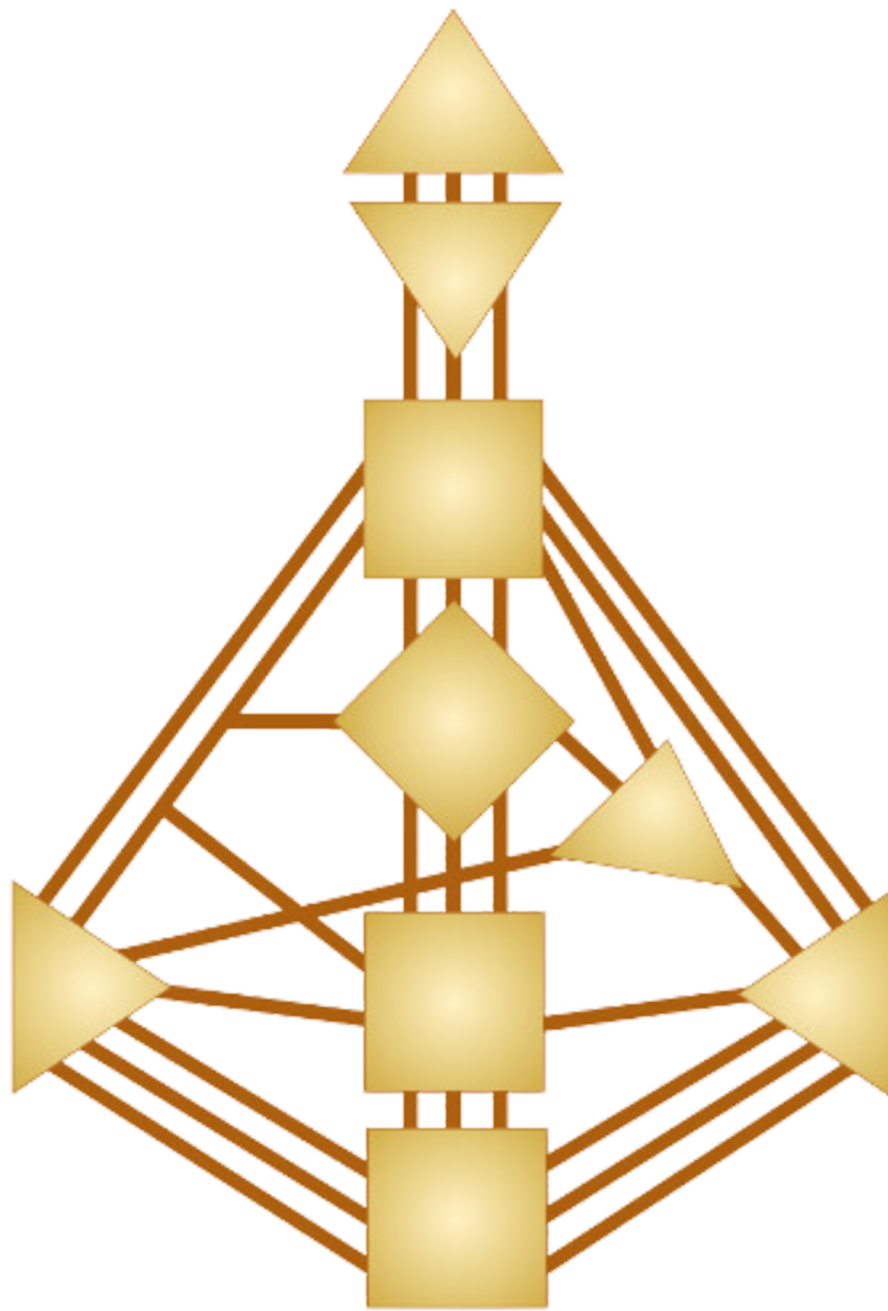




Human Design Workshop

Introduction

Ready to get started! :)

Welcome everyone! My name is _____. I'm so excited to be here with you today and share this Compassion Activation experience with you!

Remember that scene in The Matrix when Neo takes the red pill? Human Design is kinda like taking the red pill!

- Before I discovered this system, I often found myself feeling lost or overwhelmed by the expectations of what society wanted me to be and trying to fit into roles that weren't true to myself.
- Human Design gave me a roadmap to my authentic self. It helped me understand my unique strengths and weaknesses and how to navigate life in a way that's both effortless and fulfilling.
- I've learned to embrace my quirks, my sensitivities, and my incredible potential. I've let go of the need to be someone I'm not. And in doing so, I've experienced a level of peace, satisfaction, and joy that I never thought possible.
- Human Design has transformed my relationships with others. I've learned to truly see and appreciate the unique qualities of those around me. And in turn, they've been able to see and appreciate me for who I truly am.

I believe that much of our reality is just fated, but we have the power to choose the framework in which we perceive our reality.

Human Design is simply a framework that breeds love and compassion for both yourself and humanity.

Human Design is not a religion or a dogma but rather it is a system that helps you understand how you're uniquely wired to interact with the world.

- It's a blend of ancient wisdom and modern science, including elements from astrology, the I Ching, the Kabbalah, and quantum physics.
- Human Design reveals your natural gifts and vulnerabilities and how you're meant to make decisions.
- It's often referred to as the 'science of differentiation' because it shows how each of us is designed to be different and how we can embrace our individuality while also honoring others'.

What You Will Learn

Today, we're going to dive into some of the key elements of your Human Design chart.

By the end of this workshop, you'll have a clear understanding of:

- How your energy interacts with the world - known as your **Aura Type**.
- The best way to navigate life and make decisions - your **Strategy**.
- Your inner compass for making the right choices - your **Authority**.
- The roles you play in life and how you express yourself - your **Profile Number**.
- How energy flows through your body and where you are most influenced by the world around you - the **Nine Energy Centers**.

If we have time, we will also explore some interesting gates (the numbers you see within your design) and how those energies influence behavior and emotions.

Now, don't get too comfortable sitting because we are going to be moving around! Let's get started!

Aura Types

In Human Design there are 4 Aura types with a subtype each having a different role to play in humanity.

Manifestor: 9%

Truthfully, "Initiator" would be a more accurate name for this Aura type. "Manifestor" can be misleading, as it's not about "woo woo" manifesting better than others. Rather, this type represents the 9% of the population designed to get things started.

- Manifestors are like the Kings and Queens on the throne, initiating action for the "worker bees" (Generator Types) and seeking counsel from the wise teachers (Projectors).
- Their animal archetype is the king of the jungle, the lion.
- Mechanically, this is the only type that has the energy to initiate without needing to wait.
- Manifestors are here to create change by introducing new ideas, pushing people beyond their comfort zones, and empowering them to explore new methods.
- They are meant to blaze their own trail and disrupt the status quo.
- It's crucial not to tell Manifestors what to do or try to control them—making them tough for parents to manage because they are so different.
-

Because Manifestors are initiators, they aren't designed to respond to life like Generators and Manifesting Generators, nor do they need invitations like Projectors.

The best way to communicate with Manifestors is by informing them, as their strategy is to inform others.

- Avoid asking Manifestors questions.
- Instead, state your truth, and express what you know or what you need, but refrain from asking questions.
- Remember, you are not here to initiate them; they are here to initiate you, not respond.
- Even simple things like the phone ringing can often anger a Manifestor being forced to respond.

When in alignment, Manifestors experience a deep sense of Peace. However, when out of alignment, Anger surfaces.

Generators: 70%

Generators have a powerful, open, and enveloping aura that naturally attracts life and opportunity into their aura and consistent access to life-force energy. There are two types of Generators

Pure Generators: 35%

They can sustain work and effort when doing something they love; It is their energy that can power entire communities and projects.

They are the builders or the "worker bees". Their animal archetype is like the energizer bunny. When Generators allow life to bring opportunities that are in alignment, they find flow and feel deep satisfaction. If they push forward without waiting for the right cues, or it isn't in alignment they encounter frustration.

The key strategy for Generators is to wait for things to respond to, rather than initiating. They like and do best with yes or no questions.

Manifesting Generators: 35%

The name can be confusing as they are NOT Manifestors; in fact, their aura is the exact opposite of Manifestors.

- Like the Pure Generators they need to wait for the right things to respond to before they act. They are not meant to initiate.
- Manifesting Generators are a subtype of the Generator Aura meaning their aura works the same way, bringing things to them like a magnet
- What makes Mani Gens different from Pure Generators is they are multi-taskers, capable of handling several projects at once, and they move fast—often skipping steps in the process. Their animal archetype is the cheetah.
- Just like a Pure Generator they are here to work but unlike the Pure Generator they are here to embrace doing nonlinear nature. They don't follow a straight path and aren't meant to stick to one thing for long.
- Give them the permission to be able to skip through processes in a way that works for them.

When in alignment, Manifesting Generators feel Satisfaction.

When out of alignment, they experience Frustration or Anger, especially when they rush through life initiating without waiting for the right opportunities.

The key strategy for Manifesting Generators is to wait for things to respond to, rather than initiating. They also like and do best with yes or no questions.

Projectors: 20%

Projectors are the “Guides” of the world.

- Their role is to see deeply into people and systems offering valuable insights (when asked).
- Projectors are the wisdom-keepers, providing clarity and guidance to help others use their energy efficiently.
- When in alignment, Projectors experience Success and a sense of being valued. When out of alignment, they may feel Bitterness, often from not being recognized or appreciated for their talents.

Their strategy is to wait for the right invitations.

- Mechanically this Aura Type is penetrating, one could even say it is intrusive.
- They enter your aura without asking which is why it is so crucial for them to wait for the invitation to go further.
- It is a boundary issue when they share without an invitation which results in them not being received or feeling valued. This causes extreme bitterness.

This type thrives when recognized. They NEED and want you to invite them. Their unique perspective IS super valuable. It is important to recognize these people and value the gift that they have and invite them. They do not have consistent gut/life-force energy.

- It's important not to overwork them or expect that they act like worker bees.
- Their animal archetype is the Owl, the wise guide.
- Respecting their need for rest (and naps) and recognition is key.
- They need naps.
- Refrain from using the word lazy; they aren't lazy they just don't have consistent access to life-force energy!
- They're not here to be hustlers or doers—they're here to guide.

While waiting for the invitation it is their job to follow their bliss.

Reflectors: 1%

Reflectors are the “Mirrors” of society, and they are extremely rare, making up just 1% of the population. This type reflects the health and energy of their environment and the people around them; like a canary in a coal mine.

Their aura is sampling and reflective, taking in everything without holding onto it, which makes Reflectors incredibly sensitive to their surroundings.

- Reflectors are here to assess and reflect the well-being of their communities.
- If the people around them are thriving, so will the Reflector.
- If the environment is chaotic or unhealthy, it will be immediately evident in the way the Reflector feels.
- Their role is to show us the truth of our collective energy.
- Their animal archetype is the chameleon.

The key for Reflectors is to honor their own timing. They operate on a lunar cycle and need time to make decisions—about 28 days. This allows them to gain clarity through their deep connection to the changing energies around them.

Rushing them or pushing them to act quickly is a disservice to their unique process. When aligned, Reflectors experience a sense of Surprise and delight in life's unfolding. When out of alignment, they can feel Disappointment, often reflecting the lack of alignment in their environment.

Profile Numbers

In Human Design, there are 12 different profile combinations made up of two numbers, which represent the roles and personality traits a person embodies in life.

These numbers range from 1 to 6, and the combination of two numbers creates a specific profile. The first number represents how you see yourself (your conscious personality), while the second number represents how others see you (your unconscious traits).

Think of your Profile number as the narrative thread that weaves through the fabric of your personality, giving it unique texture and flavor.

Today we are going to talk about all 6 numbers individually and what they represent.

Line 1: the archetype of the Investigator

They live for the research. Within them, is a deep fear of the unknown creating an insatiable thirst that can only be quenched through research and investigation.

1-lines live for the research.

They are the masters of well-researched information, always doing due diligence and backing up their thoughts with solid facts and figures.

They regularly bring valuable, trusted information to the table - often making them an authority in their field of interest.

They lay the foundation to make everyone else feel safe in the truth of the information.

Line 2 is the archetype of the Hermit.

These people are naturally gifted with innate knowing.

As you journey through the world, you absorb everything around you, picking up bits and pieces as you go, organizing and assembling everything in your mind.

Unlike the 1-line (with perfectly sourced documentation on all their resources), you are not interested in the documentation; rather, just knowing is enough.

You tend to like to be by yourself and are happy doing so in a self-contained way.

Line 3 is the archetype of the Tester.

You are meant to make mistakes.

You need to try things yourself because you learn through the doing – the experience.

Give you a piece of furniture that needs to be assembled, and you tend to start trying things before reading the directions (unless you've tried that before and have learned that they need to follow the directions).

You may feel helpless, disillusioned, and frequently lost, stumbling from one thing to another, free-falling in a loop of constant struggle.

However, you are also the most resilient! You will try things; if they won't work out, that's okay.

Line 4 is the archetype of the Opportunist or the Networker.

Most all of life's opportunities will come to you through the people you know.

You will thrive when you pour energy into your network - however large or small isn't important. Quality of the connections is what is important

Line 5 is the archetype of the Perceived Savior.

The original Human Design terminology refers to your 5th-line energy as the Heretic archetype. You are a warrior with a “seductive” nature that draws people to you who want you to save them.

People project onto you that you hold the solution to their problems. These projections can be positive, but if you fail to meet their expectations, you may quickly lose your place on the pedestal.

You are indeed a guide. You are someone who can see from outside the situation to offer a solution nobody else has yet to consider. However, you are not here to fix every situation and it's important to remember every problem is yours to make better; follow your strategy and authority.

Line 6 is the archetype of the Role-Model.

Your life is broken into 3 parts...

- Under 30 you are much like the 3-line... learning things the hard way.
- Between ages 30-50, you turn into the hermit taking a step back to witness others in their process and learn from their mistakes.
- When you reach 50, you re-emerge and come into your own as a wise role model or mentor to share what you have learned."

The Nine Centers

In Human Design, there are 9 different energy Centers.

These Centers serve as hubs for different forms of energy, awareness, and function. Each center has a specific theme it governs, and they each bring different qualities depending on whether it's defined (consistent, reliable energy) or undefined (more flexible, open to conditioning from others).

Recognizing where you are “Undefined” (the white shapes) can show you where you are vulnerable and meant to become wise. Where you are "Defined" you have strength and a fixed way of being.

Today we are going to talk about all 9 Centers, what they represent, and how they interact with each other.

Head (Crown) Center

The purpose of this Center is to use inspiration to generate ideas.

✨ Defined

They are the inspirational forces of this world with a direct line to the Super Consciousness. You tend to be prolific with your ideas and, through them, offer direction to the other 70% of the population.

✨ Undefined

They do *not* have a consistent, internal source of inspiration, and you have to search for it outside of yourself. This means they tend to be drawn to stimulating environments like bookstores, art galleries, podcasts, lectures, workshops, TED talks, etc. The Challenge: If someone else is really passionate about an idea, it is super easy for you to get caught up in their energy and want to act on it. However, when you get overwhelmed, your interest can get pulled in various directions, making it hard to decide which path to follow. Due to the Head Center being a pressure Center, you may feel pressure to follow all the paths (you aren't Barbie) or figure out all the things at once.

Mind (Ajna) Center

The Mind (also known as the Ajna) is where you store all of your thoughts, concepts, and belief systems. Here is where you focus primarily on research and conceptualization.

✨ Defined

These People have a fixed way of thinking with the capacity to hold onto rigid ideas and beliefs. You probably are very good at remembering things as well. Because your fixed thinking lacks fluidity, it is easy to get into arguments and think you are always right. This happens because you feel so certain that your truth is THE truth.

Your challenge is seeing things from a different perspective. You find it hard to change your mind. You honor yourself by simply having the awareness of this and then making an effort to set down your stories and open your mind to allow in other's point of view in for review. Remember, none of us always has 100% correct thinking. There are many ways to think about information; your way is just one way, even though you may feel certain you are correct. Take time to listen to others for the opportunity of understanding limitless thinking.

✨ Undefined

These people are empathetic and open-minded; You have the GIFT of being able to approach information or a situation from multiple sides/perspectives; your mind is meant for possibility, not certainty. Release the pressure to hold onto fixed ideas and/or strive to determine THE absolute truth. Allow space for your views to evolve.

Throat Center

Your Throat Center is the voice, expression, communication, and manifestation hub. It is where all the energy in your Bodygraph is trying to make its way to be expressed.

✨ Defined

These people consistently communicate and manifest based on the channels (two numbers that are joined together to create an interconnected pathway) connecting to your Throat. Depending on which Center is connected to the Throat determines what you are here to talk about and when best to share.

- Do you have a connection to your Mind? You talk about what you "know".
- Your Intuition? You can talk about your body and intuition.
- Your Identity? Everything you say comes from the core of your soul.
- Your Heart? You speak with the pronoun "I" and talk about yourself.
- Your Emotional Center? You easily express your emotions from past and present. You might say, "I feel".

✨ Undefined

These people are able to change the way they communicate depending on who they are with. You may be good at impersonations. The Challenge: Not feeling heard, desiring recognition, seeking attention, talking without anyone hearing you, and/or feeling invisible. Your energy works best if you wait for others to initiate a conversation as you amplify the voices of the others around you. This may seem counter-intuitive, especially in the Western world, where we are taught to be bold, speak up, and speak out with our voices. When you wait for someone to recognize you and seek out your voice, you will find people who support and validate you. You can influence people deeply through your communication, but only when you first wait for the correct people to recognize your brilliance.

Identity Center

The Identity (also referred to as the G Center) is the hub for direction, purpose, and the self. Known as the “seat of the soul”, this Center holds us together. It is a literal magnet attracting everything you are and repelling what you are not guiding you toward your path and purpose.

✦ Defined

These people have a fixed sense of identity and direction in life. While others, of course, influence them, the essence of who they are remains consistent throughout your life. They are here to experience life in a specific way. They can play with different experiences, but the core of who they are and your direction is always the same.

✦ Undefined

These people are shapeshifters that can easily adapt. Their fluid identity allows you to step in and out of different roles, embodying different characters throughout their life. How you experience yourself is always changing based on those who are in your environment. Choose to keep a circle exclusively with people who feel good to you.

Gut Center

The Gut (also known as the Sacral Center) is the energy for vital life force, reproduction, sustainability, and sexuality.

✦ Defined

These people have a consistent connection to fertility, sexuality, work, and life force energy. Because this center is defined they are what is known as Generators types. Consistent life force energy make them the "workers" of the world, the ones who are here to do and get things done.

Also, you were not made to be a slave. Yes, work, but work on what lights you up. Your Aura attracts life, and then you respond to it and give your energy to what you love,

✧ Undefined

These people are able to amplify life force energy around them but it's not sustainable in the long run. They aren't designed to be the "worker bee". The wisdom here is to know when enough is enough. They are not meant to work like the 70% of the world that are Generators; this will lead to burnout, exhaustion, disconnection from the physical body, lack of creativity, and even autoimmune disorders. It's important you give yourself time everyday to properly rest and release what you've amplified.

Defined People...

Let the others nap. Let them work in their own way with the energy they have. Give them a hammock and stop trying to force them to be like you. If they don't rest, they will get sick. They do not have consistent access to your life force energy so stop expecting that they should. Let them be and don't call them derogatory names like lazy!

Root Center

The Root is responsible for the energy to do, to survive, to feel, and to respond to life. It is often associated with the adrenal system and stress hormones. It is the fuel to get things going.

✧ Defined

These people may be the ones who sit on the edge of their chair, ready to bounce up at a moment's notice. They might be someone who thrives on adrenaline and excels in chaotic situations. They have a motor that tells them when to get things started.

- Is it connected to the Intuition? These people intuitively know when to start.
- Is it connected to the Gut? This is the gut knowing that tells you when to start.
- Emotions? Well, then, it is your emotions that tell you when to start.

✧ Undefined

These people are always in a rush to get rid of the pressure. They feel unending pressure to get to-do lists done and feel ungrounded. They don't necessarily know when to start. It's difficult maybe to be on time. Packing for a trip is more stressful, and being in the aura of someone with a defined root feels like more icky pressure. You're always in a hurry... just wanting to relieve the pressure. You don't need to act on the pressure. You only need to follow your Strategy and Authority which will always lead to alignment and perfect, divine timing.

Intuition Center

The Intuition (Spleen) Center operates entirely on the instincts of your body and does not rely on your mind's logic, rationalization, or evidence to know what it knows. It is highly intuitive and spontaneous and assesses risks related to the safety of the body.

✦ Defined

have a consistent connection to your instincts, intuition, and fear. You know what's good for you and what's not. You create your own intuitive hits and fears. The way you experience these will be very consistent. Is it a feeling? Is it a little whisper? Is it a little ping of fear? Whatever it is, get familiar with it, and you'll be able to quickly tell which way it's telling you to go. It's the most primal/animalistic instinct you have... like a deer in the field that feels the danger.

✦ Undefined

These people they pick up on and amplify others' intuitions and fears. They lack consistency with how they experience intuition/fear and they often get intuitive pings that are not their own. They might struggle to be around fearful or fear-mongering people. They may get scared because someone else is scared about something. It's important for you to remember that most fears are not yours.

You might notice you feel comfortable around people with Defined Intuitive energy; they make you feel a sense of security and safety. The issue is when you're holding on to people and experiences that are no longer good for you because of the false sense of security you felt at the beginning. Be aware whenever you're holding on to something even when it's 'run its course'.

Emotional Center

The Emotional Center (also known as the Solar Plexus), mechanically speaking, is a motor. It creates the energy to go through emotional experiences - to process, feel, and experience awareness.

It really is something interesting to observe... Half the world is forever riding a roller-coaster of emotions produced internally, influencing the other half of the world, which is empathic, taking in and amplifying the emotions of those defined on their roller coaster.

✨ Defined

These people live on a roller-coaster. They are ALWAYS, even when alone experiencing the ever changing waves of emotions.

✨ Undefined

Unlike these people (Undefined) who are empathically receiving emotions from the others. When you are alone you feel calm, maybe tranquil. You are what is known as "non-emotional". When you step into the aura of another you pick up on their emotions and magnify it.

You have the power to speak your truth and set boundaries. If you feel stressed out by heavy emotions and you do not wish to be a part of high emotional waves, you **can** speak up and/or leave the room. Taking time away from those with Defined Emotional Centers can be an act of self-care.

👉 Defined People:

It is your nature to experience the whole spectrum of emotions through waves. The way you experience the emotions feels so very real in the moment, but you need to remember that what you are experiencing is temporary. You must wait to see all points of your wave before you understand what is real for you.

Your authority is emotional. You **MUST** wait on your waves before you make any big decisions and if you want to have healthy relationships you must take responsibility for your moods and how they affect others. In your Living Design Book, you'll discover more about what your specific wave patterns look like, which can help bring awareness to where you are in your wave.

I find that people with Undefined Emotional Centers function best in partnership with those who also have an Undefined and people with Defined with others who are Defined. Often, we see a mix in the home with parents and children having the opposite which makes for an epic learning experience. It's almost comical to see the way things were divinely orchestrated in the family units.

Heart Center

The Heart Center (also known as the Will and Ego) is a motor that brings forth the energy needed to form the material through manifesting your will and desires. This Center regulates money, possessions, resources, willpower, ego, determination, drive, and self-worth.

✨ Defined

These people like to be in control of their life and their resources - from where they work to how they spend money to having their own untouched spaces. They can move mountains with consistent access to their will. They have the power to make commitments and follow through.

✨ Undefined

These people like to be in control of their life and their resources - from where they work to how they spend money to having their own untouched spaces. They can move mountains with consistent access to their will. They have the power to make commitments and follow through.

👉 Defined People:

let the others off the hook! Enjoy your superpower but don't shame the others for not having it. Compassion.

"WOW! We covered quite a lot and your mind is probably saturated!"

Soft Close, Donations, Products

IF Donation Based:

At this point, I am going to take a moment to inform you that this is my work, my expression of love for humanity, my heart, and my energy that I shared with you today in order to help you re-align with your best life.

I am asking for a donation of \$10, \$20, or I'm even open to receiving \$5000... I ask that you use your inner knowing to decide what feels aligned and I will pass around a bucket to receive what you desire to share in reciprocation

You are free to leave if you desire... but I'm happy to stay with you just a little while longer too. There is still so much more to learn!

Before I go further, for anyone who wants to continue learning, I want to inform you of the products we have available to assist you in your journey of coming back to yourself.

1) Destiny Blueprint: Only \$50 (but I can give you a coupon code for 10% off) making it less than \$45. (Show them your physical book and/or the digital version)

- This report takes you on a journey through all 30 of your gates and planet activation. It reveals your purpose, what grounds you, what motivates you, what you're here to communicate about, your challenges and so much more!

2) Your Living Design Book: nearly 300 pages, this is the "holy grail" of HD readings, something that can be studied for years, always receiving new insights. It covers the things we discussed today in more details plus:

- Your ideal environment
- Your motivation
- Your ideal diet/way of eating
- Your super powers
- How you perceive the world

And more! This is like receiving over \$2000 in readings, and it is only \$199, with the coupon I have for you, you'll save 20 bucks, making your total investment just \$179!

Both of these products include access to FB groups to engage in deeper learning and integration with community and HD experts.

✨ There is also an opportunity to learn how to host these workshops to share with your community and make affiliate commissions when you tell your friends about this! Let me know if you want to know more about that.

Ok... now who wants to stay for just a little bit more and we can talk about some of the most interesting gates?

Interesting Things in HD

This is the part of the workshop where I share my favorite aspects or things I think are noteworthy and you shouldn't leave here today without being informed.

Gate 15: The Gate of Extremes

This gate is all about embracing diversity and extremes. It represents people who have a wide range of experiences and rhythms and can feel out of place in more conventional settings.

A person with Gate 15 might go through phases where they're extremely consistent—waking up at the same time daily, eating the same meals, following a predictable routine—and then suddenly shift to a more spontaneous, varied lifestyle. For instance, they might spend a year committed to a highly structured workout routine, only to explore diverse forms of exercise like yoga one month, hiking the next, and dancing the next. This Gate is also about the love of humanity; they may feel fulfilled when working with people from diverse backgrounds, fostering unity, and helping others feel seen and respected.

Gate 49: The Provoker

People with this gate are often driven to challenge the status quo and bring about emotional transformation in relationships and society. They do this by provoking others, by design!

This is about revolution and bringing change. Those who carry it can be unafraid to make big changes if their environment isn't aligned with their principles.

If a job or situation no longer feels aligned, they're willing to start over or go through a major life change to honor their values. For instance, they may choose to quit a job or relocate to a new place if they feel their current situation conflicts with their core beliefs.

All Left or All Right Arrows

To be noted: the arrows are only correct if you have the exact time of birth!
Most of us have a mix of these energies.

- Left-pointing arrows are masculine (think: rigid, detailed, structured, consistent, routine, strategic, and focused).
- Right-pointing arrows are feminine (think flowy, intuitive, open, flexible, spontaneous, relaxed, passive, and receptive).

Is there anyone who has ALL right or ALL left-facing areas? These are the extremes of humanity.

The "Deaf" Gates

Gate 33, 39, and 43. If any of you have these gates raise your hand.

These gates are often seen as "deaf" because they each have a strong internal focus, which can make them less receptive to external input or influence. This can manifest as a kind of selective hearing where the individual prioritizes their own internal guidance or insights over external feedback.

The "Aloneness Gates"

Gate 12, 40, and 33. If any of you have these gates raise your hand.

"Alone gates" are associated with energies that may prefer solitude or independence. These gates often represent themes of introspection, self-sufficiency, or the need to process information alone.

"Can't Get to the Point" Gates

Gate 62, 23, 47, 17, 56, and 9

These are people who overanalyze, get lost in details, or struggle to get to the point due to their focus on processing information or contemplating ideas.

These gates are often associated with mental activity, detailed thinking, or storytelling, which can sometimes lead to a circuitous way of communication.

"Possibly Labeled ADHD" Gates

Gate 5: This gate is about patterns, rhythms, and routines. If someone with this gate is out of sync with their natural rhythm, they may experience restlessness or feel scattered. Difficulty maintaining a consistent routine can manifest as distracted behavior, similar to ADD symptoms.

Gate 9: This gate is associated with the ability to concentrate on small details and focus energy on a specific task. However, when the energy of Gate 9 is not properly directed or when it is overwhelmed, it can manifest as difficulty focusing on what is important. Individuals with this gate may find themselves getting lost in details, becoming easily distracted, or struggling to maintain sustained attention, which can resemble ADD-like symptoms.

Gate 11: Known for generating a multitude of ideas, people with Gate 11 may struggle with focus because they are constantly processing new thoughts. This can lead to a scattered mental state, where they jump from idea to idea without completing any.

Gate 16 (Enthusiasm): This gate is about the energy for skills and talent, often expressing itself in bursts of enthusiasm. It can be impulsive and quick to shift focus based on new excitements or interests.

Gate 17: This gate is related to the mind and its ability to form opinions. Individuals with Gate 17 may have a highly active mind that constantly generates opinions and perspectives, which can make focusing on a single task challenging.

Gate 23: This Gate is about breaking down complex ideas into simple concepts. However, individuals with this gate may become easily distracted by the process of analyzing and simplifying, leading to difficulties in maintaining focus.

Gate 24: This gate represents the process of rationalizing and mental activity, often leading to overthinking or obsessive thought patterns that can mirror some aspects of ADHD behavior.

Gate 28: This gate involves taking risks and seeking meaning in life. Those with Gate 28 may constantly seek stimulation and new experiences, leading to impulsive behavior and difficulty maintaining sustained attention on one task.

Gate 35: Seeking new experiences and change. Individuals with this gate might have a restless nature, constantly looking for new stimuli and getting bored easily, which can mimic ADD-like behaviors

Gate 42: The Gate of Growth is about the experience of life cycles. People with this gate might struggle to maintain focus as they are more attuned to beginnings and endings rather than the middle parts of a process. This can cause them to move quickly from one thing to another, without completing what they start.

Gate 56: Individuals with this gate thrive on new experiences and information. They may have difficulty staying focused on one thing for long because they are always seeking the next exciting thing.

Gate 63: This Gate involves questioning and skepticism. Individuals with this gate may find themselves mentally scattered, continually seeking answers and questioning existing information. This can result in a restless mind that mirrors ADD tendencies.

Possibly Labeled Autistic or “on the spectrum”

- Right-Facing Arrows:

When someone has three or more right-facing arrows around their Bodygraph, especially if all four arrows point to the right, it suggests a heightened receptivity and sensitivity to their environment. These individuals naturally absorb everything around them, from sights and sounds to emotions and energy. This level of sensitivity can feel overwhelming, particularly in busy or noisy settings.

This reflects the experience often labeled as "autistic," where there is a heightened sensitivity to sensory input, making people easily overwhelmed by loud noises, strong smells, or crowded places.

- Colored-In (Activated/Defined) Mind (Ajna) Center:

This indicates a consistent way of processing thoughts and ideas. People with a defined Ajna tend to have fixed thinking patterns, preferring logic, structure, and familiarity. They might feel uncomfortable or stressed when faced with changes in routine or when asked to think outside their usual patterns.

This is similar to the autistic tendency to prefer routines, familiar patterns, or specific interests. It's not about being inflexible; it's about feeling safe and secure in a world that makes sense in a particular, predictable way.

- White (Inconsistently Activated/Undefined) Emotional (Solar Plexus) Center:

This makes a person highly sensitive to the emotions of others; some call this the "empath". They pick up on others' feelings deeply and feel these emotions amplified in their body, which can make social situations feel overwhelming or confusing. This heightened emotional sensitivity can lead to avoiding crowded or emotionally charged environments. To be noted: 50% of the world is configured this way.

This is similar to the "autistic" experience with a heightened sensitivity to emotional stimuli, which can result in anxiety or discomfort in social settings where emotions run high.

- Gate 5

This is about maintaining a consistent rhythm and routine. If you have Gate 5 activated, you might find comfort in daily routines and struggle with unexpected changes. This preference for predictable patterns can help you feel grounded and secure.

Many people labeled "autistic" prefer routines as they provide a sense of safety and stability. Changes can be jarring, not because of a lack of flexibility but because of a deep need for predictability in a chaotic world.

- Gate 43 and Gate 23 (Unique Communication)

Gates 43 and 23 are part of the Individual Circuitry, which is all about unique insights and ways of communicating. If you have these gates defined, you may express yourself in ways that are different from the norm, sometimes struggling to get your point across in a way others understand.

- Gate 9 (Focus on Details)

Gate 9 is about an intense focus on details. With this gate defined, someone might find themselves zeroing in on the finer points and losing sight of the bigger picture. This ability to focus deeply on specifics can be a strength, but it can also make it challenging to shift attention to other things.

This trait aligns with the focus on details or specific interests often seen in "autism". It's not about being narrow-minded; it's about the ability to dive deep into what captures their interest and attention.

- Gate 19 (Sensitivity to Needs and Resources)

Gate 19, located in the Root Center, is associated with sensitivity to needs and resources, both personal and collective. People with this gate defined may have a heightened awareness of their environment and the needs of others, which can make them particularly attuned to subtle cues and changes around them.

This sensitivity can be linked to experiences often labeled as "autistic," where there is an acute awareness of environmental factors or a deep concern for fairness and inclusion. This can lead to a sense of overwhelm in situations where needs (their own or others') are not met or understood.

Possibly Not Meant for Monogamy

- Gate 54: This gate is associated with intimacy, vulnerability, and deep connection. It can create intense and passionate relationships, but it can also lead to jealousy and possessiveness, dominance games in bed, and affairs.
- Gate 13: This gate is linked to attraction, seduction, and desire. It can create exciting and passionate relationships, but it can also lead to infidelity and a tendency to move from one relationship to the next.
- Gate 30: This gate is associated with independence, freedom, and a need for space. It can make it difficult to maintain a long-term, committed relationship, as the individual may feel stifled or restricted.
- Gate 41: This gate is linked to creativity, innovation, and a love of variety. It can make it difficult to settle down and maintain a long-term relationship, as the individual may always be seeking new experiences.
- Gate 35: This gate is associated with intensity, passion, and a desire for control. It can create intense and passionate relationships, but it can also lead to jealousy, possessiveness, and a tendency to micromanage partners.
- Gate 36: This gate is linked to transformation, rebirth, and a desire for freedom. It can make it difficult to maintain a long-term, committed relationship, as the individual may always be seeking new experiences and opportunities for growth.
- Gate 15: This gate is associated with rebellion, non-conformity, and a desire for freedom. It can make it difficult to maintain a long-term, committed relationship, as the individual may feel stifled or restricted.

- 12-22 Channel: This channel is associated with flirtation, intensity, passion, and a desire for connection. It can create intense and passionate relationships, but it can also lead to jealousy, possessiveness, and a tendency to merge with one's partner.

These are just tendencies, and not all individuals with these gates and channels will experience difficulties in monogamous relationships. However, if you have a combination of these gates and channels, you may find it more challenging to maintain a long-term, committed relationship.

Closing

Thank you for sharing a piece of your life and essence with me!

Now that you've been introduced to some of the foundational aspects of Human Design, you're equipped with a deeper understanding of how this system can empower you and those around you.

I encourage you to take this knowledge into your life and begin experimenting with how it feels to live according to your design. If you're ready to go deeper, I'm happy to answer any questions you might have about the products.

If you want the coupon code that allows me to receive an affiliate commission and you to receive a 10% discount it is _____.

I pray you use this wisdom you learned today to catapult yourself into your most purpose-driven and fulfilling life!

With that we are complete.

