



HUMAN DESIGN GATES CHEAT SHEET

Gate	Traditional HD	I-Ching	Quantum HD	Themes	Shadows
1	Self-Expression	The Creative	Purpose	Creative Force, Vulnerability, Authenticity, Pressure to fulfill purpose	Depressive, Frenetic
2	Keeper of the Keys	The Receptive	Allowing	Self- Worth, Gratitude, Faith, Trust, Support	Lost, Regimented, Dislocated
3	Ordering	Difficulty at the Beginning	Innovation	Pressure to differentiate, Mutation, "Weirdness"	Creating chaos, Controlling
4	Answers	Youthful Folly	Possibility	Pressure to find answers, Possibility (not Truth),	Apathy, Intolerance
5	Patterns	Waiting	Consistency	Aligned with natural rhythm, Fixed pattern, Connection to Nature	Impatient, Pessimistic, Pushy
6	Friction	Conflict	Impact	Emotional Alignment, Peace, Sufficiency	Tactless, Over-Attentive
7	Self in Interaction	The Army	Collaboration	Provides direction for leadership, Support that needs to be recognized	Dictator, Hidden
8	Contribution	Holding Together	Fulfillment	Expressive, Timing, Meaningful, Authenticity	Mediocre, Inauthentic
9	Focus	The Taming Power of the Small	Convergence	Focused, Determined, Patient	Diverted, Reluctant, Hyper-focused
10	Love of Self	Treading	Self-Love	Self-Love, Self-Empowerment	Blaming, Victimhood, Self-Obsessed, Self-Loathing
11	Ideas	Peace	The Conceptualist	Inspired ideas, Possibility thinking, Timing	Withholding, Unrealistic
12	Caution	Caution	The Channel	Shy or Bold, Creative, Expressive, Mood as Regulator	Malicious, Vain
13	The Listener	Fellowship of Man	Narrative	Listening and Hearing, Empowerment, Possibility through Narrative	Narrow-minded, Despair, Discord
14	Possession in Great Measure	Power Skills	Creation	Money/Resources, Work, Entrepreneurship, Competency	Compromise, Inferiority, Superiority



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15	Extremes	Modesty	Compassion	Love of Humanity, Pattern Interrupt, Own Rhythm, Magnetism	Empty, Extreme, Dull
16	Skills	Enthusiasm	Zest	Contagious Energy, Courage, Timing, Trust	Scattered, Indifferent
17	Opinions	Following	Anticipation	Influential, Exploratory, Patterns, Possibility	Opinionated, Closed Minded
18	Correction	Work On What Has Been Spoilt	Re-Alignment	Knows what needs to be corrected, Pattern Recognition, Joy	Judgemental, Perfectionism
19	Wanting	Approach	Attunement	Sensitivity, Belonging, Connection to Animal Realm	Needy, Numbness, Isolation
20	The Now	Contemplation	Patience	Present Moment, Self-Assured,	Worry, Hesitant, Superficial
21	The Treasurer	Biting Through	Self-Regulation	Controls Resources for Greater Good, Authority, Management	Micro-managing, Controlling, Materialistic
22	Grace	Grace	Surrender	Self-Expression, Graciousness, Trust, Alignment	Innapropriate, Dishonor
23	Assimilation	Splitting Apart	Transmission	Visionary, Simplicity, Timing, Transformative ideas into language	Not Listening, Fragmented, Mute
24	Rationalization	Returning	Blessings	Gratitude, Knowingness, Tries to Answers "Why?"	Settling for Less, Justifying, Frozen, Overly Cautious
25	Love of Spirit	Innocence	Spirit	Healing Energy, Divine Order, Trust, Connection to Source	Self-Importance, Ignorance, Constriction
26	The Trickster	The Taming Power of the Great	Integrity	Alignment, Integrity, Sustainability	Manipulation, Boastfulness, Prideful
27	Responsibility	Nourishment	Accountability	Responsibility, Nurturing, Teaching, Altruism	Martyrdom, Selfishness, Codependency
28	Struggle	Preponderance of the Great	Adventure/Challenge	Discovery through Struggle, Adventure, Tenacity, Evolution	Purposelessness, Addiction, Victimhood



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29	Perservance	The Abysmal	Devotion	Commitment, Devotion, Gate of "yes", Embodied Spirit	Over-Committing, Unreliable, Indifference
30	Desire	Clinging Fire	Passion	Creativity, Intensity, Contagious Passion	Overly Serious, Flippant, Lackluster
31	Democracy	Influence	The Leader	Supported Leadership, Potential, Recognition	Arrogance, Forceful, Deferring
32	Continuity	Duration	Endurance	Tenacity, Timing, Conservation	Impatience, Fundamentalism, Compromise
33	Privacy	Retreat	Retelling	Storyteller, Empowerment, Possibility through Story	Condemning, Biased, Denial
34	Power	The Power of the Great	Power	Responsive, Timing, Strength, Multi-tasking	Pushy, Bullish, Self-Effacing, Tentative
35	Change	Progress	Experience	Knowledge Through Experience, Adventure, Progress	Conceit, Condescension, Jaded
36	Crisis	The Darkening of the Light	Exploration	Preparation for the New, Exploration, Experience	Boredom, Crisis Prone, Chaos
37	Friendship	The Family	Peace	Emotioanl Alignment, Inner Peace, Equality	Cruelty, Permissive, Over-Sentimental
38	The Fighter	Opposition	The Visionary	Fight for Right, Mutative, Honor	Stubbornness, Apathetic, Defeated
39	Provocation	Obstruction	Recalibration	Awareness, Alignment with Source, Liberation	Malicious, Feeling Trapped, Provocative
40	Loneliness	Deliverance	Restoration	Retreat, Self-Care, Connection with Others, Introversion, Resolve	Exhaustion, Contemptuous, Permissive
41	Fantasy	Decrease	Imagination	Imaginative, Envisioning, Inventive, Anticipation	Fantasy, Dreamy, Spacey, Unrealistic
42	Finishing Things	Increase	Conclusion	Knows Right time to Finish Things, Completion, Celebration	Feeling Stuck, Flakiness, Grasping



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43	Insight	Breakthrough	Insight	Unique Point of View, Transformative, Epiphany, Empathy	"Deafness" (intentionally not hearing), Noisy
44	Energy	Coming To Meet	Truth	Beauty, The Greeter, Awareness of Patterns, Synarchy	Fear of Past, Suspicious, Self-Doubt
45	The King or Queen	Gathering Together	Distribution	Sharing, Teachig, Natural Leadership, Generosity	Selfishness, Pompous, Timid, Dominating
46	Love of the Body	Pushing Upward	Embodiment	Sensual, Physical Fulfillment, Vitality, Delight	Frivolous, Frigid, Seriousness
47	Realization	Oppression	Mindset	Epiphany, Pressure to figure out "How?", Expansion, Positive Expectation	Hopelessness, Mentally Oppressed, Constrictive Thinking
48	Depth	The Well	Wisdom	Depth of Knowledge, Resourceful, Self-Trust, Expertise	Feeling Inadequate, Hiding, Lack of Enthusiasm
49	Principles	Revolution	The Catalyst	Principled, Revolutionary Thinking, Rebirth, Wisdom	Inert, Rejecting, Reactive
50	Values	The Cauldron	Nurturing	Self-Care, Values, Harmony	Guilt, Rigidity, Fear of Failing
51	Shock	The Arousing	Initiation	Initiates Others, Higher Self, Love of Spirit, Awakening	Agitation, Competitive, Defeated, Cowardly
52	Stillness	Keeping Still Mountain	Perspective	Restraint, Stillness, Alignment,	Stressed, Restless, Distracted, Stuck, Inert
53	Starting Things	Development	Starting	Expansion, Super Abundance	Uncertainty, Unpredictable, Immature
54	Drive	Marrying Maiden	Divine Inspiration	Inspiration, Ideas, Divine Connection, Aspiration	Indifferent, Greedy, Conniving, Overly Ambitious
55	Spirit	Abundnace	Faith	Freedom, Mysticism, Abundance, Trust	Victimization, Lack Consciousness, Complaining
56	The Storyteller	The Wanderer	Expansion	Teacher, Enrichment, Meaning through Metaphor	Sullen, Withholding, Overstimulated



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57	Intuition	The Gentle	Instinct	Knowing in the Now, Clairaudience, Clarity	Unease, Impetuous, Hesitant
58	Joy of Life	Joy	Joy	Blissful, Dedication, Vitality	Joyless, Manic, Interfering
59	Sexuality	Dispersion	Sustainability	Intimacy, Dissemination, Seduction, Impactful	Intrusion, Impotent, dishonesty
60	Acceptance	Limitation	Conservation	Gratitude, Letting Go, Right Timing, Resourceful	Undisciplined, Wasteful, Exhaustion
61	Mystery	Inner Truth	Wonder	Curious, Perspective, Articulation, Knowingness	Disenchanted, Dullness, Madness
62	Details	The Preponderance of the Small	Preparation	Organized, Prepared, Planning, Precision, Impeccability	Obsessive, Anxious, Overly Critical
63	Doubt	After Completion	Curiosity	Trust, Visual, Logical, Pressure to Answer	Suspicious, Doubtful, Self-Doubt
64	Confusion	Before Completion	Divine Transference	Inspiration, Imaginative, Big Ideas, Abstraction	Overwhelm, Trying to Answer "How?", Confusion