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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've been consciously connected to my Akashic Records through my Higher Self (also known as the intuition) since 2010.

I connected with Human Design in 2021, when I noticed that more people in my field were working with it, and colleagues kept mentioning it to me, so I decided to dive in.

Think of Human Design as the manifested intentions of your Soul – for this lifetime

When I first looked up my Human Design Chart, I felt a lot of resonance.

[As with my Akashic Records work](#), I found some answers to questions I had for a long time on the spiritual journey, such as: -

- **Why I was bullied so much at school** and felt so different to other kids.
- **How I could read energy in very unusual ways.** I had asked my Spirit Guides about this, once and they said, "*Because of my DNA*".
- **Why did I seem to run out of energy** so much more quickly than other people and was often told I was either a 'rebel', or 'too sensitive'.
- **Always having to work on managing my emotions** and going through huge swoops and dives in emotions (up, then down), just in the matter of a day or a few hours sometimes.

As a younger person with no frame of reference for the treatment I received, or the unusual way I saw the world, I did what most people do. I stuffed it all and tried not to be 'too sensitive' or 'too emotional' in front of others.

Once I learned more about my Human Design. It was such a relief!

- **I discovered I was an unusual Human Design Type**, only a very small proportion of the population. Children are very aware of energy, so my 'difference' was noted energetically at school (hence the bullying). Although, of course, bullying is unacceptable for any reason.
- **I really can read energy in unusual ways because of my DNA set up.** When I worked with a Human Design Coach, he even mentioned how 'rare' my Design is and why, to the class he was teaching. This was very validating for me but also made me a little sad. When you can sense you are being left out, all a person wants to do is fit in!
- **I am what is called a non-Sacral Being in Human Design.** This means that I don't have constant access to chi or life-force energy and need to rest and work in different ways to most people. So much for being 'a rebel'.
- **I have an Emotional Authority with 5 Active Gates in my Solar Plexus Chakra.** I am an emotional being, and learning to manage my Emotional Authority has been so helpful in understanding health issues and how to stay balanced. So much for being 'too sensitive'.

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| Common Thoughts, Ideas that people have about learning to read their Human Design Chart |
| I'll learn to read Energy. I'll understand my Type, and other people's Types, and life will be easier. I'll find out my Life Purpose. I'll be able to understand why (a certain relationship) did or didn't work out. I'll understand how to make my current relationship work. My Human Design Chart will help me to understand 'what' to do next with my life. I'll learn to manage my energy better. |

If you find any of your thoughts and ideas in the above table, (maybe you have a different one to add?) then I'd encourage you to dive into learning more about Human Design.

Curiosity, just because you have heard about Human Design, is also perfectly natural.

It's important to understand what Human Design *is and is not*, though, before you start to delve in, so that you begin to understand *what you'll get* from the experience.

There's a lot to learn – and it can end up being a huge rabbit hole, if you are not focused on what it is you are hoping to clear up for yourself by learning your Human Design.

One thing to get straight before you dive in, is to avoid thinking that you will get all the answers to the problems in your life from Human Design. **This system is about *how you do you*, it doesn't tell you *what to do***. What you do is your choice through free will as an incarnated Soul.

No judgment here, I went through this too – just check in with yourself and consider your motivations. Doing this now, rather than later, will help you get clearer and more helpful access to downloads from your Human Design Chart when you get started.

You will get a lot of helpful information from your chart – but this expectation can dull your ability to understand what is on offer from connecting with your Design.

Most of what we are taught as socialized human beings comes from a fear-based perspective and approach, and how our parents, carers and educators programmed us from a young age.

Human Design is also about learning to let go of the 'Not-Self' and Shadows.

Briefly, the 'Not-Self' describes ways of being, programs and behaviors that don't serve our innate Human Design, and that hold us back, a lot of this stuff is held in our subconscious minds. "Shadows" are limits or blocks encoded in our Human Design. Learning about them can be extremely enlightening.

Your Soul came here to work through karma and experience *life*, or at the very least to give itself (as a piece of incarnated consciousness, e.g. YOU) the opportunity to take your shot this time around.

In you come, and then you are born into a family who have also generational karma. This karma radiates through their DNA and then into yours as you inherit it, and you are born.

As you grow into a small child and then an adult, you are socialized, perhaps taught a religion, and expected to fit in.

Some of what you are taught, and what you experience, may be in opposition to your innate Design, or you are blamed for the Shadows in your Design! Here are a few examples: -

- **You may have been born as an unusual Type** into a family that are all the majority Type, so you stick out like a sore thumb!
- **Through certain Human Design Gate patterns**, your Soul may have chosen family members or future intimate partners/bosses/friends that are ready to trigger karma with you.
- **Your Life Purpose or Incarnation Cross is more challenging to achieve than most** from the life situation you find yourself born into.
- **Your Soul is interested in experiencing Shadows in this lifetime.** Shadows can be enormous resources for growth – if you know what they are from your Chart.
- **You may have to eat foods that don't suit your Variables** (an aspect of Human Design).
- **You might have been programmed out of your Profile**, (personality) or struggle with a fuller expression of it, because of your Life Situations.
- **There may be Life Lessons or Themes that can be intuited from your Human Design Chart** – because they also appear in your Akashic Records.
- **Perhaps you struggle with energy management** - because you are an unusual Type who is trying to function in a majority 9-5 world.
- **Maybe you dream of moving to the perfect location** – because you are living in an opposing setup to your innate Human Design match.

Welcome to the joy of the incarnated journey! So hopefully by this point you can see why learning more about your Human Design can be helpful.

WHAT TO EXPECT WHEN YOU BEGIN WORKING WITH YOUR HUMAN DESIGN

When people see their Human Design Chart, there can be an immense desire to understand and interpret it all at once.

The fact is, your Human Design Chart is extremely *dense* and full of energetic information. It's impossible to try to interpret something all at once when we don't yet have the energy or bandwidth to do so. Some of it will stick, but a lot of it will mostly go in one ear and out of the other.

Ra, the originator of Human Design, used to call processing your Human Design Chart "*The Seven Year Download*". Think of your chart as a waveform envelope with masses of energetic downloads inside. They may be delivered to you, but if your vibration is only just waking up to what's inside you, most of the vibrational information will just pass right through.

It's OK, just take your time and absorb what you can, when you can. 7 years is a good target! I'm on year 5 of my journey and still delving into more layers.

| What you will most likely experience | What you are less likely to experience |
|--|--|
| Some understandings clicking into place around your <i>Type, Strategy</i> and <i>Authority</i> , giving you a new perspective. | A sudden ability to read and download energy from your chart, and everyone else's. (Might be a bit intrusive). Best just to focus on your own downloads. |
| If you contemplate and reflect on your <i>Channels and Chakras</i> , a growing realization of better/new strategies for personal energy management. | The sky opens with a massive understanding of personal energy flow, and how to set boundaries for everything and everybody. |
| Over time, a growing awareness of how your Life Purpose or <i>Incarnation Cross</i> has been showing up in your life, relationships and life situations. | Life Purpose or Destiny realizations, where you change your whole life to realign with your Incarnation Cross (probably not advisable). |
| As you download more of your own chart, a deeper understanding of your intuition, health, and how they connect with personal preferences. | Intuition increases massively, you change your whole environment, location and boost your wellness, becoming a health guru. |

EVOLUTIONARY THEORY THROUGH HUMAN DESIGN

The original intention behind Human Design at the simplest level was to help us understand our children better.

For me, being able to understand my child's Type and other aspects has been enormously helpful. As the study of Human Design has progressed (since 1986), more data on a larger section of the population has created new theories, ideas and research.

Here's a very interesting one summarized from Genetic Matrix.

| Evolutionary Type | Through the Human Design Lens (from Genetic Matrix). |
|---|--|
| <i>Homo Habilis (2.4-1.4 million years ago) – The Handy Human.</i> | The first known human species, who could use tools, began the human relationship with technology. Larger brain than earlier species, began our roots of creativity and adaptability. |
| <i>Homo Erectus (1.9 million-110,000 years ago) – The Upright Human.</i> | This species stood up and walked on two legs, freeing their hands for other tasks, changing hunting behavior, mastering fire and improving eating habits, resulting in new brain growth and even migration. |
| <i>Homo Neanderthalensis (400,000-40,000 years ago) – The Tough Survivor.</i> | Neanderthals are a fascinating chapter and interbred with Homo Sapiens (that's why some of us in Europe have Neanderthal DNA, me included). Physically tough, skilled stoneworkers and toolmakers, practiced arts and rituals. |
| <i>Homo Sapiens (300,000 years ago – present day) – The Wise Human</i> | We made a huge leap in cognitive abilities, self-awareness, social organization, developing language, art, culture and civilizations. We now dominate the planet. |
| <i>7-Centered Homo Sapiens (pre-1781)</i> | The 7-centered human form has focused on instinctual survival, mental skills and linear approaches. A left-biased, strategic approach to life, necessary for survival. |

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| <i>9-Centered Homo Sapiens Transitus (1781-2027)</i> | <p>With the discovery of Uranus, the 9-centered human appeared in our gene pool through mutation. We are now physically capable of integrating strategic (left) and receptive (right) awareness, allowing for more balance between logical and holistic awareness. Now able to explore higher states of awareness.</p> |
| <p><i>Homo Solaris (2027 onward): The Solar Human</i></p> <p><i>(New Age of the Sleeping Phoenix, 2027 beginning a new 400-year cycle).</i></p> | <p>This new genetic mutation represents an evolutionary chapter in our history, enabling us to operate through shared consciousness in groups called 'Pentas'. We'll be more emotionally stable (<i>Solar</i> meaning focus on the Solar Plexus Chakra, seat of emotions).</p> <p>There will be a rise in collective intelligence and a deeper connection to unity through greater receptiveness, openness and emotional clarity.</p> <p>This will be a turning point in our evolution, bringing in an era of greater harmony and alignment with universal energy.</p> |

Remember – we are not there yet! But many people are awakening to the new possibilities and potentials in their DNA, causing more people to adopt spiritual practice, investigate epigenetics, admit that negative emotions can be connected to illness, and generally create systems that support us and grow us a species - instead of letting our baser instincts (Shadows, Not-Self) rule over and separate us.

This may be some of your motivation for wanting to learn more about your chart.

So, when you get a Human Design Chart (and feel free to ask me for yours), you'll see that it contains 9 Chakras, as opposed to the more traditionally well-known number of 7 Chakras in the Hindu system.

As we evolved (1781 onwards) our Heart Chakras divided energetically into the GPS or Identity Chakra (Sense of Self) and Heart Chakra (Will/Ego). The Spleen Chakra also became apparent (survival, protection, psychism).

A BRIEF SUMMARY OF HUMAN DESIGN

The 5 systems that go into a Human Design Chart are: -

- **Western Astrology** some readers use different systems, I use Western).
- The **I-Ching**, an ancient Chinese divination tool with 64 Gates or Hexagrams – think of them as unique archetypes of human behavior.
- **Human DNA Codons**, with 64 Codons in Human DNA.
- The **Hindu Chakra System** (plus 2 extra Chakras).
- **The Jewish Kabbalah**, Sephirot, or Tree of Life (an ancient mystical Jewish practice connecting energy centers and energy channels).

When your Soul chooses to incarnate, it will select a growing baby body (in utero) with the characteristics it finds beneficial or interesting for its' next incarnation.

From the Human Design channelings interpreted by the originator (Ra Uru Hu, aka Robert Krakower), this full entering or indwelling of consciousness or Spirit begins 88 days before birth.

In your Human Design Chart, the Astrological influences of your date, time and location of birth are recorded, along with those of 88 days before that (considered to be the latest time a Soul can enter a fetus in utero).

Your DNA Codons are amino acids which translate your genetic code into proteins, essentially your unique DNA pattern, inherited from your parents. In a Human Design Chart, you can trace your Codons back as far as your grandparents' charts, if you have their correct birth information.

The Gate names come from the Chinese I-Ching. These are aligned with the DNA Codons in the Chart software based on your dates/times/locations of birth, so that an I-Ching Gate number (1-64) lines up with the matching number of the amino acid type in your DNA (there are also 64 DNA Codons in total).

Lastly, the chart is based on the energetic model of the Tree of Life (Kabbalah), where the Chakras are connected to each other by Channels of Energy, if two opposing Gates or Gateways have been defined by your unique DNA pattern.

YES YOU CAN LEARN TO READ YOUR OWN HUMAN DESIGN CHART

You are a completely unique individual. Your DNA, your way, on your birthday, the time and location you were born is different energetically to anyone else's. Even twins are different, because they have *different Souls*.

Think of Human Design as your Life Blueprint, and your Soul's energy as your Divine Soul Blueprint (which is [interpreted through my Soul Star Reading](#)).

Your Soul incarnates into a Life and brings through a certain number of energetic factors to experience, such as Life Lessons or Themes, Karma, and innate gifts, talents and abilities.

Through your Human Design Chart, you can begin to learn the 'how' of who you are from the perspective of your Soul *and* start to interpret some of the things that may be holding you back in a completely new way, through the structure of your Aura.

How to get started? My personal recommendations are: -

1. Start studying *your own chart*. Pick just one thing that really resonates from it for yourself, such as your *Type* or *Authority*, and dig in. [Feel free to message me at the client portal, and I'll send you your chart.](#)
2. Start doing some simple experiments around your chart, such as choosing a meal or coffee through your Authority. There are 6 different Authorities, which one is yours?
3. [Keep a straightforward spiritual journal for reflection.](#)
4. Pick a book to start with (if you like to read).
5. [Have a Human Design Reading!](#)
6. Take a class, watch a video, or have some coaching if you feel ready.

I hope you've enjoyed this short journey into the benefits of working with your Human Design Chart, and that you understand a little more as a result.

Next, you'll see some recommended Human Design Readings for those just starting out, and a link to all the free Human Design Resources on my site. Just message me with questions!

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 |
|---|--|
| <u>Life Purpose Reading</u> | My most popular Human Design Reading to get you started with an understanding of your Life Purpose. |
| <u>Channels and Chakras Reading</u> | Learn your unique vibrational Chakra Pattern, and the Channels that you have, your innate talents and your Shadows. |
| <u>All Articles to date about Human Design</u> | Lots of free resources here, 15 articles to date and growing. |
| <u>Relationships and Human Design</u> | Relationships! Pick a family member, intimate partner, friend or work colleague to understand your alchemy better. |
| <u>Human Design Coaching</u> | 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? |
| <u>*NEW* The Success Codex – a revolutionary way to work with your Human Design for Personal And Business Growth</u> | What is your Success Codex? 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. |