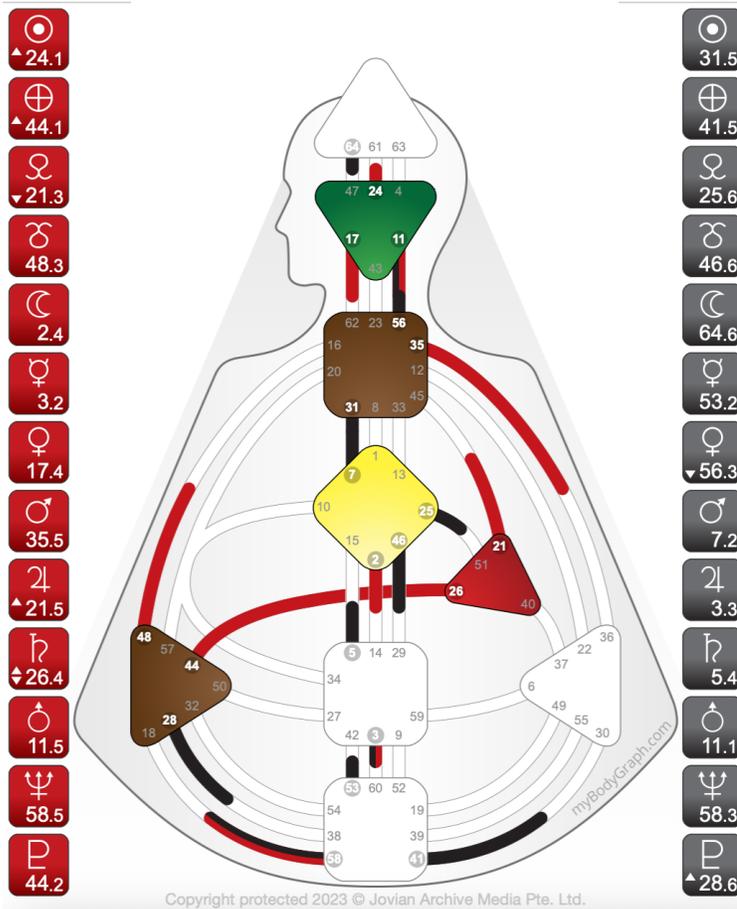


WHAT IS Human Design?



“The Human Design system is a profound knowledge and it requires awareness, experimentation, self-reflection, and time. It is the user manual for your life but you have to jump in, turn the key, and discover yourself. The magic is in the experience.”

- Lynda Bunnell

A self-discovery system that integrates Astrology, the I'Ching, the Vedic Chakra system, and the Kabbalah Tree of Life.

An energetic guide to who you are here to be and how to make empowered and embodied decisions.

A great way to get you to know yourself on a deeper level as well as reflect on and align with your purpose.

A tool for optimizing the way you operate and communicate in your work, with your clients, with your partner and/or your family.

A way to understand what is yours and what is yours to release.

A method for identifying and deconstructing limiting beliefs, misaligned expectations, and societal/familial/social conditioning.

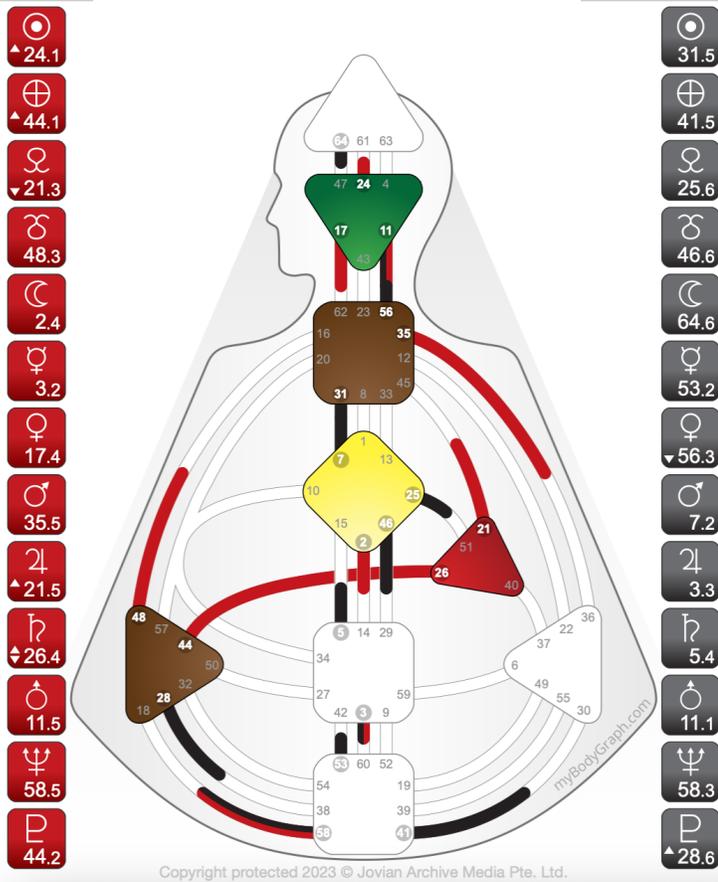
A resource for planning your year based on your natural cycles/movement of celestial bodies. Freedom from the one-size-fits-all mentality.

The ultimate embodiment practice - a blueprint for leaning into the wisdom of your body.

Human Design Roots

Human Design is a self-discovery system that integrates Astrology, the I'Ching, the Vedic Chakra system, and the Kabbalah Tree of Life

- Astrology: The study of the movements and relative position of celestial bodies and their influence on humans and the natural world
- The I'Ching: An ancient Chinese divination system and philosophical text that reads like a dictionary of archetypal wisdom on the seasons of life, DNA codons and the hexagrams of the I'Ching share identical binary structures



- The Hindu Brahmin Chakra System: The traditional 7 chakra system is used to describe how energy moves through out the body and each chakra correlates to different abilities, expressions, and types of health
- The Kabbalah Tree of Life is a map for the flow of creativity into manifestation. Human Design draws on the concept of the paths that connect the different nodes. These paths, in Human Design are called, channels and they can be defined, open, or one-sided. When we have a completely defined channel it is a dominant feature or life force, when we have one end of a channel defined, we are typically attracted to others who have the other end of that channel

Continued...

So similar to Astrology, it provides us with data on who we are based on our birthdate, birth time, and birth place. Instead of considering where the planets were in relation to the 12 signs or 12 houses, it draws on the 64 gates (or hexagrams) of the Chinese I'Ching to provide information about our characteristics, traits, and attributes.

What further differentiates it from Astrology is that it includes a whole set of data based on our Design date (3 months prior to our birth) which provides us with information on our unconscious attributes and predispositions.

Similar to the Chakra System, Human Design proposes that we have energetic centers within the body that, when we are conscious of them, we can balance to live in alignment with our design. But, according to HD, we evolved from centers to being 9 centers in 1781.

So, to put that all together: the celestial bodies were activating certain gates on our birth and design dates and depending on if the gates activated connect two centers through a channel, we have some of the 9 centers defined and some undefined. Based on where we are defined we get:

The foundational elements of our Human Design:

- ✓ Type: who you are here to be
- ✓ Strategy: how you can best engage with the world around us
- ✓ Authority: the center in your body you can rely on to help you make aligned decisions about what to say 'yes' to and what to say 'no' to

THE FIVE TYPES...

Cooperation vs. Competition

There are 5 types of humans on this planet - all meant to engage with the world differently (strategy). We are not meant to go about life and work in the same way, we are here to compliment and support one another. The centers you have defined or undefined give you your type.

1. *Generators and Manifesting Generators* are here to lift the energy of the world through doing the work they love.

Strategy: to respond

2. *Manifestors* are here to be deeply independent and impact and empower others with what they create/manifest.

Strategy: to inform

3. *Projectors* are here to guide the other types and manage other's energy to be more aligned and efficient, to lead through wisdom instead of force.

Strategy: wait for the invitation.

4. *Reflectors* are here to awaken the world by reflecting the energy of others back to them and reflect back to society what is working and what is not.

Strategy: wait a lunar cycle.

"Each type is here to bring something to humanity in a particular way and will have challenges that accompany it. In the same way that no puzzle piece is more important than another, no person's unique design or Type is more important than any other."

-ROBIN WINN

THE NINE CENTERS...

Your Unique Flow of Energy

Your BodyGraph is the physical representation of your Human Design, a *map of your energy body*. Within this BodyGraph are *Nine Centers* that transform your life force as it passes through your body. They each correspond to different traits or functions, different frequencies, and '*brands*' of energy as well as an organ, gland, or part of the body.

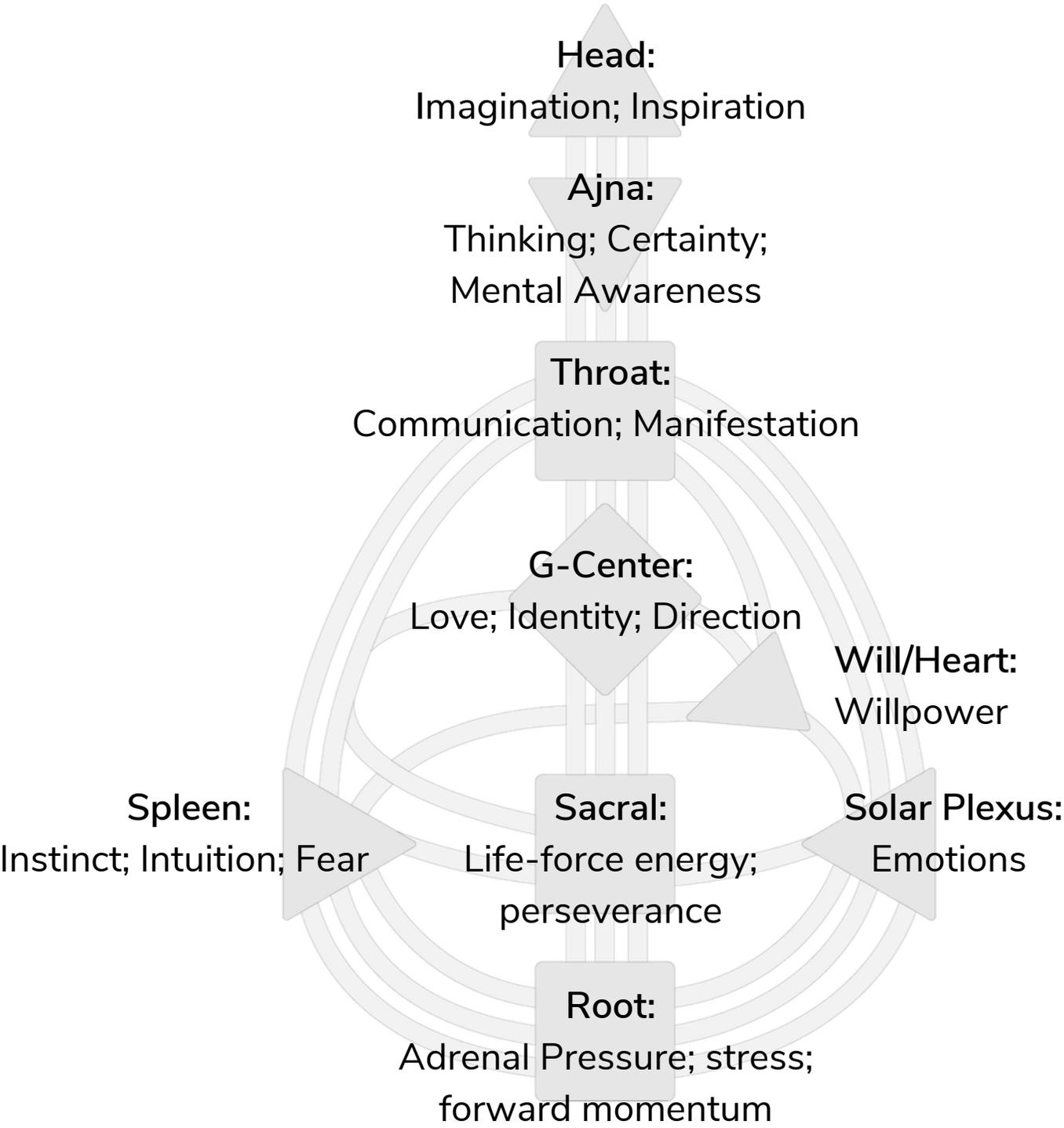
Each center communicates and exchanges energy with the people and environment around us. Learning about our Design has the power to both dissolve boundaries between us and also help us to set boundaries that will keep us safe, healthy, and thriving.

When a center is *defined* (colored) it means that that 'brand' of energy is fixed and consistent. Our *undefined* centers are inconsistent and flexible - influenced by others and our environment. We run into trouble when we mistake these influences with our true selves. Absorbing the frequencies of others, without knowledge, of our Design triggers our mind to think about all that is missing vs. validating who we are. When we honor our strategy and authority, we are no longer susceptible to conditioning through our undefined centers and avoid fatigue and inauthenticity.

“The white centers are not broken, they are not empty, and they don’t need mending. They are valuable learning centers. They are the greatest source of our education and our maturing wisdom.”

-LYNDA BUNNELL

THE NINE CENTERS



AUTHORITY:

How We Know What's Correct

Outer Authority: The Liberated Mind

- Our mind should be left free to research topics of interest, teach, learn, and share our experiences by engaging in conversations and storytelling
- It should NOT be bogged down and overwhelmed with back and forth decision-making, questioning our decisions, regretting our decisions, anticipation, anxiety, etc.
- The more we free the mind from making decisions by practicing strategy and authority, the more valuable our outer authority becomes to others, the more we can serve our clients, support our family, etc.

Inner/Authentic/Personal Authority

- For 95% of us, your true decision-making center is in your body
- It is the place from which you can make aligned and empowered decisions, get out of your head and therefore, create more space in your life
- When we are operating as our unique, authentic self, our defined centers become our greatest strengths and our undefined centers inform us about what's going on in the world around us vs. driving us to act out of fear or remain stuck in self-doubt

Seven Authorities:

Emotional Authority: wait for clarity - how does it feel?

Sacral Authority: gut response - heck yes or heck no, no maybes!

Splenic: in the moment knowing - I can't explain it, but it's a yes

Heart: trust your voice - what do you have to say about it?

Self: enjoyment & pleasure: does this align with my core self?

Mental: environment is everything - is this correct for me?

Lunar: wait 28 days - is it still a full body yes

EMBODIMENT & Human Design

Human Design is both logical and spiritual, empirical while also requiring a great deal of trust and surrender, practical but almost unbelievably accurate - it is a solution-based formula for understanding why you are the way that you are. It's knowledge helps us, as humans, to understand ourselves and others better, to provide us with deep-seated permission to be ourselves, to capitalize on our unique energy, and to embrace and tune into our purpose on this planet.

We can study, interpret, conceptualize, and cognitively understand this information but without embodied self-awareness, we cannot truly put it into action and begin the process of reconditioning and aligning with our true path and purpose.

An Embodiment Exercise:

Take a moment to ground and breath. Connect your feet with the Earth, breathe deeply and intentionally, ask yourself, "Where is the place within me that knows?" Can you identify where in your body that deep place of knowing, resides? Place your hands there and ask it if it has a message for you. What is that message?

Work with Me

Most of us are overloaded and wind up overthinking, overanalyzing, and questioning our decisions. I can help you identify and trust your inner compass and feel confident in your choices so you can create space for joy, ease, and adventure in your life.

My services include:

- Somatic Coaching: Building Embodied Awareness & Pushing through Stuck Patterns
- Human Design Reading or Coaching: Using this System to optimize the way you live & work
- MoveMentorship: Integrating Embodied Movement into your life & work
- Or signup for my 3-month membership and choose from all of the above



Head to
whitneydawn.com
for more
information

Still Have Questions?

[Schedule a Coffee Chat](#)