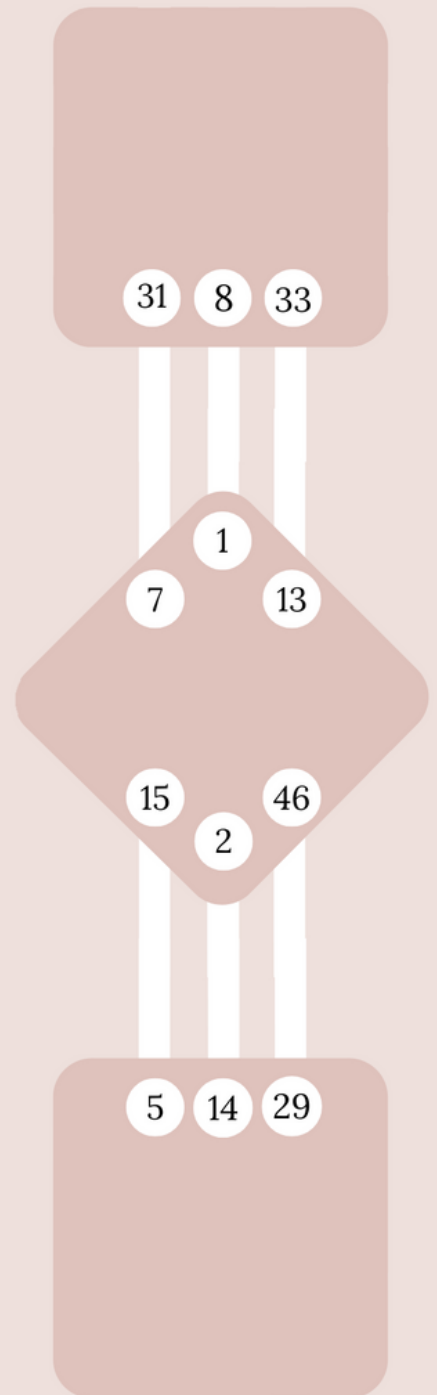


draw your own family penta

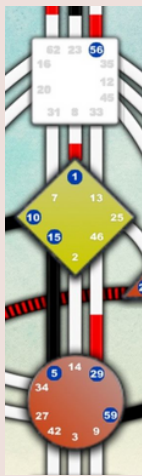
DORIENKETEL.NL



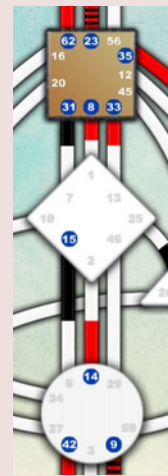
Example

- easiest is to print the next page so you can draw on it
- un= unconscious red/ con = conscious black
- in this combination all 3 centers are defined.
- page 4 is just a different layout, eg. if you need more space for notes

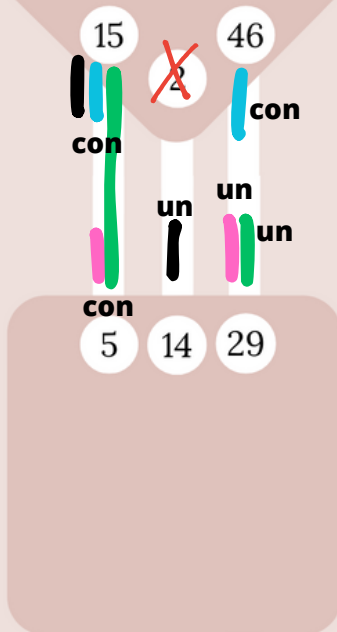
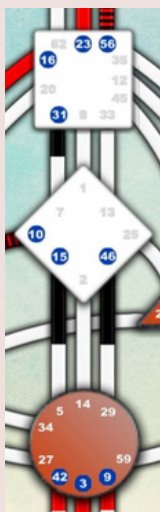
Mother



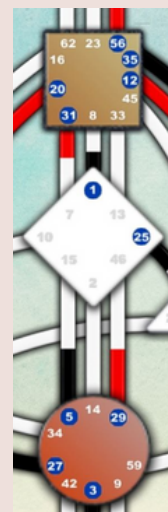
Father

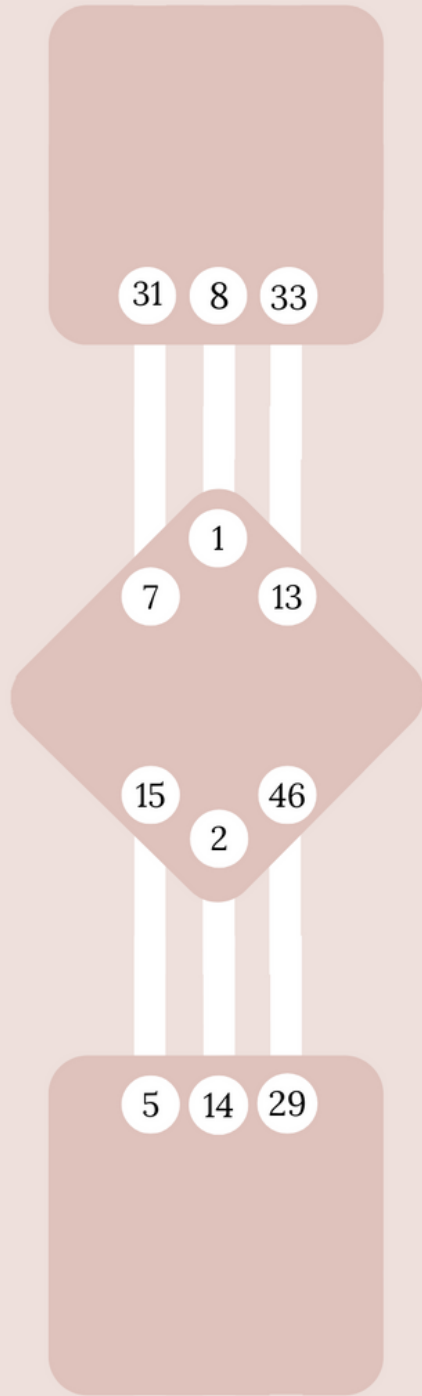


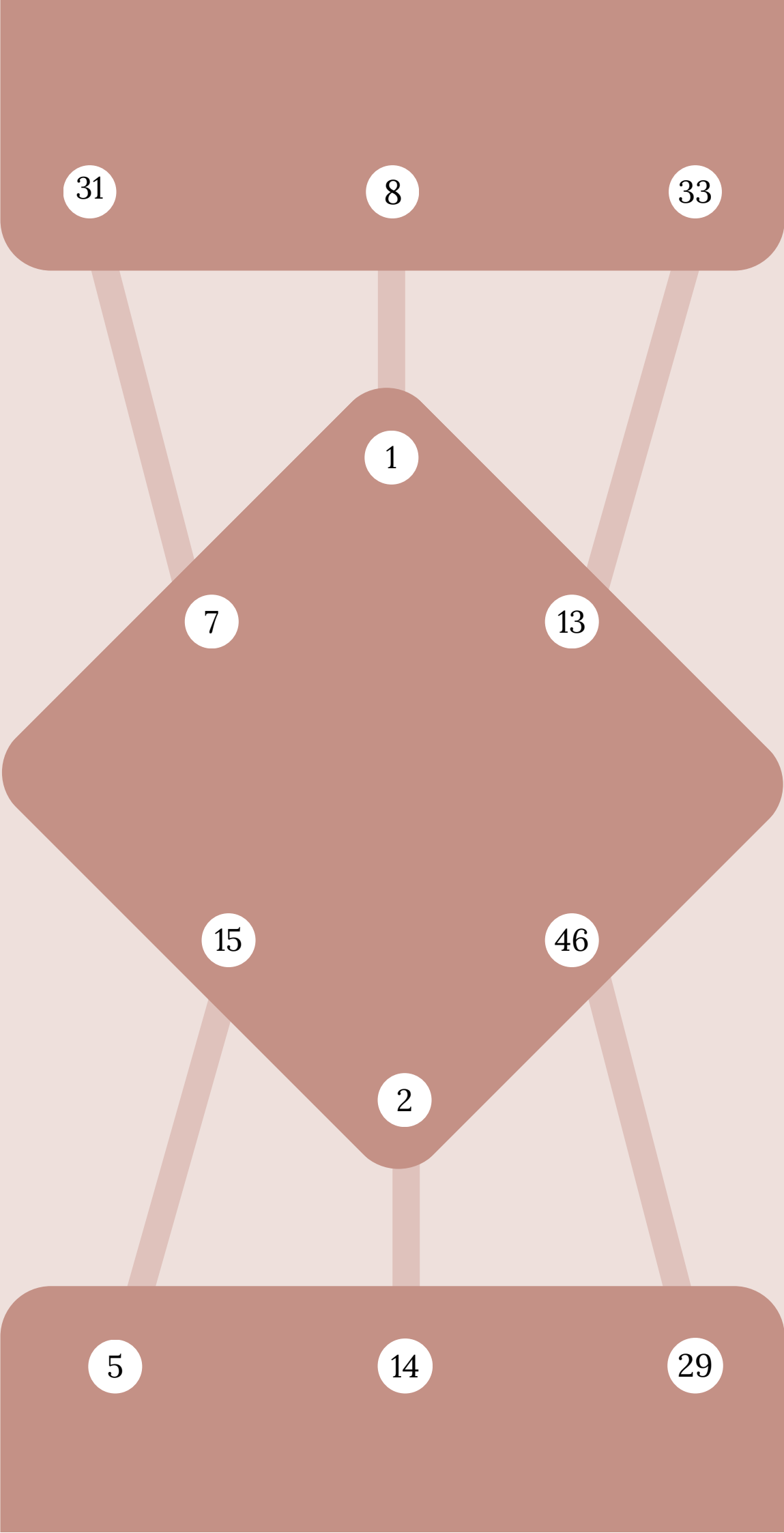
Son



Daughter







My family example

(easiest is to print the next page so you can draw on it)

31 discipline

1 1 3

the line of that person

8 demonstration

4

33 tradition

3

7 future

1 present

4&6 6

13 past

15 future

5 5 5

2 material

46 discovery

6

5 home

5 6

14 demands

4

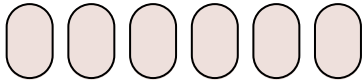
29 world

5 6

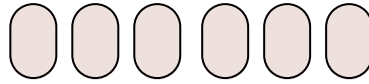
missing: 2, 7, 13

My family

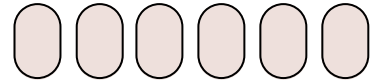
31 discipline



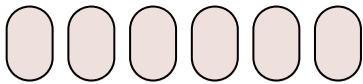
8 demonstration



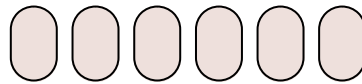
33 tradition



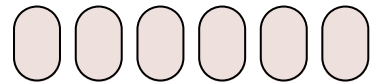
7 future



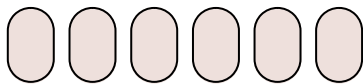
1 present



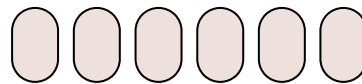
13 past



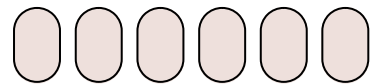
15 future



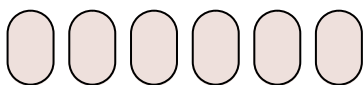
2 material



46 discovery



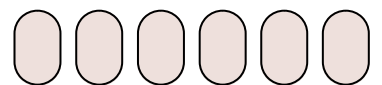
5 home



14 demands



29 world



missing: _____

Center is defined or gate is active. When everything could be going great!

Gate 15: Flow: also called the "glue" that holds the group together. This is a very magnetic energy that forces the group to build a strong foundation.

Gate 5: Home: how comfortable is the group in living at home? Pleasantly spending time together in a shared space.

Gate 14: Demands: Does the group have what it takes to succeed? This is primarily about capabilities.

Gate 2: Material: Does the group have the ability to generate material wealth and resources? Here we are mainly concerned with material resources. Can be money, but also other 'means of exchange', a 'full fridge'.

Gate 7: Future: Is there a plan ready? Where is the group going?

Gate 31: Discipline: Does the group have discipline and structure? Is there a balanced or unbalanced authority relationship?

Gate 46: Discovery: Does the group get along? Harmony among the group.

Gate 29: World: Does the group show up in the world in any significant way? Can the group have experiences outside the home that are enriching?

Gate 13: Past: How deep are the group's Roots? Do they feel connected to ancestors or the mythology of where they come from?

Gate 33: Tradition: What are the rituals of the group? Are they passed on from generation to generation? This includes taking pictures, keeping documents, and archiving history.

Gate 1: Present: Implementing the plan for the group. We have resources, we have what we need, now what are we going to do with it?

Gate 8: Demonstration: How should the group show up in the world? How do we make sure the group is respected within a larger community.

Perfect blog post explaining the penta:

https://com.marykeighcoaching.nl/human-design-system/backgrounds-1/982687_the-penta-energy

Center is undefined or gate is not active.

When struggles could arise, what is missing?

Gate 15: Flow: The group is rarely together. In a family this could be where children move and don't visit often, or friends drift apart.

Gate 5: Home: Being at home or together in one space for an extended period of time is a challenge. This is where arguments can arise or just an undercurrent of discomfort.

Gate 14: Demands: There is a constant feeling that there is never enough, whether that is true or not. The desire for more that cannot be satisfied.

Gate 2: Material: Struggling with material resources can be a theme. This can also include 'feeling supported or cared for'.

Gate 7: Future: There is very little direction in the group. Lots of questions around where things are going and a need for a plan.

Gate 31: Discipline: Disorder can be a theme. Aggressive or violent behavior may also surface here in an attempt to assert authority.

Gate 46: Discovery: Getting along as a group can be difficult. You may enjoy activities in pairs or like to go out together, but still do your own thing. Just don't force anything that requires everyone to be together at the same time.

Gate 29: World: This is the classic "We never go out" energy. Staying at home or in a familiar space is the norm, which can lead to resentment over the inability to get out into the world together.

Gate 13: Past: There is a chance of a break with past generations here or visiting with older members of the group can be a burden.

Gate 33: Tradition: Holidays can be a challenge. There is little consistency with keeping traditions and while that can cause tension, it can also mean creating a new tradition each year.

Gate 1: Present: poor planning is the name of the game. Either something is always forgotten or fortunes are gambled away. This is where executing all the success elsewhere in the chart can break down if you let it.

Gate 8: Demonstration: It may be very important to you to show those around you how beautiful, distinguished, or expensive the group's stuff is, but this energy promises that something will always be slightly wrong. Pressure to show off outwardly will be a problem here, let the kids wear what they want and everyone will be much happier.

Perfect blog post explaining the penta:

https://com.marykeighcoaching.nl/human-design-system/backgrounds-1/982687_the-penta-energy

Keep in mind: a penta is also activated when you get together with a group of friends or work in a small group (4-5 people). It's not only related to your family. How come working with those colleagues is way easier than working together with your other colleagues. How come you hold on to those traditions with specifically those friends?

Enjoy discovering how your energy flows in relation to different people!

And remember, Human Design is only a tool. A very good and supportive one for sure yes. But *the* truth is **not** in a Human Design Theory, a chart or a penta drawing. The truth is happening when you are doing you, the way you respond to whatever is happening *in real life*.

Enjoy your journey, much love,

Dorien Ketel