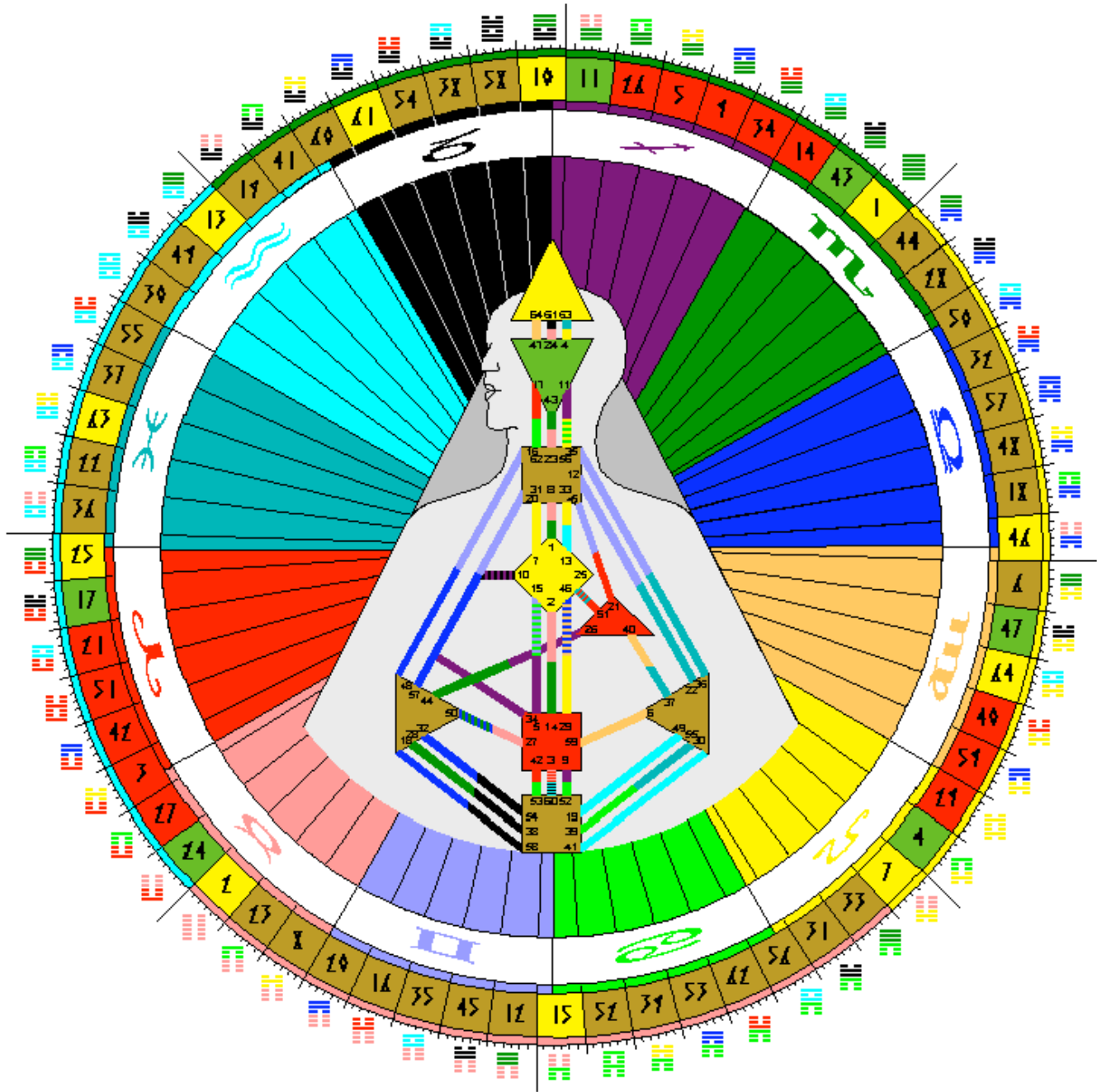


An Introduction to The Human Design 64-Gate Basic Body Graph & Mandala



Eleanor Haspel-Portner, Ph.D.

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What is Human Design?

Human Design integrates four ancient philosophies:

- The Chinese I-Ching
- Western Astrology
- The Indian Chakra System
- The Kabbalistic Tree of Life

These philosophies form a synthesized system of knowledge documented scientifically by Eleanor Haspel-Portner, Ph.D. Although this document focuses on the “Basic Human Design Charts” and its fundamental components additional calculations based on the Natal Birth information result in a Multidimensional Format that shows a Map of Functional Consciousness unique to each individual. The Multidimensional Design Charts use the same terminology and concepts since it shows Layers within our Consciousness and how those Layers function in daily life. The Layers documented in the Multidimensional Design System have excellent validation both clinically and in scientific research. Once the Basic language of Human Design is understood these other Layers follow logically and clearly.

When we enter the world through conception, we are cellular in form. Our genetic composition and predispositions, in the context of the environment in which we develop in utero as well as the zodiac, influences or imprints on this development to determine the vehicle with which we live throughout our life. We have, in actuality, only a modicum of control. How we manage the vehicle with which we are born, functions essentially like how we manage a car we drive. Regardless of the kind or Type of vehicle we drive, we can drive well and carefully, with thought as well as caution, or we can drive recklessly, with no concern for the consequences of our behavior. Managing our physical vehicle is no different. How we live, eat, relate to others while *not* in our control on a basic level, because of our predispositions, *are*, however, within our management. I call the aspect of conscious Personality in a Waking Design Chart the Influential Passenger. Keep this term in mind as you continue to read and begin to understand the nature of the Map you are about to discover for your own vehicle.

Throughout history man has searched for the elixir of enlightenment. Always the Master has told the student that the answer is within and that being oneself in one’s core being makes life joyful as well as effortless. Through a mechanical integration of many disciplines we now have scientific documented evidence that there is a simple map that helps people find themselves without therapy, without drugs, without turmoil in their life. This map has the capacity to explain much of the genetic and physiological basis of behavior as well as providing an energy map of how those aspects get triggered.

On the most surface level a person, an awake person, experiences him/herself as an energetic being moving in time and space. Energetic movement happens on two basic levels in a person: what in Design has been called the Conscious Personality and the Unconscious Design. It may be more accurate to describe these levels of awareness as the Influential Passenger and as the Energetic Vehicle. The Influential Passenger is an energy Map of the person based on the time and place of their birth. It represents an imprint of the cosmic forces that have magnetized their genetic predispositions in ways that are accessible to their Conscious Awareness in day to day life. The Energetic Vehicle is the Unconscious Design calculation based on the imprint of the cosmic forces that have magnetized the fetus 88 Solar days before birth, or at the time when the fetus became a viable Consciousness. This Map of the Energetic Vehicle is not accessible to the

awareness directly but rather influences the passenger in ways that are constant and familiar in daily life and in his movements in time and space. Human Design with its various Multidimensional Layers shows you a blueprint of your self and your role in this life, as well as how you relate to and communicate with others.

Through the use of the Multidimensional Design Charts we have a Map of our vehicle and of how we are predisposed to manage it. Several Charts comprise this system that have been shown to have validity through statistical documentation*; they show that we each have strategies that work well for us. When using these congruently inherent strategies we feel comfortable in managing our Vehicle. Important also, through proper management and Strategy, we find life more effortless and flowing in a way which empowers us. This way of being feels like we are “being our Self.”

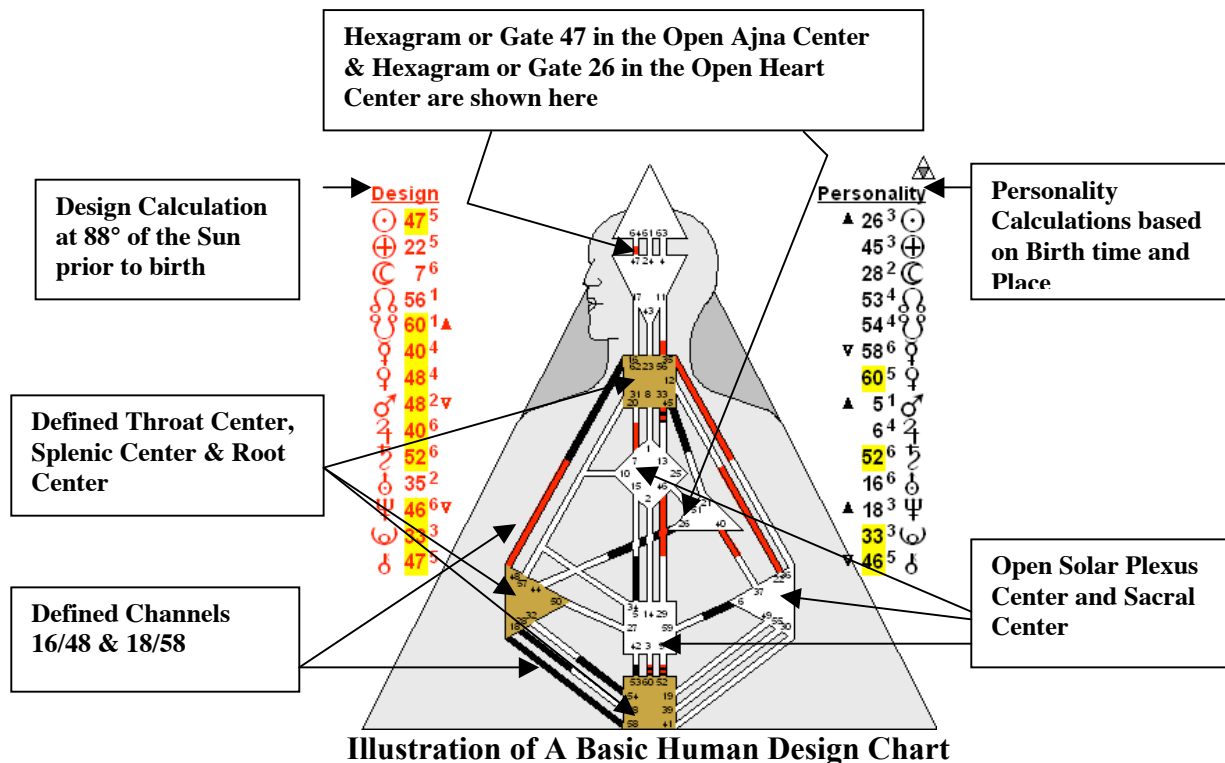
In this document, designed for an individual who is new to this field of knowledge, the terminology is used in terms of only the most Basic Human Design, the Solar Design Chart. This Chart is the one most commonly used in the field and is the Basis for the terminology of all other Layers of a person’s Designs.

A Basic Human Design Chart

To create a Human Design Chart you only need to provide your birth date, time and place. Your birth information is used to calculate your Astrological Chart and this Chart is then converted into the Human Design Body Graph (64 Gates). With the Body Graph, your Type is determined that explains your Strategy, you can see where your Authority lies and what your Profile looks like (these concepts are explained later in the document). In addition, an annotated illustration of the Human Design Mandala is included at the end of this document (page 15).

Your birth date, time, and place is used to create your ‘Personality’ graph (see picture below, the black row of numbers), these represent your Consciousness. The red column of numbers are calculated by using the date 88 Solar Degrees (roughly 88 days) before your birth date to create your ‘Design’ graph; these red numbers represent your Unconscious. The red numbers translate to red lines in the body graph while the black numbers show as black lines in the Body Graph. For example, if the first pair of numbers are: 47(red) and 26(black), you would see a red line filled in from the Number 47 in the Ajna Center of the Body Graph and a black line filled in from the Number 26 in the Heart Center of the Body Graph.

Each number in the body graph is called a **Gate**. Each number of the two columns of your birth data translates to Gates in the Body Graph – these Gates now are **Activated**. Two Gates that connect two centers are called a **Channel**. If you had two activated Gates that create one Channel e.g. Gate 48 and Gate 16, you would have a **Defined Channel** – both sides of the gates are filled with color. Each Gate and each Channel carry a different energy. These energies determine who you are, how you connect, react, communicate – life. For example, Gate 48 carries an energy that is called “The Well,” Gate 16 is called, “Enthusiasm,” and the Channel from 48 to 16 is called “The Wave Length: A Design of Talent”. Depending on a Channel being Defined or not, these energies have different effects on us.



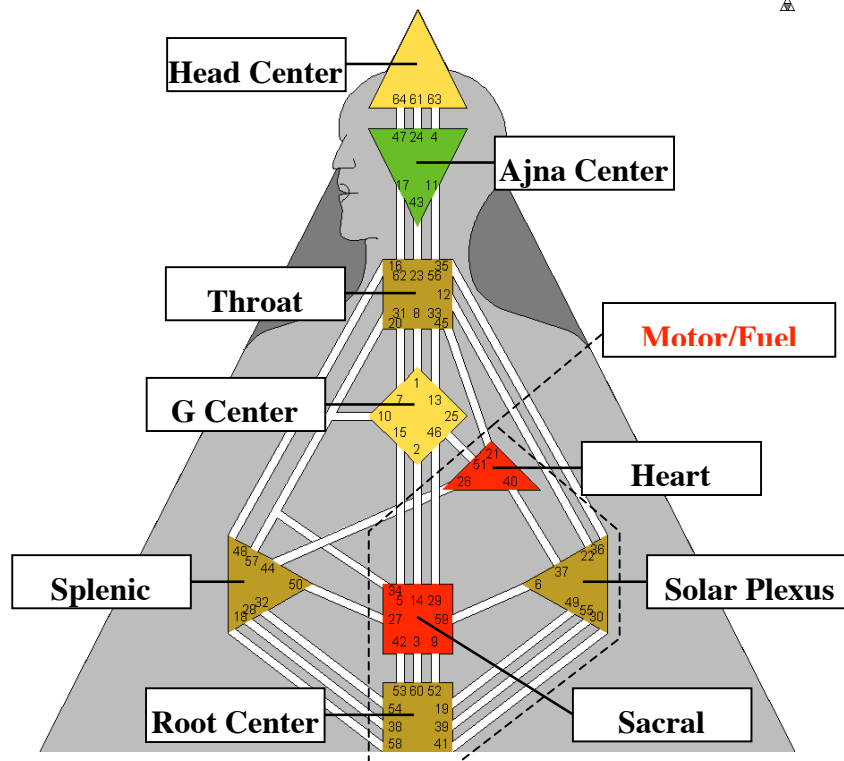
The Shapes in the body graph are called **Centers**. A Defined Channel always Defines two connecting Centers, e.g., if Gate 48 and Gate 16 create a Defined Channel, the Throat Center and the Splenic Center are Defined, too.

Definition

Definition shows where you have a reliable, stable energy pathway always moving in your body. The Centers that are colored show where you have reliable energies always at work within you. Each Defined Center has its own nature with variations based on the Gates activated from that Defined Center. Activated Gates filter information coming in to the Center in a certain way for you. A Defined Center, thus, tells you areas of stability and consistency of responses in your life. Centers that are not colored have no Filters and thus change with the experiences you have on a day-to-day, moment-to-moment, basis. By learning how you are Designed, i.e., what is Defined or not Defined in you, you have a map of how you operate in the world that shows you your true nature.

The Centers

The Centers correspond to Energetic Areas of the body akin to the Hindu Chakras and to the Sephirath in the Kabbalistic Tree of Life. In Human Design we work with 9 Centers rather than the 7 of the Chakra system or 10 of the Kabbalistic Tree of Life. Descriptions of the main Energy Centers, their location in the body, and their functions in each of the Centers follow.



An Illustration of the Body Graph and its Centers

The Three Awareness Centers

• The Ajna Center

An **Awareness** Center and a very important hub for transforming cognitive comprehension and processing. Located in the Ajna Center there are the hypothalamus, pituitary, and other autonomic nervous system structures. Because the Ajna Center along with the Head Center function to help us interpret information, we often make decisions based on this Center when it is only an interpreter and, therefore, should never be given this power (See also Chapter ‘Authority’, later in this text). Someone with a Defined Ajna Center is not influenced by others’ presence but has his/her own preferences and predispositions; someone with an Undefined Ajna Center has a very flexible thinking process that is open to all possibilities.

• The Splenic Center

An **Awareness** Center responsible for our immune functioning and well being in the world. It carries instinct, intuition, and taste which give us information for processing regarding what is healthy for our survival or not. A Defined Splenic Center operates in the present moment with a gentle non-verbal sense of what is healthy and good for us or not. If you have a Defined Splenic Center you can feel good and have the capacity to maintain that good feeling even when others around you do not feel good. If you have a Defined Splenic Center you are here to act in the Now and to be spontaneous since you know in the moment what is healthy and/or unhealthy for you. If you have an Undefined Splenic Center you are highly sensitive to others and to their feelings. The challenge is for you to know what your own vibration is and what your own experiences are and to not take on the feelings or vibrations of others. Also, avoid spontaneity since you are better off following your Strategy (see next chapter) and waiting for clarity from there.

• **The Solar Plexus Center**

An **Awareness** Center and also a **Motor/Fuel Center** that operates in a wave and has impact on all people, regardless of Definition, because of the nature of human consciousness and human nature at this time in our evolution. If you have a Defined Solar Plexus Center you have an awareness center that operates over time and therefore, you are here to wait for the emotional wave to pass before making any decisions or taking any action. It is also important to recognize that emotional clarity only comes over time and that the wave nature of emotions is physiological and not really emotional. At night when we sleep, we lose this center and thus, have a new emotional perspective the next day. If you have an Emotional Solar Plexus Definition, always sleep on things before making a decision or taking action. If you have an Undefined Solar Plexus, you are vulnerable to the moods and feelings of others and it is important to note that you may be expressing an emotion that is not yours. It is important to wait out all feelings to gain clarity regardless of Definition for this reason.

The Four Motor/Fuel Centers

• **The Solar Plexus Center**

As noted above, the Solar Plexus Center is both an **Awareness** and a **Motor/Fuel** center. It operates over time and thus, as a center that functions as a motor/fuel, if you have it Defined you must be especially cautious to take time to wait for clarity through the waves of energy that activate this energy center. If you have this Center undefined, you need to be clear that you are not acting as a result of someone else's emotional energy activations.

• **The Heart Center (Will Power and Ego)**

The Heart Center is one of the **Motor/Fuel** Centers. It is the Center that controls much of our biology and that creates **Pressure** and **Fuel** for survival on the material plane, i.e., in the physical form in the world. A Defined Heart Center creates a powerful force of will and energy that wants its survival known and preserved. If you have a Defined Heart Center you like to be in control of your own life and resources. You also know your own value albeit at times inflated. If you have an Undefined Heart Center you may not recognize your own worth and may not stand up for it. Also, with an Undefined Heart Center, making promises creates pressure on you that is not healthy.

• **The Sacral Center**

The Sacral Center is a **Motor/Fuel** Center. It is the primary source of energy within us and is the empowerment field of life itself. Within the Sacral Center is the genetic imperative for reproduction, intimacy, and nurturing of the species. There is an intimate relationship between this Center and the Ajna Center in transforming life force responses to our human cognitive experience and making sense of it. If you have a Defined Sacral Center you are someone who responds to things with a sense of your non-verbal affirmation in your "gut." Words do not exist in this Center, only an internal response with a non-language sound ('ah huh' for yes, and 'un un' for no). It is only when the response is translated via the Ajna and Throat Center that words identify it. Thus, if you have a Defined Sacral Center, it is important for you to know your nonverbal responses and to wait for them before expending any energy. If you have an Undefined Sacral Center you are living with your non-verbal responses unfiltered and open. You may experience frustration because you are so open to the Collective Life Force Energies that are present around you and you cannot easily translate them into your own non-verbal response

patterns. If you have an Undefined Sacral Center follow your Strategy (see next Chapter) to be healthy.

- **The Root Center**

The Root Center is a **Motor/Fuel** Center as well as the **Pressure** Center of life itself. The Root energies set in motion the way your body and mind feel pressure and process the movement of energy through you. If you have the Root Center Defined, you feel the strong pressure of this Motor and you process activities in your life in line with your activated Gates. Because the Root Center is a Pressure Center, it drives you and pushes for involvement. If you have an Undefined Root Center you do not have the pressure within you that creates stress so you may be taking stress on from others and feel pressure that is not yours. Living your Strategy (see next Chapter) prevents depression that comes from unnecessary pressure in all circumstances.

The Two Pressure Centers

- **The Head Center**

The Head Center is a Center of **Pressure** to comprehend and make sense of things in the universe. It is the Center of inspiration. When Defined the Head Center creates a mental pressure to grasp and to understand things in certain ways. When Undefined the Head Center is open to ideas and inspiration coming from all directions.

- **The Root Center:**

See the Description in the Motor/Fuel Center section

- **The Throat Center (The Center of Manifestation)**

The Throat Center is the Center of **Manifestation** and Communication. With 11 Gates as possibilities from the Throat Center, it is a very important Center regardless of whether it is Defined or not. If Defined, the Gate activations determine the way in which you speak since the connections to the Throat Center give the voice its expression. If the Throat Center is connected (Defined) to a Motor/Fuel Center it becomes a Center which can **Initiate Action**. Someone with a Defined Throat Center can always speak. Someone with an undefined Throat Center feels pressure to communicate but does not have the capacity to initiate speech and communication. They can, however, speak with the voice of those around them. For them, the pressures on the Throat Center lead them to feel constantly under pressure to speak and it creates anxiety for them. They need to know that they are here to live a Strategy (see next chapter) and to wait for an opening congruent with that Strategy.

- **The G-Center (Center of the Self/Identity Direction)**

The G-Center defines our identity. The eight leading gates in this Center set the roles for the way humans orient themselves in life. A Defined G-Center shows the kind of direction and sense for where you are heading in this life. It gives one a sense of a reliable self-identity in terms of this Definition. An Undefined G-Center allows you to remain open to moving in many directions in life and in being swayed by those around you. If you have an Undefined G-Center who you are with and where you are in terms of your comfort tells you if you are moving in the right direction.

The Energy Types and Their Strategies

There are **five different Types** of Energy configurations that have been scientifically

documented in over 30,000 cases (cf. Research Verifies 5 Types in the Human Design System, by Eleanor Haspel-Portner, PhD, Unified Life Sciences, 2001, 2003). Each Type has to follow their unique Strategy to live a balanced and fulfilled life.

- **The Manifestor**

The Manifestor has a Channel Defined that connects one of the Motor/Fuel Centers (Heart, Solar Plexus, Sacral, or Root) to the Throat Center, the Center of Manifestation. Manifestors can initiate action and both like to inform others of their intentions to act and like to be informed before others take action. When resisted in manifesting the Manifestor feels thwarted but when the energy of manifestation flows, the Manifestor feels enlivened and energized (8.0% of the population are Manifestors).

- **The Generator**

The Generator has the Sacral Center Defined but no Motor/Fuel Center reaches the Throat Center either directly or indirectly. The Sacral Center is a response Center. Thus, a Generator likes to respond to others and feels at ease when waiting for others to elicit a response through verbal or non-verbal questioning or through perception of their non-verbal responses. Often Generators feel a “gut” sense of a “yes” (“uh huh”), or “no” (“un un”). Generators feel frustration when not asked to respond and their Strategy must be one of receptivity to respond. Because they wait to respond, they are often frustrated by not being asked. On the other hand, when a Generator does wait to respond from within, a sense of fulfillment ensues. (36.8% of the population are Generators).

- **The Manifesting Generator**

The Manifesting Generator has the Sacral Center Defined and also has a Motor/Fuel Center (which may be the Sacral Center) connected directly or indirectly to the Throat Center. The Manifesting Generator (MG) combines the characteristics of the Generator as a primary Strategy and that of the Manifestor as a secondary and important step in their process. The MG must wait as a Generator for a response to a stimuli, but then once the response is elicited, the MG then must begin the manifestation process of envisioning the action and then must remain constantly vigilant and attentive to the internal responses which give feedback as to whether the action is “correct” or not. The MG must be constantly open to revising their responses and actions. Once a path is set, however, the MG must inform others and be informed in order to prevent frustration and feelings of being thwarted. (33.5% of the population are Manifesting Generators).

The Non-Energy Types and Their Strategies

- **The Projector**

A Projector has Definition (a connection between at least two centers) in the body graph but the Definition is other than sacral and no motor/fuel center reaches the Throat Center for manifestation. The Projector cannot respond unless some additional connections are made, so the Projector must be recognized and invited to contribute the perceptions that are internally clear. The Projector presents to others a screen upon which to see a clear energy and thus the Projector must wait until others are able to allow that projection to be perceived. (20.9% of the population are Projectors).

- **The Reflector**

A Reflector has no Definition anywhere in the body graph. A Reflector is someone who is totally Open to input from outside and who moves with the Energies flowing through them. A Reflector is often highly sensitive and has wisdom from their Openness to all energies. At times, with the presence of others in the Auric Field, a Reflector gains Definition because of the “hook ups” with the other person. It is, thus, through experiences in the world and with others that Reflectors experience themselves and know who they are. (0.8% of the population are Reflectors). Please note that in the case of a Reflector, it is essential to know the other Layers of the Multidimensional Design Charts because many Reflectors change Type in these Layers and thus, must follow a multi-faceted Strategy.

Strategy Keynotes By Type

- **Manifestor**

The Manifestor informs and wants to be informed; the Manifestor feels enlivened when Strategy is respected and/or honored and thwarted when Strategy is not respected and/or honored.

- **Generator**

The Generator waits receptively and responsively for an internal affirmation of a response; fulfilled when asked for a response or when their response is accurately acknowledged and frustrated when not asked for response or when response is not accurate perceived.

- **Manifesting Generator**

The Manifesting Generator has a multi-faceted Strategy of waiting receptively and responsively for internal affirmation of response, then envisioning the response as manifesting and revising where appropriate, then informing and being informed. When honored in Strategy fulfillment and enthusiasm surface, but when not honored in Strategy, frustration and a sense of anger surface.

- **Projector**

The Projector needs and desires recognition of their energetic perception; recognition or an invitation for a projector hooks up the Projector’s energy for expression. This Strategy when followed results in feeling validated, and, when not followed, results in feeling left out or bitter.

- **Reflector**

The Reflector is an open vehicle that allows for vulnerability to others and to energies that serve as conditioning fields. The Reflector Strategy allows movement and expression along with the movement of the transits and of others. The Reflector Strategy, when followed, results in a sense of being in the flow and of being disappointed, let down, or powerless when not followed.

Definitions

Each person has a unique Design based upon his or her date, time, and place of birth.

In analyzing a Basic Human Design Chart one of the things looked at is whether the **Channels** that have Definition connect with each other or not. There are people who have all their Definitions between Channels connected to each other. Depending on how the Defined Channels connect, an individual is considered to have that many Splits in their Design. The concept of Definition Type has been used in Design as a way of describing a Chart. The construct is useful

in describing the Design Chart of an individual in terms of their Strategy in managing their energetic process in their daily life.

- **No Definition**

An individual who has **No Definition** in Type is someone in whom the Design Chart has no Channels Defined; these individuals are Reflectors.

- **Single Definition**

A **Single Definition Type** applies to a Chart where there is Definition in a Channel or more than one Channel and the Channel or Channels that have Definition form one stream of connected energies. A Single Definition person is at some level self-contained because their Definition forms a single potential of energy, which reliably flows in them.

- **Split Definition**

A **Split Definition** occurs when two areas of separate Definition do not connect to each other. Because of this Split in the flow of energy in the Split Definition Chart, that person always seeks a Bridge, i.e., a Gate or Channel that links the separate energetic Definitions together.

- **Triple Split Definition**

The **Triple Split Definition** person is someone who has three separate Channels of Definition in their Design Chart that do not connect to each other in the Defined Channels of energy flow. These individuals need several Bridges to connect these Defined Channels.

- **Quadruple Split Definition**

The **Quadruple Split Definition** is someone who has four separate Channels of Definition in their Design Chart that do not connect to each other in the Defined Channels of energy flow. Often these individuals have all centers Defined but not all connect to each other. (For statistics analysis of the frequency of occurrence of different Definition Types see, “Statistical Analysis of Definition Type in the Human Design System, Waking Design Chart,” by Eleanor Haspel-Portner, Ph.D., on the www.unifiedlifesciences.com web site in the Research section).

Authority

Authority shows the area of the Basic Body Graph Chart that carries the reliable energy for decision-making in the person when they live their Strategy in life. **Inner Authority** originates within yourself giving you a sense of right and wrong for you. **Outer Authority** carries the ability to tell others what you think is right or wrong for them.

- **Emotional Solar Plexus Authority**

A Defined Solar Plexus always results in Emotional Solar Plexus Authority in the Chart. Depending upon the Channel Defined to the Solar Plexus the energy of the person’s emotional wave varies. The important Strategy for someone with Emotional Solar Plexus Authority is patience in waiting out the Emotional Wave Pattern (the pattern of the wave occurs over time).

• **Sacral (Generated) Authority**

A Defined Sacral Center but an undefined Solar Plexus Center and no motor connection to the Throat Center gives Generated Authority. The Sacral voice in this instance has only a response which reflects an energy toward or away from involvement in activity or process.

• **Splenic Awareness Authority**

Definition in the Splenic Center allows spontaneous operation through the Awareness of Intuition, instinct, or taste; such Authority coming from the Splenic Center has a very quiet voice which speaks internally only once in the now. Splenic awareness may be Manifesting, Generating, or Projected depending on the Path of Definitions in the Chart.

• **Ego (Manifestor) Authority**

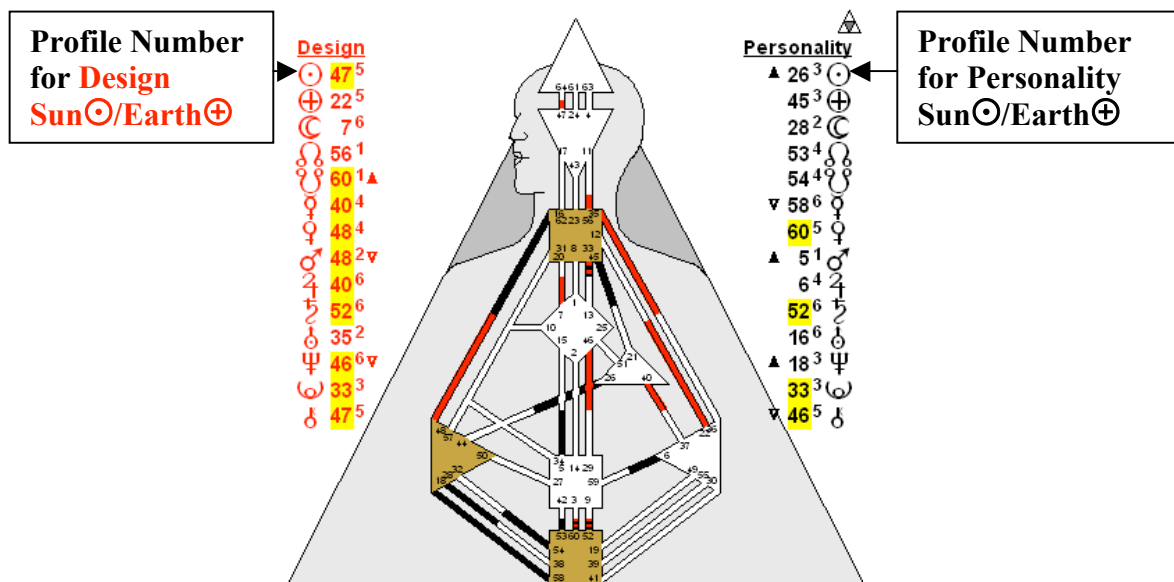
None of the other Definitions can be present in this kind of Authority; the person with the Ego Defined to the Throat Center uses “personal” will to decide what they want to manifest.

• **Self-Projected Authority**

Only the Self Center to the Throat Center is Defined in this type of Authority. It allows an individual to look inward to the Self for clarity in decision-making. The mind, even if Defined, never has inner Authority, but the mind can have outer Authority, i.e., be of use to others.

Profiles

Profile refers to the numbers of the Sun/Earth configuration in an Individual’s Chart.



**Basic Solar Design with a 3/5 Profile (Sun☉/Earth⊕=26 Gate, Line 3;
Sun☉/Earth⊕=47 Gate, Line 5)
A Single Definition Manifestor’s Chart**

Because the Personality (birth) Calculation and the Design Calculation are 88 days apart (at an arc of 88° of the Sun), a Profile shows a structural phenomenon of the Human Design System Calculation and represents a confirmation of the structural integrity of the System itself. Twelve possible Profiles seem to describe both an orientation in the life purpose of an **individual** and how others relate to that individual (cf. “Statistics on Frequency of Profile in the Human Design

System, Basic Human Design Chart” by Eleanor Haspel-Portner, Ph.D., Unified Life Sciences, 2001, 2003. www.unifiedlifesciences.com).

The 12 Profiles and Keyword

• The 1/3 Profile

Introspective, foundational and security seeking perspective with a tendency toward trial and error in finding their base.

• The 1/4 Profile

A secure foundation in relationships to others and the world comes through others’ response to and perception of the individual, i.e., the individual responds to being perceived.

• The 2/4 Profile

Although this individual likes privacy and solitude, opportunity can engage the individual with others.

• The 2/5 Profile

An individual who protects their reputation and want things to be practical, the call to be in the transpersonal world must seem a worthwhile commitment.

• The 3/5 Profile

These individuals through trial and error find what is worthwhile and stand up for it to others and in the world.

• The 3/6 Profile

Individual experiences of trial and error lead these people to become role models in guiding others.

• The 4/6 Profile

Individuals who observe other people and the world to find what is of value to communicate to others.

• The 4/1 Profile

These individuals are fairly fixed in their own way of being. They are good teachers for others.

• The 5/1 Profile

Despite a sense of introspection and insecurity, these people can bring practical knowledge to others in the world.

• The 5/2 Profile

When self-motivated these people come up to the high expectations others have of them.

• The 6/2 Profile

These individuals need to stay within themselves during the first part of their life but they become good role models for others later in their life.

• **The 6/3 Profile**

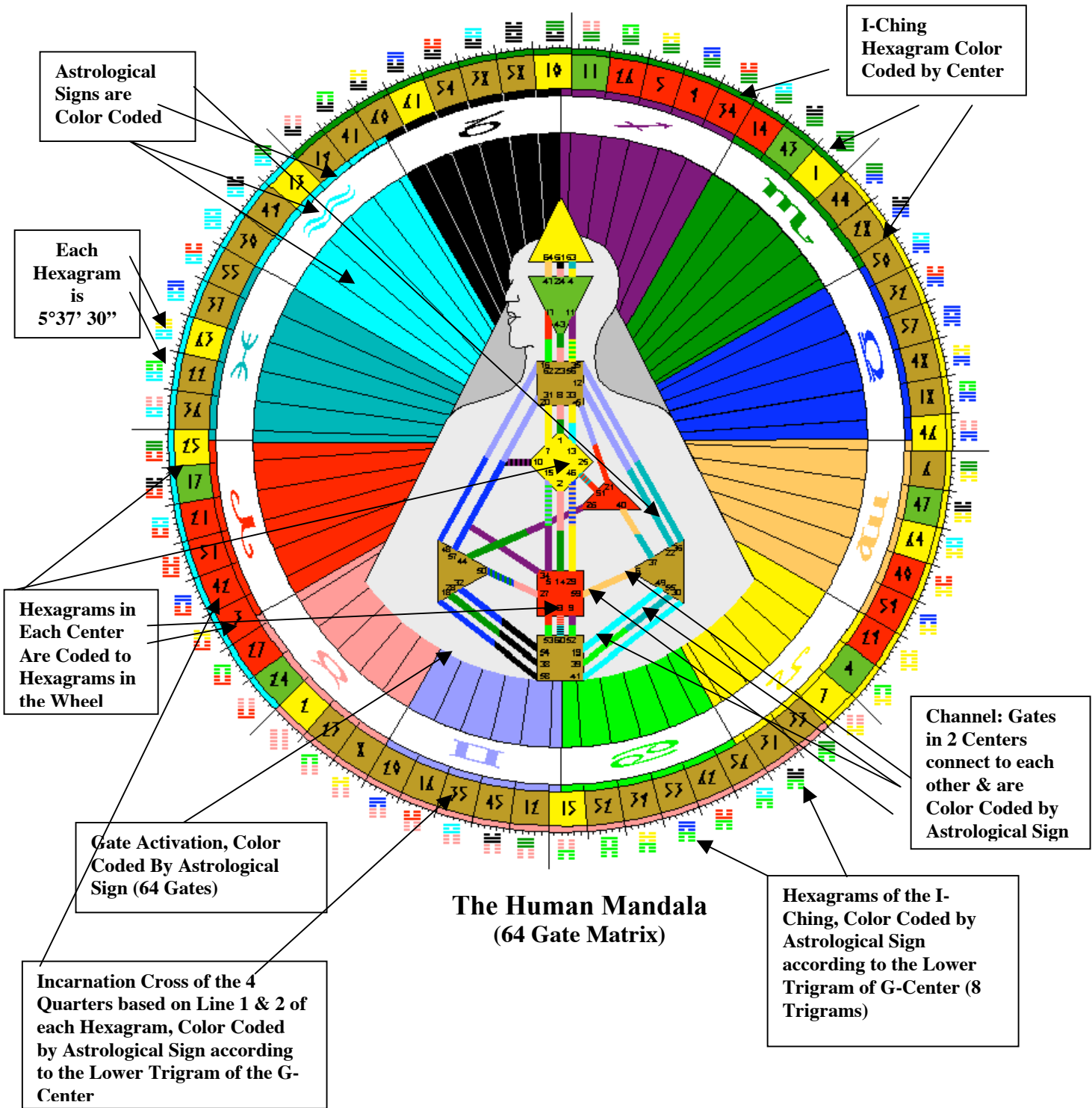
These individuals become role models because they try many things and find the things that work in the world. They are role models from their own experiences.

Summary

With knowledge of your Basic and Multidimensional Human Design Charts, it is possible for you to change your life. If you only start using your Strategy (cf. The Energy Types and their Strategies), you will see the impact of Human Design on your life. Although the Field of Design has new language and many terms that may, at this time, be confusing to you, if you look at several Charts of people you know well, e.g., family and friends, you can easily see how much the basic information coupled with the visual Body Graph shows. Begin using the knowledge gleaned through your Free Basic Chart as well as your introductory Free Multidimensional Design Chart reading, to experience the power of this tool for yourself.

* **References**

- *“Revised Research Verifies 5 Types in the Human Design System”*. Eleanor Haspel-Portner, Ph.D. *Unified Life Sciences*. August, 2001, 2003.
- *“Type Distribution in the Triple Design Matrix”*. Eleanor Haspel-Portner, Ph.D. *Unified Life Sciences*. August, 2001, 2003.



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