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manifestation. Fourth from the top is the G center which houses our sense of self, identity, and direction in life. The fifth center from the top is the Heart center which houses our ego and willpower. Directly below the G center is the Sacral center which is the home of sexuality, life, and death. To the left of the Sacral center is the Splenic center which is the source of intuition and the immune system. To the right of the Sacral center is the Solar Plexus center which controls our emotions and nervousness. At the very bottom is the Root center which is our source of life pressure – the pressure to do something to survive.

### ***Channels, Gates, and Circuits***

Within each center are a number of gates. These connect to gates in other centers to form channels. Channels in turn combine to form circuits. Each gate, channel, and circuit corresponds to some aspect of our body as well as psychological characteristics.

### ***Complexity and Simplicity***

In spite of the amount of detail that is in a bodygraph, the underlying message is simple: follow your strategy and use your inner authority to make important decisions in your life. Some people are naturally drawn to learn more about Human Design, others are content to learn their type, strategy and inner authority while still others are not the least bit interested.

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Frequently asked Questions:

*How can my birth time and date influence my personality and life?*

All matter is really a concentrated and stabilized form of energy and is continually interacting with other matter and energy that are passing by. Everything is in a continuous dance, exchanging movement and information through vibrations. This constitutes an overall energy field. When we are conceived, our genetic material is selected based upon our ancestors, yet some genes are dormant and others active. At two critical points, an energy imprinting occurs that correlate to our time of birth and a point approximately 88 or 89 days prior to birth when drawn on the gate diagram. This imprinting activates specific genes and puts others into dormancy. At this point, the consistent portion of who we really are is established. Even though there is consistency in some areas, we are all still subject to the ongoing interactions of the overall energy field around us, especially in the form of the other people in our lives.

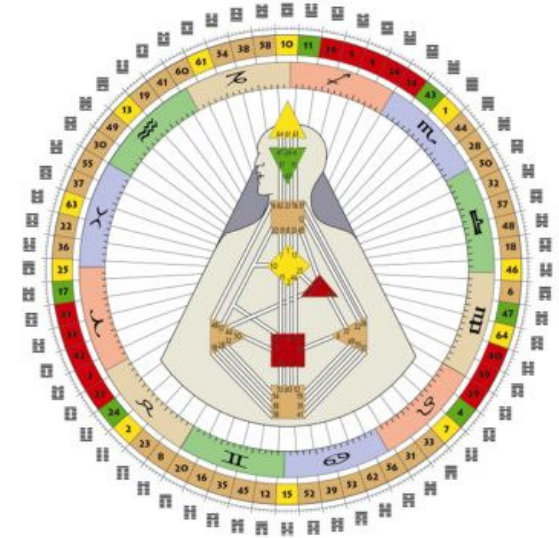
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## **Human Design System**

At the very core, we are all the same: human. Yet it is the very differences that make us each unique. What if there was a simple tool that highlighted those very differences and allowed us to uncover a life with less resistance, less suffering?

Human Design System is that tool. Based upon the knowledge that was revealed to a Canadian physicist during a mystical experience in 1987, any person's uniqueness can be uncovered, understood and accepted. The Human Design System has been taught for over 20 years and has helped thousands of people transform their lives.

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## Type and Strategy

There are billions of unique human beings. Yet underlying each and every one of us are 4 basic types. These types each have a unique strategy for operating in the world. In spite of these different strategies, we are typically raised to be one type specifically – the manifestor. That is, we are raised to think that we are in charge of our lives and to chart our course and go out and travel that path. Yet true manifestors are the ‘difficult’ children and are so constrained in early life that they often wind up angry that people keep interfering with what they want to do. Manifestors are only about 8% of the population and can discover a life of ‘clear sailing’ when they simply learn to inform others of what they want to do.

The majority of the population, around 70%, is made up of generators. Generators are not here to initiate as are manifestors, but rather to respond to what is happening around them. Once engaged through their affirmative response, they become steadily energized and can work healthily to the point of exhaustion, at which point they sleep restfully and then wake up refreshed and ready to resume working energetically.

Projectors make up the second largest group, at about 21% of the population. They need to wait for an invitation for any of the significant things in life such as relationships, marriage, careers, jobs, and so on.

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The final type is Reflectors at about 1% of the population. They need to wait for the lunar cycle before making significant decisions.

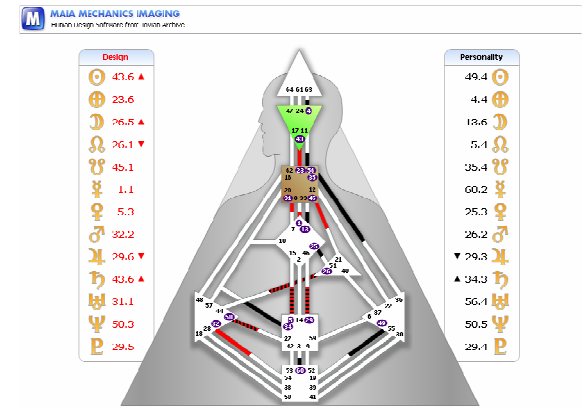
## Authority

Every day we are faced with decisions, all the way from the little ones like what to wear on up through what to eat and on up to what activities in which to participate in at given time. We all need a reliable way of making decisions in our lives. In order for each of us to know what is right for ourselves as opposed to someone else, we need to become aware of our own inner authority.

There are two kinds of authority: inner and outer. Outer authority is where our ideas, opinions, and insights can be of value to other people. Inner authority is where we can truly make a decision that is right for just us. The main categories of inner authority are splenic, sacral, and emotional. In spite of how we are typically raised, our minds are **not** suitable for making decisions for ourselves. Our minds are most suitable for research and measurement.

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## The Bodygraph



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Illustration: Craig Mackay

The basic uniqueness of each human being can be represented in a diagram that shows the centers and channels which represent the energy patterns that are consistent within us. From the bodygraph, the person’s type and inner authority can be determined. The bodygraph is a compact visual representation of a person’s uniqueness.

## The Nine Centers

In Human Design, there are nine centers of activity. Seven of these correspond to the chakras in Yoga. Two are unique to Human Design. At the top is the Head center where the pressure to think originates. Second from the top is the Ajna center where conceptualization takes place. Third from the top is the Throat center which is the base for communication, action, and