



# Is Human Design for Me?

*Find out below*

Human Design is a practical framework that gives you the story of any recurring patterns in energy and decision-making. It's a tool for noticing what works for you, not a medical or therapeutic system. It's for you if you're looking to ease some of the pressure in your life, or learn how to feel more comfortable with your day to day energy expenditure.

*How did it begin?*

Human Design began with Ra Uru Hu in 1987 and synthesises established frameworks such as the I Ching, astrology, Kabbalah, the chakra system, and systems language. The BodyGraph is the map that displays the information produced by that synthesis.

Much of the original material is preserved in archives and curricula such as Jovian Archive and the International Human Design School (IHDS). Many independent analysts and teachers also practise and adapt the system into different styles and practical tools.

*How does Human Design work?*

Human Design produces a BodyGraph from birth time, date, and place. The map highlights patterns people notice in daily life: where energy is steady, where it's easily influenced, and recurring decision tendencies. Some aspects are visible in personality; others are deeper and often recognised by people who know you well. If you don't know your birth time, just put in midday on your birthday to get a general overview.

*How do I work with Human Design for other mothers?*

I translate the BodyGraph into everyday language and provide digital resets, micro-experiments, and downloadable worksheets so you can try ideas at home at your own pace. There are no face-to-face sessions, as I know life is so frantic anyway. My goal is to provide you with insight that you can use to ease some of the stress in your life, on your way to rediscovering your WholeHearted Magic.

*What's do I get with a Bodygraph chart?*

If you generate a free bodygraph, you'll receive:

- Print-ready BodyGraph display page
- Profile at a glance summary page
- Detailed aura type summary
- Recharge strategies tailored to your type
- Common energy drains & what they mean
- A clear guide to your strategy for alignment & your inner authority