AN INTRODUCTION TO
DISCOVERING YOUR SELF

The 5 Steps to Transformation
Quick Version • Shortcuts

Hello, and welcome to the beginning of your Human Design journey. While we recommend reading this eBook from start to finish, below you will find quick links to the information relevant to your Human Design chart. Looking over them will take just a few minutes:

1. First, Create your Free Chart on our website*

* Take note of the Type and Inner Authority listed next to your Chart.

2. Select your Type to read about your Strategy and Aura:
   a. Manifestor
   b. Generator & Manifesting Generator
   c. Projector
   d. Reflector

3. Select your Inner Authority and read the information about your Decision-making strategy:
   a. Solar Plexus - Emotional
   b. Sacral
   c. Splenic
   d. Ego
   e. Ego Projected
   f. Self Projected
   g. None (if you are a Projector Type)
   h. None (If you are a Reflector Type)
An Introduction to Discovering Your Self

The 5 Steps to Transformation

Imagine being given a “user manual” for your life.

How would this user manual help you? The manual would guide you on how to navigate life perfectly aligned with who you are. Detailing your talents, skills, and potential it would give you a map for actualizing these. It would help you understand how you are designed to engage with the world and show you where you are susceptible to your environment's influence and conditioning. The manual reveals how your inner guidance system operates and provides you with practical techniques for making decisions that can greatly enhance your experience of life.

This is what the Human Design System has to offer. Simply put, if you want to:

- Discover how to **Improve the quality of your life** in a simple yet immensely effective way
- **Make the right moment-to-moment decisions**, resulting in improved relationships and career choices
- Manage the challenges that are part of daily life **without getting overwhelmed**

You have the innate ability to make choices that are in alignment with your authentic nature, and based in your personal Authority; this knowledge will empower you to live a fulfilling life in your unique way.

Human Design offers a map of your unique genetic design, with detailed information on both conscious and unconscious aspects of yourself. Using simple tools, it guides you in discovering your own truth. If you suffer from a lack of
When you come to Human Design as an adult, it has the potential to awaken your innate wisdom and power. Your process of awakening to your true self requires two things: Education and Experimentation. For an adult, the road back to living life as yourself can be challenging: overcoming lifelong habits and the power of conditioning takes commitment, courage, and determination.

You need to experiment with your Design and find what is right for you. To be what you are not—to live the conditioning—leads to dis-ease as you continually confront energies you are not genetically equipped to handle. Human Design is a tool that can help you understand how your body and mind are meant to run properly, and how to align with others who can support your process.

The reward that comes from living out your authentic nature is worth the time spent learning about your Design and the energy of committing to your process. The insights gained through understanding your chart offer a completely new perspective about yourself and your interaction with others. Moreover, the insights you gain help to protect you from being a victim of conditioning and the inner turmoil brought on by the mind.

Learning how to operate in alignment with your individual needs and making correct choices leads to improved health and well-being, better relationships, and fulfillment in your professional life. This lessens, or even eliminates, the fears and stresses that are part of everyday life.

Experimenting with Human Design has many benefits, and in this eBook we will focus on **how you can transform your life in 5 steps.**
“There is truly magic in the world and it is not something that I would have ever believed.

The magic is in who we are, embedded into our own marvelous bodies like a rich vein of gold just waiting to be discovered.

When we find this magic and tap into it's power, it is as if we are suddenly plugged into life at last.

Finally, we can live our greatness, in peace, in grace, in power, by living our design, our Human Design.”

~ Ra Uru Hu
Founder of The Human Design System
How to Transform Your Life in 5 Steps

It’s quite simple when you break it down, that’s the beauty of Human Design. These are the five basic steps to discovering yourself and transforming your life:

1. Get Your Free Human Design Chart
2. Discover Your Type & Strategy
3. Understand Your Authority
4. Watch Your Mind & Conditioning
5. Begin Your Experiment

To summarize: Your Human Design chart contains all the information you need to discover the key aspects of your Self and begin your experiment. Throughout this eBook we will cover each of these steps and how to apply this knowledge in your life.

“Never have I come across a system that is so accurate and so helpful in helping a person understand who they are and how to make the correct decisions in life through just following their strategy and authority; easy as that.”

~ Sarel Botha
Health and Safety Advisor
#1 • Get Your Free Human Design Chart

The first step in this journey requires a map—Your Human Design Chart:

Create Your Free Chart

*Note: To create an accurate Human Design Chart, the birth time you enter must be precise. If you are unsure of your exact birth time—and you've exhausted all options—please contact our office for further information.*

**What is the Human Design Chart & BodyGraph?**

Human Design uses your birth data to calculate your Human Design Chart, or BodyGraph. The BodyGraph is a graphic illustration of the energetic flow within your system, a blueprint for how you operate and interact with the world.

Your BodyGraph shows your Definition—anything colored in—and your openness—anything left white. Definition reveals who you are, and remains consistent and reliable throughout your life. Your openness is where you are susceptible to conditioning, and can result in what Human Design calls the “Not-Self.”

The Not-Self is a collection of adaptive strategies the mind uses to try and convince you to do what it thinks you should do, rather than what is in alignment with your authentic nature. Conditioning results in us making decisions from the openness in our charts, which is inconsistent and can cause various problems leading to further adaptive strategies.
Once you begin to grasp the information within your own Human Design you come to realize the power of your mind, and how heavily your decisions have been influenced by your conditioning.

Through understanding of the Human Design System, your chart provides you with simple mechanics, starting with the essential strategy of your Type and Authority which reveals how you can make better decisions and navigate your life.

With time and knowledge—and by experimenting with the strategies Human Design provides, you can free yourself of conditioning which will make a tremendous difference to the experience of your life.

As human beings, despite our intelligence and the progress made through scientific observations, we are still caught at the surface of understanding and accepting our true nature. It doesn't matter how intelligent we are, there is a vast underlying ignorance of how our bodies operate.

For a more in-depth look at the various aspects of a Human Design Chart or BodyGraph please visit our What is Human Design page.

For now, we don’t want to overload you with too much information. So, let’s get right into the key aspects of your Human Design.
#2 • Discover Your Type & Strategy

Take a look at your Human Design Chart. For now you can ignore the graph itself and simply focus on the details written alongside it.

The Four Types & Their Decision-Making Strategies

Your Type reveals:

- Your Strategy, the first step to making correct decisions
- How your Aura functions, how this impacts others and yourself
- Your Signature and Not-Self theme, which shows at any given moment if your life is moving in the right direction

Once you know your Type, which is listed next to your Human Design Chart, read the corresponding segment below.

Type: Manifestor

Strategy: To Inform

If you are a Manifestor, you have the ability to initiate and to act, and you don't necessarily need anyone's help doing it. Your aura has a powerful impact and can feel very dense and closed off, even repelling to others. It acts as a barrier to the outside world to protect your independence and need to be self-contained.

Manifestors have the ability to start off projects and act independently. It is your
Type (which only makes up roughly 9% of the population) that has become our cultural ideal of how to be in the world. We have all been told one time or another to go out and make things happen, to manifest our dreams and intentions, and so on. However, this type of independent action is exclusive to the Manifestor and they often are happiest when left to themselves, doing things their way. At the same time, Manifestors also benefit from the other Types when provided with energetic and creative support and advice on how to complete a project.

And in fact, when we have a Manifestor in our lives, we resist their natural capacity to act because we are both afraid of their independence and how we are impacted by their actions. When you as a Manifestor act, you always impact those around you and each action creates a ripple effect.

To eliminate the resistance that you meet from those around you, there is something simple yet very important you can do. **Inform the people who will be affected by your actions before you act.** This simple act of informing builds trust and paves the way for you to move freely and without resistance.

As a Manifestor, when you are not living out your true nature, you are primarily dealing with **Anger** as a theme. However, when you begin to understand yourself and **Inform** before you act, you have the potential to experience your “signature”—profound **Peace**.

**Type: Generator & Manifesting Generator**

Strategy: To Respond

Generators make up roughly 70% of the population. They are energy Types, and by far the largest Type group. Manifesting Generators are part of this group.
If you are a Generator, you need to wait for what life brings to you, and then follow your response. Your aura draws things to you and you are energetically designed to respond to what is correct for you. Your aura is open and enveloping, always ready to take in who and what is correct for you. Once you respond to a person, event or action, you can then act with the full force of your powerful energy.

The Generators are the great builders. They derive their energy from the Sacral center, the source of generating the creative life force. You have a tremendous amount of energy at your disposal, but need to know how to use this power correctly in order not to be enslaved by it. When you initiate, trying to make what your mind wants to happen, you will generally meet with resistance in the form of frustration and feeling stuck. You can end up involved in projects and activities that deplete you, without leaving you fulfilled or satisfied. Over time, this leads to exhaustion and quitting.

By learning to **Wait to Respond** you can begin to eliminate this resistance and the **frustration** that comes from not living a life that honors your true nature. Only then will you experience your signature—pure **Satisfaction**.

**Type: Projector**

Strategy: To Wait for the Invitation

Projectors are non-energy types and make up roughly 20% of the population. Unlike Manifestors and Generators, Projectors do not have a consistent and reliable way of generating energy and therefore need to learn about efficient use of energy to sustain a certain level of activity, without running the risk of burnout.
As a Projector, you have the potential to advise and be a guide for others once you have developed your skills. Gathering experience through discerning and efficient use of energy enables Projectors to advise others, especially energy types, how to increase levels of productivity. They have a natural gift to be advisors and administrators, and function very well as networkers.

Projectors need to be recognized, or ‘seen’ for their gifts; they also have a natural ability to recognize the potential in those around them. Their Aura is focused and absorbing, penetrating into the core of the other in order to know who that other is.

The strategy for a Projector is to wait for the correct invitation. It is that invitation, the one that recognizes their skills and potential to guide, which calls out the natural talents of the Projector.

Energetically, you as a Projector can take in and absorb another in a very focused way. This is a natural process if you have been invited—otherwise you may come across as intrusive, and run the risk of exhausting others. When you interact without discernment about who can use your guidance, and disregard whether you have been recognized and invited first, bitterness is the result.

When a Projector tries to push the river and make life happen for them, they meet resistance, and this resistance can leave them feeling resentful and exhausted. Over time, trying to live as an energy Type leads to bitterness over failing to find true fulfillment.

The goal for a Projector is Success through being recognized, and guiding others in their process. This can be achieved by recognizing when the right invitation comes along.
Type: Reflector

Strategy: To Wait a Lunar Cycle

Reflectors are extremely rare and unique among the Types, making up approximately only 1% of the population. With every single Center open, they are highly receptive and attuned to their environment, and can sense the particular quality of a place or person. They will know when they are in a safe and healthy environment, and when not.

If you are a Reflector, your gift is the ability to take in, sample, and reflect the energy of others, be that your close companions or larger communities. Due to the extreme openness in your chart, your Aura is resistant and sampling, which naturally protects you energetically and moves you away from what is not healthy or conducive to your experience.

What is so unusual about the Reflector is their relationship to the Moon. While Manifestors, Generators, and Projectors can be referred to as solar beings, Reflectors, due to the lack of definition in their chart, have a more powerful relationship to the Moon than the other Types.

As a Reflector, your strategy requires patience. For you to make clear and healthy decisions, you need to wait out the monthly cycle of the Moon, during which you can assess and reflect upon a range of experiences. Because you are lunar beings (more on this in the Authority chapter), waiting out a full lunar cycle brings you a consistent experience of yourself throughout the month.

When you aren’t living authentically, you are likely to repeatedly experience disappointment as you are so deeply linked to the energy of others. The goal for you is to be Surprised by all that the world has to offer.
Living Your Design

How do you know if you are living out your unique nature or getting trapped in homogenization?

Are you living from authenticity and awareness, in accordance with your need to be and express yourself and to accomplish your purpose?

You can find the answer to this through observing the Type signposts mentioned above

- Peace for Manifestors, less Anger
- Satisfaction for Generators, less Frustration
- Success for Projectors, less Bitterness
- Surprise for Reflectors, less Disappointment

“The Human Design System has helped me understand how I’m designed to operate. It affirms me and helps me accept myself for who I am, rather than try fix myself. My innate ability as an architect, which bloomed in my career in Information Technology, is immensely satisfied with the structure of human design and it has proven over and over to me that I can rely on it. It’s richly broad and deep, consistent and has a simplicity to it, despite its vastness.”

~ Priscilla Curry
#3 • Understand Your Authority

Knowing your Type and corresponding Strategy is the first major step towards transformation, and a life that is correct for you. However, to truly begin this experiment you will need to know your Authority. Combined, this becomes your Strategy & Authority, the bedrock of personal development through Human Design and ultimately the only information you will need to make right decisions in your life.

Authority is a tool for you to know if something is right for you, or not. Separated into two kinds of Authority – Direct and No Direct – below are overviews of each. Take a look at the Inner Authority listed next to your chart at Jovian Archive, then find the corresponding text below.

Direct Inner Authorities

Inner Authority: Solar Plexus - Emotional

Approximately half of the population has emotional Authority— which means they need to ride the wave of constantly shifting emotions to come to a place of truth. As an emotional being, you need to experience things deeply. The capacity to accept what is, to endure nervousness and upsets or elation without acting from the high point of either emotional extreme is of the utmost importance for you.

Think of it this way: Imagine any situation where you need to make a decision. If you’re feeling great at that moment, you’re very likely to make a different decision than when not feeling that great. Either way, the outcome may have lasting
consequences as you didn't have a clear picture when making the decision.

With emotional Authority it takes time to gain clarity, and requires a commitment to wait out the wave of emotion and not act prematurely. It is correct for you to move forward with decisions when you are clear about your impact (as a Manifestor), response (as a Generator) or recognition after having been invited (as a Projector).

Avoid premature action when under pressure. Patience allows you to experience the "wave," or swing of moods and emotions generated by your Solar Plexus. Giving yourself the appropriate amount of time to process your emotions allows you to make your decisions from a place of clear waters – a place of calm, clarity, and understanding.

**Inner Authority: Sacral**

Those with Sacral Authority are Generators, with the response mechanism of their Sacral providing audible authority through sounds or words. With Sacral Authority, the energy source of your being can be relied upon to know whether you have the energy to participate in the task at hand.

Generators commonly use a whole range of sacral sounds which express likes and dislikes, consent or discontent. “Uh-huh” and “uh-uh/un-un”, or “mmh” when undecided, are all sacral sounds that are great tools for recognizing energetic response before, during or after an activity. Most will come naturally to Generators unless you have been conditioned to suppress or ignore them. Listening for sounds or tuning into your gut feeling is imperative as this will clearly indicate how to expend your energy in a satisfactory way.
Your Sacral knows what energy it has available for what task specifically when there is something to respond to, and the right question at the right time can be very helpful to uncover which direction your energy wants to take.

Making a list can be helpful when you are faced with choices. So too can getting a non-partial other to ask you yes-no questions to assist you in discovering what the correct thing to do is. Once you allow your decisions to be guided by your Sacral response you will notice how much more satisfying and efficient activities can be.

**Inner Authority: Splenic**

This is a intuitive or instinctual Authority; the inherent ability to know instantly whether something is good for you or not. Your Splenic Awareness means that your decision-making process is spontaneous but not permanent.

Your finely tuned instinctive awareness can shift with the changing conditions of your environment and clue you in on what choices are most likely to keep you safe and alive. Navigating moment by moment, your Splenic Authority helps you avoid potentially dangerous situations and guides you towards security and health.

Your intuition is the guiding force in your life, but for each situation it will only warn you once. You likely often find yourself (especially after being involved in some mishap or accident) saying things like, “I just knew that was going to happen!” This is because you have consistent activation of the Splenic Center with its intuitive sense designed to protect you, and keep you safe. With the Splenic Center consistently defined, you can trust your primal instinct for survival. It is the one
thing you naturally can rely upon to navigate through life safely.

When you feel good, your defined Splenic Center imparts a sense of well-being and security to others. You may notice that you attract people into your life who have this center undefined or open.

**Inner Authority: Ego Manifested**

With Ego Manifested Authority, it's healthy for you to listen to what you tell others in the moment. You can make and keep correct promises that you and your tribe can benefit from. Your willpower to support others is very strong when you surrender to the truth of your voice.

You need to pay attention to what you say automatically (without forethought). It is essential that you honor your spontaneous voice in the moment if you want to live out your truth.

**Inner Authority: Ego Projected**

Ego Projected Authority means the Heart Center (Ego) is connected to the G Center, the center of Self, which gives you a strong sense of identity. As an Ego Projector, your decision-making strategy is to wait for the invitation to initiate.

With this comes the potential to not only initiate others, but also the experience of being initiated yourself, potentially transforming your whole life. Once you've been invited, pay attention to “what's in it for me? What do I have willpower for, and what do I want?”
Inner Authority: Self-Projected

The vital key to know with Self-Projected Authority is: whatever you need to hear and know, you will discover in the things you say. When you are invited to speak, listen to what you say. The simple words that come out of your mouth spontaneously are your truth.

Don’t try to figure out what you should say, could say, might say; instead, listen to what comes out of you spontaneously. Your truth is revealed through your identity, and, when allowed, your identity will speak for itself in the moment, in the now, and guide you in the right direction.

With Self-Projected Authority you have a very powerful identity that you are here to embody. Once recognized for your skills, your role is to advise and guide others how to be more successful.

No Direct Inner Authorities

Both of the following authorities will be listed as “Inner Authority: None” at Jovian Archive. If you are a Projector with no direct Inner Authority, you have a Sounding Board Authority. If you are a Reflector, you have a Lunar Authority.

If you have No Direct Inner Authority, please know that – like everyone else – you have an Authority: A strategy you can experiment with and ultimately rely on to make decisions. However, it is not direct – like the previously listed Authorities – which essentially means it doesn’t come from a place within yourself, but is a strategy to employ in your life, either related to interaction with others, or time.
**Inner Authority: None (As a Projector)**

*Sounding Board (Environment) Authority*

To have the Sounding Board Authority means you are a Projector who is very open to the energy and conditioning of others.

Your Authority requires that you have trusted advisors who invite you to talk so that you can hear yourself discuss the decision at hand. The more often you discuss the decision, the more apparent your choice will become.

Your mind operates in a consistent, specific, and trustworthy way. With a fixed mind such as yours you are not someone who is easily influenced by the mental preferences and predispositions of others. Mind, however, is not a decision making authority.

The key for you is hearing what you say to multiple people, as your Authority comes from reflecting with others in your environment.

**Inner Authority: None (As a Reflector)**

*Lunar Authority*

All beings with Lunar Authority are Reflector Types. Your Type is very special and unique, a kind of barometer that recognizes the energetic health of your surroundings.

You have an innate ability to evaluate how things are going, being sensitive to everything and everyone in your environment. Making spontaneous decisions about important issues does not reliably lead you to life’s surprises – often sudden
decisions can lead you to disappointment.

Of all the Types, as a Reflector you are the only lunar Type. It takes approximately 28 days for the Moon to move through every Gate in the BodyGraph, and this continuous cycle creates a sequence of definition you can rely on.

Waiting through your lunar cycle will bring you a great sense of stability in your life and, when processing a decision, will lead to a moment of insight. You reach a point where you suddenly know what the right choice is. Give yourself time, and you will gain the clarity you need to make the correct decisions in your life.

“I often recommend the Human Design System to people who are close to me and also to people I meet if it seems appropriate. They are often in a quandary about some aspect of their life. Sometimes they’re confused about their career choices, or a relationship, or at other times, I can see they would benefit from knowing how best to make decisions.

I’m also grateful that I have so much more understanding for the many people in my life with Emotional Authority. Before Human Design I was quite impatient with them. Now I can support them and can even encourage them to take their time making decisions.”

~ Carol Chapman
Author/Filmmaker
#4 • Observe Your Mind

Your mind is an extraordinary tool. Without mind there would be no life as we know it. However, as our minds are extremely susceptible to conditioning, this influences our decisions based on information from outside of ourselves.

Everything in white in your Human Design BodyGraph is open to conditioning, creating what is called the “Not-Self”. Your conditioned mind attempts to be in charge because it is subject to the adaptive strategies taken on to protect the openness within you. The adaptive strategies—such as thinking about things that don’t matter or trying to prove yourself worthy—can lead you away from living life as yourself.

Conditioning in itself is not bad, it’s a natural part of life and without it our experience of life would be much less varied and interesting. However, making your decisions based on conditioning or Not-Self strategies leads you away from yourself, and from what is best for you.

When you begin this experiment, you’ll notice your mind second guesses your Authority. The most important concept to grasp is that we do not have ‘mental Authority’. Your mind is a great tool to gather information, analyze a process or come up with an idea, and it is helpful in guiding others, but it is not meant to be the authority in your life.

Look at the image on the next page to identify your open Centers, then read the corresponding Not-Self strategies on the page after that.
The Not-Self Strategies of the Open Centers

- Am I trying to answer everybody else’s questions? (70%)
- Am I trying to convince everyone that I am certain? (50%)
- Am I trying to attract attention? (30%)
- Do I think I have something to prove? (65%)
- Am I avoiding confrontation and truth? (50%)
- Am I in a hurry to get things done so I can be free of the pressure? (40%)
- Am I holding on to things that aren’t good for me? (45%)
- Am I looking for love and direction? (35%)

Note: Approximate % of Open Centers of the Population
The 9 Centers & their Not-Self Themes

Generally speaking, the strongest source of conditioning comes from the open Centers in your BodyGraph. To help you begin experimenting with your Strategy & Authority, we’ve included the open Center not-self keynotes and questions. Take a look at your Human Design Chart and for every Center in white be sure to read the relevant information:

The Open Head Center
Thinking about things that don’t matter
Are you trying to answer everybody else’s questions?

The Open Ajna Center
Pretending to be certain
Are you trying to convince everyone that you’re certain?

The Open Throat Center
Trying to attract attention
Are you trying to attract attention?

The Open Heart (Ego) Center
Feeling unworthy and undervaluing
Do you think you have something to prove?

The Open G Center
Fixated on finding love and direction
Are you constantly looking for direction and love?

The Open Splenic Center
Holding on to what isn’t good for you
Are you holding on to things that aren't good for me?

The Open Sacral Center
Not knowing when enough is enough
Do you know when enough is enough?

The Open Solar Plexus Center
Avoiding confrontation and truth
Are you avoiding confrontation and truth?

The Open Root Center
Always in a hurry to be free of the pressure
Are you in a hurry to get things done so you can be free of pressure?

For more personalized information on your Human Design Chart, and comprehensive overviews of your Centers, visit:

myBodyGraph.com

We highly recommend visiting our sister-site where you can sign up for free and get even more information about your own Human Design in the unique Talking BodyGraph. Paid upgrades are available for more detailed information and at an affordable price-point.

Plus, it contains a free online software where you can create, save, and share Human Design charts.
#5 • Begin Your Experiment

Your Human Design BodyGraph reveals simple decision-making Strategies, yet their simplicity does not imply that following them is necessarily easy.

Becoming your authentic self is a journey that takes time. Life moves in seven year cycles, and over time the experiment renews your body at a cellular level, cleaning out the conditioning of the past. Time practicing helps you find the pattern of your natural, unique rhythm and expressive flow until it becomes a natural way of life. You’ll notice that your body also becomes more relaxed and at ease.

It requires a radical shift of awareness that comes through living this knowledge, not just knowing about it. True transformation takes time—take this first step and your journey begins.

“It has helped me understand myself, my family, and my clients, and be more accepting. Even though we all come with a blueprint, there is choice and our free will allows us to resist or flow with our gifts and challenges. I move through life with more grace, and I am a better grandparent because I know how to relate to my grand children’s unique traits.”

~ Kathy O'Fallon
Psychologist
Thank You

You now have the tools to start your experiment and potentially transform your life. Please know that we are always available to answer your questions, simply contact us at office@jovianarchive.com.

Jovian Archive was created by Ra Uru Hu, the founder of the Human Design System, in the late 90’s. In March of 2011, after 25 years of teaching the Human Design System, Ra passed away and Jovian has since been run by his family.

To further support your process over the next few weeks you will receive emails from us with plenty of free, useful, and informative videos, texts, and recordings. Note: If you have not received any emails please check your spam or junk folder and click a link within one of our emails in order to receive them directly to your inbox.

We have an extensive collection of audio courses and lectures, video series, and digital books in our Human Design Shop, and many free materials available to you. Here are some links to help you get the most out of our website:

- Human Design Shop: Audios, Videos, eBooks, Special Offers
- What is Human Design? - Get yourself acquainted with the details of the Human Design System, including how it all works, what it can reveal, and its origins.
- Stories & Articles - Years of articles and transcripts have resulted in a large collection of written resources on various topics.
- The Free Media Library - An incredible amount of information (we'll be sending you some of our favourites over the next few weeks), in the format of free videos, recordings, and downloads for you to explore.
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