

HUMAN DESIGN

PERFORMANCE GUIDE



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Human Design is the most effective way to gain direction in your life. It is the first place you want to

improve your health and relationships. Human Design (HD) is the most powerful system for helping you become a better communicator and the single most *transformative* process you can apply to live a life of abundance, health and happiness.

In order to use the valuable information found in your human design, it's important to learn the basics first. This is why I'm giving you the Human Design Performance Guide. I want to give you the simple foundation first so that you can take the next step in learning how to apply human design to your life. Clients who have had foundational readings with me have immediately identified key takeaways into how they can use their human design to create positive

change in their life. They report they feel like they were given the biggest permission slip of their life to live true to who they are and feel like they have a deeper sense of understanding and compassion for not just themselves but for the others they are connected to.

A quote from the founder of Human Design, Ra Uru Hu, that resonates deeply with me is, "The Human Design system is a concrete map to the nature of being, a mapping of your genetic code. It opens the door to the potential of self-love, a love of life and the love of others through understanding."

This is what I hope you take away from this guide - the knowing that human design is here to help you gain clarity into who you are and how we are all uniquely different. When you can understand how you best operate in the world on an energetic level; you not only win at life, but you win at love. And when you win at life and love you are destined to make a powerful impact in this world.

Congratulations on your transformation that is already unfolding for YOU 🙌

And more importantly ... **THANK YOU.** Thank you for choosing me to be your guide along the way.



THE BASICS OF HUMAN DESIGN

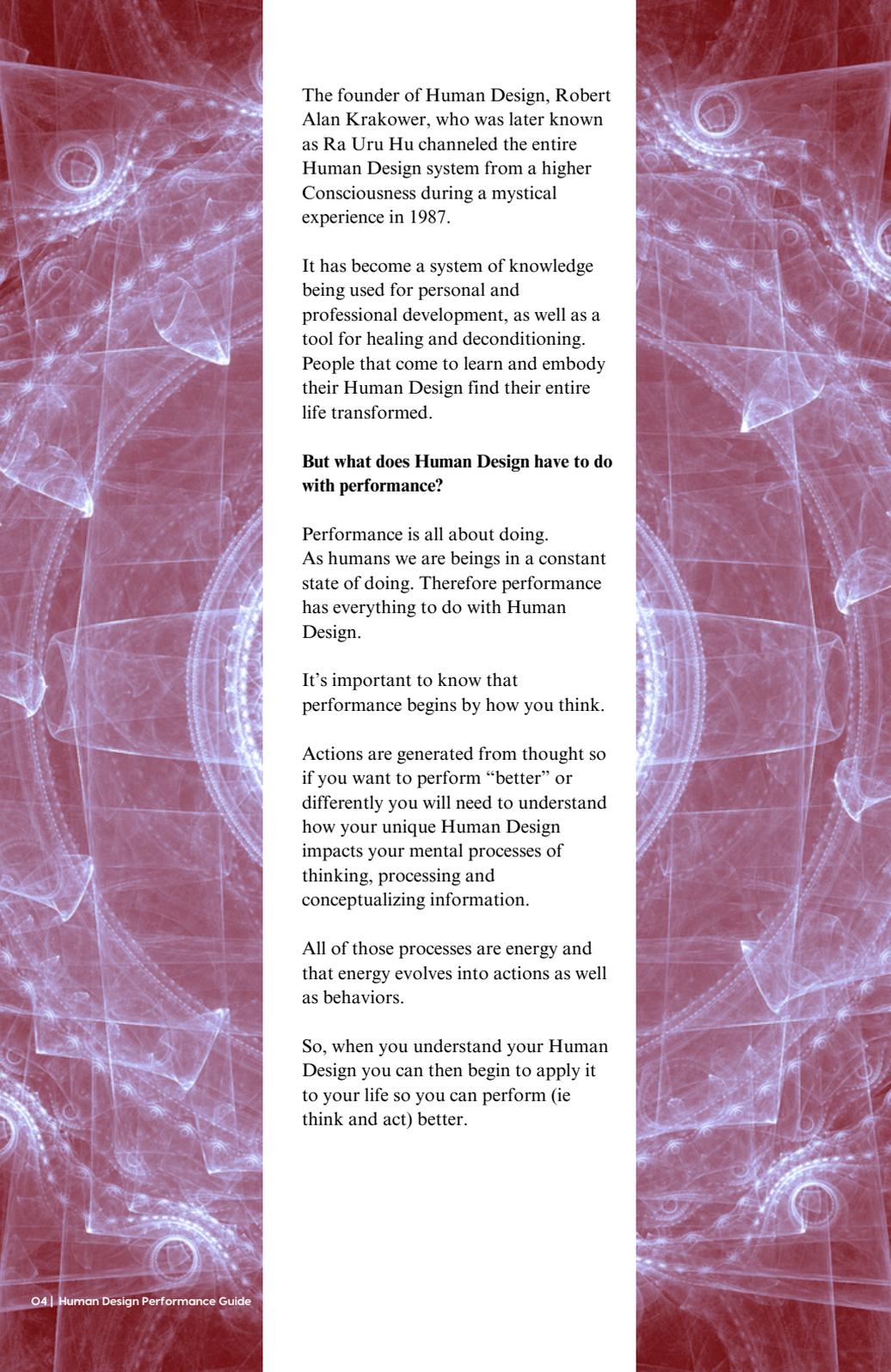
What Exactly Is Human Design (HD)?

Human Design is a synthesis of knowledge that emerged in 1987. It is often referred to as the Science of Differentiation. It is based upon the principle that we are all designed differently on an energetic level.

This multi-layered system that combines principles from Astrology, the Chinese I'Ching, the Tree of Life from the Zohar/Kabbalist tradition, the Hindu-Brahmin Chakras, Quantum Physics, and Genetics is the most effective way to find answers to your biggest questions.

most effective way to find answers to your biggest questions. The ancient wisdom layered with modern sciences provides you a map. It gives you a blueprint for how you best operate in the world (known as your Strategy) and how to make decisions that will best serve you (your Authority).

Human Design is a practical combination of science based on the logic that every person is born with a different genetic design which can be decoded using the Human Design chart.



The founder of Human Design, Robert Alan Krakower, who was later known as Ra Uru Hu channeled the entire Human Design system from a higher Consciousness during a mystical experience in 1987.

It has become a system of knowledge being used for personal and professional development, as well as a tool for healing and deconditioning. People that come to learn and embody their Human Design find their entire life transformed.

But what does Human Design have to do with performance?

Performance is all about doing. As humans we are beings in a constant state of doing. Therefore performance has everything to do with Human Design.

It's important to know that performance begins by how you think.

Actions are generated from thought so if you want to perform “better” or differently you will need to understand how your unique Human Design impacts your mental processes of thinking, processing and conceptualizing information.

All of those processes are energy and that energy evolves into actions as well as behaviors.

So, when you understand your Human Design you can then begin to apply it to your life so you can perform (ie think and act) better.

Human Design

What Ways Can You Use It?

Human Design is a complex system with layers which can be applied to all areas of your life.

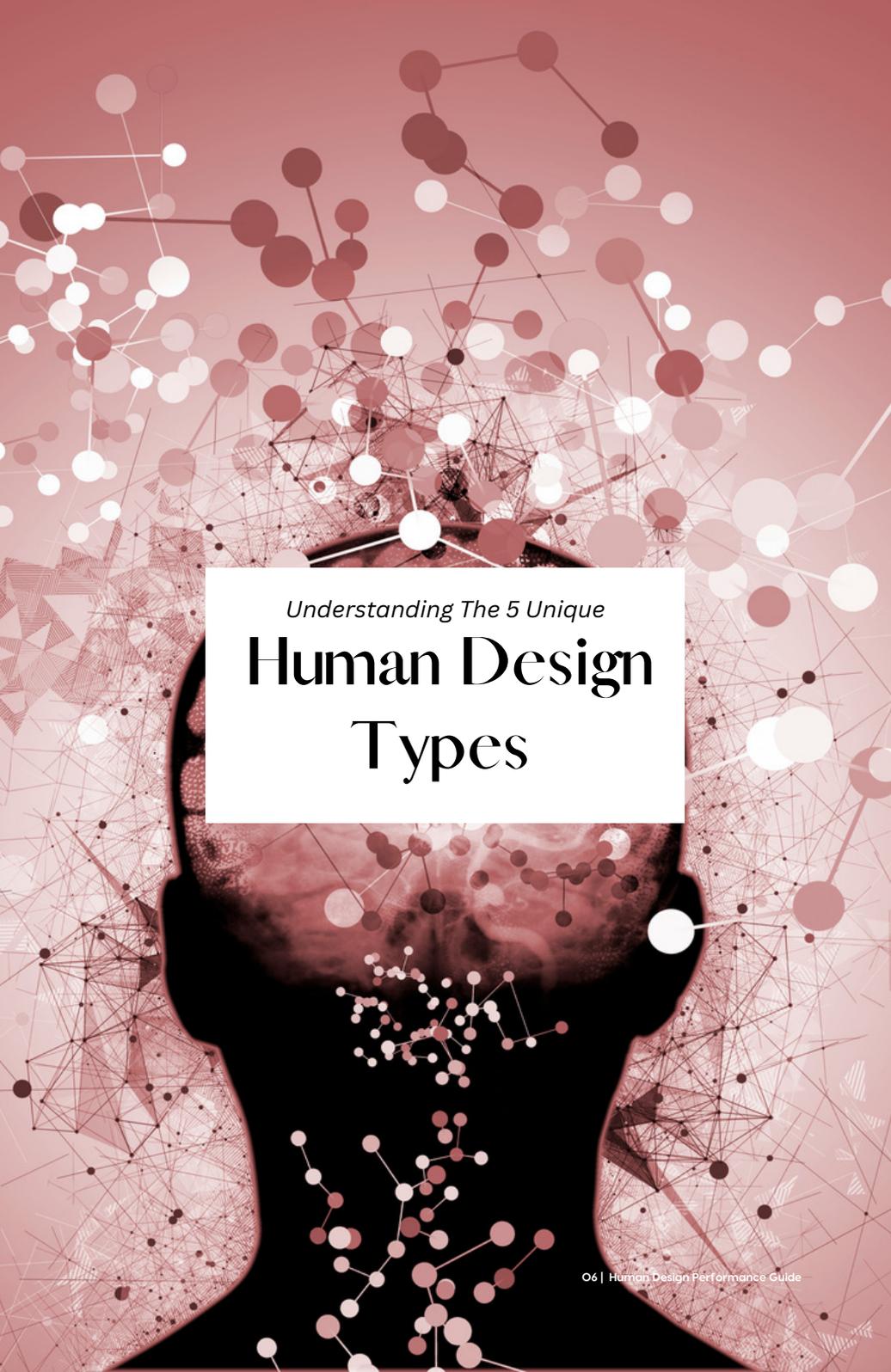
Before you learn your Human Design, I want you to think about how you want to experiment with it. Maybe you want to use it to help you with your career or to become a better parent. Maybe you want to use it to improve your health or your relationships. I've had clients use human design to help them with switching careers, figuring out their life's purpose, help relationship problems as well as health issues.

The possibilities are endless.

For so many, it's used as a tool for self-discovery, personal growth, and a way to better understand and communicate with others. The information in your Human Design is revealed to you through an actual chart.

Your Human Design chart provides a visual insight into your strengths, weaknesses, and unique gifts, and helps you live a more authentic and fulfilling life.

Your chart allows you to have a deeper understanding of yourself and your life purpose, as well as tools for personal and professional growth, spiritual development and healing.



Understanding The 5 Unique
Human Design
Types



In Human Design, we categorize humanity into 5 different Types. Your Type concerns your body and your own unique genetics as well as your aura. It has nothing to do

with psychological or personality typing. Each Type identifies a certain mode of how you operate on an energetic level. Think about how your blood type is identifiable as a certain marker. The same is true for your Human Design type.

Your aura or energy is expressed in an identifiable way.

Think of someone you've known for a long time. You just know how they feel. What you feel from them is literally their Human Design. It's their unique energy. The most powerful piece of knowing your Human Design Type is the practical yet deeply transformative information which is your **Strategy** and **Authority**.

Strategy refers to the optimal way for you to interact with the world based on your specific Human Design type while **Authority** in Human Design refers to the decision-making process that aligns you with your true self and potential.

The five Types are grouped according to the ability to generate or initiate energy or not. There are 3 “energy types” (Manifestors, Generators and Manifesting Generators) and 2 “non-energy types” (Projectors and Reflectors).

Ready to learn more... let's go!

01

Manifestors

These are people who are designed to initiate action and create change in the world.

Manifestors have a defined throat center, which gives them the power to initiate and make things happen.

They are designed to inform others of their actions and decisions to avoid resistance and opposition.

Manifestors make up *less than 10%* of the population. Their aura feels closed and repelling.

02

Generators

These are people who have the energy to work hard, master their craft and create abundance in their lives, but need to wait for the right opportunities to come to them.

They have a defined sacral center, which gives them the energy and vitality to carry out work and creative endeavors.

They are designed to respond to life's opportunities, rather than initiating action themselves.

Generators make up *about 37%* of the population. Their aura feels open and enveloping.

03

Manifesting Generators

These people are a combination of Generators and Manifestors. They have the energy and vitality of Generators and the ability to initiate and take action like Manifestors.

Manifesting generators are often described as people who can move quickly and efficiently in multiple directions.

They tend to have many interests and passions, and they thrive on variety and change. They are often innovative and resourceful, and they have the ability to get things done quickly and effectively.

In essence, Manifesting Generators are said to be a dynamic combination of creativity, passion, and action, who are capable of quickly bringing their ideas to life.

Manifesting Generators make up *about 33%* of the population. Their aura feels like that of the Generator; warm, open and enveloping.

04

Projectors

These are people who are designed to guide, lead and direct others, and need to wait for an invitation before taking action. Projectors have an open sacral center, which means

they do not have the consistent energy to sustain work like Generators.

Instead, they are designed to direct the energy of others through their keen observation and deep insight.

Projectors are able to see the gifts and talents of others and even see details that other types may miss.

Projectors make up *approximately 21%* of the population. Their aura feels focused and absorbing.

05 *Reflectors*

These are people who are designed to reflect the energy of others, and need to take time to make decisions and avoid rushing into things.

Reflectors have all of their centers open, making them highly sensitive to the energies and emotions of others.

They are designed to reflect the health and well-being of the community and are highly influenced by their environment.

Reflectors are rare, making up *only 1%* of the population. Their aura is known as a “sampling” energy as they are always sensing the physical, psychic or emotional health of their environment and those around them.

Human Design Chart

Understanding Your Unique Visual Map

The Human Design chart, also known as the BodyGraph, is your visual map.

It's an illustrated representation of your energy blueprint, which is calculated based on your exact birth date, time, and location.

The chart consists of nine Centers, each representing a different aspect of your life and body. The nine Centers in the body graph are divided into three categories: motor, awareness, and pressure centers.

The motor centers are responsible for initiating action, the awareness centers provide information and perception, and the pressure centers create pressure or stress that motivates us to act.

Each center informs how you are emitting and receiving energy. Your centers can be either “defined” and/or “undefined/open”; thus determining how you interact with the world around you.

The BodyGraph also consists of Gates and Channels.

Gates are specific points in the different energy centers in your chart that represent a particular thematic energy frequency or archetype. There are a total of 64 Gates, each with a unique meaning and significance.

Each Gate is associated with an energy center and one of the 64 hexagrams in the I'Ching and also believed to be related to the 64 codons of our DNA.

The Gates are also linked with a specific planet and astrological sign, and channel in the BodyGraph.

When a Gate is activated, either through the presence of a planet in the corresponding astrological sign, or through transits or other astrological events, it can influence your behavior and experiences in specific ways.

The activation of a Gate can bring out certain qualities, strengths, or challenges in your personality, and can also affect your relationships, career, and overall life path.

The Gates in Human Design provide a way to understand the unique energy frequencies and archetypes that make up a person's individuality and life experience.

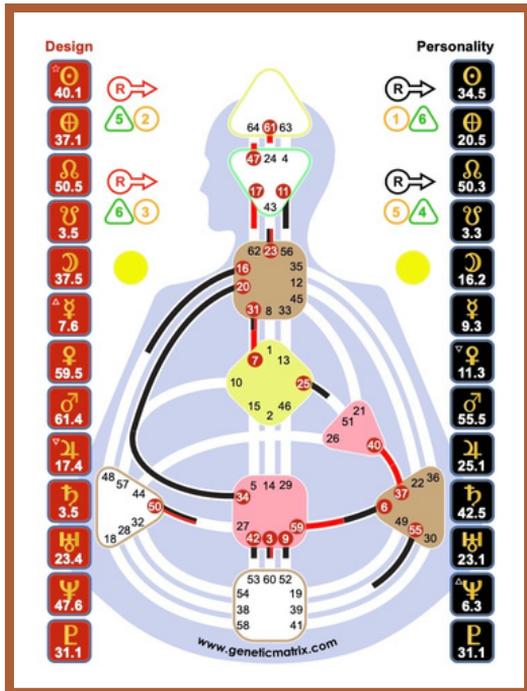
By understanding the Gates in your BodyGraph, you can gain insights into your strengths, challenges, and life purpose, and you can use this knowledge to make informed decisions that are in alignment with your true Self so you can live a more fulfilling life.

Channels that are formed by the connecting Gates have unique energy frequencies and meanings. There are 36 Channels in total.

When you have a defined Channel, it means that the energy of that channel is consistently present in your life and personality, and is expressed in your actions and interactions with the world.

The activation of a Channel can bring out specific qualities, strengths, and challenges in your personality, and can affect your relationships, career, and overall life path.

Example of a Human Design Chart



P.S. LOVE, EMILY

This Human Design Performance Guide was created to help anyone willing to step into the realm of greater possibility for themselves and the world they identify with.

If you are ready to learn MORE about your own unique Human Design...

If you are ready to apply Human Design into your life, your relationships, your performance, your business...

Then I would love to extend an invitation to start your journey with me, your certified Human Design Coach.

Book your Foundational Reading or Schedule for me to speak at a Workshop for your clients, coaches or members.

Simply use the link to get started today:
calendly.com/emilyjohnsonrn

Remember the words from Ra Uru Hu:

"The Human Design system is not a belief system. It does not require that you believe in anything. It is neither stories nor philosophy. It is a concrete map to the nature of being, a mapping of your genetic code. This ability to be able to detail the mechanics of our nature in such depth is obviously profound because it reveals our complete nature in all its subtleties.

Human Design opens the door to the potential of self-love, a love of life and the love of others through understanding."