

# Unlock your Human Design

Hannah



# Human Design

The Human Design System is a fascinating tool for self-discovery and enhancing everyday life. Combining elements from astrology, the I Ching, Kabbalah, and quantum physics, it offers a unique personality analysis and life management method. Developed by Ra Uru Hu in the late 1980s, this system has gained global popularity.

Essentially, Human Design revolves around understanding an individual's unique energetic signatures and design characteristics. It is based on the concept that each person has a distinct "design blueprint" determined by their precise birth date, time, and location. The system identifies various personality types, energy flows, and life strategies, offering guidance on how to harness these energies effectively.

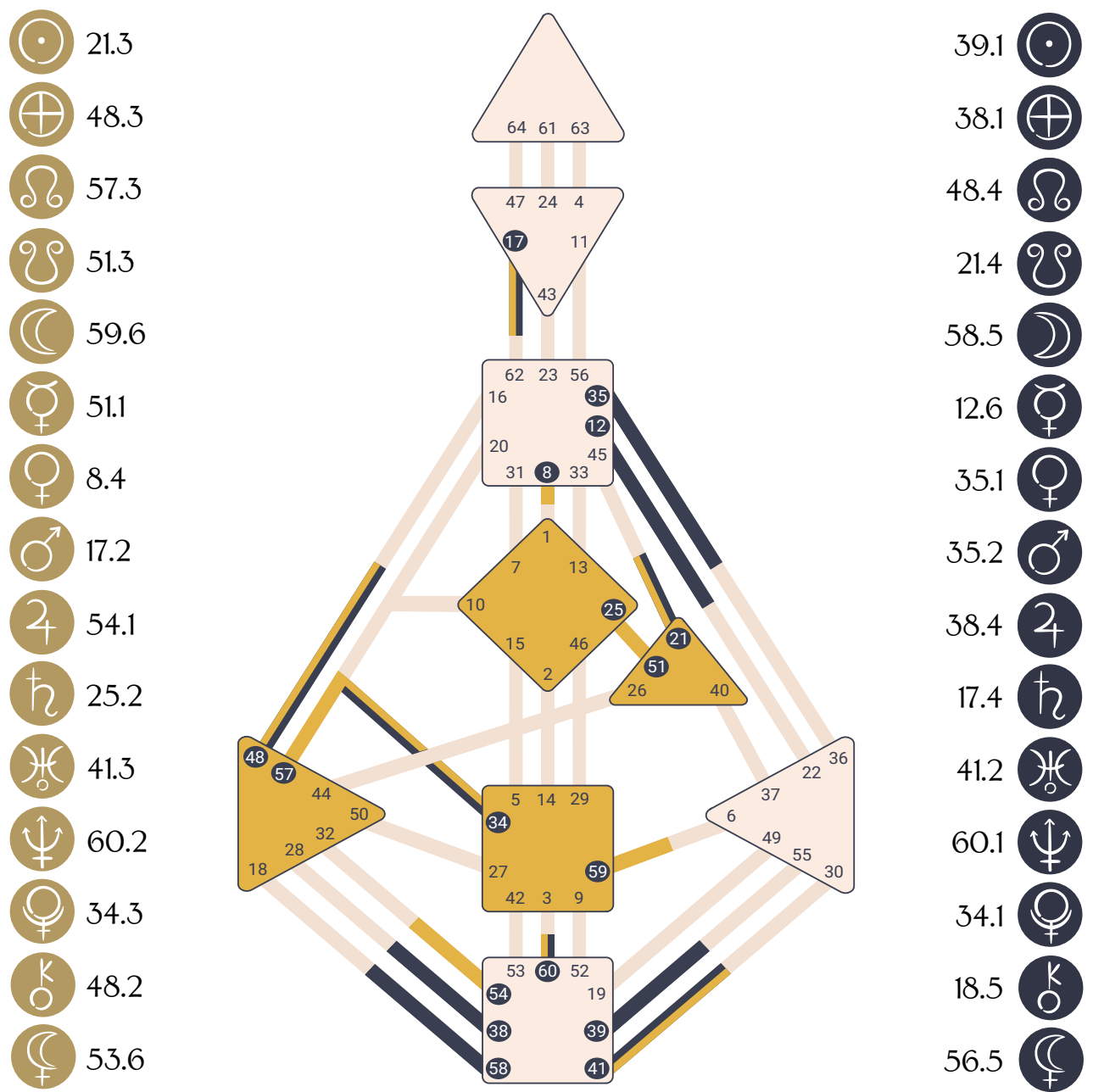
The value of the Human Design System in everyday life lies in its ability to help people better comprehend themselves, recognize their natural strengths and weaknesses, and gain insight into personal decision-making processes, interpersonal relationships, and optimal work styles. By understanding their own design blueprint, individuals can make choices that align more closely with their true nature, leading to a more fulfilling and authentic life.

Furthermore, the Human Design System serves as a tool for personal growth and self-improvement, promoting mindfulness of one's energetic patterns and enabling more conscious and purposeful navigation through life.

In this introduction, we will delve deeper into the core principles and applications of the Human Design System to provide a comprehensive understanding of how it can be valuable in everyday life.



# Human Design Chart



Hannah

1st July 1996 @ 02:59

# Hannah

**Birth date:** 1st July 1996 @ 02:59

**Type:** Generator

**Signature:** Satisfaction

**Not-Self:** Frustration

**Strategy:** To Respond - Generator

**Authority:** Sacral

**Profile:** 1 / 3

**Definition:** Split Definition

**Incarnation cross:**

Right Angle Cross of Tension (39/38 | 21/48)



# Type

How you engage with your environment and interact with others, based on your specific energetic signature and strategy.

# The five energy types in Human Design

## Generator

About 37% of people are sources of life energy. They have the ability to work continuously and see projects through to completion. Their biggest challenge is to listen to their inner response before committing to something.

## Manifesting Generator

Around 33% of people are a mix of Generator and Manifestor. They are versatile and fast, but tend to become impatient. Their greatest learning curve is to react first before they start.

## Projector

Approximately 20% of people are natural leaders and advisors. They are here to guide and direct the energy of others, but they need regular breaks to recharge. Their success depends on being recognized and invited by others.

## Manifestor

About 9% of people have the ability to act independently and initiate things. They are the initiators and trailblazers of society. Their challenge is to inform others of their intentions to avoid resistance.

## Reflector

Only about 1% of people are mirrors of society. They have a unique ability to reflect their environment and the people around them. Their wisdom lies in taking time to make decisions, often over a lunar cycle.



# Generator

Your energy shapes the world  
through activities that bring you joy  
and fill you with vitality.

You are designed to continually generate power, which makes you a devoted implementer and creator. Your purpose in this world is to build and beautify it through your creations. Whether it's building a house, writing a book, planting a garden, or designing a collection, your creative power knows no bounds. Sexuality and creating children also play an important role in your life. You have a deep desire to leave something meaningful behind.

Your Sacral Center is the key to your wonderful energy. It gives you endurance and perseverance, which are essential for your creative processes. Understanding how this center works is crucial, as it determines whether you lead a life of frustration or fulfillment. When you live in alignment with your Sacral Center, you can realize your projects with enthusiasm and sustained energy. Your ability to listen to your sacral response and use it is the path to a fulfilled life.

A clear sign that you are on the right path is the synchronicity in your life. Things happen in a magical way and fall into place effortlessly. It feels as if you have a permanent subscription to good fortune. These magical moments show you that you are aligned with your purpose. The final step is to allow yourself to experience joy and to fully embrace these positive experiences.



## Your Aura

Your aura absorbs everything in your surroundings, which is why you are very open to external influences - even those that may not be good for you. This is why it's essential to follow your strategy, so you don't get misled. Use your body's wisdom as a filter and only let in what truly belongs to you. This way, you protect yourself from negative energies and maintain your inner balance. Your ability to consciously choose what you absorb is key to your well-being.

Your radiant energy field acts like a magnet, attracting opportunities and people. Your presence feels warm and inviting, as if your energy field embraces and envelops others. However, when you're frustrated, your aura loses its cozy factor and becomes unpleasant for others. That's why it's so important that you find joy in your life and engage in activities that you enjoy. Only when you're in your joy and enjoy your process does your energy field remain pleasant and attractive.

## Your Strategy

Your strategy describes how to best interact with your environment to stay in your natural flow. It helps you respond to the right opportunities instead of fighting against resistance or putting yourself under pressure. By following your strategy, you can use your energy effectively and experience more harmony in your life. It serves as a guide for when and how you should respond to external impulses to stay in tune with yourself.

Your strategy is to respond to things instead of actively seeking out new tasks. You wait for something to come to you that triggers a physical reaction, like a spontaneous "Mhmm" for yes or an "Uh-uh" for no. These typical sounds from your sacral response are clear signals from your body that show you whether something really suits you. Imagine walking past a poster and suddenly having the feeling: "I definitely want to do that."

In everyday life, this means that you don't have to tackle everything immediately but wait for situations where you feel: "This is right for me." This way, you avoid wasting energy on things that don't really fulfill you and would ultimately frustrate you. By responding instead of initiating, you more easily find your way to the right tasks that bring you joy and don't exhaust you.



## Frustration

Frustration arises for you when you take on tasks that don't bring you joy. You notice how your energy dwindles, and you become less and less motivated to continue. This happens when you act against your strategy and do things that don't align with you. In such moments, you feel blocked and exhausted.

It's important to listen to your sacral response and wait for your inner "yes" before starting. If you feel that something isn't right, it's better to say no in order to avoid frustration. This way, you preserve your energy for what truly excites and satisfies you.

When you follow your strategy and only respond to what resonates with you, you will experience less frustration. Your energy stays strong when you act in alignment with yourself. Frustration is a sign that it's time to pause and check whether you have followed your sacral response.

## Satisfaction

You feel fulfillment and satisfaction when you respond to opportunities that truly excite you. You notice how your energy flows freely, you feel more motivated, and you progress with ease. Everything feels in flow and just right, as if you are in the right place at the right time.

When you do what brings you joy, you not only experience fulfillment but also a deep sense of satisfaction. This feeling shows you that you are on the right path and using your energy exactly where it is needed. It brings you inner peace, contentment, and a sense of doing the right thing.

The more you listen to your sacral response, the more often you will feel fulfillment and satisfaction in your daily life. You will notice that you remain aligned with yourself, experiencing deep contentment and balance. This is how life feels full of joy, ease, and true harmony.

## Affirmations

- I trust my sacral response.
- Even though I am full of energy and ideas, I am patient, waiting to respond to the right things before starting.
- I am considerate of others, knowing that not everyone can keep up with my pace.
- Pursuing various projects at once makes me feel fully myself.

# Authority

How you make good  
decisions, based on the  
wisdom of your body.

## Your decision compass

# Sacral Authority

*With Sacral Authority, you make decisions  
based on your immediate bodily  
awareness.*

Your gut gives you a clear, direct answer, either in the form of sounds like a spontaneous "Mhmm" for yes or an "Uh-uh" for no. This response tells you whether or not you have the energy to do something in the moment. It's spontaneous and honest, without needing to think it over.

It's important to learn to listen to this gut response and not question it. Your mind tends to search for reasons or to justify decisions, but your Sacral Authority always knows what's right for you in the moment. Often, it helps to ask yes-or-no questions to get a clear reaction. Your gut reliably guides you through the decision-making process.

When you follow this inner voice, you'll notice that you take on tasks for which you truly have energy. Anything that isn't answered with a clear "yes" should be left aside. Your Sacral Authority can change throughout the day, which means your decision may adapt. This isn't a sign of uncertainty but shows that your energy is dynamic.

Learn not to involve your mind in the decision-making process when it comes to your Sacral response. Your mind often tries to overthink or analyze decisions, but your gut knows what suits you. Trust that your Sacral response always reflects the truth of the moment. In doing so, you'll ensure that you're using your energy for things that truly fulfill you and bring you lasting joy.





# Profile

The profile represents the role you embody in this life, like an archetype or a costume you wear. There are twelve different profiles, each consisting of two lines, which are the numbers following the point of the Sun and Earth.





1 / 3

In your profile, the energies of  
curiosity and adventure dance  
together.

## You are an experimental researcher

You have a natural curiosity that drives you to explore the world around you in depth. Your desire to learn new things leads you to gather a lot of information before moving forward. This thorough approach helps you build a secure foundation on which you can plan your next steps. At times, it can be challenging when you feel pressured to act quickly without feeling adequately informed.

As time goes on, you enter a phase where you put your knowledge into practice. You try out different approaches and test your insights through real-world experiences. This phase of learning through trial and error often brings valuable insights, even though it can sometimes be frustrating. Every step you take contributes to deepening your understanding and expanding your skills.

Ultimately, you become a master in your field by integrating the lessons from your experiences. Your journey allows you to share wisdom and insights that can help others overcome similar challenges. It's important for you to celebrate your achievements, no matter how small they may seem, and to recognize your own progress. In doing so, you become a valuable source of knowledge not only for yourself but also for those around you.

## How you perceive yourself

### Line 1

Line 1 is characterized by a deep curiosity and the drive to explore things. A spirit of inquiry is one of the outstanding qualities that drive you to gain a comprehensive understanding of various subjects. You are not afraid to ask questions and seek deeper insights. This thorough approach gives you a sense of security and a stable foundation.

The pursuit of knowledge and clarity in line 1 is evident in your ability to grasp even complex issues. You want to understand the details and recognize the connections between different aspects to gain a complete picture. When faced with new projects or challenges, you are always ready to conduct thorough research before taking a step. This diligence and precise analysis help you build a solid foundation for your actions.

### Potentials

You have the potential to be a valuable resource for others by sharing your extensive knowledge. Your ability to grasp complex information and explain it in a way that others can understand makes you a sought-after contact. Additionally, you can motivate and inspire others by providing them with clear and well-founded information. Your commitment to thorough preparation strengthens your self-confidence and ensures that you are appreciated in your environment.

### Challenges

Despite your extensive knowledge, you sometimes feel that it is never enough, which can lead to a constant sense of insecurity. This insecurity can hold you back from sharing your insights with others and can affect your self-worth. In your pursuit of knowledge, there is a risk that you might get lost in the details and struggle to take action. Furthermore, your drive for control can make it difficult for you to acknowledge authority or to find compromises.

## How others perceive you

### Line 3

Line 3 is characterized by an adventurous energy that drives you to try many things and seek out new experiences. You learn through trial and error, viewing mistakes not as setbacks but as valuable lessons along your journey. Your life is about discovering what works for you and what doesn't, which is why you are often willing to take risks. Like a Weeble, you might get knocked down, but you bounce right back up and try again.

You question everything that comes your way and think in unconventional ways. It's important for you to have your own experiences rather than relying on well-meaning advice from others, as this is the only way you feel truly authentic. Your willingness to take risks and your independence ensure that you are not restricted by rules and conventions. This flexibility allows you to create your own paths, often exploring uncharted territory.

### Potentials

Within you lies the ability to learn from experiences and gain valuable insights. Your adaptability opens up new perspectives that can be beneficial to others. People come to you because they know you can help them overcome challenges and find the right path. You can share your knowledge and have a positive impact on others' lives. Through your risk-taking nature, you encourage others to explore new paths and embark on their own adventures.

### Challenges

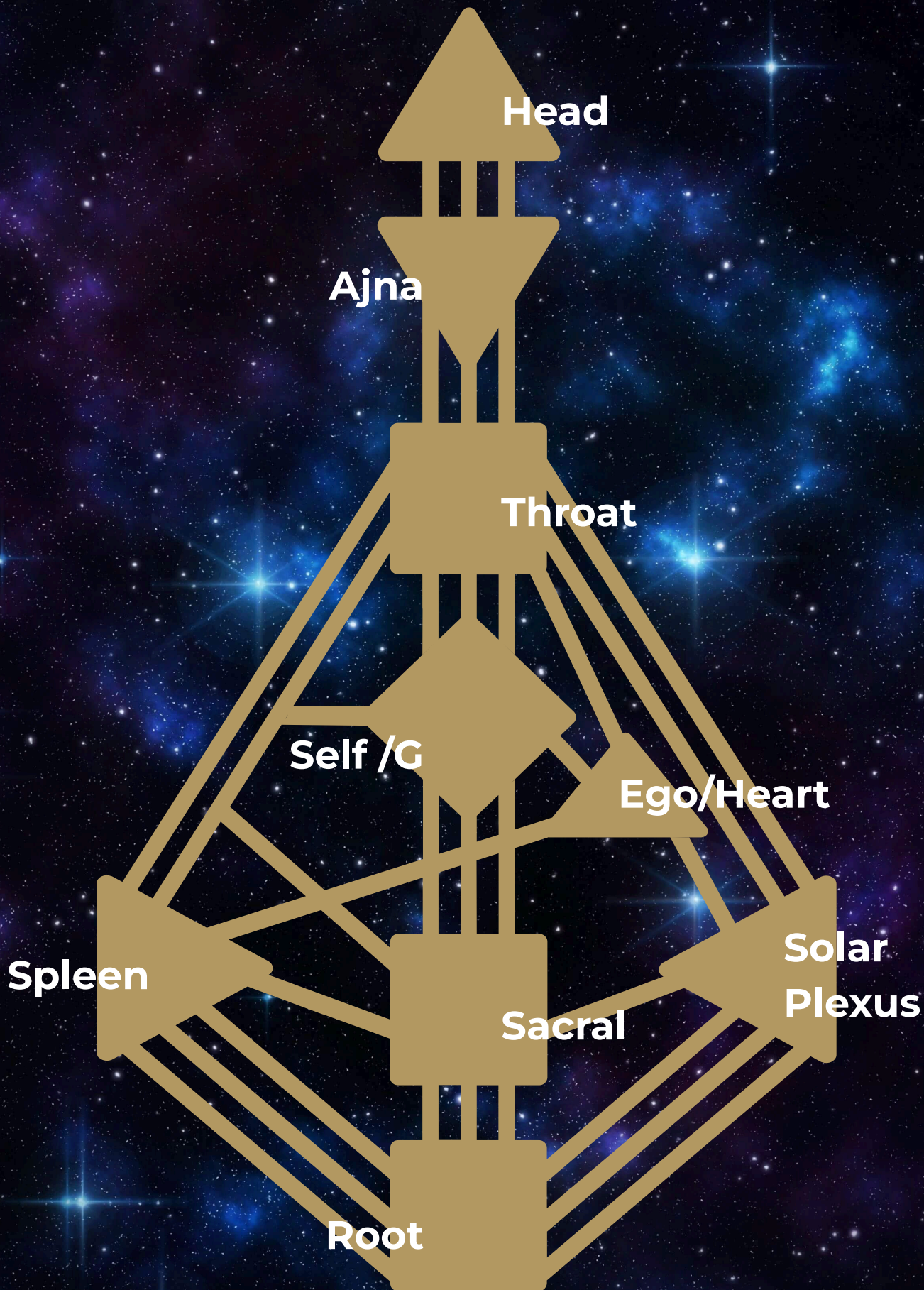
A challenge you might face is adapting too much and losing your own identity in relationships. Fears of making mistakes could hold you back from trying new things, even though you are meant to experience a lot. There is also the risk of seeing yourself as a victim and taking on responsibility for everything that happens. In these moments, it's important to remind yourself that every experience holds a hidden treasure and that you are in control of your life.

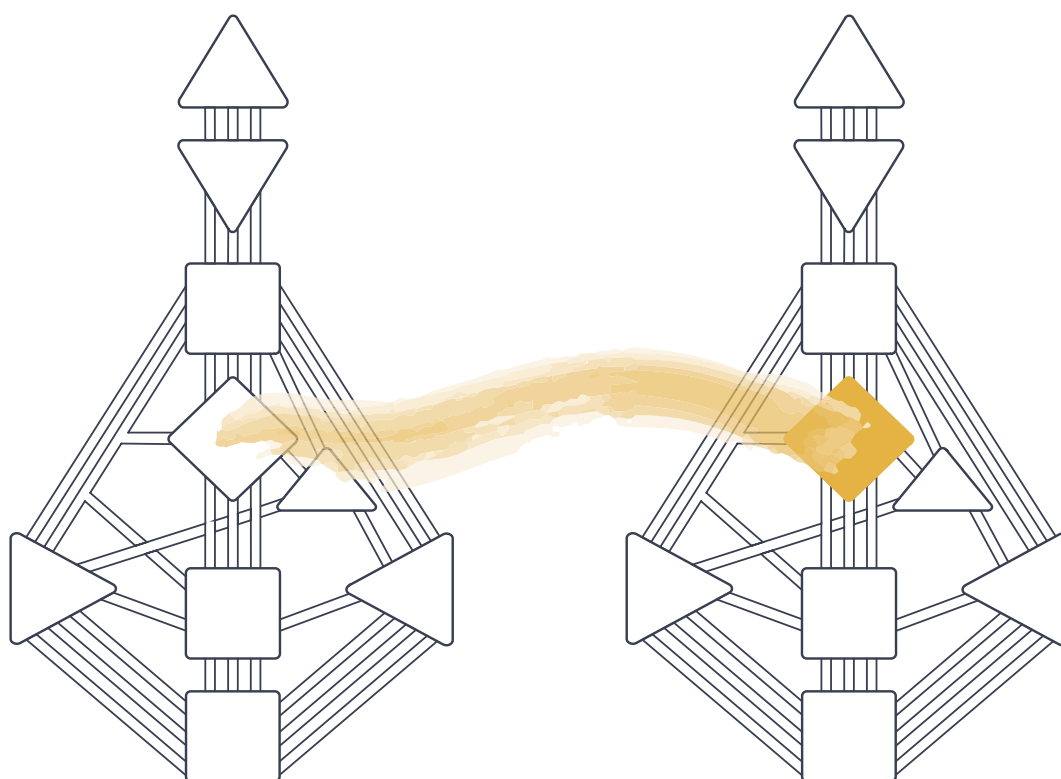


# Center

The energy centers in your body govern different areas of life. Depending on whether they are defined (colored) or undefined, they influence the stability or flexibility of that energy.







### **undefined/open centers**

- Open parts in you.
- Qualities that are not always available to you and are influenced by other people and transits.
- In your undefined/open centers, you absorb the energies of your environment.
- You have the choice of which energies to amplify or let go of.
- Through your openness, you are capable of deep understanding and empathy and have the potential to gain great wisdom in this area.
- This is also where conditioning (beliefs, patterns, etc.) may appear, which can be examined as needed.

### **defined centers**

- Fixed parts in you.
- Qualities that you possess and that are always reliably available to you.
- Each defined center can operate at different frequencies (Lower Self / Higher Self).
- The more aware you are, the better you decide how to express these qualities.
- Your defined centers send energy, and others perceive this energy.
- If you do not express these energies, you are not in inner alignment (e.g., Solar Plexus - you suppress your emotions instead of giving them space).





# Head Center

## undefined

*The head is the center for inspiration and generates the inner pressure to ask questions and seek answers. It's about finding meaning and understanding things. About 30% of people have a defined head, which means they are constantly occupied with inspiring thoughts and questions. These people are continuously connected to a source that helps them develop new ideas and gain deeper insights. The remaining 70% have an undefined head, where inspiration comes and goes from their environment. These people are open to absorbing different ideas and letting their surroundings inspire them.*

With an undefined head, you are open to the world around you and receive inspiration from external influences. Conversations, books, or new environments can give you new impulses and stimulate your thoughts. This openness allows you to take in many different ideas and perspectives without committing to a single point of view. You enjoy letting this variety of inspirations flow through you and adapt to things flexibly. You don't let fixed opinions limit you, but remain open to changes and new perspectives. Your ability to respond to various mental stimuli enables you to constantly broaden your horizons and gather new experiences.

You have the special ability to find inner silence in solitude and experience a state of complete thoughtlessness. In such moments, you can fully immerse yourself in the present and feel deep relaxation, bringing you peace and strength. Your mind clears, and you can detach from external influences to find inner peace. This ability allows you to recharge and regain energy whenever you need it. In this way, you can keep your mind clear and focused, helping you maintain your balance. As a result, you have the chance to engage with new impressions and inspirations feeling refreshed.

## Challenges

You absorb other people's ideas and take them on as your own, which can easily distract you and make you jumpy. Often, you move from one thing to the next, starting many projects but not necessarily finishing them. This leads you to invest time without achieving clear results.

Sometimes, you focus on topics that aren't really relevant and get lost in thoughts that cause you worry or doubt.

The sheer number of questions and thoughts in your head can create pressure to answer them all. You may not be aware that many of these questions come from your surroundings and aren't really your own. Without this clarity, it's hard for you to recognize what's essential and to know what really matters.

## Potentials

You perceive the world around you with curiosity and openness, and you are interested in new things and ideas. Your opinion remains flexible, as you don't stick to a fixed point of view but remain open to different perspectives. This openness allows you to learn from many viewpoints and be inspired.

You enjoy engaging with new impulses and suggestions, and you use this diversity to expand your own way of thinking. At the same time, you're able to discern which ideas are relevant to you and which aren't.

Over time, you collect a wide range of impressions and experiences that help you gain deep understanding and wisdom. Through this openness and variety of inspirations, you continuously broaden your horizon.

## Affirmations

I am open to new thoughts and inspiration.

I release unnecessary mental pressure.

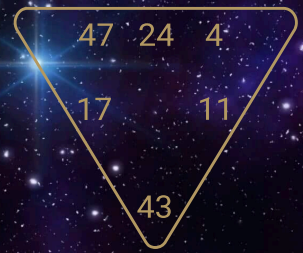
My clarity comes from calm and serenity.

I trust that the right answers will come to me.



# Ajna Center

## undefined



*This center processes thought and aims to understand, reflect, and recognize connections. Plans are developed, concepts created, and structures analyzed. About 50% of people have a defined Ajna, which means they have a fixed way of thinking and their mind is constantly active.*

*These individuals have the ability to solve problems purposefully and develop new concepts. The other half has an undefined Ajna and is open and flexible in their thinking. As a result, they can curiously explore various topics and embrace new experiences that lead to sudden insights.*

With an undefined Ajna, you have a flexible way of thinking. How you process thoughts often depends on the people around you who have a more fixed way of thinking. Sometimes, it may seem as though your thoughts are chaotic, or that you're unsure of what to think. However, you are open to new perspectives, possibilities, concepts, and opinions. You absorb information from your surroundings like a sponge, and often you're not even aware of how much you already know. This openness can lead you to become a creative thinker and even a genius.

Your mental beliefs are very open and can change significantly over the course of your life. Since your mind is highly flexible, you constantly try out new ways of thinking to find answers. You focus on following only the concepts that are truly relevant to you. You're not made to settle into a fixed way of thinking or to be absolutely certain about anything. Your openness to the variety of possibilities makes you curious and receptive to new experiences. By processing different thoughts and concepts, you gain fresh insights, which make you a versatile thinker who constantly finds new ways to understand and interpret information.

## Challenges

Your fear of appearing ignorant or foolish can drive you to want to know and prove everything. Your thirst for knowledge can become overwhelming when you desperately try to find the one absolute truth. However, this is a trap, as there is no single truth that applies to everything.

Sometimes you adopt the beliefs of others because you don't have a clear opinion on a particular topic. You then take on other viewpoints to avoid uncertainty. This can lead you to be guided by the opinions of others.

Because of your openness, you often absorb the thoughts and energies of your environment and sense what others are thinking. It's important, though, not to burden yourself with worries and problems that aren't your own.

## Potentials

You are open to different perspectives of thinking and demonstrate great mental adaptability. Your mind can easily engage with other ways of thinking and make them understandable to others. This flexibility allows you to take in a variety of viewpoints.

You absorb a lot of information and grasp things quickly. As a result, you have the potential to acquire impressive knowledge and develop into an intellectual. However, you don't define yourself by your thoughts and are relaxed about not always having an immediate answer.

You can understand many different viewpoints. It's easy for you to accept other opinions, and you are open to new approaches. Additionally, you have the ability to recognize which concepts hold promise.

## Affirmations

I am open to new perspectives.

I am not limited by fixed beliefs.

I absorb thoughts without being bound to them.

My flexibility allows me to explore different viewpoints.



62	23	56
16		35
		12
20		45
31	8	33

# Throat Center

## undefined

*The throat is the center of expression and enables one to show themselves through speech or actions. The energy from other centers flows here to manifest in the material world and take on concrete forms of expression. About 70% of people have a defined throat, which gives them a clear and consistent way of expressing themselves, allowing them to continuously enrich their environment. In contrast, 30% of people have an undefined throat, which adapts to the expressions of their surroundings. This flexibility allows them, for example, to easily learn new languages or fit into different contexts.*

With an undefined throat, you are very adaptable and flexible in your expression. Your way of communicating adjusts to the people and the environment you are in, allowing you to present yourself differently depending on the situation. This ability makes it easy for you to engage in conversations and connect with various people. You have a talent for saying exactly what is needed in a specific moment, which enables you to play a supportive and connecting role. You become the "voice of the room," sensing what needs to be addressed and finding the right words. This makes you empathetic, and you easily connect with different conversation partners.

Your undefined throat also allows you to quickly respond to new circumstances and adopt various forms of expression. You are open to the energies around you and reflect what is happening in your environment by choosing the appropriate words. This flexibility enables you to engage with different styles of expression, whether you are quiet and reserved or present and expressive. You can adapt to new topics and communicate them in a way that is understandable to others. Your throat allows you to find multiple ways to convey your message clearly and precisely. This adaptability makes you a valuable mediator.



## Challenges

When you feel unheard, you may become loud or seek attention with noticeable behavior. Sometimes you create noise or act like the clown because it's difficult for you to stay calm and wait. You may interrupt others or speak at inappropriate times without waiting for your turn.

Sometimes you talk non-stop, without much content, to cover up insecurity. Your voice might sound shaky or weak, revealing your discomfort. In other moments, you might try to dominate the conversation, speaking loudly, which can lead to hoarseness.

You may act impulsively and jump into action without following your inner guidance. In such cases, you can be easily influenced by others and end up doing things that don't truly align with you.

## Potentials

You sense whether the person you're speaking to is open to your words and know when it's the right time to speak or remain silent. As an excellent listener, you engage with others and respond empathetically. You trust that you will say the right thing at the right moment.

You rarely plan in advance what you want to express. Your words often carry special meaning and can surprise or inspire others. When you speak about something that excites you, you have much to share, but otherwise, you tend to be quieter.

You have the potential to express yourself in the way that is needed in the moment, adjusting your words to your audience. With this ability, you could become an impactful speaker or artist who touches others through words or song.

## Affirmations

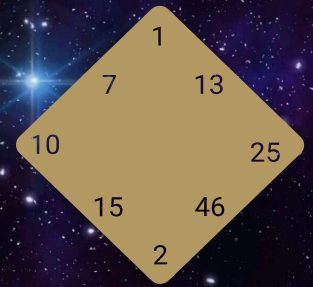
I am open to new ways of expressing myself.

I adapt my expression flexibly to my environment.

I wait for the right opportunity to be heard.

My words reflect the energy of the people around me.

# G Center defined



*The Self or G center is home to identity, love, values, and life direction. It provides guidance and purpose, defining the roles played in life as well as the spiritual connection. About 55% of people have this center defined, giving them a fixed identity and a clear sense of direction in life. They help guide others on their path or allow them to experience different forms of love. For the remaining 45%, the center is undefined, which gives them flexibility regarding identity and life direction. They adapt to their surroundings and have the ability to sense the quality of places.*

With a defined self, you have a strong sense of who you are and where you want to go in life. You are aware of your identity and direction, no matter what you do. You follow your set path, guided by an inner compass that naturally leads you to the right place and the right people at the right time. This happens effortlessly, allowing you to relax and enjoy your journey. Your higher self guides you, and your purpose unfolds naturally. As a result, you can trust that your path will become clear at the right moment.

You likely knew from a young age which career or life path you wanted to pursue. Even if you couldn't name the goal precisely, you are automatically guided in the right direction. This ability allows you to serve as a guide for others, giving them direction by living your authentic path. People with an undefined self-center are often drawn to your clear presence and naturally follow along on your journey without you actively influencing them. You show them what it means to live a purposeful and fulfilled life. You are also here to embody what true universal love is, whether it's love for humanity, the body, or all that exists.

## Challenges

If you do not follow your own path, physical reactions like rashes may appear. It's important that you stay true to yourself and follow your inner compass. You are not here to be influenced by the life paths of others.

You might believe that you absolutely know the right way and attempt to take control. In doing so, you may end up telling others what they should do, which can be perceived as arrogance.

Excessive expectations of others arise when you are not in harmony with yourself. You might think that others need to act just like you to be successful. It's important to learn that there are many different paths, and you should respect others and their choices.

## Potentials

You are aware of your being and know exactly who you are. You have a clear vision of your life and walk your path with confidence, even if it may sometimes be challenging. You trust that everything will work out in the end and that you are following your destiny.

In your life, you will take on various roles that suit you. For instance, you may embody the role of a hero, an explorer, a leader, or even a mother or father. These roles provide structure to your life.

For people who are still searching for their life path, you are a source of inspiration and can help guide them in the right direction. You also offer guidance in the search for love and connection. When you are in harmony with yourself, you accept others as they are and embrace them with love.

## Affirmations

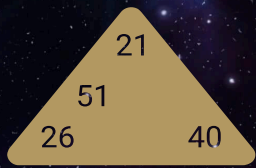
I know who I am and stand firm in my identity.

I know my path and trust my inner compass.

My self-confidence is firmly rooted, and I stay true to myself.

My purpose leads me to the right people and places.





# Heart Center

## defined

*The Heart or Ego center is where the energy of willpower and determination resides. It's all about goals, success, material resources, and self-worth. This center acts as a motor, providing extra energy to accomplish specific objectives. About 30% of people have a defined Heart, meaning they ideally assert their will in a healthy way. Their strength lies in motivating others and reliably keeping their promises. On the other hand, 70% of people have an undefined Heart, which means their willpower isn't constant. They are not here to prove themselves, but to receive everything they need without significant pressure.*

With a defined Heart, you know exactly what you want and are highly ambitious. Your unwavering willpower and determination help you consistently achieve your goals. Challenges motivate you, and recognition for your successes is especially important to you. When you commit to something, you give it 100%. Your ability to inspire and energize others makes you a true motivational leader who lifts up those around you. You are fully aware of your own worth and are ready to stand up for it when necessary.

In your professional life, you will make sure that you are fairly compensated and that your efforts are appreciated. You have a good sense for money and love achieving material success. You don't just think of yourself; you also consider the well-being of others. As a bargain hunter, you can immediately recognize the value of things at a flea market and know exactly what a fair price is. You have an eye for quality and prefer high-end items that bring you lasting satisfaction. When it comes to competition, you always want to be the best and enjoy the moment of victory.

## Challenges

Your assertive nature can lead you to claim things or people for yourself. For example, you often demand the full attention of those around you. This confident behavior can lead to conflict, as not everyone is willing to follow your lead.

Another imbalance arises when you seek excessive recognition and focus on competition instead of collaboration. Your energy then goes into unhealthy rivalry rather than fostering harmonious teamwork.

You might also feel compelled to prove your abilities to others, putting them under pressure. You expect them to show the same level of willpower as you, even if they are not built for that.

## Potentials

You have a clear vision of your goals and pursue them consistently. Your body provides you with plenty of energy to achieve them. However, since this turbo energy isn't meant for constant use, you also give yourself breaks to recharge.

You enjoy healthy competition, but not to elevate yourself above others. It's about being the best or first at something you care about. Athletic competitions or challenges are great outlets for your energy.

You are someone who keeps their word and acts reliably. You communicate clearly what you want and don't want, and you have no problem saying no to things that don't align with you. You are well aware of your own value, as well as the value of the things you encounter.

## Affirmations

I use my willpower with purpose.

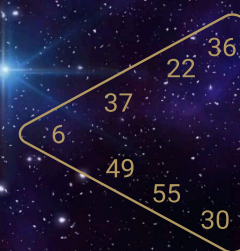
I know my worth and stand by myself.

I demand what is due to me and keep my promises.

I am motivated and pursue my goals with perseverance.

# Solar Plexus Center

## undefined



*The solar plexus center is responsible for emotions. About 50% of people have a defined solar plexus and experience their feelings in waves, with highs and lows that come and go. These emotional fluctuations shape their daily lives and influence how they perceive situations. The other 50% have an undefined solar plexus and are receptive to the emotions of those around them. They absorb and amplify the emotional vibrations of others. This ability gives them a deep sensitivity to the emotional state of the people around them, making them especially empathetic individuals.*

With an undefined solar plexus, your way of handling emotions is not fixed, but rather flexible. When you're alone, your emotional state tends to be clear and neutral. You don't feel emotional waves as strongly as those with a defined solar plexus, unless you're around others. In such situations, you absorb and amplify their emotions, which can lead to intense emotional experiences. However, these heightened emotions are not your own, but those of the people around you.

When you are by yourself, your emotional calm quickly returns since you are not influenced by the feelings of others. This emotional openness makes you highly sensitive to the moods in your environment, allowing you to understand other people and their emotions very well. Through your strong empathy, you can easily put yourself in others' shoes and feel what they are feeling. At the same time, it's important to be aware of which emotions truly belong to you and which come from outside.



## Challenges

You may strongly identify with the emotions of others, which can make you seem unstable as you get swept up in their feelings. This can lead to moments where you suddenly explode emotionally, unable to hold back the pent-up emotions any longer.

You crave harmony and peace, which makes you want to please everyone. This can cause you to adapt excessively to the expectations and feelings of others, out of fear of upsetting someone or causing tension. Your desire for harmony may lead you to avoid expressing what truly matters to you.

Your face can appear like a mask when you try to be friendly and agreeable all the time, in order to avoid conflict. Instead of being authentic, you develop avoidance strategies that deny your own truth.

## Potentials

Your great potential lies in achieving lighthearted serenity. The healthy energy of your solar plexus allows you to objectively observe the emotional climate of your surroundings. You naturally represent emotional stability and are inherently a balanced person.

You allow yourself to be touched by the emotions of others, but you remain neutral. In a conscious state, you can distinguish which feelings are yours and which come from others. This enables you to deeply perceive others' emotions while also letting them go.

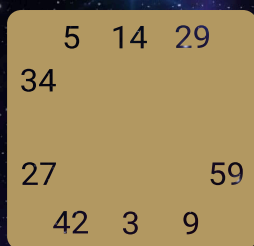
Your empathy allows you to deeply understand how others feel. You radiate emotional calm and can help others better understand their own emotions. This ability allows you to respond wisely and calmly in emotionally charged situations.

## Affirmations

My empathy brings emotional clarity.

I remain emotionally calm and balanced.

I perceive others' emotions without getting  
lost in them.



5	14	29
34		
27		59
42	3	9

# Sacral Center

## defined

*The sacral center is the central hub for physical energy, endurance, fertility, and creativity. It stores and generates life force, which sustains us throughout the day and is recharged during sleep. One of the sacral's most important functions is responding to life through gut feelings. This is the only way life energy can be used correctly to fully enjoy the process of creation. Around 70% of people have a defined sacral, giving them continuous access to great life force. For the 30% of people with an undefined sacral, energy is released in bursts, and they need regular breaks to remain efficient.*

With a defined sacral, you have a constant supply of high life energy available to you throughout the day. From the moment you wake up, you feel full of energy and ready to be active, especially when you're engaged in something you enjoy. When you do what you love, you are unstoppable and can create amazing things. If you use your energy properly, you will fall into bed at night, exhausted, and sleep soundly. Long periods of inactivity frustrate you because you need movement and activity. It's not in your nature to sit still for long or take a back seat.

Your sacral center provides a strong inner gut response that guides you through life. It naturally responds with a clear 'yes' or 'no,' often accompanied by sounds like 'Mhm' for yes and 'Uh-uh' for no. If your stomach tightens or you feel a sense of constriction, it's a clear sign that something is not for you. A tingling, positive feeling in your gut, on the other hand, indicates that you have the energy to move forward. Your reactions are directly connected to your body, and when you are excited about something, it manifests in lively sounds and boundless energy. You respond best to what life brings to you from the outside, and when it's right for you, your full power follows that impulse.

## If it's not a YES – it's a NO !!!

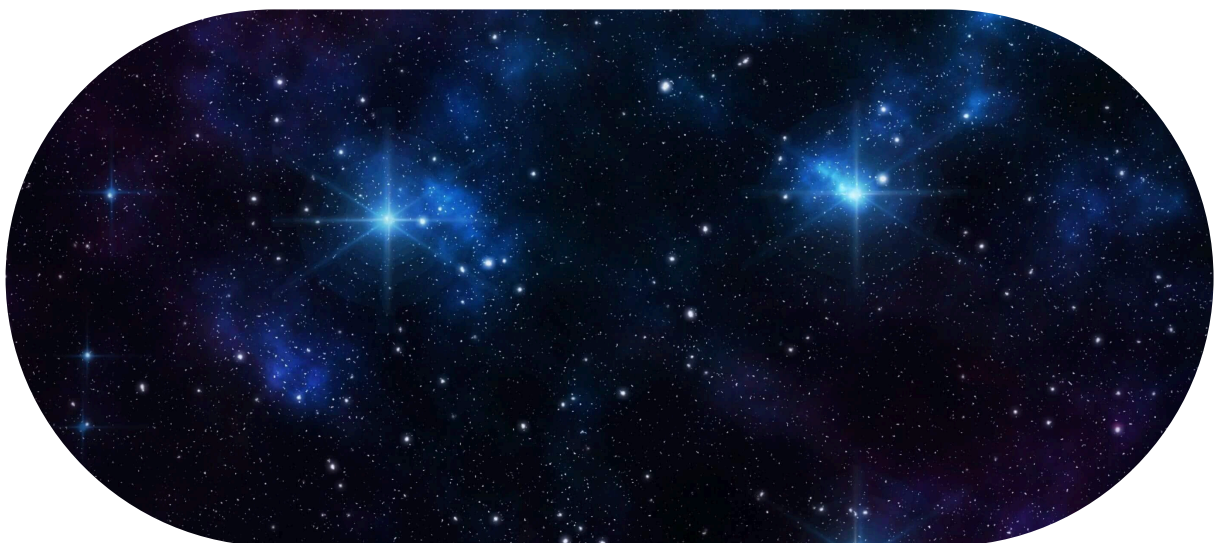
If you don't get an immediate clear sign for a yes, it's a no. This means that if you hesitate or don't notice a reaction from your gut, it's a clear no. Your sacral center is signaling, "Not now." If you don't feel anything, it either isn't meant for you, or it's simply not the right time. It could become a yes later. You can imagine it like a light switch—when it's a yes, it turns on, and the lamp lights up. When it's a no, it stays off, and your sacral doesn't provide energy.

## Closed questions

You respond best to closed questions. Whenever possible, have yes-no or either-or questions asked of you to respond to. A question like, "What do you want for lunch today?" is harder for you to answer. However, if asked, "Do you want pasta for lunch?" or "Do you want pasta or potatoes for lunch?" your gut voice will immediately respond.

## Sleep

You don't need fixed bedtimes, but rather, you should go to bed when you are truly exhausted. As long as you use your energy during the day, you will naturally feel tired in the evening. Your body signals when it's time to rest. The important thing is to use your energy during the day so you can sleep well at night.





## Challenges

If you do things only out of a sense of duty, you will quickly feel your energy diminish. Instead of being excited about what you're doing, you act mechanically and try to just get it over with. This suppresses your natural joy and weakens your inner life force.

If you don't follow your gut voice and make decisions only with your head, you're not using your energy effectively. This can lead to frustration, and you may even feel drained. Your sacral needs fulfilling activities to stay fully charged.

Lack of enthusiasm or a low mood can be signs that you're not in your flow. It's important to pay attention to your needs and do things that truly bring you joy.

## Potentials

Your sacral provides a steady source of life energy, allowing you to work long and tirelessly on things that bring you joy. You have the ability to take on big projects and consistently apply energy without tiring easily. When you're passionate about something, you become unstoppable.

Your gut feeling is a reliable compass, showing you exactly when and where to direct your energy. This clear inner guidance helps you make decisions that are in alignment with your true self.

You love the process of creating things step by step, using your energy effectively. When you're engaged in something you truly enjoy, you give it your all and savor every moment. It's easy for you to fully immerse yourself in an activity and unleash your creative power.

## Affirmations

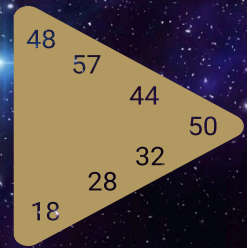
I follow my joy.

I am a creator in this world.

My energy flows powerfully and continuously.

I use my creative power consciously.

# Spleen Center defined



*The spleen is the center for instinct, intuition, and physical well-being. It ensures survival, provides security, health, and regulates the immune system. About 55% of people have a defined spleen, giving them consistent access to their body awareness, allowing them to respond spontaneously and intuitively. These individuals radiate physical security and stability. For the 45% of people with an undefined spleen, physical well-being can fluctuate. These individuals need to pay special attention to their bodies and, over time, can learn a lot about health-related topics.*

You have a consistent way of accessing your intuition or instinct, and you can rely on it. It's an inner voice, a vision, or something you sense physically, like a smell. Your intuition acts like a radar, constantly scanning your environment. It sends you signals when something is off or harmful to your physical well-being. Your body gives you a single impulse, telling you whether something is good or bad for your health and survival. These signals are a clear yes or no.

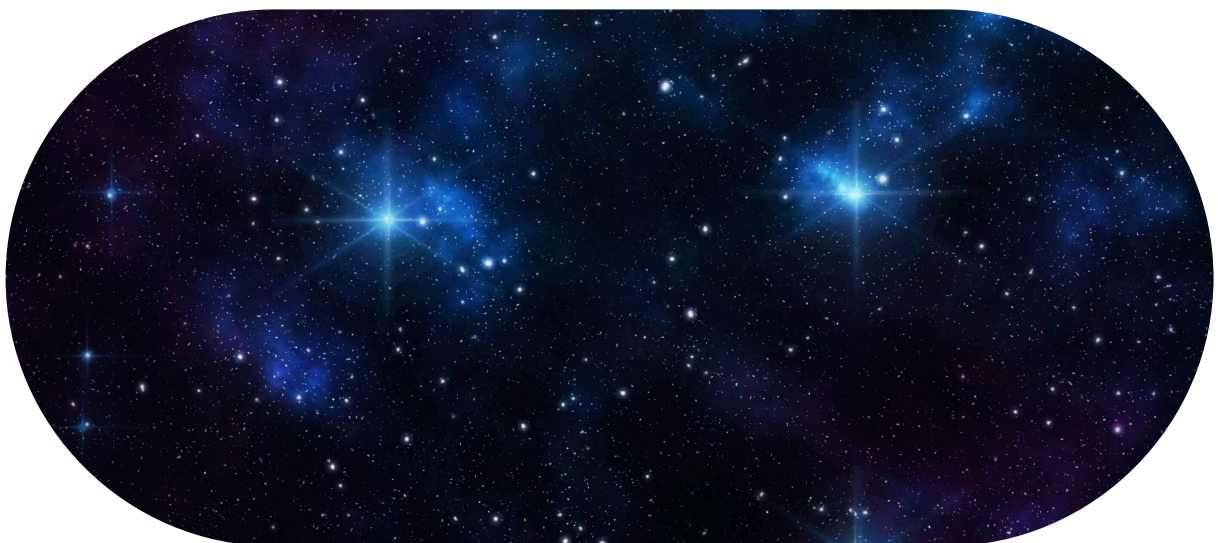
These signs are not always logical, and your mind doesn't need a visible reason for why you should follow them. For example, if you suddenly don't feel like going to a restaurant because you instinctively know the food won't sit well with you, you trust that feeling. Or you might decide to take a different route while driving, even without a clear reason. Perhaps later, you find out there was an accident on your usual route. Your immune system is naturally strong and stable, and you tend to get sick less often. Overall, your physical well-being is good, and you feel secure in your body.

## Intuition Training

If you struggle to notice your intuitive impulses because you're too focused on the loud voice of your mind, your intuition may weaken. Train your intuition by paying attention to the subtle signs your spleen sends you. Often, these signs are more subtle and require extra attention to notice. If you feel something is wrong or seems dangerous, trust your intuition and act accordingly, even in small matters.

Practice meditative techniques to hear your intuition's voice. In silence, it's easier to perceive the gentle signals of your intuition. Create a space where you can completely relax and forget the world around you. Breathe deeply and focus on your breath. Then, ask yourself a question and wait for something to arise from within. Write down anything that comes to mind, even if it feels strange or doesn't make sense at first. Trust the process and be patient with yourself.

Reflect honestly on situations where, in hindsight, you realized that you already knew what was going to happen or that it was wrong to do something. How did your intuition show itself? From now on, pay attention to these impulses and act on them immediately. This will help you better listen to your intuition and respond correctly in the future.





## Challenges

Your intuition can weaken if you stop trusting it and let your mind take over. In doing so, you ignore the valuable signals your body sends, leading to situations that harm your well-being. This might include unhealthy habits or relationships with people who aren't good for you.

It's important to take your body's signals seriously, especially when they warn you of danger. Learn to distinguish between instinctive fears and cognitive fears. Instinctive impulses are quiet but immediate, while your mind provides "reasons" or explanations.

Don't assume your health is limitless, even if your immune system is strong. It has its limits, and if you push against them for too long, your body could eventually give in.

## Potentials

Your natural instincts help you maintain a healthy lifestyle. Your well-being is a clear indicator of your physical health. If you feel unwell, it's often an early warning from your immune system that something isn't right.

Your intuition also guides you in knowing which relationships, activities, or hobbies are good for you. You live in the moment and respond spontaneously to what feels right or wrong. You may find yourself changing plans suddenly because something no longer feels right.

Your intuitive clarity may seem unreliable to others, but it's a sign that you're following your health. You know what you need to feel good, and you don't let external expectations sway you. This protects your well-being.

## Affirmations

I trust my instinct and intuition.

My body knows what is good for me.

I sense danger and act quickly.

My intuition guides me reliably.



53	60	52
54		19
38		39
58		41

# Root Center

## undefined

*The root center is a source of energy that drives life and is closely connected to the stress and adrenaline system. About 60% of people have a defined root center, which provides them with consistent energy to handle pressure and stay active. For the 40% with an undefined root center, energy fluctuates, making them more sensitive to external pressure and in need of more frequent breaks. This center plays a key role in supporting physical and material existence by enabling movement and activity. It also helps with grounding and stability, allowing individuals to stand firmly in life. Additionally, it generates the drive to improve things and boldly pursue new ventures.*

With an undefined root, you are like a stress barometer. You feel the pressure and stress of others particularly strongly and perceive it more intensely. In quiet moments or when you are alone, you can quickly return to a state of relaxation. You tend to feel rushed because you have a strong urge to release the pressure. You like having things completed and often try to finish tasks quickly, even when there's no real need to hurry. It's important to recognize when the stress is coming from others, so you can be more mindful of your own tempo.

You absorb the energy and drive of those around you and can use it to work efficiently for short periods. This ability to amplify the energy of your environment helps you finish tasks quickly because you enjoy getting things done. Afterward, you need time to relax and recharge. This flexibility allows you to adapt quickly to different situations and take action when necessary. However, it's important to make sure you take breaks in time to avoid exhaustion. By doing so, you'll maintain a healthy balance between activity and rest, which will keep you strong and grounded.

## Challenges

External pressure can make you lose your composure and become hectic. You react very sensitively to stressful situations and try to complete tasks as quickly as possible to get rid of the pressure. At such times, you may lack the patience to take things calmly and step by step, as the desire to relax prevails.

External stress sometimes leaves you little room to take a break and process the pressure in a healthy way.

You find it difficult to escape the stress, which can lead to tension in the long term. The challenge is to remain calm under external pressure and not get carried away by the hectic pace of others.

## Potentials

You have the ability to absorb external pressure and transform it into productive energy. This allows you to recognize whether an activity is really worthwhile and which drive is useful for you. This flexibility allows you to adapt quickly to stressful situations and complete tasks efficiently.

You can use external stress to find creative solutions and emerge stronger from such phases.

Your inner calmness allows you to regain your composure after stressful moments and carry on at your own pace. By using the pressure constructively and letting go when you need to, you preserve your energy and manage to stay calm in the long term.

## Affirmations

In solitude, I find peace and relaxation.

I use external pressure to act effectively.

I always return to my calmness.

I trust my pace and let go of stress.



# Definition

How your defined centers  
in your body are  
connected and  
communicate with each  
other.



# Split Definition

A Split Definition means that your defined centers in your chart are divided into two separate groups that are not directly connected. This means there is a gap between these two areas, which can make achieving a complete inner connection more challenging. You might sometimes feel like you are missing a crucial piece of the puzzle to make a clear decision or to gain a full understanding.

With a Split Definition, you tend to be drawn to people who can bridge this gap in your system. Relationships and interactions with such individuals can help you feel more complete and whole. These connections are often especially meaningful because they provide you with a sense of inner unity that might be harder to achieve on your own.

A challenge with a Split Definition can be feeling dependent on external influences to gain clarity. It is important to recognize that while the support from others is valuable, it does not diminish your own strength and independence. Your Split Definition can teach you how enriching it is to exchange ideas with others and discover new perspectives together.





# Channels

A channel is a connection between two defined centers in the body graph, allowing a constant flow of energy and specific abilities or traits.

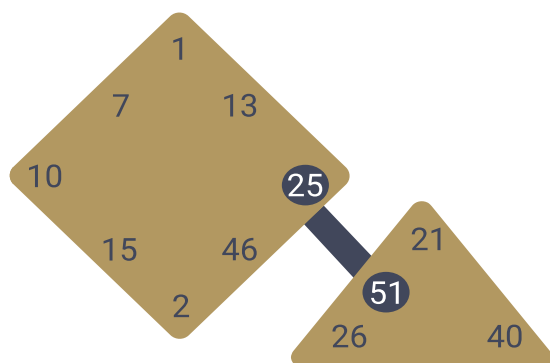


Channel 25-51

# Initiation

The channel 25-51 connects in you the deep desire to express your uniqueness with a strong urge to face new challenges continually. You have the need to prove yourself and the courage to take the lead, whether it's about personal goals or professional achievements. For instance, you don't hesitate to initiate new projects or take risks because you believe that it's worthwhile to push beyond your limits. This determination and your unwavering belief in your abilities can inspire others, but sometimes they might feel intimidated by your strong presence, perceiving it as too dominant. However, for you, it's all about experiencing life intensely and continually challenging yourself.

Your competitive nature drives you to never stand still and always strive for the highest. There may be times when you feel isolated because not everyone can keep up with your pace or ambition. Yet, you feel that your path is unique and refuse to be deterred by this. The energy you invest in everything you do shows others that it is worthwhile to be courageous and express their own uniqueness. Even if your demeanor seems intense at times, it stems from the desire to make the most of life with all its possibilities.



Your courage and  
uniqueness drive you  
forward.

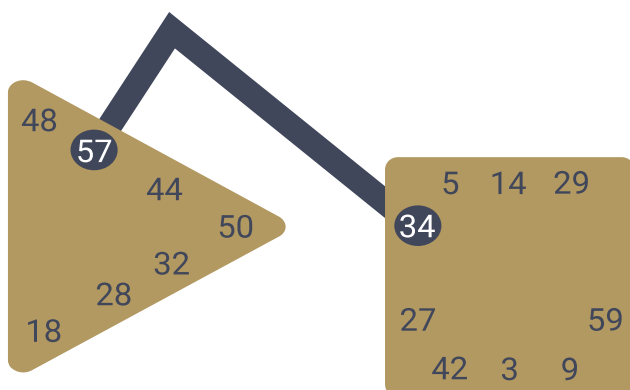
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Channel 34-57

# Power

The channel 34-57 connects your strength with intuitive clarity, granting you the ability to act powerfully in the moment. You respond with impressive speed and precision, especially when quick decisions are required. You intuitively sense what needs to be done in difficult situations and act spontaneously before others realize the seriousness of the matter. This ability makes you particularly valuable in crises, as you can choose the right path and inspire others through your actions. Your inner voice guides you through unpredictable challenges and gives you the strength to take immediate action.

It's important to invest your energy only in what truly matters to you. Your strength unfolds best when you focus on what genuinely empowers you and avoid distractions from external expectations. When you follow your intuition and concentrate on the right moments, you can tap into your full potential. Your targeted actions show others the way and encourage them to move forward when they are uncertain. In this way, you become a decisive force that not only leads yourself but also guides others through challenges.



Strength and  
intuition guide you  
powerfully to your  
goal.

“

# Gates

Gates are energetic points within the centers that activate specific qualities and can be connected through channels. They correspond to the 64 hexagrams of the I Ching.



## Gate 8

# Contribution

With your creativity, you inspire others and show them new paths.

When you find a cause or project that resonates with you, your creativity flourishes and you become unstoppable. You know how to attract attention and inspire people with your unique style. Your potential lies in fostering new ideas and helping others overcome their fears to give their best. By leading through example, you motivate others to be courageous and creative. Your authenticity and dedication leave a lasting impression, fostering growth and innovation in your environment.

It can be frustrating when your efforts don't get the recognition they deserve. In such moments, you might be tempted to use the same techniques as everyone else to gain attention, leading to disappointment and frustration. It's important to maintain your authenticity and resist the urge to conform. The melancholy you sometimes feel is a normal part of the creative process and can lead to deeper creativity if you embrace it. By accepting these feelings, you often find what you're looking for and draw new inspiration and strength.

## Affirmations

- I trust my creative power.
- My authenticity attracts attention.
- I don't let setbacks discourage me.
- I am proud of my ability to inspire others and show new paths.



## Gate 12

# Caution

You express yourself passionately and profoundly, and everything you say has a strong impact.

Everything you say has the potential to influence others, either positively or negatively. Therefore, it is crucial for you to wait for the right moment to influence others and to find the right words to ensure that you are clearly understood. Your ability to discern the authenticity and truth of words helps you to formulate your messages in a way that positively impacts others and transforms them through your emotions. When you are in a good mood, you can articulate your feelings with impressive clarity, leaving a strong emotional impression on your listeners.

When you feel that no one is listening, it can be frustrating. In such moments, you might become melancholic. You want to share your feelings but find no one worth sharing them with. This can worsen your mood, leading you to obsessively search for reasons for your melancholy and try to fix it. Accepting this melancholy as part of the process can connect you more deeply with your creativity and help you find the right moment and words to express yourself.

## Affirmations

- I trust my ability to communicate clearly and profoundly.
- I choose my words carefully and thoughtfully.
- I accept my melancholy as part of my creative process.
- I wait for the right moment to share my thoughts and feelings.



## Gate 17

# Opinions

You have the ability to find solutions based on detailed knowledge.

Your curiosity drives you to know everything and understand all details. This leads you to form opinions on many topics that interest you. These well-thought-out opinions allow you to logically explain current events so you can predict future outcomes and take measures to prevent or improve them. Your ability to see the big picture and all its parts leads to an objective understanding of everything around you. It's as if you view a system, behavior, or strategy from above, seeing all the parts and their influences, enabling you to identify patterns to improve them.

Sometimes, however, you may have difficulty substantiating your opinions with facts. This might cause you to refrain from sharing them with others because you're unsure if they will withstand criticism. It's important to accept that there will be situations where your opinion is not supported. Instead of not sharing it or withdrawing and viewing those who don't share it as narrow-minded, you should try to remain impartial, keep an open mind, and consider your opinion as a hypothesis.

## Affirmations

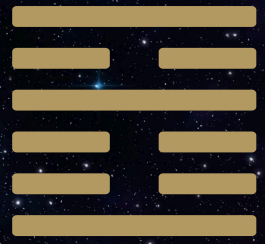
- I trust my ability to form well-founded opinions.
- I remain open to new information and perspectives.
- I accept that not all my opinions will always be supported.
- I share my insights when the time is right.





## Gate 21

# Hunter



You have the natural ability to take responsibility and make decisions.

Your strength lies in giving clear instructions and managing resources effectively. You feel comfortable when you have control and can ensure that everything runs smoothly. Your ability to make decisions and organize things brings stability to your environment. You have a keen sense of how to optimize material and personal resources to get the best out of every situation. This gives you and others a sense of security and confidence. Your determination and organizational skills inspire others to follow you and support your environment.

When you feel the need to control everything, it can lead to tension. It is important not to impose your control but to wait until you are asked. Otherwise, you might face resistance and cause conflicts with others. Sometimes you need to let go and trust that not everything has to go according to your plan. Your challenge is to find the balance between control and trust to create a harmonious environment. By doing so, you can also develop and grow your own skills.

### Affirmations

- I trust my ability to take responsibility.
- I use resources effectively.
- I wait for the right moment to take control.
- I create a balance between control and trust.

## Gate 25

# Self Spirit



You are honest and sincere in all your relationships.

You never tell people how to behave or how to love; instead, you accept them as they are and show them through your example what it means to love unconditionally. Your ability to trust life and embrace it wholeheartedly empowers others to do the same. You are always ready to step into new experiences and face challenges because you trust in what you have discovered about yourself. This willingness to embrace life helps you gain wisdom that you can share with others on their journeys.

When you feel insignificant and incapable, it can lead to melancholy. You might feel so small and limited that you struggle to accept yourself in these moments. This can change your mood, leading you to seek reasons for your melancholy and try to fix it at all costs. It's important to accept this melancholy as part of the process instead of trying to block or rationalize it. This feeling can connect you more deeply with your creativity and restore your trust and innocence in life if you allow yourself to feel it without getting attached to it.

## Affirmations

- I trust life and its experiences.
- I accept myself in every moment.
- I allow my melancholy to enhance my creativity.
- I love and accept others unconditionally.

## Gate 34

# Force

You are full of energy and always need something to do.

You are constantly on the move, starting new projects and diving into various activities with enthusiasm. Your strength and stamina allow you to handle many things at once and be successful in them. You feel alive and fulfilled when you are busy and can channel your energy into something productive. Your individuality and desire to be independent and celebrate your uniqueness drive you to constantly seek new paths and challenge yourself. You enjoy leaving your mark on the world and expressing yourself through your actions, showing others your creativity.

However, your constant drive to be active and use your strength can also lead to burnout. When you let others' expectations guide you instead of focusing on your well-being, you risk exhausting yourself. It's important to learn to use your energy wisely, rather than doing everything that comes your way. Make sure you only take on tasks that truly matter to you and bring you joy. This way, you can ensure that your strength is used meaningfully and you don't get lost in endless obligations.

## Affirmations

- I listen to my gut feeling before committing.
- I say no to things that don't fulfill me.
- I use my energy wisely and deliberately.
- I take care of my well-being and set healthy boundaries.





## Gate 35

# Changes

You are always ready for new experiences and adventures.

Your unquenchable desire for new experiences and challenges drives you to constantly seek out fresh adventures and opportunities. You love stepping out of your comfort zone and exploring the unknown, relishing the variety life has to offer and embracing each new challenge. Each new experience allows you to grow and evolve, inspiring others and driving progress in your surroundings. Thanks to your wide range of experiences, you can handle almost any challenge and foster change, growth, and advancement in those around you.

Sometimes, your hunger for change and new experiences can lead you to act recklessly, jumping into things without taking the time to assess the consequences or potential outcomes. This can result in moving from one experience to the next without fully completing or learning from them. It's important to recognize that the constant search for newness isn't always fulfilling and that taking the time to savor the moment and finish what you've started is crucial. Only then can you truly grow and gain the wisdom and insight you seek.

## Affirmations

- I take time to fully experience each moment.
- I trust that I will recognize the right moments for new adventures.
- I allow myself the time to complete what I have started.
- I enjoy the present moment and the insights it brings.



## Gate 38

# Fighter



You are independent, focused, and determined, always ready to face any challenge at any time.

For you, obstacles are nothing more than opportunities to become even more committed to your goals and ambitions. You feel an intense inner drive to fight for something that gives your life meaning, sometimes struggling to appreciate what you've achieved without having fought tooth and nail for it. With each struggle, you gain wisdom about what is worth fighting for and what isn't, sharpening your sense of purpose. You recognize that you are fighting for a cause, not against someone, and that cause is the purpose of your life, which gives it immense value and direction.

Your motivation to fight for what you believe in can lead to melancholy when you're unsure what is worth fighting for, causing moments of doubt or confusion. This is normal and part of the process of discovering what truly matters to you. If you try to rationalize the melancholy and force the fight, you might end up in a meaningless struggle, draining your energy. Use your authority and strategy to fight for the right things or people at the right time, so you find the value you're seeking and don't waste energy on unimportant battles.

## Affirmations

- I trust in my inner strength.
- I find wisdom in my struggles.
- I take time to understand what is worth fighting for.
- I use my energy for the right things.

## Gate 39

# Provocateur

You have a natural ability to provoke others and evoke strong emotional reactions.

Your gift allows you to encourage individuals to step outside their comfort zones and inspire them to explore new paths. You know how to capture people's interest and attention through your words and actions, using this talent to foster creative and dynamic changes. Your provocations can range from subtle to direct, often having a profound impact on those around you. Driven by the desire to inspire others, you help them realize their full potential. You can challenge people positively, encouraging them to think and act differently, leading to growth and transformation.

If you're not in the right mood, your provocations might be misunderstood. People's reactions depend on your emotional state, and a bad mood might evoke negative emotions. Be aware of your mood and channel your provocations positively and constructively. Otherwise, you might create chaos and misunderstandings instead of fostering positive change. Use your gift wisely, ensuring your intentions are clear and positive to avoid negative consequences.

## Affirmations

- I trust my ability to inspire others.
- I am aware of my own mood.
- I use my provocations constructively.
- I am mindful of the impact of my words and actions.





## Gate 41

# Compression

You have a constant urge to experience something new and exciting.

You are driven by the desire to seek new experiences through emotions, imagination, and excitement. When you focus all your energy on the one dream that inspires you the most, your determined side emerges, and you move with purpose to live it. This focus and determination make it rare for your strongest dreams not to manifest in your life. Once you have lived and felt these dreams, you tend to withdraw to prepare for the next one, starting the process all over again. Your ability to ignite the desire to experiment in others makes you a natural motivator.

The desire for new experiences can be overwhelming, especially when you are unsure of what you want to experience. If you give in to this urge and let your mind drive you, you may lose yourself in misguided dreams and burn out your energy, leading to exhaustion and self-destruction. This can result in living in a fantasy world, unable to enjoy the present, caught between the fulfillment of dreams that should make you happy and the burdens of past problems that weigh you down.

## Affirmations

- I wait patiently for the right dream to reveal itself.
- I channel my energy into experiences that truly fulfill me.
- I pursue my dreams without pressure.
- I use my imagination to create new experiences.



## Gate 48

# Depths

You have a deep need for justice and clarity.

You often see the world in black and white, in fair and unfair. Your motivation to mobilize others for change comes not from a need for power or fame but from a deep sense of justice. You want everything in your community, whether it be family, friends, or an organization, to be fair and just. Your principles are strong, and you passionately advocate for them to be recognized and upheld. Even if it means standing alone at times, you do so without hesitation.

Your strong sense of justice can sometimes lead to isolation because you expect others to follow your principles, and you are willing to penalize those who do not. This can cause tension, especially if you react emotionally without clarity on the situation. It is important to develop patience and wait for emotional clarity before acting, to avoid compromising your principles due to fear of rejection or conflict. Your ability to promote reforms while preserving necessary aspects of the past is a valuable talent that should be used thoughtfully.

## Affirmations

- I trust my sense of justice.
- I wait for emotional clarity before taking action.
- I value my principles and stand up for them.
- I accept that not everyone shares my perspective.



## Gate 51

# Shock



You are brave, competitive, and sometimes reckless.

You always strive to be the first, diving into new experiences and unknown adventures with excitement and determination. Your courage and confidence in your abilities allow you to take risks that others might avoid. You move through fear, inspiring others to find their own paths and discover new possibilities along the way. You motivate those around you, helping them push beyond their limits and explore new horizons. Your ability to act confidently and decisively strengthens trust within your environment and encourages others to follow your lead.

It can be challenging to find new directions to venture into and satisfy your need to be the first. Trying to prove your bravery might put you in dangerous situations and unnecessary risks, compromising your well-being. Your desire to always be the best can lead to jumping from one situation to the next without fully processing the previous one, causing insecurity and agitation. Trust that something is guiding you through these challenges and initiate only the right new experiences for you to grow.

## Affirmations

- I trust in my courage.
- I embrace challenges without overwhelming myself.
- I act decisively and thoughtfully.
- I am open to new experiences that benefit me.



## Gate 54

# Ambition

Your ambitions and big dreams drive you forward.

You have great dreams and visions and are ambitious, with a strong desire to progress in all areas of life. Your determination and constant drive for success propel you forward. You never give up when you have a clear goal in sight and always strive to bring out the best in yourself. Your tireless effort often leads you to discover new paths and inspire others to pursue their dreams. Through your ambitions, you create an environment where growth and success are possible for everyone.

However, you might not always know how to channel your ambition into something sustainable and valuable, which can lead to focusing only on the material and ultimately feeling empty. The key to success is to wait for the right opportunities. If you give in to the pressure of constantly needing to achieve more and let your mind convince you that you must always have more, you can fall into the trap of trying to force success at any cost. This could lead to becoming obsessed, putting undue pressure on others, and feeling dissatisfied because nothing fulfills you.

## Affirmations

- I trust my inner compass and wait for the right opportunities.
- I strive for sustainable and meaningful success.
- I find fulfillment in collaboration and collective growth.
- I remain true to myself and my values.



## Gate 57

# Intuitive Insight

You have a sudden perception of truth and can sense things before others can.

Your intuition allows you to perceive different vibrations and sounds in the present moment and trust your hunches with clarity and confidence. This ability helps you anticipate what will happen and use these insights for your benefit and the benefit of those around you. By transforming mistakes into something new and successful, you improve your well-being and that of your environment, fostering positive change. It's crucial to stay present and not get lost in worries about the future or past stories to hear the truth of the moment and respond effectively to life's challenges.

A possible challenge is that your perceptions might lead you into a state of melancholy or self-doubt. During these times, you might feel incapable of ensuring your own survival or that of those around you, leading to feelings of helplessness. This shift in mood can tempt you to force your actions, mentally evaluating all possible scenarios to improve the situation, which ultimately silences your intuition. Recognize that your intuitive perceptions are spontaneous, and it is essential to stay connected to your body and mind to truly feel them fully.

## Affirmations

- I trust my hunches.
- I allow myself to follow my intuition.
- I remain in the present moment.
- I listen to my inner voice.



## Gate 58

# Vitality

You constantly strive to improve things around you.

You are full of vitality and joy for life. Your desire to make things better drives you to challenge norms and find better ways to improve various situations. This joy spreads to those around you, especially when you defy authority to correct what is wrong or no longer works effectively. You sense when something is weak or unhealthy and focus on correcting anything preventing your environment or team from achieving well-being and happiness. You enjoy testing and improving things, transforming them challenge by challenge with enthusiasm.

A challenge is when you focus this need for improvement on yourself or others instead of on patterns or systems, demanding a perfection that doesn't exist in reality. This can turn your joyful state into a frenzy of perfecting everything to an exhausting degree. When you let your mind dictate what needs improvement and how to achieve perfection, you may end up trying to fix everything all the time, which can be draining. This can lead to desperation and feeling useless when your attempts don't succeed or yield the results you desire.

## Affirmations

- I use my energy to make meaningful improvements.
- I accept things as they are while striving for progress.
- I focus on the here and now.
- I trust my authority to make the right decisions.





## Gate 59

# Intimacy

You have the ability to create a deep sense of trust with others.

People are naturally drawn to you, opening up and connecting with you because of the warmth and intimacy you exude effortlessly. This natural attraction allows you to form stable and profound relationships where honesty and intimacy are key elements. You create a space where others feel safe, valued, and understood, promoting creative projects and joint ventures that foster collaboration. Your goal is to build respectful, sincere, and cooperative bonds that are fulfilling and enriching for both parties involved.

A potential challenge might be recognizing the right relationships and avoiding shallow or fleeting connections that do not offer the depth you truly seek. During these times, it's important to be patient and thoroughly understand the person or project before committing your time and energy. Rushing into relationships can lead to disappointment and a loss of trust over time. Waiting for the right opportunity helps ensure that your connections are built on solid foundations and provide true fulfillment in your life.

## Affirmations

- I am open to deep and trusting relationships.
- I take the time to understand people and projects.
- I wait for emotional clarity before committing.
- I create stable and profound connections.



## Gate 60

# Acceptance

You aim to bring about change and create innovation.

Despite your desire for renewal, you are rather conservative, as you don't seek change for its own sake. Planned and structured changes are important to you because you know that sometimes you must accept what exists before introducing something new to ensure sustainability. Patience and trust are crucial while you wait for the new to take shape behind the scenes. This process is invisible and occurs in pulses, like a light that switches on and off, with change happening in the background.

Limitations can put you in a deep melancholy, feeling change will never happen. The feeling of stagnation can be burdensome. It's important to recognize this as a normal part of the process. The same melancholy can intensify your creativity and bring the spark of inspiration you seek if you give it time. If you rationalize the melancholy and force change, you may feel like a victim of the limitations rather than working with what you have to bring about change.

## Affirmations

- I trust the natural process of change.
- I give my creativity the space to flourish.
- I accept the uncertainty of life.
- I use my patience to achieve sustainable change.



# Incarnation Cross

The incarnation cross  
describes the combination of  
four key energies that shape  
your life path and purpose.





# Right Angle Cross of Tension (39/38 | 21/48)

You are here to create tension in others through teasing, provocations and pushing the buttons that you know will set them off to find the right spirit in their reaction, giving them the opportunity to deepen their reaction and work on it.



# Thank you

Thank you for embarking on the journey to  
discover your Human Design.

This report is more than just an analysis. It is an invitation to get to know yourself better and shape your life according to your true strengths and desires. The insights you've gained are valuable guides that can help you find your place in the world and fill it with ease and joy.

Remember:

You are unique, and that is your greatest strength. Within you lie talents and abilities that not only enrich your own life but also the lives of those around you. Let these new insights inspire and encourage you to follow your own path.

Keep in mind:

You are exactly as you should be. It is your life, and you are free to shape it in a way that fulfills and makes you happy. Believe in yourself, trust your inner compass, and take every step with joy and confidence.

Best wishes on your journey.



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