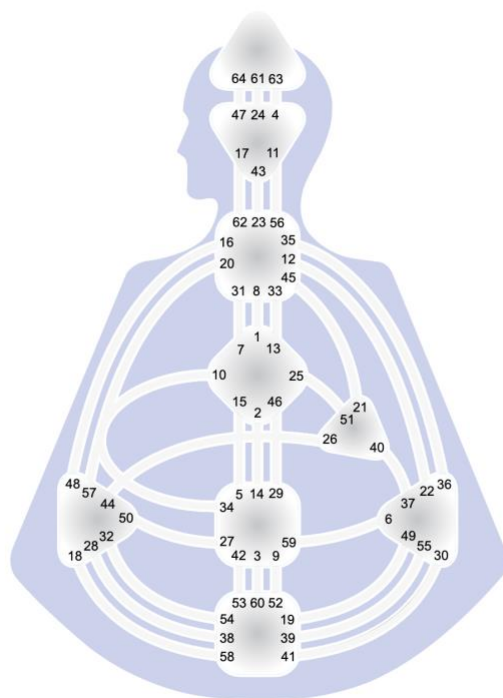


## HOW TO TRANSFORM YOUR LIFE IN 3 STEPS

Think of Human Design as a personal manual that offers guidance on how to successfully navigate life, detailing our talents, skills, and potential. It offers a map—called the BodyGraph

(To receive your free BodyGraph go to <http://violetraysenergyhealing.com/human-design-readings/> and fill out the form)



The BodyGraph— is a visual representation of the sum total of human possibilities and energies. The entire archetype of humanity is contained within the structural framework of the chart. The BodyGraph shows us the different ways we love, hate, lead, follow, learn, know, grow, and so much more!

Not only that, the chart shows your best strategy for making money, having great relationships, being healthy and creatively fulfilled. Your unique chart helps you understand how you work and how to best make your life work for you.

Human Design, as a manual, reveals how our inner guidance system operates and provides us with practical techniques for making decisions that can greatly enhance our experience of life.

It helps us

- Discover how to **improve the quality of our life** in a simple yet effective way
- **Make the right moment-to-moment decisions**, resulting in improved well-being, relationships, and career choices
- Manage daily life challenges **without getting overwhelmed**

Human Design offers a map of our unique genetic design, with detailed information on both conscious and unconscious areas of our design. Using simple tools, it guides us to discover our own truth, to live with self-acceptance, and to gain clarity about our purpose in life.

Understanding our Design has the potential to awaken our innate wisdom but dealing with lifelong habits and the power of conditioning can be challenging. Meeting these challenges takes courage and commitment. The process of re-discovering our true nature further requires both education and experimentation.

By experimenting with our Design, we can find out if this knowledge works for us. The first step is to know one's **Type** and **Strategy**, followed by understanding our **Inner Authority**, and then identify how and why we are susceptible to conditioning from outside influences. Once we understand our susceptibility, we no longer habitually create circumstances that force us to confront situations and energies we are not equipped to handle—bringing about changes that can remove resistance and unease. Human Design is a tool that can help us understand how body and mind are meant to run in alignment, and how to connect with others who can support our process.

The reward that comes from living out our authentic nature is worth the time spent learning about our Design, and the energy of committing to this process. The insights we gain through understanding our chart offer a completely new perspective about ourselves, our interaction with others, and our place in the world. Moreover, they can help us to be aware of conditioning, and to deal with the way conditioning affects us.

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

***“The Human Design System is not a belief system. It doesn't require that you believe in anything, or that you believe in me. It is not stories or philosophy. It is a concrete map to the nature of being—a logical way we can see ourselves. Just the simple mechanics is enough to make a vast difference in somebody's life.”***

**~ Ra Uru Hu**

*Founder of The Human Design System*



## HOW TO TRANSFORM YOUR LIFE IN 3 STEPS

The beauty of Human Design is that it's quite simple, once you break it down into a few basic steps:

1. Discover Your **Type & Strategy**
2. Understand Your **Inner Authority**
3. Begin Your **Experiment**

This eBook covers each basic step and how to apply this knowledge. It contains all the information we need to discover key aspects of our Human Design charts and begin experimenting.

## WHAT IS THE HUMAN DESIGN CHART & BODYGRAPH?

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

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

This refers to a collection of maladaptive strategies that have us act in ways that are not in alignment with our nature. Our “not self” decisions are the result of conditioning from the openness in our charts. Our conditioning is naturally inconsistent, influencing how we perceive and experience the world and make choices. Depending on the choices we make, this can cause various problems leading to further maladaptive strategies.

Once we grasp the information contained within our Human Design chart, we come to realize the power of our mind, and how heavily our actions and decisions are being influenced by conditioning.

The chart also provides us with simple mechanics—the strategies we employ based on our Type and Authority. The essential strategy of Type and Authority reveals how to make better decisions and successfully navigate. Applying these strategies helps us to be free of conditioning—and this can make a tremendous difference to how we experience life.

***Please note:** To obtain an accurate Human Design Chart, the birth time you enter must be precise. If you are unsure of your exact birth time, we recommend asking the hospital where you were born for a record of the time.*

## DISCOVER YOUR TYPE & STRATEGY

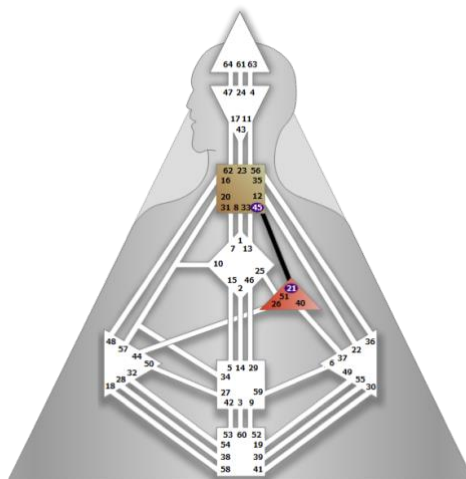
Take a look at your Human Design Chart, and take note of your **Type**, which reveals:

- Your **Strategy**, the first step to **making correct decisions**
- How your **Aura functions**, and how this impacts others
- Your **Signature** and **Not-Self themes**, which tell you if your **life is moving in the right direction**

Once you know your Type, scroll down to read the corresponding segment below.



## TYPE: MANIFESTOR



### Strategy: To Inform

We have all been told one time or another to go out and make things happen, to manifest our dreams and intentions. Manifestors have the ability to start off projects and act independently, and so it is this Type (which only makes up roughly 10% of the population) that has become our cultural ideal of “how to be in the world.”

However, this type of independent action is exclusive to Manifestors, who often are happiest when left to themselves, doing things their way. At the same time, Manifestors also benefit from the other Types when provided with energetic and creative support, and advice on how to complete a project.

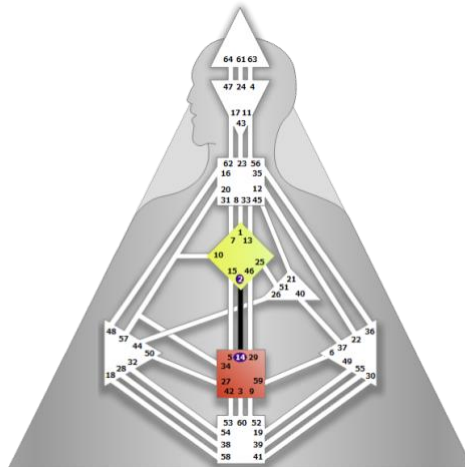
When we have a Manifestor in our lives, we often resist their natural capacity to act because we are both afraid of their independence, and of how their actions affect us. A Manifestor's actions always impact those around, creating a ripple effect.

The Manifestor has a powerful aura that can feel rather dense and closed off, keeping others at a distance. It acts as a barrier to the outside world to protect Manifestors' independence and need to be self-contained.

When you are not living out your true nature, you are primarily dealing with **Anger**. Once you begin to observe how your decisions impact others and **Inform** people before you act, this builds trust and paves the way for you to move freely and without resistance. This then increases the potential for you to experience your "Signature" — **Peace**.



## TYPE: GENERATOR & MANIFESTING GENERATOR



### Strategy: To Respond

Generators and Manifesting Generators are energy Types, and by far the largest Type group, making up roughly 66% of the population. *When we refer to Generators, Manifesting Generators are included.*

Generators are the great "builders." They derive their energy from the Sacral Center (the red square near the center of the BodyGraph), the source of generating the life force. Generators

have a tremendous amount of energy at their disposal but need to know how to use this power correctly so not to waste this energy resource on activities that do not lead to expected outcomes.

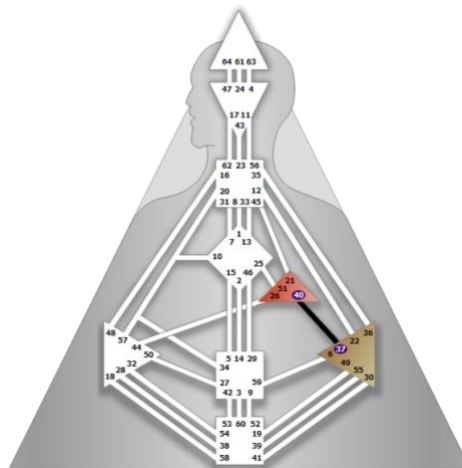
When you initiate because you are trying to “make things happen,” you will generally meet with resistance in the form of frustration and feeling stuck. You can end up involved in projects and activities that deplete you, without leaving you fulfilled or satisfied. Over time, this leads to exhaustion and quitting.

As a Generator, you need to wait for what life brings to you, and then follow your response. Your aura is open and enveloping, taking in everything in your environment. You draw things to you and as you are energetically designed to respond, this will tell you if something is correct for you or not. Once you respond to a person, event or action, you can then act with the full force of this powerful energy.

By learning to **Wait and Respond** you begin to eliminate resistance and the **frustration** that comes from not using your energy correctly, and experience your signature— **Satisfaction**.



## TYPE: PROJECTOR



### Strategy: To Wait for the Invitation

Projectors are non-energy types and make up roughly 23% of the population. Unlike Manifestors and Generators, Projectors do not have consistent and reliable energy for working

or manifesting. They therefore need to learn about efficient use of energy to sustain a certain level of activity, without running the risk of burnout.

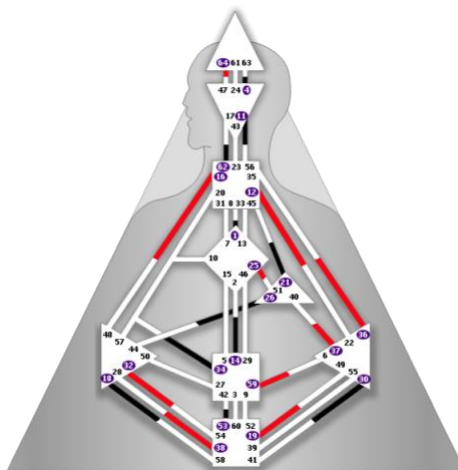
As a Projector, you have the potential to advise and be a guide for others once you develop your skills. The strategy for a Projector is to **wait for the invitation**, once your skills and potential have been recognized.

Gathering experience through the discerning and efficient use of energy enables Projectors to manage their resources and work capacity. It also enables them to advise others on how to increase productivity. They have a natural gift to be guides, but need to master a field to be recognized and offer advice. Otherwise they may come across as intrusive and run the risk of exhausting others.

Because the Projector Aura is focused and absorbing, they can penetrate the core of the other in order to know them and can naturally recognize the potential in those around them. When a Projector tries to “push the river” and make things happen, and freely offers guidance without being invited, they meet with resistance. This can leave them feeling resentful and exhausted, and over time, The goal for a Projector is learning how to accept **the right invitations** so you can effectively demonstrate your skills, and experience your Signature—**Success**.



## TYPE: REFLECTOR



**Strategy: To Wait out a Lunar Cycle**

Reflectors are very rare and unique among the Types, making up approximately 1% of the population. With every single Center open, they are highly receptive and attuned to their



environment, and can sense the particular quality of a place or person. They will know when they are in a safe and healthy environment, and when not.

As a Reflector, your gift is the ability to take in, sample, and reflect the energy of those around you. Due to the extreme openness in your chart, your Aura is resistant and sampling, which naturally protects you energetically and moves you away from what is not healthy or conducive to your experience.

What is unusual about the Reflector is their relationship to the Moon. Because of the complete lack of definition in their chart, the monthly transits of the Moon through each Gate of the BodyGraph provide a consistent pattern to rely on. To reach clarity, it is crucial to **wait out a lunar cycle** (29.5 days) which enables them to assess and reflect upon a range of experiences during this period. This is a filtering process that requires patience as it brings a consistent experience of oneself throughout the month.

When you are not making decisions based on lunar cycles, you are likely to experience **disappointment when** rushing into things without being able to reflect fully. The goal for you is to keep an interest in and be **Surprised** by all that the world has to offer.

## LIVING YOUR DESIGN

How do you know if you are living out your unique nature or getting trapped in homogenization? You can find the answer to this through observing the **signposts** for each Type mentioned above:

- **Manifestors** experiencing more **Peace**, and **less Anger**
- **Generators** living with **Satisfaction**, and **less Frustration**
- **Projectors** finding **Success**, and **less Bitterness**
- **Reflectors** experiencing more **Surprise** and **less Disappointment**

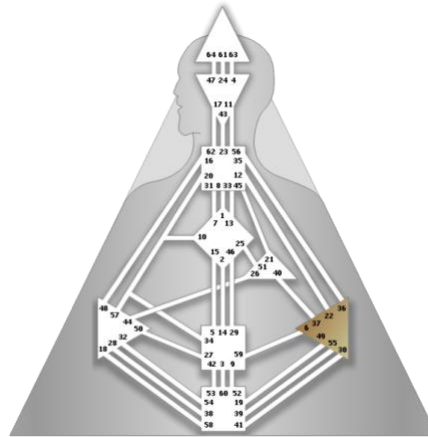
## UNDERSTAND YOUR INNER AUTHORITY

Knowing your Type and corresponding Strategy is the first major step towards transformation. Next is knowing your **Inner Authority**. This internal “guidance system” is the body’s mechanism for helping us determine what is healthy for us and what isn’t. Together, your **Strategy & Authority** become the bedrock of personal development and are the main tools you need to start making the right decisions.

Take a look at the Inner Authority listed next to your chart, then scroll down to the corresponding overview below.



## INNER AUTHORITY: **SOLAR PLEXUS – EMOTIONAL**



Approximately half of the population has emotional Authority—which means they need to ride the wave of constantly shifting emotions to come to a place of truth. As an emotional being, you need to experience things fully. The capacity to accept what is, to handle upset or elation without acting from the high or low point of either emotional extreme, is vital for you.

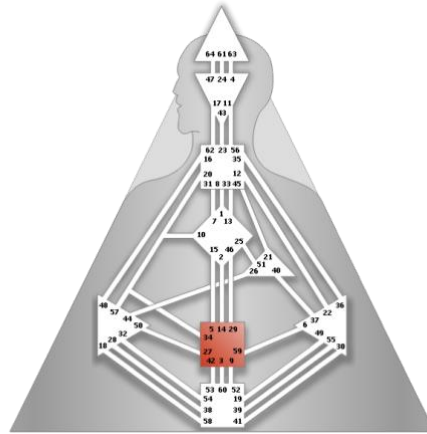
An easy way to think of this is to imagine any situation where you need to make a decision. If you're feeling great at that moment, you're very likely to make a different decision than when you're not feeling that great. Either way, the outcome may have lasting consequences as you didn't have a clear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

With emotional Authority it takes time to gain clarity, and requires a commitment to wait out the wave of emotion and not act prematurely. A voiding premature action when under pressure is crucial to ensure clarity. You should only move forward with a decision when you are clear about your action (Manifestor), response (Generator), or invitation (Projector).

Patience will allow you to experience the "wave," or mood swings and emotions generated by your Solar Plexus Center. Giving yourself the appropriate amount of time to process emotions allows you to make your decisions from a place of calm, clarity, and understanding.



## INNER AUTHORITY: SACRAL



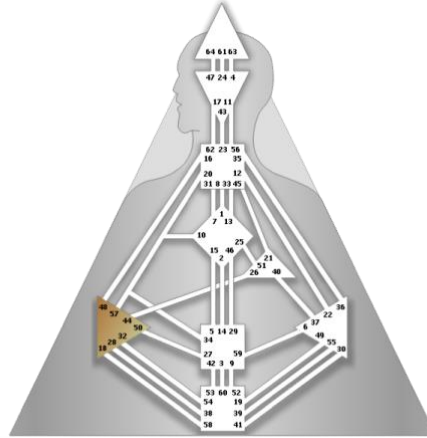
Those with Sacral Authority are Generators, with the response mechanism of their Sacral providing audible authority through sounds or words. With Sacral Authority, you can know immediately if you have the energy for a given task and whether participating in it is likely to be productive.

Generators commonly use a whole range of sacral sounds which express likes and dislikes, consent, or discontent. “Uh-huh” for yes and “uh-uh/un-un” for no, or “mmh” when undecided, are all Sacral sounds that are great tools for recognizing energetic response before, during, or after an activity. Most will come naturally to a Generator unless you have been conditioned to suppress or ignore them. Listening for sounds or tuning into your gut feeling is imperative as this will clearly indicate how to use your energy in a satisfactory way.

Your Sacral knows what energy it has available for what task when there is something in particular to respond to. The right question at the right time can also be helpful to uncover which direction to take— getting a impartial other to ask you yes-no questions can help you work through this process. Once you allow your decisions to be guided by your Sacral response, you will notice how much more satisfying and efficient activities can be.



## INNER AUTHORITY: SPLENIC



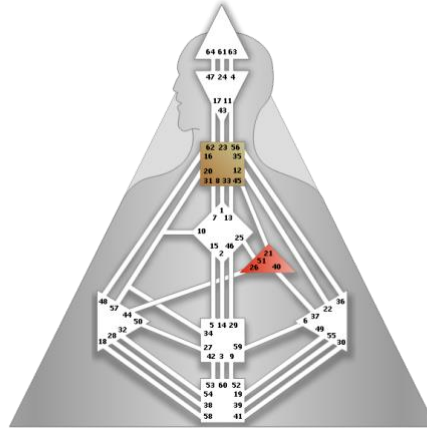
This is an intuitive or instinctual Authority; the inherent ability to know instantly whether something is good for you or not. Your Splenic Awareness means that your decision-making process is spontaneous but not permanent.

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

Your intuition is the guiding force in your life, but for each situation it will only warn you once. You likely often find yourself (especially after being involved in some mishap or accident) saying things like, "I just knew this was going to happen!" This is because you have a defined Splenic Center, which is an intuitive sense designed to protect you. It is a primal instinct you can trust, and the one thing you can consistently rely upon to navigate through life safely.



**INNER AUTHORITY: EGO MANIFESTED**



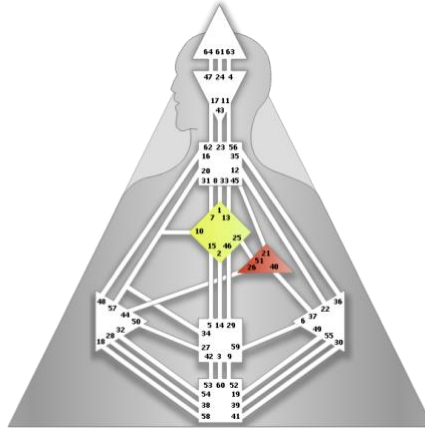
With Ego Manifested Authority, you need to pay attention to what you say in the moment, to honor your spontaneous voice rather than premeditated thoughts. This spontaneous voice is essential to your well-being.

It is important that you listen to what you are saying rather than get stuck or lost in what think you should do. This might be difficult to grasp initially but will make sense over time as you experiment with it.

You can make and keep promises that you, and those close to you can benefit from—your willpower to support others is strong when you surrender to the truth of your voice.



**INNER AUTHORITY: EGO-PROJECTED**



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

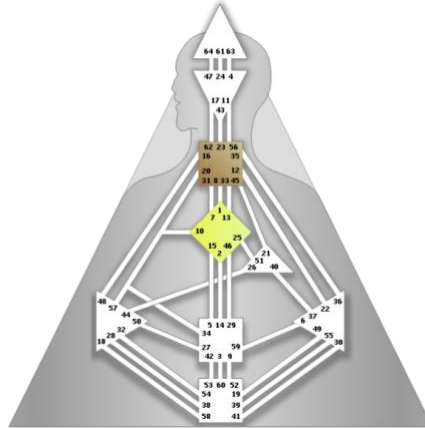
decision-making strategy is to wait for the invitation to initiate.

With this comes the potential to not only initiate others, but also the experience of being initiated yourself, potentially transforming your whole life. Once you've been invited, pay attention to:

- "What's in it for me?"
- "What do I have willpower for?"
- And, "what do I want?"



**AUTHORITY: SELF-PROJECTED**



The key to understanding Self-Projected Authority is: whatever you need to hear and know, you will discover in the things you say. When you are invited to speak, you can

discover your truth by listening to what you say.

Your goal isn't to try to figure out what you should or could say; instead, simply listen to what comes out of you spontaneously. Your truth is revealed through your identity, and when allowed, your identity will speak for itself, and guide you in the right direction.

With Self-Projected Authority you have the potential to embody a powerful identity as someone who can advise and guide others on how to be more successful, once you are recognized for your skills.

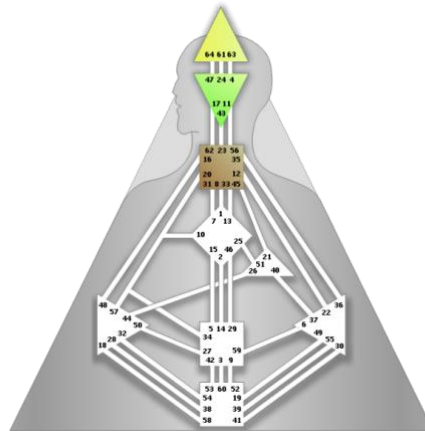


## INNER AUTHORITY: NONE

*Both of the following Authorities will be listed as "InnerAuthority: None" in a Human Design Chart for Projectors and Reflectors. Please read the segment associated with your Type.*



## AUTHORITY: **NONE (PROJECTOR)**



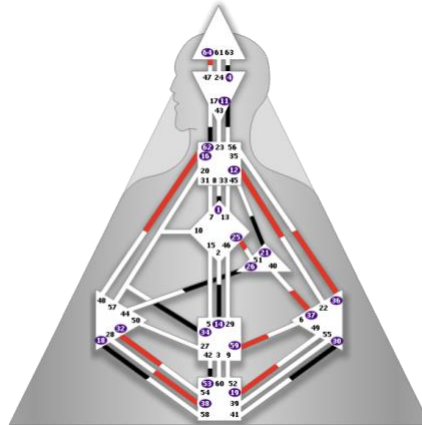
Your decision-making tool is called the Sounding Board Authority. Your Authority requires that you discuss a decision at hand, ideally one on one, with people you trust. The more opportunity you have to openly discuss your options, the more apparent your choice will become.

Your mind operates in a consistent, specific, and trustworthy way. Having a fixed mind you are not easily influenced by the mental preferences and predispositions of others. Your Mind, however, is not a decision-making authority.





## INNER AUTHORITY: NONE (REFLECTOR)



Your decision-making tool is called the Lunar Cycle. As a Reflector, your Type is unique, a kind of barometer that recognizes the energetic health of your surroundings.

An innate sensitivity gives you the ability to evaluate what is happening energetically in your environment. Making spontaneous decisions about important issues does not reliably lead you out of life's surprises—often sudden decisions can lead you to disappointment.

As a Reflector you are the only lunar Type. It takes 29.5 days for the Moon to move through each Gate in the BodyGraph, and this continuous cycle creates a sequence of definition you can rely on.

Waiting through your Lunar Cycle brings a sense of stability and, when you're processing a decision, can lead to a moment of insight; you reach a point where you suddenly know what the right choice is. Giving yourself enough time is essential to gaining clarity and making correct decisions.

### #3: BEGIN YOUR EXPERIMENT

Your Human Design BodyGraph reveals simple decision-making strategies, yet becoming your authentic self is a journey that takes time and practice.

As you experiment with your Strategy and Authority, your body renews at a cellular level, cleaning out the conditioning of the past. Time spent practicing helps you find the pattern of your own, unique rhythm until it becomes a natural way of life. Over time, you will likely notice your body becoming more relaxed and at ease.