

Decoding the Calendar

How to read the Human Design Calendar

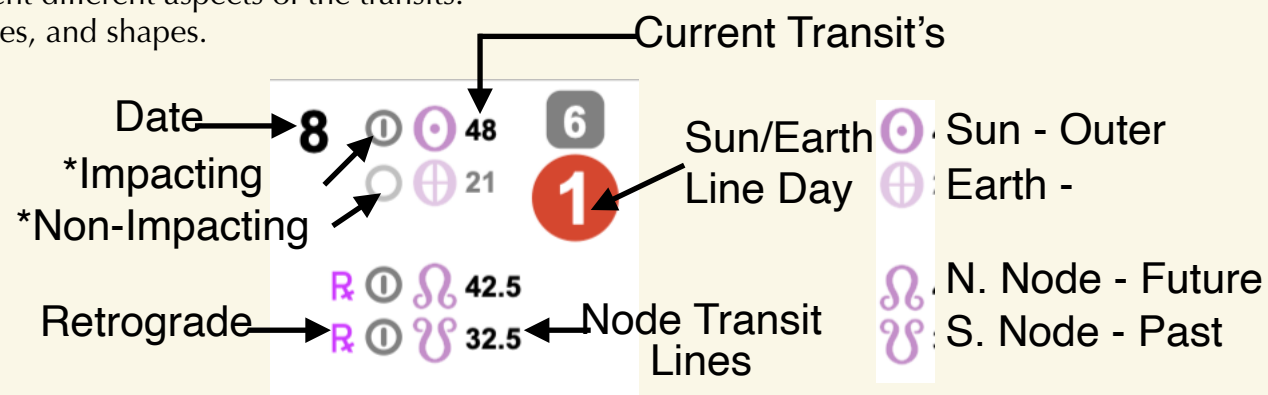
The Human Design calendar is a tool that helps you track the transits and planetary movements in relation to your individual body graph. By regularly observing the Human Design calendar and reflecting on the transits, you can gain a deeper understanding of your energetic patterns and how external influences may impact your life at different times. Here are some steps to read and interpret the Human Design calendar:

Understand the symbols: The Human Design calendar uses symbols to represent different aspects of the transits.

Familiarize yourself with these symbols, which may include dots, numbers, lines, and shapes.

Identify the gates: Look for the gates that are activated by the transits on a specific date. Gates are represented by numbers in your body graph. Each gate has a specific theme and energy associated with it.

Note the activated centres: Pay attention to the centres that are being activated by the transits. Centres are represented by geometric shapes in your body graph, such as triangles, squares, or diamonds (see page below). The activated centres can provide insights into the areas of life that may be influenced during this time.



Reflect on personal experiences: Take note of any shifts or experiences you have during the period when a gate is activated. Reflect on how these align with the themes and energies associated with that gate. Remember that everyone's experience will be unique, so trust your own observations and intuition.

Seek professional guidance: If you are new to Human Design or find it challenging to interpret the calendar on your own, consider consulting a trained Human Design practitioner. Jennifer at Twillow Lifestyle is happy to provide personalized insights and support in understanding the specific influences of the transits on your individual chart.

The large numbers that you see in all calendars the 1, 2, 3, 4, 5, and 6 are the lines for the day. As you get to understand these lines, you may find planning the week's activities by them to be very beneficial.

Line Key:

1st line days: are meant for introspection, great for doing research, asking questions, and creating a plan.

2nd line days: are projection out days. These are days where things may begin to get recognized and you may find friends or family calling you out to do things (make sure the calling is worthy of your energy and follow your flow!).

3rd line days: are "bang into" days, with more trial and error around the theme of the gate. Proceed with caution, but proceed! Don't be afraid to try things and see what you learn. They may not be ideal days for flying, but you may have unexpected good luck on a 3rd line day.

4th line days: are great days for externalizing. Get out, get around other people, go shopping, network, make plans (make amends); people feel the energy of this day and tend to be friendlier on these days. You may have more success putting out information or requests on a 4th line day than a lower trigram (1-3) day.

5th line days: This is a great day for practical activities, shopping for the essentials, getting tasks done. As a high projection field day, there are a lot of assumptions flying around on a 5th line day. These days can lead to more change through practical solutions related to the theme of the gate, but we need to be mindful about being very clear how we communicate on 5th line days to help mitigate the assumptions people have about our meaning, feelings and/or agenda.

6th line days: are reflecting the "on the roof" phase of the 6th line, looking out and observing and reflecting. These are great days to rest, relax, and reflect on the past week and plan for the coming week. We may tend to be more aloof during the 6th line day and that is okay!

*Impacting & Non-Impacting will vary based on each person's individual chart. Charts on here are based on Twillow Lifestyle, and can be used for a basic overview of the transits.

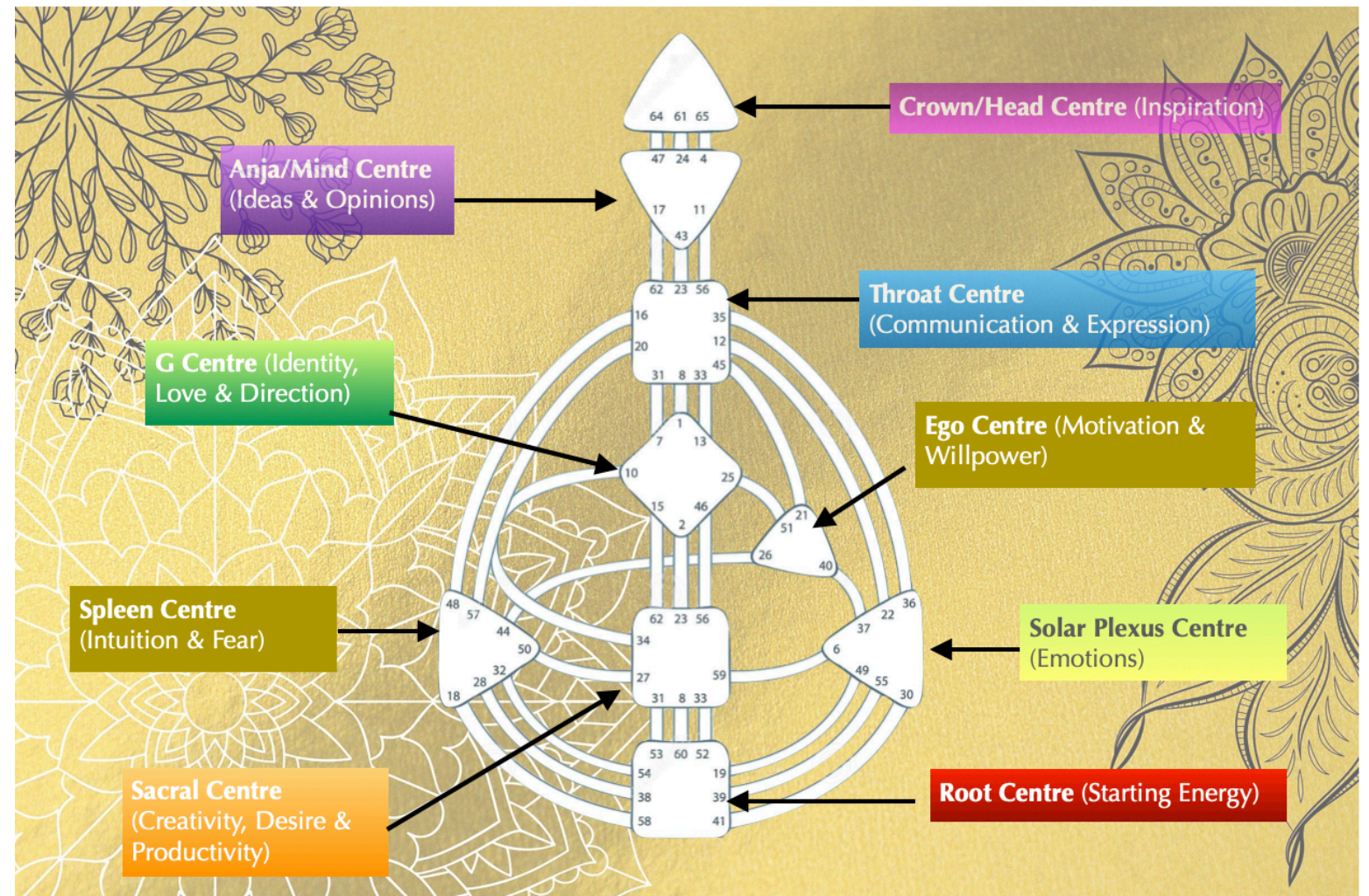
If you want a calendar specific to your chart, please reach out to jennifer@myholisticself.com

Human Design Body Graph (Gates & Transits)

The Body Graph

The Human Design Body Graph is a visual representation of the Human Design system, which synthesizes astrological, genetic, and energetic principles. It is a complex diagram that shows the different centres, gates, and channels within a person's energetic system.

In Human Design, each person has a unique body graph that is based on their birth information. The body graph consists of nine centres, similar to chakras, and various gates and channels, which represent the connections between these centres. Each centre, gate, and channel in the body graph has specific characteristics and functions.



In Human Design, the term "transit" refers to the movement of the planets and celestial bodies in the sky and how they interact with the gates in your individual body graph. Gates represent specific energetic traits or themes within the nine centres of the body graph.

When a transit activates a gate, it means that a planet or celestial body in the present moment aligns with a particular gate in your body graph. This alignment can have an influence on your energy, emotions, and experiences during that time.

The activation of a gate by a transit can bring forward certain qualities and characteristics associated with that gate. It may amplify certain aspects of your personality, trigger specific insights or changes in your life, or bring challenges that require you to grow.

It's important to note that the impact of a transit activating a gate can vary for each person, depending on their unique body graph and overall Human Design chart. Some transits may be more significant than others, depending on the planets involved and the gates they activate.

For a deeper understanding of how a particular transit may be affecting you and how to navigate its energies, it is recommended to consult a trained Human Design practitioner who can provide personalized guidance and interpretation based on your unique body graph and chart.