

# The Human Design Experiment

Basics of this powerful system to embrace true authenticity

## What is the Human Design Experiment?

*"Human Design is the science and the art of unbecoming who the world told you to be, to become who you came here to be"* Jenna Zoe

We all have a different energy and a unique combination of skills. **Human Design** is the tool to help us navigate that individuality, to maximize our life experience and our contribution to humanity. It is the "user manual" to activate true individual power and, thus, collective power.

The **Human Design** chart is specific to each person. It is a map to reconnect and to be more who we really are. It reminds us of our unique instructions and rescues our specific strategy to live in this life school.

Nothing is good or bad, there are no skills/characteristics better than others. There are no superior or inferior designs. It is about understanding the correct and incorrect use of our energy to bring more ease and flow into our life.

*Understanding our uniqueness is key to flow in a purposeful life.*

**Human Design** brings us great awareness about our conditioning. We can then begin dropping all adaptations, not because they are wrong, but because they are not us. Understanding the information in our **Human Design** chart, gives us a way and the "permission" to *be* more authentically in the present moment. It helps us get clarity on the qualities and skills that are inherent to each of us and, that we came to share. It heightens the relevance of what comes easy to us, so that we begin trusting that prioritizing that which is so natural and obvious, can be the key to having a complete full life.

***"Until you make the unconscious conscious, it will direct your life and you will call it fate."***

C.G. Jung

Whatever is **not you** is a stressor, it is a burden. When we become aware of the beliefs that limit the expression of our true self, we can let them go.

Focusing our energy in nourishing the qualities, skills and potential that are true to us - rather than on being how we've believed we have to be - changes everything.

## **The origin and the chart**

**Human Design Experiment** was originated by Alan Robert Krakower who published the book called *The Human Design System* under the pseudonym Ra Uru Hu in 1992.

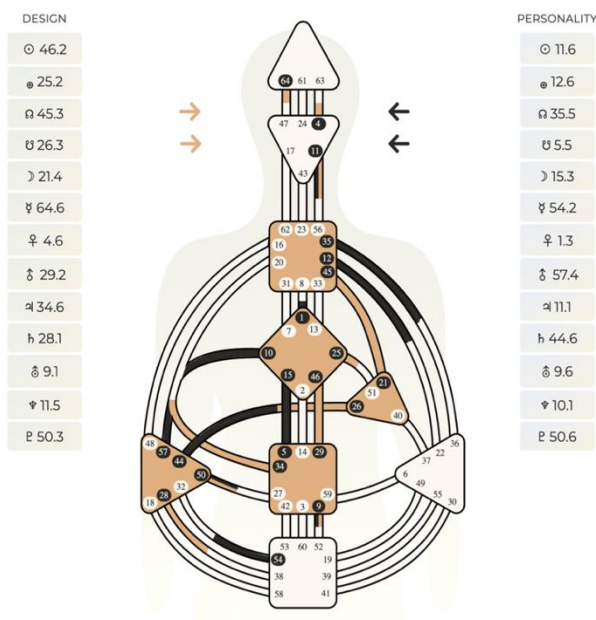
We refer to the **Human Design Experiment** because it is relatively new. Therefore, we are all still testing it, seeing to belief that all is easier when we embrace our natural ways.

The system bridges 4 different sciences or ancestral wisdom systems:

- Kabbalistic tree of life (Kabbalah)
- I Ching (64 hexagrams)
- Conventional astrology
- Chakra system (Vedic philosophy)

**Human Design** is a great up level as it offers a clear self-knowledge system. By giving us specific actionable strategies to naturally live our unique design, it goes beyond reminding us of our magnificence and potential. This is something crucial to our collective cycle. Humanity has come to a stage where it has to overcome the survival mode. By living our design, we will understand each other better and embrace togetherness and collaboration.

**Main aspects of a Human Design chart:**



**Energy type:** there are 5 types distributed differently through humanity. Manifestors, Generators, Manifesting Generators, Projectors and Reflectors.

Knowing your energy type gives you awareness of how you feel when you are living your design and when you are not, and, your actionable clear strategy to correctly use your energy.

**Authority:** Voice to hear when making a decision. The mind is there to process information and to take action once we've made a decision. No one has the mind as

the authority but we all praise using it as being "intelligent" so we often use it to decide ignoring our inner voice.

There are 7 authorities: Emotional, Sacral, Splenic, Ego/Heart, G center, Mental, No inner authority (only reflectors)

**Profiles:** there are 12 archetypes or vehicles through which we come to share our gifts.

**Centers:** there are 9 energy centers (Crown, Ajna, Throat, G center, Ego/Heart, Solar Plexus, Sacral, Spleen and Root). These determine how we each gain wisdom and how we experience ourselves and the world around us. We have consistent energy in our colored centers, and we have inconsistent energy in the white ones. Through the white centers we feel others and are able to surf on their energetic waves.

**Gates:** there are 64 gates which represent our traits as human beings. We each have our unique combination of gates "lit" up which define our potential skills.

**Arrows:** there are 4 arrows and depending on which direction they are pointing, they give information about what works best for each person in terms of discipline, consistency, focus, strategy, digestion, motivation, environment and perspective.

## What is it for?

Simply put **Human Design** is a **powerful system to reconnect** us to our true nature and to embrace more what comes easy as the signal to where we each should be going.

It is to help us **trust more and listen to our inner knowing and guidance** instead of believing that someone or something external has power over us or knows better.

The “guru” is in each one of us. No one and nothing has more knowing about what is in your highest benefit than your inner self.

We can gather advice and information from the outside world, but the compass and authority to make decisions lays inside.

It is to **gain awareness about believes** about who we must be, about the conditioning that has been playing subconsciously in the background, but that is not aligned with our true nature. We can get the belief that something will work for us because we’ve seen it work for others and, even if it feels uncomfortable, we force ourselves to do it that way aiming to get similar results. We can even convince ourselves we are one way. We start mirroring the world around us, separating from the world inside us. By being aware, we can start questioning the stories that we hold about ourselves and find those that no longer serve us, bringing into our life more of what feels aligned, follow what comes easy and, see results.

It give a way to **consciously begin dropping what is not us** and live from a place where we are not trying to prove, hide, defend or protect anything. As we connect more with our inner power, we understand that no one is superior or inferior to anyone. Therefore, we not only feel better in our skin, but start getting along just fine with everyone around us. Also, those aligned with our vibration are pulled towards us so we can join in collaboration and expansion.

## **What to expect from a reading?**

In **Human Design** reading each person gets a practical guide to understand themselves, recognize their strategy and clear steps to start taking aligned action.

When you get your **Human Design** reading you will recognize yourself. Not the “self” you’ve created by adaptation and conditioning. Not the self you’ve become based on your beliefs about who you have to be in order to belong, to be lovable, to be worthy and to matter. But the “self” you’ve always known yourself to be. The information will deeply resonate within and receiving it will give you “permission” to play more from that natural space. You will look back and see how the things that have been the most relevant, enjoyable and in flow in your life, have come when you were using your energy correctly -from your natural way.

## **How to use it?**

The best way to start is getting a full reading of your chart.

You can download your chart for free at <https://www.myhumandesign.com/get-your-chart/> to know your energy type and authority, and then look for information about those. However, to really get the understanding of how it all specifically applies to you, the reading is key -or alternatively a deep study of the Human Design system so that you can understand your chart.

Once you have the information, you start playing with your strategy and authority.

**Get out of your way!** You do need to have the honest willingness to take the journey of becoming more you in a conscious way. To be open to traverse resistance and question the “identity” you’ve created.

This is not spiritual bypass. You do need to take action. We will all have lessons to learn as we continue to evolve into more authentic versions our who we are in this material plane. **Human Design** helps us take this journey using our own inner guidance and compass, but for that to happen we must be willing to allow it to happen.

**Let go of mental control.** You can’t think you way into living your design. You have to do trial an error following your strategy and authority which is more about living in your body that in your mind.

**Give it time.** You will face resistance as you begin moving from your conditioned ways, to trusting your natural ways. You need to build your trust muscle by using your strategy and authority and, seeing the results. You must see to believe to want to lean a little more into it, see a little more proof and lean again.

## Results

### *Knowledge + Action = Transformation*

- Greater awareness, greater alignment, greater connection = greater freedom
- A more full and complete life: the more we connect within and live in more coherence with our own guidance, the more we reintegrate the parts of our selves we've toned down, hidden, rejected or separated from. Mind, body, spirit, energy, emotions come together in a more conscious way, allowing us to move towards revealing and expressing more and more as our authentic self.
- The journey of self-discovery becomes a way for growth and transformation towards a more joyful fulfilling and purposeful life.
- We breathe lighter knowing that we are not doomed in any way and that we don't have to be completely "healed" to be able to change our present moment.
- Feelings of sacrifice and struggle diminish as we act more from our strategy and authority and, recognize the value and power of our uniqueness.
- The notion of what is possible expands as we realize that what comes easy and natural to us is what makes us unique. Embracing this, allows us to increase the value of our contribution as a human being beyond what we've ever conceived.

## Mental model behind this:

We are all unique expressions of a larger ever evolving consciousness. This consciousness grows with our experience and wisdom gained in this material plane. The more we are connected to the designed channel we came to be, the more we'll be able to fulfill that purpose of together expanding the collective consciousness. The more we compare to each other or try to imitate each other, when we feel less than or better than others, the slower the process.

If we live in coherence with our inner wisdom and guidance, there is NO way we don't get all the resources, abundance, joy and relationships we need. When we align our personality to serve

our greatest purpose, the benevolent universe will make sure we have the supporting environment. In the same way, when we detour, it will give us the circumstances to make us uncomfortable enough (through frustration, anger, bitterness, despair etc.) until we course correct.

## About the author



**Karen Heshusius** International Economic Development Consultant, Founder of Share Inner Light, Personal Evolution Platform. Certified Laser Coach and Human Design Reader

Her intention is to ignite clarity, calmness and inner power in leaders and businesses ready to invest in their conscious evolution.

Her number one priority is live fully and in constant evolution, therefore, it makes her uncomfortable de define herself and prefers to focus in constantly self-actualize and help others do the same. Her mental structure as

an economist, her attitude and discipline of as an athlete, her intuitive and energetic gifts and all the tools and techniques she constantly learns and curates, allow her to offer only the most effective and transformative.

Her mission is to facilitate and quicken the path to dissolve blocks and limiting believes, that reproduce undesired patterns and results in our lives as individuals and as businesses. It makes no sense to continue delaying living our true unique nature and sharing our gifts.

To know more or book a Human Design reading session: <https://www.shareinnerlight.com/>