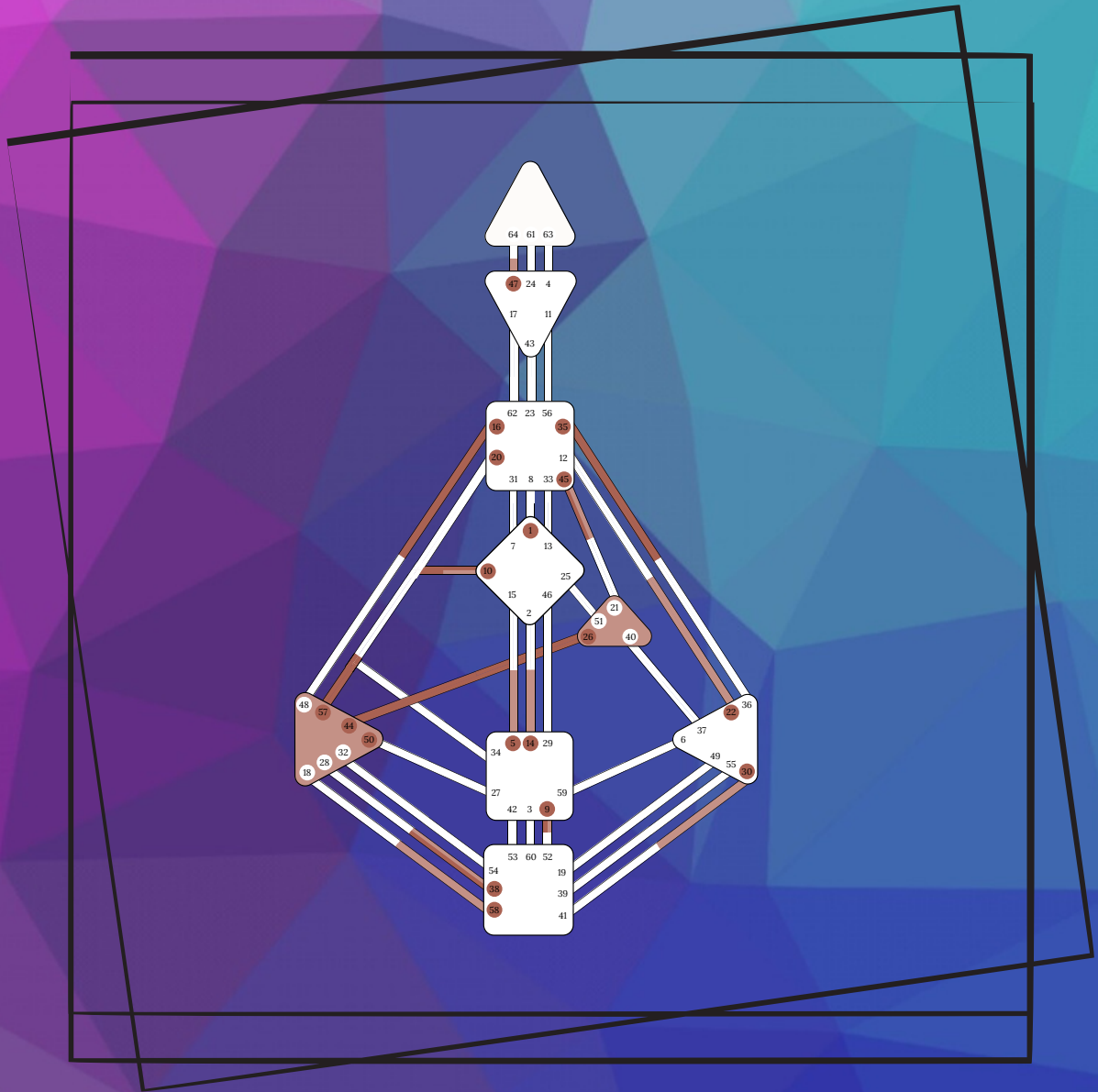


Human Design Experiment



workbook
www.dorienketel.nl

workbook human design experiment

Only available in English
www.dorienketel.nl

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101+ Questions about our Human Design Experiment

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HUMAN DESIGN

welcome

So you discovered Human Design! That is simply wonderful. Human Design is a great tool to live a way more simple & easy life, simply by doing you.

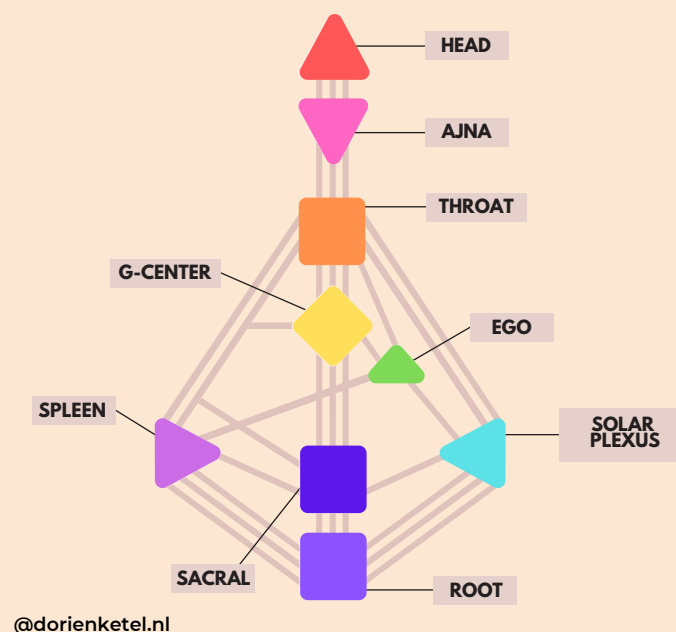
I love deepdiving into all the theory. Because I have a 1 in my profile. What I even love way more is to apply all that I discover. Because it's not about the knowledge, not about the theory. **Human Design really is about the application.**

What is it you do from day to day to **appreciate yourself** way more. To really be amazed by who you are, and also be amazed the design of your loved ones!

Everybody is completely unique. We all have our unique capabilities to bring to the table. No one is our competition anymore, we can all work next to each other fulfilling our own unique life, our own unique being.

We use this workbook during our weekly Human Design Experiment Sessions. We talk about how we see things happening in our lives. Where and how do we see certain aspects show up. How do we embrace our design and deal with our past conditioning.

Once you start discovering all that is involved with Human Design it's not all glitter and glamour. It's possible to feel lost and discouraged when you are trying to find your way. Your problems will not be suddenly, magically all be gone, solved, healed.



There is no wrong or right, there is only us being the person we are today. Figuring out life. Not having definite answers but dealing with our current circumstances with our best intention.

Will you join us in this Experiment?

Much love,

Dorien & co

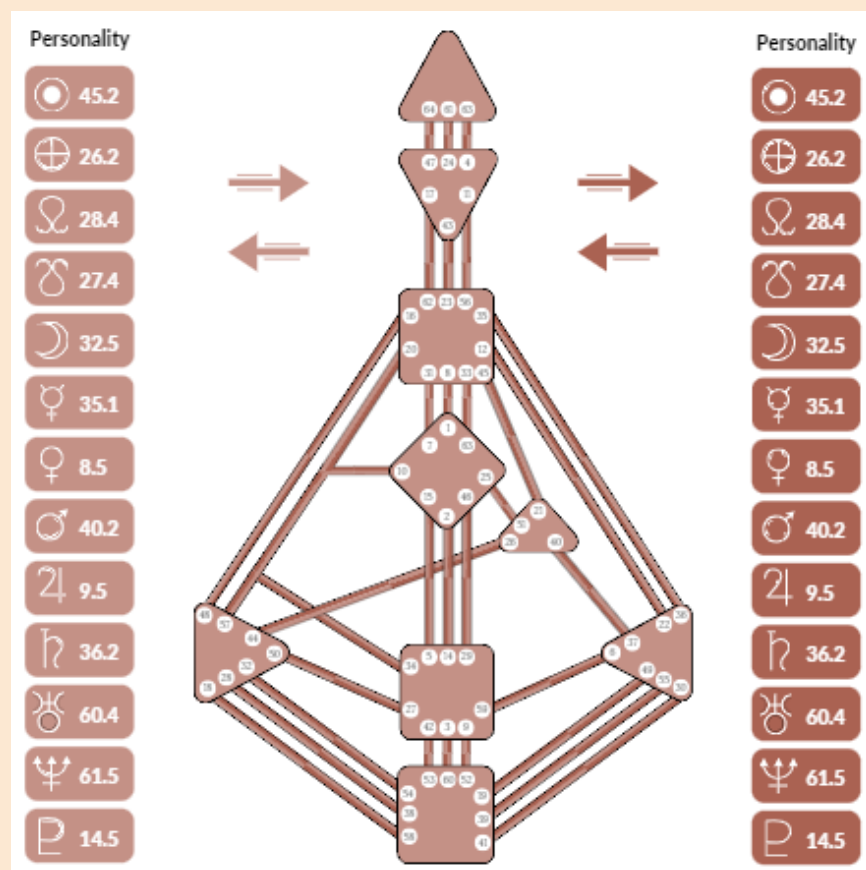
GET YOUR FREE CHART

In order to discover your individual design you can get your free chart through any of these websites:

<https://www.mybodygraph.com/>

<https://www.jovianarchive.com/>

<https://www.myhumandesign.com/>



BRIEF INSTRUCTIONS

I will never tell you what the correct way is to do an exercise. There is no right or wrong: there is only YOUR way of doing things.

I recommend you though, to have a notebook. Offcourse you can print this workbook but my experience is that you will throw that away while you most likely will keep your notebook. It's a place to privately write down your thoughts and feelings so you can always look back into it.

There are 101+ (or at least a lot) of questions in this workbook. Officially only people with a defined head know how to answer their own questions. So if you have an defined ajna/crown, you might not recognise yourself in these questions at all. Simply because you did not come up with them.

And if you have an open head/ajna, you might feel completely overwhelmed seeing soo many questions.

We use these questions in our studygroups. It helps start the conversation. It gives us a guideline what we talk & share about. But it is also possible we don't use these questions at all simply because life got in the way and we are, in the meantime, excited to experiment our Human Design!

Relax. You choose which exercises & questions you want to make and which ones you skip. It's all good. There is no teacher grading you for this!

This is you, doing YOU.

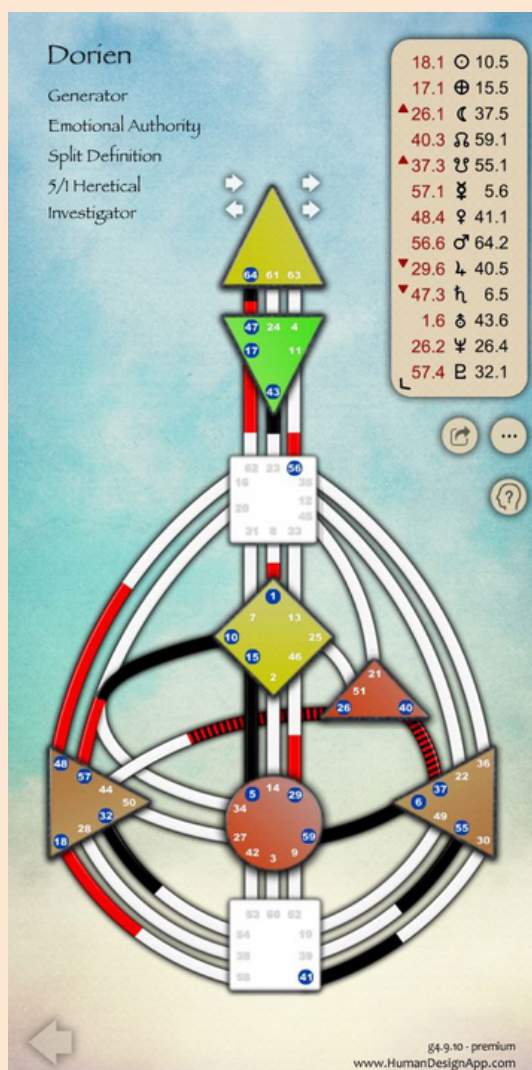


A. Before we start: write about your thoughts and feelings about Human Design. What is the first thing that comes to mind.

Try to write at least 1 full page/ 500 words.

B. Why did you download this workbook: what do you want to gain/ learn/ experience from this? What is your ideal result?

HOW I STARTED



When I got my free chart I was like 'what am I looking at? What is all this? What does it mean?'

I recognised the chakra's, the planetary symbols, I recognised the Kabbalah shape, the tree of life. But what is a generator? What on earth is a 5/1 Heretical Investigator? You really say this is a graphic of ME? To be honest it was just a big WTF moment. Great, now what.

So what I did was I started to use our big friend Google. Now I only had specific questions I wanted to find an answer about. It's very easy to get sidetracked and if you are not paying attention you can see yourself slide down the dark google tunnels into despair and frustration where you want to give up.

So stick to your 1 (one!) question. And don't leave that, don't go to the next question until you have found a solid working answer for you. With 'working answer' I mean you have found yourself an answer that is good enough for now. You understand what it's about, it gives you something to work with. Something to experiment. You can always change or upgrade your answer. There is never a definite, a final answer when you are still living.

So I first looked into 'Generator Human Design'. Then I googled 'Human Design Emotional Authority'. Then I came across several websites where I really liked the way those people explained stuff so I used their thoughts and ideas. Then I started to experiment and apply all that I came across. I wanted to know other people's design so I could grasp the theory and see how their design affected their lives. I had these HUGE AHA moments and a lot made sense.

We are not here to provide you with any theory whatsoever. There is enough already out there in internet country. Although you might find a little explanation at some points in this workbook.

We are here simply to help you apply all you discover. So you can finally be you. And appreciate it all.

Let's look at some of the basic questions to get started

101 FOR STARTERS

This '101 for starters' is already a whole course in itself!

Take your time when you start discovering your unique Human Design.

****Exercise 1: Discover Your Human Design Type****

According to Human Design theory, there are five types of people: Manifestors, Generators, Projectors, Reflectors, and Manifesting Generators. Knowing your type is a crucial step in understanding your Human Design. To discover your type, you need to provide your birth information, including the date, time, and place of birth. You can use a free online chart generator, such as Jovian Archive or MyBodyGraph, to generate your Human Design chart. Print it out and also the charts from your partner and/or children.

****Exercise 1b: Identify Your Strategy****

Each Human Design type has a unique strategy for navigating the world. Explore your strategy and reflect on how you can use it to make decisions and navigate your life more effectively.

****Exercise 2a: Explore Your Energy Centers****

Human Design teaches that we have nine energy centers in our bodies, each representing a different aspect of our lives. These centers can be defined (colored in) or undefined (white). An undefined center means that you are open to receiving energy and influences from other people and the environment, while a defined center means that you have consistent access to that energy. Take a look at your chart and identify which centers are defined and which are undefined. Reflect on how these centers might be affecting your life.

101 FOR STARTERS

****Exercise 2b: Reflect on Your Defined Centers****

Take a closer look at your defined energy centers and reflect on how they might be affecting your life. Consider how your defined centers contribute to your strengths and challenges, and how you can use this knowledge to navigate your life more effectively.

****Exercise 2c: Understand Your Open Centers****

Explore your open (undefined) energy centers and reflect on how they might be impacting your life. Consider how you can use this openness to connect with others and how you can protect yourself from taking on other people's energy.

****Exercise 3: Understand Your Authority****

According to Human Design theory, we all have a unique inner guidance system that helps us make decisions. This system is called our authority. There are seven different authorities, each with its own unique way of making decisions. Explore the seven different authorities and identify which one resonates with you the most. Reflect on how you can incorporate this authority into your decision-making process. Consider how you can learn to trust your inner guidance and align your decisions with your true nature.

101 FOR STARTERS

**** Exercise 4: Explore Your Not-Self Behaviors****

Human Design teaches that we have specific behaviors and thought patterns that are not aligned with our true nature. Reflect on your not-self behaviors and consider how you can recognize and transform them.

****Exercise 5: Understand Your Channels and Gates****

Take a closer look at your Human Design chart and identify your channels and gates. Explore how these channels and gates impact your life and relationships, and consider how you can use this knowledge to align with your true nature.

****Exercise 6: Learn About Your Profile****

Human Design also teaches that we all have a unique profile, which is based on the positions of the Sun and Earth at the time of our birth. There are 12 different profiles, each with its own unique characteristics and life lessons. Each Human Design profile has two lines that represent different aspects of our personality and life lessons. Discover your profile and learn about its characteristics and potential challenges. Explore your profile lines and reflect on how they might be impacting your life and relationships. Reflect on how you can use this knowledge to live a more fulfilling life.

101 FOR STARTERS

****Exercise 7: Investigate Your Incarnation Cross****

The incarnation cross is one of the most important aspects of our Human Design chart. It represents our life purpose and the unique contribution we are here to make to the world. Investigate your incarnation cross and reflect on how you can align your life with your purpose. What steps can you take to live a more fulfilling life and make a positive impact on the world?

****Exercise 8: Investigate Your Environment****

(No worries if you can't find this! This is already diving deeper into you). Take a closer look at your Human Design chart and consider how your environment might be impacting your energy and well-being. Explore how you can optimize your living and working spaces to align with your true nature.

****Exercise 9: Embrace Your Design****

Finally, embrace your Human Design. Recognize that you are unique and have a unique purpose in life. Use the knowledge you have gained from exploring your Human Design to make decisions that align with your true nature and live a more fulfilling life. Remember that you are always evolving and that your Human Design is a tool to help you navigate that journey.

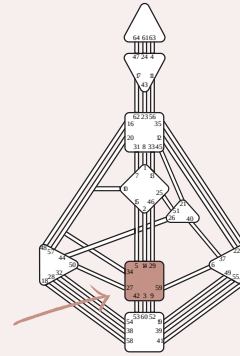
I hope this 101 FOR STARTERS helps you explore and understand the basics of your Human Design! Remember to be patient and compassionate with yourself as you dive deeper into this fascinating system.



*And now we are ready
to start your
Human Design
Experiment.*

TYPE

The Sacred Center



1. What is your Human Design type?
2. If you google definitions about your type, do you recognise yourself in that?
3. Do you recognise a different type with how you are actually currently living? (Say, are you a Projector living as a Generator?)
4. What is YOUR working definition about your type?
5. How does it influence your approach to life? Do you want to live according to your type?
6. Which type(s) always has/have a defined sacral (see pic)?
7. How does your Human Design type impact your relationships and communication style?
8. What are the strengths and weaknesses of your type, and how can you best work with them?
9. How can understanding your Human Design type help you make better decisions and live a more fulfilling life?
10. How does your Human Design type affect your energy levels and overall well-being?
11. What are some common misconceptions about Human Design types, and how can they be addressed?
12. How can you use Human Design to better understand and navigate your career path?
13. How does your Human Design type affect your creative expression and artistic abilities?
14. How can you use Human Design to improve your relationships with others, including family, friends, and romantic partners?

- 15. What role do each of the Human Design types play in society, and how can they work together for the greater good?
- 16. How can you use your Human Design type to better understand your personality and character traits?
- 17. How does your Human Design type impact your decision-making process, and how can you optimize it for success?
- 18. What are the key differences between the Human Design types, and how can you use this knowledge to better understand and communicate with others?
- 19. How can understanding your Human Design type help you overcome challenges and obstacles in your life?
- 20. What are some practical tips for living in alignment with your Human Design type, and how can you incorporate this knowledge into your daily routine?

YOUR QUESTIONS

21. What questions do you still have about your type?
22. What questions do you have about the other types?
23. What questions would you like to ask others about their type during the studygroup zoom meetings?

SIGNATURE

The Generator signature is satisfaction

The Manifestor signature is peace

The Projector signature is success

The Reflector signature is surprise.

A. Do you recognise your Signature? How often do you feel this?

B. Is there some period in your life where you felt this the most? What were your circumstances that made this possible?

NOT-SELF SIGNATURE

The not-self theme is when an aura type is meeting resistance in their life or when they find themselves misusing their energy or unable to flow with what feels most correct for them.

The mind is always distracted, always in transference, always oscillating between its not-self and surrendering to the body. It's a natural thing really, it's part of how we learn and understand navigating this world. But, if you continue to practice your strategy if you listen to your authority, and you remind yourself that you can't think your way through this life, that you have to feel your way through, then I promise you will come to trust the part of you that always already knows the answers before your mind has time to process.

The Generator not-self theme is frustration

The Manifestor not-self theme is anger

The Projector not-self theme is bitterness

The Reflector not-self theme is disappointment

- A. Do you recognise your not-self Signature? How often do you feel this?
- B. Is there some period in your life where you felt this the most? What were your circumstances that made this possible?

AUTHORITY

1. What is Human Design authority, and how does it differ from decision-making processes in traditional Western culture?
2. How is Human Design authority determined in a person's chart, and what are the different types of authority?
3. How can understanding your Human Design authority help you make more authentic and aligned decisions in your life?
4. What role do our centers play in the authority process, and how can we work with them to access our truest guidance?
5. How does the authority of a projector differ from that of a manifestor or generator?
6. What are the benefits of using your Human Design authority to make decisions, rather than relying solely on logic or external opinions?
7. How can we decondition from societal conditioning that encourages us to ignore or override our authority in decision-making?
8. How does emotional authority impact decision-making, and what are some strategies for working with emotional waves to make clearer choices?
9. How does the authority of a reflector differ from that of other types, and how can reflectors use their unique perspective to make informed decisions?
10. How can the authority of a manifesting generator be used to balance the needs of both their generator and manifestor aspects?
11. How does the authority of a splenic projector differ from that of a non-splenic projector, and how can splenic projectors access their intuitive guidance?
12. How can our Human Design authority help us navigate relationships and make decisions that honor our truest selves?
13. How can we recognize when we are not operating from our true authority, and what are the consequences of ignoring our authority?

DEFINED CENTERS

These questions can serve as a starting point for self-reflection and exploration within each defined center of your Human Design. Remember to approach the process with curiosity, openness, and self-compassion.

1. Crown Center:

- a. How can I deepen my connection with higher consciousness and tap into spiritual wisdom?
- b. What practices or activities help me access inspiration and insights?
- c. How can I balance my desire for spiritual growth with staying grounded in everyday life?

2. Mind/Ajna Center:

- a. How can I distinguish between my own thoughts and conditioning from external influences?
- b. What methods or practices can help quiet my mind and cultivate mental clarity?
- c. How can I use my intellectual gifts to serve my authentic purpose without overthinking or getting stuck in analysis paralysis?

3. Throat Center:

- a. What authentic expressions or messages do I feel inspired to share with the world?
- b. How can I overcome any fear or self-doubt that may prevent me from speaking my truth?
- c. What ways can I use my voice and communication skills to bring about positive change and connect with others?

4. Self/Identity Center:

- a. What are my true passions, desires, and aspirations that align with my authentic self?
- b. How can I cultivate self-confidence and a strong sense of self-worth?
- c. How can I balance self-assertion with consideration for others and collaboration?

DEFINED CENTERS

5. Heart/Will Center:

- a. What activities or pursuits bring me joy, passion, and a sense of fulfillment?
- b. How can I align my actions with my heart's desires and make choices that are in alignment with my authentic self?
- c. What practices or rituals can help me cultivate self-love and compassion for myself and others?

6. Emotional/Solar Plexus Center:

- a. How can I embrace and navigate the full range of my emotions without getting overwhelmed or reactive?
- b. What practices or tools can help me find emotional balance and make decisions from a place of clarity and authenticity?
- c. How can I honor my emotional needs while maintaining healthy boundaries and healthy relationships?

7. Sacral Center:

- a. What activities or work brings me a genuine sense of satisfaction, vitality, and fulfillment?
- b. How can I listen to and trust my gut instincts in decision-making?
- c. How can I balance my energy levels and honor my need for rest and rejuvenation while still being productive?

8. Spleen Center:

- a. How can I develop trust in my intuition and follow my instincts with confidence?
- b. What practices or activities help me maintain a sense of physical and emotional well-being?
- c. How can I discern between genuine intuition and fear-based anxieties?

DEFINED CENTERS

9. Root Center:

- a. How can I find healthy ways to manage and release stress and pressure in my life?
- b. What practices or routines help me establish a sense of stability and grounding?
- c. How can I balance my need for movement and action with rest and relaxation?

What questions do you have about your defined center(s) that you would like to discuss in the studygroup?

A. ...

B. ...

C. ...

UNDEFINED CENTERS

These questions can serve as a starting point for self-reflection and exploration within each undefined center of your Human Design. Remember, the undefined centers offer unique gifts and perspectives, and by embracing their openness, you can gain wisdom and contribute in your own authentic way. Approach the questions with curiosity, self-compassion, and a willingness to explore new possibilities.

1. Undefined Crown Center:

- a. How can I remain open to receiving divine inspiration and guidance without feeling the need to constantly seek it?
- b. How can I discern between genuine spiritual experiences and the influence of external conditioning or beliefs?
- c. How can I cultivate a sense of trust and surrender to the greater intelligence of the universe?

2. Undefined Mind/Ajna Center:

- a. How can I navigate the vast realm of thoughts and ideas without feeling overwhelmed or pressured to make sense of everything?
- b. How can I honor my own unique way of thinking and processing information without comparing myself to others?
- c. How can I find peace and clarity by embracing the inherent openness and flexibility of my mind?

3. Undefined Throat Center:

- a. How can I find authentic self-expression and contribute my unique voice without feeling the pressure to constantly initiate or speak up?
- b. How can I navigate the realm of communication and influence without taking on the energy of others or feeling the need to prove myself?
- c. How can I listen deeply and discern which messages are meant to be shared and which are better left unsaid?

4. Undefined Self/Identity Center:

- a. How can I cultivate a strong sense of self-worth and identity without relying on external validation or definitions?

UNDEFINED CENTERS

b. How can I embrace the fluidity and adaptability of my identity, allowing myself to explore different roles and expressions without feeling lost?

c. How can I celebrate the uniqueness and diversity of others without feeling the need to compare or compete?

5. Undefined Heart/Will Center:

a. How can I embrace and support the creative expressions and passions of others without feeling the need to constantly shine or be in the spotlight myself?

b. How can I find fulfillment and purpose by aligning with the desires and needs of those around me rather than solely focusing on personal achievement?

c. How can I appreciate the power of vulnerability and authentic connection rather than relying on external validation or praise?

6. Undefined Emotional/Solar Plexus Center:

a. How can I honor and support the emotional experiences of others without absorbing or amplifying their emotions as my own?

b. How can I navigate the ebb and flow of emotions without feeling the need to constantly seek stability or avoid discomfort?

c. How can I use my empathetic nature to create safe spaces for emotional expression and support others on their emotional journeys?

7. Undefined Sacral Center:

a. How can I honor and appreciate the vitality and life force energy in others without feeling the pressure to match their pace or workaholic tendencies?

b. How can I find sustainable energy and fulfillment by embracing rest, relaxation, and honoring my own natural rhythms?

c. How can I make decisions and take actions that align with my authentic desires and values rather than blindly following the energy of those around me?

UNDEFINED CENTERS

8. Undefined Spleen Center:

- a. How can I embrace uncertainty and trust my intuition without feeling the need for constant reassurance or seeking external validation?
- b. How can I develop healthy habits and practices that support my physical and emotional well-being without relying solely on external guidance or routines?
- c. How can I navigate and respond to potential risks or fears without getting trapped in a cycle of anxiety or hypervigilance?

9. Undefined Root Center:

- a. How can I find balance between taking action and allowing things to unfold in their own time, without feeling the need to rush or push myself constantly?
- b. How can I embrace the inherent unpredictability and spontaneity of life without seeking constant stability or feeling restless in periods of stillness?
- c. How can I support and trust the natural rhythms and timing of life, allowing things to manifest with ease rather than forcing outcomes through relentless action?

What questions do you have about your defined center(s) that you would like to discuss in the studygroup?

A. ...

B. ...

C. ...

PROFILE

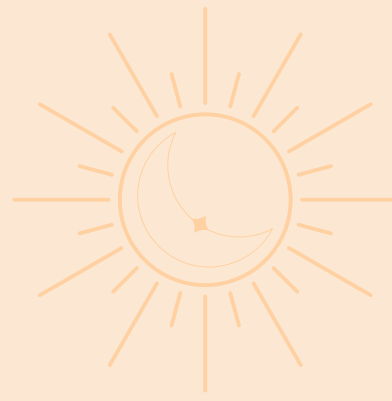
1. What are the two numbers that make up a Human Design profile, and what do they represent?
2. How does your profile shape your unique perspective and approach to life?
3. How can understanding your profile help you make more informed decisions and navigate relationships?
4. What are some common challenges that individuals with certain profiles may face, and how can they work with their profile to overcome them?
5. How can we recognize when we are not living in alignment with our profile, and what are the consequences of ignoring it?
6. How can our profile help us understand our strengths and areas for growth?
7. How can we use our profile to build better relationships with others who have different profiles?
8. How can we use our profile to find fulfillment and meaning in our lives?
9. How can our profile help us understand our role and purpose in society?
10. How can we work with our profile to tap into our unique gifts and talents?
11. How can we use our profile to find greater alignment and purpose in our work or career?
12. How does our profile relate to the gates and channels in our Human Design chart?
13. How can understanding our profile help us navigate times of change and transition in our lives?
14. How can we use our profile to better understand our patterns of behavior and thought?
15. How can we work with our profile to overcome limiting beliefs and patterns of conditioning?
16. How can we use our profile to cultivate greater self-awareness and personal growth?

GATES & CHANNELS

I had 12? pages with questions about the gates but I just deleted them. It's too much for now, I don't want to you to feel overwhelmed.

Therefor we continue with other topics.

PLANETS



In Human Design, the planets play a significant role in shaping the unique energetic blueprint of each individual. The planetary positions at the time of a person's birth determine the specific channels, gates, and centers that are activated in their Human Design chart.

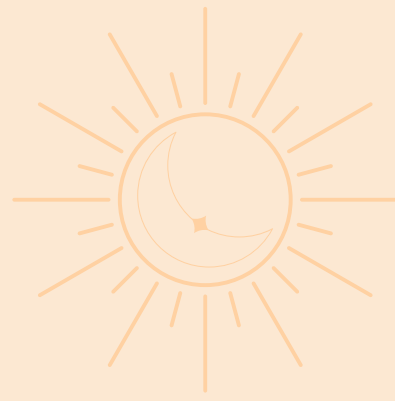
Each planet is associated with a particular energy or archetype, which influences the expression of the corresponding center or channel in the chart. For example, the planet Mars is associated with the energy of initiation and drive, and its influence on a person's chart can manifest as a defined Root center, which drives them to take action and move forward in life.

The planets also have an impact on the conditioning and deconditioning process. When a person is living in accordance with their Human Design, they are said to be operating from their true self or "authentic" expression. However, conditioning can cause individuals to operate from their "not-self" or conditioned self, which can result in challenges, discomfort, and resistance.

The planetary positions in a person's chart can shed light on areas where they may be susceptible to conditioning. For example, a person with a defined Solar Plexus center, which is associated with emotions and feelings, may be susceptible to conditioning related to emotional manipulation or suppression.

Furthermore, the planetary transits, or the current positions of the planets in the sky, can have a significant impact on a person's Human Design. When a planet makes an aspect to a particular gate or channel in a person's chart, it can activate or amplify the energy of that gate or channel, leading to new insights, challenges, or opportunities for growth.

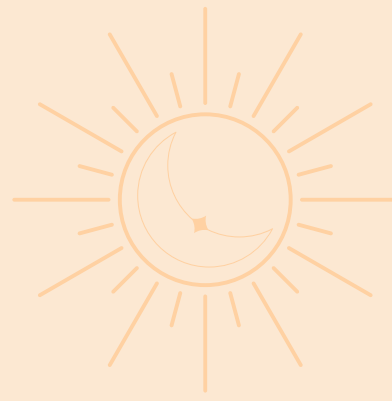
PLANETS



For example, if Uranus, the planet of innovation and change, is transiting over a person's Gate 25, which is associated with universal love and acceptance, it may bring unexpected opportunities to express love and compassion on a larger scale.

In summary, the planets have a profound effect on a person's Human Design, shaping their energetic blueprint and influencing their conditioning and deconditioning processes. By understanding the planetary positions and transits in their chart, individuals can gain deeper insights into their unique strengths, challenges, and opportunities for growth.

PLANETS



Exercise 1: Reflect on Your Sun and Earth Gates Look at your Human Design chart and identify your Sun and Earth gates. Reflect on the qualities and themes associated with these gates, and consider how they are showing up in your life. Explore how you can use this knowledge to align with your true nature. Don't forget to take your line into account!

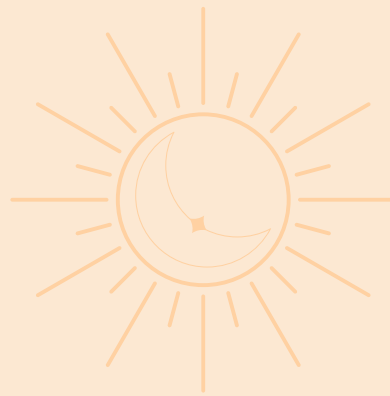
Exercise 2: Meditate on Your Moon Center The Moon Center is associated with our emotions and our ability to nurture ourselves and others. Spend some time meditating on your Moon Center and reflecting on how you can honor your emotional needs and care for yourself and others.

Exercise 3: Explore Your Venus and Mars Gates Look at your Human Design chart and identify your Venus and Mars gates. Reflect on the qualities and themes associated with these gates, and consider how they are showing up in your relationships and creative pursuits. Explore how you can use this knowledge to deepen your relationships and express your creativity.

Exercise 4: Connect with Your Mercury Gate The Mercury Gate is associated with our communication and ability to exchange ideas with others. Spend some time connecting with your Mercury Gate and reflecting on how you can communicate more effectively and exchange ideas in a way that aligns with your true nature.

Exercise 5: Investigate Your Saturn Gate The Saturn Gate is associated with our ability to learn and grow through challenges and limitations. Reflect on the challenges and limitations you have faced in your life and consider how you can use them as opportunities for growth and transformation.

PLANETS



Exercise 6: Reflect on Your Jupiter Gate The Jupiter Gate is associated with our sense of purpose and ability to manifest our vision. Reflect on your sense of purpose and consider how you can align your life with your vision and manifest your dreams.

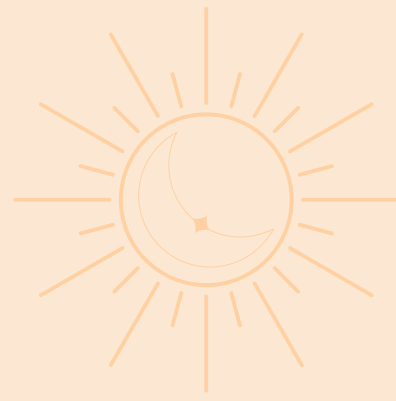
Exercise 7: Embrace Your Uranus and Pluto Gates Look at your Human Design chart and identify your Uranus and Pluto gates. Reflect on the qualities and themes associated with these gates, and consider how they are showing up in your life. Explore how you can use this knowledge to embrace change and transformation and create positive shifts in your life.

Exercise 8: Explore Your Neptune Gate The Neptune Gate is associated with our spiritual connection and ability to connect with the collective consciousness. Spend some time exploring your spiritual connection and reflecting on how you can deepen your connection with the divine.

Exercise 9: Investigate Your Chiron Gate The Chiron Gate is associated with our ability to heal ourselves and others. Reflect on your experiences of healing and consider how you can use your gifts and talents to support others on their healing journeys.

Exercise 10: Connect with Your North Node Gate The North Node Gate is associated with our life purpose and the direction we are meant to move towards in this lifetime. Reflect on your life purpose and consider how you can align your actions and decisions with your true path.

PLANETS



Exercise 11: Reflect on Your South Node Gate The South Node Gate is associated with our past lives and the karmic patterns we bring into this lifetime. Reflect on your past experiences and consider how they might be influencing your current path. Explore how you can release old patterns and move towards alignment with your true nature.

Exercise 12: Investigate Your Jupiter-Saturn Cycle The Jupiter-Saturn Cycle is a 20-year cycle that is associated with our growth and evolution. Reflect on the events and experiences that have occurred in your life during each Jupiter-Saturn Cycle and consider how they have contributed to your growth and evolution.

TRANSITS

Human Design provides a unique blueprint of an individual's energetic makeup. Understanding your Human Design chart can provide valuable insights into your authentic self and help you navigate life with greater alignment and awareness. When it comes to incorporating current transits into your Human Design practice, keep the following in mind.

1. Understand your Human Design: Begin by thoroughly understanding your own Human Design chart. Identify your defined and undefined centers, gates, channels, and other key elements. This knowledge forms the foundation for integrating current transits into your practice.

2. Study the current transits: Research and study the current astrological transits and alignments. Pay attention to the movements of the planets and their impact on the gates and channels in your Human Design chart. Astrology websites, books, and professional astrologers can provide valuable information about the current cosmic energies. You can easily create an overlay in the Human Design app if you are using that one.

3. Identify the activated gates and channels: Determine which gates and channels in your Human Design chart are currently activated by the transiting planets. These activations can influence your energy, emotions, and decision-making during the transit period. Take time to reflect on how the current transits are affecting your energy and experiences. Journaling can be a powerful tool to document your observations, insights, and any shifts you notice during the transit period. Consider how the activated gates and channels are influencing your thoughts, emotions, and actions.

TRANSITS

4. Experiment and observe: Apply the knowledge of your Human Design chart and the current transits to your daily life. Experiment with different approaches and decisions that are in alignment with your design. Observe how your experiences unfold and the impact of the transiting energies on your overall well-being.

5. Trust your intuition: While studying Human Design and current transits can provide valuable insights, always remember to trust your intuition. You are the ultimate authority in your own life. Use the information as a guide, but make decisions based on what feels right for you.

By integrating your Human Design knowledge with an understanding of the current transits, you can gain deeper self-awareness and make more informed choices that are aligned with your authentic self. Remember to approach the practice with an open mind, embrace the learning process, and honor your individual journey.

URANUS OPPOSITION



The Uranus Opposition is an astrological phenomenon that occurs around the age of 42, when Uranus is exactly opposite its natal position in a person's birth chart. This is a significant turning point in a person's life, marking the beginning of a new phase of personal evolution and growth. The Uranus Opposition is associated with a period of upheaval, change, and transformation, as old patterns and beliefs are challenged, and new possibilities emerge.

At the Uranus Opposition, many people experience a sense of restlessness and dissatisfaction with their current situation. They may feel a strong urge to break free from limiting beliefs and societal expectations, and to embrace their true nature and individuality. This can be a time of great uncertainty and upheaval, but it is also an opportunity for personal growth and evolution.

One of the key themes of the Uranus Opposition is the need for change. This can manifest in many different ways, from a desire to change careers, to a need to change relationships or living situations. Whatever the specific form of change may be, it is often accompanied by a sense of urgency and a feeling that time is running out. This can be both exhilarating and overwhelming, as people confront the reality that they are responsible for creating their own lives.

Another theme of the Uranus Opposition is the need to embrace one's individuality. Many people at this stage of life find themselves questioning their values and beliefs, and seeking a deeper understanding of who they truly are. This can involve a process of self-discovery and self-acceptance, as people confront aspects of themselves that they may have been suppressing or denying for years. It can also involve a process of letting go of old identities and roles, and embracing new aspects of oneself.

URANUS OPPOSITION



The Uranus Opposition is also associated with a strong urge towards creativity and self-expression. People at this stage of life often feel a desire to explore new forms of self-expression, whether through art, music, writing, or other creative endeavors. This can be a powerful way to channel the energy of the Uranus Opposition, and to tap into one's innermost desires and passions.

One of the challenges of the Uranus Opposition is the need to confront fear and resistance to change. Many people at this stage of life find themselves grappling with fear of the unknown, fear of failure, or fear of letting go of familiar patterns and beliefs. This can be a difficult and uncomfortable process, but it is also an opportunity for personal growth and transformation. By confronting these fears head-on, people can develop greater resilience and self-confidence, and move towards a more authentic and fulfilling life.

The Uranus Opposition is also associated with a need for deeper spiritual connection and meaning. Many people at this stage of life find themselves questioning the purpose and meaning of their lives, and seeking a deeper connection to something greater than themselves. This can involve exploring new spiritual practices, connecting with a community of like-minded individuals, or simply taking time for reflection and introspection.

Overall, the Uranus Opposition is a powerful and transformative time in a person's life. It marks the beginning of a new phase of personal growth and evolution, and offers opportunities for deep self-discovery, creative expression, and spiritual connection. While it can be a challenging and uncomfortable process, it is also a time of great possibility and potential, as people embrace their true nature and align with their higher purpose. By navigating this time with courage, openness, and self-awareness, people can emerge from the Uranus Opposition with a renewed sense of purpose and direction, and a deeper connection to themselves and the world around them.

URANUS OPPOSITION



Exercise 1: Learn About the Uranus Opposition Learn about the Uranus Opposition in Human Design, its significance, and its effects on your life. Reflect on how you can use this knowledge to align with your true nature and deepen your personal evolution.

Exercise 2: Explore Your Uranus Placement Identify your Uranus placement in your Human Design chart and reflect on the themes and lessons associated with it. Consider how these themes and lessons have shown up in your life, and explore how you can use this knowledge to support your personal evolution.

Exercise 3: Reflect on Your Individuality Reflect on your individuality and unique qualities, and consider how you can use them to express yourself more authentically. Explore how the Uranus Opposition can support your personal evolution and help you to embrace your uniqueness.

Exercise 4: Embrace Change Embrace change and consider how you can use it to support your personal evolution. Reflect on how fear and resistance to change may be holding you back, and explore ways to overcome these obstacles.

Exercise 5: Explore Your Creativity Explore your creativity and consider how you can use it to express yourself more fully. Reflect on how the Uranus Opposition can support your personal evolution and help you to tap into your creative potential.

Exercise 6: Reflect on Your Values Reflect on your values and consider how they align with your true nature. Explore how the Uranus Opposition can support your personal evolution by helping you to live in alignment with your values.

URANUS OPPOSITION



Exercise 7: Embrace Your Inner Rebel Embrace your inner rebel and consider how you can use it to break free from limiting beliefs and societal norms. Reflect on how the Uranus Opposition can support your personal evolution by helping you to embrace your true nature.

Exercise 8: Practice Mindfulness Practice mindfulness and bring awareness to the present moment. Reflect on how the Uranus Opposition can support your personal evolution by helping you to stay present and in tune with your intuition.

Exercise 9: Reflect on Your Relationships Reflect on your relationships and consider how they support your personal evolution. Explore how the Uranus Opposition can help you to break free from limiting relationship patterns and create healthier connections.

Exercise 10: Cultivate Self-Awareness Cultivate self-awareness and reflect on your thoughts, feelings, and behaviors. Explore how the Uranus Opposition can support your personal evolution by helping you to understand yourself more deeply.

Exercise 11: Embrace Unconventional Ideas Embrace unconventional ideas and consider how they can support your personal evolution. Reflect on how the Uranus Opposition can help you to break free from conventional thinking and embrace new perspectives.

Exercise 12: Practice Self-Expression Practice self-expression and consider how it can support your personal evolution. Explore how the Uranus Opposition can help you to express yourself more authentically and confidently.

URANUS OPPOSITION

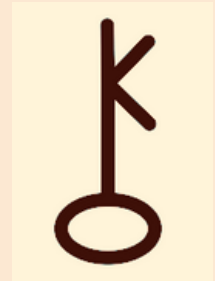


Exercise 13: Explore Your Inner Visionary Explore your inner visionary and consider how you can use it to create positive change in the world. Reflect on how the Uranus Opposition can support your personal evolution by helping you to tap into your visionary potential.

Exercise 14: Reflect on Your Spiritual Path Reflect on your spiritual path and consider how it supports your personal evolution. Explore how the Uranus Opposition can help you to deepen your spiritual connection and align with your higher purpose.

Exercise 15: Practice Gratitude Practice gratitude and reflect on the blessings in your life. Explore how the Uranus Opposition can support your personal evolution by helping you to cultivate a positive mindset and focus on the possibilities ahead.

CHIRON RETURN



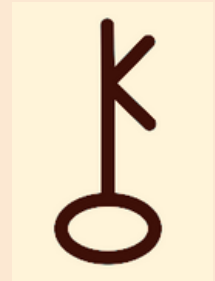
The Chiron Return is a significant astrological event that occurs around the age of 50. It marks a time of deep self-reflection and healing, as people confront unresolved wounds and traumas from their past, and work towards integrating them into their present lives. The Chiron Return is a time of reckoning, as people confront the patterns and beliefs that have been holding them back, and begin to forge a new path towards greater wholeness and integration.

Chiron is often referred to as the “wounded healer,” as it represents the part of ourselves that has been wounded, but also holds the key to our healing and transformation. The Chiron Return is a time when this wounded part of ourselves comes to the forefront, demanding attention and healing. It is a time when we are called to confront our deepest fears, and to confront the parts of ourselves that we have been denying or suppressing.

One of the key themes of the Chiron Return is the need for deep self-reflection and introspection. This can involve looking back over our lives and examining the patterns and beliefs that have been holding us back. It can also involve confronting our deepest fears and insecurities, and working towards greater self-awareness and acceptance. By taking the time to reflect on our past and present experiences, we can begin to see more clearly the areas in our lives that need healing and transformation.

Another theme of the Chiron Return is the need for deep healing and integration. This can involve confronting the wounds and traumas from our past, and working towards greater self-acceptance and self-love. It can also involve seeking out new healing modalities and practices, such as therapy, meditation, or energy work.

CHIRON RETURN



By committing to the process of healing and integration, we can begin to release the patterns and beliefs that have been holding us back, and move towards greater wholeness and integration.

The Chiron Return is also associated with a strong sense of purpose and calling. Many people at this stage of life find themselves questioning the meaning and purpose of their lives, and seeking a deeper sense of fulfillment and meaning. This can involve exploring new career paths or creative endeavors, or simply taking the time to connect with our innermost desires and passions. By aligning ourselves with our true purpose and calling, we can begin to live more authentically and meaningfully.

One of the challenges of the Chiron Return is the need to confront our deepest fears and insecurities. This can be a difficult and uncomfortable process, as we confront the parts of ourselves that we have been denying or suppressing. However, it is also an opportunity for deep growth and transformation, as we release the patterns and beliefs that have been holding us back, and embrace our true nature and potential.

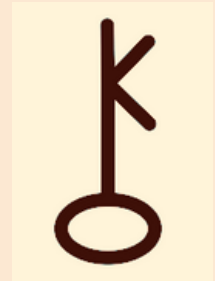
The Chiron Return is also associated with a need for greater self-care and self-nurturing. Many people at this stage of life find themselves needing to prioritize their own needs and well-being, and to establish healthier boundaries and relationships. This can involve taking time for self-care practices, such as exercise, meditation, or spending time in nature. It can also involve seeking out supportive relationships and communities, where we feel seen, heard, and valued for who we truly are.

CHIRON RETURN



Overall, the Chiron Return is a time of deep self-reflection, healing, and transformation. It marks a time of reckoning, as we confront the wounds and traumas from our past, and work towards greater wholeness and integration. While it can be a challenging and uncomfortable process, it is also a time of great possibility and potential, as we align ourselves with our true purpose and potential. By navigating this time with courage, self-awareness, and self-care, we can emerge from the Chiron Return with a renewed sense of purpose, calling, and inner peace.

CHIRON RETURN



Exercise 1: Learn About the Chiron Return Learn about the Chiron return in Human Design, its significance, and its effects on your life. Reflect on how you can use this knowledge to align with your true nature and deepen your healing journey.

Exercise 2: Explore Your Chiron Placement Identify your Chiron placement in your Human Design chart and reflect on the themes and lessons associated with it. Consider how these themes and lessons have shown up in your life, and explore how you can use this knowledge to support your healing journey.

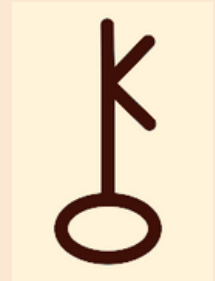
Exercise 3: Reflect on Your Past Wounds Reflect on past wounds and traumas that you have experienced in your life. Consider how they have shaped your beliefs and behaviors, and explore how you can release them and move towards healing and transformation.

Exercise 4: Reconnect with Your Inner Child Connect with your inner child and reflect on the wounds and traumas that they may be carrying. Consider how you can support your inner child and heal the wounds that they have experienced.

Exercise 5: Connect with Your Inner Healer Connect with your inner healer and reflect on the gifts and talents that you have to offer. Consider how you can use your healing gifts to support yourself and others on their healing journeys.

Exercise 6: Explore Your Relationship Patterns Reflect on your relationship patterns and consider how they may be influenced by past wounds and traumas. Explore how you can use the Chiron return to release old patterns and create healthier and more fulfilling relationships.

CHIRON RETURN



Exercise 7: Practice Forgiveness Practice forgiveness towards yourself and others who may have caused you harm in the past. Consider how forgiveness can support your healing journey and allow you to move forward with greater ease.

Exercise 8: Embrace Vulnerability Embrace vulnerability and allow yourself to feel your emotions fully. Consider how vulnerability can support your healing journey and allow you to connect more deeply with yourself and others.

Exercise 9: Practice Self-Care Practice self-care and prioritize your own needs and well-being. Consider how self-care can support your healing journey and allow you to show up more fully in your life.

Exercise 10: Embrace Your Shadow Side Embrace your shadow side and reflect on the parts of yourself that you may have suppressed or denied. Consider how acknowledging and integrating your shadow side can support your healing journey and allow you to live more authentically.

Exercise 11: Reflect on Your Spiritual Path Reflect on your spiritual path and consider how it supports your healing journey. Explore how you can deepen

MONEY



1. How does your Human Design type and strategy impact your relationship with money?
2. What are the strengths and challenges of each Human Design type when it comes to managing finances?
3. How can understanding your Human Design chart help you manifest abundance and prosperity?
4. What role does your defined and undefined centers play in your relationship with money?
5. How can the concept of openness in Human Design be applied to attracting abundance and financial success?
6. How can the authority defined in your Human Design chart be used to make wise financial decisions?
7. What is the impact of societal conditioning on our beliefs and behaviors around money, and how can we decondition from it?
8. How can living in alignment with our Human Design type and strategy help us make more fulfilling and sustainable career choices?
9. How can our Human Design profile inform our approach to building wealth and financial security?
10. How does our emotional authority impact our relationship with money, and how can we work with it to make more grounded financial decisions?
11. What are the key considerations for each Human Design type when it comes to investing and financial planning?
12. How can Human Design inform our understanding of our unique talents and abilities, and how we can use them to create financial abundance?
13. How can understanding our Human Design type and strategy help us break free from limiting beliefs and scarcity mindset around money?

MONEY



14. How can living in alignment with our Human Design type and strategy help us find more joy and fulfillment in our work and financial pursuits?
15. How can we use our defined channels and gates in our Human Design chart to create financial success and abundance?
16. How can the energy of our defined centers be harnessed to create financial abundance and success in our lives?
17. What is the role of our profile in determining our approach to earning and managing money?
18. How can living in alignment with our Human Design type and strategy help us avoid financial burnout and create sustainable wealth?
19. How can our Human Design chart inform our approach to debt and financial risk-taking?
20. How can Human Design principles be applied to create more conscious and ethical financial systems and practices in our society?

The official money gates and channels are 21-45, 14 (property/ money management), 55 (abundance). A good salesman probably has gate 26.

21. Which money gates and channels do you have activated?

YOUR DESIGN



1. What do you really, really, REALLY LOOOOVE about your design?
2. What aspects of your design resonate with you the most, and how do you see them manifesting in your life?
3. Are there any particular challenges or struggles you face in integrating and embodying your Human Design in your daily life? How do you work through them?
4. Where would you like to see something different in your life?
5. What center are you aware of that is always 'on', a lot of energy and focus goes towards that center?
6. Do you notice a certain gate being prominently 'on'?
7. How has understanding your Human Design influenced your relationships and interactions with others?
8. How well do you mix with your partner and/ or child(ren)?
9. Do you notice any patterns or recurring themes in your experiences that align with your Human Design chart?
10. If you would have discovered Human Design 25 years ago, what would you have done different?
11. Have you noticed any significant shifts or transformations in your life since you started exploring and integrating your Human Design? If so, what were they and how did they impact you?

DECONDITIONING TIPS

1. Sleep alone so you can be in your own aura
2. If you're non-sacral, spend time away from sacral beings to empty out the sacral energy you may have taken on
3. If you're non-emotional, spend time alone so you can distinguish which feelings are actually yours and which you may have taken on throughout the day
4. If you're open in the head or root center, spend time alone to relieve pressure from others thoughts and stressors.
5. Identify the patterns and behaviors that are not in alignment with your Human Design type and strategy.
6. Notice when you are making decisions based on your conditioning rather than your intuition and inner guidance.
7. Practice waiting to respond and letting life come to you, rather than forcing or pushing things to happen.
8. Experiment with making decisions from a place of calmness and inner authority, rather than from a place of fear or anxiety.
9. Learn to trust your body's signals and follow its guidance, rather than relying solely on your mind.
10. Recognize the difference between conditioning and true desire, and choose to follow what brings you joy and fulfillment.
11. Set clear boundaries with others and learn to say "no" when something does not align with your authentic self.
12. Let go of the need to please others or be accepted by society, and embrace your unique individuality.
13. Develop a daily mindfulness or meditation practice to help you tune in to your body and inner guidance.

DECONDITIONING TIPS 2

1. Surround yourself with supportive people who understand and respect your Human Design type and strategy.
2. Practice self-care and prioritize rest, nutrition, and exercise to support your body's natural rhythms.
3. Learn to listen to your body's needs, whether it's hunger, rest, or movement, and honor them.
4. Explore your creativity and passions, and find ways to express yourself authentically.
5. Take time to reflect on your experiences and insights, and use them to guide your future decisions and actions.
6. Practice forgiveness and self-compassion, recognizing that everyone is on their own unique journey of deconditioning.
7. Be patient with yourself and allow yourself time to adapt to living in alignment with your Human Design.
8. Notice any resistance or discomfort that arises when you try to decondition, and use it as an opportunity for growth.
9. Set goals and intentions that align with your authentic self and Human Design type and strategy.
10. Use your Human Design chart as a tool for self-awareness and growth, and continue to learn and evolve over time.
11. Seek support from a Human Design practitioner or community if you need guidance or further understanding.
12. Let go of the need for control and embrace the flow of life, trusting that everything is happening for your highest good.
13. Practice gratitude and appreciation for the unique gifts and talents that your Human Design type and strategy offer.
14. Release any shame or judgment around your past conditioning, and choose to move forward with love and compassion.
15. Remember that deconditioning officially is a 7 year process, and the more you practice living in alignment with your Human Design, the more fulfilling and joyful your life will become.

DECONDITIONING

1. **Exercise 11: Practice Self-Care for Your Type** Each Human Design type has unique self-care needs based on their energy and strategy. Explore self-care practices that align with your Human Design type, and consider how you can prioritize these practices in your life.
2. **Exercise 12: Embrace Your Gifts** Reflect on your unique gifts and talents, and consider how you can use them to make a positive impact on the world. Explore how you can align your life with your true nature and contribute to the greater good.
3. **Exercise 13: Connect with Your Intuition** Human Design teaches that our inner guidance system is a powerful tool for making decisions and navigating our lives. Explore practices that help you connect with your intuition and learn to trust your inner guidance.
4. **Exercise 14: Embrace Your Sensitivity** Many Human Design types are highly sensitive and empathic. Reflect on your sensitivity and consider how you can honor and protect your energy while still engaging with the world.
5. **Exercise 15: Align with Your Purpose** Explore practices that help you align with your life purpose and contribute to the greater good. Consider how you can use your unique gifts and talents to make a positive impact on the world.

enjoy your journey

YOUR IDEAL DESIGN

We are almost done. Time for some fun!

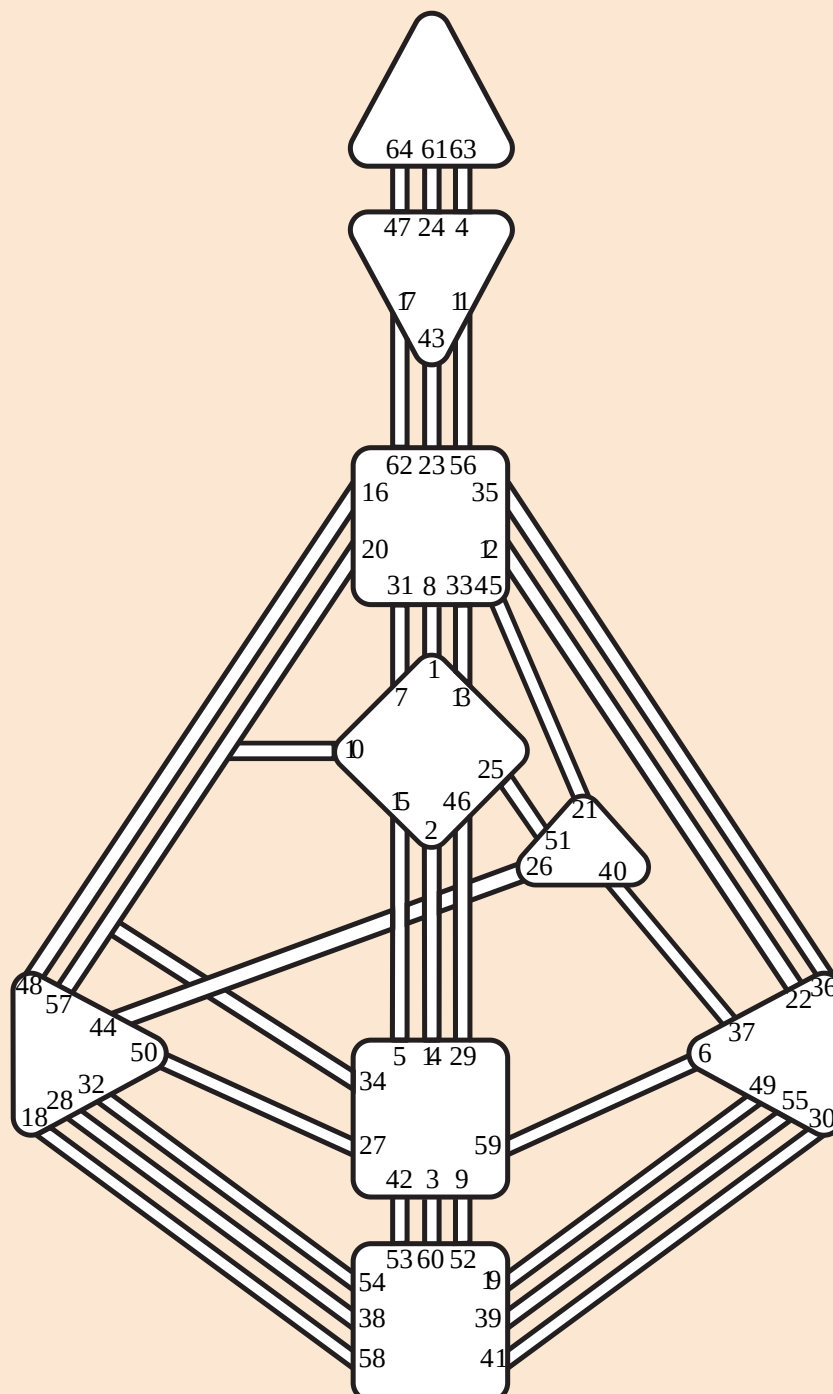
What if... what if... You could design your own ideal Design!

What would it look like? What type would you want to be? You have a preferred profile? Which centers do you want to have (un)defined, what gates do you prefer, what would you like to try? See if you can design your favourite Design! And who knows in a next life....

Type:

Authority:

Profile:



HUMAN DESIGN WEEKLY STUDYGROUP

From a group of strangers with a Human Design passion we turned into friends, sharing our designs, our delights and obstacles into being our unique self. And we invite you to join this experience.

Every week we discuss a different topic, either the gates, the centers, profiles, you name it. Feel free to join our journey into discovering Human Design and applying this into our daily lives.

- * We use the questions in this workbook to get us started.
- * Besides the workbook: each of us have an unique way of sharing about our HD experience and leading the studygroups.
- * Feel free to share about yourself as much as you like.

Join us today!

- * weekly zoommeetings
- * inspiration & motivation to support YOU pursue your life
- * monthly membership
- * first week is free!



THE END OF THE BEGINNING?

Please open your notebook and read your answers to the first two questions on page 3.

Why did you download this workbook: what do you want to gain/learn/experience from this? What is your ideal result?

Now after spending some time doing, creating and reflecting on yourself and your own death answer the following questions:

- 1.what did you gain/learn/experience from this?*
- 2.did you indeed experience your ideal result?*

I hope this workbook helped you to start experimenting with your Human Design.

That the exercises helped you find more inner peace.

Today is the first day of the rest of your life! So make the most of today. Appreciate all experiences you are facing today.

Love this body of yours before it is gone for good and your soul will continue its journey.

Much love,

Dorien



