


Oct 3, 2025

Meeting Oct 3, 2025 at 16:56 UTC

Meeting records  Recording

Summary

Tammy Mack presented a comprehensive overview of Human Design, emphasizing its role in self-understanding and connecting to one's body for intuition. She detailed various aspects of the Human Design chart, including open centers and specific gates, explaining how each influences an individual's energy, communication, and emotional experiences. Tammy Mack also highlighted the distinction between intuition and psychic ability, the importance of honoring one's natural rhythms, and the transformative power of aligning with one's unique design and embracing radical self-love and divinely guided leadership.

Details

- **Energy Transmission and Communication Preferences** Tammy Mack, as a "fire hose" of information, sought audience preference for the session's format, asking whether they preferred a continuous flow of information or an interactive conversation. She emphasized that the session was not a webinar but rather a sharing of her love for human design and intuition.
- **Connecting to the Body through the Four M's** Tammy Mack highlighted the importance of connecting to one's body for intuition, especially given the constant bombardment of noise and information in the world. She shared her personal practice, the "four M's": meditation, mantra, movement, and music, which can shift energy and connect one to their body within five minutes.
- **Intuition vs. Psychic Ability** Tammy Mack distinguished between intuition, which she described as listening to one's body, and being psychic, which involves using the mind or psyche. She proposed that combining intuitive and psychic abilities

marries the masculine and feminine energies, helping individuals discern real hunches from mere mental projections.

- **Overriding Instincts and Internal Conflict** Tammy Mack explained that people often override their bodily instincts by over-relying on logic and reason, leading to feelings of anxiety, scattering, and exhaustion. She noted that disconnecting from this "static" and reconnecting to one's body allows for clarity and tuning into one's true frequency.
- **Understanding the Human Design Chart** Tammy Mack presented the human design chart as a tool for self-understanding, emphasizing that everyone possesses aspects of the entire chart, and their unique experience is what truly matters. She highlighted her own chart as an example, mentioning her Splenic projector energy type and the 44-26 channel of surrender and sales.
- **Open Head Center and Seeking Inspiration** Tammy Mack described the open head center, present in 71% of the population, as a receiver of information, leading to a constant pressure to seek inspiration and answers from external sources. She advised cultivating discernment to tune into one's own needs and desires before seeking external inspiration.
- **Gate 64: Precognition and Visions** Tammy Mack explained that gate 64, connected to the right eye, is responsible for flashes of images, dreams, and déjà vu, which are forms of intuition rather than mere imagination. She advised writing down such visions and trusting their significance, even if immediate clarity on their meaning is not apparent.
- **Open Throat Center: The Mystic Microphone** Tammy Mack discussed the open throat center, present in 29% of the population, as functioning like a "mystic microphone," allowing words to pour out that do not feel like one's own. She stated that individuals with an open throat can shapeshift their voice and channel messages for others, acting as a vessel for language that carries energy.
- **Gate 43-23: The Freak to Geek Channel** Tammy Mack introduced the 43-23 channel, known as the "freak to geek" channel, which enables individuals to receive profound insights and drops of knowledge. She stressed the importance of sharing these insights only with receptive individuals, as sharing with the wrong audience can lead to being perceived as a "freak," whereas sharing with the right people makes one a "genius".

- **Open Identity (G) Center: The Chameleon Effect** Tammy Mack explained that an open or undefined identity (G) center, present in 44% of the population, allows individuals to sense and adopt the energies of people and places around them, leading to a shifting sense of self. She noted that individuals with this center may not have a fixed sense of "home" and are adaptable, acting as a "living compass sensing love and direction".
- **Gate 25: The Natural Energy Healer** Tammy Mack introduced gate 25, which she associates with the "Green Tara vibration" and the energy of a mystic healer. She explained that individuals with this gate or those attuned to its vibration possess a healing presence that radiates unconditional love without conscious effort.
- **Gate 46: Devotion Through the Body and Priestess Energy** Tammy Mack discussed gate 46, which she connects to Mary Magdalene and the concept of devotion through the body as a sacred vessel. She explained that this gate carries the "priestess energy," embodying joy, movement, and sacred sexuality, and is associated with individuals who honor their bodies as divine.
- **Gate 2: Pure Openness and Feminine Flow** Tammy Mack described gate 2 as the most yin and receptive gate in human design, representing pure openness and feminine flow. She explained that trusting this energy allows individuals to surrender to divine guidance, permitting destiny to unfold without forcing outcomes.
- **Embodying Wisdom through Human Design** Tammy Mack emphasized that true wisdom from human design comes not just from mental understanding but from embodying the concepts and observing how they manifest in one's life. She advocated for transforming shadow aspects, understanding repressive and reactive states, and activating the "gift" and "siddhi" (highest expression) of each energy.
- **Gate 10: Radical Self-Love and Empowerment** Tammy Mack highlighted gate 10 as the core of empowerment and radical self-love, allowing individuals to live authentically without masks or apologies. She likened this energy to the vibration of Isis, the goddess of sovereignty and resurrection, emphasizing that self-love transmits to others, teaching them to rise by example.
- **Gate 7: Divinely Guided Leadership** Tammy Mack discussed gate 7 as representing divinely guided leadership, a collective guidance that supports other leaders rather than acting as the figurehead. She explained that aligning with this

higher will allows individuals to embody leadership naturally, becoming a vessel for a vision greater than themselves.

- **Uranus Energy and White Buffalo Woman** Tammy Mack discussed the powerful influence of Uranus in their chart and shared their experiences with White Buffalo Woman, who embodies sacred ceremony and vision. They explained that honoring one's creative spark activates purpose for both the individual and the collective, drawing parallels to the teachings of the Hokey people.
- **Gate 13: Keeper of Stories** Tammy Mack identified Gate 13 as the "keeper of the stories," where individuals tend to attract others who share their life stories without knowing why. They explained that this gate holds the energy of memory and sacred presence, resonating with Hathor, the goddess of love and music, who transforms the cries of the soul into healing through sound and remembrance.
- **Quantum Alignment and Vibrational Transformation** Tammy Mack, a quantum alignment practitioner, explained that transformation is achieved by changing the vibration of one's story to create a more empowering and loving narrative. They stated that this process not only alters the present moment but also affects the past and future by attuning oneself to a new story, becoming a vessel for others to release and return to love by listening without judgment.
- **Open Spleen Center and Intuition** Tammy Mack explained that 46% of the population has an undefined spleen center, meaning it's not colored in on their human design chart. They noted that an open spleen is highly sensitive, often absorbing others' pain or discomfort, and while this can lead to holding onto what feels safe, it is also a gift that allows individuals to sense imbalances in others and discern what is needed for healing, potentially leading to medical intuitive abilities.
- **Gate 48: The Well of Enoughness** Tammy Mack discussed Gate 48, the "deep well of knowing," which influences collective consciousness and causes individuals to question their innate wisdom. They explained that this gate is about trusting oneself and knowing that wisdom, unlike learned knowledge, is earned through lived experiences, allowing individuals to access it precisely when needed.
- **Gate 57: Intuitive Hearing and Future Sensing** Tammy Mack described Gate 57, linked to the right ear, as enabling individuals to "hear beyond" and sense future events through intuition, even before logic can explain them. They shared their

personal experience of anxiety acting as a premonition and explained that the body is attuned to the quantum field, reacting to future events before conscious awareness.

- **Gate 44: Sensing Patterns and Clairience** Tammy Mack discussed Gate 44, which relates to clairience, the intuitive sense of smell that detects patterns, including whether a person can be trusted or if a past negative pattern is recurring. They explained that this ability allows individuals to transform pain into power by recognizing and breaking cycles, emphasizing the importance of trusting bodily knowledge over ignoring "red flags".
- **Sacral Center and Energy Management** Tammy Mack explained that 70% of the population has a defined sacral center, which acts as the body's battery pack, fueling energy through joy and pleasure when honored, but leading to exhaustion and burnout when ignored. They advised non-sacral beings, such as projectors, manifestors, and reflectors, to listen to their bodies and avoid pushing themselves to prevent burnout.
- **Gate 5: Natural Rhythms and Shamanic Archetype** Tammy Mack introduced Gate 5, linked to the sacral center, as honoring natural rhythms, cycles, and aligning with one's personal timing rather than external pressures. They likened this to the archetype of the shaman, emphasizing the importance of connecting with nature's cycles for effortless living and avoiding burnout.
- **Emotional Solar Plexus and Empathic Awareness** Tammy Mack explained that 49% of individuals have an open emotional solar plexus, making them highly empathic and prone to absorbing and amplifying others' emotions. They advised these individuals to learn to be a "screen, not a sponge," allowing emotions to flow through them rather than holding onto them or people-pleasing out of guilt.
- **Gate 22: Auditory Intuition and Grace** Tammy Mack discussed Gate 22, associated with the left ear, as auditory intuition that allows individuals to hear truth beyond spoken words, described as a Christ consciousness energy. They explained that this gate enables graceful communication and the ability to disarm others with one's presence, though individuals with this gate may sometimes hinder their own ease by trying too hard.
- **Gate 49: Sacred Rage and Transformation** Tammy Mack described Gate 49 as the "sacred rage" or "Cali frequency," which embodies revolutionary energy, emotional truth, and a demand for justice. They explained that this anger, when

honored, can be a sacred fuel for transformation, allowing individuals to project it into healthy activities rather than onto others.

- **Open Root Center and Pressure to Act** Tammy Mack explained that an undefined root center creates a constant internal pressure to start, finish, and get things done, which can manifest as procrastination or survival mode. They advised individuals with an open root to discern between their own pressure and external to-do lists, emphasizing the importance of trusting their own timing and pulse.
- **Gate 19: Clear Sentient Connection and Evolution** Tammy Mack introduced Gate 19, originating from the root, as clear sentient connection to the animal kingdom and empathetic awareness of the needs of people, places, and creatures. They noted that this gate is currently undergoing significant evolutionary pressure, contributing to movements like veganism and environmentalism, and highlighting increased sensitivity.
- **Gate 41: The Dreamer and Soul Seeds** Tammy Mack discussed Gate 41, their conscious sun, as the "gate of the dreamer" and the "gateway to imagination," where dreams and visions stir as "soul seeds" waiting to be lived. They explained that this gate is the starting point of every story, representing the initial imagination and holding space for new beginnings in what they refer to as the "human design new year".
- **Learning More about Human Design and Intuition** Tammy Mack offered resources for attendees interested in learning more about human design and intuition, including their "everything page" with freebies, blogs, podcasts, and mentorship opportunities. They expressed their desire to share their love of human design and empower individuals to connect with their embodied wisdom.

Suggested next steps

No suggested next steps were found for this meeting.

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