

Your
Human Design
Guide
Workbook

Welcome to your
Human Design Guide Workbook.
Discover your own version of who you are.
Writing things down that you learn forms a deep
subconscious connection and knowing between your
body and brain.
Inside you will find **Contemplation Questions** that
serve as a guide to assist you in
Embracing and Honoring
your *Strategy & Authority*
to know yourself as who
You Are Meant to Be.



In Peace & Love

TamRa

You are going to want to have your Human Design chart
available for the exercises in this book.

You can get your free chart at
<https://www.jovianarchive.com/Get Your Chart>

Introduction

YOUR HUMAN DESIGN WORKBOOK

This workbook is designed to get you into a contemplative state in order to fully immerse yourself in your Human Design experiment. This workbook is also created with the assumption that you already have a basic understanding of Human Design or that you know how to get more information. At the end of the book is a resource page for some of my favorite places for information on Human Design.

Even though Human Design shows each and every one of us so much about ourselves, there's still the personal piece missing. This personal piece is only available for those who dive into their Human Design with their own uniqueness. As Ra Uru Hu says, "The only way that anyone can transform their life is not by learning, it's by living." This workbook is to help you know yourself as who YOU are - not what others think you should be.

In the following pages, you will be able to...

- Discover what it means for you to express your TYPE uniquely.
- Learn your STRATEGY and how to bring it into your daily life.
- Step into your Inner AUTHORITY as you dive deep into new ways of honoring your own decision-making abilities.
- Take a good look at the NOT-SELF and ways to mitigate those Not-Self moments in your life.

This is your trip - nobody else's. Your mind - your results. So you get to decide where you have the energy to put into this workbook and what you want out of it.



Congratulations

If You are a Generator (Manifesting Generator)



Your Strategy is to RESPOND
Your Signature is SATISFACTION
Your Not-Self Theme is FRUSTRATION

If You are a Manifestor



Your Strategy is to INFORM
Your Signature is PEACE
Your Not-Self Theme is ANGER

If You are a Projector



**Your Strategy is to WAIT FOR THE
INVITATION / RECOGNITION**
Your Signature is SUCCESS
Your Not-Self Theme is BITTERNESS

If You are a Reflector



Your Strategy is to WAIT A LUNAR CYCLE
Your Signature is SURPRISE
Your Not-Self Theme is DISAPPOINTMENT

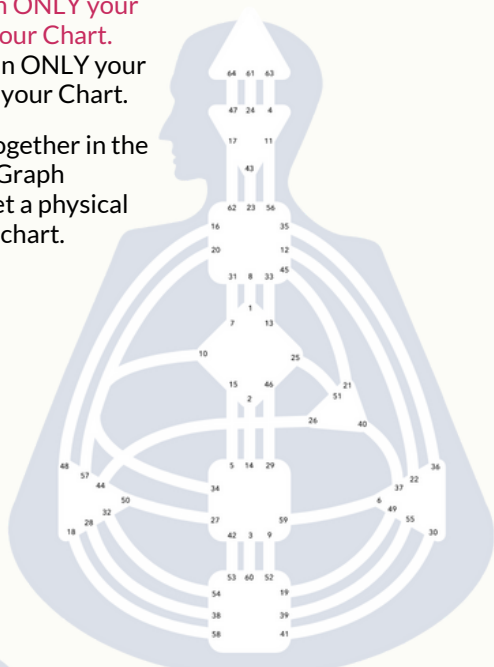
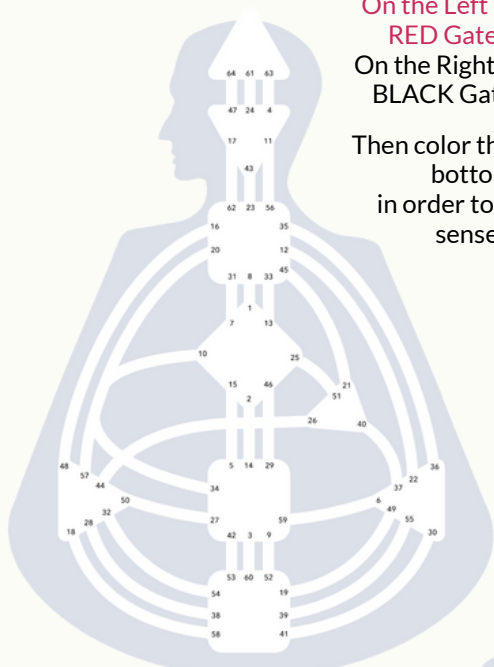


In the Body Graphs below...

On the Left - Color in ONLY your
RED Gates from your Chart.

On the Right - Color in ONLY your
BLACK Gates from your Chart.

Then color them all together in the
bottom Body Graph
in order to really get a physical
sense of your chart.

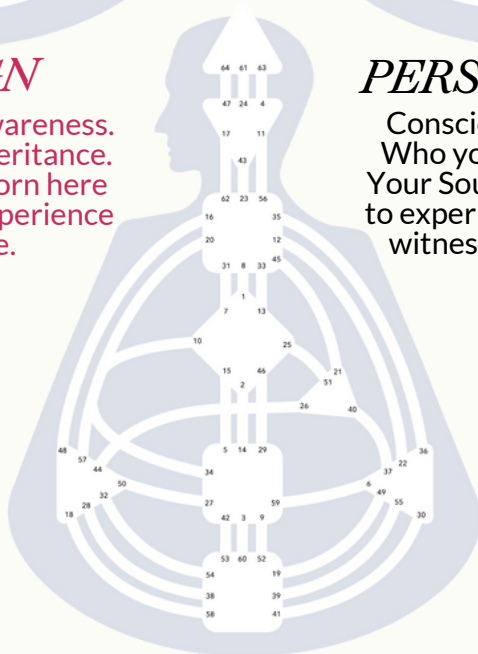


DESIGN

Unconscious Awareness.
Bio-Genetic Inheritance.
What you are born here
to be, do, and experience
in this life.

PERSONALITY

Conscious Awareness.
Who you think you are.
Your Soul that incarnates
to experience itself as the
witness to the Design.

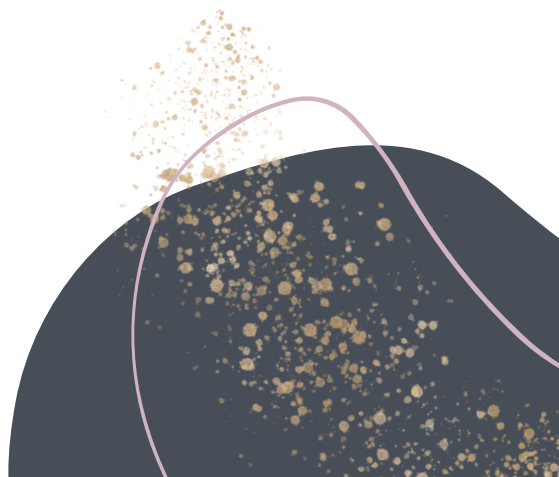


Wholeness





Only You
Can
Give Yourself
Inner *Freedom*
& *Peace*

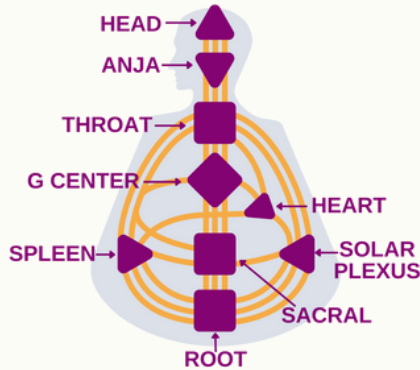


The Centers *Reference*

The 9 Centers are the energy centers that move the life force that flows through the BodyGraph.

Some of your Centers will be DEFINED (or colored in) and some will be UNDEFINED (or white).

When they are DEFINED they have a CHANNEL that connects them together, giving you consistent access to the energy frequency of that CHANNEL.



- ✓ **HEAD CENTER:** Inspiration, the mental pressure to ask questions
- ✓ **ANJA CENTER:** Conceptualization of experience stored in the head
- ✓ **THROAT:** Metamorphosis, Expression, and Manifestation
- ✓ **G CENTER:** Direction, Love, Identity, where the Higher Self resides
- ✓ **HEART:** Ego, and Will, a physiologically complex center
- ✓ **SOLAR PLEXUS:** Emotional and social awareness, passion, desire
- ✓ **SACRAL:** Prime life force energy motor, vital energy, responsibility
- ✓ **SPLEEN:** Health and wellbeing, values, immune system, intuition
- ✓ **ROOT:** Physical adrenalized pressure, stress

The next few pages will be a reference guide to help you find and know your CHANNELS better.

As you learn the keywords that describe your CHANNELS, there's a frequency and vibration that awakens inside giving you a deeper more physical understanding of your design.





MY CENTERS

Refined

Write a short description next to the Centers that are colored in on your BodyGraph chart. The ones that are not colored in on your chart (or are white), go ahead and ~~cross them out~~.

HEAD:

ANJA:

THROAT:

G:

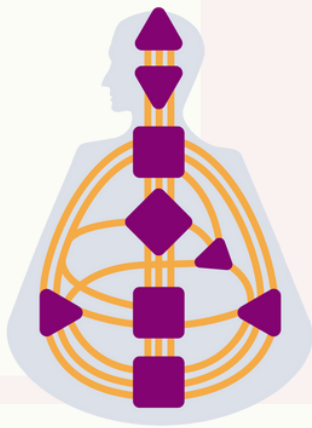
HEART:

SOLAR PLEXUS:

SACRAL:

SPLEEN:

ROOT:





MY CENTERS

Undefined & Open

Write a short description next to the Centers that are WHITE, or Undefined or Open, in on your BodyGraph chart. The ones that are colored in, go ahead and ~~cross them out~~.

HEAD:

ANJA:

THROAT:

G:

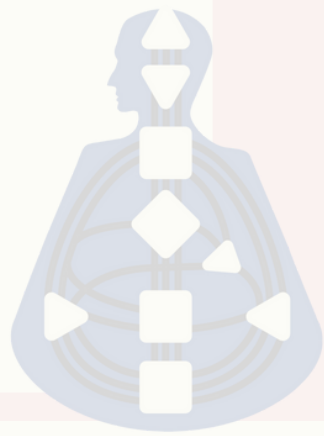
HEART:

SOLAR PLEXUS:

SACRAL:

SPLEEN:

ROOT:



Channels

Let's Connect

Write out the Channels you have in your HD Chart
and what you know about each one.

If you don't have this many channels, you can leave it
blank or add your partners channels. If you have more
than this

- its ok to get more paper ;)

01 CHANNEL NAME & NUMBER: _____

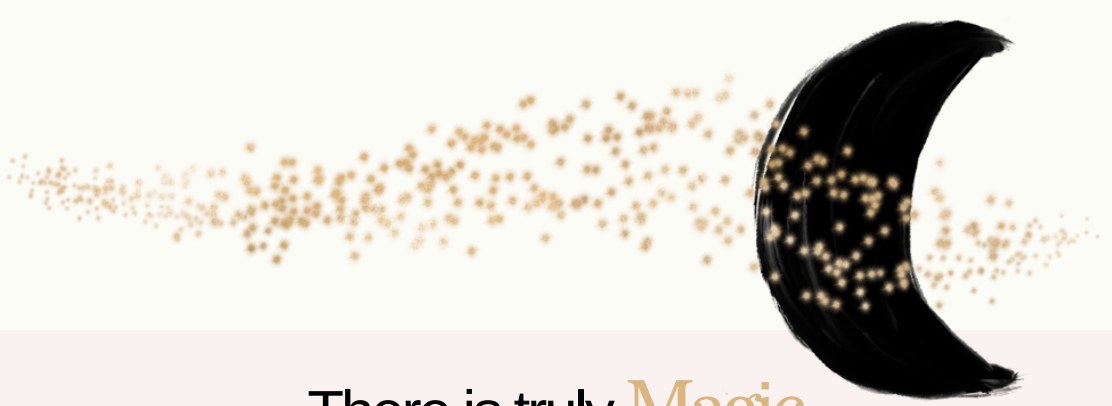
It is the _____

02 CHANNEL NAME & NUMBER: _____

It is the _____

03 CHANNEL NAME & NUMBER: _____

It is the _____



There is truly **Magic**
in the world and it is not something that
I would have ever believed.

The **Magic** is in who we are,
embedded into our own marvelous
bodies like a rich vein of gold just
waiting to be discovered.

When we find this **Magic**
and tap into its power,
it is as if we are suddenly
plugged into life at last.
Finally, we can live our greatness,
in peace, in grace, in power,
by living our design.

~Ra Uru Hu



”

At the moment that you can truly
embrace uniqueness,
You Are Divine."

~ Ra Uru Hu





YOUR Profile

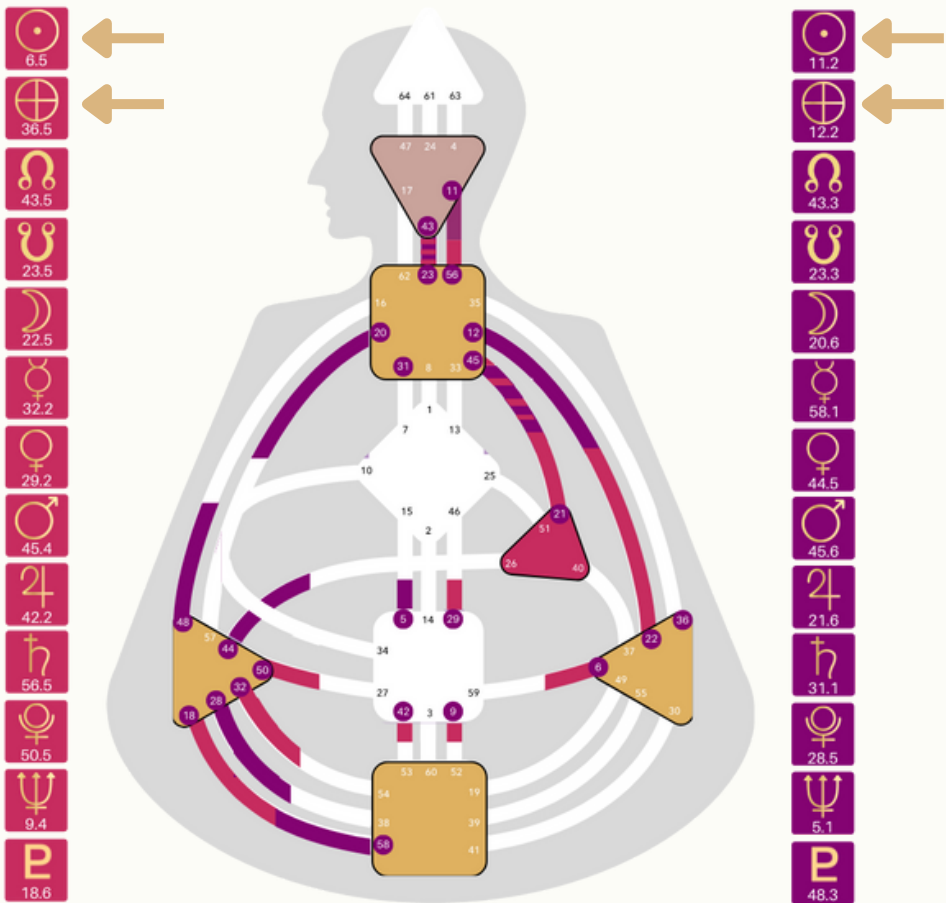
The Profile is determined by the first 2 lines of our Personality & Design.

It is one of the aspects that differentiates you as a unique being.

There are 12 basic Line Profiles.

You can discover your Line Profile by noticing the top 2 line numbers on the **Personality** side, and the top 2 line numbers on the **Design** side.

Here's an example of my Profile: I'm a 2/5 - Hermit/Heretic





YOUR *Profile*

Circle
Your
Profile

Line: 1 / 3 - Investigator / Martyr

1st line = investigator; student who studies things deeply, needs solid foundation to feel secure

3rd line = martyr; trial and error, goes through many relationships, jobs etc.

Line: 1 / 4 - Investigator Opportunist

1st line = investigator; student who studies things deeply, needs solid foundation to feel secure

4th line = opportunist; influential, communicative, network of friends and associates.

Line: 2 / 4 - Hermit Opportunist

2nd line = hermit; natural talent, wants to be left alone, waits for the calling, projects out

4th line = opportunist; influential, communicative, network of friends and associates.

Line: 2 / 5 - Hermit Heretic

2nd line = hermit; natural talent, wants to be left alone, waits for the calling, projects out

5th line = heretic; seductive energy that attracts projections and expectations from others

Line: 3 / 5 - Martyr Heretic

3rd line = martyr; trial and error, goes through many relationships, jobs etc.

5th line = heretic; seductive energy that attracts projections and expectations from others

Line: 3 / 6 - Martyr Role Model

3rd line = martyr; trial and error, goes through many relationships, jobs etc.

6th line = trial & error to aloof in the first 30 years, becomes a role model (after 50th year)

YOUR *Profile*

Line: 4 / 1 - Opportunist - Investigator

4th line = opportunist; influential, communicative,
network of friends and associates.

1st line = investigator; student who studies things deeply,
needs solid foundation to feel secure

Line: 4 / 6 - Opportunist - Role Model

4th line = opportunist; influential, communicative,
network of friends and associates.

6th line = trial & error to aloof the first 30 years,
becomes a role model (after 50th year)

Line: 5 / 1- Heretic Investigator

5th line = heretic; seductive energy that attracts projections
and expectations from others

1st line = investigator; student who studies things deeply,
needs solid foundation to feel secure

Line: 5 / 2 - Heretic Hermit

5th line = heretic; seductive energy that attracts projections
and expectations from others

2nd line = hermit; natural talent, wants to be left alone,
waits for the calling, projects out

Line: 6 / 2 - Role Model Hermit

6th line = trial & error to aloof in the first 30 years,
becomes a role model (after 50th year)

2nd line = hermit; natural talent, wants to be left alone,
waits for the calling, projects out

Line: 6 / 3 - Role Model Martyr

6th line = trial & error to aloof in the first 30 years,
becomes a role model (after 50th year)

3rd line = martyr; trial and error,
goes through many relationships, jobs etc.



Type and Strategy,
no matter where you go,
leads to the perfection of
what it is to be us.
It is the whole story.

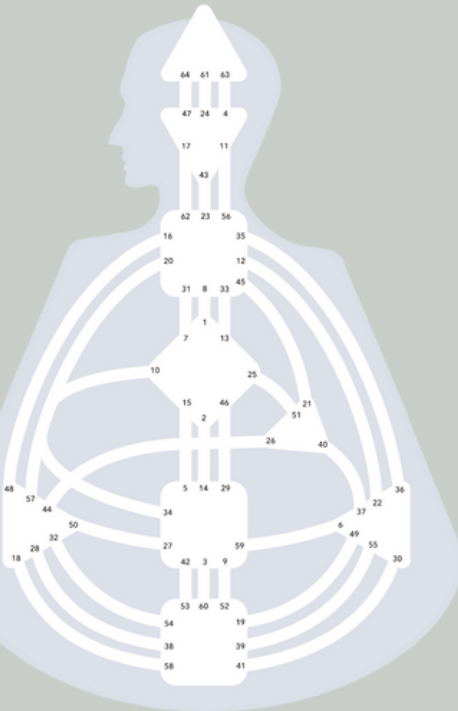
~Ra UreHu

Your Authority

In the chart below, color in your Authority
(Emotional, Sacral, Splenic, Ego, Self-Projected, Mental, Lunar).
Then, color in ONLY the Channel(s) & Gates
that connect to your Authority.

In the white spaces below,
and using the keywords from the Channel pages in Chapter 1,
write out how the Channel(s) & Gate(s) shows up in your life.

When you allow your Authority to
guide you, that is when you know
whether it is correct for you to
respond or not.
What does that look, sound,
or feel like to you?



Are the Channels & Gates that are connected to your Authority
unconscious (red) or **conscious (black)**?
Contemplate on what that means for you.

NOT SELF

Not Self (your conditioning)
Openness in a chart, or white
centers and channels.

When you see white areas in a
chart, these are areas where
nothing operates in a fixed way.
They are 'who you are not'.

This openness can be positive or
negative, based on the conditioning
you have had. The learning process
is to be able to evaluate the
difference.



SELF

Self (your nature) –
These are the colored centers in
your chart - of what is called
'Definition' in Human Design.

When you see centers and channels
in a chart that are colored in,
it means they operate in a
consistent reliable way.

This is what you are born with and
is unchanging. Your nature isn't
your life; it's what you can trust to
guide you through life.





MY OPEN
Centers

With what Open Centers do you find yourself acting in Not-Self ways?

Blank space for writing answers to the question above.

MY OPEN
Channels

With what Open Channels do you find yourself acting in Not-Self ways?

Blank space for writing answers to the question above.

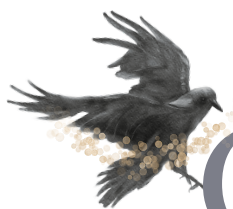




*If in a single day
you suddenly came alive
and chose to express
Who You Truly Are
and to pursue
What You Truly Desire
let this day be that day*

~Brendon Burchard





I am Grateful For You



**Thank you for coming along on
this magical journey with me.**

Now you have the skills to contemplate more about your
Human Design and how to navigate the Not-Self.

I'd love to see you continue this journey into self-awareness.
Please visit my website for more tools
and ways to expand the growth of your Soul Blueprint.

And above all - follow your Strategy & Authority!

TamRa 

Hypnotherapist CHt
Master Practitioner NLP
Human Design Analyst

www.YourSoulJourneys.com

