



# Human Design for Parents

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## **Camille**

As you read this report refer to the picture of your Bodygraph (on the following page) to locate the different Centers and Channels.

You are a Generator, one of four different main Types in Human Design. As a Generator you were born to work and to love your work. Your gift in life is to perfect or master a task, project or skill, and this comes from the life force energy that you generate from your Sacral Center (the box in red on your Bodygraph).

When you are engaged in your correct work, you experience deep satisfaction. When you are not, the experience is frustration. Frustration comes from either meeting internal or external resistance.

You have what is called Sacral Authority, which means your Sacral energy Center knows what is best for you in supporting your purpose in life.

In order for you to follow your life's purpose and find what will bring you satisfaction, it is important for you to "know" yourself, and this happens when you respond to life as it comes to you, rather than in trying to force and initiate things. This is what is called your Strategy in life; something or someone asks you for your energy, and your Sacral connects to what is correct for your life purpose to give you your answer.

In order for you to follow your Sacral, however, you must surrender every picture you have in your mind about what your life "should" look like.

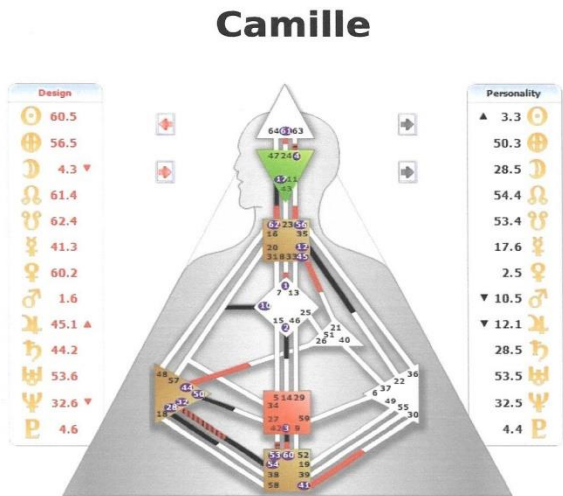
Noticing your frustration lets you know when it is time to check in with yourself and see if you are pushing, or initiating, rather than responding.

When you live in response, you engage your Sacral Center in everything you do, and allow it to be your guide for making decisions.

Your Sacral Center is designed to respond through sounds that come from your gut as either an 'ah-huh' for yes or 'uhn-uh' for no. Your responses are based on the availability, or not, of your energy to connect to and do what it is you have been asked to do.

Your goal is to enjoy the work you do to the point of completely using up your energy every day; falling into bed exhausted to bring a good night's sleep.

Once again, you have tremendous resources available energetically that will support you personally, and allow you to support others as well, but you will only have access to these resources when the timing is correct. And you will only know this if you respond from your Sacral, rather than from your mind. This operates in the moment, making your truth available to you immediately through your response.



**Type:** Generator

**Signature:** Satisfaction

**Not-self Theme:** Frustration

**Strategy:** To Respond

**Inner Authority:** Sacral Authority

**Incarnation Cross:** Right Angle Cross of Laws (3/50 | 60/56)

**Profile:** 3/5

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

Your Profile (3/5), or the costume you wear in life is what is called in Human Design, the Martyr/Heretic.

The Martyr piece of the label relates to a magnetism you have. Others project onto you that you can somehow be helpful or save them. You can also begin to feel like the invisible person who is only visible when needed, and as soon as you have saved the day, you are invisible again. This can cause you to want to initiate so that you feel valuable and needed. It is important to be aware that this is just a projection and to be practical in your own life. You are someone who can bring helpful solutions to others,

but only after you have had time to master the world in your own way through discovering what does not work. When you wait to respond, you will encounter the right situations leading you to the discoveries that can be of actual help to others when they really do need you.

The Heretic piece is about your design to learn about life through trial-and-error. You have experiences in life, and you discover what does not work. You consciously experiment with life so that others who follow you can learn from your discoveries. And when you discover a practical and generally heretical solution that does work, you are able to step in with great power and conviction and speak out or stand up for what you believe. You do not necessarily conform to an established attitude, doctrine or principle, and it may take courage to step up and express an unpopular truth, but you are wired to take the heat. You are extremely resilient and adaptable, and as a heretical agent of change your trial-and-error process does not indicate failure, but rather the potential that something useful and helpful can be discovered and universalized.

Your Design Definition is a Wide Split, which means it takes an entire Channel or multiple Gates to bridge the different areas of Definition (colored in areas). You will tend to experience the split, or "missing" Channel as being the other person's problem, or that the other person is the cause of the problem. For instance, whatever the attribute is of your missing Channel will be projected onto the other person as somewhere they are falling short. This can engender blame and victimhood that are not true. On the other hand, there is potential wisdom in a Wide Split if you use it as an opportunity to become an unattached observer of others, and not get locked into a blame game.

The energy of your Incarnation Cross (or your purpose in life) drives you to have rules and laws. As a young child with this Cross if there were not rules and structure in your house, you may have found the scenario disturbing. This Cross is about living out the laws of the tribe, or your social group. The main energy has mutative qualities so there is the drive to make the laws better, but this is not revolutionary. This energy has more of a gradual change. If these limitations were to change drastically, it would feel like chaos.

You have four undefined (white) Centers in your design, and two of them are completely open, meaning there are no Gate activations in those Centers (see the definition of terms for Gates). These are areas of energy within you that are open to the conditioning of others; from your childhood, and from those around you on a daily basis. Our definition, (the colored-in Centers) are "us as the student", and our undefined Centers are "where we go to school". These are areas where we can become very wise.

Your open Head Center can have you thinking about questions that don't matter to you. Your "G" or Identity Center conditions you to obsess about identity, love and direction: "Who am I, where is my love and what direction should I go next"? When you let go of

worrying about these things and stop trying to find them, you discover who you are, love finds you, and your next direction shows itself, all as a natural process of life.

With a completely open Heart Center you are not designed to be willful and competitive, yet you may feel driven by a need to find the courage to exercise your will. Over-achieving is one way you may compensate for your sense that you don't have what it takes. When you undervalue yourself to begin with, you will attempt to accomplish more than anybody else in order to prove how valuable you are. You may find that you accept less of everything, including love, money, and happiness, because you assume you do not deserve it. If you rely on your mind rather than your Strategy and Authority, you will be proving yourself forever. You have NOTHING to prove to anyone, under any circumstance, ever. With this realization comes wisdom and awareness. You learn you do not have to compete with anyone, and you do not let anyone convince you to do or to commit to anything merely to demonstrate your worth.

Your completely open Solar Plexus Center will want you to avoid confrontation and truth by trying to be nice and not rock the boat. You are open and vulnerable to the emotional climate around you, and your tendency is to personalize what you are feeling. To avoid these feelings, you create a "nice persona" that you present to the world. The wisdom here is to allow the feelings of others to pass through without personally taking on the emotions, and to stand up for yourself when it is important to do so. Speaking your truth is vital for you, even if it does feel like you are confronting the other person. The best advice is to state your truth as simply that: your truth, and not to turn things around and make it about the other person.

If you follow your Strategy of responding, and the guidance of your Sacral Authority, you will be directed to the situations and people that are correct for you, and will be less likely to be influenced by the conditioning of others through your undefined Centers.

The three defined Channels in your design give you constant and reliable access to the energy they bring, as well as the consistent energy that people experience from you. In addition, they provide a balance in how you operate in the world as they are found in different energy circuits; one is Individual, one is Collective, and one is Tribal.

Channel 3-60 (Mutation - Energy which fluctuates and initiates) carries energy in a pulsing sensation, meaning it is "on" for a period of time, then "off" again. The time frames between these fluctuations can be weeks or months, and you must be patient or you can slip into melancholy. This Channel is about bringing a new, creative contribution to the world. This energy brings change and adaptation. It may seem to you like nothing is happening, then you are suddenly inspired by something new and innovative; a project or idea that you will birth. During the "off" times it is good to spend time with what inspires your creativity, then when the timing is right you bring innovation.

You have Channel 32-54 (Transformation - Being driven) which is about ambition and endurance. Transformation in this sense is defined as dedication to service and self-sacrifice in order to be recognized by your "tribe". You willingly work harder than anyone else to prove your worth or value, even to the point of becoming a workaholic. Using your instincts, your true goal is to find a vocation through which you might achieve your ambitions and utilize your gift for making money to assist others in reaching their potential. It is best to wait for your unique abilities and talents to be recognized in order to find success.

Your third Channel is 17-62 (Acceptance - An organizational being). This Channel is about opinions and details. You have a practical voice, and a mental filing system that is organized. You are a gifted teacher and share possibilities but by way of hypothesis, not proven fact. You have the energy for possibilities and a reasonable plan to experiment and see if the ideas can be implemented. A "low" expression of this Channel would be sharing opinions without being asked. It is best for you to wait to be recognized in order to be heard.

In summary, your life force energy works in your favor when you find a vocation that you love. Using your Strategy of responding to what comes your way and listening to your gut reaction in order to make decisions, you will correctly make commitments and greatly reduce your chance of quitting when things get tough.

You are designed to speak up for what you see in life that is not working correctly, at least in your opinion, and are wired to take the heat when you step up and express something that is unpopular, yet you find true. In addition, people may see you as someone who can step in and save the day. It is important that you take this with a grain of salt and always take care of yourself before attempting to look after the needs of others.

This ability to speak up for what you believe to be true follows through with your Incarnation Cross of Laws. Structure is important to you, in both your personal and work life. Don't get carried away though; being sensitive to those around you is important with both this structure, and the organizing skills you possess with Channel 17-62. You have the capability of organizing yourself and your surroundings into oblivion!

You are a hard worker, but must be careful not to overdo things by trying to prove yourself due to your open Heart Center, and your Channel 32-54. Take advantage of the "down" times afforded by the pulsing energy of your Channel 3-50 to spend time with a favorite hobby or creative venture.

In your interactions with those around you it is important to be aware of the emotions of others and to remember that their feelings are not your feelings. Keeping good boundaries will help you to separate yourself from getting caught up in the drama and emotion of the outside world. In addition, you have the Wide Split in your Definition,

which will cause you to be chasing after those aspects that are "missing" in your design. In your case this may be a feeling that you don't have the depth to perfect your chosen skill, or as a projection, that someone else does not have the depth or is not helping you with your depth. Another possibility is that you do not trust your intuition or believe you can "think on your feet". These two tendencies come from the Channels 16-48 and 20-57 that would bridge your split. Being around those who have these Channels will help you to feel more balanced.

According to Human Design, ideal digestion that supports brain function is achieved through the Circumstances and Conditions under which we eat; not the food we are eating. To achieve this ideal digestion it is best for you to have a precise food regimen that only changes with the seasons.

Your ideal environment, the place where life best happens, has to be bustling with activity. It is a place where things are creatively produced or processed. This can be a workshop, a kitchen or a factory; an environment that challenges you to be active yourself and using your energy. In addition, for you specifically this location should be free of humidity, such as a desert, or a place with central heating that keeps the environment dry.

Your transcendence begins with experimenting with your Strategy and Authority, and ends with you feeling your Signature in life: a sense of Satisfaction.