



BREAK THE CYCLE

HUMAN DESIGN BLUEPRINT - NAME

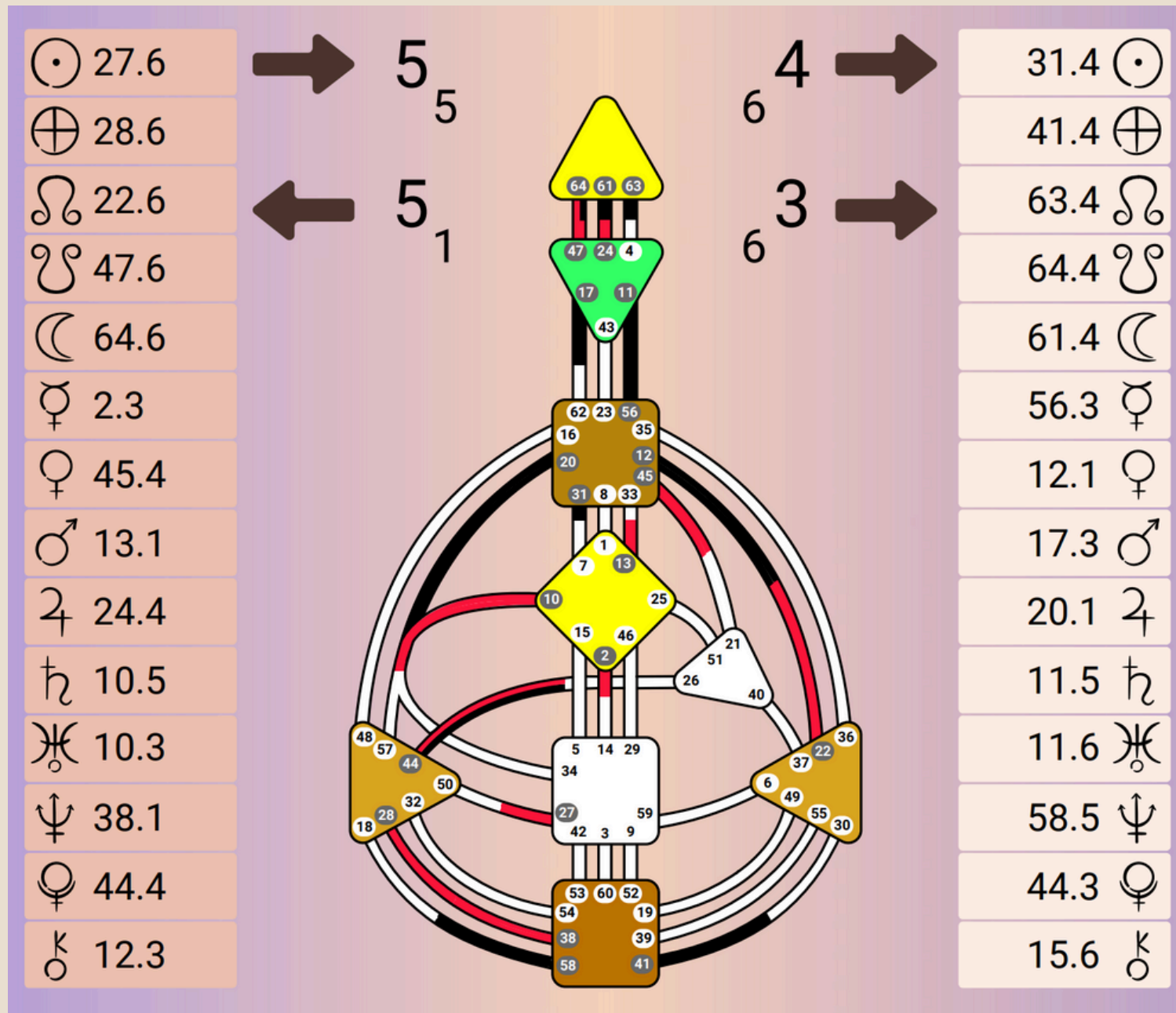


Conditioning and the Self

- Conditioning in Human Design is all about the where the stories we tell ourself about ourself come from.
- Do they come from within? or without?
- Human Design is our Energetic blueprint to make the right decisions and live in alignment with our energy and purpose.
- It's what we came here for.
- When we are living our design we are expressing our Self
- The world conditions our Self over time, especially through our open energy centres that are influenced and where a lot of our learnings about ourself take place by interacting with others.
- Our 20ies are for exploration, 30ies for going through awakening and 40ies about coming into our purpose and deconditionning so we can be our Self and live our design.
- It takes 7 years to decondition yourself.

Human Design

NAME - 6/4 EMOTIONAL MANIFESTOR



Career Type	Manifestor (Innovator)
Strategy - Participate in Life	Inform, Then Take Action
Assimilation	Split Definition / Collaborative Assimilation of Information
Profile or Public Role	Opportunist (Influencer) / Role Model (Leader)
Incarnation Cross	Right Angle Cross of The Unexpected (31/41 27/28)
Key Sign Posts	Peace
Not-Self Theme	Anger
Digestion	Low
Personality Motivation Sense	Acceptance
Design Cognition Sense	Feeling
Motivation	Need
Perspective	Power
Environment	Valleys
Decision-Making Inner Authority	Wait for Emotional Intelligence and Clarity then Inform before Taking Action
Group Skills & Attributes	Administration - Customer Service, Connections, Fundamentals, Knowledge Vision - Determination, Capital, Leadership and Trust Accounting - Detail, Fundamentals, Networking

HD Type & Authority

EMOTIONAL MANIFESTOR

- Wild, strong and playful. Born with a very strong sense of who you want to be. You were born knowing how to raise yourself. Your role is to give yourself the license to do whatever the fuck you want in this life. You are an initiator, create movement and this gets the right people on board without even trying. So your energy works in bursts - 200% when you are creating and 50% when you are not. The universe directs you by sending you urges and a surge in energy to carry it out then rest until the next urge.
- Strategy: Wait for Emotional Intelligence and Clarity then Inform before Taking Action so the right people will be magnetized by you
- Signature Self: Peace
- Not Self: Anger and someone else having control and power over you. Don't be afraid to make mistakes.

HD Type & Authority

EMOTIONAL MANIFESTOR

- Emotional Manifestor Authority: To ensure that you make the correct decisions for you, You will feel an internal urge to take action, you need to wait, go through your emotional wave and reach emotional clarity before deciding rather than making decisions from the highs and lows of your emotional wave, that is, from euphoria, nerves or sadness. RIDE THE WAVE, by witnessing the emotion move through your nervous system. By not trying to stop it or over-indulge in it, but just witnessing it. This is how you will come to clarity. Taking action only after the clarity is present. Make decision when you are in neutral mode, see how you feel. If it makes you smile in that state then its a good decision for sure. “Let me come back to you”, “Let me sleep on it”, “Give me 24 hours”
- The channels connected to your emotional plexus will define the kind of energy waves you experience. Some will be flat, some will be high and low. It is easy to mix up the low of the wave as depression. Keeping a log of the emotional waves can help understand them. Honor your process. Wait until you have emotional clarity to make decisions. You will experience an internal click when you are ready.

Opportunist/Role Model

PROFILE 6/4

A blend of the 4th line's networking and community building with the 6th line's wisdom and role model potential.

4 - Opportunist: You thrive when you pour energy into your social network. What matters is the quality of the connections—you want to feel like you trust the people close to you because you are offering them access to your resources, be they financial, emotional, or social. And you want to ensure your friends and connections have resources to offer you. Most of your opportunities come through your relationships with other people, fostering connections is about finding people who reciprocate your time and effort and have something to offer you. You'll naturally feel more comfortable receiving resources and opportunities through people who know you. So if you are looking for something, send a query to your network.

You're not designed to leave a romantic relationship until you become interested in someone else or quit a job until you have another one lined up. You can stay right where you are until a better opportunity comes along. Friendship is the basis of every 4th line connection. It's healthy to begin romantic relationships with someone you see as a friend. The same goes for business partnerships! Or, even if you meet someone in a work context, you may find yourself extending a dinner invitation a few months in, strengthening the bonds of your friendship and connection.

6 - Role Model: After your formative years filled with trial and error, a graceful transition into the Role Model phase awaits. Pessimism to optimism. This is a time where the lessons learned from the “Martyr” experiences blossom into a deeper understanding of life and its intricacies. The Role Model phase encourages you to embrace your unique capabilities and share your insights with others, illuminating the path for those who may still be navigating your own trials.

Opportunist/Role Model

PROFILE 6/4

The 6 has three life stages:

- The first 28-30 years is marked by trial and error. Each transition is marked by Saturn return, as calculated in astrology. So, a 3/6 goes through HEAVY and intense trial And error in life to learn lessons and find what works. Whether that's in relationships, career, whatever.
- 2nd life phase. On the roof. More reclusive. To heal. Learn. Grow. Gain stability and family and career life.
- 3rd life phase. ("Climbing down from the roof") Stage starts around age 50. You're more involved In life. Socializing. Lots more wisdom. Blossoming career life. Selective about your close relationships especially love (soulmate or not).

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ENERGY CHANNEL 22-12 - CHANNEL OF OPENNESS

This channel makes you an Emotional Manifestor, so it's made to inform and initiate.

With the 12-22 it's about expressing your emotions in a creative way! And with that influencing others.

There is deep shame and embarrassment about our emotions. They're big, and at some point in our life we've been told we're too much.

During the low point in an emotional wave, you gotta be careful with your words cause you'll never know when you can hurt someone. Your words will cut very very deep, and will cause anger and chaos around and inside of you.

This is a moody channel. Inconsistent moods. Waiting on your wave and honoring your moods is the most impactful thing you can do. However waiting to inform/act until you have clarity AND are in the mood will really bring your amazing, mutative voice to the world in a way that hits just right. Also remembering it's not what you say, but how you say it. And if you're in a low mood, take some time and be by yourself.

Some upsides? Creativity is pretty high since you have both the throat and solar plexus centers getting energy. Throat isn't just communication but action too! You're meant to turn those emotions into something. Capture your creativity when it's here. When the words just pour out of you, when the art just seems to create itself. Write it down, draw it out, record a voice note. When you're connected to the creativity, capture it. Express it. And then when it's gone, don't try to force it, it will come back when the time is right.

Trust in your big feelings. Trust in right timing.

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ENERGY CHANNEL 10-20 - CHANNEL OF AWAKENING

You are here to be awake.

You are here to be so fully in love with yourself, so fully accepting of yourself, so fully trusting in yourself that you can live life fully as yourself for yourself.

And despite all this “self” focus, your true expression of yourself, fully awake, is how you lead the rest of us. You’re here to empower us to also be our unique selves.

When you live as you, for you, this projected channel gets the recognition it deserves and its magic grows and grows.

And...it comes with a risk of vulnerability. This channel connects the Identity centre directly to the Throat, so your expression is not your emotion or thoughts or intuition... it’s YOU at your very core and that can be a scary place to express from.

Almost everyone I work with has some past wound around your self-expression or your voice. Where they expressed and then felt judgement and often learned to judge themselves.

So if you haven’t already, your ultimate task is to deal with the challenge built into Gate 10 – to step into fully loving yourself, being so empowered that you empower the rest of us, all the while leaving victimhood, disempowering and self-loathing behind.

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ENERGY CHANNEL 28-38 - CHANNEL OF STRUGGLE

A drive to Strive for Meaning on the positive side - the Channel of why!

In this incarnation, you chose a more challenging “video game” than many of us. But it’s perfect for you.

But here’s what makes the difference:

You need to engage in the RIGHT struggle. No one is designed to always be struggling.

When you follow your strategy & authority, you can struggle with the right things that will bring meaning to your life and move your closer to your purpose instead of everything feeling So. Hard. All. The. Time.

You also need to remember when things get extra challenging, this is like the last fight of your current video game level – you’re fighting the boss of this level so it’s going to be extra challenging. But remember – this isn’t extra challenging because you’re doing something bad or wrong or you suck – it’s because you got through this whole level and you are SO CLOSE to the next level of the game (your life). This is EXCITING!

Your struggles are here to evolve us forward, to teach us and empower us. This is often an energy in motivational speakers – they’ve struggled and learned what is meaningful and worth fighting for in life and can inspire us.

Because what’s more inspiring – someone who struggled through a lot and came out on top? Or someone who was born with every opportunity and life was really easy for?

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ENERGY CHANNEL 11-56- CHANNEL OF CURIOSITY

“Life is about the journey, not the destination” is this channel summed up in a bumper sticker, but there’s so much more to it.

You’re here to be a wanderer, a seeker. Not necessarily a finder, or someone who brings the answers, but someone who has experiences and can teach the collective through stories.

It often manifests as someone who lives a life looking for adventure, experience and sharing your stories with us, but you don’t even have to have the experiences yourself – sometimes you’re incredible at collecting the stories and experiences of others and sharing with us that way (especially if you also have gate 13.)

Through your teaching and sharing, you transform us.

Gate 11 is BURSTING with ideas. Amazing! But remember it’s NOT YOUR JOB to make them all come to life. Enjoy the ideas then use your strategy and authority (aka wait until they come back to you before acting on them if you want the most ease and flow in life).

The tricky part of this channel is that it’s Projected.

And that’s tricky because this channel works incredibly well when it’s invited. When someone asks for you ideas or your stories or teachings – they’re captivated. When you try to force them on people, they usually don’t listen, or they take your ideas and don’t give you credit.

Just because you have a lot to share doesn’t mean you have to always be sharing, especially if your audience isn’t the right match for you.

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ENERGY CHANNEL 47-64 - CHANNEL OF ABSTRACTION

This is the channel of receiving downloads from the universe. You have a direct connection and are here to receive pieces of the puzzle.

They will come to you in big chunks, often feeling like an epiphany or one of those big “Ah-Ha!” moments.

But these big downloads are often abstract. Leaving you feeling like you just unboxed all the pieces of some complex Ikea furniture build and you have the picture of what it will look like... but no directions in sight for how to put together the 376 pieces in front of you.

The downloads can leave you feeling overwhelmed or under pressure to figure it all out and your mind goes into overdrive because you are an incredible problem solver after all.

The how is above your pay grade.

Your job is to be an open channel to receive.

Your job is to cultivate a mindset of possibility.

Your job is to be open to receiving and to allow the downloads to come through.

Your job is to give yourself quiet moments so you can hear the guidance when it comes.

You cannot FORCE the answers to come.

But you can trust that they will.

The downloads take time, and they don't operate according to your personal timeline.

Trust. Receive. Trust. Receive.

This is a highly visual channel so experiment with processing information visually. Think mind maps, vision boards, making diagrams etc.

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GIFTS - SUN GATES

It's how you express your purpose and light into the world

31: The Natural Leader

On the “positive” end of the spectrum, Human Design Gate 31 is the energy for influential leadership. Gate 31 knows deep in its bones that empowered people empower others. Disempowered people disempower others. With this as its baseline, it is able to be a highly influential force of nature by expressing the possibilities and potentials for a brighter future for everyone.

On the “negative” end of the spectrum, Human Design Gate 31 is the energy for being afraid to step into the role of leader or believing that you are unworthy of being a leader. It can easily use its influence and authority to manipulate others for its own personal gain. Or try to force its vision on others.

27: The Empowered Caretaker

On the “positive” end of the spectrum, Human Design Gate 27 is the energy for finding the balance between self-care and caring for others. Gate 27 takes responsibility for its values, needs, beliefs, thoughts, feelings, and actions to ensure healthy relationships. And from this place, has immense energy for caring for others – especially sick, young, or in need.

On the “negative” end of the spectrum, Human Design Gate 27 is the energy for taking incorrect responsibility for other people’s needs. It self-sacrifices and cares for others in an attempt to prove that it is worthy of safety, love belonging , and support.

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GIFTS - EARTH GATES

Your Earth gates, as they keep you grounded.

41: The Patient Dreamer

On the “positive” end of the spectrum, Human Design Gate 41 is the energy to honor one’s hopes and dreams and watch them evolve through fulfillment. The 41 sees visions of a brighter future as a trustworthy source of transformation and can use the mind as a playground of creativity, big dreams, and visions of a brighter future.

On the “negative” end of the spectrum, Human Design Gate 41 is the energy for never taking steps towards your dreams or staying stuck in fantasies. If the 41 ignores divine timing due to fear, it can feel too nervous about taking action and stopping its dreams in its tracks.

28 The Darkness Whisperer

On the “positive” end of the spectrum, Human Design Gate 28 is the energy for facing the darkness in life with courage. Gate 28 embraces the wisdom of fear and allows fear to walk alongside as it navigates life. In this relationship with fear, gate 28 finds deep joy in overcoming obstacles and can find meaning in purpose in all of life.

On the “negative” end of the spectrum, Human Design Gate 28 is the fear of dying before “finding” or fulfilling a purpose in life. It avoids stillness, silence, and slowing down and attempts to dispel fear with risky behavior. It can easily find itself lost in depression, hopelessness, purposelessness, and meaninglessness.

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NORTH NODES

Where You are Going

63: The discerning Questioner

On the “positive” end of the spectrum, Human Design Gate 63 is the energy for making sense of patterns by working through doubt. Gate 63 sees distorted energy as an opportunity for truth, therefore, it asks itself and others powerful questions. And the answer to those questions shatter doubt, impossibility, and hesitation and reveal the true potential that exists in all things.

On the “negative” end of the spectrum, Human Design Gate 63 is the energy of struggling with self-doubt or planting unnecessary doubt into others’ minds. It never takes action due to doubt and blames external things for the doubt and your results.

22: Graceful Gaze (Solar Plexus Defining)

On the “positive” end of the spectrum, Human Design Gate 22 is the energy for offering grace to yourself and others. Gate 22 understands that the full range of emotions, from the heights of ecstatic bliss to the dirtiest darkest pits of shame, are simply human. Because of this understanding, Gate 22 is able to see the whole world as an astounding place of beauty, abundance, and love.

On the “negative” end of the spectrum, Human Design Gate 22 is the energy for believing that you do not deserve the beauty, love, or grace in your life. It represses emotions, lives from a place of emotional reactivity and ignores responsibility for it’s emotions through blame, victimization, and finding fault.

Do what helps you feel as good as possible as often as possible.

Right Angle Cross of The Unexpected (31/41 | 27/28)

INCARNATION CROSS - KARMA

‘You carry the energy that is likely to land you in a place of leadership rather unexpectedly. It will seem to come from nowhere - suddenly you are in the limelight, or at least holding things up. Be aware that you have this energy and at some point will be thrust into a lead role. Get ready to take on the responsibility for this is why you are here.

- Superpower: Adaptability. Life throws you curveballs? You hit 'em outta the park.
- Kryptonite: Routine. Boredom is your worst enemy, babe. Keep things spicy.
- Work Environment: Anything but a cubicle. Think startups, creative spaces, or building your own empire.
- Perfect Date: Surprise me! Just make sure it involves an adventure, deep conversations, and maybe a spontaneous dance party.
- Life Motto: "Expect the unexpected and then embrace the hell out of it."

“When I enter an environment things often change in unexpected ways and I have often been seen as the cause of the change. The nature of change, especially unexpected change can be disruptive and I've had difficult situations where I would be perceived as having negative energy or "bad juju" because of this effect. I had to learn many lessons about trusting the unknown and letting go of expectation to balance the energy of this cross. It can be quite magical if you go with the flow. “

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- **Split Definition:** two separate circuits of defined centers that are not connected - 46% of the population. When you possess split definition, your defined centers naturally seek connection with other defined centers. Your aura may be drawn to individuals who possess the gates and channels you “lack,” “bridging” your splits or connecting all your defined centers.
- You don’t have to worry about actively searching for people to bridge your splits—most of these connections occur organically as you navigate through life and your aura will guide you towards those individuals. There is no need to consciously seek people who bridge your splits—you can rely on the innate intelligence of your aura to guide you toward precisely what you require.
- **Power Perspective:** Individuals are often strong-minded and determined. They understand your own capabilities and are willing to take calculated risks in order to achieve your goals. They may be seen as natural leaders, as they have an innate ability to influence and guide others. You individuals must constantly balance your desire for power and influence with a sense of responsibility and ethical conduct. They must also learn to navigate the complexities of societal power structures, which can often be intricate and opaque.

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- **Best Environment:** Valleys - Valley People need to be able to connect and communicate with others in order to exchange information. Getting too high or elevated isn't great for Valley People as it disconnects them from the source of the information.

- **Digestion:** Low

Individuals with Low Digestion function optimally when they consume lighter meals, smaller portions, or food that is easy on your digestive system.

Beyond diet, Low Digestion extends to processing information and emotions. These individuals may need more time to 'digest' experiences and information they encounter throughout the day. They might require more quiet moments or solitude to absorb and process your experiences fully. In a fast-paced world, the need to consciously slow down and allow space for this process becomes even more important.

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BUSINESS STRATEGY FOR MANIFESTOR

Create high impact, high value offers: Manifestors are not designed to grind out work continuously; your energy operates in powerful bursts, and rest is essential for maintaining alignment. High-impact, high-value offers let you focus your energy where it's most effective, allowing you to work less while creating greater value and impact. These offers also position you as a leader and allow clients to see the significant transformation you provide. Build anticipation around your work. Manifestors have a natural ability to create excitement and momentum. Building anticipation taps into this strength, drawing attention to your work and encouraging clients to act. Manifestors shine when they generate curiosity and enthusiasm for what's coming next.

How to do it: Focus on the biggest transformation or results you can deliver. Manifestors excel at initiating change, so design offers that create significant shifts for your clients. Create a high-value offering that is different to what others are doing and set your pricing according to the value and transformation you're delivering. Tease your offerings, create energy and excitement around them – remember you are here to take up space and not shy away from the impact of your work. Don't be afraid to be proud of your offering and back it!

Summary & Questions



- Decisions: Wait until you have emotional clarity to make decisions, when feelings have settled.
- You are meant to be a leader and connector. Whatever field you are in, you bring trusted leadership to it. You are good with details and expressing foundations of your field - visionary. You are a networking person.
- Your energy will be focused on getting people on board and then they do the work, you don't need to focus on the How.
- Go with the flow of the disruptive leadership energy you bring to situations. Embrace it.

Appendix

EXTRA MATERIALS



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DEFINED/UNDEFINED CENTRES

Defined: Closed to outside influence and conditioning

- Head: have a consistent source of inspiration. Always asking questions and feel like something is wrong if you don't have the answers.
- Mind: designed to hold information, trustworthy, reliable but fixed in how it works. No decisions should come from the mind.
- Throat: designed to speak according to what it is connected to. If connected to the mind, you can speak your mind.
- Solar Plexus: the channels connected to your emotional plexus will define the kind of energy waves you experience. Some will be flat, some will be high and low. It is easy to mix up the low of the wave as depression. Keeping a log of the emotional waves can help understand them. Honor your process. Wait until you have emotional clarity to make decisions. You will experience an internal click when you are ready.

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DEFINED CENTRES

- Identity: you are here to give love. You know who you are and where you are going just not how to get there. If you have a throat channel connected to ID, then you can be very vulnerable to criticism because your creative expression comes from your identity.
- Spleen: you are designed to be in the moment, decisions will be in the moment. Sense of timing will be right now. Have very powerful immune systems and will miss the first symptom of an illness and keep working through it. Can experience a lot of fear but remember you can push through them and conquer them.
- Root: things will get done according to the pulse of adrenaline energy. You have a fixed way to process adrenaline energy depending on which lines are colored around the root.

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UNDEFINED CENTRES

Undefined: open to outside influence and conditioning. Here to teach you a lesson

- Open Sacral (Life/Sex Energy): You can amplify work force energy in short bursts but can not sustain it without burnout over a long period of time. you're not meant for a 9-5 full time job. You will need some flexibility. Many crash around 40 burnt out and get judged for being lazy or incapable. Also need significant alone time, sleep and rest to stay healthy. Often struggle with insomnia. Don't wait til you are exhausted to go to bed or else won't be able to sleep, rest in bed first to fall asleep. And sleep alone at least a few nights a week to recharge.
- Open will: a hard time keeping resolutions so its important to use your strategy to keep promises to yourself. Also very common to have low self esteem and undercharge for services. Can help you become very wise about what is truly valuable in life, including rest and work. Don't offer to help unless you are following your strategy because if you offer but don't have the energy later it will lead to burnout and regret.