

# Hannah



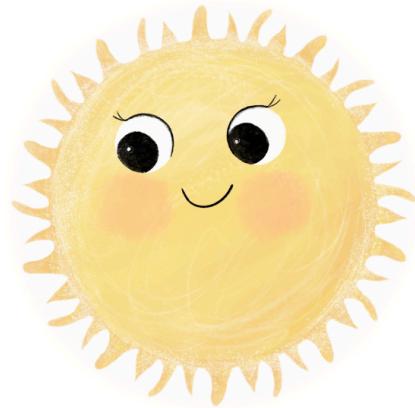
## THE BEGINNING OF SOMETHING MAGICAL

On an enchanted night, a little human child was born. From the very first moment, their parents loved them deeply. And the universe, too, wanted to shower this child with its boundless, unconditional love. So the sun, the moon, and their planetary friends gathered and gifted the newborn the most beautiful stardust. They had done the same once before, when the baby still lived in its mother's belly.

This stardust awakened all the unique gifts and talents within this tiny being, paving the way for a life filled with joy and adventure. Every new soul on Earth receives these gifts from the universe. And of course, your child has received them too—regardless of what their Human Design chart may look like. It is perfect. Just as your child is perfect. Never forget that. Because your child is one of a kind. Everything they need for a fulfilled life already lies within them.

Do you already know which gifts your child has been given? On the pages that follow, your child will reveal them to you.





Dear Mom,

Dear Dad,

Dear person who gets to accompany me for some years,

I chose you because I know you're exactly right for my development. I want to have certain experiences together with you, just as you do with me.

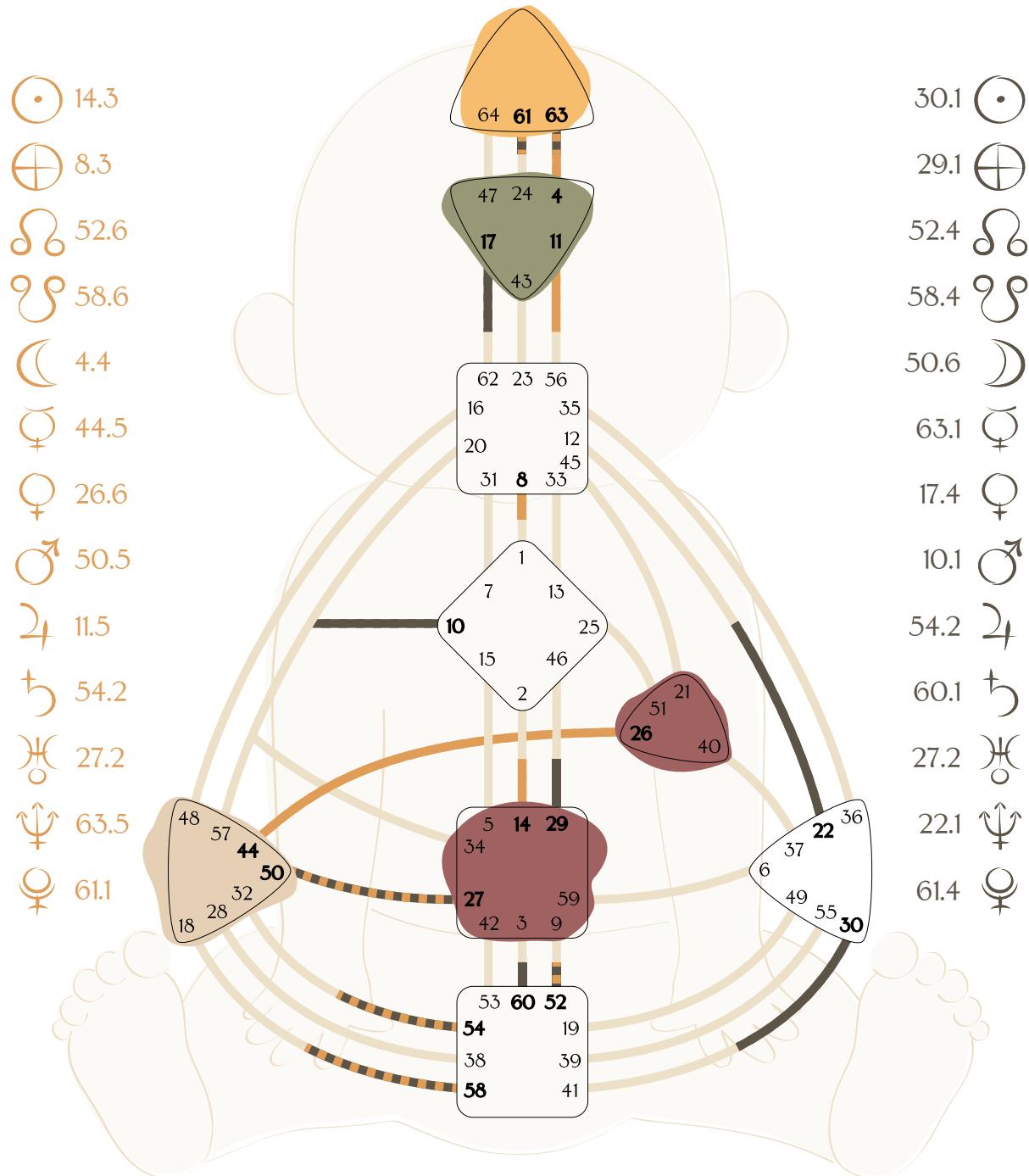
The Human Design System can help you understand me better and assist me in developing my personality. You get to learn to respond to my needs and observe how I unfold my full potential.

I've brought you a little "instruction manual" that may inspire you to understand me. I hope you find meaning in this guide.

Human Design is a valuable experiment because it gives us the opportunity to better understand ourselves and each other. This way we can make our relationship even more loving and show compassion.



# MY HUMAN DESIGN CHART



Hannah

14th February 2020 @ 02:59

# Hannah

**Date of birth** 14th February 2020 @ 02:59

**Type** Generator

**Signature** Satisfaction

**Not-Self** Frustration

**Strategy** To Respond

**Authority** Sacral

**Profile** 1/3

**Definition** Split Definition

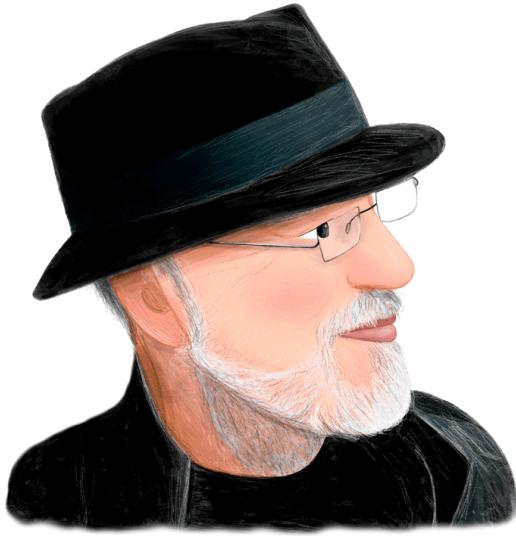
**Channel**

63 - 4, 26 - 44, 27 - 50

**Incarnation Cross**

Right Angle Cross of Contagion (30/29 | 14/8)

## BRIEF INTRODUCTION TO THE HUMAN DESIGN SYSTEM



The Human Design System was channeled in 1987 by Canadian Robert Alan Krakower while he was on Ibiza. From that moment, he called himself Ra Uru Hu and devoted his life until his passing in 2011 to sharing this knowledge and training others. According to him, the Human Design System exists for the benefit of children.

Various other systems come together within the Human Design System. Ancient wisdom teachings such as the chakra system, astrology, the I Ching and the Kabbalah are combined with modern scientific elements like biochemistry, genetics and quantum physics. This unique blend makes it possible to decode each person's individual energetic blueprint and understand how energy flows, both within the body and between people.

Human Design is a science of experience. Knowledge alone is not enough, and there is no such thing as right or wrong. You are encouraged to question what you learn and find your own truth. As you put the pieces of the puzzle together, the bigger picture comes to life through experimentation and practical experience.

It is important to understand that you are not your design. You have a design. And it is perfectly suited to support you in following your soul's path. As an adult, it can be challenging to remember this. The first step is to move beyond the level of the mind and reconnect with the intelligence of your body. You always have the choice to live in alignment with your design.

Since Human Design also reveals the unconscious parts of you, there may be aspects you don't immediately recognize in yourself. No matter what stories your mind may try to tell you, you are invited to approach the Human Design experiment with curiosity and, in doing so, find your way back to yourself if you've felt a little lost. It is a beautiful opportunity to embrace who you truly are and to see and accept others in their authentic selves as well.

Thank you for choosing to meet your child with awareness and a desire to support them in the best possible way. The first seven years of life are especially important for your child's development. During this time, they are in a kind of continuous trance state, absorbing everything without filters and storing it as truth. This is how behaviors, patterns and beliefs are formed that shape their identity. That is why it is so meaningful for you to embark on the magical journey of Human Design and explore this system in a spirit of play.



## HUMAN DESIGN LEXICON

### Type

Your type describes your fundamental energetic makeup and is determined by the activation of specific centers in your chart. In the Human Design System, there are four main types if Generators and Manifesting Generators are grouped together, or five types if they are considered separately.

Each type has its own energetic qualities and life strategies. The largest group in the population are Generators, making up about 37 percent. They possess powerful and sustainable energy for work and creativity. Next are Manifesting Generators, who represent around 33 percent. They are known for their dynamic energy and often juggle multiple projects at once. About 20 percent of people are Projectors, who have a unique ability to see into others and offer guidance. Manifestors make up roughly 9 percent and have the capacity to initiate and bring new things into the world through their own inner drive. The rarest group, comprising just 1 percent of the population, are Reflectors. They are highly sensitive and reflect the quality of the environment around them.

### Signature

A signature is the feeling that arises when you live in alignment with your design. It shows you that you're on the right path and using your energy in the right way. Generators experience a deep sense of satisfaction and fulfillment when they invest their energy in what truly excites them. Manifesting Generators feel a similar kind of satisfaction, especially when they respond to things that bring them joy. For Projectors, success is their signature. It is not just about material achievement but about the deeper sense of being seen and appreciated for their wisdom. Peace and inner harmony define the signature of Manifestors. This feeling arises when they follow their own path and keep others informed about their plans. Reflectors experience surprise as their characteristic signature, a sense of positive wonder and curiosity that emerges when they take enough time to make decisions and stay attuned to their environment.

## **Not-Self**

The not-self is the feeling that arises when you live out of alignment with your natural energy. It acts as the body's warning signal and shows that you are not in harmony with your design. Generators experience frustration, a sense of stagnation and heaviness, when they invest their energy in things that bring them no joy. Manifesting Generators feel not only this frustration but also anger when they are held back or unable to let their energy flow freely. Bitterness marks the not-self of Projectors who feel unseen or unappreciated when they share their wisdom without being invited. Manifestors feel anger when they are restricted, controlled or prevented from following through on their intentions. Reflectors experience disappointment as their not-self theme when they are in the wrong environment or surrounded by people who are not good for them. The not-self is not inherently negative. Rather, it is an important signal that helps show when something in life needs to change.

## **Strategy**

The strategy is the instruction manual for life. It shows how to best interact with the world in order to experience maximum ease and minimal resistance. Generators live by the strategy of responding. They wait for external prompts and respond to them with their gut feeling instead of initiating on their own, allowing life to come to them. Manifesting Generators follow the strategy of responding and informing. Like Generators, they respond to external stimuli but also inform others about their ideas and plans. Waiting for an invitation defines the strategy of Projectors. They wait to be recognized and invited by others before sharing their wisdom, offering their insights only when asked. Manifestors are able to initiate and take action on their own, but they should inform those around them of their plans beforehand to avoid resistance. Reflectors follow the strategy of waiting through a full lunar cycle. For major decisions, they allow the entire twenty-eight-day moon cycle to pass while observing how their feelings about the situation evolve. When someone does not follow their strategy, the not-self theme arises. Living in accordance with one's strategy, on the other hand, leads to the personal signature.

## Authority

Authority is the inner decision-making compass. It shows how to make choices without letting the mind take control. The most common form is Emotional Authority, present in about 50 percent of people. In this case, there is no truth in the moment, and emotional waves must be allowed to settle before clarity can arise and a decision can be made. Sacral Authority, found in roughly 35 percent, responds with immediate yes-or-no signals from the gut. Here, attention is paid to physical responses and the sounds the belly makes. About 11 percent have Splenic Authority, which is based on quiet, spontaneous intuition that speaks only once. It is important to trust the spleen's first impulse in the present moment. Heart or Ego Authority is very rare and bases decisions on what the heart truly wants, guided by the question, "What is the best deal?" Self-Projected Authority is equally rare and involves following inner direction and values, making decisions that align with one's vision and authentic self. Mental Authority, also very rare, finds clarity through dialogue with others and by listening to the sound of one's own voice. Only Reflectors have Lunar Authority. They need to wait through a full lunar cycle before making important decisions.

## Lines

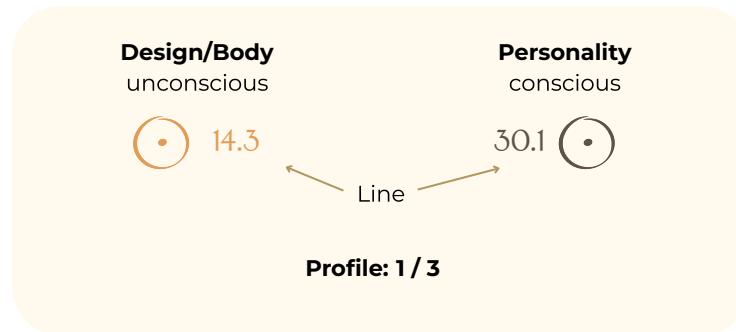
A line is a number from 1 to 6 that describes how a particular trait is expressed. In the chart, lines appear as small numbers after a dot at each activated gate. For example, 42.3 means gate 42, line 3. There are six lines, each representing an archetypal character trait. Line 1, the Investigator, needs a solid foundation of knowledge and security. They enjoy gathering information and want to understand things deeply. Line 2, the Hermit, has natural talents and needs time alone. They prefer to be left in peace to do their own thing. Line 3, the Martyr, learns through trial and error. They love to experiment and adapt through direct experience. Line 4, the Opportunist, thrives on relationships and connections. They need a stable community and strong friendships. Line 5, the Heretic, is seen as a hero and a problem-solver. Others project expectations onto them and look to them for answers. Line 6, the Role Model, moves through three life phases. Over time, they become wise, gain experience, and later share the insights they have collected.

## Profile

The profile consists of the line of the Personality Sun on the right side and the line of the Design Sun on the left side.

The first number represents your conscious side, how you see yourself. The second number reflects your unconscious side, how others perceive you. Together, they describe your character role in life.

The profile reveals the role you are here to play and the core traits and needs that shape you. It outlines your character and your way of being.



## Gates

A gate represents the potential for a specific ability. It shows which energies and qualities are present. There are 64 gates in Human Design. Each person has up to 26 activated gates, and some may appear more than once. Gates represent possibilities that can be developed over time. Defined gates are shown in the chart as numbers within the centers and next to the planets.

## Channels

Channels are connections between two centers that form when two opposing gates are defined, creating an energetic bridge. There are 36 channels in total, represented in the chart as colored lines between the centers. A channel represents a specific life energy or gift that is consistently available. When a channel is defined, it creates a new quality that is greater than the sum of the two individual gates. Channels can appear in brown if they are conscious, orange if unconscious, or a combination of both. This indicates whether the energy is consciously experienced or operates more unconsciously. Channels also define the centers and determine which areas of life hold consistent and reliable energy.

## **Centers**

There are nine different centers, represented as triangles or squares. They can be defined (colored) or undefined (white/no color). If no gate is defined within a center, it is considered completely open.

A defined center provides a consistent, fixed energy in that area. This energy is always available and is naturally expressed outward.

An undefined center is marked by openness and flexibility. It picks up and amplifies the energy of others. These areas often hold important life lessons and offer the potential for deep wisdom.

Completely open centers hold the greatest potential for wisdom. They function like empty vessels that can be filled with external energies. Because of this, it is important to be mindful of what influences are allowed in, in order to avoid destructive conditioning.

TYPE



GENERATOR

I am a little ray of sunshine, full of energy and joy for life. You can get excited about the fact that I leap out of bed in the morning, already wide awake and ready to go. I constantly want to be on the move and love to push my physical limits. I'm probably a very lively child who wants to spend the whole day engaged in exciting activities. My gut feeling guides me along the path of joy and shows me the perfect moment to dive into new adventures.

By nature, I am cheerful and helpful. My enthusiasm for life is contagious, and my warm laughter might even bring a smile to your face. I come across as friendly and likeable, and I enjoy approaching others with an open heart.

People feel welcome around me. My inviting presence naturally attracts the right experiences and people into my life. I love being surrounded by family and friends and treasure spending meaningful time with them.

I was born to discover myself and the world. The question "Who am I?" accompanies me throughout my life. I learn the most through interaction with the people around me. I observe how they act and respond to their impulses. In doing so, I continuously uncover new sides of myself and grow step by step.



## MY AURA

My aura is the energetic field that surrounds me. I have a very open and welcoming aura that gives others a sense of comfort and warmth. As a Generator, my aura is designed to respond to situations and people, with my gut feeling playing a key role in the process.

My aura naturally attracts people who ask the right questions or offer opportunities that are a good fit for me. Let me connect with different people and explore a variety of perspectives. The more freedom I have in my environment, the more often I get the chance to respond and engage.

With my open aura, I take in all kinds of energy and can be more easily influenced. I am learning to carefully discern which impulses truly resonate with me and which ones I should let pass. This way, I preserve my energy for the things that truly excite and inspire me.



## GUT FEELING AS A GUIDE

I have a wonderful gut feeling that guides me through life. It expresses itself through natural sounds such as a warm "mmh" for yes and a firm "uh-uh" for no. This inner voice is my reliable compass, showing me what is right for me in each moment.

My gut feeling is my most important guide. A warm, expanding sensation in my belly along with a "mmh" means a clear yes. It comes with a pleasant tingling in my stomach. This tingling must feel good, otherwise it might be fear. When something is right, my body responds with a sense of openness and a feeling of being drawn toward it. If my belly tightens and my energy drops, it means I definitely do not want something. A no feels like tightness in my body, like it stiffens or pulls away.

I respond best to things that come from outside. That is when my gut gives clear answers. Maybe I see a banana at the supermarket and eagerly reach for it. Or I spot a toy in a shop window and press my hands against the glass because my belly is on fire for it. If you suggest going swimming and I react without much interest or shake my head, then in that moment I do not have the energy or joy for it. My body always speaks the truth. Just watch closely and you will see it.



## IF IT'S NOT A YES - IT'S A NO !!!

If I do not get a clear sign for yes right away, then it is a no. That means if I hesitate or feel no response from my gut, it is a no. My belly is signaling not now. If I feel nothing at all, it either means that this is not meant for me or that the timing is not right. Pay close attention to the signals my body sends. If you ask me a question and get no answer, that is the answer. It means no.

If you ask me whether I want to eat an apple and I do not respond or give a low grumble, I am either not hungry or my body needs a different kind of food. If you ask me again later, my response might be different.

If I say yes out loud but my body language does not match, feel free to check in with me. It might be a social yes that I give to please you or because I think you expect it from me. My body always tells the truth. Watch closely and you will see it.



## CLOSED QUESTIONS

Open-ended questions are harder for me to answer. Asking something like "What would you like to play?" or saying "Come up with something fun for us to do" can be confusing and unhelpful. I need clear options that I can respond to.

I respond best to closed questions. Whenever possible, ask me yes-or-no questions. These might be "Do you feel like riding your bike?", "Would you like to play table tennis?" or "Do you want to build something with Lego?" If I respond immediately with a joyful hum, a nod, or any other positive reaction, that is a clear sign that I am acting from my true self. If there are only two possible answers, ask an either-or question.

### Ideas for yes-or-no questions

- Do you like this color?
- Do you think the car looks nice?
- Would you like to eat a pear?
- Do you want to wear this shirt?
- Do you feel like going to the swimming pool?

### Ideas for either-or questions

- Would you like your food warm or cold?
- Do you want to sleep with or without a pillow?
- Should Mum or Dad brush your teeth with you?



## I RESPOND TO LIFE'S OFFERINGS

### Strategy

My strategy describes how I interact best with the world around me. When I follow this strategy, everything flows naturally and I feel really good. My strategy is to respond to the people, places and things that excite me. You are welcome to offer me different options and show me things I can react to. My body will give a clear yes or no. That response helps me figure out what I like and what is not right for me.

I respond to the things that come to me from the outside. Instead of chasing random ideas in my head, I wait for life to present me with something exciting. Then I can decide with my gut whether it is a yes or a no. That is how I can create a joyful and fulfilling life. It is like being at a buffet. I look at everything and only take what truly draws me in.

I only start something when I come across something that I truly want to invest my powerful life energy in. Many people believe you always have to take initiative, but I follow a different set of rules. I do not want to be pushed into things that are not right for me. I decide for myself which offers I accept and which ones I let pass. I only join in when something is truly right for me. That takes a bit of patience sometimes, but I can relax and trust that life will bring me everything I need. And it will.

I do not chase goals or dreams that do not belong to me. I also do not commit to tasks that are not suited for me. That would drain my energy and make me unhappy. The right opportunities come to me on their own and I only get started when my body gives me an enthusiastic yes. That is the only way I have the energy and stamina for what lies ahead. Even though many people make decisions with their minds, I know it is right for me to listen to my gut. I do not initiate. I let life's best offers come to me.

## RIGHT QUESTIONS OR OFFERS

In general, I do not know what I want until I am given the right offer. It is only through specific questions that I learn something about myself. You can ask me, "Would you like to eat a banana?" or show me a banana. If I reach for it, that is my clear yes. What matters is that you do not give me instructions to follow. If you simply tell me what to do, I might ignore you. First, get my attention and then ask the right question. Only after I say yes do I have the energy I need for that activity.

Imagine you ask me, "Will you put your dirty clothes in the laundry basket?" and I say, "No." Then you ask, "Do you want to wear dirty clothes tomorrow?" and again I say, "No." So you ask, "Would you like to wear clean clothes tomorrow?" and I say, "Yes." Now you ask the key question: "Will you put your dirty clothes in the laundry basket so you can wear your favorite pants tomorrow?" And I say, "Yes." Suddenly I have the energy to put my laundry away because I made the decision myself.

Respect my no, even if you think I am wrong. I will learn something from it. Maybe I need to experience what it feels like to wear dirty clothes to daycare or school. These experiences help me understand why some things make sense. If I feel how uncomfortable dirty clothes are or see how other children react, I learn much more than if you simply tell me what is right.

When it comes to my health or physical safety, you do not need to ask questions. You are allowed to stop me from doing things that are truly dangerous. Explain to me why I am not allowed to do something. If we are at a red traffic light, you do not ask me, "Would you like to stop here and wait until the cars have passed?" I learn by watching others. Point out how other people also wait until the light turns green. Explain why everyone follows the traffic rules.

You can also frame the question about brushing my teeth in a clever way, such as, "Would you like to put on your pajamas first or brush your teeth?"

It is important to ask the right questions. Please do not ask me every day whether I want to eat ice cream or watch videos for three hours. Offer me age-appropriate and meaningful activities instead. You can ask, "Would you like to ride your bike?", "Do you want to draw a picture?" or "Shall we play football together?" If I say no, do not ask why. Let me respond to life's offers with my gut feeling. This inner sense knows exactly what is right for me and what is not.

The world around me constantly offers things I can respond to. If you ask, "Would you like to go to the swimming pool this afternoon?" I feel right away in my belly whether it feels right. If I see a poster for a superhero movie, I get excited and want to watch it right away. When I spot a cool Lego set in the toy shop window, I press my nose against the glass and leave fingerprints everywhere. If I point excitedly at the new trampoline in the garden or grab the football, that is my clear signal for yes, I want that.

The fridge is especially fun. I keep looking inside to see what food options are available. If nothing looks good in the morning, it might be completely different by lunchtime. Maybe you went shopping, or maybe my gut suddenly wants the cheese I thought was gross yesterday. Maybe you hold a freshly baked cookie right under my nose, and I instantly know whether my body says yes or no. If you ask, "Would you like to help me water the flowers?" I know right away if I feel like it.

My gut feeling is like an inner compass that always knows what is good for me. It responds to everything life presents to me and gives clear signals. If you learn to notice and respect those signals, it is a win for both of us. I need these kinds of offers to discover who I am and what brings me joy. Trust that my body makes the right choices, even if they sometimes seem unusual to you.

## JOY VS. FRUSTRATION

### Signatur vs. Not-Self

I am full of joy when I get to respond to the things that truly excite me. Then my energy flows through me like a warm waterfall and I feel like I could hug the whole world. This joy feels like a thousand little stars dancing in my belly. When I am allowed to follow my enthusiasm, I have endless energy and can play or be creative for hours without getting tired. In those moments, I know that everything is just right and that I am exactly where I am meant to be.

I feel pure joy when I do things that truly match who I am and that I genuinely want to do. It is like gardening. When I plant the right seeds in the right soil and water them every day, the most beautiful flowers grow. It is the same with my energy. It blossoms when I use it for the right things. That is when I feel alive and powerful, as if I could move mountains. This joy is contagious and my radiant laughter often brings a smile to other faces too.

Frustration arises when I waste my energy on things that bore me or do not suit me. It feels like trying to hammer a nail into the wall with a spoon. It just does not work, it makes me tired and it gets on my nerves. That kind of frustration puts me in a bad mood and everything feels heavy. If I say yes too often to things that do not feel right, my bubbling energy turns into a sluggish mess. My batteries run low, even though I could be full of power.

My frustration always shows me that I am on the wrong path or using my energy in the wrong way. It is like a warning signal from my body telling me to stop because something is not right for me. When I feel frustrated, I need a break and the chance to refocus on what really excites me.

## I'M A BUNDLE OF ENERGY

I naturally have a strong need to move, which might be a bit challenging for you at times. Set mealtimes are not important to me when I am in power mode. If you interrupt me, you pull me out of my flow, and that frustrates me. I want to finish my game or activity before taking a break or eating. Stopping in the middle of something exciting just feels wrong.

Sometimes I do not know what to do with all this energy. I need someone to help guide it. Offer me different options and let me respond. What do I want to pour my energy into? Give me the freedom to live out my energy fully. Take me to places where I can be loud and run around. Let me shout, jump, and dance. It does not matter what it is, as long as my energy can move freely. If I do not get that kind of movement and release, everything builds up inside me and I become restless or moody.

## ENDURANCE - MY GREAT STRENGTH

My inner engine probably needs a little time to warm up before it really gets going. But once it does, it runs with what seems like endless energy. It is like an old locomotive that takes a moment to pick up speed and then moves forward with full power. Once I get started, I can keep going for hours.

When something excites me, I stay engaged with it much longer than other children. I move at my own pace and dive deep. Multitasking is not really for me. If I try to focus on too many things at once, I lose the joy in what I am doing.

But when I focus on just one thing, I can get really good at it. My precision and persistence help me become an expert. I do not just build something quickly, I enjoy the process and follow it through to the end. Others are often impressed by how skilled I become at my favorite activities.

My energy drops after I have completed a task. Even though I have a lot of energy, I still need breaks to recover. When I have committed to something, I do not switch to something else quickly. Give me the time to fully dive into my activities. If you think I should move on to something different, feel free to offer me something better. But to shift my attention to something new, my gut feeling needs to respond first.

## WHO AM I?

I will spend my whole life asking the question: Who am I? I want to get to know myself and explore who I am. What do I respond to? What activities do I want to use my energy for? How can I experience joy through my body? These are the questions I ask myself every single day, and each answer brings me one step closer to myself. It is like an exciting adventure, with me as the hero discovering who I truly am.

I do not need piles of toys. A simple cardboard box can be just as exciting as the most expensive toy, because I can use it in so many different ways. My surroundings are the best playground of all. Make them safe for me and let me go exploring. If you want to get me toys, choose things that inspire me to move my body.

As a baby, I explore my hands and feet in great detail. Later, I test how fast I can run or how high I can climb. I am always ready to imitate others and learn by copying what I see. When I watch you doing something, I want to try it too. Keep in mind that you are an important role model for me. I watch everything you do very closely.

## DEVELOPMENT IN BURSTS

My development happens in bursts. This means there will always be phases in my life where everything seems to pause, followed by sudden leaps of growth. It is not a steady, even process, but rather one that moves in steps. I might make huge progress for a while and then feel like I am stuck again.

When I learn a new sport and make fast progress, I feel frustrated when I hit a plateau. You can help by reminding me of how far I have already come and showing me where I could still grow. It is also a good moment to check in and see if I still want to keep going. Ask me, “Do you want to continue?” or “Do you want to stop playing football?” That helps me find my true answer, and I learn to stay true to my gut feeling, either by continuing or letting it go.

Even if I have done everything right, there will still be times when things slow down. Give me as much time as I need for each step. Do not rush me into the next chapter if I am not ready yet. Please do not try to push me to the next level by sending me from one competition to the next. That only frustrates me. These pauses are important, even if it looks like nothing is happening. Sometimes I just need that space to gather my energy for the next leap.

This feeling of being stuck will come up again and again throughout my life. That could be a challenge for me on my way to growing up, because I love to move forward. During those plateau phases, I should simply do what I enjoy and let the next leap come in its own time. Then I will be ready to take off again.



## SLEEP

It is important for me to go to sleep only when I am truly exhausted. I need to fall into bed completely worn out. If you try to send me to bed just because it is bedtime, I might resist. That kind of situation can be frustrating for both of us.

I only get restful sleep when I am fully burned out. My body is like a battery that needs to be completely discharged through physical movement during the day. With all the electronic devices around nowadays, that can be a challenge. If I spend too much time on the computer or watching movies, I miss out on the movement I need.

If I still have lots of energy in the evening, let me do a bit of physical activity right before bed. I might want to run a few laps around the house or burn off energy in some other way. Long and quiet bedtime routines might actually make me feel more awake instead of tired.

If I go to bed before my battery is empty, I will not feel rested the next day. Depending on my age, I might also need downtime during the day. Strict sleep routines do not work well for me. Sometimes, after intense play, I might suddenly fall asleep wherever I happen to be.



## SCHOOL

From an energetic perspective, the traditional school system generally suits me well. I can handle long school days and still have energy left for other activities. I probably enjoy going to school because it gives me a chance to be with my friends. In subjects that spark my interest, I tend to get better grades than in those that do not excite me. When a topic really grabs me, I can work on it for hours and forget everything else around me.

I am a team player and feel comfortable working in groups. Still, I try not to take on all the work myself just to get things done. My classmates might rely on me to finish the tasks because they know I can do it.

I tend to adapt too much. Teachers likely praise this and see me as reliable and cooperative. I might say yes to tasks even when I do not feel like it and lose sight of my own needs. Sometimes I feel taken advantage of but do not dare to set boundaries.

My strong need to move can be a real challenge. It is important that I play and move my body during breaks so I can better cope with sitting still in class. Otherwise, I might become restless, have trouble focusing, or get easily distracted. Physical education is probably a welcome break for me.

I prefer to focus on one thing for a longer period of time. Traditional schooling does not always allow for that pace. Constantly switching subjects pulls me out of my flow and keeps me from finishing what I started. It can be incredibly frustrating not to have enough time to finish painting a picture. When I am pressured to do things quickly, I tend to freeze. The same happens when I am overwhelmed by too many impressions that I cannot fully process. Since I learn in steps, I might get frustrated during plateau phases. But in other moments, I make fast progress and am far ahead of my classmates.

## TIPS FOR HOMEWORK SUPERVISION

When it comes to homework, the best way you can help me is by offering different options. Ask me something like, "Would you like to do math or German first?" or "Do you want to work at your desk or on the floor?" My gut feeling immediately tells me what feels right. When I get to choose, I work much better and with more focus.

Make sure I get movement breaks in between. After sitting still for half an hour, I might need a quick run around the garden or a few jumping jacks in the living room. My body needs to release energy so that my mind can absorb new things again. Without those breaks, I become restless and have a hard time concentrating.

Let me work through my tasks at my own pace. Sometimes I take longer because I want to do things carefully. On other days, I move through the exercises more quickly. Please do not pressure me with time limits. When I am allowed to work in peace, I usually complete my tasks neatly and thoroughly.

If I am not in the mood for homework, try making it more playful. Maybe we can use colorful pens for math problems or turn vocabulary into a little guessing game.

## SPORTS

Sports are perfect for me because they allow me to release all my energy. I love running, jumping, and climbing, and after being active, I feel truly content and relaxed. My gut feeling tells me right away whether football, swimming, or gymnastics is the right choice for me. When I am excited about a sport, I can stick with it for hours without getting tired.

I do especially well in sports when I can fully dive in. I do not need complicated rules or constant interruptions. I just want to get started and move. I enjoy team sports because I like being active together with other children.

## FOOD AND MEALS

I often feel really hungry because my body uses a lot of energy. That is why I eat bigger portions than other children, and that is completely normal for me. My body knows exactly how much fuel it needs to stay active all day. After sports or intense play, I am especially hungry.

Let me help in the kitchen. I enjoy cutting vegetables, stirring the pot, or setting the table. It helps me learn how food is made and gives me a sense for different ingredients. Not only is it fun, but it also helps my gut feeling know what I have an appetite for. When I help prepare the meal, I enjoy eating it much more and feel proud of myself.

When packing my lunchbox for school, you can ask me, "Should I pack a banana or an apple?" or "Would you like the buttered bread or the pretzel stick?" If I get to help decide, I will look forward to my snack and am much more likely to eat it.



## PARENTING

Pay attention to what truly excites me and reflect it back to me. When you say, "I can see how much you love building with Lego," I learn to trust my gut feeling. Let me discover the world at my own pace and ask me choice-based questions like "Would you like to play outside or inside?" instead of telling me what to do.

Make sure I have ways to use my energy meaningfully. I need lots of movement, adventure, play, and creative activities every day. My body needs to burn off energy, for example through sports clubs that help balance out the demands of school. If I am still full of energy in the evening, let us do something active so I can fall asleep peacefully afterward.

If I feel frustrated or impatient, it means my inner balance is off. This happens when I do something that drains my energy. When you notice these signs, guide me back with questions. But it is not your job to initiate anything. I usually find the right things on my own. Often it is enough not to burden me with activities that do not suit me.

Give me space and time for the things I love. I am process-oriented, not result-oriented. Enjoy how happy I am in the present moment without expecting an outcome. Encourage me to help only with the things I truly enjoy. Just because I have a lot of energy does not mean I should constantly do tasks for others.

When I answer with humming sounds, that is a valid response. Do not force me to give verbal yes-or-no answers. If I hesitate or do not react, it means no. If I give a hesitant yes, you can ask again to see if I really want it. Do not ask why I made a certain choice. There is no logical explanation.

# SACRAL AUTHORITY



## MY DECISION COMPASS

I make good decisions by trusting my gut feeling in the moment.

## HOW I MAKE IMPORTANT DECISIONS

My gut feeling is my inner compass that helps me with important decisions. It responds instantly to everything happening around me, without long thinking. If someone asks me a question, my gut reacts right away with a warm “mmh” for yes or a clear “nope” for no. These answers come directly from my body and are always honest with me. My gut knows me better than anyone else and knows exactly what is good for me. When I listen to it, I feel strong and alive.

My gut responds best to clear yes-or-no questions or either-or questions. Ask me: “Do you want to transfer to this school?” instead of “Which school should it be?” With closed questions, my gut can answer immediately and show me whether something feels right. I do not need time to think. With open questions like “What do you want to do?” my gut cannot help, because it needs an external impulse to react to.

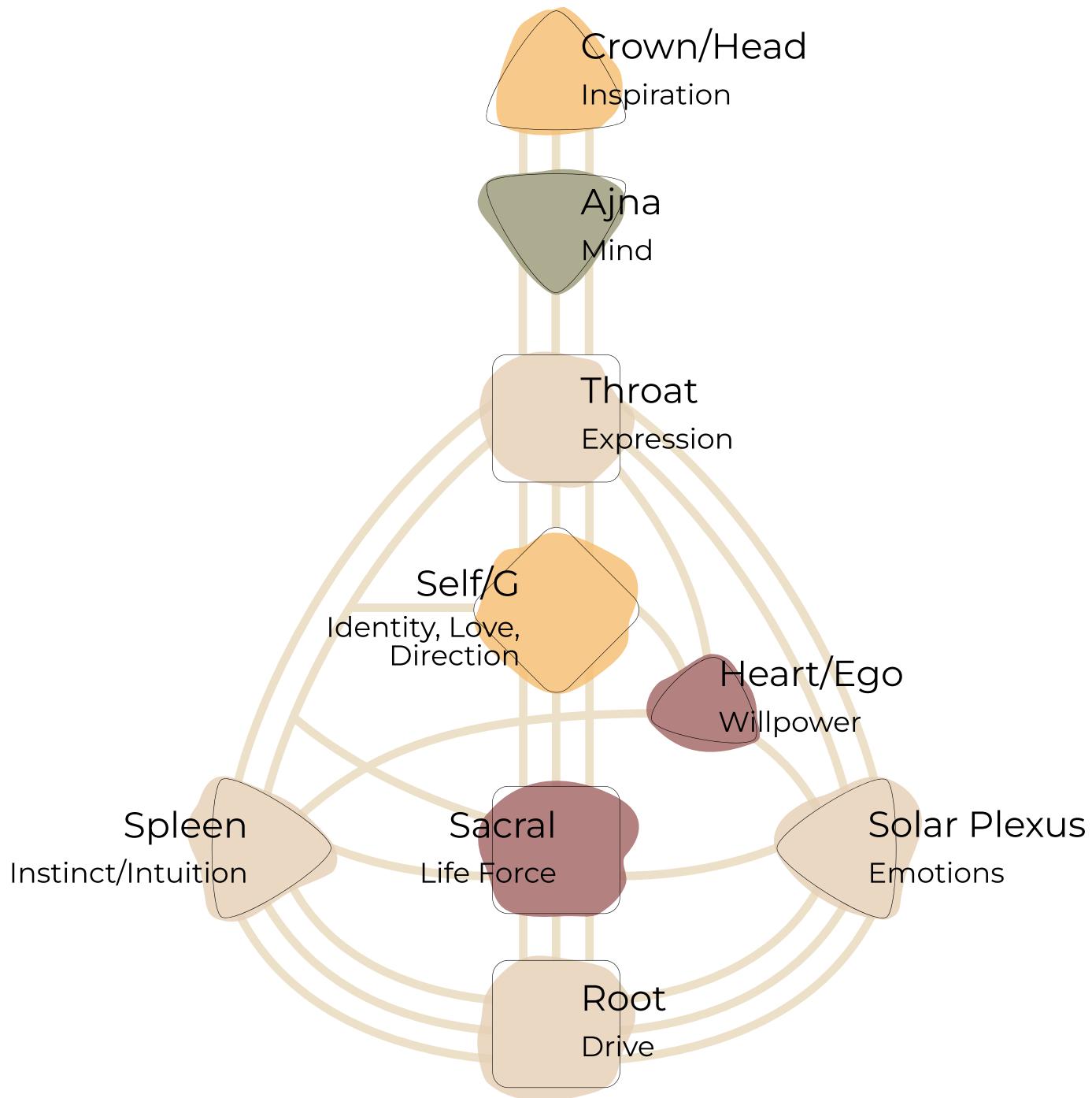
For the big things in my life, my gut feeling is my most important guide. You can help me with questions like:

- Should I sign you up for piano or for guitar lessons?
- Would you like to join the sports club or go to painting classes?
- Do you want to go to grammar school or to secondary school?
- Would you like to redecorate your room?
- Do you want to spend the whole summer with Grandma?

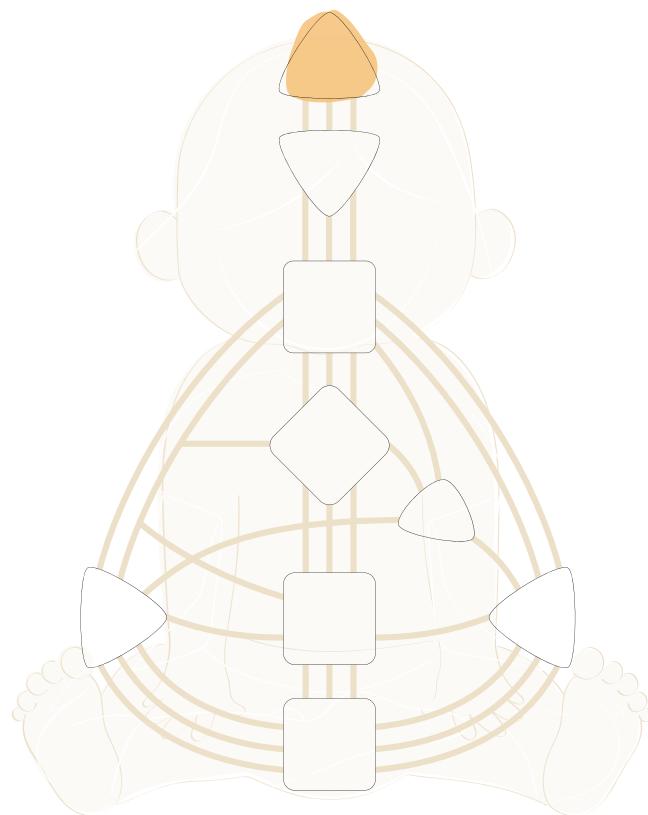
For all these important decisions, my gut knows the answer right away.

My no from the gut is just as valuable as my yes and must be respected. If my gut says no or does not respond at all, then that thing is simply not right for me, no matter how reasonable other people may think it is. At school I will probably often have to act against my gut feeling. That is why it is so important that at home I have the freedom to listen to my gut’s reaction. By making decisions that set my gut on fire with excitement, I am full of energy and joy.

# CENTERS



# INSPIRATION



## DEFINED CROWN

The Crown is the center for inspiration, ideas, and mental impulses. It brings the sparks that drive our thinking and raises the big questions of life. This center stimulates engagement with abstract topics, philosophical reflections, and new approaches to thought.

# INSPIRATION

*I inspire others with my questions and ideas*

I am always connected to a source of inspiration that you might even call supernatural. From this stimulating energy I constantly receive new ideas and questions. Even my healthy doubts motivate me to seek improvement, because I do not settle for mediocrity. I examine carefully whether something makes sense or is true. In this way, I find the best that matches my high standards.

I always have questions in my mind that I want to answer. In my search, I am constantly analyzing. This may not be obvious to others, but in my head there is always something going on. My many thoughts and reflections are what guide me toward my goals and toward other people as well.

My task is to explore my questions and ideas and share them with the world. Perhaps I am a little philosopher who likes to reflect on the meaning of things. Unconventional questions also occupy me. For example, why don't we build our houses out of Lego bricks, or why is the wheel round?



## MY POTENTIAL

I enjoy the process of thinking and give myself the time I need to find answers. I love juggling different questions in my mind and waiting for the right solutions to appear. In this, I can focus deeply on one thing and concentrate for a long time.

When I follow my authority and strategy, I know when the right moment has come to share my thoughts. I act only when I feel inspired and know what should happen next.

In my true nature I am creative and generative. I am an idea machine, and I also inspire others. When I sit at a table with other children, my presence alone is enough to spark their creativity, whether they are writing, drawing, painting, or being creative in other ways.

## POSSIBLE CHALLENGES

I am very impatient and want to know everything right away. Instead of letting the solution unfold naturally, I am constantly searching for it. For me, everything has to be logical or make sense. One possible way to ease this is to see my thoughts as a kind of game, which helps reduce the pressure in my head.

My mind is flooded and overstimulated with information. It is not easy for me to switch off or sit still, because I feel like I always need to do or create something. Here I need to learn that not every inspiration is meant for me. It is not my task to do everything on my own. My real gift is to pass on my energy and inspiration to other people who are open to it.

Silent meditation is not necessarily the best way for me to calm my mind. But I can follow my daydreams and mental games without feeling the urge to act on them. Through movement or by writing down my thoughts, I find peace.

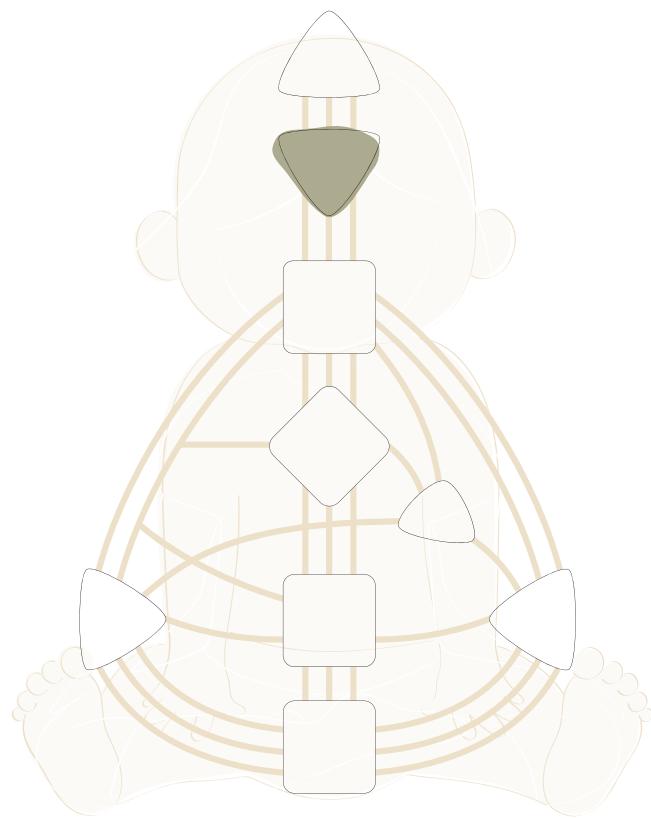
## HOW YOU CAN SUPPORT ME

I know that my many questions may sometimes be a challenge for you. Even if you find them strange at times, I ask you to take me seriously. Let me ask all my countless questions. I understand that you will not have the answers to all of them, but I hope that you can answer at least some. Please be patient with me and help me question and understand the world.

I love meeting people on this level and having deep conversations together. Let us also go on imaginative journeys where anything is possible. You will be amazed by the ideas with which I can enchant you.

Monotonous activities such as going for a walk or simply watching the water calm my mind. Allow me to have time for myself so that ideas have the chance to come to me.

# MIND



## DEFINED AJNA

The Ajna Center is responsible for analyzing, structuring, and processing information. It helps us form concepts, beliefs, and ideas. This is where mental clarity arises, along with the ability to understand and communicate information.

# MIND

*I provide mental security.*

I can always rely on my mind. With my thoughts and my understanding of things, I am confident. The energy for thinking is always available to me, and I process information in the same way every time. What matters is not the specific content but the way I think. It is not about what I think, but how I think.

The way my thoughts are processed is fixed and consistent. I love researching, organizing, and processing information in a reliable way. Among other things, I need concrete facts. Things must be logical, understandable, or traceable for me. That is why it is very important for me to know where information comes from. Only then can I be sure that it is correct and up to date. Otherwise, from my perspective, it cannot be right.

I can develop or evaluate theories, concepts, and opinions according to an inner pattern of my mind. This ability makes me appear confident and competent. In this way, I radiate mental security.

My consistent way of thinking is very helpful. Once I have internalized how something works, I do not need to spend energy on it again. This is especially useful in situations where I encounter the same thing repeatedly. Since I have already processed the information once, I can rely on my mind and do not need to work through it again.

When I encounter something new, it may throw me off for a moment. By taking the time to research and understand how it works, I decide what is right. Once I have processed my reflections and integrated them into my system, I can rely on them without revisiting the issue. That is why I always view the world from a specific standpoint that I hold on to, unless I question it again later.

## MY POTENTIAL

I love thinking, researching, and gathering information. It gives me a good feeling when I can collect and analyze facts. I enjoy sharing my insights with others and helping them understand things.

I am not easily influenced by other people. I prefer to think things through for myself and form my own opinion. Even if others try to convince me of their point of view, I stay true to my own perspective.

## POSSIBLE CHALLENGES

With my fixed way of thinking about certain things, it can be difficult for me to open up to new perspectives. I cling to my standpoint and do not easily let myself be persuaded, even if it is obvious that I am wrong. For me, it often feels more important to stand by my opinion than to simply give in.

For example, if I have learned a particular method for solving a math problem, I stubbornly stick to it. I see no reason to use another approach if mine works and I am satisfied with the result. This could be challenging for me at school if I want to do things only my way and have little or no interest in following the teacher's method. In such moments, I might be seen as stubborn.

When it comes to making important decisions, I tend to trust my mind and ignore the impulses of my body. Here I need to pay attention to following my authority, which is what truly guides me to good decisions.

Since I am constantly turning things over in my head, I have a hard time switching off. Relaxing does not come easily to me, especially when it is time to fall asleep. It can help me to speak my thoughts out loud or to simply observe them, creating a bit of distance that calms my system.

## HOW YOU CAN SUPPORT ME

Make sure I use my mind in a meaningful way. If I start worrying or thinking about imaginary problems, guide my attention in another direction. Feed my mind with questions such as “What could you build with your Lego bricks?” or “What should we do this weekend?” and let it get to work.

## HOW I LEARN

My mind works like a little computer with plenty of storage space. Everything is neatly stored there and can be retrieved at any time. The traditional school system is built for this kind of mind. It should be relatively easy for me to memorize what is required and recall it on demand during a test.

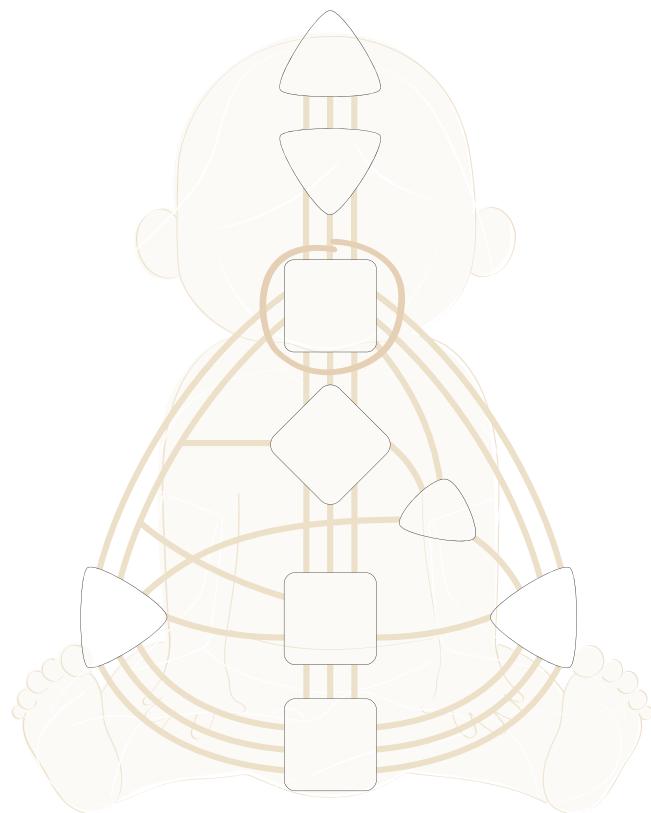
If too many projects are tackled at once or there is simply too much going on in my head, I may experience overload and my speed slows down. That is why structured routines and clear processes are helpful for my learning. Knowing what comes next and in which order supports my flow. Having a fixed place to study also helps me. I will probably tend to lay out my book, pencil case, and other things in advance. When I know where everything is, my mind works more efficiently. Please do not get the idea to “tidy up” my desk. Most likely, there is a system behind my arrangement.

## HOW YOU CAN SUPPORT ME IN LEARNING

Give me a desk of my own that is used only by me and that I can set up the way I want. Create fixed routines for learning and work with me to make a plan that provides a clear structure. That way I know when and how information will be processed.

If there are too many thoughts in my head, the memory needs to be cleared. A session of exercise or some meditation makes me receptive again.

# EXPRESSION



## OPEN THROAT

The Throat is the center of expression and manifestation. Through it, we bring our thoughts, feelings, and actions into the world. This center makes communication and creative expression possible, whether through words or deeds.

# EXPRESSION

*My expression is flexible and adaptable.*

I probably do not talk very much, since my strength lies in silence. I have the ability to adapt my expression to the people around me. Depending on whom I am speaking with, my way of talking can be very different. I adjust to the context of my environment and can become the voice of the room when I am called to do so.

Within our family, I am the verbal mirror and communicate what is going on inside my loved ones. I am an excellent diplomat and sense what needs to be said.

My growth and language development are not fixed. They are more unpredictable and irregular. I may stay at a certain stage of development a little longer and then suddenly leap forward. For example, there may be no steady progress in my speech, and I might begin speaking either later or earlier than other children my age.

I am able to imitate others very well and adapt my voice easily. Different dialects or even languages come naturally to me.

# MY POTENTIAL

I can sense whether the person I am with is open to my words, and I know when the right moment is to speak or to remain silent. As an excellent listener, I have the ability to truly respond to others. I trust that I will say the right thing at the right time. That is why I do not like to plan in advance what I want to express. I gain the wisdom to speak words that are true. In this way, a single sentence from me can be of great significance and leave others in awe.

When I am asked about a subject that excites me, I have plenty to share. Otherwise, I am more quiet and at ease with not having to comment on everything.

I can sense when others are being authentic and telling the truth. Just as easily, I recognize those who are pretending or lying.

I express things in the way that is needed in my environment. This means my language is clear to the listener, and I can explain my point precisely. This gives me the ability to become a powerful speaker or singer.

## POSSIBLE CHALLENGES

If I do not feel heard, I can become very loud or demand attention through certain behaviors. I may make a lot of noise or play the clown. I simply cannot keep my mouth shut and do not wait until I am asked to speak. I interrupt others, say inappropriate things, or speak at the wrong time. To avoid this, you can be a kind of outlet for me by taking the time to listen to me.

I have the urge to talk a lot. Like a waterfall, I can speak without really saying anything. This chatter is my way of hiding insecurity. A shaky or trembling voice, or even stuttering, are further signs of my discomfort. At the other extreme, I may want to take charge of the conversation and prove that I have something interesting to say. The volume of my voice is another clue that I am trying to express myself without being asked. Hoarseness can be a result of this.

I am very impulsive and want to jump right in to prove myself as a doer. Instead of paying attention to my authority and strategy, I follow many impulses.

I can easily be tempted into silly behavior by my friends, siblings, or others. In this way, I end up doing things that do not really suit me.

I do not always have a sense of when to say what, and as a result, I may put my foot in my mouth. I might even accidentally spill our family secrets.

## HOW YOU CAN SUPPORT ME

Please do not pressure me to tell you something. Respect that my strength lies in silence. You are welcome to encourage me to try singing or speaking, but do not try to force it.

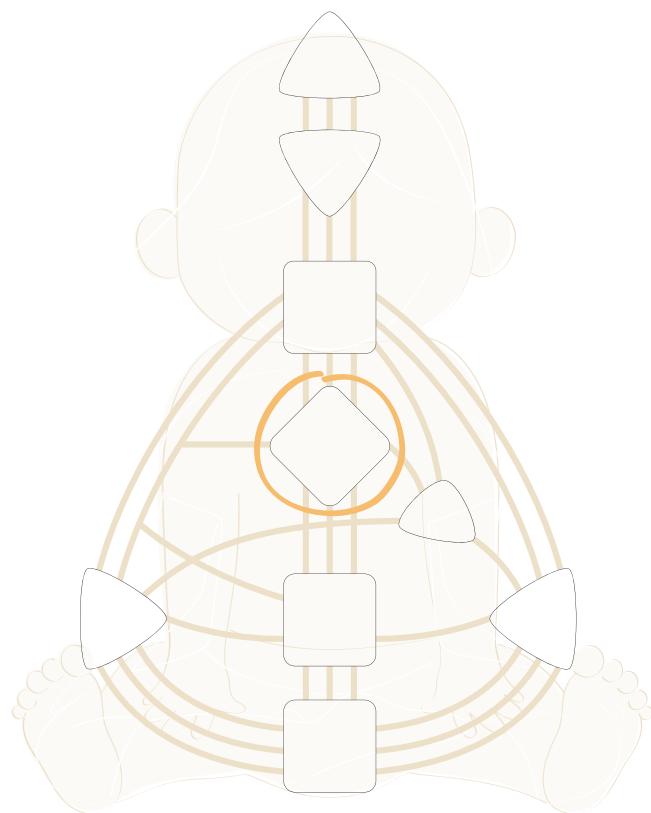
There is no need to worry if my physical and language development does not follow a “plan.” I have my own pace.

I should never be punished for the things I say. Most of the time, they do not come from within me but simply reflect what other people want to express.

Try not to take it personally if I prefer to speak with someone else. My defined gates energetically seek their counterpart to form a channel. This can make me feel unconsciously drawn to certain people with whom I can talk about shared themes. I may be more inclined to communicate with my grandmother or a friend. When we are together, a natural flow of energy arises, and I suddenly begin to chat. Please do not feel left out, but rather be happy for me that I have someone I can open up to. Also, avoid questioning the other person about what we talked about. I could see that as a breach of trust and look for someone else to confide in.

Please set aside some time each day to invite me to talk. That way I can speak freely and release any pressure that has built up during the day. Since I take in the energy of defined throats around me, quite a lot accumulates. If I do not have a space to express my words, I can become frustrated or bitter. This is why I deeply appreciate it when you give me the chance to communicate openly. We can even make it part of an evening ritual. And if that time is not enough for me to tell all my stories, you can also take a few extra minutes during the day to listen to me.

# IDENTITY



## OPEN SELF

The G Center represents identity, direction, and the connection to love. It gives us a deep sense of who we are and the orientation of our life. This center is the inner compass that guides us through life and connects us with its meaning.

# IDENTITY

*I adapt flexibly to different roles.*

For me, there are no fixed roles in life. I take on the identity of my environment and let myself be inspired by it. That is why my interests, hobbies, or styles often reflect the people close to me. Because of this, I pay close attention to making sure my surroundings are good for me. It is important for me to be in the right place so that I can attract the right people into my life.

There will likely never be just one career I am fixed on. My résumé will probably show different fields of work one after another, or I may hold several smaller jobs at the same time. As a child, I might identify with the career dreams of a sibling or a friend with a defined G Center. If that child wants to be a police officer or a teacher, I will want the same until my environment shifts again.

I love dressing up and playing different roles. With this gift, I could become a talented actor, because I am able to immerse myself in all kinds of characters. Do not be surprised if I behave very differently at school or daycare than I do at home. Or if I have friends who seem to have nothing in common, since I get along wonderfully with all kinds of children. My birthday party might be a colorful mix of very different guests.

As a teenager, my behavior will likely show who I spend the most time with. My clothing style and other preferences will also adapt to my circle of friends.

Because of my openness in the Self, I am able to experience infinite love, or to change the direction of my life with ease whenever it feels right for me. As an adult, I may move from one place to another and discover many different forms of love.

## MY POTENTIAL

My direction in life and my identity can change again and again. I want to have many different experiences in this area and learn a lot from them. I do not identify with one specific life path, nor with fixed roles. Instead, I am open to new directions and take a different path when something no longer fits. I trust the universe and enjoy whatever comes my way.

I can easily put myself in other people's shoes and sense which direction might be good for them. In the same way, I can recognize whether a place feels right for me.



## POSSIBLE CHALLENGES

When something in my environment is off or "unhealthy", I can also become unwell. My state of health is therefore strongly tied to being in the right place and surrounded by supportive people. If there is tension at home, I do not feel good. The same is true if something is wrong at school. Even at a birthday party I had been looking forward to, I might arrive and realize that I do not feel comfortable in that environment and want to go back home.

I am deeply influenced by my surroundings, both by people and by places. I am constantly searching for direction or love in life, and I may even choose to follow someone else's life vision.

Because I lack a fixed sense of Self, I may try to identify with certificates, trophies, or other awards. These are meant to give me stability and cover up my doubts. Yet these doubts are unfounded, because the openness of my identity is actually my strength.

If I do not feel comfortable at school, it does not necessarily mean that conflicts are happening there. A new seat or simply a different child sitting next to me might be enough to change the way I feel.

## HOW YOU CAN SUPPORT ME

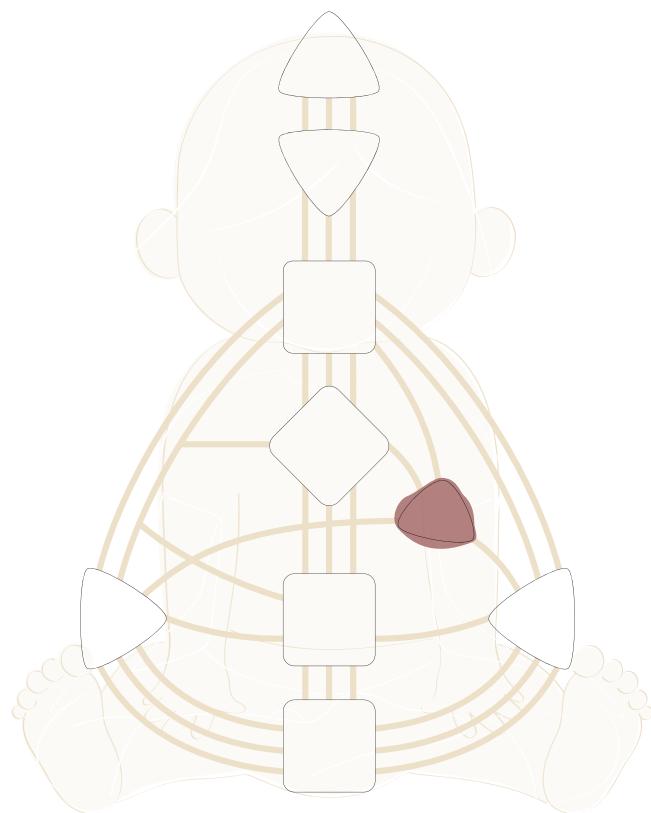
Please do not try to put me into a box. You may never fully know who I really am. I am very flexible when it comes to my identity and direction in life, and that is a good thing. It allows me to attract the right opportunities and people into my life.

Include me in the decision about which kindergarten or school I attend. Let us explore the environment together at least once so I can sense whether it feels right for me. Feel free to ask me again and again how I feel there. The same goes for a move: I want to see the apartment or house beforehand to know whether I feel comfortable there. Even letting me choose my own room might already make a big difference.

Please do not stop me from changing direction. If I start a training program and realize it is not for me, support my decision to reorient myself, or encourage me to try out a few professions before I commit.

Make sure I can spend time in places where I truly feel comfortable. This includes kindergarten, school, friends, and other people in my life. My room and our home are also very important. Let me decorate and arrange my room the way I like, and do not be surprised if I often rearrange the furniture.

# WILLPOWER



## DEFINED HEART

The Heart Center is the center of willpower, self-worth, and material fulfillment. It provides the motivation to set goals and pursue them with dedication. This center supports the ability to stand up for one's needs and to manage resources.

# WILLPOWER

*With willpower and self-worth to success.*

I am ambitious and I know exactly what I want. With my unwavering willpower and determination, I can achieve anything I set my mind to. I love challenges and enjoy being recognized for my successes.

My enthusiasm and ambition are the perfect combination to accomplish a lot. That is why I always give one hundred percent. I am a true motivation expert and can either inspire others or, at times, demotivate them.

I never do something just for the sake of it. I always ask myself first, “What do I get out of this?” or “What is the purpose of doing this?” I care about the goal. I know my worth and I expect something in return. That means I only do something if there is something coming back to me. Later in my professional life, I will demand fair pay for my work.

I am not only good with money, I also love having material success. A piggy bank is the perfect way for me to manage my resources and decide what I want to spend them on. And I do not just think of myself, but also of others. Even in play, I prefer activities that are about distributing goods, like running a pretend store or playing Monopoly.

I am a true bargain hunter and always know exactly how much I should pay for something at a flea market. Sometimes I even sell things I have made to friends or family. This is a quality I want to keep, even if it may feel a little unusual to you, because this material energy is simply part of who I am.

I love to win. When I play, I want to be the best. A prize can be a real incentive for me. You can also spark my ambition in other tasks by offering me something in return. For example, I might take out the trash five times and then get to choose a movie for us to watch together.

## MY POTENTIAL

I have a clear vision of my goals and pursue them with consistency. My body provides me with a great deal of energy for this. You can think of it as an extra portion of power that is very strong. Since this turbo energy is not meant for constant use, I naturally take breaks to rest until I encounter something new that inspires me to use my willpower again.

I enjoy healthy competition, but not in order to place myself above others as the winner. For me, it is about being the first or the best in a particular area. Sports competitions, for example, are one way I can put my energy to good use.



I strive for resources both for myself and for others. Providing material security for my loved ones and myself is a deep need of mine. I want to live a carefree life, and I am willing to work hard to make that happen.

I am someone who keeps my word and can be relied upon. If I say I will do something, I follow through. I communicate clearly about what I want and what I do not want. I also say no to things that do not feel right for me.

I not only know my own worth, I am also able to recognize the value of things. This allows me to judge whether the price of a product truly matches its value. Because of this ability, I am a strong negotiator, whether it is about a price or any other kind of deal.

## POSSIBLE CHALLENGES

I can be very domineering and often claim things or people for myself, for example by demanding your full attention. My confident and bold manner can also lead to conflicts, since not everyone wants to do what I say.

I want others to see how great I am, and I place too much focus on receiving recognition. This can drive me to put my energy into unhealthy competition and to think in terms of rivalry instead of cooperation.

I am determined to prove to others what I can do, and I use my willpower to pressure them. At the same time, I push them to tap into that same kind of strength, even though they may not be built for it. In the same way, I often cannot understand when people are unable to say no.

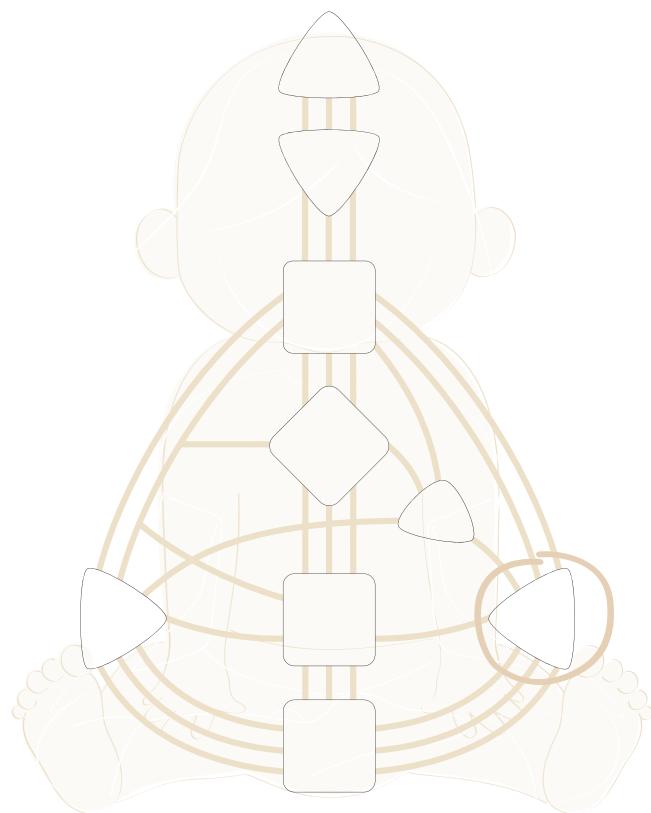
I may struggle with money, either by spending more than I have or by hoarding it like Scrooge McDuck.

## HOW YOU CAN SUPPORT ME

Please do not try to suppress my willpower or make me feel guilty about my healthy relationship with material things. Phrases like "Money is not that important" simply do not ring true for me.

You can support my ability to set goals and priorities. Let me write down the goals I have and what I need to do to achieve them. For example: I want to become a good piano player, and for that I need to practice 30 minutes every day.

# EMOTIONS



## OPEN SOLAR PLEXUS

The solar plexus is the center of emotions. It regulates how we perceive and process emotions, as well as our connection to relationships with others. This center shapes how we experience emotions and how we respond to them.

# EMOTIONS

*I am very empathetic.*

My way of dealing with emotions is not fixed. I do not orient myself in life by feelings, nor do I make decisions based on emotions.

My normal state is emotional clarity or neutrality. Mood swings are rare for me, as long as I am alone.

I am very empathetic and perceive the emotions of my environment, amplifying them. This can lead others to think I am moody, even though I am simply reflecting the moods of others. It also means that you can recognize your own emotions in me if you have a defined emotional center.

I have a talent for helping others put their emotions into words and work through them. At the same time, I am able to distinguish between what are my own feelings and what belongs to the other person. So I know that I am not sad, but merely sensing the sadness of someone else. I can also let go of these emotions quickly.



## MY POTENTIAL

My great potential is to attain lighthearted cheerfulness. The healthy energy of my emotional center allows me to observe the emotional climate of my surroundings objectively. I stand for emotional stability and am naturally a balanced being, clear and calm. I let myself be touched by the emotions of others and still remain neutral. In a conscious state I can distinguish between what are my own emotions and what comes from those around me.

I perceive all emotions very intensely and in all their colors, only to let them go again. I know when it is better to walk away from an emotionally destructive situation. This way I am not subjected to the pressure of foreign emotions and can stay true to myself.

I express my feelings with sensitivity. If necessary I am able to address uncomfortable topics and set boundaries. My talent lies in helping others put their emotions into words and work through them.

My empathy allows me to feel exactly the emotions of other people. Over the course of my life I will learn a great deal about emotions. Then I will radiate emotional calm and share my wisdom with others.

I have the gift of perceiving the mood of my environment. When I enter a room I immediately know what is going on. I can sense when it is better to withdraw and when my diplomatic skills are needed. When I encounter a wave of joy or excitement I can choose to ride it or I can simply let all emotions pass by.

## POSSIBLE CHALLENGES

When you are in a bad mood, I tend to be tearful and clingy because your emotions can overwhelm me. I do not know where they come from.

I identify with the feelings of others and cannot distinguish which ones are my own.

I always try to put on a friendly face and avoid confrontational situations. This is because I perceive such situations very strongly and they make me feel uncomfortable. Instead, I do my best to make the people around me happy and to create harmony. In this way, I avoid feeling emotions like anger or frustration from others.

It is possible that I may explode because so many emotions have built up inside me. This happens very suddenly and unexpectedly, leaving others confused. Sometimes I am judged as being "too emotional."

## HOW YOU CAN SUPPORT ME

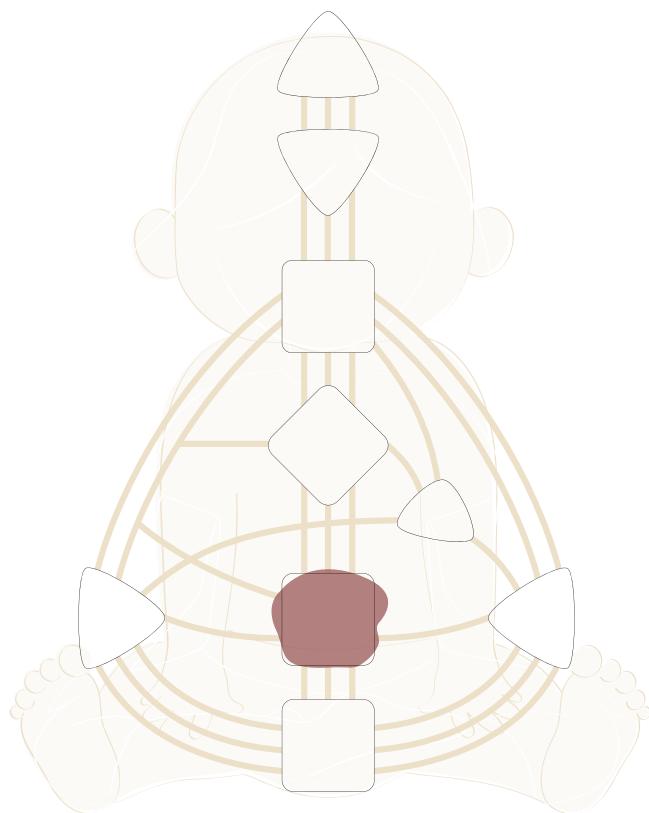
Remind me regularly that I can sense the emotions of people with defined emotional centers. Just as importantly, remind me that I am not responsible for anyone else's mood. Please help me learn to ask myself whether the emotions I am feeling are really mine or if they might belong to someone else that I have picked up.

At daycare or school, I absorb a lot of emotions throughout the day. If I don't have a way to release them, I might come home in a bad mood. In that case, you can help me blow off steam. For example, by using a punching bag, shouting loudly, or shaking my whole body with force. Relaxation exercises can also be part of a ritual to help me let go.

Feel free to ask me whether I am trying to avoid conflict or actually saying what I think. Encourage me to take a stand and express my point of view.

A good emotional atmosphere is important to me because I take in a lot of what is happening around me. If other people's emotions become too much, show me how to create healthy boundaries. For example, by leaving the room or spending time in nature.

# LIFE FORCE



## DEFINED SACRAL

The Sacral Center is the source of life force, work energy, and creative power. It provides the stamina needed for daily life. This center also represents the joy of movement, creativity, and sexuality.

# LIFE FORCE

*Joy as the driving force behind life energy.*

My Sacral constantly generates a high level of life energy that is available to me throughout the day. You can be glad, because from the moment I wake up, I am full of energy and maintain that high level all day long. However, I can only access this energy when I am doing something I truly love and that brings me deep satisfaction. When that happens, I am unstoppable and create something wonderful.

When I use my energy correctly, my eyes start to close in the evening and I fall into bed like a rock. Imagine my Sacral Center as a battery that runs down during the day and recharges while I sleep. Depending on my age, this battery may also need to recharge during the day with a nap. After a round of intense play with lots of physical activity, I fall asleep instantly. It does not matter where I am. Even in the middle of a meal.

I get frustrated when I have nothing to do for a longer period. I am not the kind of child who enjoys lounging on the sofa or sitting still for very long. Physical movement and creative activities are the key to how my life force wants to be used. That is why I am constantly in motion.



## MY POTENTIAL

I truly enjoy engaging with things that bring me joy. I respond with my gut feeling and use my life energy in a healthy way. I love to move and to express myself creatively.

I know exactly what excites me. And when I no longer feel that sense of excitement, I let go of whatever no longer feels right for me.

## POSSIBLE CHALLENGES

I am not able to fully use my energy when I have to sit still at school and suppress my natural need to move. Or when I spend too much time on electronic devices instead of being physically active.

If I have trouble falling asleep, it usually means my battery is still too full. When I am not tired in the evening, let me run a few laps around the house to burn off some energy. Or I can channel it creatively by drawing or doing crafts.

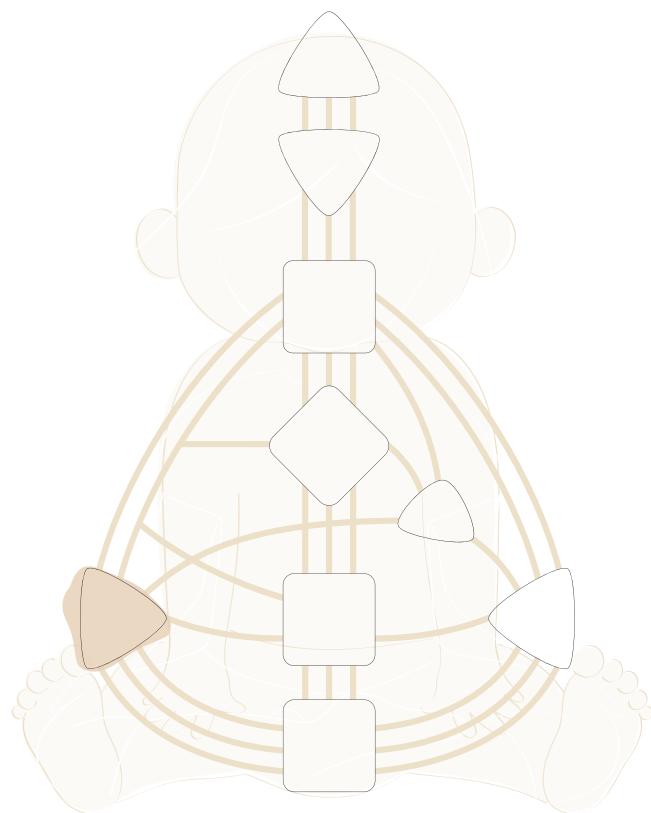
When I ignore my gut feeling, the energy and vitality disappear from what I am doing. The wrong kind of activity drains me. If I keep going without feeling any joy, my batteries no longer recharge properly.

## HOW YOU CAN SUPPORT ME

Give me the space to use my life energy for things that truly bring me joy. Without judgment. It does not have to make sense to you or serve any particular purpose. When it comes to choosing a career, let me follow my own path. Please avoid giving me so-called sensible advice based on how much money I could earn. My gut feeling does not care about those arguments.

Respect the answers that come from my gut and do not ask again just because you do not like what I said. That would confuse me and lead me in the wrong direction.

# INTUITION



## DEFINED SPLEEN

The Spleen is the center of instinct, intuition, and well-being. It enables quick, intuitive responses to situations and helps protect against danger. This center supports health and a sense of safety through spontaneous decisions and instinctive awareness.

# INTUITION

*Instinct and intuition are my guiding lights.*

My immune system is naturally strong from birth and I rarely tend to get sick. That does not mean it cannot happen. But overall, I have a strong physical sense of well-being and feel safe in my body.

I always have a specific way of accessing my intuition or instinct. This connection shows up as inborn knowing, an inner voice, a vision, or through a physical sense such as smell. I stay away from individuals whose scent I cannot stand. My sense of smell helps me let in the right individuals who are good for me.

My intuition works like a radar that sends me signals when something is not right and could be harmful to my physical well-being. I always have a clear sense of what supports my health and survival. My body gives me a single impulse that tells me whether something is good or bad for me. There is only a yes or a no. These signals cannot be explained logically and do not need a specific reason. I may reject certain foods that are not good for me in that moment or intuitively choose what my body needs.

My instinct usually leads me toward a healthier way of living. I generally have a stable immune system and rarely fall ill. But when I do, it affects me strongly.

When I feel comfortable, my physical health is usually good. If I start to feel uneasy, that is a sign I might be getting sick because my immune system is reacting to something. I always respond to illness in the same way. My symptoms tend to follow a specific pattern. For example, when I catch a cold, I get a fever and then recover quickly.

## MY POTENTIAL

My intuition is a wonderful companion and I am grateful that I can trust it unconditionally. I notice the quiet and one-time signals and respond to them immediately. This helps me protect my physical safety and sense of well-being.

My intuition also tells me whether certain relationships, activities or hobbies are healthy for me. It always depends on the present moment. That is why I might cancel plans at the last minute if they no longer feel right. Something may have shifted, and my intuition now senses it as unhealthy. Maybe the location has changed or someone else is now involved. This might seem impulsive or unreliable to others. In truth, it is exactly what I need.

I love the feeling of being fully present in the now and I know what it means to truly live in the moment. When I am playing, I can let go completely and forget the world around me.

I give a sense of safety to individuals who do not have a strong connection to their own intuition. They feel secure in my presence. That is why children with an open Spleen often enjoy playing with me or even seek physical closeness. For me, it is usually easier to play on my own.



## POSSIBLE CHALLENGES

I ignore my intuition and let my mind take over. As a result, I end up in situations that harm my well-being. I follow the fear-based thoughts in my head instead of paying attention to the signals from my body. It is important that you do not try to convince me that everything is fine or that I have nothing to be afraid of when my intuition is clearly warning me. That would cause me to lose my connection to it. As a young child, I do not question my intuition. I sense the signs clearly and respond to them in a natural way. Please help me preserve that trust.

I am always optimistic about my health. Even when I notice the first signs of illness, I tend to ignore them. Health check-ups are helpful because they can detect potential illnesses early and support the healing process.

## HOW YOU CAN SUPPORT ME

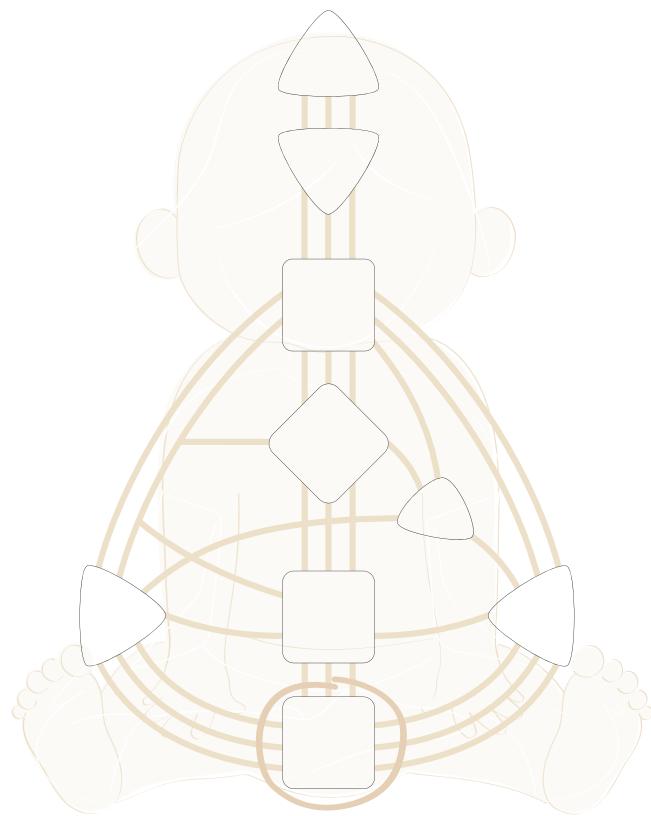
Please do not ask me why I reject certain things or want something in particular. I cannot explain it. It simply is what it is. My intuition or instinct is very quiet. It comes as a single, subtle signal, and I could easily miss it if my mind gets involved. Trust that I am following my inner wisdom.

Please do not take it personally if you have cooked for me and I ask for something else. In that moment, my body needs different nutrients or the food might even make me feel unwell. So please allow me to ask for the nourishment that is right for me.

Do not push me to connect with specific individuals. I intuitively choose the ones who are truly good for me. And if I change my mind shortly before an appointment, take it in stride. I want the freedom to respond spontaneously.

Give me as much space as possible to follow my intuition. For example, when I suddenly feel the urge to go to a certain place and end up meeting someone special or experiencing something wonderful there.

# DRIVE



## OPEN ROOT

The Root is the center for managing stress, pressure, and motivation. It provides the drive to face challenges and supports a healthy balance between tension and relaxation. This center regulates how we respond to both external and internal pressure.

# DRIVE

*I am a stress barometer for my environment.*

Without outside influences, I am very relaxed. I can sense whether certain activities are worthwhile and recognize which kind of drive is truly useful. I tend to get moving faster than others because I like the feeling of having things done.

I absorb the pressure from my environment and amplify it. In a way, I am a barometer for the stress level around me. I can use the energy I take in to create something of my own. When things become too hectic, I step back and take time for myself.



## MY POTENTIAL

Normally, I do not let myself get stressed and remain very relaxed. I do not need stimulation in the form of adrenaline or pressure to take action. I know my physical limits and use my energy as long as it is available.

## POSSIBLE CHALLENGES

I am easily put under pressure by other individuals or certain situations. When that happens, I may become frantic or react with outbursts of anger.

I can feel completely overwhelmed by everything I believe I have to do and end up doing nothing at all. Or I hesitate because I am unsure whether it is the right moment to begin.

In the opposite case, I prefer to get things done quickly just to escape the pressure. I need to learn to trust my own pace, the one that feels comfortable to me.

## HOW YOU CAN SUPPORT ME

Do not put pressure on me. For example, avoid saying things like "You have to do your homework now." Do not rush me, and always plan enough time. This is especially important in the morning when you want to leave the house on time with me. In that case, we can simply get up earlier. Let us build healthy routines to prevent time pressure.

Does it make sense to choose clothes for the next day in the evening and have my school things packed and ready? Could it be possible to get up a bit earlier so we can enjoy breakfast in peace or start the day in a more relaxed way? A set evening routine is also very helpful in creating a sense of calm.

For other activities, make sure to plan enough time as well. Whether it is during meals or when getting ready for an appointment, having extra time makes everything easier.

# PROFILE 1/3



The Profile is an interplay of two different energies. You can imagine the conscious line like the driver of a vehicle sitting at the wheel. You know this energy in yourself and strongly identify with it. The unconscious line, on the other hand, is like the car that others perceive. It represents the body and its physical radiance that works automatically without you noticing it. While you experience yourself as the driver who consciously steers, other people mainly perceive the vehicle. This creates the difference between self-image and how others see you.

The lines aren't always harmonious, but can also unite seemingly contradictory energies. In Profile 1/3, the conscious line 1 wants to research everything thoroughly, while the unconscious line 3 learns through trial and error.

On the following pages, you'll learn about the profile both in combination and the lines viewed individually.

# I'M AN EXPERIMENTING RESEARCHER

## Profile 1/3

I want to understand the world before I act. I examine new games closely and ask many questions about the rules. Books fascinate me because they give me answers to all kinds of questions. I can research and read for hours until I've really grasped something. This thoroughness calms me and makes me confident for what's coming. Knowledge is my foundation on which I build everything else.

At the same time, I also need to experience everything myself. Theoretical knowledge alone isn't enough for me - I want to grasp it with my own hands. I climb tall trees, explore unknown paths, and test whether what I've learned is true. Some of my experiments go wrong, but that's part of it and doesn't bother me for long. Only through my own attempts do I find out what really works and what doesn't. These experiences make my treasure trove of knowledge complete.

At school, this mixture of thoroughness and experimental curiosity shows particularly clearly. I prepare very conscientiously for everything and often read more than necessary. Still, I like to develop my own ways of solving tasks, even if they're unusual. Superficial explanations bore me terribly. I want to understand the deep connections and the real reasons. Then I test my understanding by trying my own methods or doing things differently than expected. Learning and experimenting complement each other perfectly for me.

I treat people and situations just as carefully as my schoolwork. I observe new people very attentively and test cautiously whether I can really trust them. Trust grows slowly with me because I really need to be sure that everything is right and the person is honest. I also examine new environments or groups thoroughly before I can relax and feel comfortable. Initially I'm reserved and observant because I want to assess everything correctly. Only when I've tested and understood enough do I open up.

# HOW I PERCEIVE MYSELF

## CONSCIOUS LINE 1 - RESEARCHER

I'm a researcher and get to the bottom of things. I can't stand superficiality because I want to know and understand all the details precisely. I wouldn't try anything without knowing exactly how something works. First I read the instruction manual, watch relevant videos, or ask someone I consider competent.

When learning, I'm completely focused and dedicate myself intensively to the topic. If I'm interested in planets, basic knowledge isn't enough for me. I want to know everything about our solar system. Please provide me with all possible, age-appropriate sources for my research. Including books, documentaries, planetarium visits, or access to trustworthy websites.



No matter how much I already know, I always want to research, learn, and understand more. I expand my horizons throughout my life. Whether through the traditional education system or independent learning. Before I share my knowledge with the world, I withdraw until I feel qualified enough. There's always a certain fear dormant in me of not knowing enough. I wonder how certain something is, or what's still missing. This energy is what motivates me to always learn more. The feeling of knowing a lot gives me security. That's why I prepare carefully for exams.

You can look forward to my many questions. When we go for walks, I want to know why the sky is blue and the clouds are white. When baking, I'm interested in why the dough rises and exactly how baking powder works. My curiosity is boundless and my thirst for knowledge can hardly be quenched. On vacation by the sea, I don't just collect shells, but want to know which animals lived in them and how they formed. My questions can be challenging for you, but they're my way of understanding the world and feeling secure in it.



## POTENTIAL

My thoroughness is my superpower. When I've understood a topic, I really understand it from the ground up. No detail escapes me when I'm enthusiastic about something. While other kids at school memorize dinosaur names, I already know the differences between the Jurassic and Cretaceous periods. People who recognize my depth appreciate my well-thought-out insights and my ability to see through complex connections.

My striving for security makes me a careful planner. When we want to go on an outing, I've already studied the weather forecast and know which clothing is appropriate. This ability can help me and others go through life better prepared. In group work at school, I'm the child who has researched all the facts and ensures that no important information is missing. My friends come to me when they want to know something specific.

The foundation I create through my research will serve me as a secure base throughout my life. When I study the Lego instructions carefully first, more stable and beautiful structures emerge in the end. This approach helps me in all areas of life. With every question I answer and every topic I penetrate, my self-confidence grows. I become a true expert in my fields because I never stop being curious and always want to understand more deeply.

## POSSIBLE CHALLENGES

My treasure trove of knowledge is gigantic and yet I feel like it's never enough. This keeps me from getting started or sharing my insights. When I research for a school project about the rainforest, for example, I've gathered so much information that I don't even know where to begin in my presentation. My self-worth suffers from this and I get lost in details.

Instead of also learning through practical experience, I stay stuck in the research process for a long time and research vast amounts of knowledge without making progress.

It's also possible that I fall into the other extreme and think I'm smarter than others. This can lead to difficulties especially at school, since I don't recognize any authorities. When the teacher explains something that contradicts my research, I correct her in front of the whole class. Even within the family, I want to have the say and might explain to you how you should load the dishwasher more efficiently. I can develop into a little control freak who always wants to keep an eye on everything and be in charge.

Another shadow side could be that I identify myself through trophies, awards, or certificates to boost my self-worth. If I don't win first place in a knowledge competition, I'm disappointed and doubt myself.

However, if I don't share my knowledge, my research is meaningless. Maybe I don't raise my hand in class even though I know the answer because I fear that my knowledge about constellations isn't complete, or that the teacher might ask an additional question I can't answer.

## PARENTING

Support my curiosity and give me time to get to the bottom of things. Please be patient when I want to proceed thoroughly and don't pressure me to share my knowledge before I'm ready. If I want to read three books for a presentation, don't interrupt me, even if one book would be sufficient. I want to proceed at my own pace, otherwise I feel insecure.

Show me reliable information sources and familiarize me with them. Accompany me to the library or show me how to distinguish serious from unreliable sources on the internet. Ask about my interests and encourage me to share my wisdom. If I know a lot about migratory birds, ask me if I'd like to tell you about it.

Let me know that it's also enough to just know the basics. It's impossible to know everything about a topic. Make me aware that I know a lot and can be proud and how impressed you are. But only if you mean it.

For me, the worst thing is not knowing what's going on. That's why I want honesty from you. Even if the truth might be unpleasant. I can handle it better than ignorance. Even when you're planning an outing, you should give me all the information about it early on. Tell me exactly when we'll leave, who we'll meet there, etc.

I know my detailed questions can be challenging. Please don't try to fob me off with weak answers. If I want to know why the moon is in the sky during the day, please give me an accurate and factually correct explanation. I need solid information. If you don't have an answer, that's okay. It means a lot to me that you admit you don't know. Let's figure it out together then.

Through clear rules, you give me a sense of security and safety. I appreciate your reliability and punctuality. When you say we'll leave at five o'clock, I trust in that. This dependability helps me calm my inner insecurity and feel secure.

# HOW OTHERS PERCEIVE ME

## UNCONSCIOUS/PHYSICAL LINE 3 - ADVENTURER

I'm a born adventurer and can't sit still when there's something new to discover. Sometimes I get into trouble because of this, like when I want to find out if objects are waterproof and they're not, or what happens when you mix different things and there's a small explosion. Only through such "oops moments" can I really learn. My hands are always faster than my thoughts - they just instinctively know what they need to do to explore the world.

I see the world as a huge experimental field. Where others cautiously step back, I jump right in and try out how things work. This practical way of learning often leads to surprising discoveries. I'm constantly testing and gathering valuable experiences firsthand.



Later I'll probably try different careers or discover a new hobby every year. Boring routine doesn't suit me. I throw myself into new adventures with enthusiasm and can be so full of energy that I'm hard to stop. Then there are days when I suddenly withdraw, as if someone pulled my plug.

It's not in my nature to stand nicely in line and follow instructions. I'm like a little free spirit, always ready to bend the rules a bit when they don't make sense to me. When someone says "Don't touch that," it's like an invitation to an exciting experiment for me.

I prefer to discover the world in my own way. The most exciting things happen when I just try things out. For example, I can mix unusual drinks or use everyday objects completely differently than intended. Not every experiment works, but like a roly-poly toy I get back up after every fall. Every attempt takes me further on my journey of discovery.

## POTENTIAL

The question of whether everything is really as I'm told drives me forward. I try out whether things work or not. I don't give up when something doesn't work right away, but keep trying new ways and learn through every experiment. What are mistakes for others are valuable experiences for me.

I'm open to new things, brave, and can adapt well to new situations. Because I try out so much, I discover things that others miss. Sometimes I just stumble upon good solutions because I'm willing to test many different paths.

Only later do I recognize that all my seemingly random actions have moved me forward. My body is amazingly smart. It learns from every fall, every scrape, and every surprise. Over time I understand better and better how things connect, not because I read it, but because I experienced it myself.

I view mistakes as valuable steps in my development. My bicycle and I, for example, conduct an experimental research series titled: "All the ways you shouldn't ride." Every fall enriches my imaginary collection of results from this study, under the category "Definitely not recommended for imitation." This growing encyclopedia of failure will later prove to be a priceless treasure. Every setback helps me support others with my experiences.



## POSSIBLE CHALLENGES

I might adapt too much to others and lose myself. So sometimes I play roles that don't suit me at all. I let myself be guided by external influences without noticing it. Then I need your help to rediscover the little rebel in me, to go exploring again.

I might overestimate what I can do. My body is amazingly strong and I always get back up, no matter how often I fall. But this also tempts me to take risks that are too big. I'm like a cat that falls from a tree and immediately climbs back up. My body sometimes forgets that it can also get hurt.

I may encounter the same issues over and over again without realizing that certain patterns are repeating themselves. Every situation feels new to me, even though I am unconsciously repeating similar behavior patterns. This can be frustrating for both of us. What looks like aimless experimentation to you is my way of understanding the world, even if I take detours and need several attempts to really learn something.

From my teenage years onwards, experiments with alcohol or other mind-altering substances may also be interesting. Likewise, physical experiences that push boundaries.

## PARENTING

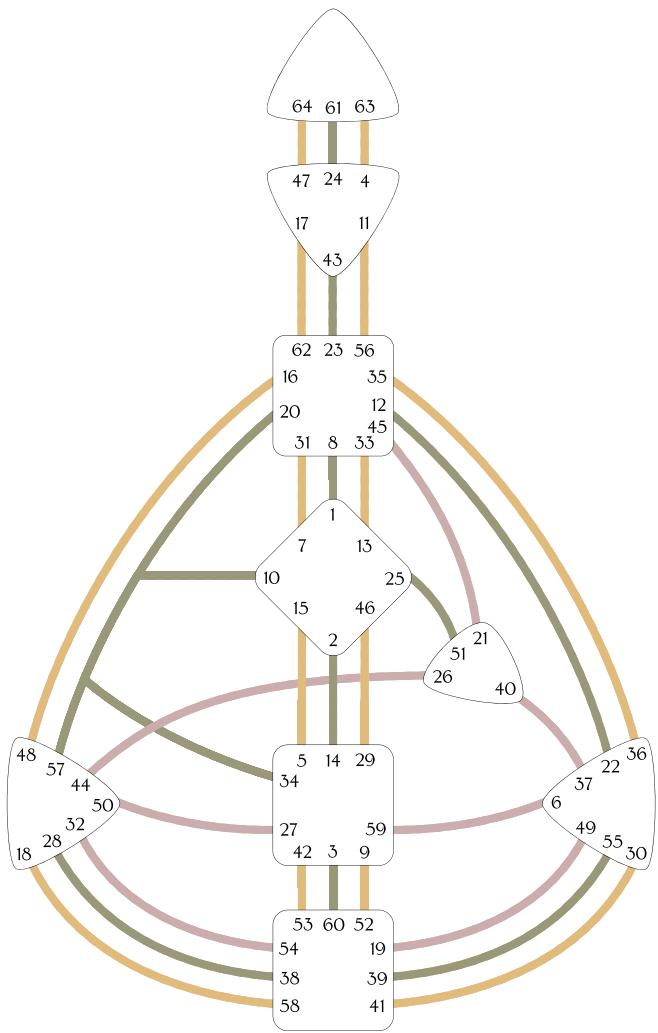
Don't be hurt if I don't follow your advice. My body has its own wisdom. Let me have many experiences, even if it sometimes hurts. Naturally within a safe framework. Stand by my side with a first aid kit and accompany me on my adventures, but please without constantly giving me instructions. You can help me recognize the patterns in my experiences. It helps me when you show me what I can learn from my repeated experiments, so I don't keep stumbling over the same stones.

Don't make a big deal when something goes wrong. Rather ask me what I discovered and how I could do it differently next time. If I unintentionally break something, remember that I can only learn through these mishaps. Don't scold me with unnecessary remarks like "I told you so" or "You don't do that."

I love it when you give me different options. Let me choose for myself and don't force me to finish things when my body already senses it's time for something new.

Please don't be annoyed if I spill my drink at the dinner table again. Smile instead of sighing when I trip over the same threshold for the third time. I learn through these little "accidents." Comfort me when I've broken my new toy within no time through my experiments.

# Circuits



- Individual Circuit
- Tribal Circuit
- Collective Circuit

# CHANNELS

Each channel belongs to one of three circuits. This provides a basic orientation within the chart.

If your child has mostly individual channels, they will want to follow their own path and will need plenty of time alone. When tribal channels are more dominant, the focus is on family and close community. If collective channels prevail, your child will be interested in the bigger picture and the evolution of humanity. The circuit distribution shows whether your child is primarily concerned with themselves, their people or society as a whole.

## **Individual Circuit:**

This energy centers on the self and brings mutation into the world. Individuals with these channels follow their own path and need time alone.

## **Tribal Circuit:**

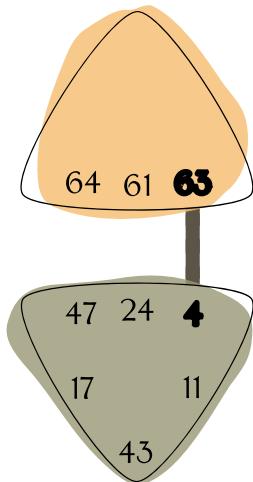
This energy focuses on the "small we" of family and community. It is about survival through mutual support and loyalty.

## **Collective Circuit:**

This energy works for the "big we" of all humanity. It shares insights impersonally with the collective to support learning and transform society.

# CHANNEL 4-63

CHANNEL OF LOGIC



## Connection

### **Crown - Gate 63**

Gate of Doubt

### **Ajna - Gate 4**

Gate of Formulation

*Collective Circuit*

## I find solutions with my logic

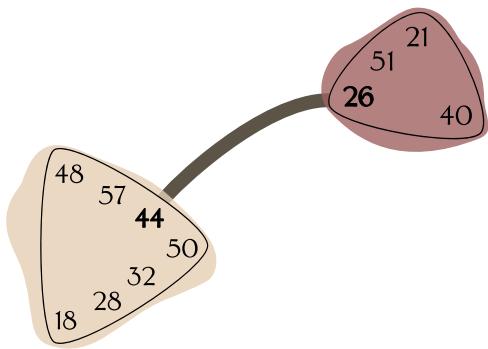
I question everything and examine it for logic. That is what my skeptical mind was made for. The answers I find for myself do not always have to be right. Sometimes I doubt things deeply and feel pressured to find the right solutions. One of my tasks is to inspire others to question things as well. With my critical perception, I am able to understand the consequences of actions very clearly.

I often think about the future. This can sometimes lead to worries. Please do not let yourself be influenced by my concerns. Instead, help me shift my focus toward broader topics rather than getting caught up in my own.

Most of the time, I do very well in school. The traditional education system is linear and built on logic, which suits me. I usually find it easy to take standardized tests, and my notebooks tend to be neat and well-organized. I am curious and enjoy forming hypotheses about all sorts of things.

# CHANNEL 26-44

## CHANNEL OF TRANSMISSION



### Connection

#### **Spleen - Gate 44**

Gate of Alertness

#### **Heart - Gate 26**

Gate of Egoism

*Tribal Circuit*

### I'm a mediator

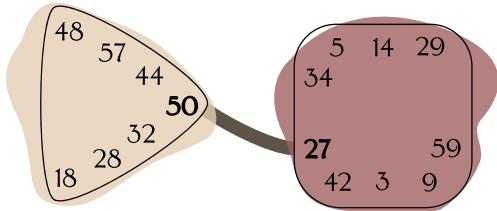
I'm highly effective and love improving things or creating something entirely new. With my entrepreneurial spirit, I'm a great negotiator. Whether it's trading on the schoolyard or trying to get something I want, my knack for negotiation always shines through. I have a sharp instinct for profitable opportunities and could easily start earning my own pocket money someday. Maybe I'll even become an entrepreneur or a salesperson.

I have a great sense of what works well and what other kids like. For example, I know exactly which items would sell easily or be a hit with my friends. I also quickly spot which kids would make a good team for playing or working on a project together. I can see the special talents in others and recognize what they're really good at.

I have a natural ability to speak my mind and adapt to my surroundings. I talk differently with adults than I do with my friends, making sure everyone understands me clearly. I always adjust the way I express myself depending on who I'm talking to. That helps me pursue my interests or pitch an idea.

# CHANNEL 27-50

## CHANNEL OF PRESERVATION



### Connection

#### **Spleen - Gate 50**

Gate of Values

#### **Sacral - Gate 27**

Gate of Nurturing

*Tribal Circuit*

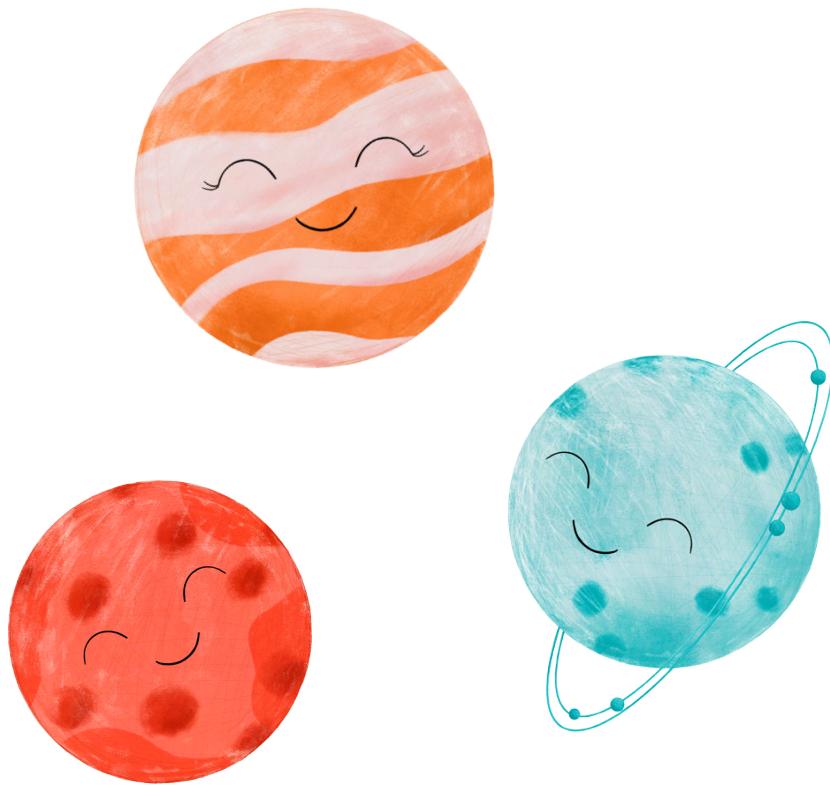
### I provide for the community

I'm a deeply caring person and instinctively want to help and protect others. If a child falls on the playground, I'm the first to check if they need help. In everything I do to support others, I make sure that giving and receiving stay in balance. It shouldn't be taken for granted when I lend a hand. I'm happy to take on responsibility, but only when my help is genuinely appreciated.

One day, I might care for the sick, work in a hospital, or support children at school. I'd also be great at looking after other people's property and managing it responsibly, like a trustee. What matters most is that I can help and support others.

I stand up for the values in our community. At times, though, I question rules if they don't seem fair or make sense to me. When that happens, I think carefully about whether I want to follow them or try to change them so life works better for everyone around me.

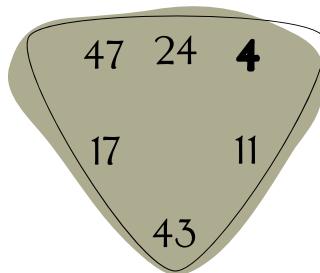
# GATES



## My Potentials

The gates are like tiny seeds that reveal the potential planted within me, each one capable of growing into a remarkable skill or talent. Some of these seeds sprout early, sending up delicate shoots that grow quickly. Others I only discover as life unfolds, learning over time how to nurture them so they can truly thrive.

# GATE 4



## Formulation

This gate carries the energy of wanting to formulate an answer to everything. I want to create concepts for a secure future that serve humanity. I strive to find a logical answer for everything. My mind produces solutions like an assembly line, even for problems that don't actually exist.

Sometimes I deliver solution proposals even when nobody was looking for a solution in the first place. As a logician, I have a well-thought-out mediation ready for every family dispute, or I explain in detail why broccoli is mathematically the perfect vegetable.

I need to be mindful to only offer my theories and solution proposals when my environment is open to them. Support this gift, because sometimes the most outlandish theories contain brilliance.

# GATE 8

62	23	56
16		35
20		12
31	<b>8</b>	45
		33

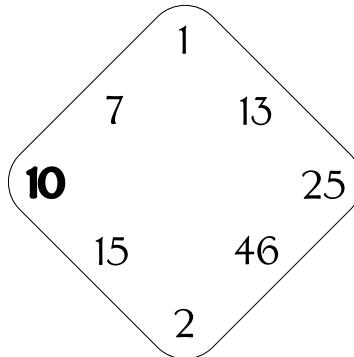
## Contribution

This gate carries the energy of creativity within it. This doesn't necessarily mean my own creative works. Rather, I get excited about other people's creations and draw attention to them. When another child has painted something particularly beautiful but doesn't dare to show it, I direct the spotlight toward it.

As an art expert, I present the picture and encourage others to take a look. Maybe I organize a spontaneous "gallery opening" in the playroom or convince the teacher that the artwork belongs on the bulletin board. With my infectious enthusiasm, I give others the courage to show their creativity.

I can trust my good taste and will present my favorite pieces publicly at the right time. I understand how to get others excited about things that I myself find amazing.

# GATE 10



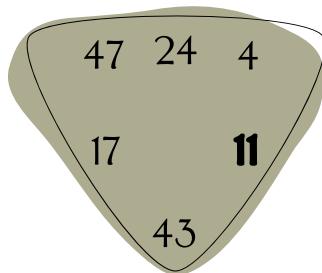
## Behavior

This energy carries the deepest love for myself. I have the ability to live my authentic nature. I honor myself as I am and don't want to be deterred by other people or mental concepts.

I wear my favorite clothes even when others think they don't match, or I sing cheerfully to myself even when "quiet time" is supposed to be happening. As a self-love expert, I show others how beautiful it is to simply be yourself. My natural radiance has a contagious effect on other children.

Allow me to be unique and encourage me to show it. Others are just waiting to be inspired by me to love and live their true essence. This authentic self-acceptance is a precious gift that I bring to the world.

# GATE 11



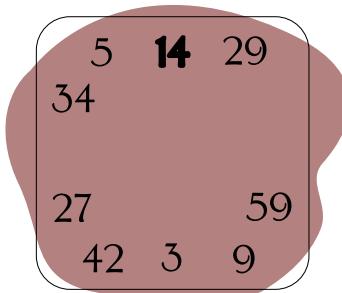
## Ideas

I have a great thirst for knowledge and always want to have new experiences. I share the resulting ideas with other people who are open to them. If I visit a water park, for instance, I might come home with the idea of setting up a pool in the garden.

As an idea machine, I'm bubbling over with inspiration: from a treehouse with a slide to inventing a robot that cleans up the room. Not all ideas are realistic, but they get others thinking. My creative suggestions bring fresh energy to every situation.

I can learn that not every one of my ideas will be implemented. I also pass on my many wonderful inspirations to others. This gift of enriching others through ideas and inspiring them to dream is a precious talent.

# GATE 14



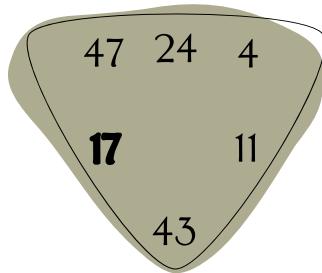
## Power Skills

I'm the epitome of a busy little bee. When I do something I love, I pursue it with great persistence and enthusiasm. Since I want to make my contribution to humanity, I need to be careful not to be taken advantage of.

With my enormous power, I have the potential to create great prosperity. I could be the type who turns a hobby into a small empire or becomes a budding entrepreneur with a flea market stand. My work energy is contagious and motivates others to become active too.

With a bit of luck in my back pocket, I could come by money easily. What's important is responding to the right opportunities. Support me in developing my natural creative force without overwhelming me or letting my generosity be exploited.

# GATE 17



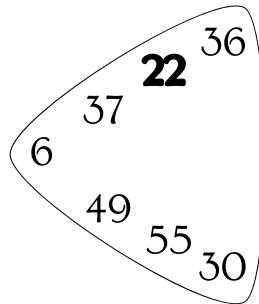
## Opinions

This energy wants to transform concepts and theories into opinions in order to share them with others. I'm very curious. I form my opinions about many things based on logical aspects and like to present my viewpoint.

I'm visually oriented and have pictures in my head that need to be translated into language. I learn best with visual aids. If I need to give a presentation at school, a slideshow with visual material is ideal.

My strong opinions can sometimes seem overwhelming, but that's where my strength as a logical thinker lies. Support me in expressing my viewpoints in a structured way and finding the right moment to do so. With a bit of patience, I'll learn when my opinions are welcome.

# GATE 22



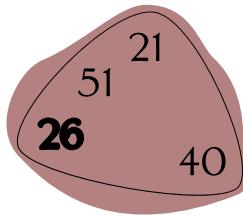
## Grace

This energy can be responsible for strong mood swings. Depending on my mood, I'm either very charming and attractive or can come across as rather destructive. I remind other people to express their feelings authentically. Only this way can open interaction succeed.

I possess a natural elegance that shows in various areas. This grace becomes visible in my body movements, my clothing style, or my way of expressing myself. Other people often feel magically drawn to this radiance.

When I'm in a bad mood, I should rather retreat, since I can seem less charming then. Support me in understanding my emotional waves and navigating through difficult moments with grace. My gift for elegance will mature over time.

# GATE 26



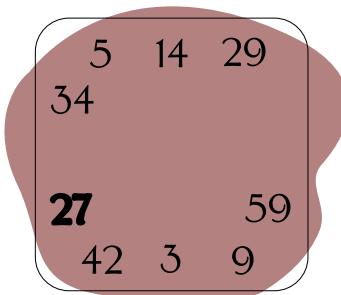
## Gate of Egoism

I have a salesperson's heart beating within me. I have the ability to create a desire for any product. Even small advantages I present so convincingly that my counterpart quickly pulls out their wallet. I could probably even sell sand in the desert.

In my highest energy, I sell the perfect thing and keep my promises. However, if I decide to use tricks, I might try to sell things or services that don't actually exist. Because the energy of Gate 26 wants to close deals.

If you want to sell something on eBay or at a flea market, feel free to include me. Ask how I would describe the product to achieve a good price. My natural power of persuasion is a valuable talent that should be used ethically.

# GATE 27



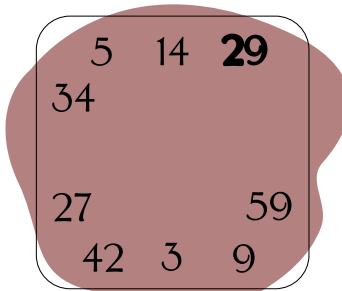
## Nurturing

Within me is the need to take care of others. I'm very nurturing, responsible, and have the tendency to want to educate. This Mother Teresa energy wants to nourish and provide. Sometimes I take on more responsibility than corresponds to my age.

When I'm surrounded by younger children, I'll want to care for and protect them. For the good of the community, I'm ready to make sacrifices. Here my natural gift as a protector who wants to care for others shows itself.

I can learn to take good care of myself first. Only this way can this potential fully unfold. Support me in understanding that self-care is the foundation for truly being able to help others. My kindness of heart is a valuable treasure for the world.

# GATE 29



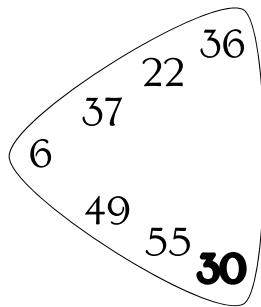
## Commitment

I tend to say yes too quickly. When I commit to something, it's completely. If it's recognized that I have trouble saying no, there's a possibility that I'll be exploited to the point of exhaustion. I might even help tend the neighbor's garden even though I don't actually have time.

In my highest energy, I have the ability to persevere even in challenging situations. With my endurance, I stick with it to achieve long-term goals. This persistence is admirable when used correctly.

Support me in learning when a yes is truly appropriate and when a no becomes important. My devotion is a precious gift, but I need to learn to use this energy wisely. Through my natural perseverance, I can achieve great things.

# GATE 30



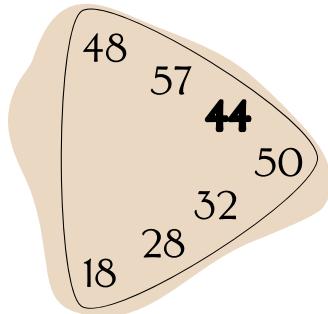
## Desire

I'm a true emotion magnet and want to experience life in all its emotional intensity. I throw myself into new experiences without expectations and want to go through both deep pain and great joy. For me, there's no half-measures when it comes to feelings.

My passionate nature is downright contagious. I can hardly hide my enthusiasm and draw people into my emotional spell. I seem to have a direct line to all the feelings in this world and want to try them all.

The right timing is crucial, otherwise my intense nature might seem less appealing. Support me in learning that my emotional intensity is a gift, but not everyone wants to be gifted with it all at once. Over time, I'll learn to use my emotional superpower more strategically.

# GATE 44



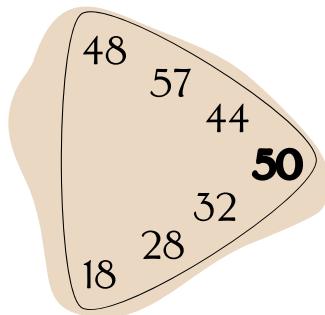
## Alertness

I possess inherited knowledge from ancestors to avoid repeating past mistakes. My intuition ensures the safety of my family and other beloved people. With Gate 44, I have the ability to sense lucrative deals and perceive promising opportunities.

I intuitively recognize other people's talents and can assess who goes well together. This special gift makes me a judge of character who senses which friends get along and which ones should better play separately.

Feel free to include me when it comes to assessing other people. Instinctively, I know which company would be good or which people you'd better avoid. My pattern recognition helps learn from past experiences.

# GATE 50



## Values

As a values guardian, I have clear rules for what a community needs to survive. I instinctively care for the wellbeing of my family and friends, even if it means putting my own wishes aside.

With my knack for traditions, I preserve important family rules and become a mini-grandpa or mini-grandma who explains to everyone how things are done "properly." My moral values are like a compass that gives others orientation, even when they haven't asked for directions.

Although I'm a natural protector, I sometimes fear too much responsibility yet still take on too much. Help me recognize that true caring begins with self-care, otherwise I'll quickly become an overwhelmed world-improver.

# GATE 52

53	60	<b>52</b>
54		19
38		39
58		41

## Stillness

As a master of concentration, I can stay with one thing for hours without being distracted. I love silence and need retreat opportunities to find my inner focus. With my gift for details, I prefer to work thoroughly rather than quickly.

My Buddha-like serenity makes me the perfect calm center in chaotic situations. While others swirl around hectically, I keep my overview and concentrate on what's essential. This calm can inspire and soothe others.

Maybe I sometimes seem trapped in slow motion and need a gentle nudge to get into action. My love of quiet can turn into sluggishness when external pressure is missing. Gently encourage me to sometimes set my concentrated energy in motion.

# GATE 54

	53	60	52
<b>54</b>		19	
38		39	
58		41	

## Ambition

I'm a true career rocket. I want to achieve a lot in my life and make my dreams come true. With my unwavering ambition, I might start early saving my pocket money or develop a small business from selling homemade friendship bracelets.

The root provides the drive for goal-oriented activities and I feel pressure to constantly improve myself until I'm at the top. I have the desire to build a career and be financially successful. For my plans, I seek out people who support and encourage me.

My power is enormous, but I need guidance. When my ambition gets out of hand, I should focus on healthy balance. Encourage me to set realistic interim goals so I can achieve my visions.

# GATE 58

53	60	52
54		19
38		39
<b>58</b>		41

## Vitality

I'm a bubbling volcano of joy for life with a sharp eye for everything that could be improved. I inspire everyone with my energy and discover lightning-fast when something isn't running optimally. As a cheerful perfectionist, I want to make the world a better place and love challenging authorities in the process.

My vitality is so strong that I immediately sense when something is weak or unhealthy. I could sweep our family along with my enthusiasm and see improvement potential everywhere. I want to help everyone experience more joy in life.

Create meaningful projects for this mix of vitality and drive for improvement so I don't get frustrated. Give me space for constructive improvements and show gratitude for my optimization suggestions.

# GATE 60

53	<b>60</b>	52
54		19
38		39
58		41

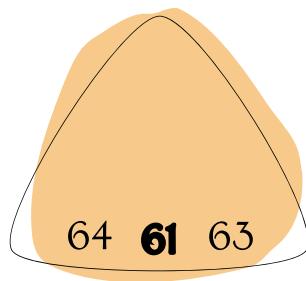
## Limitation

As a transformation artist, I create something new from every limitation. When I encounter obstacles, I transform them into creative solutions with remarkable patience. As a patient alchemist, I accept what's currently not possible and find other paths to the goal.

My special gift lies in not seeing boundaries as stop signs, but as springboards for innovation. I sense the inner pressure for when the right moment for changes has come and wait patiently for it. This natural wisdom makes me a true mutation master.

Trust my ability for acceptance and transformation without me falling into frustration. My patience often leads to surprising and innovative solutions.

# GATE 61



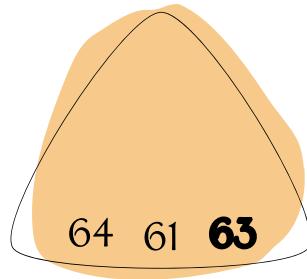
## Inner Truth

As a truth researcher, I shower the world with endless why-questions. Like a curious detective, I want to solve life's greatest mysteries and won't let up until I have answers. This insatiable thirst for knowledge drives me to look behind every facade and discover hidden truths.

The inner pressure to understand everything can become overwhelming and lead to endless thought loops. I research like a philosopher for the meaning of life and ask questions that make even adults ponder.

Create spaces for my natural curiosity without me getting lost in endless questions. The answers come in their own timing and can't be forced.

# GATE 63



## Doubt

I'm a detective in everyday life. I question practically everything and won't be satisfied with superficial answers. This natural skepticism is my superpower, because I immediately recognize when information doesn't add up. Only solid evidence can convince me.

Sometimes I seem like a scientist conducting experiments and completely losing track of time. However, this intense way of thinking can also lead to me getting lost in thought loops or losing the courage to act from too much analyzing.

My greatest strength lies in triggering real improvements with the right questions. I have a sense for what truly benefits the community. Make sure my doubts are directed at information and not against people or myself.

# THANK YOU !

Thank you for reading these lines and for being open to viewing your child's world from a different perspective. It's a special gift when parents are willing to embark on a journey of discovery and explore their child's unique essence through Human Design.

In a time when there's often an attempt to press children into prefabricated molds, you show courage and foresight by choosing to see and understand your child in their original essence. You recognize that every child comes into the world with a very special energetic blueprint. A blueprint that doesn't need to be changed or "improved," but wants to be honored and supported.

Through your willingness to explore your child's Human Design, you give them the opportunity to live authentically and unfold their true talents. You help them find their own path instead of meeting others' expectations. This is a valuable gift that will have effects far beyond childhood and helps your child lead a fulfilled and self-determined life.

Love,  
Sylvana



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