

Human Design Authority Guide

EMOTIONAL – Does this make me happy?

If you have Emotional Authority, your truth comes from the Solar Plexus (center of emotions and spiritual awareness). You are designed to make decisions by reaching an emotionally neutral place and feeling whether an opportunity will make you happy. Wait at least one day, up to a week, to reach emotional clarity. When neutral, ask yourself: “Does this make me happy?”

SACRAL – Do I want this?

If you have Sacral Authority, your truth comes from the Sacral Center (life force energy, creativity). You are designed to make decisions by listening to your immediate gut reaction. When presented with a decision, ask yourself: “Do I want this?” The Sacral responds with yes, no, or not right now.

SPLENIC – Does this feel right?

If you have Splenic Authority, your truth comes from the Spleen (center of intuition, instinct, and safety). You are designed to make decisions by tuning into your first instinct. When faced with a decision, immediately ask: “Does this feel right?” The answer may be subtle, like a whisper that only speaks once.

EGO (PROJECTOR) – Does this serve me?

If you have Ego Authority as a Projector, your truth comes from the Ego/Heart/Will Center (value, self-worth, motivation, and willpower). You are designed to make decisions by asking yourself: “How will this opportunity serve or benefit me?” Your clarity may come immediately or take time. Give yourself permission to be “enlightenedly selfish.”

EGO (MANIFESTOR) – Does this serve me?

If you have Ego Authority as a Manifestor, your truth also comes from the Ego/Heart/Will Center. You are designed to make decisions by asking how the opportunity will benefit or serve you—and then speak the answer out loud, unfiltered, to hear your truth clearly. Clarity may be instant or take time to emerge.

G CENTER – Does this bring me closer to my life’s direction?

If you have G Center (Self) Authority, your truth comes from the G/Identity Center (love, purpose, direction). You are designed to make decisions by speaking candidly and listening to what comes out—your truth is heard in your voice. Ask yourself: “Does this bring me closer to my life’s direction?” Clarity comes through your expression, not necessarily through thought.

MENTAL/ENVIRONMENTAL – Does this feel right?

If you have Mental or Environmental Authority, your truth comes from your undefined centers. You are designed to make decisions by giving yourself time to process mentally and by being in the right environment. Spend time in different spaces and around trusted people until clarity settles in your body. Ask: “Does this feel right?” This process takes time and reflection.

LUNAR – Does this feel right?

If you have Lunar Authority, your truth comes from the entire body (all undefined centers). You are designed to make decisions over the course of a 28-day lunar cycle. Each day, ask: “Who was I today, and how do I feel about this decision? Does this feel right?” Wait through a full lunar cycle—or longer if needed—until clarity naturally arises.