



Human Design for Parents

Helena

Helena is a “Manifestor” in the world of Human Design; one of the four basic “Types”. Only ten percent of the population carries this design, so she is in a small group as far as this aspect is concerned.

A Manifestor has a special gift to give to the world, and that is the ability to act independently, to initiate action and to impact others. In times gone by, Manifestors were the rulers and kings, and the warriors who could lead others into battle, with “Follow me! This is where we are going!”

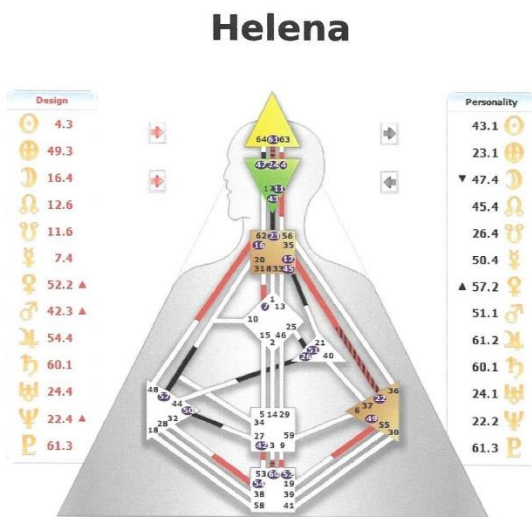
This worked well in our old way of living, but today this energy of can make others feel uncomfortable and create resistance. Others sometimes regard independence as unpredictable or threatening, and the tendency may be for others to want to control or resist Helena in some way. This can begin as a small child when, for instance, she takes it upon herself to wander out the front door to explore and doesn’t say a word before doing so. Be aware and begin to honor this independence instead of resisting it.

When a Manifestor meets with resistance, the reaction can very well be anger. She will not understand why anyone else is so interested in her behavior, and then when she is prevented from doing what she wants, anger can flare. This anger is the signpost for Helena that she is feeling controlled, and perhaps a message for you that you are trying to manage her instead of allowing her self-expression. As a parent you may feel that she is beyond control and doesn’t behave like other children. One tactic is to use hard discipline, but she will not take well to this with her independent nature.

All children need some discipline, but as a parent of a Manifestor it is important to understand the sensitivity of your child to discipline. Every time you tell her “not to do” something, it will feel as though the world has caved in to her. Thus, you should treat Helena with the respect of teaching her to simply ask permission before she does something. If you do have to deny her permission, always give a sincere and logical reason why she cannot do that thing. Helena will need to learn good manners and

courteous behavior more so than other children. This will protect her from being hurt and becoming an angry person later in life.

As children, Manifestors are like rare flowers, needing special care according to their design. Above all they need freedom and wide-open spaces in their relationships and their lives. Consider very carefully what kind of upbringing Helena needs. She may not necessarily belong in the standard school hierarchical system. You will have to find the right soil for your flower to bloom.



Type: Manifestor
Signature: Peace
Not-self Theme: Anger
Strategy: To Inform
Inner Authority: Emotional Authority
Incarnation Cross: Right Angle Cross of Explanation (43/23 | 4/49)
Profile: 1/3

Names of the Centers in descending order:

Head - Mental Pressure, Inspiration

Ajna - Mental Consciousness, Conceptualization

Throat - Communication and Manifestation

Identity or G (geometry) - Love, Identity, Direction

Heart - Willpower, Ego, Material world

Sacral - Power of fertility, Vital energy

On the left: Spleen - Body Consciousness, Survival

On the right: Solar Plexus – Spirit, Emotions

Root - Physical pressure, Momentum for living

The concept of asking permission for the Manifestor child is what is known of as a "Strategy" in Human Design. Strategy is the way each of us is wired to know how best to easily flow through life. The Strategy for an adult Manifestor is "To Inform". This means they should tell others what they are planning to do before doing it. With the other three Types this Strategy is important to follow to make sure they are meeting the world correctly. With Helena, as a Manifestor, her Strategy of informing is rather

artificial, but a way of protecting her natural urge for independence. As a child the Manifestor Strategy begins as "asking permission". This is still against her nature, but it will train her to interact with others before just deciding to act purely of her own volition. As an adult she will want to tell someone what she is going to do before acting, such as "I'm going out to the store" instead of just getting in the car and leaving, as would be her natural tendency.

This "asking permission/informing" Strategy will help prevent Helena from acquiring a conditioned response of either rage and rebelliousness, or passivity and accommodation. Either of these expressions could cause her to repress her power or keep her from realizing her worth. These potential reactions would be the result of having excessive controls put on her. Because of this, she should be given a healthy amount of freedom of movement. When asking permission, she should not be unreasonably denied.

The Strategy of informing relaxes the resistance from others and as an adult will open the way for her to do what she wants when she wants to do it. She won't really require much outside assistance as she feels quite contained, and even as a child, will be at ease with being in solitude. As an adult, when she does inform others before taking action on a decision, others will feel included and respected. They may not like what she is doing, but knowing about it in advance eases the potential backlash.

A concern that she may have in life is wondering if anyone will be enlivened by her impact, or will respond to her initiating question. Her underlying impulse is to make things happen. This is the key to fulfilling her purpose. Although she is comfortable when being alone, the other three Types are waiting for her to spark or initiate them so that they can each contribute their essential part to life. She will be looking to the other Types to provide specific energies needed to complete what she dreams. In a perfect world, Manifestors get things started, Projectors guide the process, Generators provide the energy to bring it into form or complete it, and Reflectors tell us how well the process is going.

Another piece to the Human Design puzzle is what is called "Authority". Authority is our own specific internal guidance system that is to be used instead of making decisions with our minds.

Helena's Authority is called "Emotional". What this means is that she has an emotional wave that runs through her. With her specific wave she will be going along at an even pace, then will feel a sharp spike of an emotional high, then a sense of evenness and a low dip. Her wave may cycle in a few hours, over days, or even longer. It is important for her to be guided in experiencing this wave. You will probably be able to see this in action in her. When you become familiar with her pattern, point it out to her and let

her know that there is nothing wrong with her; this is a purely mechanical and natural part of her. What is important to know about the wave is that decisions should not be made when either at the top of the wave, nor at the bottom. She should learn to wait until she is between the high and low spikes and has come to clarity before coming to conclusions. This is where the idea of "sleeping on it for three days" comes in handy before making decisions.

As a parent you will be able to not only guide Helena by interacting with her according to where she is in her wave, but also to teach her not to let others pressure her into making decisions before she is ready. This is an excellent way she can learn to honor her Design.

As an adult and a true initiator, her timing will be quite important. If she doesn't wait out her emotional wave, she may be more reactive or impulsive and may consequently meet with more resistance. Time brings clarity. She can spend this waiting time beneficially by determining who will be impacted by her decisions. By the time she gets to the end of her wave she may decide to not even take action. Emotional Authority calls for nurturing patience in herself, which can result in a win-win situation for everyone.

There is a big difference between actions directed by the mind, and manifesting coming from a place of inner clarity. If Helena feels an exaggerated urgency to act or implement her idea, that feeling is probably coming from her mind or the conditioning of one of her undefined Centers. Sometimes waiting can feel like excruciating punishment, but everything can happen naturally when she observes her wave and informs as she prepares to act. This is the way she will reach the signature goal of a Manifestor; to live as herself in peace.

In Human Design the costume we wear, or how people experience us, is called our "Profile". Helena's Profile is called the Investigator/Martyr.

The first part, the Investigator, is trying to establish a secure foundation in life. This can come from getting a good education, or from having solid mentors. Helena will not feel completely at ease in a given situation until she feels like she has a sense of authority in that area or subject. This will give her a sense of inner strength. She is actually here to be a voice and person of authority in her own field of expertise.

Learning about relationships will be a lifelong trial-and-error journey for Helena as she is absorbed in introspection, yet encountering people along the way. When something about a relationship isn't secure or harmonious, she can become uncomfortable and want to break the bond. She can then either renegotiate the bond and thereby

strengthen the relationship, or will bring it to an end. This can happen repeatedly and is actually the correct way for her to deepen and keep a relationship healthy or to move on to one that works.

On the Martyr side, there is a tendency to look at everything in life as a potential untruth, even while her Investigator side is looking for a solid truth around which to build authority. If she can surrender, her Strategy of informing and her Emotional Authority will guide her correctly through life. It is also important for her to have control over her environment to be free to progress organically from one discovery to the next. She will be empowered when encouraged to investigate or speak the truth about what does not work in her world or the larger world. Even though she may seem stubborn or resistant to taking the advice of others, in truth she must do things herself through direct experience in order to discover and learn.

If she, and you as a parent, understands that life is simply a constant and necessary process of trial-and-error, ending in discoveries that can then support a solid foundation, she will find strength in her journey. She will avoid feeling shame or of being blamed for mistakes that are not hers. The focus must always be on what was learned from the experience, rather than the perception that she has made a mistake for which she is to be punished or ridiculed. As a parent, you can be her strongest ally, encouraging her to "try it" and then fostering a "tell me what you learned" attitude rather than "look what you did wrong". This will allow Helena to learn through discovery, which will encourage her to continue this process through her lifetime; contributing to humanity and improving life for all of us.

Helena's Human Design is called "Single Definition" which means her energy flows continuously through her defined (colored in) Channels without a break (refer to the picture of the Bodygraph), connecting three Centers, the Head, Ajna and Throat.

She is self-contained at some level, as her Definition forms a single, continuous, constant, ever-present and reliable energy. She can have a very singular focus, and doesn't need to reflect on different aspects of herself. She does not need others to assist in the assimilation of information or to feel a sense of wholeness. She may find it challenging to be in relationships as she doesn't necessarily need the "other" to feel complete which can perhaps make the other person feel unneeded.

Helena has five undefined (white) Centers in her design. These are areas of energy within her that are open to the conditioning of others; from the aura of those around her on a daily basis. Her definition (colored in Centers) is "her as the student", and her undefined Centers are "where she goes to school". These are areas where she can become very wise.

Her undefined "G" or Identity Center may have her obsessing about her identity, love and direction: "Who am I, where is my love, and what direction should I go next"?

When she lets go of worrying about these things and stops trying to find them, she will discover who she is, love will find her, and her next direction will show itself, all as a natural process of life.

Helena's undefined Heart Center may cause her to feel a need to exercise her will; however she is not designed to be willful and competitive. She should be cautious not to over-achieve to compensate for this sense that she might not have what it takes. If she undervalues herself, she may attempt to accomplish more than anybody else in order to prove how valuable she is. She may find herself accepting less of everything, including love, money, and happiness, because she assumes she doesn't deserve it. If she relies on her mind instead of her Strategy and Authority, she will be proving herself forever. She has NOTHING to prove to anyone, under any circumstance, ever. With this realization comes wisdom and awareness. She will learn that she does not have to compete with anyone, or let anyone convince her to commit to anything merely to demonstrate her worth.

Her undefined Splenic Center, which is about intuition, the immune system, and survival, may cause her to want to hold on to things that are not good for her, such as jobs or relationships. The key here is not to be impulsive, and to rely on her Strategy and Authority to avoid this temptation.

The undefined Sacral Center is about over-doing, over-committing, and working too hard. A Manifestor is not an "energy" Type. Helena is designed to guide others who have the energy, but not necessarily do it all herself. The wisdom of this Center is to know when enough is enough, and is the key to keeping her healthy.

With an undefined Root Center, stress from the world is taken in and amplified. This kind of conditioning over time can lead to hyperactivity, restlessness, and an inability to focus. When Helena begins to realize that the pressure or stress she feels is not her own, she can find ways to avoid being overwhelmed by it. One way is to step away from the situation while taking deep breaths. This will allow a moment to center and get some perspective on what is her stress and what is not. Living off of adrenalized pressure can become a habit or an addiction, and can lead to health issues and accidents. The wisdom here is to recognize what pressure belongs to her and what is coming from someone else.

Helena has a life force energy that she puts out to others through the three Channels that are defined in her design.

Channel 12-22, the Channel of Openness, gives her a keen sense of timing and an awareness of her audience's openness. She will use this to know when to use her warmth and social skills to get people's attention, as well as to get close enough to them for her words to be a catalyst for loving change in their lives. She will use the quality and inflection of her voice to move or touch people in order to educate, change,

and communicate. When her mood and timing are in sync, she can empower others to vicariously experience love's full range of emotions through public media such as speaking, acting, poetry or music. It is important for her not to act impulsively, however. The patience she cultivates and the creative depth of the feelings she allows herself to experience determine how powerful her impact will be in the world.

Helena's second Channel is 23-43 which is about individuality. Her challenge will be to let go of control of what she thinks she knows and to explore what is not known. At times she may feel that her thinking is light years ahead of others. She may not necessarily know why her mind says what it does, and there is really no need or even ability to plan what she will say beforehand. Over time she will develop a skill for explaining what she knows simply and clearly. The opportunities to express her unique insights will naturally arise out of others' recognition of her gifts, and it is best to wait for this recognition before sharing them. Her ideas and innovations may seem to be so outside-the-box, that in waiting for the correct timing and recognition, she will be better accepted. Otherwise, she may feel dismissed and alienated and may perhaps reject her own unique knowing.

The third Channel in Helena's design is 24-61, which is about awareness and being a thinker. Something quite unusual is that this Channel appears twice in her chart, making this energy even more potent.

Her mind is designed to inspire others with her unique knowing, and when she is invited to do so, can offer us the potential to see life in a completely new way. This potential is part of something beyond this plane that she hears and knows spontaneously. Her knowing breaks the old, abstract cycles, shatters logical patterns, and inspires us with a new realization. Helena cannot control her thinking and doesn't use her thoughts to get anything or anywhere. She is here to surrender to the serendipity of inner truth. Because her mind is always busy thinking, she will both seek and love silence. Listening to or making music will provide a soothing release from the constant mental pressure to think. You might try playing lullabies or soft classical music for her and notice her reaction. She may also be receptive to rattles or other instruments. This will give her a good starting pattern in life that she will be able to rely on in the future.

Helena's "Incarnation Cross", which can be looked at as a purpose in life, is the Cross of Explanation. What this Cross will do is drive her to provide explanation to the world. This may not be an easy task, as she will be trying to explain what she already knows. Her knowing is very individual, and as others are trying to understand she may want to stop and just say, "I know, because I know!" More likely she will continue though, as she is driven to get this information across and so will keep explaining. Her mission is to bring this individual thought to light, as what she will be trying to explain can be a stroke of genius.

According to the Human Design system, what we eat is not nearly as important as the conditions or circumstances under which we eat it. Helena's ideal eating method is related to conditions under which she is eating. She should be allowed to focus on things that taste good to her and to eliminate what does not taste good. This method of determining her food choices will best support her brain function, and is extremely important during her early years.

Helena's ideal environment is to be away from humidity and in a dry climate. If she is living in a humid area, this can be remedied by having a central heating source.

As a Manifestor, Helena should go to bed before she is exhausted and should just let the day roll off of her. This will be true for her as she grows up as well. Relaxing in bed will allow her to release the accumulated stress that she has taken in from others.

In summary, Helena has the potential to be a strong leader. This potential will be assisted if she is raised to be polite and to ask permission before taking action. As she grows up this will change to informing others of her plans; even if this means letting others know she is going to the kitchen to get the salt shaker during dinner! In this way she will meet less resistance and be able to live life as she desires.

Helena is quite an individual, and will be explaining to the rest of us her unique realizations and insights. She may do this in some public way, as through poetry, song or education. She must first work on her own education however; as she needs to feel that she has a strong foundation in order to be an authority for others. She may feel uncomfortable in a variety of situations, social and otherwise if she doesn't grasp what she thinks she needs to know beforehand. She is empowered to speak about what she sees is not working in her life and in the world, and should not be surprised if people look to her as someone who can help or save them.

Relationships may come and go in Helena's life, but this is correct for her and not something to be upset with herself about. It is her process to take a break and reevaluate, then perhaps come back even more committed.

Helena will come to know her emotional wave and hopefully honor herself by waiting until reaching clarity before making any important decisions. Time is her friend. She should not feel embarrassed by asking to have a couple of days to think over a request before giving an answer.

Her wisdom potential lies in realizing she has nothing to prove, in knowing when enough is enough and resting when needed, and in learning what stress is coming from the outside world and letting it fall away from her.

Helena's transcendence will begin with experimenting with her Strategy of Informing and honoring her Emotional Authority, and will end with a sense of peace in her life.