

A Quick Trip Into the World of Human Design

by Deborah Donndelinger

Quick-start Guide

The world and study of human design has many insights for us. It is the operating manual we never were given, a guide to our unique make-up and orientation to the world. I've been working with design since 2007 and there are immense resources available to us online, both free and paid. But it can quickly get overwhelming and the key lessons lost in the details.

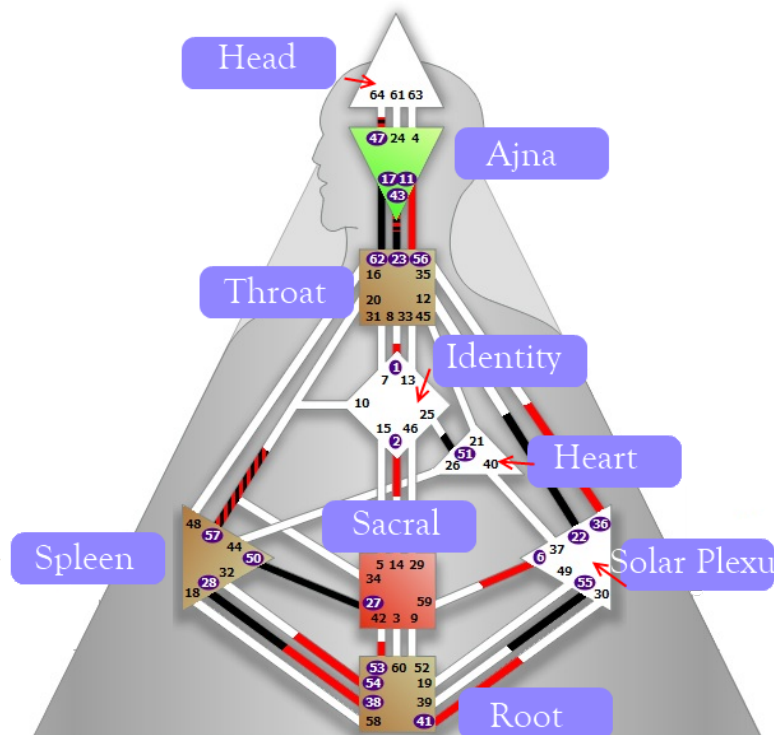
Consider this document to be a quick-start to seeing yourself more clearly. It does not require much study or time or knowledge but can give you immense insights into who you are. What follows is a specific process to gain some immediate and valuable insights into both your gifts and your potential blind spots.

Get Your Chart

Generate your human design chart at http://www.jovianarchive.com/Get_Your_Chart. You will need your birth date, time and location.

Identify Your Undefined Centers

Make a list of your undefined centers. These are any of the nine shapes that are white.



In this example above, the head, heart, identity, and solar plexus are undefined.

My Undefined Centers Are:

(circle yours)



Create Your “Who I Think I Am” Sentence

Using the table below, circle the phrases that correlate to your undefined centers.

Undefined Center	Descriptive Phrase
Undefined Head	Looking for the one idea. Looking for the inspiration.
Undefined Ajna	Being certain about what I know.
Undefined Throat	Seeking attention. Seeking to be heard.
Undefined G-Center	Looking for love. Looking for direction.
Undefined Heart Center	Proving my value. Proving my worth
Undefined Solar Plexus	Avoiding conflict. Avoiding consequences. Misunderstanding emotional energy of others.
Undefined Sacral	Not knowing when enough is enough. Not knowing when to rest.
Undefined Spleen	Holding onto things for too long. Not knowing what's healthy.
Undefined Root	Under pressure to get things done. Uncertain about survival.

Who I Think I Am

Write a sentence combining the phrases from your undefined centers. You might want to write a few versions.

For the example with the undefined head, heart, identity, and solar plexus, I might write:

I'm looking for the one idea to prove my value and set my direction while avoiding conflict.

or

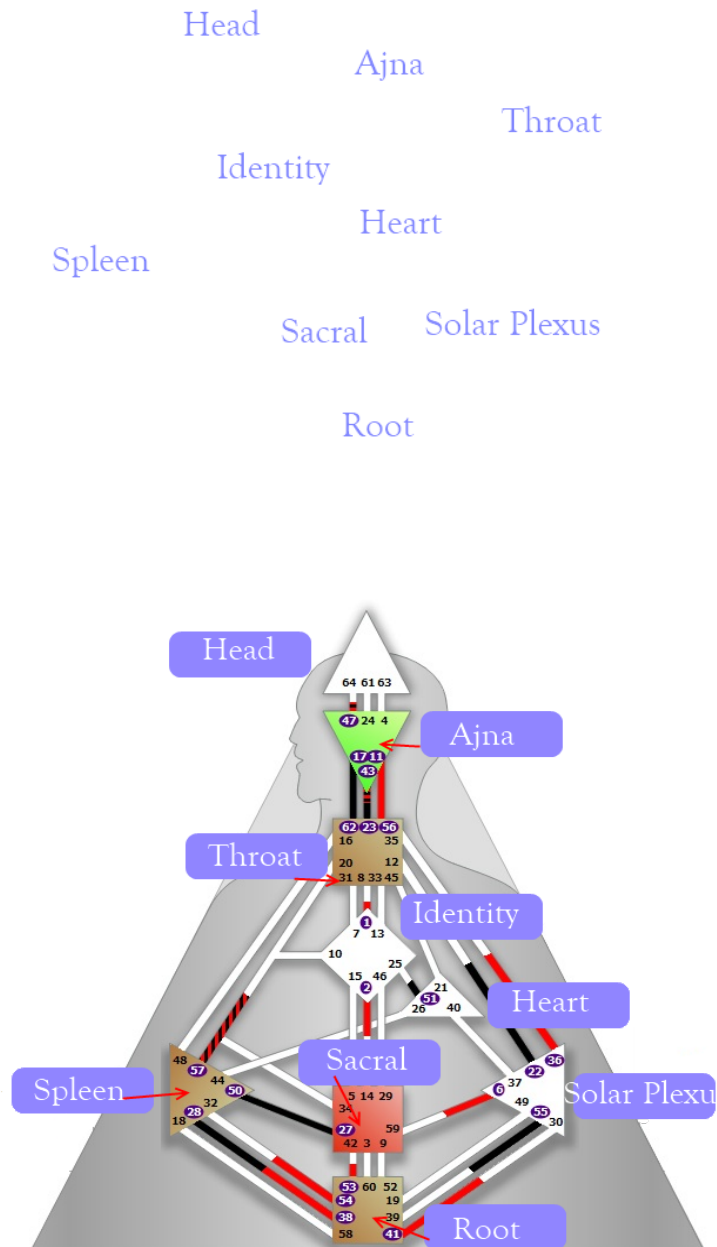
I'm looking for inspiration to find my love and prove my worth while misunderstanding the emotional energy of others.

Who I Really Am

Referring to your chart, make a list of your defined centers. These are any of the shapes that are colored other than white.

My Defined Centers Are:

(circle yours)



In this example above, the ajna, throat, spleen, sacral and root are defined.

Create Your “Who I Really Am” Sentence

Using the table that follows, find the phrases that connect to your defined centers.

Defined Center	Descriptive Phrase
Defined Head	Having the inspiration.
Defined Ajna	Conceptualizing ideas.
Defined Throat	Expressing clearly. Bringing into form.
Defined G-Center	Having a clear direction. Having a clear sense of love. Having a clear soul connection.
Defined Heart Center	Providing resources for the tribe. Having the heart to know what's of value.
Defined Solar Plexus	Having emotional awareness. Able to learn from emotional experiences.
Defined Sacral	Having the energy available to nourish, create, start, finish, mutate, procreate.
Defined Spleen	Knowing what's healthy.
Defined Root	Ability to survive and to evolve. Aware of pressure to get things done.

Who I Really Am

Write your sentence based on your defined centers' phrases. You might want to write a few versions.

For our example with the defined ajna, throat, spleen, sacral and root we might write:

Expressing clearly conceptualized ideas that support health and nourish others while aware of the pressure to evolve.

Putting It All Together

Who I Think I Am:

Who I Really Am:

Feel into the energy of both statements. You might notice the first statement feels scattered or ungrounded while the second statement feels more solid. Each person will have different statements as they put together the phrases. My experience of the undefined center statement is that these are questions I've been trying to answer that really aren't mine to answer. I need to trust the universe, others, and the world to answer them but it's not my business.

Conversely the defined statements are my business. In fact I might have taken for granted who I am as I have been lost in the past chasing the undefined part of my chart.

As we learn to see ourselves more clearly, we make space for others to be themselves. Having compassion for our strengths and weaknesses allows us to have compassion for others. And it's not to say that I don't have insights or inspirations about the areas of my chart that are undefined. It's just that I won't find my center in them.

For More Information

There are countless resources on the web for human design. There is no one reference that I wholeheartedly recommend. Like living your design in its uniqueness, finding helpful information is also a unique journey. In the past, I have learned from and enjoyed the following: Kim Gould, Karen Curry and Zeno of HumanDesignSystem.com. (I studied with Karen Curry for a year in her HD certification course and with Zeno privately for six months.)

For More Support

I offer Integrative Coaching that uses Human Design as part of the process. I also combine emotional energy work (tapping and other modalities) with my intuitive insights and other tools. This combination is unique in its ability to support individual in substantial life changes. My gifts are in having powerful intuitive insights combined with a broad knowledge of self-development models. (And yes that shows up in my chart.)

Looking forward to connecting,

Deborah D.