on your body graph may be colored red. The red gates are derived from the red numbers on the left side of your body graph. You may notice that the birth date on top of those red numbers is not your actual birth date. This date is the date of your unconscious definition in your design. The birth date of your unconscious is calculated 88 astrological degrees back from your actual birth date. According to Human Design theory, this is the date when your soul fully entered your body before you were born.
Your red or unconscious gates represent personality traits that you may not be consciously aware of. These are traits that many of us become aware of as we travel farther along the journey of life, but for the most part, we are not always conscious of acting out these personality traits. Unconscious personality traits are completely innocent in their expression through us. You may not be able to control or manipulate your unconscious personality traits.

So, for example, if you have the gate 13, The Gate of the Witness, unconscious (red), then you may not be aware that your energy field communicates to others that they are safe to share their secrets with you. You probably have no idea why people are always coming up to you, out of the blue, and telling you their deepest, darkest secrets. If you have checkered gates you express those particular personality aspects both in your conscious and unconscious definition.

A white line or gate simply means that you have that gate open. You will always take in the energy of that gate from the world around you, but its expression through you will be inconsistent depending on your environment.

When you look at the numbers on the left side of the body graph, you will see that each gate number has a small number next to it. For each gate there are six different "lines", each line being a further expression of your uniqueness. The lines of the gates do not show up on the body graph and their meaning can be revealed to you during a Human Design analysis. You can refer back to the traditional Chinese I’Ching to gain more insight into each gate.

If you would like to know more about your gates and channels, I recommend a full Human Design Analysis.

**TYPE**

When you look at the bottom of your chart, you will see your type listed.

There are five types in the Human Design system. Each type has a specific strategy for making powerful decisions. Your type is
determined by the definition in your chart. Since your type determines your strategy, it is essential that you know something about this feature of your design. To learn about the five types please refer to the additional articles about Type under my Articles and Ideas section at the Human Design for Everyone: www.humandesignforeveryone.com.

**STRATEGY**
Your strategy comes from your type. Strategy is the most important knowledge offered by your Human Design Chart. It gives you key information about how to operate your human vehicle in the world, how to make the right decisions for you, and how to recognize when you are on the right path in life. Following your strategy offers you the opportunity to experience events and circumstances that are correct for you. Not following the strategy for your type brings events and experiences into your life that may not be correct for you. Because learning to follow strategy effectively can take months or years of practice, you can benefit from coaching by a Human Design Analyst who can provide you with feedback and encouragement.

**AUTHORITY**
Authority refers to an aspect of your design that influences your decision-making. Although decision making is tied directly to your strategy, your authority flavors the way you use your strategy. Authority is determined by certain centers in your personal body graph that will have the most powerful influence for you when you make decisions. Not all centers carry authority, so your personal authority will depend on your type and your definition.

Authority will also depend on your life conditioning and your level of emotional well being. When you receive a Human Design Analysis, you are taught to understand patterns of pain and behaviors that may be keeping you from living out the beauty of the mythology of who you really are. With cognitive awareness of old patterns, you begin to heal and transform these energies into deep sources of wisdom. The more you clear your old energy patterns the more effectively your natural decision making skills (your authority) can function. You can
then begin to use your authority along with your strategy to help you make better decisions for your life.

PROFILE
There are twelve different profiles in the Human Design system. We derive profile from the lines of the gates in your conscious and unconscious Sun sign. The Sun sign is the first sign on a chart under the "Design" and "Personality" columns. Profiles tell you about major life themes that you will encounter, and they illustrate another way in which your personality interacts with the world. Everyone comes into the world with a specific profile and purpose. Knowing your profile can help you see some of the themes that you will encounter as you move toward fulfilling your purpose.

Each number in a profile has a specific meaning. The first number in your profile is an element of your personality that you will be consciously aware of. The second number in the profile may be unconscious and more hidden from you.

The twelve different profiles are derived from the six possible lines of a gate. Each of these six lines represents a different archetype or style of behavior. Your profile can be thought of as an explanation of your conscious and unconscious archetype and the themes associated with that archetype. Here are the definitions for each of the profile lines.

Line 1 - Investigator
Line 2 - Hermit
Line 3 - Martyr
Line 4 - Opportunist
Line 5 - Heretic
Line 6 - Role Model

The twelve profiles are combinations of two of those lines (conscious and unconscious).

Here are the twelve profiles:
1/3 Investigator Martyr
1/4 Investigator/Opportunist
A Human Design Analysis can tell you in great detail what types of themes you can expect to encounter in your life based on your specific profile.

**CONCLUSION**
Your Human Design Body Graph Chart contains so much information about you that I have only scratched the surface in this article! I encourage you to seek a full Human Design reading that will reveal to you so much more about yourself, your gifts, your strengths, and your vulnerabilities. A reading can introduce you to knowledge and skills that will help you create a powerful and fulfilling life for yourself.

To inquire about a Human Design analysis, please email me at:

[karen@joyfulmission.com](mailto:karen@joyfulmission.com)

To learn more about the Human Design System, check out the Awesome Products page for more Human Design classes. [http://www.humandesignforeveryone.com](http://www.humandesignforeveryone.com)

May you fall madly in love with yourself!

Loving Light,

Karen