



With Sarah Lawrence  
Akashic Reader,  
Human Design  
Emotional  
Manifestor, 4/6  
Profile

# HUMAN DESIGN FOR BEGINNERS

Your Soul's intentions  
through your Human  
Design

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## HUMAN DESIGN – START HERE



**If you've had a reading with me before, it's most likely because you know me as an Akashic Records Reader.**

**My most popular reading is the *Soul Star Reading*, where you learn about your [Divine Soul Blueprint](#).**

I first connected with the Akashic Records in 2010 through my Higher Self, and that work completely reshaped my path.

Then, in 2021, Human Design began appearing everywhere around me. Colleagues kept bringing it up, clients were curious, and I finally decided to explore it for myself.

## HUMAN DESIGN AS YOUR SOUL'S INTENTIONS

**Think of Human Design as the manifested intentions of your Soul – the blueprint of how your energy is designed to move through this lifetime.**

When I first pulled up my chart, I felt an immediate resonance. And just like with my Akashic work, I finally received answers to questions I had carried for years:

- Why I felt so different from other kids and was often bullied.
- Why I could read energy in unusual, often unexplainable ways.
- Why I seemed to “burn out” more quickly than others and was labeled “rebellious” or “too sensitive.”
- Why my emotions moved in such intense waves—soaring one moment, plunging the next.

For years, I hid those sensitivities, trying not to let others see. Human Design gave me a framework that explained *why* I was the way I was.

So this gave me room for more self-acceptance.

## MY DISCOVERIES SO FAR WITH HUMAN DESIGN

Here's what I discovered:

- I'm one of the less common Types, which explained why children sensed my difference at school. That energetic mismatch was felt long before it was named.
- My chart confirmed my ability to read energy in rare ways, something even my coaches and teachers pointed out as unusual.
- I do have unusual DNA. Years ago I asked my guides why I could do 'odd' things, and they say "It's because of your DNA". Also, I've always struggled with reactions to standard pharmaceuticals, and the reason why is indicated in my chart.
- I'm a **non-Sacral Being**, meaning I don't have constant access to life-force energy. Rest and different rhythms are not a weakness—they're my design.
- I have **Emotional Authority** with five active gates in my Solar Plexus, which explained my lifelong emotional waves. I wasn't "too sensitive"—I was living my natural authority. I am designed to tap into my emotions for resonance and innate wisdom.

Human Design didn't give me all the answers – why should it?

It's only one system out of several. But it gave me a deep understanding of my Aura, personality and the Soul's Intentions through Design.

## WHY PEOPLE EXPLORE HUMAN DESIGN

People come to Human Design with many intentions, including:

- Learning how to manage their energy.
- Understanding their Type (and the Types of those around them).
- Finding clarity around purpose and relationships.
- Making sense of repeating patterns.
- Exploring their intuition and unique gifts.

Maybe you're curious for one of these reasons—or maybe simply because you've heard about it and feel pulled in. Curiosity is reason enough.

But here's the key: Human Design is not about *telling you what to do*.

It's about showing you *how you are designed to move through life*. Free will is always yours.

## WHAT HUMAN DESIGN REALLY TEACHES

At its heart, Human Design is about letting go of the "Not-Self"—the layers of conditioning and programming that pull you away from your true design.

It also illuminates the "Shadows"—the blocks or limits that, once seen, can become your greatest opportunities for growth.

*Your Soul chose your design for a reason.*

Through Human Design, you begin to see not only your innate gifts, but also how family, generational patterns, and karmic themes have shaped your experience.

This perspective can be both liberating and deeply healing.

## WHAT TO EXPECT

Your chart is rich and contains layers of information that take time to integrate.

Ra Uru Hu, the founder of Human Design, called it a *seven-year download*. You don't absorb it all at once.

Here's what is likely to unfold over time:

### Most likely:

- Immediate insights into your Type, Strategy, and Authority.
- A growing awareness of how to manage your energy.
- Realizations about how your purpose is quietly shaping your life.
- Deeper connection between your health, intuition, and design.

### Less likely:

- Instant mastery of your chart or others' charts.
- Overnight transformation of your life purpose.
- Sudden, dramatic shifts in energy or intuition.

Human Design is a journey of unfolding—layer by layer, revelation by revelation.

## A QUICK PRIMER

Human Design weaves together five systems:

- Western Astrology.
- The I Ching (64 archetypal Gates).
- Human DNA Codons (also 64 in total).
- The Chakra System (expanded to nine centers).
- The Kabbalistic Tree of Life.

Together, these create your unique energetic map—your Life Blueprint or Aura.

## HOW TO BEGIN

If you're just starting, keep it simple. Here's what I recommend:

1. Get your chart. (Message me if you'd like me to generate it for you.)
2. Focus on one thing. Start with your Type or Authority and notice how it resonates.
3. Experiment. Make one small decision using your Authority and see what shifts.
4. Journal. Record your reflections and experiences.
5. Go deeper. Explore books, classes, or coaching when you feel ready.
6. Have a reading. [\*\*A Human Design Reading can bring clarity and context you won't find on your own.\*\*](#)

## FINAL THOUGHTS

Human Design doesn't hand you answers—it hands you a mirror.

It shows you how you are wired, and where conditioning may be holding you back.

It's a system for self-discovery, self-compassion, and alignment.

Most of all, it's a reminder: you were designed this way for a reason.

Your energy, your blueprint, your path—it's uniquely yours.

If you'd like to see your Human Design chart or book a reading, just reach out and I'd love to help you explore it.



**BEGIN HERE IF YOU WANT A HUMAN DESIGN READING, PLUS MORE RESOURCES**

How to get started with Human Design Readings, and a list of free Human Design resources.

Resource	Contents
<a href="#"><u>Life Purpose Reading</u></a>	My most popular Human Design Reading to get you started with an understanding of your Life Purpose.
<a href="#"><u>Channels and Chakras Reading</u></a>	Learn your unique vibrational Chakra Pattern, and the Channels that you have, your innate talents and your Shadows.
<a href="#"><u>All Articles to date about Human Design</u></a>	Lots of free resources here, 15 articles to date and growing.
<a href="#"><u>Relationships and Human Design</u></a>	Relationships! Pick a family member, intimate partner, friend or work colleague to understand your alchemy better.
<a href="#"><u>Human Design Coaching</u></a>	If you have worked with your Human Design for a while, then you may be ready to start <i>applying</i> some of that detailed information in your life. But how?
<a href="#"><u>*NEW* The Success Codex – a revolutionary way to work with your Human Design for Personal And Business Growth</u></a>	<b>What is your Success Codex?</b> It's a unique take on some of your Personality Human Design Gates and Astrology, through Sacred Geometry. Straightforward and simple strategies for personal and professional growth.