About Your Human Design

Experiencing a Human Design reading can be a life-transforming experience. It is a validation of your true place and purpose in this world. Mental, emotional, physical and genetic attributes that affect your health, career, relationships and all other aspects of your life, especially your way of decision-making, are revealed. It empowers you with very specific information about your genetic make-up so that you can regain trust in yourself to know how and when to act, how to make decisions that are correct for you, and allow you to enter into situations in life that are right for you every time.

During your life you have hidden and suppressed key parts of you true nature. You have done this to accommodate your surroundings and to fit into the world in the way you think you "should" be. Starting to live your purpose and your Human Design requires unlearning habits and patterns that are not natural to your true self.

Your Human Design chart is like having your own personal instruction manual for life. Living your true nature is the most fulfilling thing in life. Permission to be yourself is possibly the most liberating. True enlightenment and transformation is right there inside you. Looked at simply, your Human Design is the pattern of your Awakening to the Spirit within you. This is a complex system with great depth. It is scientific in principle; it is mechanical and genetic. It is chemical in that the genes are already coded for all the experiences for you in this life and those mechanics of chemical attraction are constantly at work. Your Design is also based on a synthesis of systems; Astrology, the Kabala Tree of Life, the I’Ching, the Hindu Chakras (we use 9 rather than the older version of 7 based on the evolution of the Solar System which is our information center). When you learn to work with them, life becomes easier and much more fun. Being fully you, not your programming, is what Awakening is all about.

'Know thy self’... The Human Design System shows you how.

**Your Design Date** is different from your birth date by about 88 or 89 days. This is the date your DNA was literally crystallized with your design to guide you in the best path to accomplish your mission for this lifetime. This is done about 3 months before you are born. This is the moment your neo-cortex is ready for you to become a conscious or sentient Being.

Human Design allows us to see several things about ourselves. Some of the most important are:

**Type and Strategy**

Type tells us whether we are a Manifestor, Generator, Manifesting Generator, Projector or Reflector. These different types have specific ways that they are designed to operate in the world. Each type has a strategy for correct operation. Once we
understand the “strategy” and the “jobs” of the different types we can begin to see where we belong within the big picture.

Strategy reveals the most optimal and effective way for the different types to act or operate in the world with the least amount of resistance. We have all experienced resistance. It comes in many forms. It can be rejection, feeling disapproved of, feeling as though someone does not get you or see you, feeling frustrated, feeling others frustration or anger with you, things not working out the way you wanted them to, comparing ourselves to others, wishing your life was different than it is, etc. Strategy helps to eliminate these things from your life.

Your type is your Life Code or how you are to manage energy in this lifetime. Each of the five Life Codes represents a different life process within the whole - each one necessitating a different behavioral code or attitude towards life. If you adopt the attitude that corresponds to your own Life Code, your life will flow more smoothly. If however, you adopt an attitude that does not match your Life Code, you will encounter resistance and struggle throughout your life. It really is as simple as that. Therefore, along with your Life Code you will also find five keywords, which I refer to as ‘the five Attitudes’. The five Attitudes are like pressure release valves for the Life Codes - their role is to release tension from one’s life. They are the general practical attitudes we need to take in order for life to flow smoothly.

<table>
<thead>
<tr>
<th>TYPE</th>
<th>LIFE CODE</th>
<th>ATTITUDE</th>
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<tbody>
<tr>
<td>MANIFESTOR</td>
<td>PROACTIVE</td>
<td>COURTESY</td>
</tr>
<tr>
<td>MANIFESTING GENERATOR</td>
<td>RESPONSIVE</td>
<td>PATIENCE</td>
</tr>
<tr>
<td>GENERATOR</td>
<td>RESPONSIVE</td>
<td>RESILIENCE</td>
</tr>
<tr>
<td>PROJECTOR</td>
<td>INTERACTIVE</td>
<td>FAITH</td>
</tr>
<tr>
<td>REFLECTOR</td>
<td>DIGESTIVE</td>
<td>TRUST</td>
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</tbody>
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These are the five themes being played out in the evolution of Humanity as it moves toward 2012 and beyond.

<table>
<thead>
<tr>
<th>TYPE</th>
<th>NEGATIVE CHEMISTRY THEME</th>
<th>POSITIVE CHEMISTRY THEME</th>
</tr>
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<tbody>
<tr>
<td>MANIFESTOR</td>
<td>PROVOCATIVE</td>
<td>EMPOWERING</td>
</tr>
<tr>
<td>MANIFESTING GENERATOR</td>
<td>OBSTINATE</td>
<td>DYNAMIC</td>
</tr>
<tr>
<td>GENERATOR</td>
<td>FRUSTRATING</td>
<td>RHYTHMIC</td>
</tr>
<tr>
<td>PROJECTOR</td>
<td>INTERFERING</td>
<td>INTEGRATIVE</td>
</tr>
<tr>
<td>REFLECTOR</td>
<td>DISSIPATING</td>
<td>EMBRACING</td>
</tr>
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Authority

Authority tells us how we can make correct decisions for ourselves. In addition to our “Strategy”, this also helps us to act or operate in the world optimally. Generally speaking there are two types of Authority which are called either “Inner” or “Outer” Authority.

The majority of the population has Inner Authority. Inner Authority means that you have a place or a way within yourself of making sure that you are making correct decisions for yourself. And this can be seen and understood by looking at your Human Design chart.

The three most common Inner Authorities: Intuitive knowing from the Spleen Center; Gut level knowing from the Sacral Center and Emotional knowing from the Solar Plexus Center.

- **Intuitive knowing** (Spleen) operates in the moment
- **Gut knowing** (Sacral) operates through sounds
- **Emotional knowing** (Solar Plexus) operates over time

Additional Authorities less common are:

- **Outer Authority/None** means that you use the environment (people and places) to gain clarity about a decision. The quality of the environment is everything in terms of knowing what is right or not right for these individuals. Human Design helps you to understand how to work with the environment so that you know if you are making correct decisions for yourself.
- **Ego/Self Authority** means you are here to make yourself happy. Your authority is only on what makes you happy. That is correct for you even if others disagree.

Profile

Profile helps us to understand and accept ourselves and others on a much deeper level. It shows us the role we are here to play in this life. It shows us where we fit in to the matrix of life. There are 12 Profiles and generally speaking, there are three types of Profiles.

- “Transpersonal Profile” which is here to work out their life with the focus being on the “other”.
- “Personal Profile” which is here to work out their life with the focus being on “self”.
- “Juxtaposition Profile” which is here with a specific focus in life. The Juxtaposition Profile is not as common as the others.
**Centers**

The foundation of the circuitry is in the nine centers.

<table>
<thead>
<tr>
<th>Head</th>
<th>- Inspiration - Pineal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ajna</td>
<td>- Mind - Anterior &amp; Posterior Pituitary</td>
</tr>
<tr>
<td>Throat</td>
<td>- Manifestation - Thyroid &amp; Para-Thyroid</td>
</tr>
<tr>
<td>G-Center</td>
<td>- The Self - Liver</td>
</tr>
<tr>
<td>Heart - Ego</td>
<td>- Thymus/Stomach</td>
</tr>
<tr>
<td>Spleen</td>
<td>- Immunity - Lymphatic System</td>
</tr>
<tr>
<td>Solar Plexus</td>
<td>- Emotions - Kidney/Pancreas</td>
</tr>
<tr>
<td>Sacral</td>
<td>- Fertility - Ovaries &amp; Testes</td>
</tr>
<tr>
<td>Root</td>
<td>- Kundalini - Adrenalin</td>
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When you look at a Human Design chart you will see “9 centers” that are either colored in or not. The Centers in the Human Design chart show you what is either consistent or inconsistent in your life. The centers that have color reveal the consistency and the centers without color show us where there are inconsistencies in life. The centers without color (open centers) are deeply influenced by the environment (people, places and things). These centers change depending upon who you are with or where you are. These open centers are where and how we get conditioned from the time we are in our mother’s womb, during childhood and into adulthood.

Your chart gives you an idea of how each center functions specifically for you. The undefined centers (clear centers) are the areas from which you learn about the world. When they are open this means you are conditioned by your environment and take on whatever is there in person, place or emotional environment. These are the areas where your learning is the greatest. When they are open or undefined, this is the place where your greatest potential and gifts lie. You literally take in the world and decide what is best for you or you literally take in the world to be able to know exactly how to use your gifts for the benefit of mankind. The Defined centers (colored) are fixed and designate centers you are not working on for growth this time.

Conditioning is not always a bad thing. The places where we get our conditioning are also the places where we need the other. We all need the interaction of the other in order for us to get the full flavor of what it is to be human.

The centers that are open are very seductive because they represent the unknown and the unknown is always more interesting to us than the known. So we spend most of our lives pursuing and trying to understand or “fix” the unknown. Because of the inconsistency of the open centers it can feel like this is something in us that needs to
be fixed. When I say fixed I mean it in two ways. The first is that you try and fix what is broken and the second is that you want to fix it in terms of making it stable and consistent.

But as we now know the open centers are unstable, inconsistent, unreliable, and ever changing depending on the environment. You aren’t activated or energized until something in your environment conditions/effects you. How you are is dependent on what/who is in your environment or on what planets are transiting at the time. The open centers bring us the opportunity to experience diversity in people places or things in our own unique way depending upon which centers in our designs are open. It is our interpretation of the experience of the diversity, which can cause us discomfort.

The misunderstood desire to want something in our life to be fixed which cannot be fixed can cause pain and discomfort and lead us to think something is wrong with us. Accepting that this part of your life (the specific open center) is always and ever changing brings acceptance and self-love. We get our lessons in life through the open centers. The more we face our discomfort and fears and understand these centers the wiser we become until eventually they don’t pull us out of our true nature anymore.

Isn’t it time to live in the flow of life as you designed it? Are you tired of the resistance? Find out how you are designed today!

Contact:

Dr. L. Nichole Carrington
THE NINE CENTRES, THEIR BIOLOGY AND FUNCTIONS

Ajna...Anterior & Posterior Pituitary...Mind...Cogitating and the process of Mental Awareness over time....

Head...Pineal...Inspiration...the Pressure to translate Existence

Throat...Thyroid and Parathyroid...Metabolism...Manifestation...Expression

G...Liver...Self...the locator, sense of Direction and Love

Heart...Thymus/Stomach/Gall...Will and Commitment

Spleen...Lymphatic System...Immunity...Intuition and the process of Physical Awareness in the Now!

Solar Plexus...Kidney/Bladder/Pancreas...Emotions and the process of Awareness in the Wave....

Sacral...Ovaries/Testes...Fertility and Sexual energy...the power to sustain activity...

Root...Adrenal Glands...Kundalini...Pressure to move and the balance between Fear and Trust
**Incarnation Cross**

The Incarnation Cross is what we are born with that shows us our purpose in life. If we follow our strategy and authority we get to embody and live the expression of our Incarnation Cross. If we continually override our strategy and authority by being pulled out of alignment of our true nature through the open center distractions then we don’t get to live out a life true to our Incarnation Cross. To be fully self expressed means to live our life as our Incarnation Cross. Human Design shows us through understanding the type, strategy, authority and centers how we get pulled out of our true nature and how we can return.

**Circuits, Channels, Gates and Lines**

The circuits, channels, gates and lines give us very specific information about our characteristics and behaviors. This level of knowledge helps with an even deeper acceptance of who we are and also provides us with more specific information about some of our fears, issues and perceived problems.

The connector lines between the numbers are the channels and represent the energy flow and tell whether the activations or energy is conscious (black line) or whether it is something that is directed from your soul (red line and unconscious). When unconscious (red) it means you have no control over it. It is operating without your conscious direction automatically. When it is black, it is more known to you.

The Activations on the chart are distinguished by a number within a center that is circled and colored in purple. The circled numbers, called gates, within each center represent specific patterns of behavior. When the numbers are circled they indicate what you are specifically activating for this lifetime.

With the line identified as 3.2 - for example, the number .2 is the line that puts your special flavor on that particular gate (the 3).

You have two columns on your chart, left and right with astrological symbols and numbers. The one on the left is your Design (red) and the one on the right represents your Personality (black). The numbers give us information on the specifics of your design and are factored into the way your chart reads.

**This is what people are saying after their reading:**

“I can now be the person I always felt I was.”
“I can just relax and allow my life to unfold.”
“I now see my unique design and how pointless it is to compare myself to others.”
“I am now peaceful and accepting of myself.”
Your Role/Type

**Type:** Manifesting Generator

As a Manifesting Generator, you represent 30% of the population. You contain both elements of a Manifestor and a Generator. More correctly you should be called a Generating Manifestor because the Generating portion is initially crucial to your actions as a Manifestor. You have a great energy presence, like that of a warrior/Buddha. You allow the energy of life to flow through you. You can move at rapid paces for long periods of time, but exhaust yourself if you do not enter into things correctly. You are like a Golden Child - you can achieve, in this life stream, the perfect balance of male (Manifestor) and female (Generator) and accomplish more than others. You are the true Archetype of what humanity is capable of. To be this, you must anchor the Buddha (ability to let life flow through you and to respond by living from body/sacral wisdom, not from your mind and not from initiating or pushing the river). The secret for you lies in the Feminine; in the ability to let life direct you. You will get stuck when you skip the important steps. This is how you are designed to operate. A good question to ask yourself is: “What’s most important here?”; “Why am I doing this”; and “What steps am I skipping?” You often need someone to ask you these and other questions so you can hear your own voice and better respond.

You carry the Design of Efficiency and Action. You act by being initiated (you are asked) and then you can initiate others (direct them). You are here to feel deeply satisfied through your work. You are here to allow things to come to you. You can get frustrated when things are not moving fast enough for you - you go faster than most of us! The challenge is in being patient and in the moment.

Your **Life’s Code** is Responsive with an attitude of patience.
Your **Life’s theme** is the energy of either the obstinate or the dynamic.

**Strategy:** Respond > Inform before taking action.

Often you say “yes” from your head. Often you say yes as a “should”. Often you just jump in and start doing. None of these are correct for you. In order to meet the least resistance in your life, you must always respond from your body/sacral wisdom, not your head. This isn’t natural in our culture of thinkers, but you need to learn how to listen to your first, instinctual response. It comes before you start to think. Its subtle. You are not to initiate at all. As a Manifesting Generator, you need to respond then inform only at the beginning of your activities, unlike a pure Generator who must constantly respond to life. You are designed to skip steps then come back to them and this is natural for you. Nothing’s wrong. Approach the missed steps as, “Well, now is the time to do them because they are in my awareness now.” Then just do them with joy because this is the right time for you to do them! Not earlier!
**Your Not Self Theme:**

Your Not-Self theme is frustration tinged with latent anger. You will always try to initiate and manifest, and when you meet resistance you push through it again and again leading to a damaged body and eventual ill-health. You may suffer from both impatience and aggressiveness, and you have both anger and frustration in your life through your inability to wait for clarity and respond to your sacral sounds. Give yourself permission to say “no” when your body/sacral says “no”. Don’t push through your “no”, or dig deep to perform on a “yes” that didn’t come from your body/sacral wisdom.

**Question of the Manifesting Generator:**

Each type has a question and yours is: *Will I be allowed?* As a doer you are deeply reluctant to ask others since it seems like you are giving over your power if you have to ask. This can get confused with your strategy To Inform. Your strategy is to respond from your sacral first, it is not about asking – it is about informing. With this confusion, you will often simply avoid informing at all since you will not ask. This engendered mis-trust from others, which feeds the cycle of not informing. This is a critical piece for you once you have responded. To have this question of “Will I be allowed?” is the basis of your fear of being held back or being punished.

**Manifesting Generator in relationships:**

From your childhood you carry a latent theme of anger. If you do not enter into relationships correctly, you will bring the theme into the relationship. You need to be courteous and inform others of what you want. You will have to face your fears because you do not know how you will be answered. You have to trust your strategy. Manifesting Generators don’t like to inform, in fact it ruffles your feathers: *Doesn’t she/he know how I feel? Why should I have to say anything?* Informing is not asking permission! It is your safety net.

**Some famous Manifesting Generators are:** Sean Connery, Arnold Schwarzenegger, Bruce Lee, Charlie Chaplin, Mother Teresa, Vincent van Gogh.