



HUMAN DESIGN



DELUXE CHART & INTRO REPORT

Customized for

Sample Name

www.vikamiller.com/human-design



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About Human Design

The Human Design System is a fascinating tool for self-discovery and enhancing everyday life. Combining elements from Astrology, the I Ching, the Kabbalah, the Hindu Chakra System, and Quantum physics, it offers a unique personality analysis and life management method. Developed by Ra Uru Hu in the late 1980s, this system has gained global popularity.

Your Human Design Chart is based on your birth date, time, and location.

Essentially, Human Design revolves around understanding each person's unique energetic signatures and design characteristics. It's based on the concept that each person has a distinct "design blueprint" determined by their precise birth date, time, and location. The system identifies various personality types, energy flows, and life strategies, offering guidance on how to harness these energies effectively.

The value of Human Design in everyday life lies in its ability to help you better understand yourself and anyone else who shares their chart information with you.

Human Design offers powerful insights into:

- How you're naturally wired to create, communicate, rest, and connect
- Your ideal decision-making process
- Your unique relationship dynamics
- Your ideal patterns for rest and work (creating), so you can optimize productivity *without burnout*

Human Design empowers you to make mindful, purposeful choices that align with your true nature, revitalizing and fueling your energy stores and empowering you to cultivate a more deeply authentic, fulfilling life.

This Introductory Report illuminates some of the core elements of your unique Human Design.



Core Elements of Human Design

Human Design has many elements. This Introductory Report offers you key insights in to the core facets of your Human Design Chart, including:

Type

Your **Human Design Type** describes your fundamental energetic architecture—your unique role in the collective energy field, and your natural way of engaging with the world and creating results.

There are five Human Design Types:

- Manifestor
- Generator
- Manifesting Generator
- Projector
- Reflector

Each Type has a distinct way of initiating, responding to, or reflecting energy.

Strategy

Your Human Design **Strategy** is your practical guideline for how to make the best, most effective decisions for you, so that you can take the actions that will best support your well-being. Your Strategy shows you how to interact with opportunities and other people so that life unfolds with less resistance and more flow.

Your decision-making Strategy is the SINGLE MOST IMPORTANT part of your Human Design to practice in your every day life. Following your Strategy will help you connect with your inner authenticity and wisdom, restore your energy, and create better outcomes that fulfill your purpose and nourish, rather than deplete, your energy.

Your Strategy is determined by your Type.

Signature

Your Human Design **Signature** is the felt sense of Rightness you enjoy when you're on track, living in alignment with your Design – that is, living in the flow, in alignment with your true nature and the divine purpose you're here to fulfill. When you skillfully follow your **Strategy**, you will experience your **Signature**.

Your Signature is determined by your Type.



Not-Self or Emotional Theme

When you experience the negative feeling that is your Not-Self Theme, this alerts you that you've been making decisions using something other than your Strategy (for example, from logic, or outside pressure or expectations). When you notice yourself feeling your Not-Self Theme, it's time to pause your decision making until you can again use your Strategy to guide your choices.

Authority

Your Authority shows you the ideal way for you to use your Strategy. It's your innate decision-making guidance system, letting you know the best way to access your authentic truth in any moment. (Noting that, by Design, some people aren't able to access their authentic truth immediately.) Your Authority reveals your body's unique signals that guide you to clarity, so you can make decisions that lead to fulfillment and well-being.

Profile

Your **Profile** reflects the character or role you play in life—the lens through which you experience and contribute to the world. It reveals your learning style, your worldview, and how you approach your learning and growth.

There are 12 possible profiles, each with its own specific themes and ways of engaging with life.

Centers

In Human Design there are nine Centers that are the hubs of each person's energy system, each one governing specific life functions and energetic themes. Each Center represents a distinct area of human experience.

Each Center can be Defined (colored in) or Open/Undefined (white), which shapes how we experience and express energy in that area of life.

Understanding your Defined and Open (Undefined) Centers:

- Reveals your unique strengths, sensitivities, and life themes,
- helps you distinguish between what is part of your authentic self and what is coming in to you from other people, and
- Offers powerful insight into how energy naturally flows through you and interacts with the world.



As you develop greater awareness of your Centers and how their energies work in your connections with yourself and others, you'll be empowered to more effortlessly, fully align with your true self, and enjoy ever-expanding clarity, freedom, and self-trust.

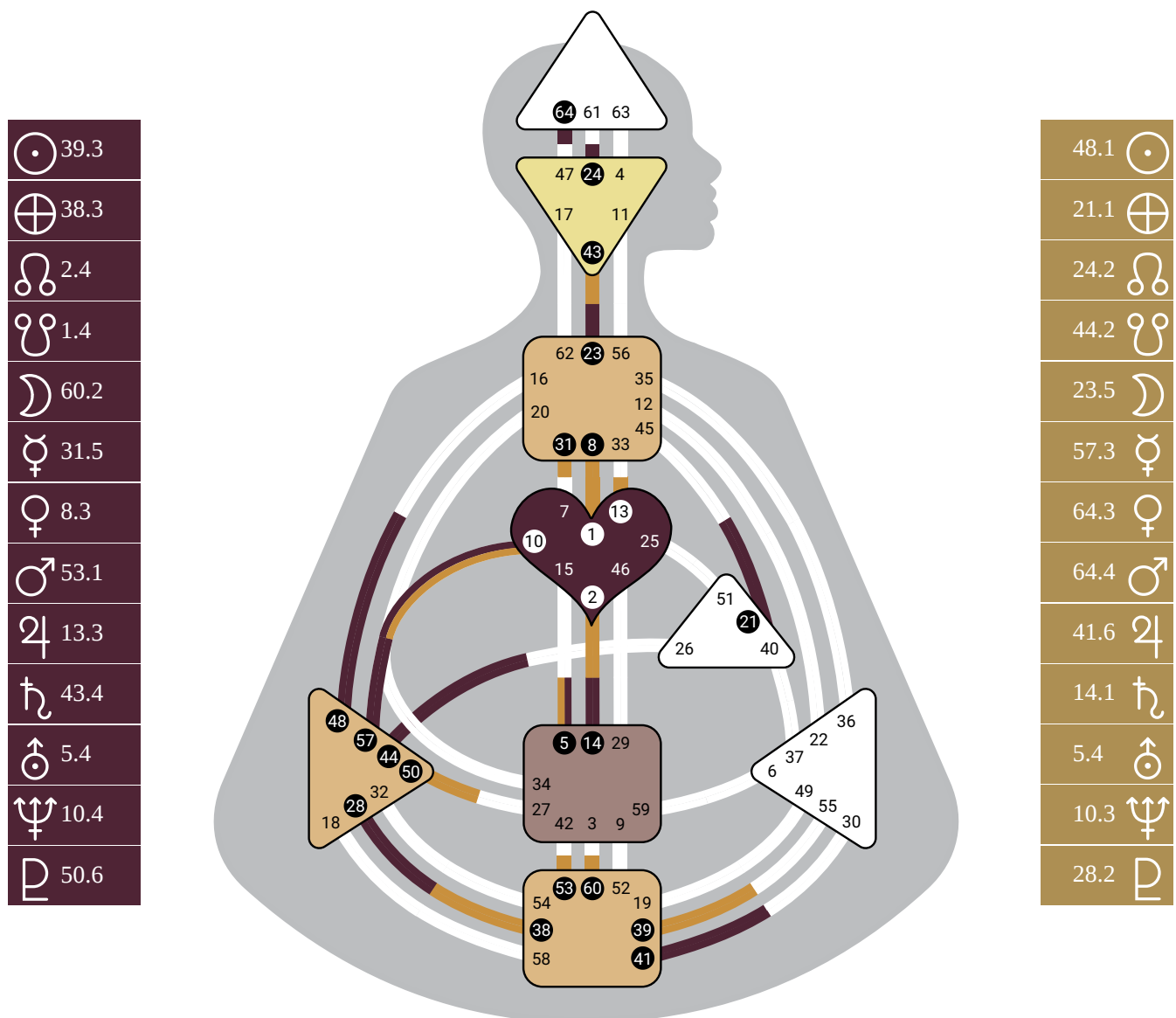


Human Design Chart for

Sample Name

2nd October 1985 @ 16:57

San Francisco, California, United States



Human Design Chart

Summary Page 1

Name: Sample Name

Birth Date: 2nd October 1985 @ 16:57

Birth Place: San Francisco, California, United States

Type: Manifesting Generator (Time Bender)

Strategy: To Respond - Manifesting Generator

Signature: Satisfaction

Emotional/
Not-Self Theme: Frustration

Authority: Sacral

Profile: 1 / 3

Definition: Single Definition

Incarnation Cross:
Right Angle Cross of Tension (48/21 | 39/38)

Manifesting Generator

You are a multi talent

You are a Manifesting Generator, one of the five primary types in the Human Design system. This unique blend embodies both the essence of Manifestors, who are initiators, and Generators, who are the builders. As such, you have a distinct energy profile that combines the power to conceive and initiate ideas with the enduring, sustained energy to bring them to completion.

Manifesting Generators like you have a whirlwind of energy that can be channeled into myriad activities, often multitasking with remarkable efficiency. You thrive in environments where you can respond to situations, rather than purely initiating without external cues. Your strategy is to wait to respond, ensuring that your immense energy is directed productively and not wasted on pursuits that aren't truly aligned with your inner self.

However, this doesn't mean you're bound by passivity. Far from it. It's about harnessing your energy effectively. When you feel that inner resonance or pull towards something, that's your signal. Following these cues can lead you to a path of least resistance, where your endeavors meet success and satisfaction.

Moreover, it's not uncommon for Manifesting Generators to traverse multiple career paths or interests in their lifetimes. This multifaceted approach to life is natural for you, and while society might sometimes pressure individuals to stick to one thing, your nature thrives on variety and exploration.

In essence, as a Manifesting Generator, you are a powerhouse of potential. When you align with your true desires and respond to life's invitations, there's hardly anything you can't achieve. Embrace your dual nature, trust in your strategy, and let your vibrant energy light up the world.



Sacral Authority

Your decision compass

You make good decisions by
trusting your truth in the
here and now.

You also make major decisions immediately with your belly voice. It shows you what is right at the moment. Your answer contains sounds rather than words. Yes-no questions give you ideal access to this part of yourself that is responsible for your decision-making process.

Don't question your answer with your mind and respect your No. How do you know that your mind is answering? The mind demands justifications, it wants to make lists of pros and cons, it makes up stories about why something is not possible and can lead endless monologues.

Your answer always corresponds to the truth of the moment. It can change throughout the day and doesn't mean that you don't know what you want. Your belly voice always shows whether you want to put your energy into it or not.

Of course, if you got a clear Hell-Yes on a particular job at the beginning, it's possible that this big decision will change later. If you notice that your energy level is dropping, ask whether you still want to do this job.



Profile 1/3

You are an experimental researcher

You are a 1/3 profile in the Human Design system, a unique blend of the Investigator (1) and the Martyr (3). This combination gifts you with a deep-rooted quest for knowledge paired with an experiential approach to life. Your energy is characterized by foundational research and the practical application of your findings through trial and error.

As an Investigator, the first line of your profile, you have an innate desire to get to the bottom of things. You seek a solid foundation in any subject or area of interest, diving deep and acquiring a thorough understanding. This trait often makes you a reservoir of knowledge, as you're not one to skim the surface or accept information at face value.

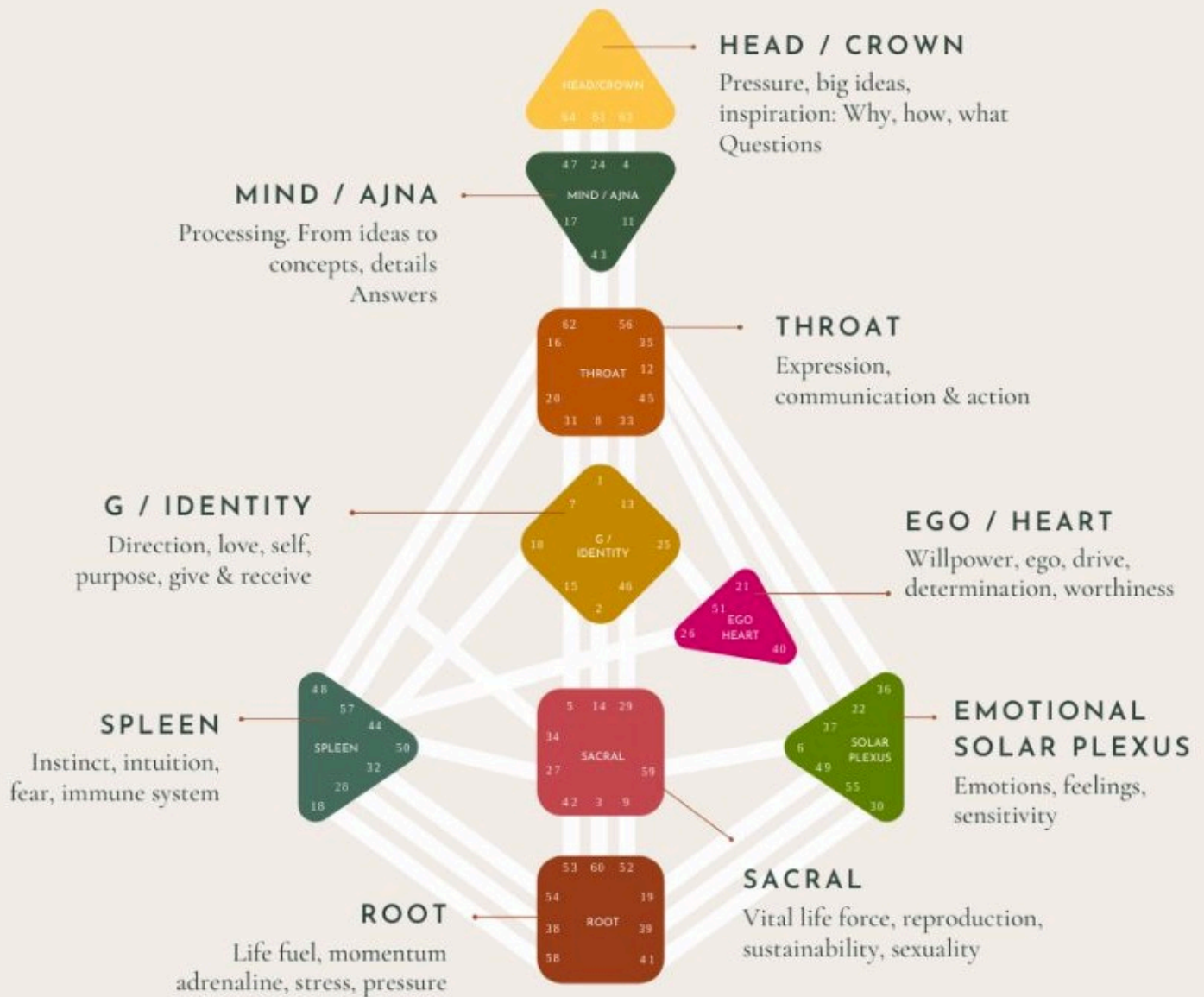
The Martyr, your third line, complements this depth of research by pushing you to experiment with and test the information you gather. It's through hands-on experience, and often through making mistakes, that you truly come to understand how things work. While this might lead to challenges or unexpected outcomes, it's through these experiences that invaluable wisdom is gained.

Together, the 1/3 profile is a dance between theory and practice. While you have a strong need for a solid foundation, you're also aware that real-world application can sometimes defy theoretical expectations. This dynamic makes you a pragmatic learner, one who understands the value of both deep study and the insights gained from real-life experiences.

In essence, as a 1/3 profile, you are both the scholar and the experimenter. Your journey is one of continuous learning, both from the books and from the school of life. Embrace your dual nature, trusting that your rigorous investigations, paired with your experiential wisdom, provide a balanced and insightful path through life.



Centers



Head Center

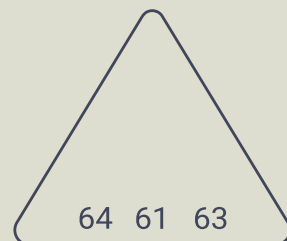
undefined

You possess a natural inclination to absorb, contemplate, and reflect on various thoughts and ideas emanating from your surroundings and inner world. This means that your mind is constantly open to new information and influences from the outside world. You may often find yourself in a state of curiosity and receptivity, eagerly striving to gather and integrate knowledge from diverse sources. This inherent adaptability and receptiveness enable you to consider a wide array of perspectives and to flexibly navigate through changes and challenges.

As your head is undefined, you may experience some inherent instability in your thoughts and ideas, allowing for a dynamic and ever-evolving perspective on life, where adaptability becomes your strength amidst uncertainty. This fluidity in thought can foster a continuous exploration of possibilities, although it may pose challenges in committing to singular beliefs or courses of action.

It is crucial for you to learn to harness your mental flexibility to maximize your potential. By remaining open to new ideas and perspectives, you can benefit from a diverse range of experiences and further your mental development. Engaging in practices such as meditation or reflection can assist in centering your thoughts and recognizing your inner wisdom. Through embracing your mental openness, you can cultivate inspiration and personal growth, facilitating a fulfilling and multifaceted life journey.

Do you think about
things that are not
important?



Ajna Center

defined

You have a penchant for reflecting, researching, and gathering information. It brings you satisfaction to collect facts and thoroughly analyze them. You take great joy in sharing your findings or developed concepts with others and helping them understand the connections. Your defined Ajna thus provides you with a solid foundation from which you can explore and understand the world.

With a defined Ajna, you possess the gift of consistent and clear thinking, enabling you to process information efficiently and reach impressive conclusions. This mental clarity and steadiness in your beliefs give you the ability to stand firm in a world full of changing opinions and uncertainties. Your thoughts are not only well-structured, but your ability to communicate complex concepts and ideas with clarity and conviction is exceptional. This strength makes you a reliable thinker whose opinions and insights carry weight and are valued by others. Yet, while your consistency is undoubtedly a virtue, it's important to be aware of the limits it can bring, especially if perceived as rigidity or a lack of openness to new ideas.

The challenge for you lies in balancing your natural inclination toward fixed beliefs with an openness to new information and perspectives. By consciously striving to cultivate flexibility and curiosity in your thinking, you open yourself up to continuous growth and learning. Finding this balance allows you to deepen your understanding and improve your ability to keep pace with a constantly changing world.



You embody
mental stability
and security.

Throat Center

defined

With a defined throat, you possess a distinct gift for communication. This ability to express yourself consistently and clearly makes you a natural speaker capable of captivating and inspiring listeners. Your words carry weight, and you often feel the need to engage in lively discussions, persuasive presentations, or when sharing stories and ideas. This natural tendency to step into the limelight is one of your strengths, but it can also pose the challenge of finding the right level of presence. It is of great importance to maintain a balance between expression and receptivity, to effectively convey your messages and also open space for the voices of others.

Your natural talent for speaking and influencing through communication offers numerous opportunities to excel in personal and professional contexts. However, it is equally important to cultivate the art of listening, as true communication is a dialogue, not a monologue. By consciously using your voice, you can create an environment of exchange and mutual respect where ideas flourish and mutual understanding is fostered.

Realizing that your ability to express is a gift that should be used wisely and sensitively is crucial. By learning to modulate your communicative presence and allowing others space to express, you enrich not only your own experiences but also those of the people around you. Your ability to speak clearly and persuasively makes you a valuable intermediary. Your defined throat is a powerful tool of expression and understanding that goes far beyond the mere transmission of words.

Your expression
as a gateway to
the world.

62	23	56
16		35
		12
20		45
31	8	33

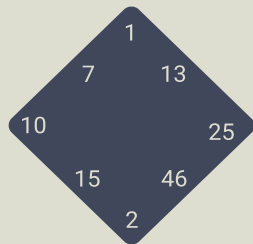
G Center

defined

With a defined G-center, you possess a steady inner truth and a clearly defined self-awareness, granting you exceptional certainty about your identity and life direction. This inner clarity allows you to stand firm and unshakeable, even in times of change and uncertainty. Your strong personality and pronounced self-understanding inspire those around you and can serve as an anchor and guide. However, it's important that you regularly take time to reflect and ensure that you remain true to your true self and core values. Through this self-reflection, you strengthen your inner guidance and preserve your authenticity.

Your strong sense of self and clear vision of your direction in life are precious gifts, significant not just for you but also for those around you. With your firm stance and confidence, you are able to help others discover their own authenticity and find the courage to follow their individual paths. Your presence and example encourage people in your environment to stay true to themselves and explore and embrace their unique identity. In a world often marked by uncertainty and change, you are a beacon of consistency and trust. By following your own path, you inspire others to do the same and pursue their personal dreams and goals.

This deep anchoring in your self and the clear direction of your life path provide not only a solid foundation for personal growth but also the opportunity to effect positive changes in the world around you.



You are a guidepost
for others.

Heart Center

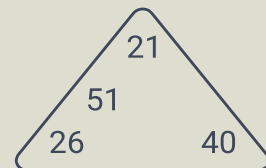
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Your willpower is influenced by your surroundings. This openness makes you particularly sensitive to the approval of others, often leading to a need to prove yourself by going beyond your limits. Sometimes, this makes you feel compelled to make promises that are hard to keep, leading to overwhelm. This tendency to overextend often stems from a desire to gain recognition or to please others. Therefore, it's of utmost importance that you regularly take time to remind yourself that your true worth does not depend on validation from others.

In this context, practicing self-reflection and learning to say no when demands or expectations placed on you do not align with your true capabilities or desires is crucial. By allowing yourself to recognize and respect your own limits, you protect yourself from exhaustion and feelings of inadequacy. It's important to value yourself for your efforts, regardless of whether they are recognized by others.

Your willpower is not always present. Thus, your life is not about achieving specific goals through sheer will. You aim to discover what your heart truly desires and approach these in your own pace and way. When you are relaxed, things often naturally come to you, thanks to your wonderful ability to receive. You wish to simply utilize and distribute resources and be independent of material things. Competition is less important to you. You are more interested in exchanging with others and being together. You see who contributes what amount and the benefit it brings to the community.

Are you trying to
prove your worth?



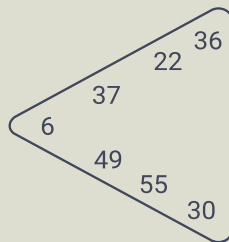
Solar Plexus Center

undefined

You are receptive to the emotional vibrations of your environment, endowing you with a deep emotional perception that enables you to intensely feel the emotions and moods of those around you. However, this receptivity can also lead to perceiving the emotions of others as your own, which can be confusing at times. It is therefore important to learn to take a step back in emotionally charged situations and center yourself to maintain your inner equilibrium. This ability to stabilize yourself helps you see more clearly and discern which emotions truly belong to you and which you are merely reflecting from others.

To protect yourself from taking on the emotional states of others, it is essential to learn to set boundaries. This may mean consciously distancing yourself from situations or individuals who spread toxic emotions. Confrontations should not be avoided if they serve to preserve your emotional health. Recognize that your ability to show empathy is a strength that can bring about positive changes in your environment.

Your great potential lies in achieving untroubled cheerfulness. You stand for emotional stability and are naturally a balanced being, clear and calm. You allow yourself to be touched by other's emotions but remain neutral. You perceive all emotions very intensely and in all their shades, yet you also let them go. Thus, you are not subjected to the pressure of foreign emotions.



Are you
overwhelmed by
others' emotions?

Sacral Center

defined

You possess a constant and sustainable life force that provides you with an almost inexhaustible source of energy. This inner strength allows you to work over long periods and dedicate yourself intensely to creative processes without experiencing a sense of exhaustion. It's as if you have an inner engine that is always running. This energy is not only perceptible to you but also has a magnetic effect on others, who are drawn to your enthusiasm and radiance. However, to fully utilize this energy, it is essential that you listen to your inner "go," signaling when it's time to become active.

Your sacral energy is a gift that should be appreciated and properly utilized. By using this power for activities that bring you joy and fulfillment, you ensure that your life energy is not wasted but meaningfully employed. It's important to set healthy boundaries and recognize that it's not your duty to constantly expend your energy for others. Being aware of your own needs and the ability to say no when necessary helps you to manage your resources wisely. This ensures that you remain efficient in the long term and that your energy flows into areas that are important to you.

Learn to consciously control your sacral energy and view it as the valuable asset it is. Your ability to pursue things with passion makes you a source of inspiration for those around you. However, do not forget to also schedule time for rest and regeneration. Even if your energy source seems robust and lasting, it is important to listen to your body's signals and allow yourself rest before overexertion occurs.

Joy as a driving
force for life
energy.

5	14	29
34		
27		59
42	3	9

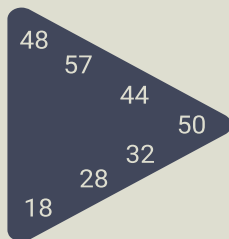
Spleen Center

defined

With a defined spleen, you possess a steady and reliable source of intuition and instinct, offering you clear and immediate inner guidance. This ability enables you to make quick and efficient decisions based on a deep inner understanding of what is right for you at any given moment. Your intuition is not just a fleeting impression but a strong and direct certainty that guides you in your daily life. This center of your inner wisdom is closely connected to your survival instincts, giving you a pronounced sense of physical well-being. You instinctively know what benefits your body and what harms it.

In a world that often tends to make decisions based on logic and rationality, having such strong intuitive guidance is invaluable. These quiet yet unique impulses are expressions of your deepest truths and provide you with orientation and protection. It is crucial that you trust this intuitive sense, as it serves as a loving guide navigating you through life. Recognize the power of your intuition as a gift that helps you live authentically and in harmony with your true self.

Your intuition also knows whether certain relationships, activities, or hobbies are healthy for you. The deciding factor is always the present moment. For example, you might spontaneously cancel a meeting because it no longer feels right at that moment. Something has changed that your intuition deems unhealthy. Perhaps the location of the meeting has changed, or another person is joining. This might be seen as fickle or unreliable by others. In truth, spontaneity is exactly right for you.



Instinct and intuition
as guides.

Root Center

defined

You have the potential to face challenges with remarkable composure that stems from your inner strength. This calmness allows you to remain steadfast and focused even in turbulent times. You convey security and stability, making you an inspiring force in your surroundings. Your energy and perseverance motivate others to surpass themselves and develop a strong sense of community. This blend of tranquility and drive makes you an exceptional person.

With the ability to master stress and pressure, you demonstrate remarkable resilience that leads you through life. You recognize the right moment for actions and know when it is appropriate to be patient. This ability enables you to advance effectively without being overwhelmed by life's challenges. You are a driving force that not only achieves personal goals but also encourages others to pursue their own paths. Your determination and commitment motivate and inspire.

However, it is crucial that you respect your limits and remain mindful of yourself. Even with a strong foundation, continuous pressure can lead to burnout. By taking time for recovery and paying attention to your well-being, you ensure that your energy is preserved. This mindfulness is important for maintaining your inner strength and continuing to be a supportive pillar for yourself and your surroundings. Thus, your defined root remains a lasting source of strength that accompanies you through all phases of life.

You are a rock in
the surf.

53	60	52
54		19
38		39
58		41

What's Next?

You're uniquely designed
for the life you're creating.

When you're ready to go deeper
into the nuances of your Human Design
in your life and relationships,
come check out the affordable in-depth reports
and personal readings that are available.

*To explore or purchase more in-depth Human Design Reports,
the first step is to generate your free Human Design Chart at:*

www.vikamiller.com/free-human-design-chart



— Vika