

# QUANTUM WELLNESS REPORT



PREPARED FOR:

**Hannah**

**DR. KAREN PARKER**

# The Power of Sacred Storytelling

Throughout this report, you'll notice story-based prompts and narrative frameworks woven into each section. This isn't just creative writing—it's one of the most powerful tools available for creating real, lasting change in your life.

**Your Brain's Filing System:** The stories you tell yourself about who you are get stored in your subconscious mind, which works like a sophisticated filing cabinet. Because your brain can only process a limited amount of information from the world around you, it filters what you see and experience based on what's stored in that mental "filing system."

**Change Your Story, Change Your Reality:** When you consciously rewrite your personal narrative and put "different files" in that subconscious filing cabinet, it completely transforms how your brain perceives the outer world. If you've been feeling stuck or unable to see opportunities, changing your internal story allows you to suddenly view the world through an entirely new lens and access possibilities that were invisible to you before.

**Beyond Logic to Lasting Change:** While you can reprogram your thinking through repetition and affirmations, adding storytelling and creative processes is exponentially more powerful. This approach bypasses your logical mind's resistance and doubt by engaging the sensual, creative parts of your brain. This allows for much faster and deeper subconscious shifts that actually stick.

The story prompts throughout this report aren't just exercises—they're neurologically-based tools for literally rewiring how your brain processes reality. By engaging with them fully, you're not just learning about yourself; you're actively participating in your own transformation.

Your authentic story is waiting to be remembered and reclaimed. Let's begin.

# Your Body and Your Story AND Rewriting Your Narrative

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*Once you've started interpreting the messages your body is telling you,  
you can begin to reframe your story using intentional storytelling.*

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**\*Important Note\*** Our stories are rich and complex and hold not only aspects of our personal life experiences, but they can also reflect our collective story and our ancestral lineage. It would be hubris to proclaim that our thoughts and stories create reality and to then turn around and say that *all* manifestations of disease in the body are the result of the story we are telling. Sometimes life holds mystery, and we don't always know the complexities, meaning, and destiny that our bodies are displaying.

The biggest challenge you face when taking back control of your personal narrative and reclaiming your natural creative power is to figure out exactly what stories you're telling and which parts of your overall story you need to change in order to activate your potential and improve the quality of your life. If the story about who you are creates your experience of reality, then the most important question you need to be asking yourself is who is the "you" creating your life? The answer to this question is creating every aspect of your life right now.

## Your Conditioned Story

Who you are is a challenging question and not always easy to answer. Historically, we have looked to stories, myths, and archetypes to help us identify aspects of ourselves. Since the beginning of the human story, we've sat around fires telling tales of heroes and tricksters who are simply archetypal aspects of characters that live within all of us to varying degrees. Ancient wisdom keepers created archetype-based personality systems such as astrology and numerology to help us determine who we are, how we are, and why we are here.

In modern times, we've turned to science to explain who we are. We've learned that certain personality traits are inherited. We've discovered that our DNA is more malleable than we thought, which continues to fuel the nurture versus nature debate.

Neuroscience professor Ian Weaver observed that the protein coats that regulate how our genes function (epigenes) contain "ancestral memories" that influence how we experience the world, and particularly, how we create wellness and well-being. We know that our lived experiences, especially in our childhood, influence our self-perception and our physiology, and they even create ongoing trauma reactions as coping mechanisms that cause us to forget or hide who we are.

Not only that, but we also learn at an early age the formula for being successful in life. Your parents, teachers, and friends taught you vital lessons that shaped your desires, intentions, and even your definition of what it means to be successful and abundant. The cultural narrative, what you read in the news, saw on social media, and watched on TV, showed you stories that informed the decisions you make now about what to pursue, who to become, and what you need to do to create success in your life.

Most of who you think you are is a memorized set of patterns: thought patterns, behavior patterns, emotional patterns, and unconscious habits. These actually get hardwired into the brain like a computer program. As professor of philosophy Thomas Nail notes, this leaves us with only 5 percent of our awareness that is conscious and controllable, while the rest of our subconscious is operating on automatic. This is why it's easy to stay stuck in life. These ingrained thought patterns cause us to react to stimuli in ways that cause us to feel like we have no control over what we choose. We make the same choices again and again and again, keeping us stuck in old patterns that prevent us from making actual, sustainable change in our lives.

All of these elements, called *conditioning*, contribute to the story of who you think you are. Trying to untangle the story you were born to fulfill from these elements can be tricky and sometimes scary. Defining and deconditioning your story often requires the courage to step out of your family and cultural narrative and take the risk of creating success on your own terms. For many of us, that means trusting that we'll continue to be loved, valued, and accepted in the world, even if we don't follow all the rules the world has laid out for us. It's no wonder most of us learn to play it safe and put off defining our own stories until we feel like we have nothing to lose and our foundation is strong and solid.

While being conditioned may have created some degree of success or perceived safety for you in the world, there is often a price to pay for hiding your true identity. The first price that many people pay is burnout. It takes a lot of energy to suppress your authentic identity. Burnout comes in many forms and can manifest as complete physical and mental exhaustion. Burnout can also be disguised as settling for a mediocre life. You give up and settle, and spend the rest of your life numbing out the feeling that there has to be more.

Your body is a powerful compass. You are born with a gut-level, visceral response that lets you know what feels good and right, or not. Conditioning forces you to suppress this natural direction-giving part of yourself and disconnect from the wisdom of your body. Burnout and illness are symptoms of your body's wisdom trying to wake you up to the fact that you are off course with the unique journey that is your life story, a story that only you can fulfill. There comes a time when your body screams so loudly, you can't ignore the truth anymore.

We are well-trained to use our minds to change our personal stories using the power of rational thinking. We try to interpret our stories by *thinking* our way through the events that led up to the formation of the story in the first place. Usually, no amount of thinking and reasoning can help us break free from the hold of our stories.

When you try to reinterpret your story using the logical part of your mind, you gain important insights that can help you understand why you are telling the story you tell. You identify and recognize patterns in your behavior, but trying to think your way out of these patterns can sometimes feel frustrating. No matter what you do, you seem to repeat the pattern, often creating an additional story about being stuck. (It's fascinating to me how many of my clients can tell me exactly what their stuck patterns are and even *why* they have these patterns, but they can't stop the pattern from repeating itself.) Understanding the story and breaking free from the story are two very different things.

Why does this happen? Why can't we simply rethink our story?

The brain is a highly efficient organ. It is beautifully designed to do things by rote and in a somewhat thoughtless way. Think about walking. Most of us aren't consciously thinking about moving our left foot forward, followed by our right foot. We simply move our body across the room without giving it much thought.

We are able to move so effectively across the room because when we do things repeatedly, the brain creates neural pathways, a kind of high-speed nerve highway in the brain. Neural pathways don't necessarily bypass all thought, they allow us to mindlessly react to repeated things in life without attention and awareness. Just like with walking, most of the stories we are telling ourselves about who we are are being replayed efficiently by the brain, without a whole lot of conscious thought.

A lot of the story you tell about yourself is not just playing out automatically in your brain, it's also protecting you. Most conditioning comes from internalizing the message that it's not safe, valued, or successful to be who you were born to be. Over time, your lived experiences taught you to repress some of your core desires. You hid elements of your personality that you were told were problematic in some way. You carefully curated your identity to match all the things the world told you you "should" be in order to succeed in life.

When you try to rethink your story, you must first override some of the automation of your thoughts, rooted in your neural pathways. You must bypass the default patterns of your story that have been built into your brain for your entire life. This takes consistency, intention, and a lot of practice. Not only that, when you get triggered by an event or when you're hungry, lonely, tired, or feeling sick, the brain tends to want to go back to default patterns, causing you to use willpower to override the program when you're already feeling exhausted and vulnerable.

In addition, because so much of the story you are telling about yourself is protective in nature, when you try to rethink your old story and tell a new one, your brain and body react with alarm. You feel afraid and even stressed because



your protective identity, the one that hides your beautiful, authentic self, gets triggered and goes into a low-grade fight or flight response. This stressful, cortisol-based response often keeps you from stretching out of your comfort zone, where you feel safe, and even activates old, self-sabotaging patterns.

Research from Harvard Medical School shows that simply recalling events associated with the negative emotions triggered by a limiting story, such as anger, significantly increases inflammatory markers in blood samples. This suggests that merely remembering an event that created negative emotions can provoke immune response imbalance, potentially weakening the immune function over time. If your story induces feelings of anger, powerlessness, lack of lovability, and other negative feelings, your repeated reactions to the story in your mind can take a heavy toll on your body.

Of course, the opposite is also true. Positive emotions are associated with stronger immune functions and can literally shift how you express your DNA and change the impact of ancestral memory on your body. Increases in positive emotions are associated with the increased expression of anti-inflammatory and antiviral genes. In addition, emotions such as joy and happiness can trigger the release of endorphins, which reduce stress and inflammation, creating a more balanced immune response. They can even, potentially, increase your lifespan. Optimists live longer and have healthier telomeres, which correlate with slower cellular aging.

## **Transforming Your Narrative**

To rewrite your story, you have to bypass your logical mind and your self-protective reactions. You must activate the creative, expansive part of your brain. This part of your brain, often associated with the right side of your brain, thrives on intuition, emotion, and fantastical and nonlinear thinking, making it a driving force behind compelling storytelling. The right side of your brain excels at weaving together abstract ideas, vivid imagery, and the deep emotions that make us profoundly human.

When you use this expansive part of your brain to reshape your personal story, you not only tap into a highly creative state that bypasses your protective identities, but you also override the fear and self-doubt that get triggered when you try to rethink your old stories. You naturally activate higher states of wellness and well-being.

Obviously, changing the elements in your physical reality that are making you unhappy—like leaving a toxic job, setting boundaries in a challenging relationship, or making positive changes to support your health—can be incredibly powerful and often necessary. These are material shifts on the physical plane that directly impact how you feel day to day. But if you don't also examine and shift the deeper, often unconscious story you're carrying about who you are and what you believe you deserve, those external changes may only offer temporary relief. Without a shift in your inner narrative, the energy driving your decisions remains the same, and over time, you may find yourself repeating similar patterns with a new boss, a different partner, or in another cycle of self-sabotage with your health. True, lasting change requires both transformation in the outer world and a reprogramming of the inner story that created it in the first place.

If you want to permanently change your life and create what you REALLY deserve, you must start first by changing your story. You must rewrite your personal narrative and transform it into a healthy one—one that includes joy and happiness and includes your receptivity to all the goodness you deserve.

If you can't simply rethink your story without triggering fear and a protective reaction, what else can you do to change your story? Intentional storytelling is a powerful process that allows you to draw on the expansive, nonpatterned, sensual parts of your brain as a way of bypassing fear and reframing your identity. Using fantasy or by simply shifting your perspective on an actual past event, you can deliberately and purposefully create a new narrative that supports you in permanently shifting your internal story and, ultimately, activating higher states of wellness and well-being.

Intentional storytelling can help you reframe your narrative so you can reformulate your identity and find new, positive meanings about yourself. This process can help you move beyond limiting beliefs and old traumas that, while mostly resolved, have left you feeling like you're still stuck in the story or are still echoing in the messages that your body is giving you.

Intentional storytelling is often more powerful than trying to “think” your way out of limiting beliefs—because it works with the way the brain naturally processes information. The brain translates information both literally and metaphorically. For instance, if you grew up in a family that believes money is the root of all evil, your brain may carry that story into every part of your life. Even if you grow up to do meaningful work—say, as a nurse—you might feel conflicted or even guilty about receiving money for doing good. As a result, you may unconsciously push money away. You might always be dealing with expensive car repairs or making poor financial choices—because deep down, your brain is still trying to live out the story that money is the root of all evil. Intentionally rewriting the story so that your main character (that’s you!) receives rewards and riches for doing good work can actually help the brain to reframe the old negative association with money.

Memory is relatively unreliable. Every time you recall an event, your memory may change slightly based on current emotions, biases, or new information. Your memory is like a constantly evolving story. You can actually control how you remember an event by feeding the brain a new creative story that is rich with emotional innuendo and that installs a more empowered perspective on an event.

While the brain can distinguish between fantasy and reality on a conscious level, at a deeper and neurobiological level, the line can blur. When you imagine something vividly, whether it’s a memory, a story, or a future event, the same brain regions activate as if we are experiencing it in real life. This is especially true for emotional responses. The brain reacts to imagined scenarios almost as intensely as it does to real ones. This is why a powerful story can move you and why visualizing success or failure can affect your confidence and performance. While the rational mind knows the difference, most of the brain does not. The more you feed the brain a better story, the more it believes that it’s true, even if it’s a fantastical one!

This is not about rewriting the events that have happened to you. This process is also not about condoning or accepting any kind of abusive situation that left you victimized and traumatized. This is about using intentional storytelling to rewrite your *interpretation* of an event, taking back control of the story you tell about the event—moving you from victim to victor—integrating the lessons you learned from the event. Ultimately, you turn the experience into a catalyst for your growth and empowerment, allowing it to transform your narrative so that you are no longer *surviving* the events of your past, but you’re *thriving* in life because of them.

The more you integrate this new story into your brain, the more your overarching personal narrative shifts from a negative, fear-based one to a positive, more empowered one. This shift in perspective not only changes your brain and your personal narrative, but it also has a powerful impact on your physical body, decreasing inflammatory biomarkers and increasing vital components of your immune system, which makes you more physically resistant to disease and chronic health conditions.

This brings us back to the original challenge posed at the beginning of this section. How do you figure out exactly what stories you’re telling, and which parts of your story do you need to change in order to activate your potential and improve the quality of your life? You start first with reconnecting to the body and interpreting the metaphors the body is giving you. Then you explore the archetypal themes associated with the different parts of the body. Once you’ve started interpreting the messages your body is sending, you can begin to reframe your story using intentional storytelling. You begin the process of systematically rewriting your story, creating a new narrative that realigns your body with optimal wellness and well-being.

In the rest of this report, you’re going to learn how to reconnect with the wisdom of the body and, using Quantum Human Design, learn a systematic way to analyze your personal story so that you can rewrite and take control over it. You’re going to learn to integrate the *true* story of who you were born to be and use intentional storytelling to reclaim your power to optimize physical wellness and increase well-being in every area of your life.

## Archetypal Themes of the Body

Understanding the metaphors of the body is an insightful way to support holistic wellness. To understand the body and its messages, we must first remember the two are correlative and anecdotal, not causative. We use stories to deepen our alignment with well-being, not to blame ourselves or others for thinking the “wrong” kinds of thoughts. Be gentle with yourself during this exploration.

If our stories create our experience of reality, then our bodies are simply manifestations of our stories. Think of it like this: Everything you see, hear, smell, touch, and taste are manifestations of your personal story. To gauge the quality of your personal story, you simply need to look at the world around you to find clues about what story you're telling about yourself. Your outer world, including your physical body, is showing you what parts of your story may need transforming in order to bring your story into alignment with an abundant life rooted in well-being.

We live in a metaphorical world. Sometimes the clues to our personal story are represented through language and symbolic expression. Even some of the common phrases we use in reference to our life experiences often contain metaphors that relate to the body. Our bodies can be elegant templates that reveal key components in our personal narrative that need realigning and rewriting.

Common metaphorical statements that contain references to the body:

- "He's a pain in the neck."
- "I'm shouldering these burdens."
- "We are bonded, hip to hip."
- "I'm memorizing it by heart."
- "Don't let it get over your head."
- "She's the backbone of the team."
- "He has a heart of gold."
- "She has a sharp tongue."
- "He has a chip on his shoulder."
- "I have a gut feeling about this."
- "They are thick as blood."
- "She has an eye for detail."
- "He's all thumbs today."
- "I need a hand with this task."
- "They're under my skin."
- "He's got cold feet about the wedding."

The physical parts of the body can be seen as metaphors for aspects of our lives and living conditions. Sometimes the physical manifestation of pain, discomfort, or illness holds clues about what is hurting in our personal narrative. (Note: Of course, we need to treat the symptoms on a physical level, but when we add a metaphorical exploration of the source of the physical pain, we can often get to the energetic root of the root of the problem in the body.)

Head	Thought/ Leadership	Often used to represent intellect, thought processes, or leadership.	She is head of the company.
Brain	Intelligence/ Reason	Represents intellect, reasoning, and mental capabilities.	Mr. Smith is the brains of the operation.
Eyes	Insight/ Vision	Symbolize perception, insight, and foresight.	It is commonly said that the eyes are the windows to the soul.
Ears	Listening/ Receptiveness	Symbolize the ability to listen and be receptive to new ideas.	Go ahead, I'm all ears.
Nose	Curiosity/ Intrusiveness	Often used to represent curiosity or intrusiveness.	Don't go poking your nose into someone else's business.

Mouth	Expression/ Communication	Represents speech, expression of thoughts, and communication.	She's the mouth of the company.
Tongue	Speech/ Expression	Represents the way one speaks or expresses themselves.	His attorney was known for her sharp tongue.
Shoulders	Burdens/ Responsibility	Carrying something on one's shoulders often refers to bearing responsibilities or burdens.	Their shouldering of the financial turmoil wore them down.
Arms	Strength/ Embrace	Arms are symbolic of strength, but also of embracing or encompassing.	She was soothed in his arms.
Elbows	Persistence/ Force	Pushing through with determination and sometimes forceful movement.	A person may elbow one's way into a conversation or situation.
Hands	Capability/ Action	Hands are often used to represent action, capability, or the ability to influence and create.	It was all-hands-on-deck for the cleanup.
Fingers	Dexterity/ Skill	Symbolize skill, dexterity, and the finer details of craftsmanship or work.	As CEO, she had her finger on every move the company made.
Back	Support/ Strength	Often associated with support, both literal and metaphorical (especially the lower back).	They really put their back into the project.
Spine	Support/ Strength	Represents the backbone of something, indicating support, strength, and resilience.	He crumpled under the interrogation, showing his spineless nature.
Heart	Emotion/ Love	Often used to symbolize deep emotions, especially love and affection.	The community gave their hearts to the family in tragedy.
Gut	Instinct/ Intuition	Refers to primal instincts, intuition, or a deep-seated feeling.	Grandma always taught us to trust our gut.

Hips	Flexibility/ Flow	Hips are associated with movement and adaptability, often used to suggest the ability to move with the flow or change.	They were on board and hip to the new plan.
Knees	Humility/ Servitude	Bending the knee can signify humility, servitude, or submission.	It brought her to her knees to see his kindness.
Feet	Foundation/ Journey	Feet symbolize the foundation upon which one stands or the beginning of a journey.	They were getting off on the right foot.
Skin	Sensitivity/ Identity	Can represent sensitivity or identity.	He was very thin skinned. She was comfortable in her skin.

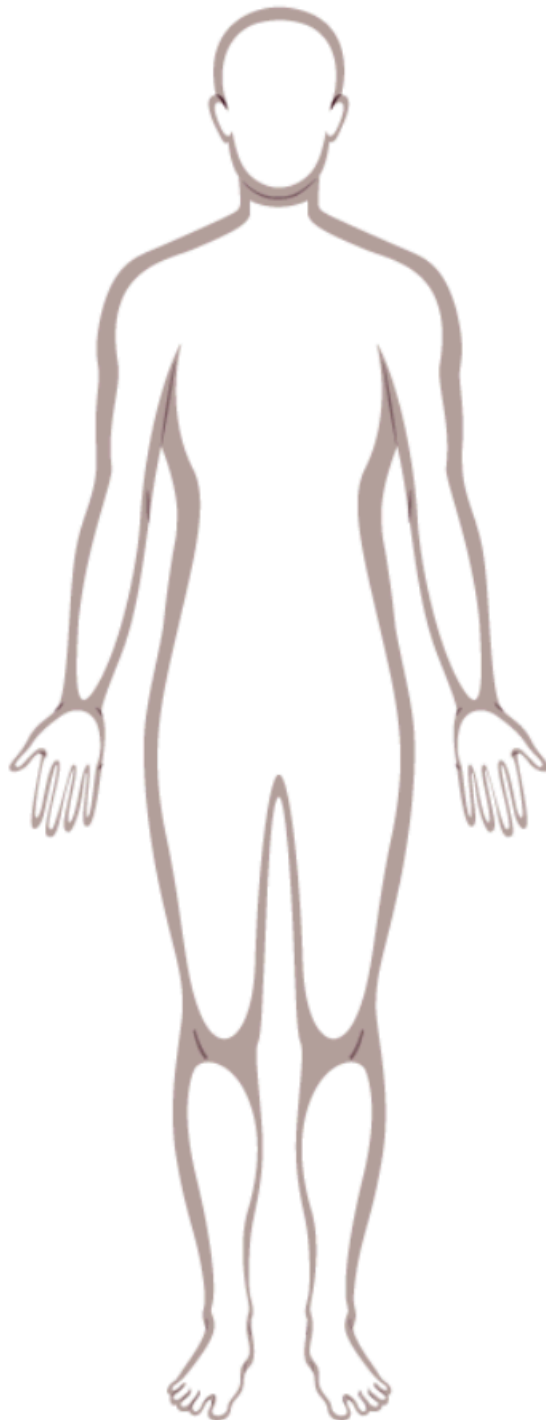
The body can be part of an exquisite feedback loop, giving vital information that helps us discover which parts of our story need to be readjusted to bring us back into alignment with abundance and well-being.

# Preparing Your Story

To begin the process of exploring the messages your body is sending, take some time to notice where you may be carrying chronic pain or disease in your body. Mark it on the chart below. (You may also want to note any past injuries or significant illnesses and mark those on the chart.)

Using the chart, explore the relationship between what is happening in your body with the metaphorical themes associated with that part of the body.

- What do you think your body is trying to tell you?
- What story about yourself and your life is your body holding?
- Set aside some time to talk to your body. What messages does your body have for you?



# Introduction to Human Design

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*You are not the blueprint.  
You are the architect interpreting the blueprint.*

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It takes a lot of energy to be someone you're not. Think of it like this. Imagine for a moment that you are at a masquerade party holding up a Venetian mask. What are the odds that you'll hold your mask up to your face all night? Even though the mask is lightweight, if you hold it up for any length of time, your arm is going to get stiff and tired. You will eventually lower your arm and rest it, revealing your true face.

The problem that most of us face is that we've been so conditioned to believe that we *are* the masks we're wearing that we've lost our connection with our true self. Who are you when you remove the mask? Quantum Human Design is a powerful tool to help you remember who you are so you can remove the mask and reveal the person you were born to be!

## What Is Quantum Human Design?

Quantum Human Design is a personality analysis system that is a synthesis of astrology, the Hindu chakra system, the Chinese I Ching, the Judaic Kabbalah, and quantum physics.

Each one of the systems that make up Quantum Human Design is comprised of archetypes or aspects of our common human story. Archetypes are merely neutral roles or characteristics in our personal story. Once we give these archetypes meaning, they become part of our experience of reality.

The “shadow” expression of an archetype represents the unconscious, distorted, or reactive expression of that energy when it is driven by fear, wounding, or conditioning rather than by awareness and integration. Every archetype exists on a spectrum from its highest, most empowered expression to its lowest, most unconscious form. For example, the warrior archetype can manifest as courageous action and protection in its light, but in its shadow, it may show up as aggression, control, or burnout. These archetypal stories play out in our lives all the time, often without us realizing we're caught in them. When we bring conscious awareness to how an archetype is operating within us, we can move out of its shadow and into its wisdom—transforming old patterns into new power.

Let's look at the archetype of the hermit as an example. The hermit is simply a person who lives in seclusion. A more modern definition might be a person who needs alone time to recharge, or perhaps an introvert.

The shadow expression of hermit might be a person who retreats and hides away from life so much they fail to access healthy support or relationships. Part of the story of this shadow expression of the hermit archetype might be that this person has a hard time setting healthy boundaries and often finds themselves overwhelmed with the energy of others. Instead of asking for healthy space, they hide out and give up on having healthy relationships.

An example might be a young mother who lives far from her family and is struggling with feeling “touched out” by her baby, has no time to herself, and is feeling overwhelmed. She needs some alone time to recharge, but can't get any because she's isolated. Her underlying story might be one of feeling that she's not worthy of paying money to have someone come help her with her baby a couple of afternoons a week, or not being able to ask for additional help from her family because she feels guilty or ashamed that she's having such a hard time.

These are both aspects of the archetype of hermit being lived out in modern life. What determines how we experience the archetypes which comprise the human story? We interpret and choose our individual translations of reality based on our conditioning.

When you take control over your personal story, you are no longer a victim of the shadow archetypes of your story. By becoming aware of the archetypes at play in your story, you can learn to use these themes to grow, evolve, and embody at your highest potential. These archetypes are your soul curriculum—what you're here to embody and refine—but to be able to do that, you must have a systematic way to interpret and analyze which parts of the human story are yours to explore and learn from.



The Quantum Human Design chart, calculated using your birthday, time, and place, gives you a “blueprint” for your unique human story. Even though you may experience all of the archetypes in the human story at some point in your life, either from within yourself or through your personal and collective relationships, you are born to explore specific archetypes as part of your personal soul curriculum. If you have hermit archetypes in your Quantum Human Design chart, it means that part of what you’re designed to explore in your life is how to be a healthy hermit by setting good boundaries, taking care of yourself if you’re feeling overwhelmed, and accepting that you need alone time to recharge your system.

In other words, your Quantum Human Design is a storytelling tool that gives you a systematic way to explore all the parts of your personal story. Think of it like a blueprint for who you were born to be. You are *not* the blueprint. You are the architect interpreting the blueprint. Once you decide exactly what your life looks like, you can begin to use the blueprint as a baseline for optimizing your story and your life.

Each one of the ancient and modern archetypal systems that are part of Quantum Human Design revolves around the idea that all people have choice. Astrology lays out a curriculum of possibilities for your life based on the celestial weather and your innate nature. The Chinese I Ching is all about guiding the evolved human to make conscious choices. The Hindu chakra system is about becoming awakened and choosing to step off the wheel of karma. Judaic Kabbalah teaches how to consciously choose to live in deeper alignment with the divinity within. Even quantum physics shows us that our expectation creates our experience of reality and that, if we change our expectation, our experience of reality shifts in response.

According to Quantum Human Design, the placement of the planets at your birth encodes your body with the story of your potential. The moment of your birth gives you a snapshot of who you were born to be. It also tells you how you experience energy, especially in relationships, and where you may be vulnerable to certain shadow aspects of your story. Your chart reveals your strengths, your gifts, and your life purpose. All of this is encoded in the archetypes you are designed to explore and learn from over the story arc of your life.

Archetypes represent potential. When we look at the idea of potential through the lens of quantum physics, a *potential* is simply a non-manifested possibility. It doesn’t manifest into our reality until we translate the archetype through our personal story and give it meaning. The expectations for our experience that we hold in our stories influence how archetypes show up in our lives.

Your Quantum Human Design chart is a blueprint. You are the architect. Your job is to use the information in the blueprint to choose how you want to express the potential and decide what you’re going to create. As you learn about all the archetypes in your Quantum Human Design chart, you are going to discover which parts of your story need to be upgraded so that the story you’re telling becomes the narrative that will build the future you desire.

## Using Quantum Human Design to Get to the Root of Pain

Your Quantum Human Design chart is an energy map that can be used to help you explore the sources of pain in your life. You are designed to live in alignment with the potential outlined in your chart and to live a life that is true to who you are. But, if you stray from the map and live “off the chart” and live a life misaligned with your authentic nature, you will experience pain. This pain can be physical, emotional, or spiritual. The more you live off the chart and deny your true nature, the more pain you potentially experience.

Traditionally, we tend to treat the pain as the problem, and it can be, but what Quantum Human Design gives you is a systematic and elegant way to get to the root of pain so you can address not only the symptom but the cause. The chart can be a powerful way to explore exactly what parts of your personal story are out of sync with your potential. In that respect, Quantum Human Design is a powerful storytelling tool that can help you intentionally rewrite your story as a way of bringing yourself back into alignment with the person you were born to be.

Anytime you say yes to something you want to say no to (and vice versa) or anytime you lie about what you want and hide who you really are, it costs vital and precious energy and eventually puts you at risk for burnout and other energetic imbalances that can lead to injury or disease. If you have internalized from your life experiences that it is somehow not okay or safe to be who you are or how you are, you will eventually spend your precious energy protecting your identity, and your body may begin to pay the cost for inauthentic living.

The most important thing you can do right now to support the creation of a vital, vibrant, and healthy life is to begin a systematic exploration of the meanings you hold about who you are, why you're here, and what you're capable of. The most significant thing you can do to begin to activate your innate creative power and create optimal wellness is to untangle yourself from old collective and personal beliefs about lack and limitation. Quantum Human Design is a powerful system that can help you explore your personal narrative in a systematic and step-by-step way, so you discover who you are, how you operate, and how to begin telling yourself and the world a more aligned, authentic story that matches what you want for your life.

## The Foundational Layer — The Nine Resiliency Keys

If you take all of the archetypal elements in the Quantum Human Design chart and mix them up with core human developmental needs, you will see that there are nine basic archetypes, the Nine **Resiliency Keys**, that need to be functioning at a high level in order to fulfill the potential of the chart. These nine archetypes are associated with well-being and resiliency, the end goal of reclaiming sovereignty over your personal story.

If these nine base archetypes are not functioning optimally, they can cause you to create elaborate self-protective strategies and false identities. They can even be the root of self-sabotage and explain why you sometimes do destructive things that keep you from fulfilling your highest potential.

### The Nine Resiliency Keys

**Self-Trust:** The degree to which you trust your inner wisdom and trust in your own abilities.

**Empowerment:** How much control and power you feel like you have in creating your life.

**Lovability:** How much love you believe you can receive, experience, and give.

**Courage:** How well you can navigate through fear without letting it paralyze you.

**Authenticity:** How free you feel to fully express your authentic self.

**Decisiveness:** Your ability to know how to make good and right decisions for you.

**Emotional Wisdom:** Your ability to use emotional energy as a creative source of power and to be deliberate, not reactive.

**Self-Worth:** Your self-esteem and sense of your own value.

**Vitality:** How much energy you have to do the things you want and need to do in your life.

The more we work on living the high expression of these energies, the more control and choice we have over how we work with the changes at hand. Awakened, resilient people always have choices. People living out the script of their conditioning have no choice but to react with old patterns and relive the same story repeatedly.

Our bodies are deeply intelligent messengers, constantly offering insight into our emotional, energetic, and spiritual well-being. The Nine Resiliency Keys represent foundational archetypal energies that influence how we process life, hold strength, and navigate challenges.

While these nine base archetypes give us big clues to the real root of our pain, just looking at them and trying to rewrite our story related to these archetypes is a pretty overwhelming and murky process.

The additional layers in your Quantum Human Design chart will give you a systematic approach to what is contributing (or not contributing) to your resilience. The Centers and Gates section will help you see the direct relationship between this part of your chart and the Nine Resiliency Keys.

When you live out the highest potential of the configuration of the Centers and gates in your chart, you cultivate more resiliency and choice, and you become more resilient and create optimal wellness and well-being in every area of your life.

## The Parts of the Chart

In the following sections, you're going to learn the basics about Quantum Human Design in the context of your personal story. You're going to explore the archetypes in your personal chart as a way of systematically analyzing your story to help you interpret the messages your body may be giving you and as a way to support you in creating optimal wellness and well-being.

The Quantum Human Design chart reveals layers in your personal story, and each layer gives you more refined and in-depth nuances. Each of these layers is comprised of archetypes. As you explore the layers in greater depth, you will be able to look at the spectrum of how you are experiencing each archetype in your life. Are you living the high expression or the low expression? What needs to change in your story and in your life to consciously choose the highest expression of all the parts of your story? The quality of well-being in your body is often associated with the quality of how you are expressing the archetypal parts of your story.



The six layers in the Quantum Human Design chart include the Nine Resiliency Keys, your Type, your Authority, your Profile, your Centers, and your Gates.

### **Type:**

Your Type shows how your energy works and the best way for you to take action and interact with the world. Your Type describes the main character in your story.

### **Authority:**

Your Authority is your built-in decision-making tool that helps you know what's right for you—without overthinking. Reconnecting with your Authority helps you learn to use your body's "gut" response to help you know what's right for you and what is not.

### **Profile:**

Your Profile is like your life role and personality—it shows how you're meant to learn, grow, and connect with others. Your Profile represents key personality traits and characteristics of your Type (the main character in your personal story).

**Centers:**

The Centers are energy zones in your body that shape how you experience things like emotions, thoughts, love, or pressure. Learning to self-regulate and accept these key aspects of your energy is part of your soul curriculum and what you're here to learn in this lifetime.

**Gates:**

Gates are specific traits or gifts you carry—like your natural talents or the life lessons you're here to explore. Your gates are also part of your soul curriculum or the “sacred flaws” in your story's plot outline.

**Resiliency Keys:**

The Resiliency Keys help you stay steady, confident, and true to yourself—especially during stress, change, or challenge. The end goal of your personal story is to cultivate the highest potential of these foundational parts of your story.

You'll be using the layers in your chart to help you systematically explore your personal story and, ultimately, rewrite your story to optimize your capacity to create optimal wellness and well-being.

You'll find your Quantum Human Design chart on page 19 of this report, so you have it to work with.

Each part of the chart will be discussed in detail and includes either a story prompt or a series of contemplations to support you in understanding the current plot outline in your personal story. The plot outline contains the themes you may be struggling with or that may be holding you back from stepping into the role of hero in your story. The goal of these prompts and contemplations is to help you think about how your story may be expressing itself in your life right now. Using intentional storytelling, these prompts can support you in literally rewiring the story of your limitations. Using the creative parts of your brain, you can explore new ways to reframe the archetypes in your Quantum Human Design story, systematically begin to take back control of all of the parts of your story and begin to tell a new one that is truly worthy of the person you were born to be.

But remember, a story is never just about the pieces and parts; it's a synthesis of all of the parts woven together to create a unique and ever-evolving story.

This is literally an invitation to use creative storytelling to write a new version of the story you're living in. Throughout the rest of this report, as you learn about the different layers in your chart, you'll start to see the conditioned or shadow expression of the archetypes in your chart, and you'll learn how these shadows might be showing up in your life or expressing themselves in your body. Use the story prompts included with each description of the parts in your chart and the storytelling templates found in the Appendix to intentionally rewrite the parts that are keeping you from optimizing your life, and you'll also find some sample stories and more detailed instructions there to inspire you as well.

Every story has a main character who, over the arc of the story, is challenged and, eventually, grows and evolves. The main character usually starts out living the conditioned aspect of their story. As they experience life, they are confronted with a conflict or central crisis that causes them to have to take control of their story and learn to reclaim their authentic self. They begin the process of deconditioning their identity and becoming a more purposeful and fulfilled version of themselves, the hero of the story.

As we explore the different layers in the Quantum Human Design chart, I want you to think about each layer in the context of the story of your life. Many of my clients start out their journey with a deeply conditioned story. They are pushing and trying hard to fit into their family and cultural narrative, and they create according to the rules and formulas they've been told create success. Often, they encounter Quantum Human Design when they are exhausted and burned out, unable to push against their authentic selves any longer.

## Preparing Your Story

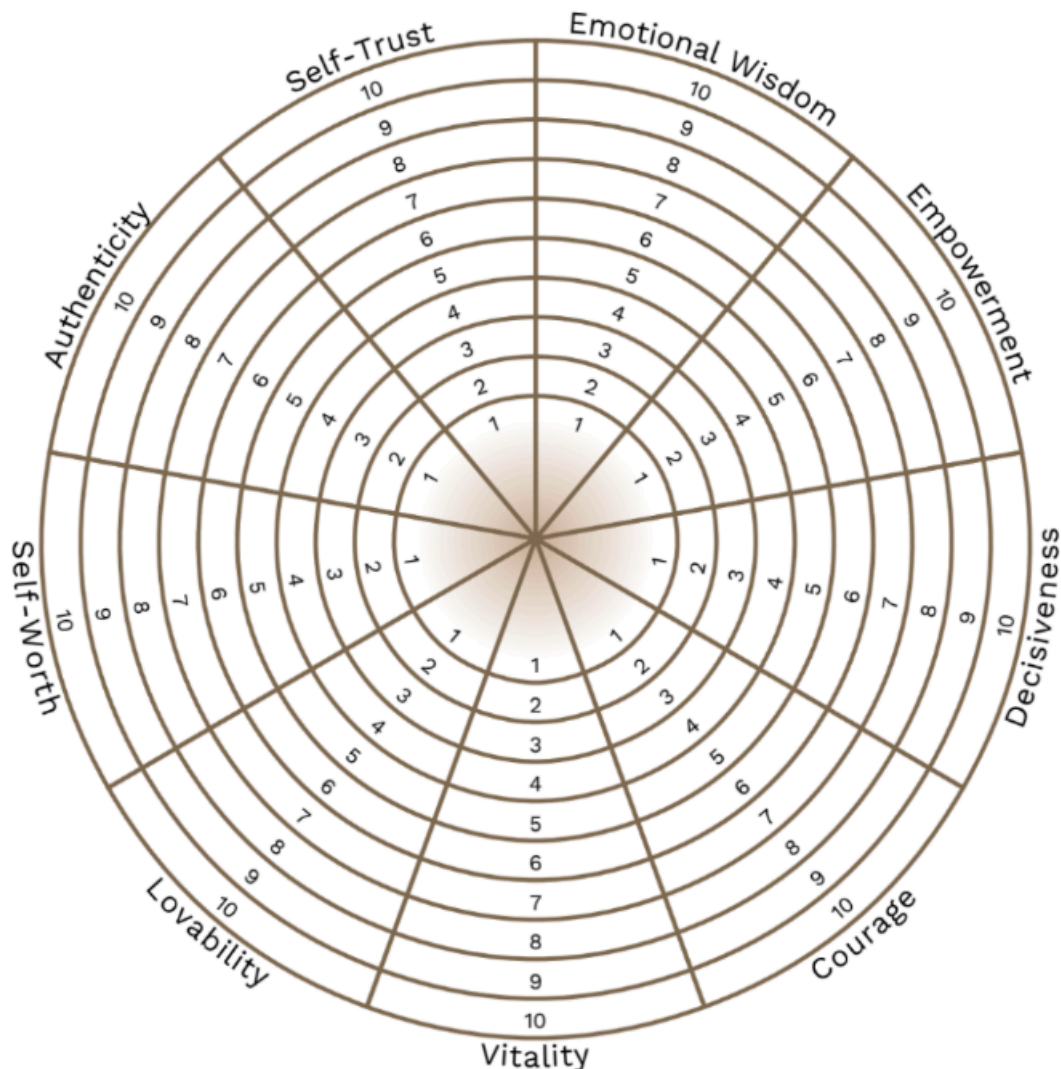
Take a moment to honestly assess your resiliency. The purpose of this assessment is not to judge yourself or to feel bad about where you are in your story at this time. The purpose of this assessment is to simply give you a starting place to begin the journey of rewriting it.



# 9 Resiliency Keys

## How To Use

1. Reflect on your life as it is today.
2. Rate each category honestly on a scale of 1 (lowest & unsatisfied) to 10 (highest & very satisfied).
3. Color in the section of the diagram below that matches how you've rated each category.



Consider the following questions based on your results:

- What surprised you most about your resilience assessment results? What might that reveal about the story you've been telling yourself?
- Which of the Nine Resiliency Keys felt most aligned with how you currently show up in your life? Why? Can you think of a recent experience that reflects this strength?
- Which of the Nine Resiliency Keys scored the lowest for you? How has this aspect shaped or influenced recent challenges or setbacks?
- When you look at your life story, where have you demonstrated resilience that you might have initially overlooked or minimized?
- What past experiences have helped you build resilience, even if they were difficult at the time? What did those experiences teach you about yourself?
- What narratives or beliefs have you carried that either support or limit your resilience? Are any of those beliefs ready to be rewritten?

Are you ready to take a giant leap toward the quantum expression of your story?

# Here is Your Personalized Human Design Chart

Hannah

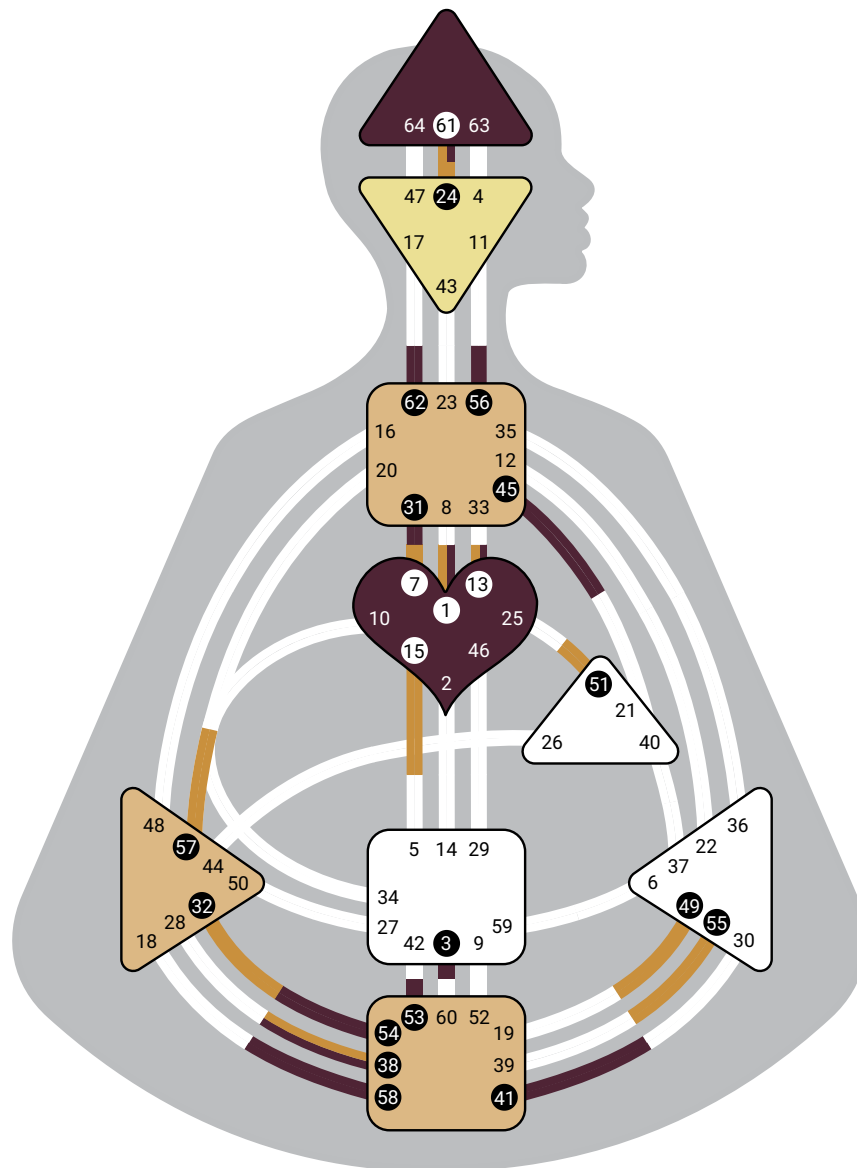
10th July 1990 @ 17:41

Life Purpose

☉	51.6
⊕	57.6
♊	13.2
♋	7.2
☾	32.2
♍	24.2
♀	55.5
♂	49.4
♌	15.6
♍	61.5
♎	38.1
♏	38.6
♐	1.5
♑	39.2

Soul Purpose

☉	53.4
⊕	54.4
♊	41.6
♋	31.6
☾	13.6
♍	56.2
♀	45.2
♂	3.3
♌	62.1
♍	61.2
♎	58.4
♏	38.4
♐	1.2
♑	53.4



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Orchestrator (Projector)



# Summary

Hannah

10th July 1990 @ 17:41

London, England, United Kingdom

Energy Type	Orchestrator (Projector)
-------------	--------------------------

Strategy	Wait for Recognition and Invitation
----------	-------------------------------------

Inner Authority	Actualizing (Spleenic)
-----------------	------------------------

Profile	4 / 6 (Stabilizer   Adept)
---------	----------------------------

Definition	Triple Split Definition
------------	-------------------------

Emotional Theme	Bitterness
-----------------	------------

Higher Emotional Theme	Success
------------------------	---------

Incarnation Cross	RAX of Honesty 2 (Penetration 2) (53/54   51/57)
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# Type—The Main Character in Your Story

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*Understanding the full spectrum of your story and  
your potential can help you be less judgmental  
and more compassionate with yourself.*

---

There are five main Types (characters) in Quantum Human Design. Each Type has a unique role to play in the world, a specific way of making decisions, and distinct challenges they must overcome to fulfill the full potential of their role. Each Type is also vulnerable to burnout when they don't follow their unique energy flow.

As you explore, you're going to learn about how your Type usually internalizes and interprets conditioning. You will also learn exactly what needs to happen to heal your connection to your body and the messages it is giving you. Each Type has a unique Strategy, a way of making decisions that helps you cut through the noise of societal expectations and internalized conditioning and supports you in learning to trust yourself and your own inner knowing. You will discover what bringing your main character back to baseline looks and feels like, and you'll also learn about the highest expression, the quantum purpose, of your Type. The more awakened "quantum" version of your energy will guide you in telling a new story that includes the potential for growth and evolution.

To distinguish where you might be in the story arc of your life, your Quantum Human Design Type has an evolving name depending on how you're expressing your main-character energy. Think of it like this: A butterfly is the evolved expression of the caterpillar. It has a different name to distinguish the phase that it's in. The quantum expression of the Types is similar to the different names of the stages of the butterfly's development. Most of us start off in the conditioned expression, moving toward the baseline. As we continue to evolve our story, we transform so much that we get a new name to symbolize where we are on the journey. This new name is simply a way for you to acknowledge where you are and how much you've grown and stepped into your more evolved purpose.

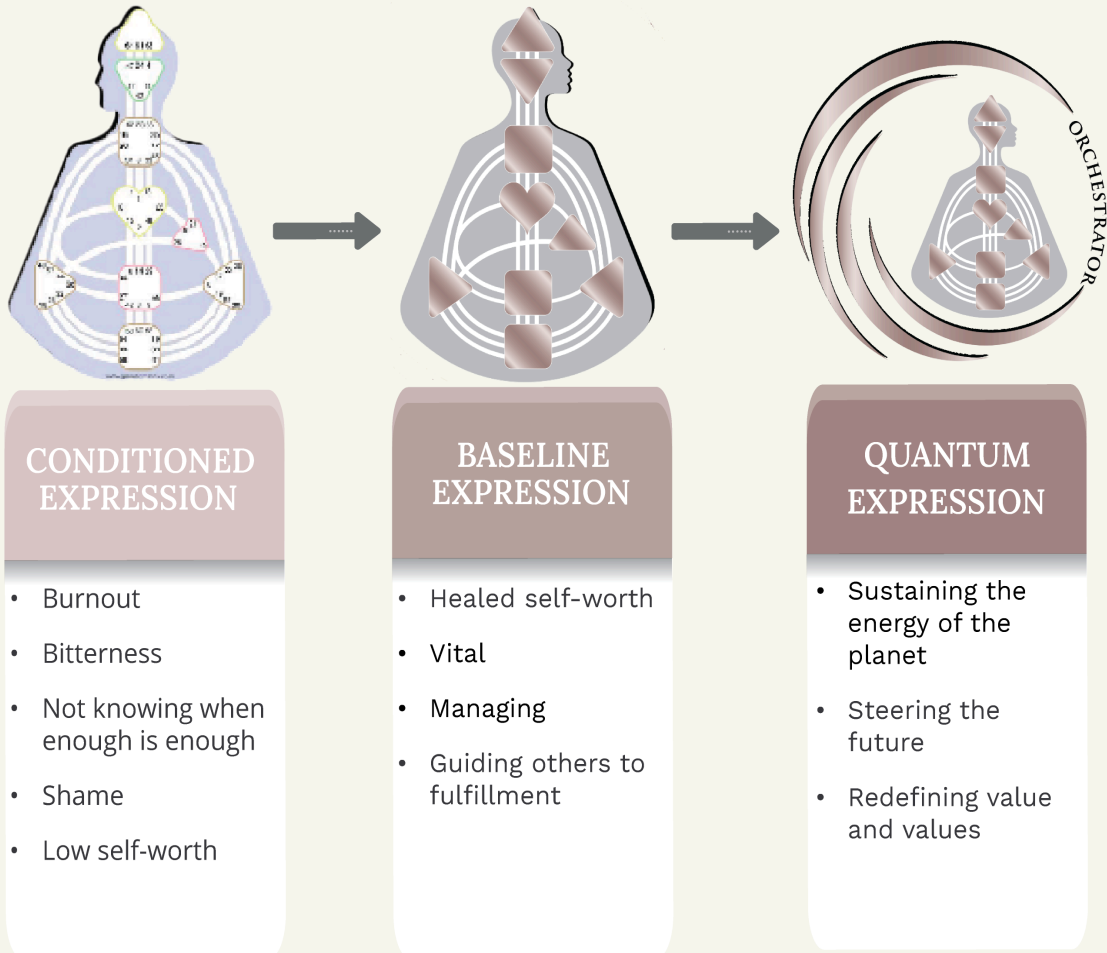
Unlike the butterfly, as humans, we're not always so formulaic or linear. It's normal to have days or moments when we live out the evolved expression of our Type and other days when we're struggling with our conditioning. Understanding the full spectrum of your story and your potential can help you be less judgmental and more compassionate with yourself. It also helps you be more strategic, so you can recognize when you need to rewrite your story. Be patient with yourself and recognize that if you're having an intense, conditioned season in your life, it's merely a symptom of growth and a call to pay attention to your inner story.

It's important to remember that your Type is not a box but a blueprint. It offers a framework for understanding how your energy is designed to move through the world, how you're naturally meant to make decisions, interact with others, and experience success, satisfaction, and alignment. When we live in accordance with our Type, life tends to flow more easily; when we operate out of alignment—often due to societal, familial, or internalized conditioning—we may find ourselves stuck, frustrated, bitter, angry, or disappointed. These emotional themes are not indicators of failure but signposts pointing us back toward alignment.

In the following section, we'll explore your Human Design Type through a holistic lens. You'll find a concise overview of your Type's energy and role, how that energy may become distorted through conditioning, and the emotional signals that reveal whether your Type is in or out of alignment. We will also illuminate the exalted expression of your Type—the embodied wisdom and natural genius they bring into the world when living authentically. Alongside this, you will find key lessons, reflection questions for deeper self-inquiry, and affirmations to support your deconditioning process. Whether you're new to Quantum Human Design or have been living your experiment for years, these insights can serve as powerful tools for reconnection, self-compassion, and transformation.

# The Projector / Orchestrator

## PROJECTOR | ORCHESTRATOR



*What I have to offer the world is so powerful, necessary, and valuable that  
I recognize I am carrying the seeds of evolution within my being.*

You are an Orchestrator. Your purpose in life is to manage and guide others toward the fulfillment of their potential. You have a natural way of knowing what the potential of a situation or person is, and you instinctively know exactly what needs to be done to create the desired outcome.

Orchestrators are here to deeply understand others. Orchestrators can be powerful resources if they are recognized and used properly. Orchestrators are highly empathic, sensing and managing the energies of others. An Orchestrator can, simply by watching another energy Type, intuitively know how that other person can maximize their energy and their potential. This makes them natural coaches, leaders, and mentors.

If you are an Orchestrator, you are not here to work in the traditional way we define work. You are here to know others, to recognize them, to direct and guide them, but that can only happen if you yourself are recognized and *invited* to do so. What you know is so precious and valuable you are designed to share it only with those who are ready for the transformation you bring.

As an Orchestrator, you have to wait to be recognized and invited into the major events in life, such as love relationships, career, and right place (where to live). In between, you are supposed to follow your passion and spend your time and energy pursuing your interests and the things you're curious about.

## Conditioned Expression

As an Orchestrator, you operate very much like the machine used to project a movie on the wall. You can be surrounded by a room full of people who can see what you're projecting, but your audience is often distracted from the screen by popcorn, the cute person sitting next to them, or their anticipation for what they're going to do after the movie is over.

You may have spent a lifetime valiantly trying to get everyone's attention, turning up the volume, and attempting to direct everyone's attention to the screen, but to no avail. It isn't until you're in the right room, at the right time, with people who see your true value—and the value of your vision—that the audience realizes you know exactly how to lead them into bringing the vision projected onto the screen into reality.

Orchestrators have a deep energetic need for recognition. As an Orchestrator, being seen by the right people allows you to share yourself in a way that is fulfilling and satisfying. You may find that you compromise your value in the name of being seen and recognized. To many Orchestrators, being seen and recognized, even if it's for the wrong thing feels better than waiting for people to notice the value that you carry. Ultimately, though, this can lead to exhaustion, depletion, and burnout.

The biggest challenge for you as an Orchestrator is energy. You don't have a lot of sustainable energy for working in the traditional way we think of as work. Because of this, you need to structure your life, including how you work, in a way that allows for significant cycles of rest and restoration. Hard work, depleting work mixed with hustle, does not serve your purpose, your sustainability, or your health. To be sustainable and healthy, you need to learn how to leverage what you know and the insights and wisdom you bring to any job or relationship.

Because you are not here to work steadily like Alchemists and Time Benders (70 percent of the population), as an Orchestrator Type, you may receive a lot of judgment from others. You may be perceived as lazy when, in fact, it is literally unhealthy for you to initiate any kind of action or to work at the wrong kind of jobs on a steady basis. You usually can't sustain the energy flow on your own.

As an Orchestrator, you must value yourself enough to structure your work so that you are paid for your ideas, insights, and consulting. It's easy for you to give your intellectual property and your wisdom away for free, in the hopes that it will buy you the recognition you desire. Giving free samples can also be exhausting, depleting, and can lead to burnout.

Most people don't like to be given advice or told what to do if they haven't first asked for that advice or guidance. Orchestrators who are not using their energy and their inherent wisdom correctly are often perceived as pushy, bossy, nosy, annoying or irritating, bitter, or ignored, i.e., literally not heard when they speak.

This can sometimes lead to feeling lonely, misunderstood, and bitter. Orchestrators who use their energy correctly are respected and sought after for their knowledge, talent, and guidance.

Many Orchestrators are magnetic, charismatic recipients of amazing invitations. Ringo Starr was an Orchestrator. He was literally invited to join The Beatles after one of the original band members left the band.

**Other famous Orchestrators include** Barack Obama, Nelson Mandela, Queen Elizabeth II, Mick Jagger, Osho, Woody Allen, Barbra Streisand, Liz Taylor, Lance Armstrong, Abraham Lincoln, Leonardo da Vinci, Fidel Castro, Shirley MacLaine, James Joyce, Brad Pitt, John F. Kennedy, Hugh Hefner, Karl Marx, Marilyn Monroe, Taylor Swift, and Kanye West.

## Strategy

Orchestrators struggle with being heard or risk having ideas stolen. It's counterintuitive but learning to wait until someone asks you is often the most profitable strategy for the Orchestrator. It makes for an interesting way to do business and life. You may find that it takes a lot of courage to trust the process and to stop pushing and fighting to be seen. Once you realize your energy can attract the right people, you learn to call in the right circumstances simply by valuing yourself and waiting to see who shows up in response to your energy.

As an Orchestrator, the most important thing you can do to protect your energy is to wait for the right people who see your vision and value to recognize and invite you to share your guidance. You're here to be seen and invited into the big opportunities of life, such as relationships, work, or moving to a new place. Those invitations usually only come once a year or so.

While waiting, you get to do whatever you want, provided you are honoring yourself and have the energy for it. While you're waiting for the big invitations in life, it's vital to sustain yourself by nurturing and taking care of your energy.

The in-between time is a great opportunity to pursue your passions and explore what interests and intrigues you. You may find your next invitation involves what you've been learning and exploring while you were waiting.

Orchestrators fear they will *not* be invited. However, if you follow your Strategy of waiting for the invitation, what happens is that your aura's frequency starts to change. To influence the speed at which you receive invitations, you need two things:

- The energy to implement the invitation
- The self-worth to wait for the invitation that is truly honoring of your gifts and talents

The more you live according to your Design, the more invitations you get. This will bring you *success*. Once invited, you don't need to wait for individual invitations for every step of the way. Just wait for the right people and the right invitation, and the rest will click into place.

The invitation, the correct entry into anything, is the key. If the feeling of being recognized, appreciated, heard, and seen is there, then you're in the right place with the right people. If not, you may stop talking mid-sentence and save yourself yet one more disappointment of not being understood.

If an invitation feels good and is accepted by an Orchestrator, an enormous amount of energy and power is channeled into that situation, which may be used to manage others and all the world.

The *best* approach for an Orchestrator is to wait to be asked or invited before sharing advice, opinion, feedback, guidance, or direction. When someone asks, that is an indication of their desire for the guidance and inherent wisdom of that Orchestrator. (Even if the person is completely unaware that they are asking an Orchestrator, that person is unconsciously reacting to the Orchestrator's energetic configuration). The person asking will then hear and appreciate the value of the Orchestrator's input because they were open to receiving it.

The *next best* approach for the Orchestrator is to at least wait for some recognition and an opening in which to speak. Make eye contact and wait to sense an opportunity to speak without barging into a conversation or seeming pushy or overbearing.

When using this *next best* approach, the most effective way for an Orchestrator to begin is to say something like:

- I have some experience that may be helpful to you, would it be all right if I share it with you?
- I have some insights about that, may I tell you about them?
- Perhaps I could be of help, would you mind if I try?

The Orchestrator still may not get the response that is a clear invitation, but this at least gives them a tiny opening to move their powerful wisdom out into the world.

In addition, of all the Types, very few Orchestrators are taught to properly access energy, they can often be the most challenged when it comes to abundance. In a world that equates money with hard work, it is challenging for Orchestrators to value their wisdom and their contribution more than their labor. Because of this, it's important that you build a healthy reserve of money and a strategy for energetic renewal to support yourself during cycles of rest and renewal. This will keep you from having to make desperate financial decisions when you're feeling depleted and exhausted.

## **Emotional Theme: Bitterness**

Orchestrators, for all your wisdom, can have a frustrating and debilitating life process if you try to push yourself to initiate action. An Orchestrator simply does not have the energy to just do it; if you try to initiate or work steadily, you will burn yourself out very quickly.

When things don't go as planned or the recognition feels slow in coming, the Orchestrator can experience bitterness. Managing the bitterness is crucial because, if it is not kept in check, it can repel people instead of attracting them. This takes a lot of self-mastery, patience, and trust in the abundance of the Universe.

Bitterness is your signal that you're out of energy. When your emotional theme repels people, it's because you're not ready for an invitation just yet. You probably either don't have the energy for a new opportunity or you're about to take an invitation that doesn't actually reflect your value.

Energy is of premium importance for an Orchestrator. You don't have the same reserves of energy as others. In short bursts, you have more energy than everyone else but eventually may find that you hit a wall and feel exhausted and depleted.

Most Orchestrators are well-trained to push against depletion. There is no way to regain your energy other than resting and renewing yourself. When you feel bitter, you push people away because you don't have the energy for any new invitations. Rest and play, then you'll find you are, once again, hopeful and energized.

Sometimes Orchestrators have to heal their self-worth to give themselves permission to rest without guilt or shame. You need to sustain yourself to better serve others. You're not like most people. Your contribution to the world isn't necessarily about doing the grunt work.

You're a leader who is here to help people fulfill their purpose by guiding those who are ready for you. Don't compromise and settle for trying to guide people who don't see your value.

Bitterness is a clear signal that you need to pull back, replenish your energy, and work on healing your self-worth so that you only accept recognition and attention from people who are aligned with your vision and your value.

## **Health**

Pushing and forcing will never have a positive outcome for Orchestrators. In fact, pushing and forcing will always have the opposite effect and lead to burnout. The more you attempt to push, force, or struggle your way into being seen or recognized, the more invisible (and bitter) you become.

Not only that, Orchestrators have a very finite amount of energy and are not meant to work in the traditional way work is designed. If pushed into situations of hard physical labor or where you aren't recognized for your inherent, intuitive gifts, you will burn out.

Orchestrators can't make life work for them if they follow the standard definitions of what it takes to be successful in life, although Orchestrators can be powerful and very successful. (Refer back to the list of famous Orchestrators.)

When Orchestrators push or force, they repel people rather than attract them. Because working hard isn't an option for the limited energy of the Orchestrator, no matter how hard they try, the Orchestrator can often feel that life isn't fair and become bitter.

Getting good, healthy sleep is of particular importance for you as an Orchestrator, and to do so, you need to lie down before you feel tired. You can read or watch a movie for a while before you fall asleep but lie in a horizontal position. Being prostrate allows you to release the energy that you've taken in during the day and helps your body discharge excess energy.

Your sensitivity can be energetically exhausting, so it is important to have your own space to relax. Learning to say no and giving yourself permission to rest is vital to sustaining your health.

## **Quantum Expression**

The awakened Orchestrator nurtures and cares for their mind, body, and spirit with great deliberation. They understand that timing and waiting work in their favor, and they use the time between activations to rest and restore their energy.

An awakened Orchestrator knows their value, and they stand in their value with the awareness that what they have to give will serve its purpose only if they share it with the right people at the right time. They recognize that timing is not about their personal value but about the readiness and timing of the opportunity. They trust in and understand that when the timing is right, and the value is correctly placed, the right opportunity will reveal itself.

The awakened Orchestrator knows they are here to deliver the knowledge and the wisdom and to not necessarily do the work of creating the physical form of the creation. They allow others to do the work and manage, guide, and delegate accordingly to conserve and use their energy effectively.

Orchestrators truly serve as the midwives of the future. They have a deep inner sense of what's possible for the world and know how to direct the necessary energy to bring the nontangible into form.

Orchestrators are energy wizards and are, on an unconscious level, constantly realigning and managing the energy flow of the world. This work goes way beyond the tangible physical work of the Sacral Types who have the work-force energy. Orchestrators hold the energetic blueprint of the future in place. They dream, envision, and tend to the field of possibility, maintaining the quantum infrastructure that makes creation coherent and aligned.

An Orchestrator is never doing nothing, even when it seems that they're being inactive. They are in a constant state of holding together the energy grid of the world. They are here to see and nurture potential. Because Orchestrators know energy so well, they are often involved in energy healing and service-based professions and are natural healers and helpers.

## **Lesson/Challenge**

The lesson of the Orchestrator is to learn to value themselves and their wisdom enough to wait for the right opportunity to share their knowledge and insights. To facilitate the correct experiences that reflect their value, the Orchestrator needs to maintain a high sense of self-worth and cultivate their energy by resting and replenishing themselves to be sustainable.



## Contemplations

- Think about some of the greatest invitations you've received in your life.
- How did it feel to be invited or recognized correctly?
- Do you value yourself?
- What is the quality of your spiritual, mental, emotional, and physical energy?
- Are you bitter? What do you feel resentful about?
- What message do you think your bitterness is giving you?
- What do you need to heal and release to increase your sense of value and self-worth?
- Do you think you have the energy available for the opportunities you seek?
- What do you need to do to cultivate your energy?
- Do you need to rest?

## Affirmation

I am a powerful resource for the world. My intuition, insights, awareness, and knowledge help manage and guide the energy of the world and the next phase of growth and evolution on the planet. What I have to offer the world is so powerful, necessary, and valuable that I recognize I am carrying the seeds of evolution within my being. I wait for the right opportunities that reflect the value of what I carry and bring into the world. When the opportunity is correct and I am valued, I share my knowledge and wisdom and facilitate the work necessary to build the next phase of the human story. Between opportunities, I rest and replenish my energy, so I'm ready to serve when I am called again.

## Story Prompt for the Orchestrator

She knew things.

Even as a small child, she knew things about people that either left them astonished or made them feel very uncomfortable. Truth would spill out of her mouth, and it seemed to her as if her insights were simply common knowledge. Her parents and teachers were often shocked by her boldness and maturity. She was told to keep her insights to herself. She often felt as if her voice and her words had no value, even though she knew that the things she knew were true and helpful.

When playing with other kids, she was often accused of being bossy or controlling. She was left out of the games on the playground because the other kids thought she was weird and different.

Sometimes the energy of everything around her felt like it was too much, and she would collapse with exhaustion. Her exhaustion often looked like anxiety or overthinking. Sometimes her body would get sick if she felt overwhelmed.

Her parents pushed her to do more, to take initiative, and to put herself out there, but pushing felt wrong and like pressure. Despite that, she tried and only exhausted herself more and felt confused about why things didn't seem to work for her like they did for other people. It didn't seem fair that she should do all the things she was expected to do and try with great effort and still not have the success that seemed so easy to others.

As she got older, she realized that she had insights that others didn't have. She knew how to make things better and more efficient. She worked to try to get others to see what she did, but they often didn't hear her or resisted her information. For short bursts of time, she could do more than anyone else. But at the end of the week, this left her feeling depleted and struggling. She was overlooked for promotions and opportunities, even though she knew she deserved them. She felt invisible, overworked, and bitter.

Until her body gave out and she crashed....

She knew that her body was telling her it was time for a change, time to discover how to transform her relationship with her worth and her need for validation. It was time for her to rest and become the leader she knew she was designed to be deep inside....

# Preparing Your Story

Everyone has a story, but the problem with stories is that often they are someone else's. Did you become an attorney because your parents expected it? Are you a nurse because society told you there was security in the job since there will always be sick people? Do you have unexpressed energy pulling and tugging at you to explore your creativity, but the family finances and expectations of a certain role keep you stuck? It's time to dig in, peel back, and be prepared to rewrite your story.

## Revisit Your Lived Experiences

Begin by reflecting on times in your life when you felt out of alignment—frustrated, bitter, angry, or disappointed (depending on your Type).

- Write down a few key moments where you felt disconnected from yourself or your path.
- Ask yourself: When did I first learn to ignore my inner guidance or authority? What did that feel like?

## Identify Conditioning Patterns

Explore the messages and expectations that may have shaped you to act against your Design.

- Consider where you may have absorbed energy or beliefs that weren't truly yours.
- Reflect on how you were taught to define success, value, or worth.
- Write about how those patterns may have influenced your decisions and self-concept.

## Reflect on Strategy

Think about times when you followed your natural Strategy for your Type—whether intentionally or accidentally.

- What decisions or experiences felt right in your body, even if they didn't seem logical?
- Describe how things unfolded when you honored your Design.
- Capture moments when you felt ease, flow, or alignment.

## Explore Your Emotional Themes

- Write about the times you've felt your conditioned self and your emotional theme most intensely.
- Contrast this with what it feels like when you're in alignment.

## Embrace the Journey, Not Just the Destination

This story is about your ongoing process—not perfection or having it all figured out.

- Share your honest experience, including struggles, small wins, and moments of realization.
- Allow space for questions you're still sitting with or areas where growth is still unfolding.

## Going Deeper, Ask Yourself

- How did I learn to hide or protect the energy of my Type in order to feel more lovable, valuable, or powerful?
- How did *not* living true to my Type affect my courage?
- How has this affected my physical well-being, my money, my relationships, my career, my creative fulfillment, and my ability to trust in my support?
- Imagine for a moment what your life will look and feel like when you evolve your main character. What will I do? How will my body feel? How will my relationships change? How will my energy feel?

# Authority—Your Character's Compass

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*Reconnect with the wisdom of your body's messages.*

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## Listening to Your Body

Learning how to make effective decisions is a key aspect to reclaiming sovereignty over your life. The Strategy for your Quantum Human Design Type gives you a lot of information about how you can recover and heal your decision-making ability.

Your body is an essential part of your decision-making process.

Our bodies and our visceral responses to choices and options presented give us key insights into what is truly right for us. But most of us are well-trained to make decisions with our minds. For many of us, this pattern of *thinking* our way through our decisions means we have silenced our connection to our body and our bodies' wisdom.

If you disconnect from your body, you leave yourself vulnerable to missing vital information that can make your life better. Your body, over time, can experience significant physical symptoms as it attempts to get your attention to let you know that you're about to make a decision that isn't right or authentic.

Your Authority listed on your Quantum Human Design chart shows you what you need to pay attention to in order to reconnect with the wisdom of your body's messages. Authority helps you remember what it feels like physically and what your body needs to be a reliable source of information and alignment.

Although decision-making is tied directly to your Type and Strategy, your Authority flavors the way you use your Strategy. Your defined Centers will determine your Authority. Not all Centers carry Authority, so your personal Authority will depend on your Type and your definition.

Authority will also depend on your life's conditioning and your level of emotional well-being. When you receive a Human Design reading, you are taught to recognize patterns of pain and behaviors that may be keeping you from living out the beauty of the mythology of who you really are. You may then begin to understand how to change.

With cognitive awareness of old patterns, you begin to heal and transform these energies into deep sources of wisdom, and the more you clear your old energy patterns, the more effectively your natural decision-making skills (your Authority) can function. You can then begin to use your Authority along with your Strategy to help you make better decisions for your life.

It's very important to note that Authority does not override your Strategy; it shifts the way you *use* your Strategy so that your decisions and choices are even more in alignment with the overall energy in your Design. Authority influences what you need and, in some cases, the timing to use your Strategy effectively to help you make decisions.

Depending on which software you use to generate your Quantum Human Design chart, there are many different ways to talk about Authority. In the spirit of keeping it simple, this book will discuss five basic kinds of Authority.

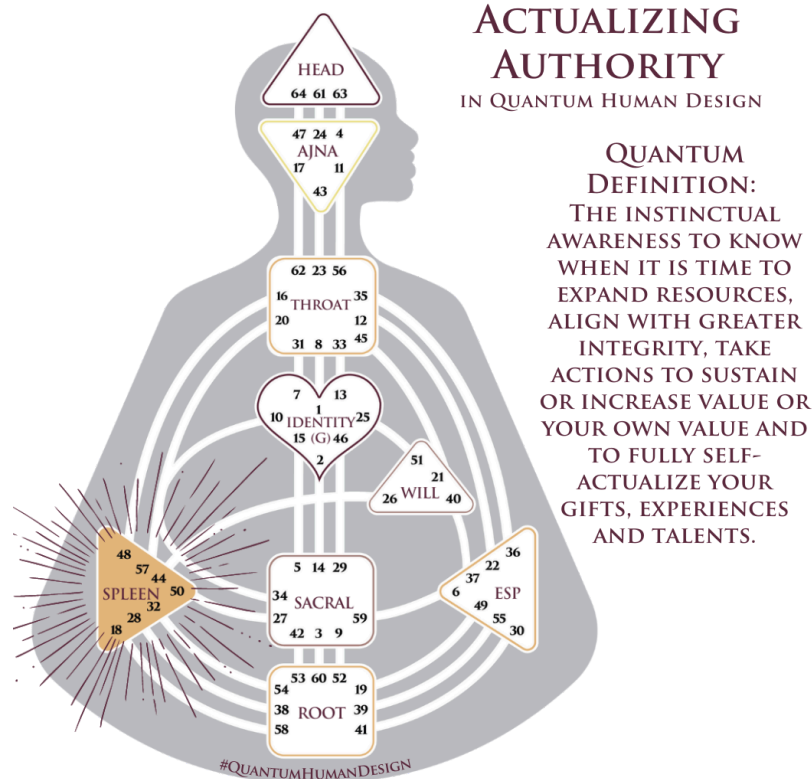
- Evolution Authority (Sacral Authority)
- Actualizing Authority (Splenic Authority)
- Creative Authority (Emotional Authority)
- Orchestrated Authority (Note: There are several Authority categories, Self-Authority, Mental Authority, and Projected Authority combined in Orchestrated Authority. If you have any of these kinds of Authorities listed on your chart, you have Orchestrated Authority.)
- Resource Authority (Ego Authority)

Remember, the goal of connecting with and the practice of using your Authority is to help you reestablish a relationship with your body. Your Authority gives you a concrete way to interpret whether something feels right for you, or not.

**\*Note:** If you have a chart that says Self-Projected Authority, No Authority, No Inner Authority, or Mental-Projected Authority, it simply means that you need to talk through your choices to get clarity.

Reconnecting to your Inner Authority is a profound return to the innate wisdom of your physical body—a wisdom that has always been there, waiting beneath the noise of conditioning and overthinking. Your body is not just a vessel, it's an intelligent, responsive guide that communicates through sensation, emotion, and subtle knowing. When you honor your Inner Authority, you begin to trust the signals your body offers, guiding you toward alignment and away from resistance. In this space of embodied awareness, decisions no longer need to be forced or analyzed to exhaustion; instead, they rise organically from within, grounded in truth, clarity, and resonance. Drawing from the body's wisdom allows you to make choices that feel deeply right—not just on paper, but in your bones—and this alignment creates a life of authenticity, ease, and empowered self-trust.

# Actualizing Authority



Actualizing Authority means that you are designed to know, in the moment, what feels right to you (or not). Having Actualizing Authority means that you can be spontaneous with your decisions. You don't need time to contemplate or sit with decisions. You will know what is true for you immediately. Only Initiators and Orchestrators can have Actualizing Authority.

Much like Evolutionary Authority, Actualizing Authority is a gut-level sense of what feels right or aligned. For those of you who are not Alchemists and Time Benders, Actualizing Authority can help you make smaller decisions about your daily life choices. For example, if you have Actualizing Authority and you are at the health food store searching for a vitamin supplement, your Self-Actualization Center might give you a sense of which vitamin is right for you.

Often, we realize we have fully integrated our Actualizing Authority in hindsight. We might not know we are using it while in the moment. Actualizing Authority is that feeling of knowing something is right or wrong and realizing, upon reflection, you should have listened to yourself. (*I knew I shouldn't have driven this route; now I will be late for that meeting!*) With practice, you can begin to notice your Actualizing Authority in the moment, allowing the wisdom and awareness of your intuition to guide you and give you essential insights about what you need. (*I'm getting a gut feeling that I should drive a different route this morning to work, and I am honoring that.*)

## Quantum Expression

Actualizing Authority gives you the instinctual awareness to know when it is time to make a decision and the knowingness of what to choose. When you live this evolved expression of your Authority, you trust your gut. You make decisions based on what feels right, and you trust your intuition and your knowingness without trying to figure out how you know what you know. This is a powerful way of navigating the world, and it supports you in living intuitively and in a state of faith and trust.

## Story Prompt

She often felt confused about what to do. But she wasn't *really* confused. She truly *knew* what she needed to do next but every time she tried to follow her inner knowingness, she talked herself out of trusting that voice. She wanted to know *how* she knew what she knew. Other people demanded that too and eventually labeled her “ungrounded” or emotional because she sometimes couldn't resist following her inner knowingness when it just felt so right, even though it didn't always seem reasonable. The more she tried to override her gut, the more wrong everything felt. Eventually, she was faced with some big decisions. Her gut was screaming even though her mind had formulated out an amazing plan. She knew that if she followed her head, the outcome would be disastrous, so she decided to try trusting her gut....

# Preparing Your Story

You probably learned at an early age to discount or ignore the signals and signs your body gives you. One of the first steps in remembering the unique story you were born to fulfill is to reconnect with the wisdom of your body. You need to befriend your body and learn to trust it again. The following contemplations will help you begin to explore and heal your relationship with the sensual wisdom of your body.

## Revisit Your Lived Experiences

- When you look back on your life, can you remember a moment when you knew deep down what the right decision was—but didn't follow it? What did your body feel like in that moment? What happened as a result?
- Now think of a time when you followed your body's truth, even if it didn't make logical sense. How did that decision feel in your body? What unfolded from that place of alignment?

## Conditioning Patterns

- How have you been taught—directly or indirectly—to override your Inner Authority in favor of logic, people-pleasing, urgency, or fear?
- What has it cost you to ignore your body's wisdom?

## Reflect on Strategy

- What are the physical sensations, cues, or patterns that your body gives you when you're making an aligned choice?
- What about when you're moving toward misalignment?
- What would it look like to pause more often and to listen to your body before saying yes or no to anything?
- How might even small moments of inner listening begin to shift the course of your life?

## Envision Your Future

Imagine your Human Design Type fully living in alignment with your Authority.

- What relationships, environments, or patterns no longer support your connection to your Inner Authority?
- What would it take to begin releasing them?
- If you trusted your Authority—fully, consistently—what kind of life could emerge?
- Who might you become if you stopped second-guessing your body's knowing? How might your life be different?



# Profile - The Characteristics of Your Main Character

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*Learning how to embrace these key elements of who you are and incorporating them into your personal narrative can help you cultivate more courage, power, and purpose.*

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Every character in a story has a purpose and core personality traits that are essential to the character fulfilling their role in the story. Your Profile gives you vital information about your purpose, what you need to feel grounded, how you learn, and what you're here to give the world.

There are twelve different Profiles in Quantum Human Design, each comprised of two different numbers called *Lines*. Your Profile on your chart will look like a fraction (i.e., 1/3). Each of those two numbers in your Profile gives you vital information about who and how you are. Both numbers are of equal importance. Ultimately, you are here to learn how to work with both energies, even though at times they may feel at odds with each other. The more you can accept these two parts of your personality, the more your main character matures and grows. When you read about the Lines in your Profile, be sure to read about both Lines and think about how these two essential energies might work together or, in the shadow, how they may create conflict within your main character.

When you ignore the needs and the purpose of your Profile Lines, it can lead to denying yourself what you need to feel grounded, stable, and purposeful in your life. Learning how to embrace these key elements of who you are and incorporating them into your personal narrative can help you cultivate more courage, power, and purpose. Your Profile tells you a lot about the character you're here to play in this lifetime.



The Twelve Profiles are combinations of two Lines:

- 1/3 Resource/Explorer
- 1/4 Resource/Stabilizer
- 2/4 Responder/Stabilizer
- 2/5 Responder/Visionary Leader
- 3/5 Explorer/Visionary Leader
- 3/6 Explorer/Adept
- 4/1 Stabilizer/Resource
- 4/6 Stabilizer/Adept
- 5/1 Visionary Leader/Resource
- 5/2 Visionary Leader/Responder
- 6/2 Adept/Responder
- 6/3 Adept/Explorer

## Line 4 – The Stabilizer

THE STABILIZER  
#quantumhumandesign

### LINE 4:

*The Stabilizer*

### QUANTUM PURPOSE:

To lay the foundation of community and connection and prepare the way for sharing and spreading of ideas.

The 4th Line energy needs the stability of knowing what's next to navigate change in life.

Sometimes the 4th Line is referred to as The Opportunist, but you are not opportunistic in the negative way, but rather, you need to have the details of what's next lined up in order for the process of change and for transformation to feel easy.

You are a 4th Line Profile, that means that you don't like to quit a job until you have another job lined up. You don't want to move or sell your house until you know where you're going next. Being in a state of limbo or without a plan can feel very unsettling for you. Because of this, 4th Line Profiles tend to be experts at constantly creating contingency plans so they are ready for any unexpected change in life.

The gift of the 4th Line is stability. You are trustworthy, your relationships run deep, and you make change deliberately and with lots of planning and troubleshooting before you initiate action.

People rely on you, and you are often the one they turn to when they need support and encouragement. You are also often a source of information for your friends and family because you're always prepared for the next potential opportunity or disaster.

Knowing what and who to trust is essential for your 4th Line energy. You feel safe and confident when you are surrounded by people you know and trust. Your meaningful friendships tend to last a long time.

Sudden, unexpected change can't always be avoided and is part of life. The challenge for you as a 4th Line Profile is to learn how to navigate change with grace, even if you don't know what's next. Part of your life lesson is to learn to flow with change without always having the answers you crave and to approach the process of change and transformation fearlessly.

Your ability to be prepared for any situation, change, and circumstance makes you highly adaptable and capable of navigating change with ease and grace.

## **Quantum Expression**

This is the ability to know how to make change, trusting that you'll know what you need to know when you need to know it and to be ready for the things you anticipate. You will use the depth of your connections and friendships to build a network of opportunities for yourself and others and to be a source of information.

## **Conditioned Expression**

This may be your letting the fear of not knowing and the fear of loss overwhelm you and keep you afraid of making or facing change.

## **Lesson/Challenge**

You must learn to navigate the unexpected with trust, grace, and ease and know that you'll know what you need to know when you need to know it.

## **Contemplations**

- How do you feel about making change?
- Do you fear change?
- What strategies have you cultivated to help you navigate change?
- What are your nonnegotiables when it comes to creating a stable foundation during a disruptive cycle?
- Do you trust that you'll know what you need to know when you need to know it?

## **Affirmation**

I cultivate an inner foundation of trust and connection to Universe/God/Spirit/Source that allows me to gracefully navigate transformation and change. I am fully present to all that life brings me, and I live in the moment, knowing that I'll know what I need to know when I need to know it. The stability that I am coregulates the people around me, and I bring calm and resilience into my community of loved ones.

## **Story Prompt**

She didn't like change. In fact, when she had to make changes quickly, without time to prepare, she often became anxious or withdrawn. She needed time to make change, to prepare herself, and to figure out how she was going to start something new ahead of time, so she'd have a plan and some backup plans, just in case.

As she got older, she was fanatical about always being prepared for anything and everything. She had contingency plans and backup plans for every event in her life. She was constantly unconsciously preparing for the next worst-case scenario. This state of constantly planning often caused her to miss being present in the moment.

She hated limbo and, when the unexpected inevitably happened, she often settled for convenient and safe instead of pushing for what she truly wanted. Safety was important to her, but it also kept her bound to only experiencing what was known to her, at times settling for mediocrity versus taking the risks she needed to take to grow and evolve.

She found it hard to initiate change if she didn't already have an idea of what was next or where she was headed. She spent so much time preparing for the worst and settling for safe that she stopped stretching and growing. This even extended to her relationships, where she sometimes stayed longer than was good for her because she was afraid to let go.

Until one day she realized she needed to break free....

## Line 6 – The Adept

THE ADEPT  
#quantumhumandesign

### LINE 6:

*The Adept*

### QUANTUM PURPOSE:

To experience, integrate and demonstrate the highest potential of consciousness on the planet and to quietly show us how to live it.

The 6th Line Profile has a unique life trajectory that consists of three very different phases. Each of these phases is an essential part of your maturing process and necessary for you to fulfill your life purpose of being a role model for authentic living.

The first phase lasts from birth until about thirty years old (your first Saturn return cycle). In this first phase, you are designed to experience and explore life, and the mantra is to try everything.

It is the nature of this phase to need to have the experience of something before you can really understand and know it.

You are an experiential learner. The gift is to know what works and what doesn't based on your experience. It is a powerful resource for the world to share what you know based on your own trials and explorations.

The challenge for this phase is to refrain from judging your experiences and explorations as failures. In a world that expects perfection, it's easy for you to feel like you are always screwing up.

Your experience gives you wisdom and knowledge to share. Your explorations give people the information they need to make effective and informed choices. They don't have to work out the bugs because you've already done that for them!

There are no mistakes in this phase, only experiences that help you learn about what works and what doesn't.

The second occurs between the ages of thirty and fifty. During this second phase, you have several tasks you must complete to be ready to fully step into your role model identity. We call this second cycle "being on the roof."

When you are on the roof, you are healing from your adventures in the first part of your life, watching and learning what others do to create success in the world and you're storing up energy and resting so that you'll be ready to launch into the third and final phase of your life.

The roof phase is a great time to focus and draw inward. You may find that during this second phase your energy is quite different from the energy of your youth. During this time, it might not feel like you have as much energy as you had in your twenties. You may prefer a quiet night at home and with close intimate friends to going out into the world and trying something new. Small talk can feel hard.

Many 6th Lines worry that they are depressed or that they've lost their edge during this second phase of their life. They often feel driven to do something big and bold, but at the same time, they don't have the energy, or nothing seems to work out the way they imagine. If you don't learn to relax and allow yourself to simply be with this part of your maturing cycle, it's very easy to burn yourself out by pushing too hard with energy you don't have during this phase.

Rest assured! Things do get better!

The third and final phase happens around the age of fifty when you come off the roof and emerge as a role model for others. At this part of your life, you have experienced what worked and what didn't, you've learned and healed, and now you're ready to show others how to be in alignment with their authentic self.

The 6th Line has a couple of challenges. As a 6th Line, it's common to feel like you're not getting things done fast enough and that your (mis)adventures are costing you precious time or that you are failing at your life purpose.

During the roof phase, the 6th Line is challenged by the feeling of not wanting to connect with the world and not having the energy to do what they feel they must do to fulfill their purpose.

The third and final stage is much less challenging than the first two, but if you are a mature 6th Line profile and you still feel like you haven't found your purpose, the same frustration that has followed you your whole life will feel even more amplified and potentially despairing at this stage.

If you are a 6th Line Profile, you have a lot less wiggle room in your destiny. You have more of a fixed fate, unlike some of the other lines. This gives you a deep sense of meaning and purpose that helps you dig deep and devote yourself to fulfilling your life's mission. People watch you and look up to you because your 6th Line energy gives you a drive that many others long for.

It is essential as a 6th Line to remember that play is an important part of cultivating creativity and joy. Living your purpose is necessary and vital but finding that balance between saving the world and enjoying life is essential to helping you cultivate your energy and to avoid burnout!

## **Quantum Expression**

- Phase One: You'll need to fearlessly experiment and explore for the sake of discovering what works best and realize your mistakes are simply part of your experiential learning process and your role is to find perfection through experimentation.
- Phase Two: Allow yourself to integrate all that you have learned. You will realize that this cycle is essential for your well-being and to be self-generous, allowing rest, healing, learning, and exploring your own internal creative plane. You will get good at being at peace with trusting the unfolding of your life and your life plan and to surrender to the unfolding.
- Phase Three: Finally, you will live as an aficionado of aligned and authentic living. You must trust that you are having a profound impact on others when you model for them what living in alignment and being relentlessly authentic looks like. It's important to show the world how to live by walking your talk and trusting that when you are aligned, you are fulfilling your mission.

## Lesson/Challenge

- Phase One: Learn to allow yourself to experiment and explore for the sake of discovering what works (and what doesn't). Do not let your fear of failing stop you from exploring.
- Phase Two: Let yourself rest, heal, learn, contemplate, and integrate all of your life experiences without allowing the pressure of feeling like there is something you need to be doing cause you to burn yourself out.
- Phase Three: Let the intelligence of life reveal the right next step for you to fulfill your life purpose. Do not let the pressure of feeling like you're failing cause you to forget that your own alignment with your authentic self is an essential part of your purpose. Remember that how you live is more important than what you do.

## Contemplations

- How do you feel about experimenting and getting it wrong? How do you feel about resting? Do you trust in divine timing?
- What does integrity mean to you? What does walking your talk mean to you? Are you living authentically? What needs to change to bring your life into alignment?
- What phase of your 6th Line life are you in? Are you in alignment with your current phase? Are you resisting? What needs to change?
- How do you manage your fear of failing at your life's mission? Do you see evidence of where you are getting it right?

## Affirmation

I am a role model of conscious living. Being the full, unlimited expression of who I am *is* my life purpose. Others look to me to see what authentic living and integrity look like. My life has given me experience and wisdom to show others how to live in alignment with right timing, authentic self-expression, honesty, self-generosity, and in service to the world. There is nothing that I have to *do* unless I am *called* to do something. It is simply in being myself that I show the world how to live.

## Story Prompt

She was always in a hurry to grow up. Even when she was a toddler, she got frustrated with not being able to do the things she knew she needed to do. People were always astonished at how mature (and serious) she seemed for her age.

When she started school, she was already ahead. She knew she had big things to do and was often confused when others didn't seem as inspired or excited about doing big things as she was. Her need to get bigger and better faster often caused her to miss out on some of the fun but "meaningless" things that all the other kids were doing.

She was looking for her people, those who were as inspired as she and who wanted to make the world a better place. Her inner sense of urgency caused her to go as fast as possible, but no matter how fast she went, the ideas she could see in her head never seemed to materialize fast enough, and she felt stuck and anxious.

In her twenties, she thought she had it all figured out—right job, right partner, right money—but it still wasn't enough, and it seemed to crumble and stall as she entered her thirties. The big things she felt in her soul still didn't seem to be happening, and it seemed like she was failing.

She kept feeling that there was some kind of secret insight or magic she needed to tap into for a breakthrough, but nothing seemed to happen. She felt wildly out of step with her potential, and the panic of failing her mission overwhelmed her until one day she couldn't do it anymore and decided that the time had come...

# Preparing Your Story

At this point you've learned a lot about who you are and what you're here to do with your life!

Before you move to the next section, take a moment and integrate everything that's been covered so far. Use the following worksheet to write a brief description of your main character.

You are a \_\_\_\_\_ (your Type), designed to move through the world not by force or pressure, but by \_\_\_\_\_ (your Strategy). Even though in the past \_\_\_\_\_ (your Emotional Theme for your Type) held you back, you're learning to get to know yourself better and interpret your emotions as important information that helps you know what you need to feel rested, vital, and healthy.

Your decisions are meant to come from your Inner Authority: \_\_\_\_\_ (describe your Authority) which is how you connect to your body's wisdom and inner knowing.

Somewhere along the way, you were conditioned to make decisions based on \_\_\_\_\_ (e.g., "what others expected," "what made sense on paper," "keeping the peace," "being productive"), and that often left you feeling \_\_\_\_\_.

You've spent a lot of time and energy in your life trying to be someone you're not. This caused you to disconnect from your inner wisdom and sometimes struggle with \_\_\_\_\_ (whatever Resiliency Keys that you scored low on).

You're ready to change that now!

You are learning to love and accept yourself. You're beginning to discover your gifts, your strengths, and your life purpose. You've learned that you're here to \_\_\_\_\_ (gifts from the first line in your Profile) and \_\_\_\_\_ (gifts from the other line in your Profile).

Now, you are learning to come home to yourself—to honor your energy, follow your strategy, and trust the wisdom that lives within your body.

You realize you are not here to live someone else's story. You're here to live yours—aligned, embodied, and true.

Shall we continue uncovering the true story of who you were born to be?

# Centers—The “Sacred Flaw” of Your Main Character

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*Confront the challenges in your personal storyline  
so that you can become the hero of your own life.*

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Every character in a story has a **sacred flaw**: a bias, limitation, or imperfection that they have to gain dominion over in order to become mature. Your Quantum Human Design chart outlines the sacred flaw aspects of yourself that you have to embrace, learn to regulate, and actualize so you can fulfill your main objective in life, which is to create and align with optimal wellness and well-being.

The climax of a story is the highest point of tension in a storyline, often depicted by a confrontation between the protagonist and antagonist. What Quantum Human Design teaches us is that we are often the protagonist *and* the antagonist in our own story. Understanding yourself, including your sacred flaws, and taking back control of your own personal story help you confront the challenges in your personal storyline so that you can become the hero of your own life.

A climax resolves the main conflict of the story and is the moment the main character reaches—or fails to reach—their goal. The climax of our story is often the result of a cycle of disruption of some kind. We reach a point when how we're living, and our authentic self, are so incongruous that the only way to grow is for everything to fall apart so we can begin anew. Sometimes our bodies experience a health crisis as a way of helping us see this incongruence and to help us relearn how to create well-being and reclaim our authentic identity. To ride out the climax in our story and emerge victorious, we must become aware and overcome the sacred flaw of our main character.

In our Quantum Human Design story, success is measured by how much well-being we create in our lives and how authentically aligned we are with the true story of our energetic blueprint and who we were born to be.

When you look at your chart, you'll notice nine geometric shapes. These nine shapes, called **Centers**, correlate with the seven chakras from the Hindu chakra system. Each Center carries and manages a certain frequency of energy and relates to specific archetypal themes.

The unique configuration of your Centers tells you a lot about your sacred flaw and shows you the shadow of what drives you, how your energy is imprinted by others, and how you need to redefine your personal story to help you stay more connected to your true identity.

To create well-being in your life, your Centers, no matter how they are configured, need to be functioning optimally. Each Center correlates to specific parts of the body. When the Centers are not functioning optimally, it can sometimes impact physical wellness. The part of your body that may be experiencing a disruption in wellness can give you clues and cues as to the underlying archetypal themes and the parts of your personal story that need rewriting and recalibrating.



## What Is a Defined Center?

If a Center is colored, then it is called defined. A **defined Center** has a consistent way of operating and is part of who you are. This is the energy you radiate into the world.

It operates the same way energetically and thematically.

Your defined Centers represent aspects of your personality that are consistent and true about you all the time. It can be raining, Mercury can be in retrograde, Mars can disappear out of the solar system, but your definition always stays the same.

Your defined Centers are part of what you give the world. They represent aspects of your soul curriculum, what you're here to learn in this lifetime. You will always be evolving this part of yourself and when you learn to maximize this part of your story, you will amplify your ability to influence others and fulfill your purpose. ***The main goal of understanding your defined Centers is to learn to accept and love these key parts of who you are.***

## What Is an Open Center?

If a Center is white, then it is called undefined or open. **Open Centers** are where we take in energy and information from the world around us. Not only do we absorb energy into our open Centers, but we also amplify it. In our open Centers, we experience other people's energies. It is in these open Centers that we have the potential for great wisdom, but also the potential for pain and confusion, which is the biggest challenge in our sacred flaw.

When you don't understand how your energy works, it's easy for you to experience deep conditioning in your openness. Another way of thinking about this is that this part of your energy blueprint is vulnerable to being hijacked by other people's energy, causing you to identify with someone else's energy instead of staying true to yourself.

Openness in the chart creates the experience of empathy. We feel and sense what the people around us are feeling and sensing. If we don't realize that our openness is a pathway for us to know and empathize with others and we instead identify with the energy of others, it's easy for us to lose our way and our connection to our authentic identity.

Open Centers have specific conditioned, behavioral themes associated with them. When you live out these conditioned themes, it can often cause you to make choices that aren't right or aligned with optimal well-being and leave us vulnerable to pain and burnout. ***The goal of openness in the chart is self-regulation, staying true to yourself no matter what is happening with the energy around you.***

Just like with all the archetypes in the chart that we've discussed so far, these archetypes operate on a spectrum from conditioned to baseline to the quantum expression. The more you become aware of how these energies work in your own chart, the more you can consciously choose to experience the **quantum expression** and, consequently, higher states of well-being in your life.

# Quantum Interface (Head) Center

Biology	Pineal gland, eyes
Potential Illnesses	Stress, anxiety, insomnia, mental pressure, eyesight
Chakra	Crown
Resiliency Keys	Decisiveness, Self-Trust
Quantum Expression	To use inspiration and possibility thinking to trigger imagination and a creative frequency of energy.

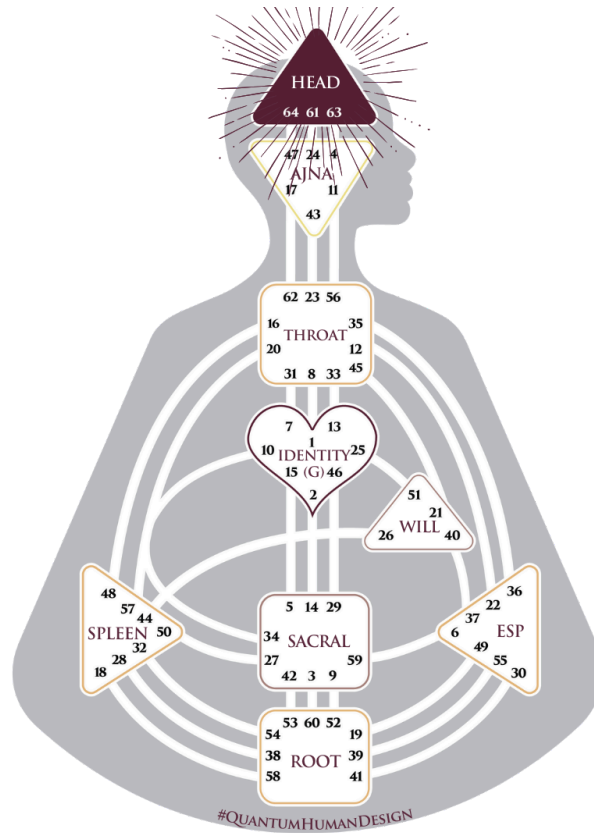
The Quantum Interface (Head Center) is the Center for ideas and inspiration. This Center is where we receive insights, epiphanies, ideas, and questions that inspire our contemplations.

This Center is associated with the crown chakra in the Hindu chakra system, representing the connection between our higher self and our human self.

Often the inspirations we experience here create awe and arrive in an instant epiphany of insight. Once we get inspired, we often feel pressure to try to turn our inspiration into reality.

The higher purpose of the Quantum Interface is to use inspiration to contemplate and imagine. Our contemplations and inspirations are not designed to be acted upon, but to be used to keep us in an inspired state, preparing us to explore our outer reality with curiosity and presence.

# Defined Quantum Interface



*You are a conduit for inspiration.*

You have a defined Quantum Interface, and part of your life purpose is to be inspiring to others. This isn't something you have to *do*. You simply carry an energy that inspires others.

## Challenge

There really isn't a challenge associated with the defined Quantum Interface (Head Center). Do be mindful of your internal mental energy. You inspire others. Make sure that your thoughts are inspiring!

## Sacred Flaw Story Prompts and Contemplations

- What do you want to inspire in others?
- How does your main character (QHD Type) learn to love and accept their gifts of inspiration?

## Affirmation

I am a conduit for inspiration in the world. My presence, my words, and my thoughts inspire others. I use inspiration with great deliberation and intention. I am inspiring.

# Divine Translator (Ajna) Center

Biology	Sinus, mouth, teeth, face, pituitary gland
Potential Illnesses	Headaches, neck problems, sinus issues, dizziness, tinnitus, tooth and gum issues
Chakra	Ajna
Resiliency Keys	Decisiveness, Self-Trust
Quantum Expression	To translate inspiration into potential third dimensional applications and to imagine possibilities for the purpose of stimulating a creative (emotional) frequency of energy.

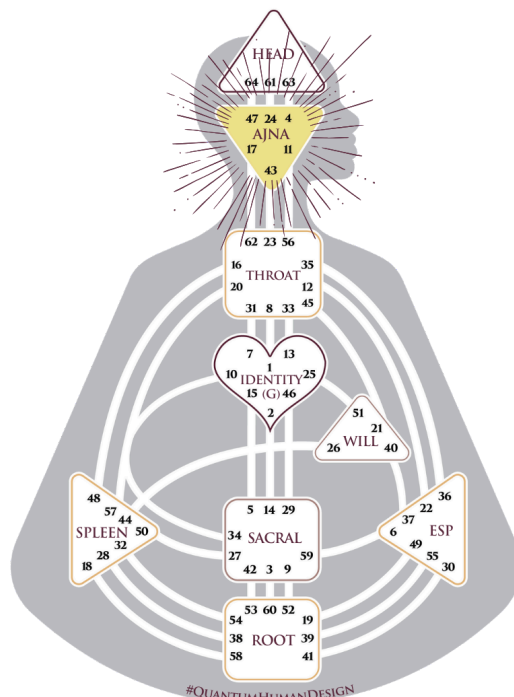
The Divine Translator (Ajna) is the Center that regulates concrete thinking. Here, we process information and inspiration and turn them into possibilities and into potentially actionable thoughts. This Center is also where we store information, beliefs, and memories.

If the Quantum Interface (Head Center) is where we receive inspiration, the Divine Translator translates those sparks of inspiration into the different ways that we might organize our creative ideas into potential actions.

Again, just like with the Quantum Interface, we are generating concrete possibilities, but we're not designed to then turn these possibilities into action.

Time and awareness will let us know when we can act on our ideas. Our beliefs and memories will influence how we translate inspiration into ideas.

# Defined Divine Translator (Ajna) Center



*You have the ability to conceptualize and hold onto fixed visions, beliefs, or ideas.*

The defined Divine Translator has the ability to hold on to fixed ideas and beliefs. You have a defined Divine Translator, and that means that you're also probably good at remembering things.

## Challenge

The defined Divine Translator can sometimes be fixed or rigid in its way of thinking. Because you can hold on to fixed ideas or belief systems, when you have a defined Divine Translator, people can sometimes butt heads with you.

Your fixed way of thinking and your capacity to hold onto information is your strength. This can make it easy for you to be certain about thoughts and ideas.

Sometimes, when your Divine Translator is defined, it's hard to see ideas from different angles, and you need help to see new perspectives and possibilities.

It can be hard to change your mind when your Divine Translator is defined, so remembering to open your mind and really hear other people's point of view is essential to helping you be more receptive to new ideas.

You can also sometimes have a hard time changing your mind if you have a negative mindset or beliefs about yourself that aren't supportive or self-generous. You might need extra support and care to change your mind about your beliefs until you install new beliefs that are healthier and more self-loving.

## Sacred Flaw Story Prompts and Contemplations

- Are your beliefs serving your highest good?
- What beliefs does your main character need to rewrite in order to optimize their mindset?

## Affirmation

I use my thinking as a spark that ignites possibility. I repeat and focus on the ideas and thoughts that create expansion and increase potential in my life. My mindset is open. My beliefs support my growth and reflect the value of who I am and what I'm capable of.

# Activation (Throat) Center

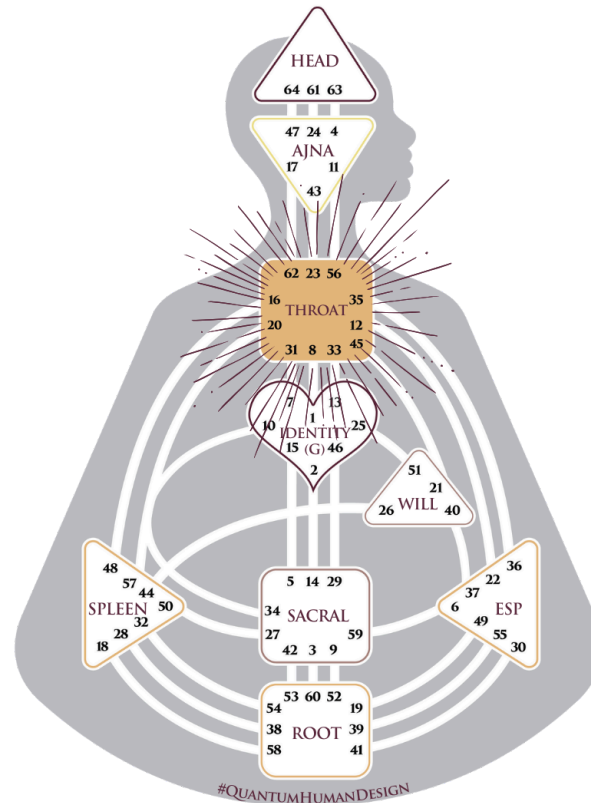
Biology	Throat, neck, cervical vertebrae, thyroid, parathyroid
Potential illnesses	Thyroid issues, endocrine imbalance, sore throat/tonsils, metabolic issues, neck pain
Chakra	Throat
Resiliency Keys	Authenticity, Vitality
Quantum Expression	To use language in an empowering, loving, creative way to stimulate and initiate sustainable, abundant possibilities.

The Activation Center (Throat Center) carries the energy for communication as well as manifestation. It's the top square on the chart and will be brown if it's defined.

In order to manifest what we want out in the world, we have to be able to talk about it. The Activation Center helps us regulate the energy from the rest of our chart so we can speak and initiate action in a way that will help us actualize our purpose.

The Activation Center is physiologically associated with our thyroid and parathyroid glands, which play key roles in the regulation of our growth and development. This means that when we do not use our Activation Center energy according to our Design, we not only go against the natural flow of energy, but we also run the risk of damaging our physical health!

# Defined Activation (Throat) Center



*You have the ability to speak and share a specific message regulated by whichever Center the Throat is connected to. If motorized, you can initiate a conversation.*

Your Divine Activation Center is defined, so you're among the vast majority of people who have a consistent way of communicating and manifesting.

What your Divine Activation Center is connected to will help you understand how to best use your energy for speaking and creating. What you're here to talk about will also be determined by what your Divine Translator is connected to, so let's explore each of the possible connections.

## Initiating vs. Waiting

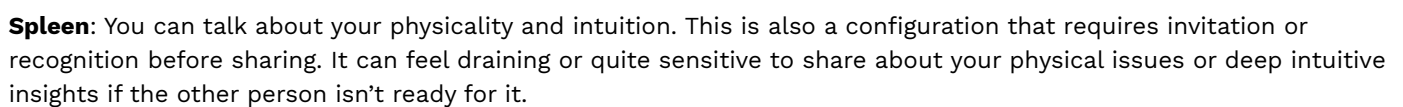
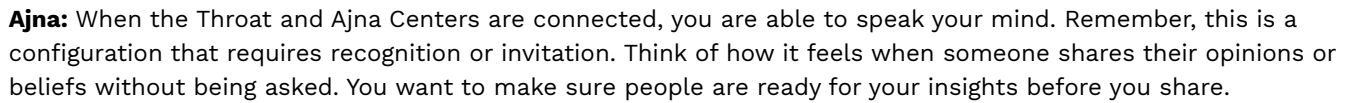
If your Activation Center (Throat) is connected to the Sacral, Will, Emotional Solar Plexus, or Root Centers (refer to your chart to check this out), you will be able to initiate conversation and action. This means that you can strike up a conversation with someone at the grocery store or at the park.

The key for you is to make sure you're using your Strategy and Authority to help you determine the right time and place to share.

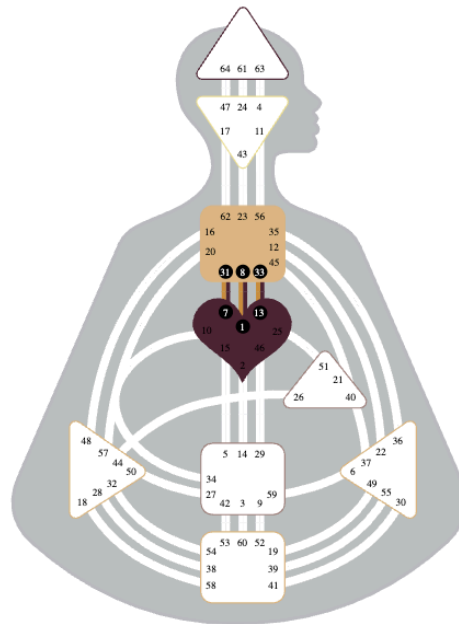
If your Activation Center is connected to the Ajna, G, or Spleen Center (refer to your chart), then you do best when you wait for recognition or an invitation to speak. So, although you have a consistent way of communicating, you still need to wait until the timing is right to share. And if you don't, you run the risk of feeling unheard, feeling misunderstood, or putting people off.

## What You Talk About

What you're here to talk about will also be determined by what your Throat Center is connected to, so let's explore each of the possible connections.

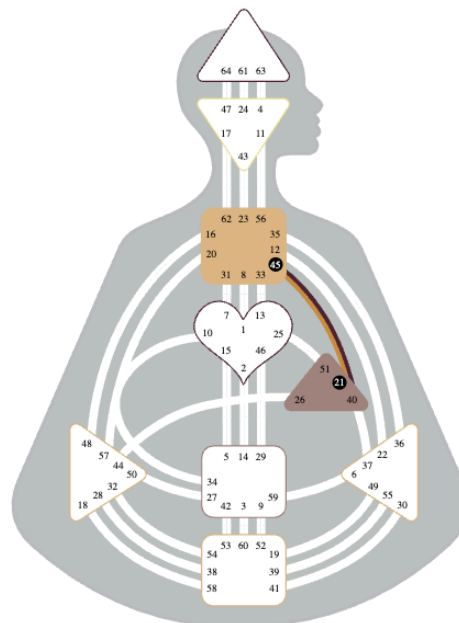




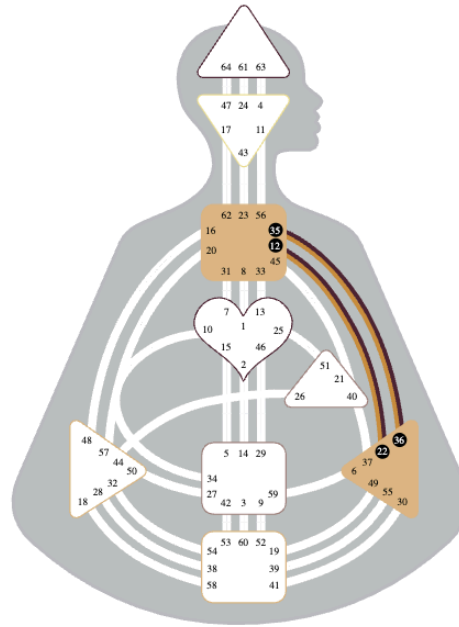


**G Center:** With this connection, everything you say comes straight from the depth of who you are. You are what you talk about. This is another configuration where you need to be recognized or invited before speaking because it can be quite vulnerable to share from such a sensitive place.

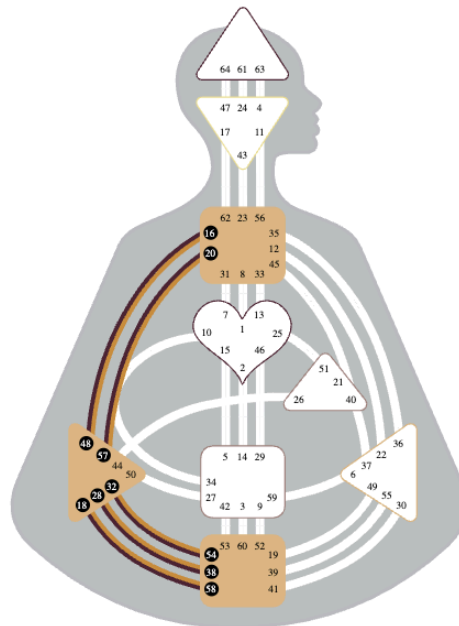
Criticism and judgment can be very painful for you, and it can have the potential to shut down your desire to share of yourself with others. If this has happened to you it can take the help of a coach or supportive person to help you feel ready to share again.



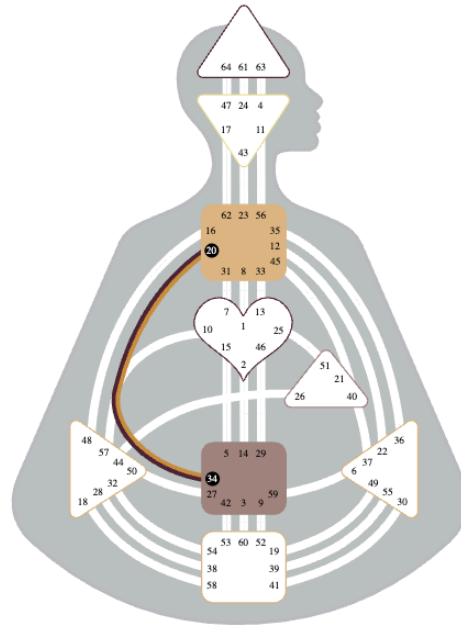
**Will:** When the Will and the Throat Centers are connected you will often speak with the pronoun *I* and talk about yourself, and that's okay! We have an idea that people who talk about themselves are egotistical and self-important, and there is a possibility for that here, but there is also a potential for deep service. When you use your *I* to serve the community, this voice can be one of leadership and sustainability.



**Emotional Solar Plexus:** As you've likely guessed from the name, this connection allows for the expression of your emotions and how you feel. You can easily express your emotions and talk about how something is making you feel or made you feel in the past.



**Root:** This connection is designed to talk about doing: what you're going to do, what you want to do, or what you can do. You can communicate about what drives you and fuels your energy for doing.



**Sacral:** When the Sacral and Throat Centers are connected you are a Time Bender (Manifesting Generator). You can talk about your work as well as about your relationships. Your communication and manifestation are directly linked to your life-force energy.

Knowing what you're here to talk about and when to share can help you communicate and manifest effectively.

This is important because even with a defined Activation Center you can experience burnout if you don't use this energy properly. If you push when you should be waiting or wait when you should be pushing, you run the risk of burning out your thyroid/ parathyroid, so make sure to take care of your voice. It's too precious a gift to use without awareness.

## Challenge

People with a defined Activation Center often have a strong presence when they speak, which can unintentionally overshadow others—especially those with open Throats. It's important to develop awareness and space for others' voices, too.

Your words carry energy and can be deeply impactful. It's vital that the defined Activation Center learn to use language with great intention to lift others up and initiate the creation of beautiful things.

## Sacred Flaw Story Prompts and Contemplations

- Do you choose your words carefully?
- How can you better use your words to build more love, coherence, unity, and expansion in the world?
- What does your main character need to learn in order to harness the power of your words?

## Affirmation

I use the power of my words to stimulate and elevate the energy around me. I use my words to build a template of possibility and judiciously choose them, so they reflect the potential of growth, unity, and coherence.

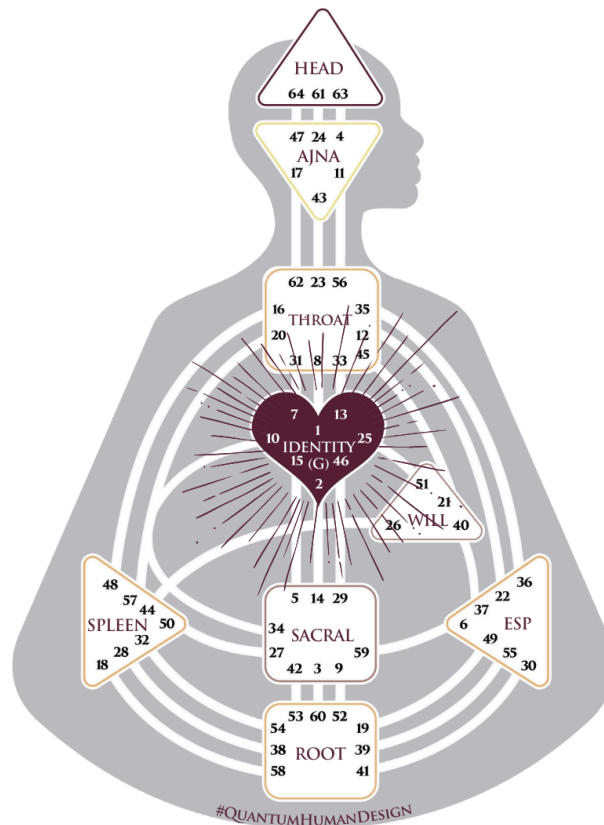
# Calibration (G or Identity) Center

Biology	Blood, liver, hands, and arms
Potential illnesses	Swelling of the hands, carpal tunnel, hepatitis, blood disorders
Chakra	Heart
Resiliency Keys	Lovability, Decisiveness, Courage, Authenticity
Quantum Expression	To create and cultivate an identity that is self-loving, empowered, and sovereign. To learn to stay true to yourself no matter what is going on around you.

At the heart of the Human Design chart is the Calibration Center, which carries the energy for love, direction, and the self. We understand what it means to love and be loved according to the Gates on the Calibration Center; this is true whether you have them defined or not.

Our alignment with love steers the direction of our lives and the expression of our self. We attract opportunities and experiences that become the direction our lives are taking according to the energy of our Calibration Center. We can influence our life's direction and sense of self by cultivating greater love for ourselves and others.

# Defined Calibration Center



*You have a relatively fixed path for the fulfillment of your purpose and a consistent sense of self that can be a beacon, giving direction to others.*

Your Calibration Center is defined, which is about 50 percent of the population, you have a relatively fixed sense of yourself and your direction in life. Although you certainly grow and evolve, your core identity will remain consistent.

No matter whether you're with your best friend or your boss, you're at home or on vacation, or Mercury is in retrograde, you are who you are. You can certainly be influenced by others in your life, but you won't take on their identity.

Your direction in life will also be somewhat fixed. This doesn't mean you don't have a choice—you most certainly do! Rather, it means you're here to experience life in a certain way, and there will be little variability in that. You can experiment with things, but the essence of who you are and the direction you're going remains the same.

Oftentimes, people with a defined Calibration Center are very comfortable and happy doing one thing (or a version thereof) their whole lives, and that's okay!

It can be quite freeing to realize you are inherently on your path. You are then able to show up for the experiences in your life with the understanding that they are moving you forward in the direction your life is meant to take.

## **Challenge**

However, because your sense of self is consistent and fixed, it can be challenging to feel loved and accepted for who you are, especially if you are struggling with loving and accepting yourself.

You have a hard time *not* being authentic, so it's important that you value and love who you are!

When you build a deep, loving relationship with yourself, your sense of self will be more aligned, and your life direction will unfold accordingly.

## **Sacred Flaw Story Prompts and Contemplations**

- Do you feel accepted for who you are?
- Do you compromise who you are to please others?
- Do you feel safe to fully be yourself?
- What does your main character need to learn in order to accept themselves for who they are?

## **Affirmation**

I am born with a powerful direction for my life. While my life path may take me many places, each one of my life experiences is being integrated as part of my powerful personal narrative. I consciously and deliberately craft a personal narrative that fully tells the true story of who I am. I use my story and my relentlessly authentic self-expression to give direction to my life and to show others the way to fully express their own true selves.✓

# Resource (Will) Center

Biology	Cardiovascular system, stomach, thymus, gallbladder, heart
Potential Illnesses	Heart disease, digestion issues, gall bladder issues, anemia, blood clots, venous issues, stomach problems, ulcers, autoimmune disorders
Chakra	Heart
Resiliency Keys	Self-Worth, Vitality, Empowerment
Quantum Expression	To align with sustainability, community, truth, and value.

The Resource Center (Will Center) is the smaller triangle just to the right of the Activation Center (G Center) (the diamond in the middle).

Most people (about seven-eighths of the population) will have this center open.

The Resource Center (Will Center) is the place where we experience the physical manifestation of energy into form. In other words, this is a very material energy center. Here we have the energy for money, ego, and willpower.

One way to understand these energies and how they work together is through the concept of endurance. It's like this: To keep generating resources and material goods we must have sustainable energy.

To have sustainable energy, we must rest. To rest, we must believe that our contribution to the world is so valuable that we are worthy of resting to sustain it. Any disruption in the cycle and we find ourselves pushing with the energy we don't have and potentially burning out.

I want to highlight something about the rest of the Resource Center (Will Center): It operates through cycles. Therefore, we can manifest on the physical plane, but we won't have the energy to keep manifesting if we don't regularly stop and resource ourselves. This means pausing and doing something purely for relaxation and rest.

Interestingly, there is also mysticism in this center, which helps us to better understand the ego. By nature, we each have a differentiated ego (or human self), and this differentiation says, "I'm a piece of the puzzle and I have to do my piece very well to be of service to the greater good."

Therefore, we are meant to surrender our ego and use our uniqueness as a foundation for service toward the well-being of others.

This can look like supporting people financially and materially as well as through other resources like teaching or access to clean water and air. When we surrender the energies of the Resource Center (money, things of value, the ego, and personal willpower) to something greater than ourselves, we allow the energy of Source to lead us in the right direction.

This Resource Center is also associated with integrity and immune function. Integrity isn't necessarily what you think it is. It's not just about morality and doing the right thing. According to the dictionary, integrity can also mean the state of being whole and undivided.

When we experience a "breach" in integrity it threatens our self-worth and our value.

There are five kinds of integrity:

<b>Physical</b>	Physical integrity happens when we are in a state of physical well-being.
<b>Resource</b>	Resource integrity happens when we are using our resources to stay sustainable in the world.
<b>Identity</b>	Identity integrity is when you are living true to your authentic self.
<b>Moral</b>	Moral integrity means that you are taking right action that is not only good for you, but also benefits the greater good.
<b>Energetic</b>	Energetic integrity means that you have the energy to follow through on your commitments and promises.

### **Physical Symptoms**

- Feeling tired and drained most of the time
- Lowered immunity
- Frequent headaches, back pain, muscle pain
- Change in appetite, sleep habits

### **Emotional Symptoms**

- Self-doubt and sense of failure
- Feeling helpless, trapped, defeated
- Loss of motivation
- Cynical and negative outlook
- Decreased satisfaction and sense of accomplishment
- Procrastination, resistance
- Avoidance
- Using food, drugs, or alcohol (or other addictions) to cope
- Settling for mediocrity

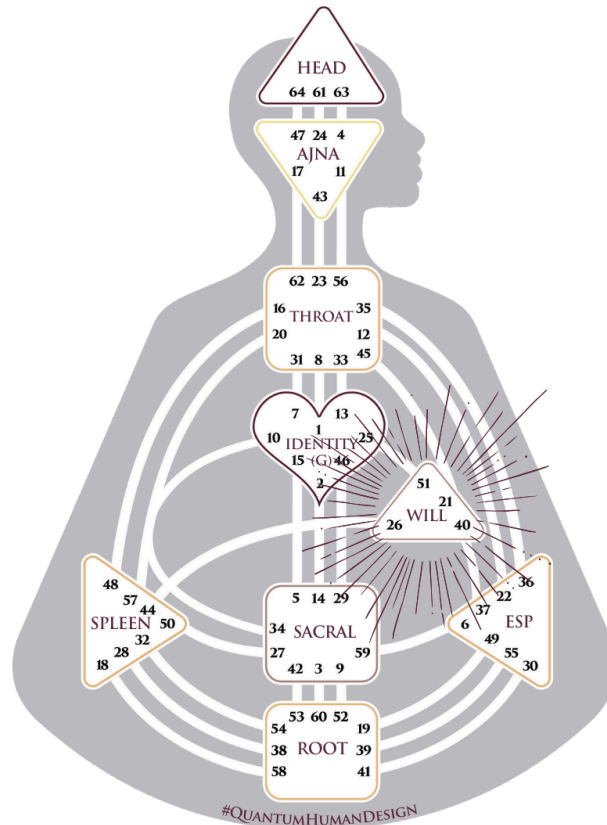
### **Social Symptoms**

- Detachment and feeling alone in the world
- Shutting others out
- Taking out frustration with others
- Failing to show up for work (or showing up late)

If you are struggling with integrity, the answer to realignment is often in optimizing the configuration of your Resource Center.



# Open Resource Center



*Your life story is about learning to define value on your own terms and learning to create in flow, not by willing your way through.*

You have an open Resource Center (Will Center), so you're here to become wise about what's truly valuable in life. And you will discover it is not about material things at all!

## Challenge

The biggest theme of the open Resource Center is in questioning your own value. Self-worth lives in this part of the chart, and there can be a drive to prove yourself here. You may feel terrified you have no value or feel like you're not being valued in a relationship or other part of your life.

You may also find that you undervalue your contribution to something or even your work as a whole. This is common in the service industry where people undervalue their services and don't charge what they're really worth.

You may also find you have a tendency to override your need for rest. We live in a society that is obsessed with working harder in order to get better results (despite the fact that most of us don't have the willpower to maintain it!).

We can get tied up in this idea that if we just keep working, we'll eventually prove how good, strong, capable, intelligent, or otherwise valuable we are. Yet what's true is that we are each inherently valuable and worthy. And when we live from this place, we recognize our need for rest, and we value ourselves enough to take it. And when we do, we become more able to offer our value to others.

You are so valuable that you must take care of yourself so you can do a better job of expanding, growing, and evolving our world. You are worthy of a savings account, charging enough for your services, and restoring your energy because you are a more brilliant version of yourself when you do.

## **Sacred Flaw Story Prompts and Contemplations**

- Do you know your own value?
- Do you trust Source?
- Do you live your life in alignment with your values?
- What does your main character need to learn in order to realize and own their value?

## **Affirmation**

I define value and what is truly valuable on my own terms. I decide for myself what is valuable, and I construct a life that is a reflection of my values. I trust in Source and the flow of sufficiency in my life. I know I have a unique, vital, and irreplaceable role in the divine plan. I follow my right path in the fulfillment of this right place, and I trust that I'll have all I need when I need it.

# Creative (Emotional Solar Plexus) Center

## Creative (Emotional Solar Plexus) Center

Biology	Adrenals, kidney, the vagus nerve, solar plexus neuron network, pancreas
Potential Illness	Nervous system issues, kidney problems, diabetes, weight and emotional eating, digestion, assimilation, water regulation
Chakra	Solar plexus
Resiliency Keys	Courage, Emotional Wisdom, Empowerment, Decisiveness
Quantum Expression	To hold the frequency of energy for abundance and faith no matter what is going on around you

The Creative Center (Emotional Solar Plexus or ESP Center) is the triangle on the far-right side of the chart. Half the population has it defined and half has it open.

As you likely guessed by the name, this Center is all about emotions!

This is the place where we carry the energy that makes us human. No other animal has the capacity for intentional creativity in the same way we do. It has associated with it the energy for romance, poetry, sex/sexuality, war, marriage, intimacy, relationship with nature and Divine Order, imagination, and the capacity for new human experiences.

Emotions are frequencies of energy that have a natural flow and fluidity about them. It is the nature of emotions to come and go.

Importantly, we have the capacity to shift and change this frequency of energy through our focus and attention.

The most important piece to understand is that you have the capacity to influence and work with your emotional energy. It will always have a frequency, but the power of your mind will influence the way in which it operates.

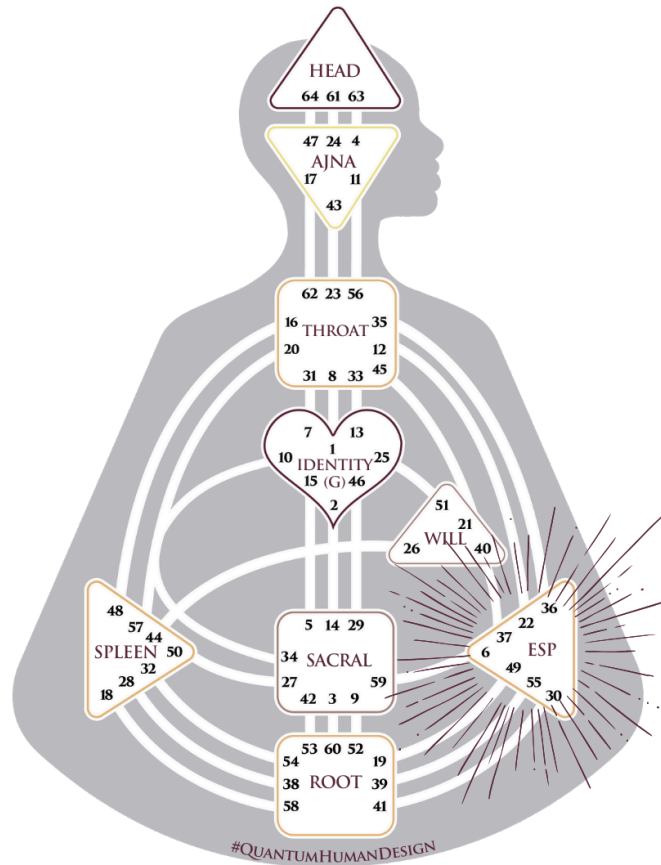
When we learn to allow, accept, and embrace both the highs and the lows of this inherent wave of energy, we can choose to create more deliberately and with purpose. Where we put our focus and awareness is the modulator of this process.

For example, as you're feeling sadness you may begin asking yourself, "What's wrong with me?" or you might be thinking, *I'm worthless, I made a huge mistake* or focusing on how terrible you're feeling.

Each of those thought processes takes our attention and focuses it in a direction that influences the nature of our emotional energy, dropping it lower and spending longer in these lower vibrations.

In other words, you begin to feel sadder for longer. On the other hand, if you are feeling deep sadness and recognize it as a sign to nurture yourself instead then go deep within and trust in the underlying abundance and goodness of life, you will find that the amount of time you spend in sadness decreases.

# Open Creative Center



*You are here to cultivate the ability to hold your own emotional frequency no matter what others may be experiencing.  
You have the ability to be calm in the midst of an emotional storm. You are an empath.*

Your Creative (Emotional Solar Plexus) Center is open, so you are empathic and here to be wise about emotional energy.

You feel other people's emotional energy deeply (often much more deeply than they do themselves!) because you take it in and amplify it.

## Challenge

However, because we tend to judge emotions and because it can be intense to feel emotions in an amplified way, you may find yourself trying to avoid them altogether.

This can result in a tendency to make nice or try not to make waves with the people in our lives. You may find you have a hard time speaking up for yourself or stating your beliefs because you don't want to upset anyone.

On the other side, you may have a sort of addiction to dramatic energy, especially if you grew up in a family with a lot of emotional definition.

There's juicy energy here in poetry, music, romance, sex, and intimacy. Of course, if you begin to behave in these ways, you will inevitably find that your own boundaries get crossed (or maybe you haven't even been able to establish them in the first place).

The most effective strategy I recommend for people with an open Creative (ESP) Center is to walk away from a person or situation when the emotional energy gets too intense. When you start to feel overwhelmed, it's time to break auric space with the other person or people and go somewhere where you can be alone.

You'll find it only takes about fifteen minutes before you begin to feel a decompression.

It can also be helpful to remind yourself of the inherent nature of the emotional wave. Then you can begin to depersonalize your amplified experience of another person's emotion and make peace with speaking your truth or setting a boundary even when emotions are high. This is the biggest piece in cultivating the wisdom of this open Center.

**Remember:** You experience emotions and feelings, but they are not who you are. When you find yourself identifying with the emotional energy, you begin to hold onto it and may even feel like it's yours to fix.

Many of you may be holding onto a lifetime of other people's emotional energy because you didn't have this understanding of the mechanics of emotions.

The saying I love to share with people is "Be a screen and not a sponge." In other words, allow emotional energy to move through you, increase your capacity for empathy, compassion, and creativity, and then watch it pass.

If you're struggling with holding what may be a lifetime of other people's emotions, I encourage you to seek support in processing it. In my own work, I have seen the tremendous benefits of EFT (emotional freedom technique) and the Quantum Alignment System™, but there are many others as well.

No matter the avenue, I hope you give yourself the gift of releasing the emotional energy that was never yours to carry.

### **Sacred Flaw Story Prompts and Contemplations**

- Is it okay for you to speak your truth?
- Can you disconnect from other people's emotions?
- What does your main character need to learn about honoring what they need and want no matter how anyone else feels about it?

### **Affirmation**

I am an empath. One of my greatest strengths is my ability to read the emotional energy and alignment of others. I observe emotional energy and only allow myself to accept emotional frequencies that are of my choosing and that are in close alignment with my own. I speak my truth and ask for what I want without worrying about the impact of other people's feelings on my own needs and desires. I am compassionate and empathetic. My emotional clarity and detachment are my gifts to others.

# Evolution (Sacral) Center

Biology	Ovaries, testes, and all reproductive organs
Potential Illnesses	Sexual diseases, exhaustion, breast cancer
Chakra	Sacral
Resiliency Keys	Decisiveness, Courage, Vitality, Empowerment
Quantum Expression	To respond with action to the needs of others to support the evolution of community and the expression of abundance and compassion.

The Evolution (Sacral) Center is the square in the middle of the chart.

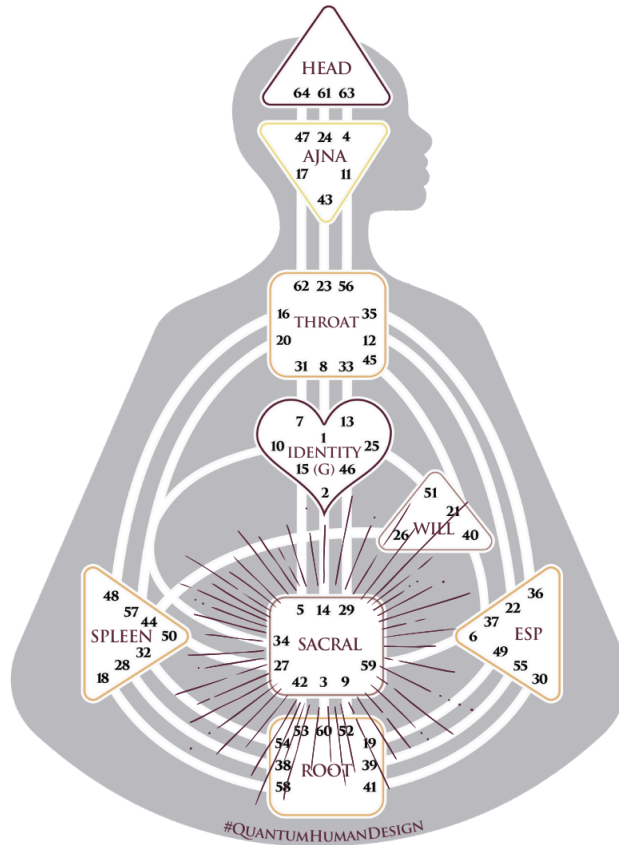
About 70 percent of people have a defined Evolution Center.

The Evolution Center is the most powerful energy in the chart and is all about life-force and work-force energy. What I mean by that is anything required to bring a person into the world, raise them through adulthood, and care for the family and community.

This includes seduction, sex and sexuality, procreation, the energy to care for and feed a baby, provide resources for a child, do work to provide for yourself and your family, and transmit the values of the family and community to the members.

The key to understanding how the energy of this Center works is through the concept of sustainability. The Evolution Center is a powerhouse of energy for life force and work force that keeps going and going (when it's defined). There are, of course, ways to keep yourself sustainable and in the flow of your right energy, whether your Evolution Center is defined or open, and that's what we'll explore below.

# Open Evolution Center



*You use your sensual experience of work-force and life-force energy to know what needs to be done and to guide others to do it. It is not necessarily your job to do the work needed. You're here to either start it or to guide it.*

The Evolution (Sacral) Center provides a deep wisdom about the energy people use in their work and in their personal lives. Often people with open Evolution Centers are quite satisfied in a job that highlights their skill at helping people manage their energy effectively, like being people managers, coaches, or therapists.

You have an innate sense about how other people use their life-force energy and can help them guide it and manage it (according to your Type and Strategy).

There is an element of trust necessary for working with this energy in its highest expression because its nature goes so counter to our ideas of how to become successful in work and in life.

## Challenge

If your Evolutionary (Sacral) Center is open, the most important thing for you to understand is that the quality of your energy for all the things under the life-force and work-force umbrella will not be sustainable.

That means that even something like raising a child or working a typical nine-to-five job will eventually burn you out if you don't have sufficient downtime and support.

What can be tricky with this energy is that through the amplification of the 70 percent of the population who has a defined Evolution Center, you can perform and work like a superhuman for periods of time.

You can likely think of times in your life when you worked harder, got more done, or otherwise used your energy in a way that defied what others were capable of. This is because you borrow the Evolution Center energy from someone with definition through the amplification process.

It's crucial to recognize that this energy isn't yours and, as such, it isn't sustainable or maintainable.

What happens as a result of this energy dynamic is a theme of not knowing when enough is enough. If you're the person in the office doing thirty times more work than everyone else (and likely getting accolades for it) but don't realize you're running on energy that isn't yours, you may continue to push yourself despite your body, mind, and spirit trying to tell you you've had enough.

There may also be a fear of being seen as lazy, so you overcompensate by doing even more than everyone else. At a certain point, if you keep pushing, you'll crash and burn and potentially not understand where all your energy went and what is wrong with you.

This is often how this theme plays out in work, but you can also see how it could show up in relationships as well (e.g., over-caring, over-giving, pushing past self-care). And sadly, the burnout from pushing with this borrowed energy for too long can result in serious exhaustion on a physical level that can take a long time to recover from.

When you gift yourself the rest you need and begin to follow your Type and Strategy you will find that your wisdom and value have far reaches and are far more sustainable than the forced work you've tried in your past.

And as you work to decondition your pattern of pushing with energy that isn't yours and relax into the flow of energy that is there for you, you may eventually find that you can intentionally harness Sacral energy and use it to your advantage in short spurts!

## **Sacred Flaw Story Prompts and Contemplations**

- Do you know when enough is enough?
- Are you burned out?
- What strategies do you have to rest and renew your energy so that you don't burn out?
- Do you trust that you'll be supported?
- Do you value rest?
- Do you judge yourself for resting?
- Do you allow the judgments of others to keep you from the vital rest you need?
- What does your main character need to learn in order to stay sustainable and avoid boom and bust cycles of energy?

## **Affirmation**

I am wise about how to use work-force and life-force energy. I see the potential of the work that needs to be done, and I delegate and manage others doing the work. I recognize when enough is enough, and I nurture, renew, and regenerate my energy as needed in order to stay sustainable. I am a vital and wise resource to others, and I work with those who see my gifts, strengths, and values. My ability to see the potential of what needs to be done allows me to serve the evolution and unfolding of the divine plan.



# Self-Actualization (Spleen) Center

Biology	Lymphatic system, spleen, B cells
Potential Illnesses	Autoimmune disorders, PTSD, lymphedema, immune dysfunction, low T cell count, leukemia
Chakra	Solar plexus
Resiliency Keys	Self-Trust, Courage
Quantum Expression	To correctly interpret intuitive impulses about the right timing for survival, health and wellness, and economic action.

You can find the Self-Actualization (Spleen) Center on the far-left side of the chart. It is shaped like a triangle.

The Self-Actualization Center regulates time, intuition, health, and survival. You may be wondering how each of these seemingly dissimilar themes are related!

It can be helpful to begin with the concept of instinct, which is essential for survival. When we hear a sound that doesn't feel safe, go into a dark alley at night, or even decide to throw out food from the fridge that seems off, we're accessing our instinctual sense. It's all about helping us stay alive.

We have inside ourselves an energetic, instinctive capacity which can be thought of as a survival drive. This instinct to keep us alive is very time specific. It is a direct, reactive response to a situation or circumstance. In that moment, we take action, i.e., fight or flight, to keep us alive.

Health comes in as another key aspect of survival. Instinctually, we are driven to maintain our health to keep ourselves alive. So, we are kicked into action when we are in danger and need to make a certain choice in the moment to protect ourselves.

We all have this survival instinct, and it is an important aspect of keeping us safe when real danger arises. However, I'm sure you can easily come up with some situations in your life where you felt extremely afraid despite the situation being quite benign in terms of survival in that moment. This is because we are complex beings with consciousness, emotions, inspirations, and drivers around lovability and worthiness, etc.

So instead of only feeling afraid when our safety is threatened, we also get afraid of moving to a new city, writing a book, saying I love you in a romantic relationship, or changing careers.

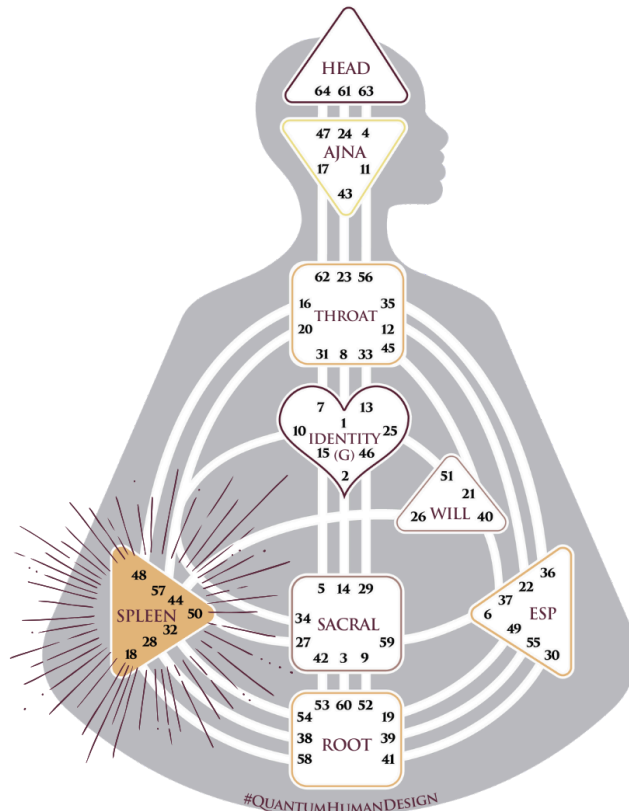
The energies that trigger these types of fears are cataloged in the gates of the Spleen Center. I want to highlight the specific fear aspects here. Whether your Spleen is defined or open, you're vulnerable to experiencing these fears.

The good news is that the solution to working with them is simple! The trick to moving forward is to feel the fear and do it anyway.

Although it's simple, it isn't always easy because the experience of fear is hardwired. We can literally feel like we are about to die before giving a big speech if we have a deep, unquestioned fear of being inadequate and failing, for example. It can feel completely unnatural to walk up on the stage when we are terrified, but remembering that the fear is time-limited and that it will dissipate with action can help us push through the fear so it doesn't paralyze or stop us or steal our dreams.

Taking action will break through the fear, and when you get to the other side, you will notice how hard it is to reconnect with those same fears again. You'll be creating a new, more courageous narrative, and your neural networks will begin to be rewired!

# Defined Self-Actualization Center



*You have a consistent instinctual, gut-level awarenesses about decisions related to honing skills, and increasing proficiency and excellence. You use your intuitive connection to an inner sense of timing for actions related to survival, avoiding pain and increasing value, and sustainability and alignment with integrity.*

You have a defined Self-Actualization (Spleen) Center, so you will have a consistent experience of time, intuition, health, and survival.

You have an innate connection to time and the calendar. Your inner sense of time is deep, and you may be able to tell what time it is without looking at the clock, for example. You may be late getting somewhere, but you know it if it's happening.

Your experience of intuition is likely consistent, as well. There are many ways to experience intuition, including clairaudience (hearing), clairvoyance (seeing), claircognizance (knowing), clairsentience (sensing), clairolfactance (smelling), and dreaming. So whichever way you get your extrasensory knowing, it's likely your consistent way of accessing your intuition.

You also have a fixed, insensitive immune system. This means that by the time you realize you're coming down with something, you're quite sick and may need Western medicine to help you recover. So, make sure to take good care of your physical body and get support as soon as you start feeling under the weather.

## Challenge

When it comes to the fears of the Self-Actualization Center, you may find yourself grounded in one or more of them. It can feel like you've lost momentum and enthusiasm or like you're paralyzed and can't move forward.

With a defined Self-Actualization Center, you'll find that moving through these fears by taking intentional action breaks the hold of the fear and moves you into courage.

This Center is also associated with the immune system. When you have a defined Self-Actualization Center, you can power through not feeling well. While this may have earned you some brownie points in life, it's important for you to learn to listen to your body and your body's need for rest and renewal. This configuration can give you a tendency to not notice that you're sick until you're *really* sick. Remember that rest is integral to well-being and healing.

### **Sacred Flaw Story Prompts and Contemplations**

- Do you trust yourself?
- Do you let fear keep you paralyzed in inaction?
- Do you trust that you'll know what you need to know when you need to know it?
- Are you creating in alignment with your own integrity?
- Do you have patterns from the past that are keeping you trapped?
- What does your main character need to learn about trusting their inner knowing?

### **Affirmation**

I have a deep connection with the pulse of divine timing and wisdom that informs me when I need to take action. I am deeply aligned with the awareness necessary to cultivate and hone my skills. I integrate my experiences and allow myself to grow beyond the patterns of the past. I stand strong in the integrity of my authentic self and trust that when I am fully occupying my unique, vital, and irreplaceable role in the cosmic plan, I completely trust that I'll know what I need to know when I need to know it. My sense of timing allows me to make aligned and informed choices around what I need to continue to become self-actualized.

# Divine Timing (Root) Center

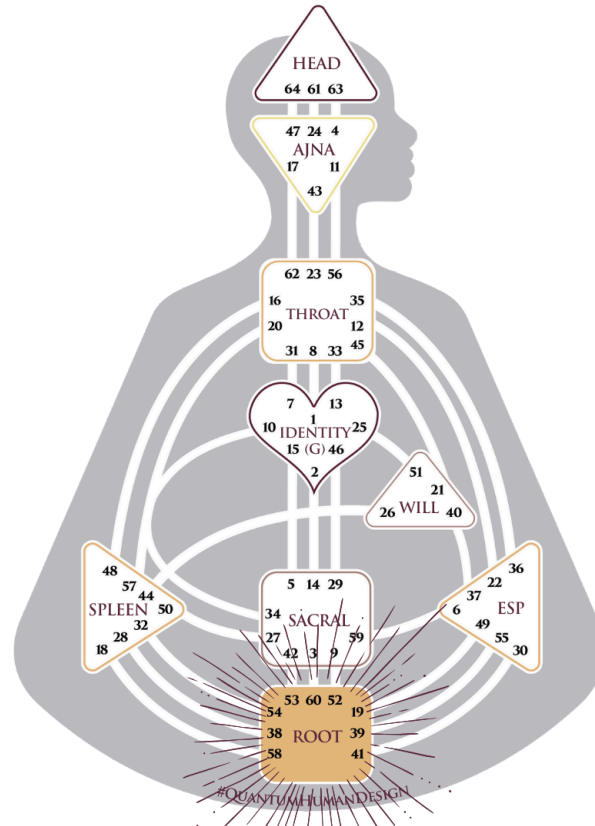
Biology	Adrenals, hydration, digestion, and assimilation
Potential Illnesses	Burnout, adrenal fatigue, anxiety, hypertension
Chakra	Root
Resiliency Keys	Vitality
Quantum Expression	To receive and respond to what the Earth needs and wants as part of the evolution of the planet.

The Divine Timing (Root) Center is the square at the very bottom of the chart. About half the population has it defined and half has it open.

The Divine Timing Center is the center for adrenaline energy. It's a driver energy that helps us get things done. It's the get-up-and-go driving force behind our doing in the world.

It is also a pressure Center and as such it carries a certain amount of stress energy. When the adrenaline is high and we feel the pressure to get things done, that can bring with it a certain amount of stress.

# Defined Divine Timing Center



*You have a deep inner connection with the pulse of Divine Timing. You are here to learn to live in the flow of action when the timing is right.*

When you have a defined Divine Timing Center, you have an inner sense of right timing that, when followed, lets you know when you have the energy for creativity (or not). You are designed to create a life that allows you to live in the flow of your own inner timing.

## Challenge

When your Divine Timing (Root) Center is defined, you'll notice that you may have a consistent pressure to get things done. However, you may not always feel on and ready to knock out your next project or item on your to-do list.

This is because this energy operates in a pulse that turns on and off. You'll know your energy is turned on when things feel right, the timing is right, and when it's time to act. When any of those three components are out of alignment, your energy to get things done will turn off.

If you can feel into your own energy around motivation, drive, and the physical energy to get something done, you will begin to gain insight into right timing. If you can't seem to motivate yourself to do something, it's very likely it's because the timing isn't right! Learning to trust yourself and your adrenaline energy is a key to using this energy wisely.

## **Sacred Flaw Story Prompts and Contemplations**

- Are there things you need to take care of in order to be ready for what you want?
- How do you navigate things you have to do when your energy isn't aligned?
- Do you trust the timing of the Universe?
- What does your main character need to learn about allowing for your own inner timing?

## **Affirmation**

I am deeply attuned to the pulse of the Earth and the unfolding of perfect and right timing. When the timing is right, my energy is aligned, and I am in the flow of creativity and right action.

# Preparing Your Story

## **Notice which Centers you have open.**

- What are some of the challenges you are experiencing in your open Centers?
- What are the strengths of your open Centers?
- How is learning to stay self-regulated in the face of these energies impacting your story?
- How is your sensitivity and the intensity of your openness impacting your physical body? What is your body trying to tell you?
- What does your main character need to learn to stay connected to self and avoid having energy overtaken by other people's energy?

## **Notice which Centers you have defined.**

- What are some of the challenges you are experiencing in your defined Centers?
- What are the strengths of your defined Centers?
- What lessons about self-love and self-acceptance are your Centers teaching you?
- How are these lessons impacting your physical body? What is your body trying to tell you?
- What does your main character need to learn to optimize the function of these Centers?

# The Planets and the Gates

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*Gain powerful insights into who you are, what you're here to learn,  
and ultimately, what you're here to contribute to the world.*

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The next part of your story, symbolized by the planets and gates in your chart, reveals the curriculum of your life. It highlights what you're here to learn and achieve, the recurring themes you'll encounter as you grow, and how these core aspects shape the challenges that help you evolve into the most mature, authentic, and healthy expression of yourself.

The **gates** reflect unique personality traits that make you who you are. These themes originate from the 64 Hexagrams of the Chinese I Ching, offering a modern interpretation of ancient archetypes that have been studied and contemplated for over two millennia.

Each gate is influenced by a planet, and each planet carries its own archetypal significance based on traditional astrology. Think of each planet as a school and each gate as a lesson within the planetary school. As the planets travel through the 64 Gates during their journey around the sun, they activate specific energies. This interaction weaves together a blend of planetary and gate influences that form key parts of your life's path and spiritual curriculum.

At the moment you were born, the planetary positions—referred to as the soul aspect of your chart—became fixed, marking the burgundy/black\*, filled-in areas of your chart. These burgundy/black\* numbers and gates represent the core themes and lessons of your soul's purpose in this lifetime.

Approximately three months before your birth (about 88 astrological degrees earlier), the planetary positions for your life purpose were also locked into place. These are shown as gold/red\*, filled-in areas on your chart. Together, the gold/red and burgundy/black\* numbers reveal the full spectrum of your life purpose, the lessons you're here to learn, and the challenges that will shape your story.

The experience of each gate's energy in your chart is influenced by the planet that highlights it. On your chart, you'll notice planetary symbols along the right and left sides, each paired with a gate number. These symbols indicate which planet activates each gate, adding extra depth to your life's narrative.

By understanding the planetary placement of each gate, you can gain deeper insight into how these energies express themselves in your life. This knowledge helps you build a richer picture of your unique purpose and why you're here.

To get a clearer understanding, it's helpful to read through the descriptions of the planets alongside the explanations of each gate in the following sections. Together, they reveal the full story of your life's themes and how they unfold in your Quantum Human Design chart.

\* Colors depend on what software you use.



The planets in the Human Design Chart each represent specific themes that influence how you express different aspects of your life. Here's a summary of the key themes of each planet:

## PLANETARY SYMBOLS

	SUN
	EARTH
	NORTH NODE
	SOUTH NODE
	MOON
	MERCURY
	VENUS
	MARS
	JUPITER
	SATURN
	URANUS
	NEPTUNE
	PLUTO
	CHIRON

The planets in the Human Design Chart each represent specific themes that influence how you express different aspects of your life. Here's a summary of the key themes of each planet:

### Personal Planets: Core Personality Themes

- Sun (Core Identity and Purpose) – Represents your core essence, life purpose, and what you are here to shine and share with the world.
- Earth (Grounding and Balance) – The balancing force to your Sun. It reflects how you stay grounded and what stabilizes you to fulfill your purpose.
- Moon (Motivation and Drive) – Symbolizes what emotionally drives you, your desires, and the underlying force that pushes you forward.

### South Node: Past Patterns and Foundational Themes

- Represents your past experiences, whether from early life or possibly a metaphorical past life.
- Reflects skills, patterns, and behaviors you've already conquered.
- Offers insight into comfort zones and familiar energies you may rely on.
- Can reveal challenges or patterns you need to overcome or integrate to grow.

## **North Node: Future Growth and Higher Potential**

- Represents the direction your soul is guiding you toward in this lifetime.
- Symbolizes the lessons and experiences you are here to explore and accomplish.
- Offers opportunities for expansion, growth, and purpose.
- While the North Node's energy may feel unfamiliar or even uncomfortable at times, it holds the key to your greatest evolution and fulfillment.

### **In Human Design, how the Nodes show up in your chart:**

- The gates highlighted by the Nodes reveal the specific themes and lessons tied to both your South Node (past patterns) and North Node (future growth).
- Age forty to forty-two is often a pivotal time when the North Node themes fully emerge, helping you step more powerfully into your life's purpose.

## **Inner Planets: Development and Transformation**

- Mercury (Communication and Thinking) – Governs how you communicate, express your ideas, and process information.
- Venus (Values and Relationships) – Reflects your personal values, how you love, and your approach to relationships and beauty.
- Mars (Energy and Drive) – Symbolizes your passion, drive, and how you assert your energy, especially during challenges or conflict.
- Chiron (Spiritual Growth) – Represents deepest wounds and the path to healing them. It shows where you carry pain but also where you can become wise and help others heal.

## **Social and Transpersonal Planets: Growth and Collective Influence**

- Jupiter (Expansion and Growth) – Represents blessings, expansion, and the lessons you need to grow spiritually and emotionally.
- Saturn (Discipline and Lessons) – Reflects life challenges, lessons, and where you need discipline to mature and master yourself.

## **Outer and Transcendent Planets: Generational and Evolutionary Influence**

- Uranus (Innovation and Transformation) – Symbolizes sudden changes, breakthroughs, and your unique role in bringing new paradigms to life.
- Neptune (Dreams and Spirituality) – Represents your intuition, dreams, and spiritual connection. It can also reflect illusions or idealism.
- Pluto (Power and Transformation) – Governs deep transformation, personal empowerment, and where you undergo the most profound changes in life.

To interpret the planets and gates in your QHD chart, you'll be looking at both sets of numbers (soul purpose and life purpose) on your chart along with the planet that the gate is being highlighted by. The number to the left of the period indicates which gate is being highlighted by a planet. This marriage of planetary theme and gate theme gives you a rich interpretation of key challenges your main character will learn to overcome as part of the sacred flaw in your main character's story.

When you are looking at the planets, you will be using both the Soul Purpose Gate and the Life Purpose Gate highlighted by the planet. You will find that the lesson you're supposed to learn is comprised of both themes. These two gates will often work in unison, or you may find that they seem at odds with each other. Your task is to find a way for your main character to embrace both aspects as part of your story. Sometimes that means you can build a bridge between these two themes. Sometimes it means that you have to learn to love these quirky and seemingly contrasting parts of yourself. Think of it as like loving mid-century modern and Victorian architecture at the same time!

So, for example, let's say that your Moon placement is highlighting the Gate 20, the Gate of Patience, in your soul purpose and the Gate 60 in your life purpose, the Gate of Conservation. The Moon represents what drives you and the underlying force that pushes you forward. The Gate 20 is all about waiting for the right timing to take powerful action. The Gate 60 is about making the best of what is and staying in gratitude.

The combination of these gates might be interpreted as a story about someone who knows that, even if they're feeling pressure and are anxious about taking action, they can find energy and comfort when they learn to trust the process and be grateful in the moment. Because the Moon represents drive, if this person feels like they've lost their drive and is lacking in motivation, these two gate placements tell the story of the need to learn to relax and let the process unfold, to stay in gratitude and notice what *is* working instead of feeling impatient and frustrated.

In addition, the Gate 20 is associated with the Activation Center (Throat) and the thyroid and parathyroid, making this person vulnerable to endocrine dysfunction if they push against right timing. The Gate 60 is associated with the Divine Timing Center (Root) and adrenaline, as well as skeletal structures and other support tissues. If this person lets themselves feel pressured and goes against the inner signals for right timing, they may burn out or experience issues with bones or muscles.

They can work with these two energies by using intentional storytelling to craft a creative narrative where their main character learns to be patient and grateful. Once they learn this lesson, their motivation and drive returns, and true magic unfolds in their life!

\*Again, it's important to note that all these energies are correlative, not causative. We are looking at the archetypal roots of the story, not aspects of the story that cause disease.

To help you keep track of the planets and their respective gates, you can use this worksheet on the next page.

To start this process, you want to look at the gates that are defined (colored in) on your chart. This gives you an overview of your life and soul stories. Over time, you can also fulfill this process by looking at the contemplations for all the gates. Remember, you have all the chart, not just the parts that are colored in. The white (open) parts of your chart represent energies that you receive in your relationships. These are energies that you have to learn to self-regulate in order to prevent your story from being hijacked by someone else's story and someone else's energy.

# Planets and Gates Worksheet:

## **What drives are there in my Sun?**

Soul Purpose Sun:

Life Purpose Sun:

What do I need to better express my solar theme in my life story?

## **What drives are there in my Earth?**

Soul Purpose Earth:

Life Purpose Earth:

What do I need to feel more grounded and stable in my life story?

## **What drives are there in my Moon?**

Soul Purpose Moon:

Life Purpose Moon:

How can I support my lunar drive:

## **What is my South Node Theme?**

Soul Purpose South Node:

Life Purpose South Node:

How does/did this theme express itself in my youth?

## **What is my North Node Theme?**

Soul Purpose North Node:

Life Purpose North Node:

How is or will this theme express itself in my maturity?

## **Mercury: What am I here to communicate about?**

Soul Purpose Mercury:

Life Purpose Mercury:

How can I expand my message in my life?

How am I already sharing my message?

# Planets and Gates Worksheet:

## **Venus: What do I value? What values are attractive to me?**

Soul Purpose Venus:

Life Purpose Venus:

What do I value? How does this theme show up in my relationships?

## **Mars: Where do I need to mature my perspective on life? Where do I need to mature in my relationships?**

Soul Purpose Mars:

Life Purpose Mars:

Where do I need to mature? What lessons does Mars have for me? How does this theme show up in my relationships?

## **Saturn: What is teaching me in Saturn?**

Soul Purpose Saturn:

Life Purpose Saturn:

What do I need to learn from Saturn right now?

## **Jupiter: What is the source of my blessings?**

Soul Purpose Jupiter:

Life Purpose Jupiter:

What do I need to do to allow more blessings into my life?

## **Uranus: What is my evolutionary theme? Where has the unexpected woken me up to greater possibility?**

Soul Purpose Uranus:

Life Purpose Uranus:

What unexpected life experiences are you wrestling with now? How might these experiences be catalyzing your growth?

## **Neptune: What is my spiritual purpose?**

Soul Purpose Neptune:

Life Purpose Neptune:

How can I deepen my expression of my spiritual job?

# Planets and Gates Worksheet:

**Pluto: What are the deeper transformations and soul lessons unfolding in my life?**

Soul Purpose Pluto:

Life Purpose Pluto:

What am I here to grow and expand?

How am I doing that now?

How can I add to this in my life right now?

**Chiron: What is my Chiron placement?**

Soul Purpose Chiron:

Life Purpose Chiron:

What is the challenge that Chiron is giving me?

How can I deepen my accomplishment of my Chiron challenge?

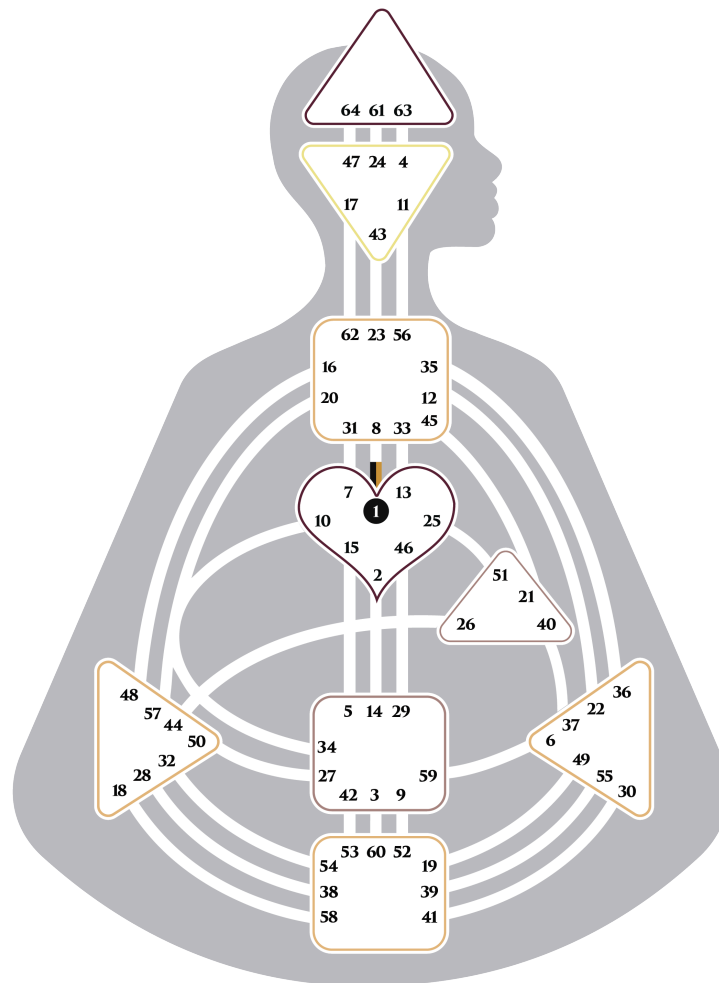
# Exploring the Gates

The following section is a list of the Gates you have defined in your Quantum Human Design Chart. Each of these gates represents an archetype in your story. The gates are part of your sacred flaw and, in combination with their planetary placement, give you powerful insights into who you are, what you're here to learn, and what you're here to contribute to the world.

Each section includes the physical body part associated with the gate. Each section also includes the challenge or lesson of the gate, what it might look like if you're out of balance with the theme of this gate, and some contemplations for you to consider when you rewrite your story. Start first with the gates that are defined in your chart.

All of these gates are essential to our collective human story. The planetary transits and your relationships bring you these energies, even if you don't have them colored in on your chart. Studying these gates deeply, taking one gate at a time, is a powerful way to optimize all the parts of your story and take control of how you experience and create in the world.

# Gate 1: Purpose



Biology: Liver

Center: The Calibration Center

Resiliency Key: Lovability, Decisiveness, Courage, Authenticity

## Challenge

You are here to discover a personal, meaningful, and world-changing narrative that aligns with your sense of purpose and mission—your own I-am declaration. Your challenge is to love yourself deeply enough to honor the truth that your life is a canvas, and you are the artist. What you create with your life is your contribution to the world.

## Quantum Expression

You have the ability to know your authentic self and to live in deep connection with your life's purpose. Your clarity of identity becomes a guiding force, allowing you to express your mission in a way that inspires and uplifts others.



## **Conditioned Expression**

You may experience your life as erratic or lacking direction. This can lead to panic, pressure, or a sense of failure around fulfilling your life's mission. You might feel overwhelmed by the size or importance of your purpose—believing it's too big, too much, or too self-centered—and as a result, struggle to find clarity or hide from your own potential.

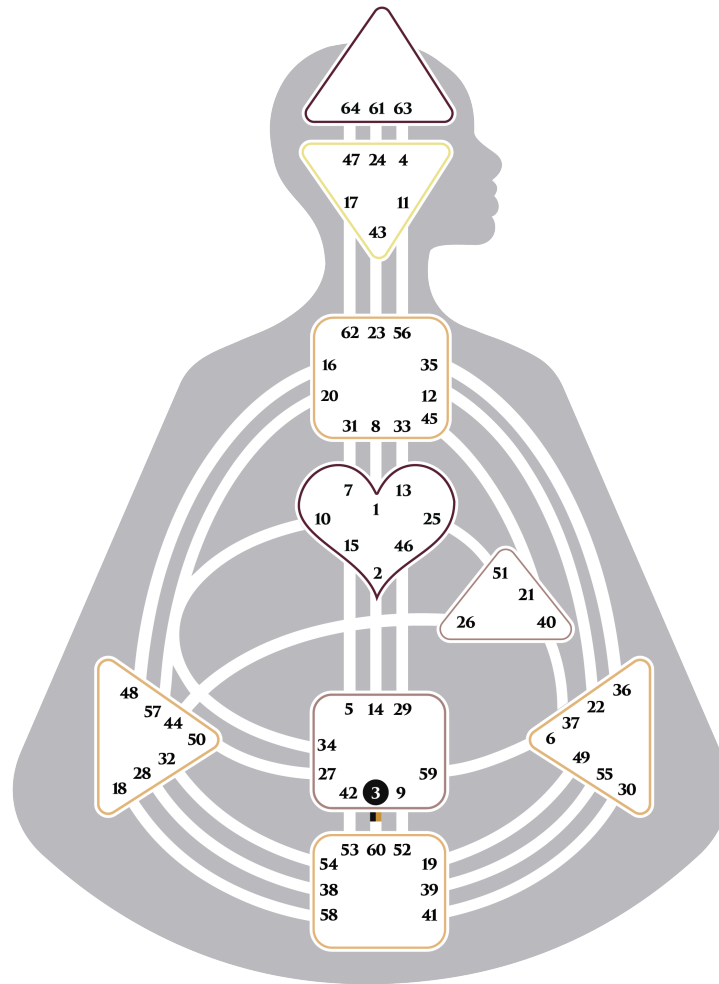
## **Sacred Flaw Story Prompts and Contemplations**

- Are you fully expressing your authentic self?
- What needs to be healed, released, aligned, or brought to your awareness for you to more deeply express your authentic self?
- Where are you already expressing who you are?
- Where have you settled or compromised? What needs to change?
- Do you feel connected to your life purpose? What do you need to do to deepen that connection?
- What does your main character need to learn about embodying their deepest truth, knowing that only through radical authenticity can they offer the gift the world is truly waiting for?

## **Affirmation**

My life is an integral part of the cosmos and the divine plan. I honor my life and know that the full expression of who I am is the purpose of my life. The more I am who I am, the more I create a frequency of energy that supports others in doing the same. I commit to exploring all of who I am.

## Gate 3: Innovation



Biology: Ovaries and testes, reproductive organs

Center: The Evolution Center

Resiliency Key: Vitality, Decisiveness, Courage, Empowerment

### Challenge

You are here to learn how to trust in divine timing and to know that your ideas and insights will be shared with the world when the world is ready to receive them. Your challenge is to resist the urge to rush the process and to honor the unfolding of your unique contributions.

### Quantum Expression

You have the ability to embrace and integrate new ideas, perspectives, and ways of being that are ahead of their time. You are designed to stay in appreciation for your innovative and visionary mind. As someone on the leading edge of consciousness, your role is to patiently cultivate your insights, trusting that the right time to share them will come—and that your voice will be heard when the world is prepared to receive it.

## **Conditioned Expression**

You may feel intense pressure or panic to share your ideas before the timing is aligned. This can lead you to push too hard, speak too soon, or burn yourself out by trying to force innovation into a space that isn't yet ready. In this state, you may question your value or feel out of sync with others, forgetting that your genius is rooted in timing as much as in originality.

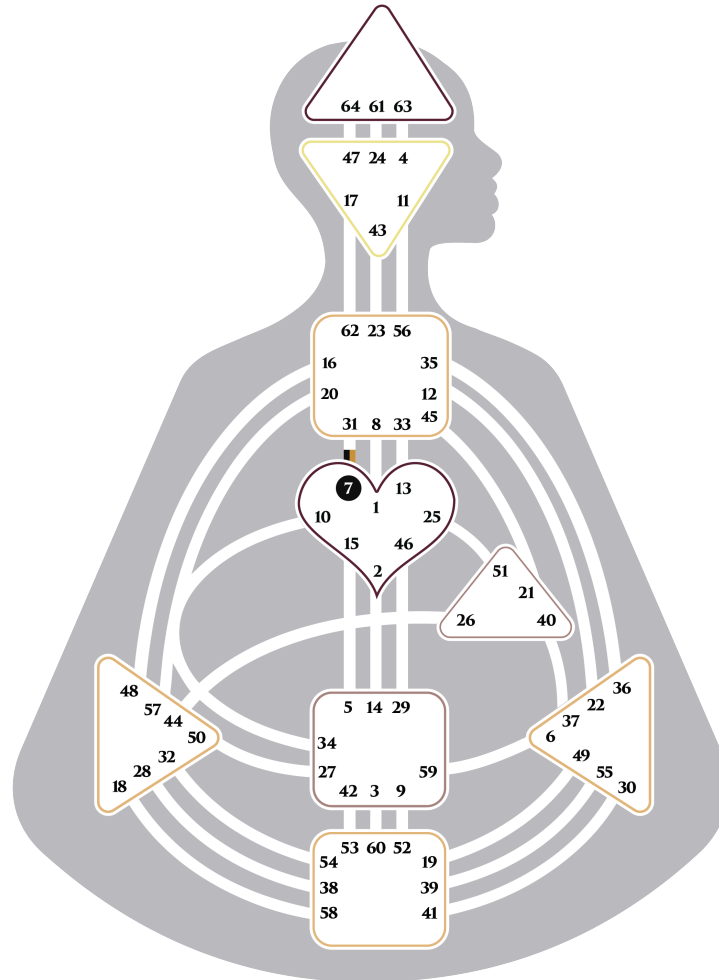
## **Sacred Flaw Story Prompts and Contemplations**

- Where has divine timing worked out in your life? What has waiting taught you?
- Do you trust in divine timing?
- If the opportunity to share your ideas with the world presented itself today, would you be ready? If not, what do you need to prepare to be ready?
- What does your main character need to learn about resisting panic to rush their brilliance into the world, so their ideas can take root, evolve, and arrive in their fullest expression?

## **Affirmation**

I am here to bring change to the world. My natural ability to see what else is possible so I can create something new is my strength and my gift. I patiently cultivate my inspiration and use my understanding of what is needed to help evolve the world.

# Gate 7: Collaboration



Biology: Liver

Center: The Calibration Center

Resiliency Key: Lovability, Decisiveness, Courage, Authenticity

## Challenge

Your greatest challenge is to overcome the need to always be in the spotlight and to embrace the power of supporting, collaborating with, and influencing leadership from behind the scenes. You are learning to find peace in serving through unity and teamwork, recognizing that leadership is only as strong as the support it receives. Your role is not less valuable because it is not always visible—your impact is vital to the success and strength of collective efforts.

## Quantum Expression

You are at your most empowered when you embrace the role of influencer, collaborator, and unifier. You understand that true power often lies in the ability to guide and support leadership rather than needing to be the one at the front. Like a chief of staff who directs energy, strategy, and cohesion, you bring people together around a shared vision and help shape the direction that leadership takes.

## Conditioned Expression

You may struggle with a desire to be recognized as the leader, pushing yourself into visibility in ways that drain your energy or pull you away from your true purpose. In this state, the need for external validation can overshadow your natural strengths as a collaborator, causing frustration and disconnection from the meaningful influence you are designed to have.

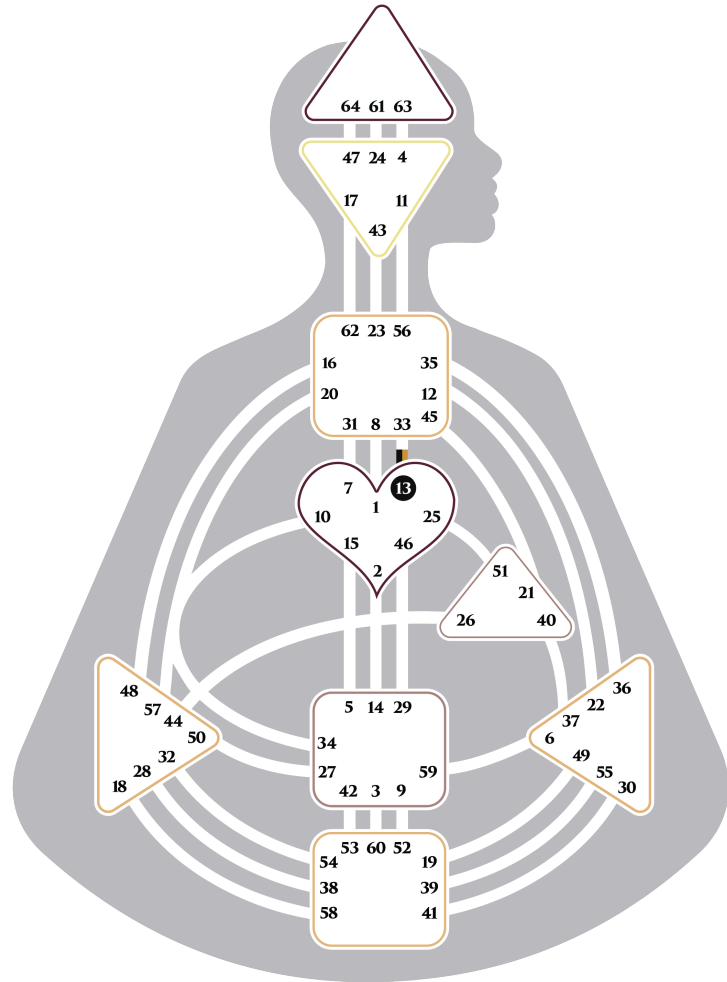
## Sacred Flaw Story Prompts and Contemplation

- What are your gifts and strengths? How do you use those gifts to influence and lead others?
- How do you feel about not being the figurehead of leadership? What happens when you *only* support the leadership? Do you still feel powerful? Influential?
- Make a list of the times when your influence has positively directed leadership.
- What does your main character need to learn about releasing the need to lead, so they can embrace the power and beauty of true collaboration and cocreation?

## Affirmation

I am an agent of peace who influences the direction and organization of leadership. I unify people around ideas. I influence with my wisdom, my knowledge, and my connections. I am a team builder and a collaborator, and I organize people in ways that empower them and support them in creating a collective direction rooted in compassion.

# Gate 13: Narrative



Biology:	Liver
Center:	The Calibration Center
Resiliency Key:	Lovability, Decisiveness, Courage, Authenticity

## Challenge

Your greatest challenge is to forgive the past and give yourself permission to redefine who you are—day by day, moment by moment. You are here to create and tell a personal narrative that is empowering, self-loving, and reflective of your true value and authenticity. As you witness the stories and pain of others, you hold the power to offer them a more expansive, compassionate narrative—one that opens the door to abundance, healing, and transformation.

## Quantum Expression

You have the ability to use the power of personal storytelling as a tool for intentional creation. Your words and self-perception carry creative force, allowing you to shape your reality with clarity and purpose. When you speak from an empowered narrative, you not only transform your own life—you inspire others to do the same.

## **Conditioned Expression**

You may find yourself stuck in old stories, holding onto past pain and identifying with a version of yourself that no longer serves you. In this state, you may continue to play the role of the victim, repeating the same disempowering narrative. This keeps your energy anchored in the past and prevents you from stepping into the fullness of who you are becoming.

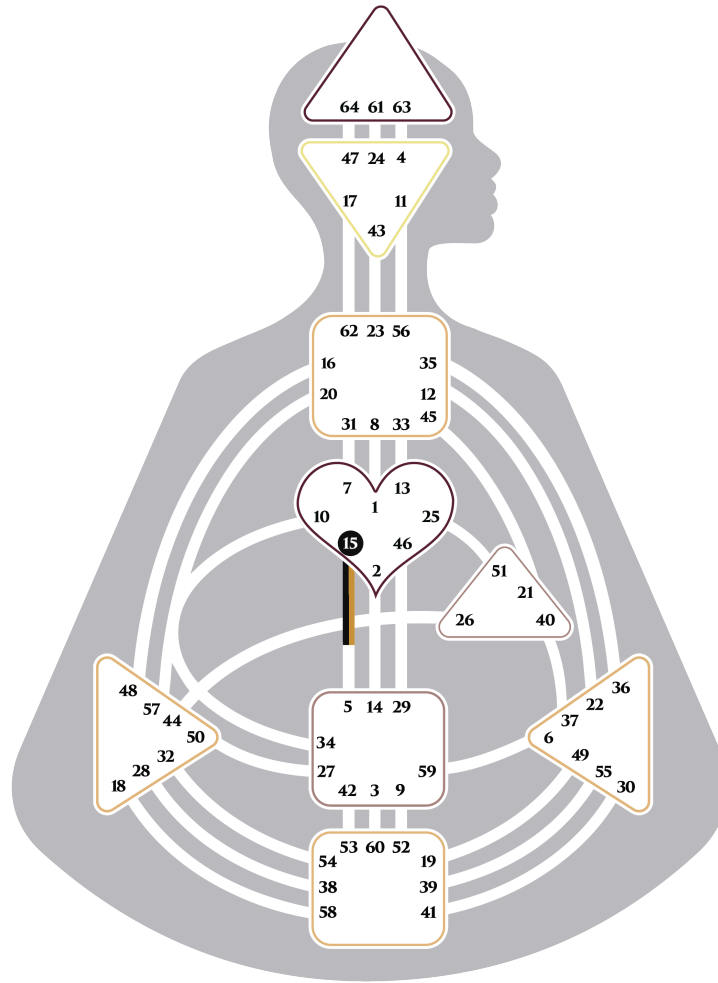
## **Sacred Flaw Story Prompts and Contemplations**

- What stories about your life are you holding on to?
- Do these stories reflect who you really are and what you really want to be creating with your life?
- What or who do you need to forgive in order to liberate yourself to tell a new story?
- What secrets or stories for others are you holding? Do you need to release them?
- Write the true story of who you really are....
- What does your main character need to learn to take control of their personal story and release the hold of the past?

## **Affirmation**

The story I tell myself and the world sets the tone and the direction for my life. I am the artist and creator of my story. I have the power to rewrite my story every day. The true story I tell from my heart allows me to serve my right place in the cosmic plan.

# Gate 15: Compassion



Biology: Liver

Center: The Calibration Center

Resiliency Key: Courage, Empowerment, Decisiveness

## Challenge

It's time to learn to allow yourself to be in the flow of your own rhythm and not beat yourself up because you don't have daily habits. Have the courage to do the right thing even if you are worried about not having enough. Share from the heart without giving up your heart and serving as a martyr.

## Quantum Expression

This highest expression shows up as the ability to trust your own flow and rhythm and to trust you will have cycles that disrupt old patterns and force you to recreate your direction and flow. You will learn to set parameters for your creativity and work within the parameters when it feels right and then rest in between. Nature has rhythm and extremes. You are here to change old rhythms and patterns to align them with greater compassion.



## **Conditioned Expression**

You might have formed self-judgment and extreme habits that are frenetic and nonproductive. These force your natural waves of rhythm into the daily practices and habits that society defines as successful, and you may struggle with follow-through because of it. You may still deny your own heart because you are too afraid to do what feels right.

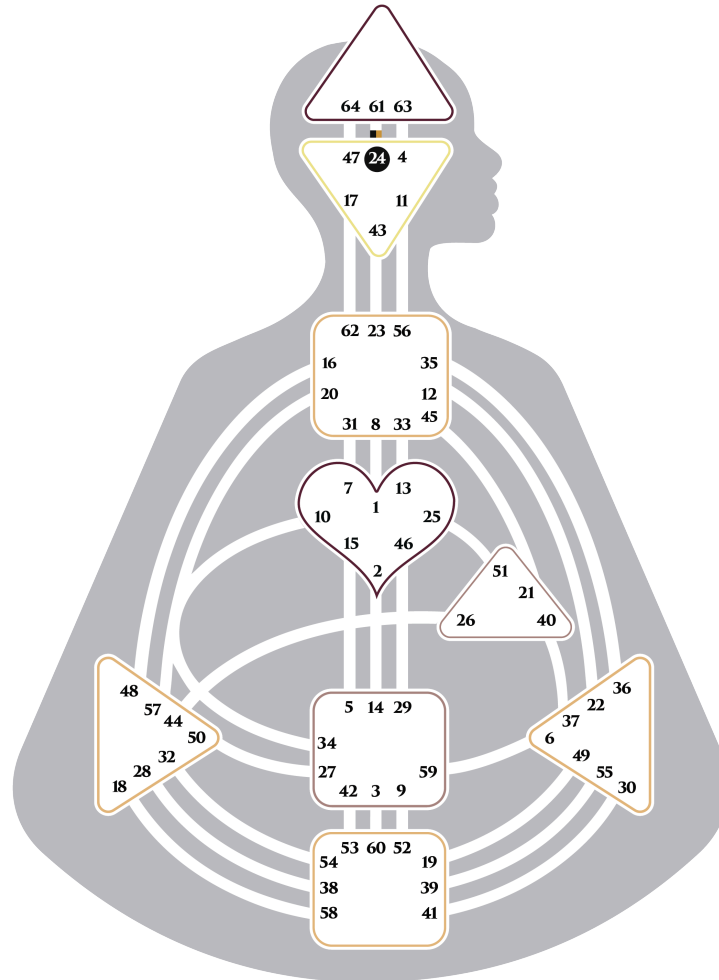
## **Sacred Flaw Story Prompts and Contemplations**

- Do you trust your own rhythm?
- Do you share from the heart? Do you overshare? Does your sharing compromise your own heart?
- Do you judge your own rhythm? Can you find peace in aligning with your rhythm?
- What old patterns do you need to break?
- What does your main character need to learn about trusting their own natural rhythm, even when it doesn't follow the patterns or productivity standards the world expects?

## **Affirmation**

Like the power of a hurricane to transform the shoreline, my unique rhythm brings change to the landscape of my life and the world around me. I embrace my own rhythm and acknowledge the power of my heart. I share with ease, and I serve my own heart as the foundation of all I have to give the world.

## Gate 24: Blessings



Biology:	Anterior and posterior pituitary gland, mouth, teeth, and tongue
Center:	Divine Translator Center
Resiliency Keys:	Self-Trust, Decisiveness

### Challenge

Your greatest challenge is to allow yourself to fully receive what you truly deserve. You are here to stop rationalizing or settling for less than your worth, especially in response to difficult or painful experiences. Part of your growth is learning to find the blessing and power in past pain and to use those experiences as catalysts for your transformation—not limitations on your potential.

### Quantum Expression

You have the ability to recognize that every life experience holds the potential for growth, healing, and expansion. You are here to rewrite the stories of your past in ways that reflect your strength, your learning, and your evolution. Gratitude becomes your tool for liberation, allowing you to release narratives that no longer serve you and step into a life that reflects your true value.

## **Conditioned Expression**

You may have learned to protect yourself by remaining stuck in old patterns that feel familiar but are limiting. This may lead you to resist transformation and justify accepting less than what you truly deserve. In this state, self-protection becomes self-sabotage, keeping you from fully claiming your worth and rewriting your story.

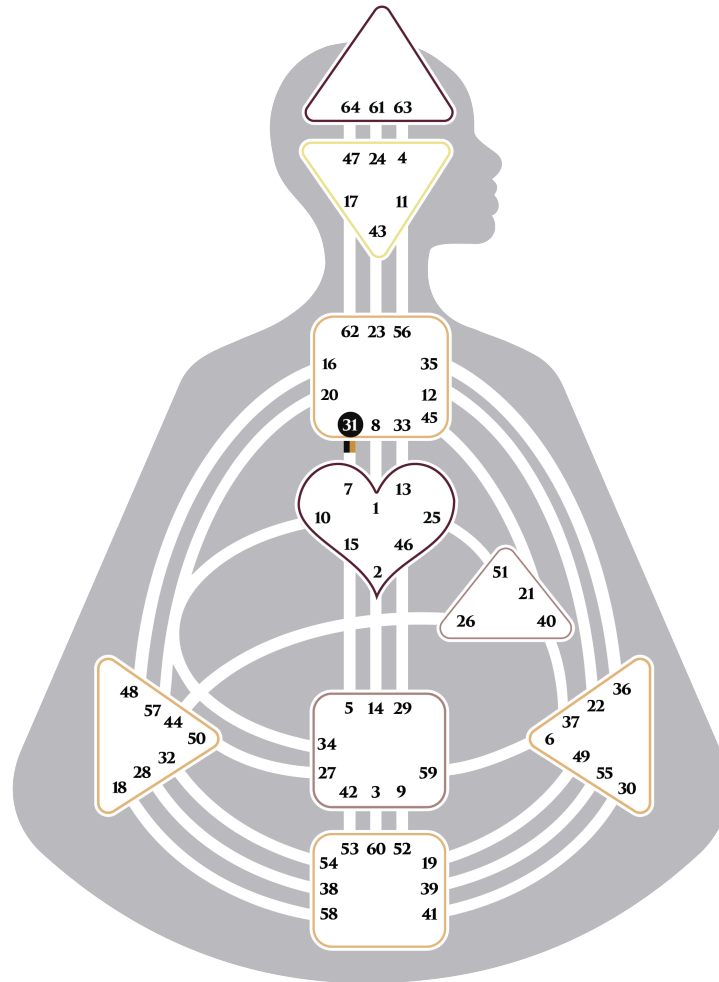
## **Sacred Flaw Story Prompts and Contemplations**

- What are the blessings you learned from your greatest painful experiences? Can you see how these experiences served to teach you? What did you learn?
- What are you grateful for from the past?
- Where might you rationalize staying stuck or settling for less than what you really want or deserve? What do you need to do to break out of this pattern?
- What does your main character need to learn about honoring the lessons of pain and loss so they can stop settling for less than what they deserve and rise into the life waiting for them?

## **Affirmation**

I embrace the mystery of life with the awareness that the infinite generosity of the Universe gives me blessings in every event in my life. I find the blessings from the pain. I grow and expand beyond the limitations of my experiences and stories. I use what I have learned to create a life and circumstances that reflect the miracle that I am.

# Gate 31: The Leader



Biology: Thyroid, parathyroid, throat

Center: Activation Center

Resiliency Keys: Authenticity, Vitality

## Challenge

Your greatest challenge is learning to lead as a true representative of the people you are called to serve. You are here to cultivate a leadership style rooted in service, humility, and purpose. Part of your growth is learning not to let the fear of being unseen, unheard, or unaccepted block your ability to lead effectively. You must embrace your right place as a leader and resist the urge to hide or hold back.

## Quantum Expression

Your greatest gift is your ability to listen deeply, learn continuously, and lead with compassion and awareness. You are designed to be a voice for the people you serve, holding their needs and values with care. In your highest expression, you assume leadership not for personal power, but to uplift, unify, and guide others toward greater alignment and empowerment.

## **Conditioned Expression**

You may have learned to seize leadership from a desire for recognition or personal gain, or you may have avoided leadership altogether due to fear or a sense of unworthiness. In this state, you either push forward for approval or shrink back in self-doubt, disconnecting from your true purpose and power as a servant leader.

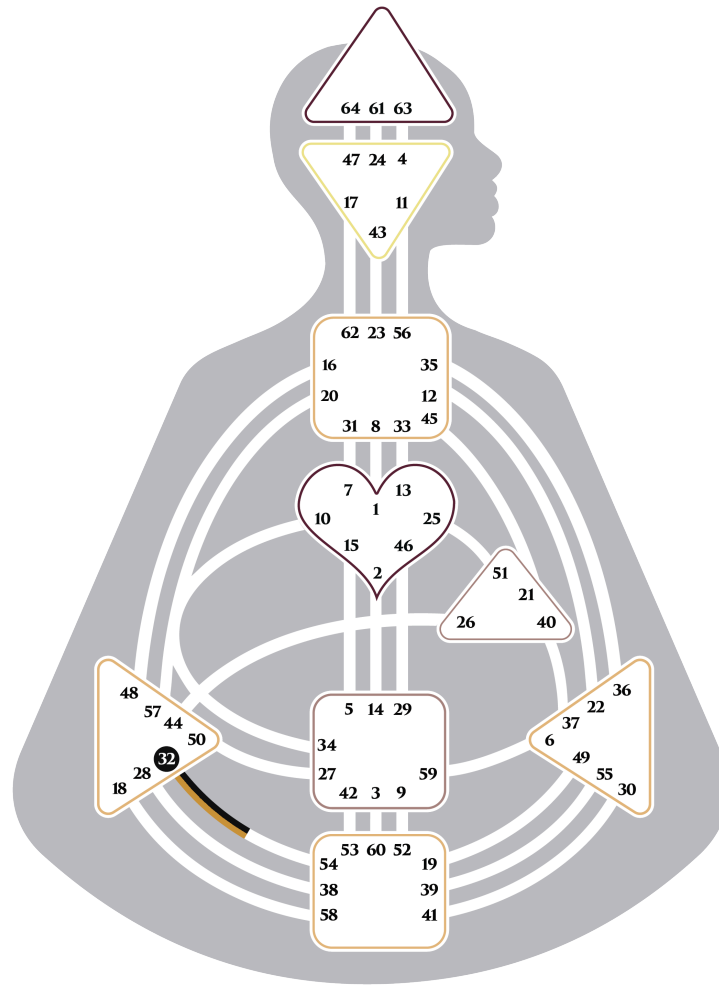
## **Sacred Flaw Story Prompts and Contemplations**

- How do you feel about being a leader? Are you comfortable leading? Do you shrink from taking leadership?
- What is your place of service? Who do you serve?
- What does your main character need to learn about trading the illusion of solitary power for the deeper wisdom that comes from listening, including, and leading with others?

## **Affirmation**

I am a natural-born leader. I serve at my highest potential when I am empowering others by giving them a voice and then serving their needs. I use my power to lead people to a greater expansion of who they are and to support them in increasing their abundance, sustainability, and peace.

## Gate 32: Endurance



Biology: Spleen and lymphatic system

Center: Self-Actualizing Center

Resiliency Keys: Self-Trust, Courage

### Challenge

Your greatest challenge is learning to trust in divine timing. You are here to prepare for the next step of manifestation with patience and alignment, rather than urgency or fear. Part of your growth involves staying present with the process, setting the stage, and aligning your energy with what is unfolding—without forcing outcomes before their time.

### Quantum Expression

You have the ability to sense what must be done to turn a dream into reality. You are designed to prepare, plan, and be ready, knowing that manifestation is a process of alignment, not force. Your gift is translating divine inspiration into intentional readiness, trusting that when the stage is set, the timing will naturally reveal itself for the highest good of all. Patience becomes your power.

## **Conditioned Expression**

You may have learned to let the fear of failure prevent you from preparing fully, leaving you unready when the timing was finally right. Alternatively, you may have developed a pattern of pushing too hard, too fast, and for too long, i.e., working against divine timing rather than with it. This can lead to frustration, burnout, and missed opportunities.

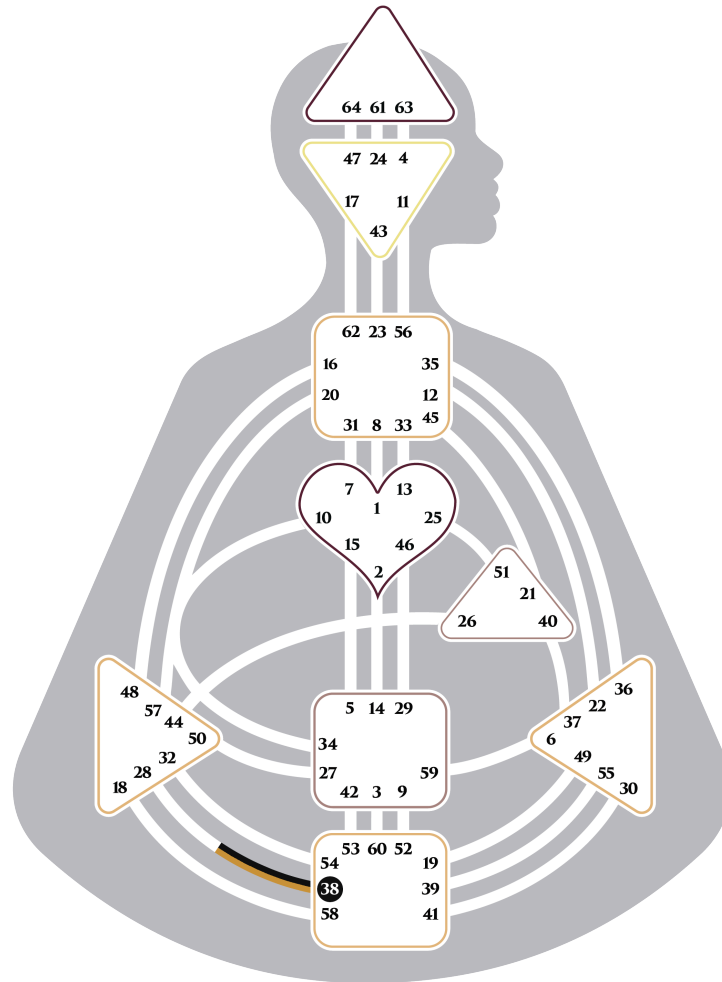
## **Sacred Flaw Story Prompts and Contemplations**

- What do you need to do to be prepared to manifest your vision? What actionable steps need to be completed to be ready when the timing is right?
- What do you need to do to cultivate patience?
- Do you have a fear of failing that is causing you to avoid being prepared?
- Are you overdoing and being overly prepared? Are you pushing too hard? What can you let go of?
- What does your main character need to learn about the power of quiet preparation so that they're ready to act with purpose when opportunity calls?

## **Affirmation**

I am a divine translator for inspiration. I sense and know what needs to be prepared on the earthly plane so I am ready for right timing. I am aligned with right timing, and I prepare and wait patiently, knowing that when the time is right, I am ready to do the work to help transform pain into power.

# Gate 38: Visionary



Biology: Adrenal glands, skeleton, muscle, and support tissues

Center: Divine Timing Center

Resiliency Keys: Vitality, Empowerment

## Challenge

Your challenge is to engage with difficulty not as a battle to be won, but as an opportunity to discover what is truly worth fighting for. You are here to transform the story of struggle into a path of meaning—using challenge as a catalyst for clarity, purpose, and deep inner strength. When you discover what truly matters, that clarity becomes the foundation for a vision that has the power to transform both your life and the world around you.

## Quantum Expression

You have the ability to recognize what is truly worth committing to and fighting for. Your experiences—both joyful and painful—can be used to craft a visionary path grounded in purpose and passion. You are here to serve as a guide and a visionary, anchoring meaningful possibilities into form through your courage, conviction, and clarity of purpose.



## **Conditioned Expression**

You may have been conditioned to struggle or fight simply for the sake of fighting, without clarity on what truly matters. In this state, you may engage in conflict that is reactive or disconnected from meaning. Over time, the cycle of aggression or unnecessary struggle can become habitual, keeping you stuck in patterns that drain your energy and distract you from your true purpose.

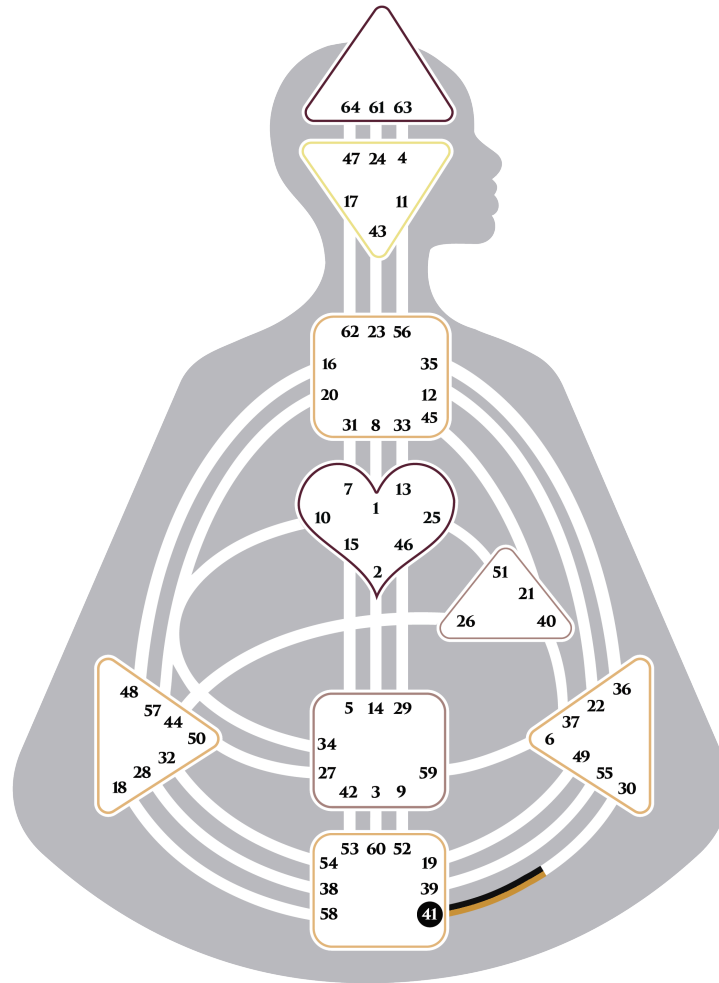
## **Sacred Flaw Story Prompts and Contemplations**

- Do you know what's worth committing to and fighting for in your life?
- Do you have a dream that you are sharing with the world?
- Do you know how to use your struggles and challenges as the catalyst for creating deeper meaning in the world? In your life?
- What does your main character need to learn about honoring the sacred use of fire so that they only raise their sword in service to their dreams and what is just, true, and soul-aligned?

## **Affirmation**

My challenges, struggles, and adventures have taught me about what is truly valuable in life. I use my understandings to hold a vision of what else is possible for the world. I am aligned with the values that reflect the preciousness of life, and I sustain a vision for a world that is aligned with heart. My steadfast commitment to my vision inspires others to join me in creating a world of equitable, sustainable peace.

# Gate 41: Imagination



Biology: Adrenal glands, skeleton, muscle, and support tissues

Center: Divine Timing Center

Resiliency Keys: Vitality, Empowerment

## Challenge

You are here to learn how to use your imagination as a wellspring of creative inspiration and manifestation. Your challenge is to fully experience the world and allow yourself to envision more abundant and expansive possibilities. Staying connected to your creative fire is essential to your growth and contribution.

## Quantum Expression

You have the ability to use your creative imagination to generate innovative ideas and abundant opportunities for yourself and others. You can sustain expansive visions, share them when the timing is right, and use your imagination to dissolve outdated patterns and beliefs. You have the gift of holding a vision that transcends limitations and opens the door to miracles.

## **Conditioned Expression**

You may find yourself imagining worst-case scenarios and becoming stuck in fear-based thinking. In this state, you deny your creative potential and give away your power to shape new possibilities. You might hesitate to share unconventional ideas because they challenge the status quo, or you may fear being dismissed or judged as being unrealistic or too much of a dreamer.

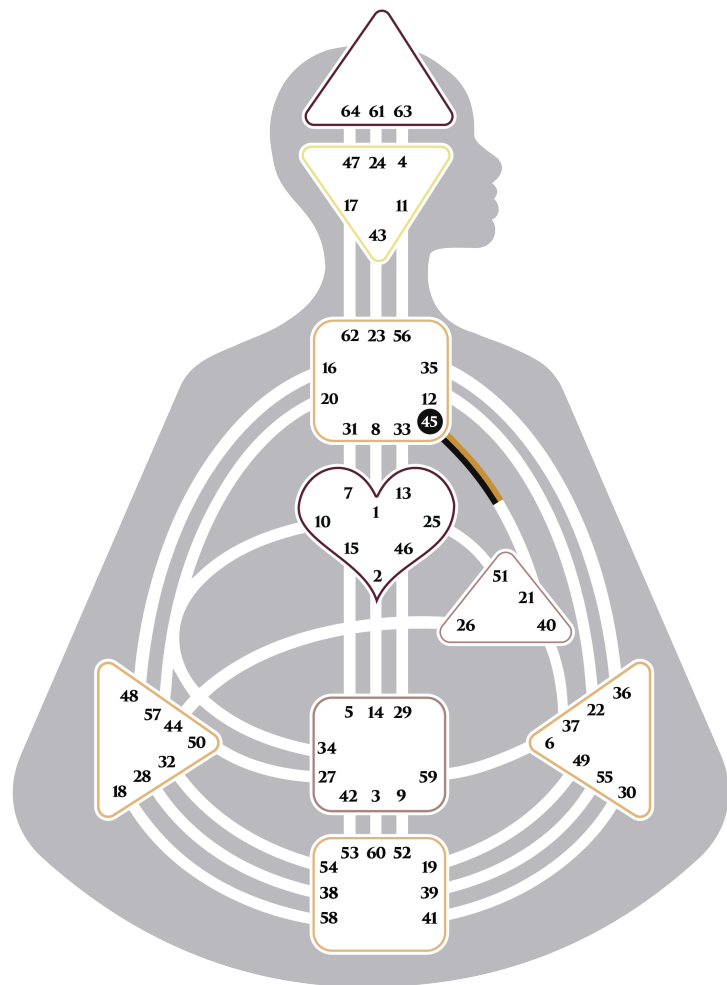
## **Sacred Flaw Story Prompts and Contemplations**

- Do you own your creative power? How can you deepen self-honoring of your creative power?
- What do you do to express your creative abilities?
- What do you do to hold on to your dreams and visions? Are you sustaining them, or do you give up? What can you do to deepen your sustainability?
- Do you allow yourself to dream of good things? Do you believe in miracles? How can you deepen your faith in the goodness of the world?
- What does your main character need to learn about walking the edge between vision and illusion so they can dream boldly without drifting away from what's real and possible?

## **Affirmation**

I am a creative nexus of inspiration for the world. My ideas and imaginings inspire people to think beyond their limitations. My ideas stimulate new possibilities in the world. I am a powerful creator, and my creative thoughts, ideas, and inspirations set the stage for miracles and possibilities that will change the story of humanity.

# Gate 45: Distribution



Biology: Thyroid, parathyroid, and throat

Center: Activation Center

Resiliency Keys: Authenticity, Vitality

## Challenge

You are here to learn how to share and use your resources—both material and energetic—for the greater good. Part of your challenge is to manage these resources wisely, in ways that benefit the most people. Teaching becomes one of your most powerful pathways for sharing, allowing you to distribute both knowledge and support in a way that uplifts the collective.

## Quantum Expression

You have the ability to recognize that both knowledge and material resources hold transformative power. You intuitively understand how to use these gifts in service to others, helping them grow stronger, more sustainable, and more self-sufficient. Your leadership becomes a source of abundance when you use your resources to nurture growth and elevate those around you.

## **Conditioned Expression**

You may fall into patterns of diva energy or selfish leadership rooted in fear and a sense of lack. This can look like withholding your resources, overcompensating through arrogance or showiness, or trying to prove your worth by controlling others. When driven by the fear of not being seen or valued as a leader, you may become bombastic or domineering rather than truly impactful.

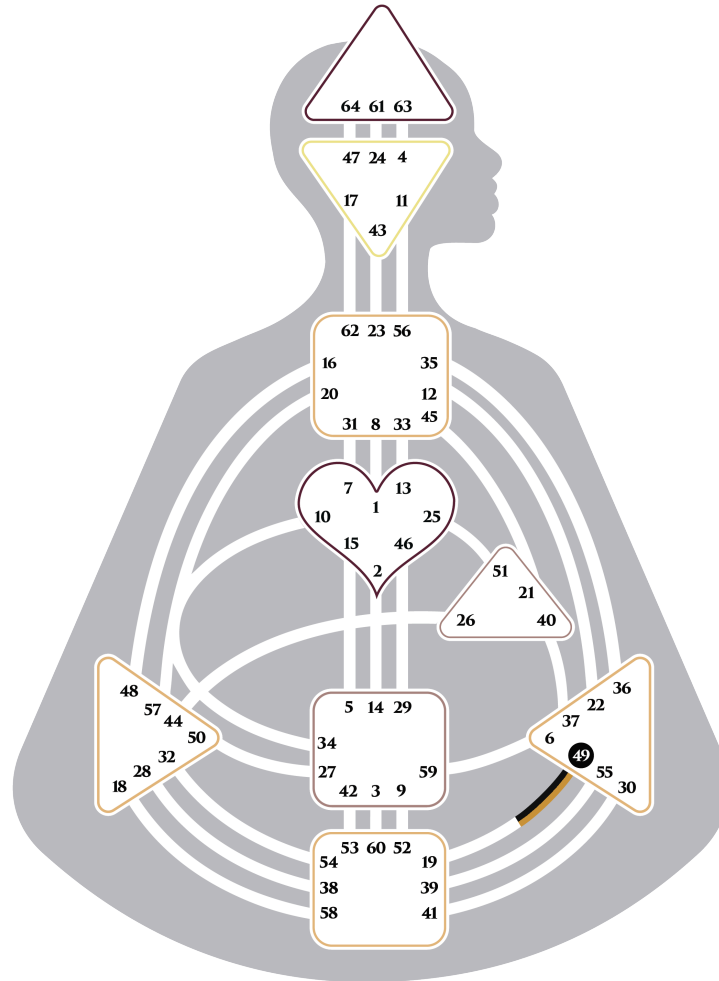
## **Sacred Flaw Story Prompts and Contemplations**

- Do you like to share? What do you have to give the world?
- How do you own your right leadership? Are you comfortable as a leader? Do you shrink from leadership? Do you overcompensate by pushing too hard with your leadership?
- Do you trust that when the right people are ready you will be pressed into action as a leader and a teacher? What do you need to heal, release, align, or bring to your awareness to trust your leadership energy more?
- What does your main character need to learn about becoming the embodiment of the noble queen/king whose power flows from presence and love, not performance and dominance, so that they may lead in service to something greater than self?

## **Affirmation**

I am a teacher and a leader. I use my resources, my knowledge, and my experience to expand the resources, knowledge, and experiences of others. I use my blessings of abundance to increase the blessings of others. I know I am a vehicle of wisdom and knowledge. I sense when it's right for me to share who I am and what I know with others.

# Gate 49: The Catalyst



Biology: Kidneys and pancreas

Center: Creative Center

Resiliency Keys: Courage, Emotional Wisdom, Empowerment, Decisiveness, Vitality

## Challenge

You are here to learn how to discern when to hold on and when to let go. Your challenge is to avoid quitting too soon out of fear or discomfort, while also not staying too long in situations, relationships, or agreements that no longer honor your true value. Part of your growth is recognizing when compromise becomes self-abandonment and learning to walk away with integrity.

## Quantum Expression

You have the ability to sense when it's time to stand firm in a value that reflects your worth and honors the greater good. You can inspire others to make expansive, principle-based changes that create deeper alignment with peace, sustainability, and purpose. Your wisdom lies in your willingness to align with higher values—even when that requires courage, patience, or letting go.

## **Conditioned Expression:**

You may quit too early as a way to avoid vulnerability, connection, or the discomfort of growth. Alternatively, you might stay in unaligned situations too long, compromising your worth or upholding outdated agreements that no longer serve your evolution. This can lead to unnecessary conflict, drama, or fighting for values that no longer reflect who you truly are.

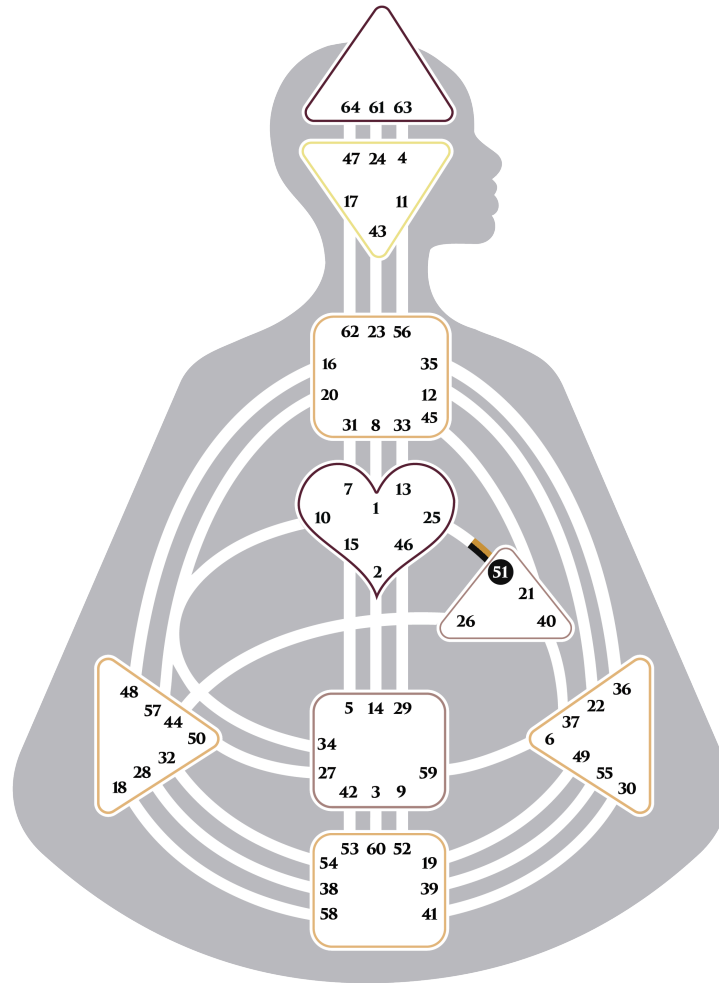
## **Sacred Flaw Story Prompts and Contemplations**

- Are you holding on too long? Is there a circumstance and condition that you are allowing because you are afraid of the emotional energy associated with change?
- Do you have a habit of quitting too soon? Do fail to do the work associated with creating genuine intimacy?
- What do you need to release right now to create room to align with higher principles?
- What does your main character need to learn about discerning when to honor an agreement and stay the course and when to release it with grace because the shared values that once held it together no longer remain?

## **Affirmation**

I am a cosmic revolutionary. I am aligned with higher principles that support the evolution of humanity. I stand for peace, equity, and sustainability. I align with these principles, and I stand my ground. I do the work to create the intimacy necessary to share my values with others. I value myself and my work enough to only align with relationships that support my vital role.

# Gate 51: Initiation



Biology: Gallbladder

Center: Resource Center

Resiliency Keys: Self-Worth, Vitality, Empowerment

## Challenge

You are here to learn how to maintain your faith and sense of purpose in the face of the unexpected. Your challenge is to not let patterns of disruption or sudden change disconnect you from your alignment with Source or your higher calling. Part of your growth involves learning how to transform your own story of initiation into a source of inspiration and empowerment for others—helping them find their rightful place in the greater cosmic plan.

## Quantum Expression

You have the ability to consciously use disruption, upheaval, and unexpected events as powerful catalysts for growth. Rather than resisting life's twists and turns, you allow them to deepen your connection to Source and reinforce your alignment with your soul purpose and life purpose. You carry the wisdom to transform shock into sacred initiation.



## **Conditioned Expression**

You may react to disruption by disconnecting from your purpose or losing faith in Source. This can lead to bitterness, anger, or a sense of betrayal—especially when life doesn't go as planned. In response, you may try to control every outcome, which ultimately drains your energy and holds you back from fully stepping into your path.

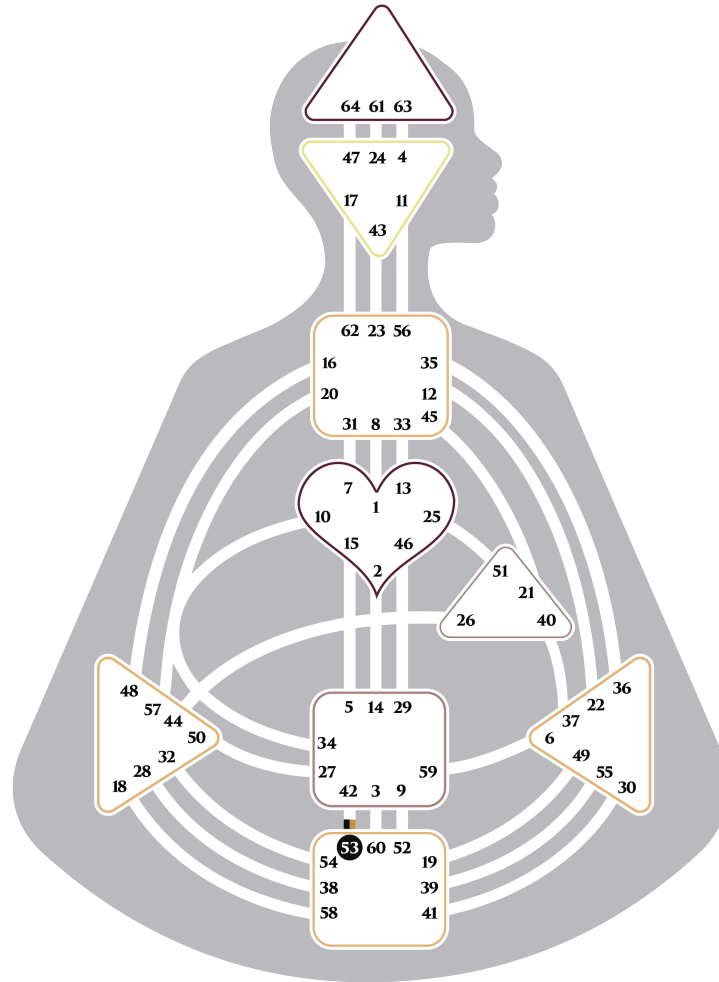
## **Sacred Flaw Story Prompts and Contemplations**

- What has shock and the unexpected taught you in your life?
- How can you deepen your connection to Source?
- How can your experiences of initiation be shared with others? What are you here to wake people up to?
- What does your main character need to learn about transforming the shock of awakening, both received and given, so they can become a vessel for awakening that empowers rather than shocks and overwhelms?

## **Affirmation**

I navigate change and transformation with grace. I know that when my life takes a twist or a turn, it is my soul calling me out to serve at a higher level. I use disruption as a catalyst for my own growth and expansion. I am a teacher and an initiator. I use my ability to transform pain into growth and power to help others navigate through crisis and emerge on the other side empowered and aligned.

## Gate 53: Starting



Biology: Adrenal glands, skeleton, muscle, and support tissues

Center: Divine Timing Center

Resiliency Keys: Vitality, Empowerment

### Challenge

You are here to learn how to respond to opportunities in a way that aligns with your unique energy blueprint. Your challenge is to trust the timing of the Universe and to initiate only when you are energetically and intuitively aligned. You are learning how to set the stage for manifestation without rushing to control the outcome or force your own timing. It is essential that you find peace in being someone who initiates ideas, rather than someone who is responsible for completing them. You are also here to avoid burnout by honoring your natural role in the creative process.

### Quantum Expression

You have the ability to hold space for inspiration and to tune into the essence of what a new idea wants to become. You are gifted at launching the initiation sequence—beginning things with clarity, alignment, and trust in Divine Timing. Once the spark is lit, you are able to release control and allow the idea to follow its natural course, trusting the flow of life to carry it forward.

## **Conditioned Expression**

You may feel pressured to act too quickly, rushing to start ideas out of fear of missing the moment. This often leads to frustration or burnout when things don't unfold as expected. Past experiences of failed timing may cause you to hesitate or avoid starting anything new. In this state, you might start many things but feel disheartened because you rarely get to experience the rewards or completion of what you initiate.

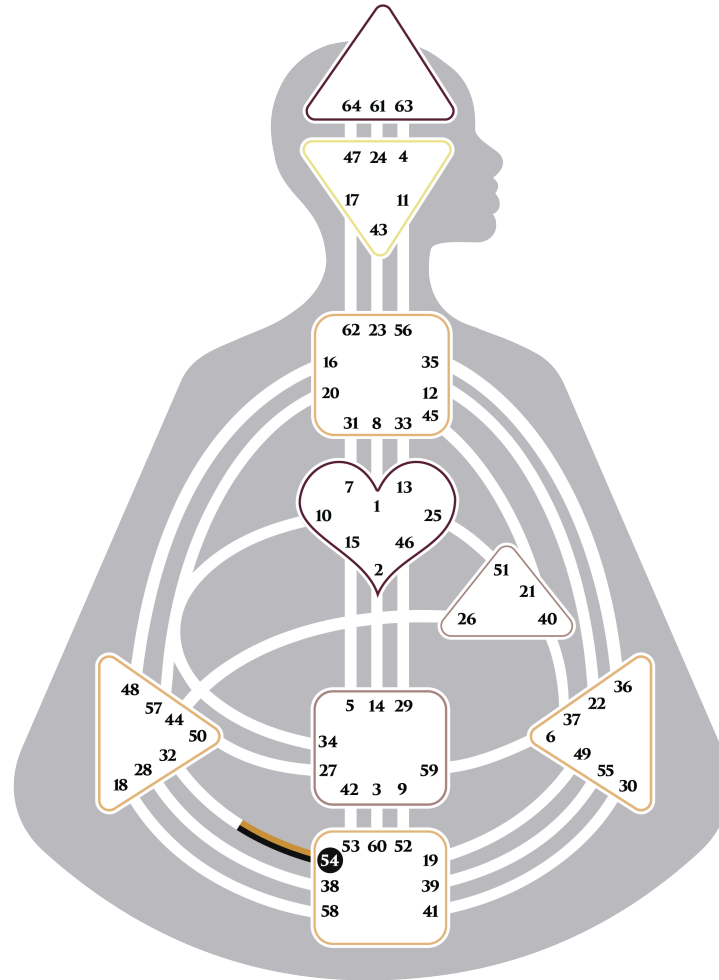
## **Sacred Flaw Story Prompts and Contemplations**

- How do you feel about yourself when you have an idea but you can't get it initiated?
- How do you feel when someone takes your initial idea and builds on it? Do you value what you started?
- What identities and attachments do you have to being the one who starts and finishes something?
- Do you judge yourself for not finishing something? How can you be gentler with yourself?
- Do you trust divine timing? How can you deepen your trust in right timing?
- What does your main character need to learn about being the spark, not the flame, trusting that their role is to awaken movement and that completion may not always be theirs to hold?

## **Affirmation**

I am a servant to Divine Inspiration. My thoughts, inspirations and ideas set the stage for creative expansion and the potential for evolution. I take action on the ideas that present themselves to me in an aligned way. I honor all other ideas knowing that my gift is in the spark of energy that gets things rolling when the timing is right. While I wait for right timing, I guard my energy and charge my battery so that I am sustainable when the time is right for action.

# Gate 54: Divine Inspiration



Biology: Adrenal glands, skeleton, muscles, and support tissues

Center: Divine Timing Center

Resiliency Keys: Vitality, Empowerment

## Challenge

You are here to learn how to become a clear and open conduit for divine inspiration. Your challenge is to develop the patience to wait for true alignment and right timing before moving into action. You are learning to find peace in your role as a steward of inspiration—honoring the sacred responsibility of holding, nurturing, and aligning with the divine trajectory of an idea, even before it manifests.

## Quantum Expression

You have the ability to cultivate a deep and devoted relationship with the divine muse. You know how to tend to the seeds of inspiration with care, allowing them to grow in their own timing. You serve as a steward by aligning the idea energetically, taking aligned foundational steps, and building the right environment for the inspiration to take form when the moment is ripe.

## **Conditioned Expression**

You may feel pressured to take immediate action on an inspiration, believing you are solely responsible for forcing it into form. This can lead to pushing too hard or trying to manifest an idea that may not be yours to bring forth—or one that is not yet ready. In this state, you risk acting out of urgency rather than alignment, exhausting your energy and losing connection to the true essence of the inspiration.

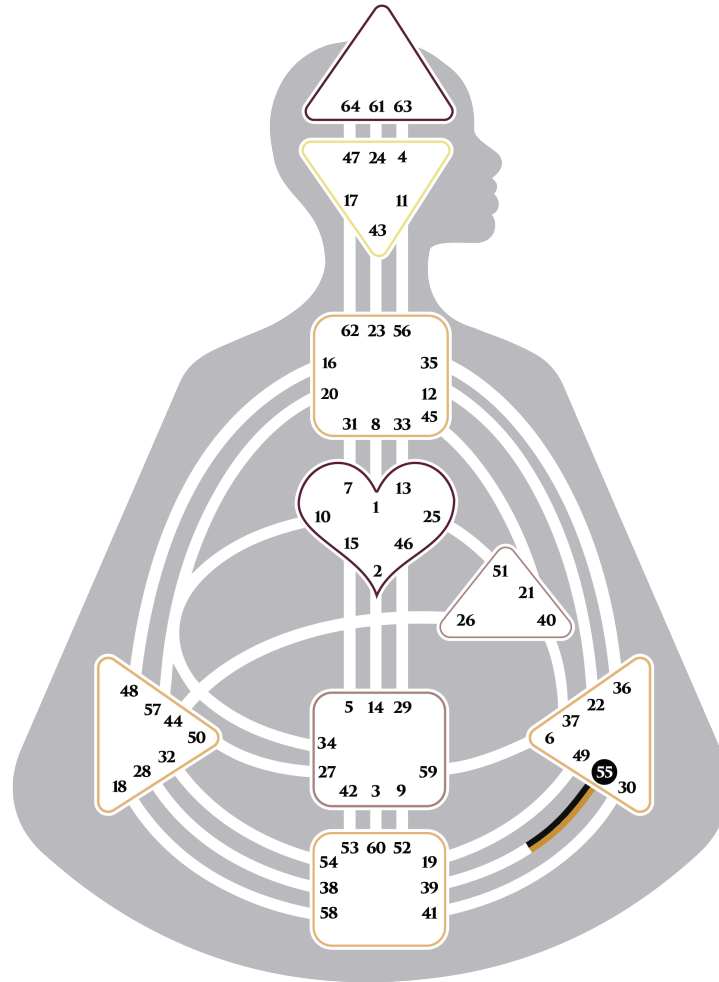
## **Sacred Flaw Story Prompts and Contemplations**

- What do you do to get inspired? How do you interface with your creative muse?
- Is there anything you need to do or prepare so you are ready for the next step in the manifestation of your dream or inspiration?
- What does your main character need to learn about weaving the fire of divine inspiration into form, i.e., building the structure, tending the flame, and walking the long road from vision to embodiment?

## **Affirmation**

I am a divine conduit for inspiration. Through me, new ideas about creating sustainability and peace on the planet are born. I tend to my inspirations, give them love and energy, and prepare the way for their manifestations in the material world.

# Gate 55: Faith



Biology:	Kidney and pancreas
Center:	Creative Center
Resiliency Keys:	Courage, Emotional Wisdom, Empowerment, Decisiveness, Vitality

## Challenge

You are here to learn how to trust Source completely and to know, deep within, that you are always supported. Your challenge is to master the art of emotional alignment—not just as a practice, but as your most powerful creative tool. You are learning to create from a place of faith, not fear, and to align your emotions with the energy of sufficiency and possibility.

## Quantum Expression

You have the ability to hold a powerful emotional frequency that aligns with your vision and intention. Your trust in the abundance of Source allows you to create freely, without fear, limitation, or the need to force outcomes. You manifest through vibrational coherence, anchored in the knowing that there is always enough.

## **Conditioned Expression**

You may fall into patterns of indecisiveness, fear, or scarcity thinking. This can show up as hoarding, withholding, or competing to take more than your share. In this state, you may stop trusting Source and instead rely on sheer willpower to try to make things happen, which ultimately depletes your energy and disconnects you from your true creative power.

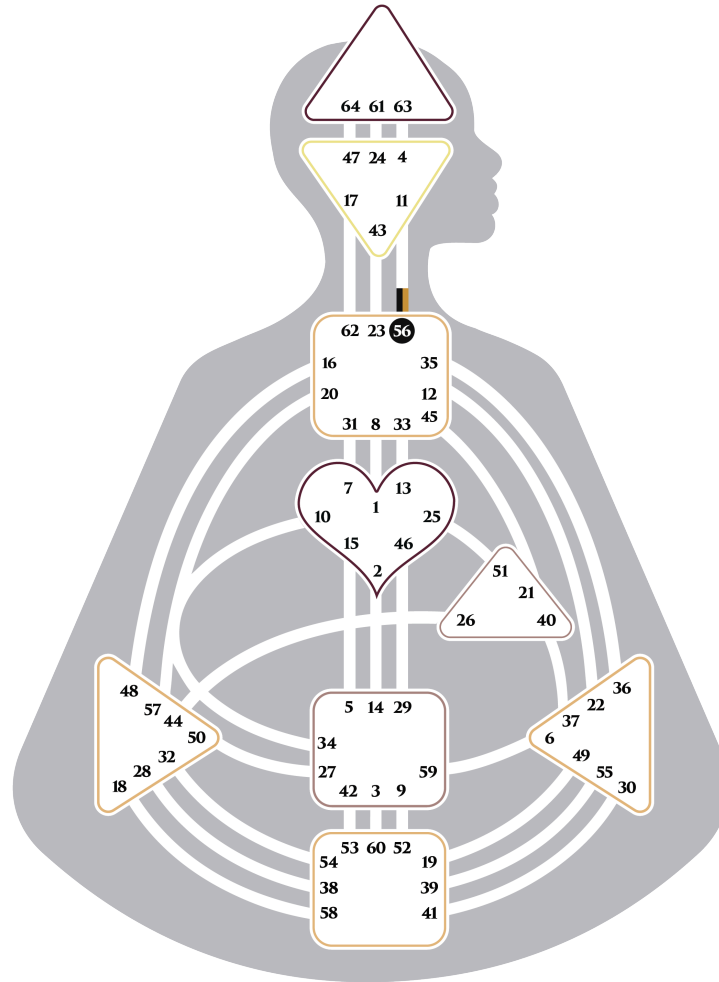
## **Sacred Flaw Story Prompts and Contemplations**

- Do you trust that you are fully supported? What do you need to do to deepen that trust?
- How can you align yourself with abundant emotional energy? What practices or shifts do you need to make in your life to live and create in a more aligned way?
- Do you surround yourself with beauty? How can you deepen your experience of beauty in your life?
- What do you have faith in now? What old gods of limitation do you need to stop worshipping?
- Go on a miracle hunt. Take stock of everything good that has happened in your life. How much magic have you been blessed with?
- What does your main character need to learn about becoming the steward of a vision too big for one pair of hands, learning to build with trust, guided by the unseen scaffolding of faith?

## **Affirmation**

I am perfectly and divinely supported. I know that all my needs and desires are being fulfilled. My trust in my support allows me to create beyond the limitation of what others think is possible and my faith shows them the way. I use my emotional energy as the source of my creative power. My frequency of faith lifts others up and opens a greater world of potential and possibility.

# Gate 56: Expansion



Biology: Thyroid, parathyroid, throat

Center: Activation Center

Resiliency Keys: Lovability, Decisiveness, Courage, Authenticity

## Challenge

You are here to learn how to share your stories and inspirations with the right people, in the right way, and at the right time. Your challenge is to become intentional with your storytelling—to choose stories that expand, uplift, and inspire rather than those that drain, contract, or reinforce limitation. You are learning that the energy behind a story is just as important as its content.

## Quantum Expression

You have the ability to share stories and ideas that spark expansive, possibility-focused thinking in others. Your words carry emotional power, and when used with intention, they stimulate growth, creative evolution, and higher vibrational alignment. You serve as a catalyst for transformation through the narratives you choose to speak.



## **Conditioned Expression**

You may find yourself repeating or getting stuck in stories that limit you or others. This can show up as telling narratives that focus on scarcity, failure, or struggle in a way that depletes emotional energy. In this state, your storytelling contracts the field of possibility rather than expanding it.

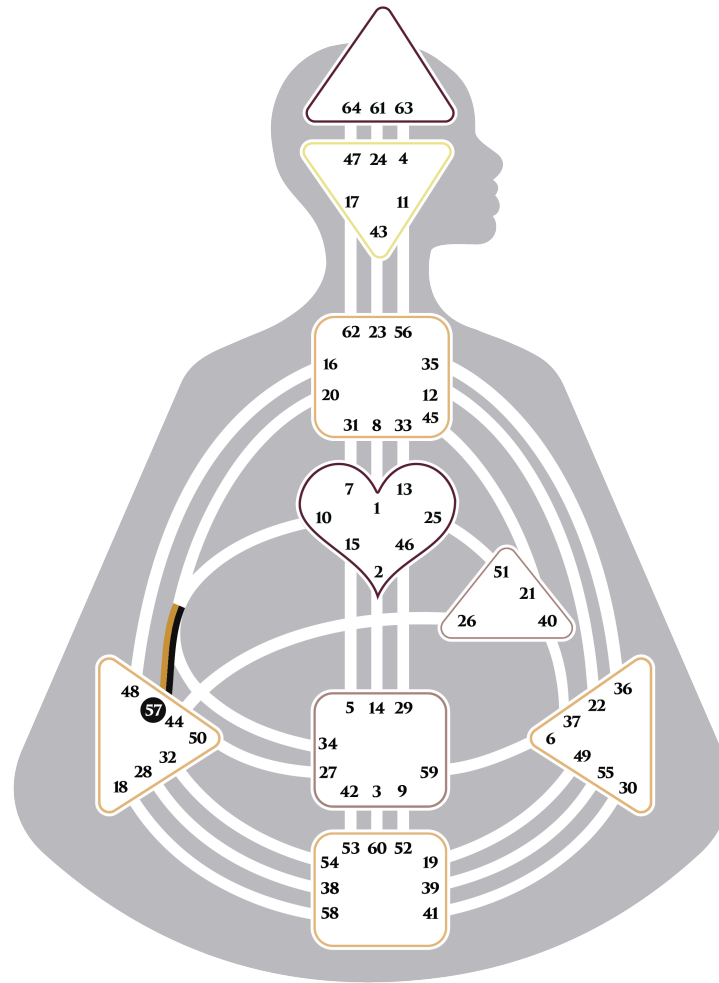
## **Sacred Flaw Story Prompts and Contemplations**

- What stories do you share repeatedly with others? Do they lift people up or cause them to contract?
- What stories do you tell about yourself and your voice that cause you to either expand or contract?
- What are you here to inspire others to do or be?
- What does your main character need to learn about becoming a sacred storyteller who knows that silence, too, can speak and that stories shared at the right time with the right person become medicine?

## **Affirmation**

I am a divine storyteller. The stories of possibility that I share have the power to inspire others to grow and expand. I use my words as a template for possibility and expansion for the world. I inspire the world with my words.

# Gate 57: Instinct



Biology: Spleen and lymphatic system

Center: Self-Actualization Center

Resiliency Keys: Self-Trust, Courage

## Challenge

You are here to learn how to trust your own instincts and inner knowing. Your challenge is to develop the discernment to recognize the difference between a true, instinctive response and a fear-based reaction to the unknown. You are also learning to master your connection to divine timing and to trust when the moment is right to act.

## Quantum Expression

You have the ability to sense right timing with clarity and precision. Your intuitive knowing guides you to prepare for the future in ways that are aligned and grounded. You instinctively recognize what needs to be done and have the inner wisdom to follow through at exactly the right moment.

## **Conditioned Expression**

You may experience intense fear about the future, which can lead to paralysis and inaction. In this state, you struggle to trust your instincts and second-guess what you know deep down is right. Even when you sense what needs to be done to prepare, you may hold back out of fear, missing opportunities to act with confidence and alignment.

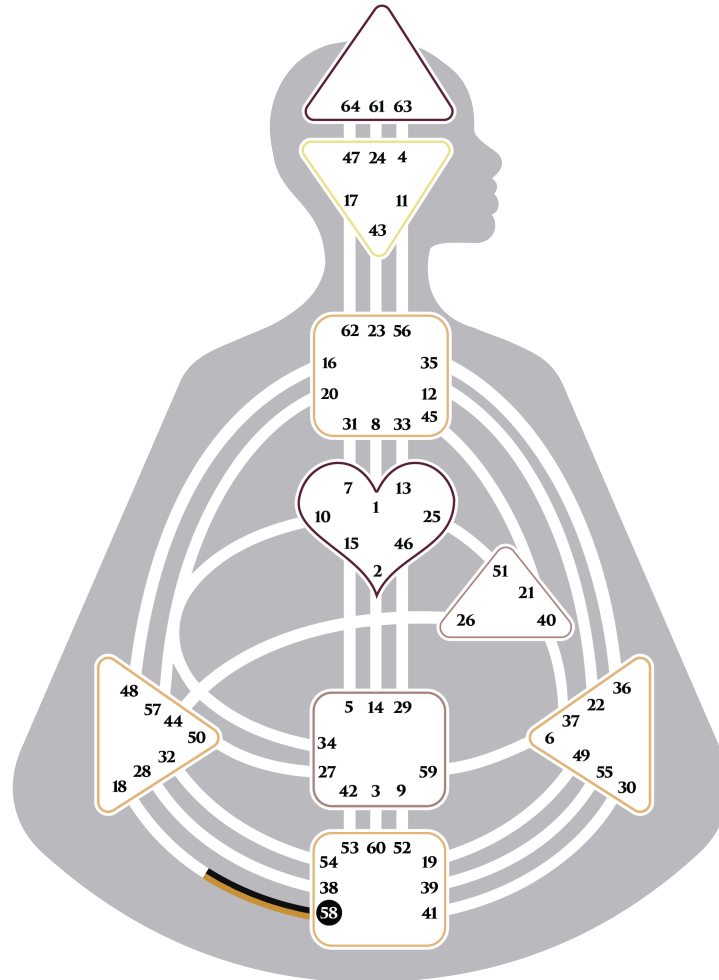
## **Sacred Flaw Story Prompts and Contemplations**

- Do you trust your intuition? What does your intuition feel like?
- Sometimes doing a retrospective analysis of your intuition or instinct makes it more clear how your intuitive signal works. What experiences in the past have you had that you knew you should or shouldn't do? How have you experienced your intuition in the past?
- When you think about moving forward in your life, do you feel afraid? What are you afraid of? What can you do to mitigate the fear?
- What impulses are you experiencing that are telling you to prepare for what's next in your life? Are you acting on your impulses? Why or why not?
- What does your main character need to learn about being the keeper of unseen truth, trusting the whispers of intuition even when they can't explain it, i.e., learning to honor the truth that lives within them, even if others don't understand?

## **Affirmation**

My inner wisdom is deeply connected to the pulse of divine timing. I listen to my inner wisdom and follow my instinct. I know when and how to prepare the way for the future. I take guided action, and I trust myself and Source.

# Gate 58: Joy



Biology: Adrenal glands, skeleton, muscles, and support tissues

Center: Divine Timing Center

Resiliency Keys: Vitality, Empowerment

## Challenge

You are here to follow the inner drive to fulfill your creative potential. Your challenge is to devote yourself to crafting and refining a talent through joyful practice and repetition. You are learning that joy is not a distraction from purpose—but a vital force that fuels your creative power. Part of your growth is embracing joy without guilt, shame, or the belief that it must be earned.

## Quantum Expression

You have the ability to harness the joy of mastery and to refine your skills with dedication, playfulness, and presence. When you live in the flow of joy, you naturally elevate your creative gifts and move closer to the full expression of your potential. Joy becomes the current that carries you toward fulfillment.

## **Conditioned Expression**

You may fall into the pattern of denying yourself joy, believing it is frivolous, indulgent, or unearned. This can lead you to avoid the consistent practice needed to cultivate mastery or to feel guilty for doing what you love. In this state, you may disconnect from your creative energy and disbelieve in joy as a legitimate path to fulfillment.

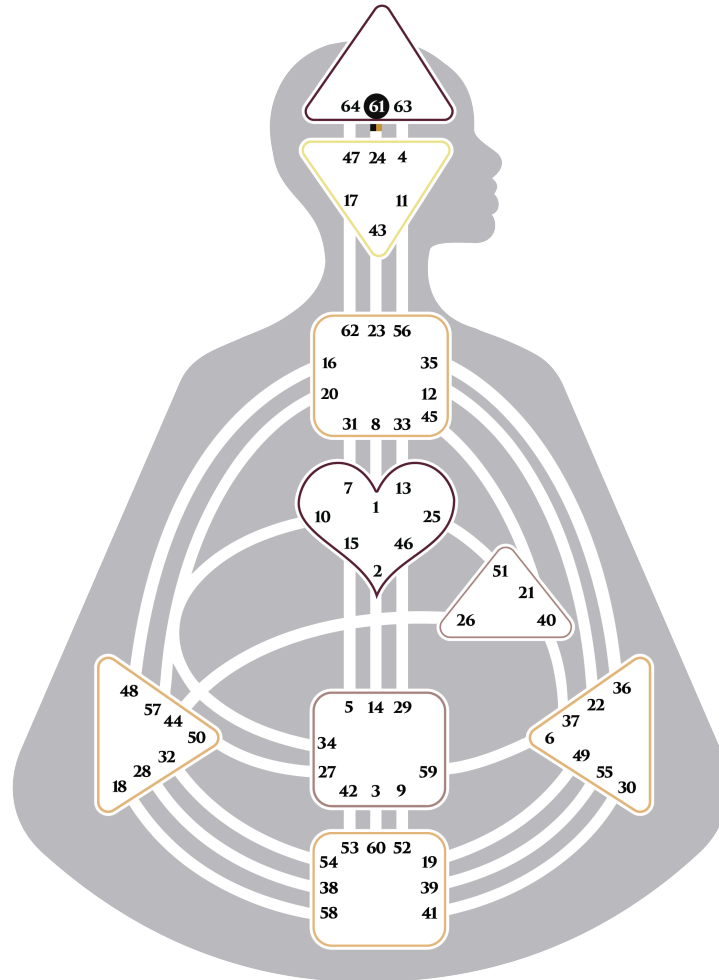
## **Sacred Flaw Story Prompts and Contemplations**

- What brings you the greatest joy? How can you deepen your practice of joy?
- How can you create more joy in your life?
- What keeps you from fulfilling your potential and your talent? What are you afraid of?
- What does your main character need to learn about dancing with the long arc of accomplishment or holding onto joy as their compass, even when the path asks for patience, practice, and persistence?

## **Affirmation**

I am a gifted curator of my own talent. I use my joy to drive me to proudly display the fun expression of all that I am. I practice as my path to proficiency. I know that from repetition and consistency comes a more complete expression of my talent. I embrace learning and growing, and I commit to the full expression of my joy.

# Gate 61: Wonder



Biology: Pineal gland

Center: Quantum Interface Center

Resiliency Keys: Decisiveness, Self-Trust

## Challenge

You are here to learn how to release the need to constantly answer the question “why.” Your challenge is to remain rooted in wonder, awe, and presence—without letting the pressure to understand everything pull you out of the moment. You are learning that being present is often more powerful than having all the answers.

## Quantum Expression

You have the ability to see a higher purpose and meaning that transcends the immediate details of any situation. You stay connected to a state of innocence and what may appear to be “delusional confidence,” which fuels powerful creative flow and trust in the unfolding. Your perspective opens the door to expansive possibility.

## Conditioned Expression

You may find yourself consumed by the pressure to figure things out, especially in moments of uncertainty or challenge. This can lead to bitterness, confusion, or a sense of victimhood, often reinforced by rationalizations that keep you stuck in the story. In this state, the need to know replaces your natural capacity for wonder and surrender.

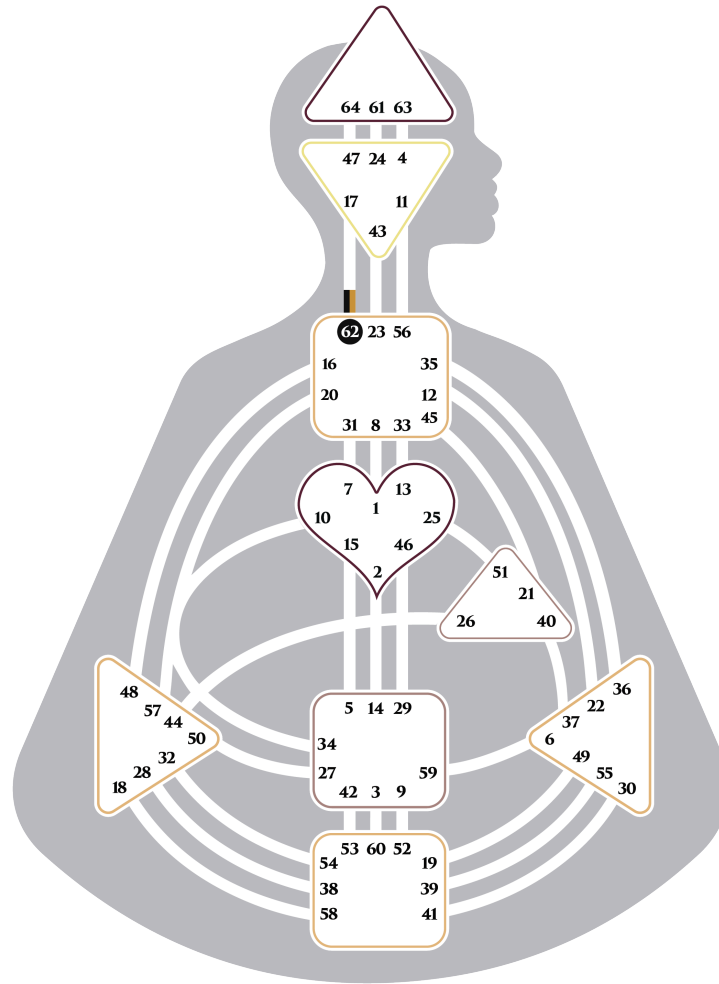
## Sacred Flaw Story Prompts and Contemplations

- What do you do to maintain your sense of wonder? How can you deepen your awe of the magnificence of the Universe?
- What old thoughts, patterns, and beliefs do you need to release to align with your knowingness and to trust your delusional confidence as a powerful creative state?
- What greater perspectives on the events of your life can you see? What are the greatest lessons you've learned from your pain? How do you use these lessons to expand your self-expression?
- What does your main character need to learn about trading the weight of *why* for the lightness of wonder, so they may walk through the world not as a puzzle to solve, but a miracle to witness?

## Affirmation

I have a direct connection to a cosmic perspective that gives me an expanded view of the meaning of the events in my life and the lives of others. I see the wonder and innocence of life and stay present in a constant state of awe. I am innocent and pure in my understanding of the world and my innocence is the source of my creative alignment.

# Gate 62: Preparation



Biology: Thyroid, parathyroid, throat

Center: Activation

Resiliency Keys: Lovability, Decisiveness, Courage, Authenticity

## Challenge

You are here to learn how to trust that you will be prepared for each next step as it arrives. Your challenge is to not let worry or the urge to over-prepare pull you out of the present moment. You are learning to release the fear of not being ready and to stop using planning as a way to avoid trusting yourself and the unfolding of life.

## Quantum Expression

You have the ability to be intuitively attuned to what is truly necessary for preparation. Your alignment with the present moment informs you of everything you need to know, exactly when you need to know it. When you relax and trust the flow, you are guided clearly and calmly, without needing to force or control the path ahead.



## **Conditioned Expression**

You may fall into fear-based patterns of worry, compulsive planning, or over-preparation. In this state, you allow the plan to become more important than the flow, disconnecting you from intuitive timing and spontaneity. This can keep you stuck in a loop of anxiety and prevent you from fully engaging with the opportunities of the present moment.

## **Sacred Flaw Story Prompts and Contemplations**

- Do you worry? What do you do to manage your worry?
- What can you do to trust that you know what you need to know? What proof do you have that you are in the flow of preparation?
- Is there anything in your life right now that you need to plan for? Are you over-planning? Does your need for contingency plans keep you stuck?
- What does your main character need to learn about trading the burden of over-preparation for the quiet knowing that readiness lives not in control, but in trust?

## **Affirmation**

I create the foundation for the practice of proficiency by engineering the plan of action that creates growth. I am in the flow of my understanding, and I use my knowledge and experience to be prepared for the evolution of what's next. I am ready and I am prepared. I trust my own preparation and allow myself to be in the flow of what's next, knowing that I'll know what I need to know when I need to know it.

# Preparing Your Story

Review the planets and gates worksheet given on a previous page. This represents what your main character needs to learn in order to grow. Also, review your insights related to the themes of your Centers. Reviewing the planets, gates, and Centers will help you understand what you need to understand, regulate, and accept about yourself in order to become the hero of your own story.

You can also use this information and relate it to any disruptions in health that you may be experiencing in your body.

Take some time and review any of the affirmations in this book that may have resonated with you. What are these affirmations telling you about what you want to be experiencing in your life?

# Rewriting Your Story

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*Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.*

*-Viktor E. Frankl*

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The stories you tell the world and yourself about who you are and how you are serve as filters that help you consciously or unconsciously choose potentials from the quantum field of infinite potential. Most of who you think you are is rooted in unconscious programming that comes from your ancestral lineage and from being conditioned. When you are unconsciously choosing, your response to life is reactive and often receptive. You keep making the same choices again and again and again with the same results, which are disruptions in your wellness.

If you want to start consciously choosing something better for your life, you have to start first by changing your personal story. To do this, you must first understand what stories you are telling right now about key areas in your life. This gives you a starting place to rewrite your story.

Your body is giving you important clues and cues about your story. To begin systematically exploring your story, you must first start by reestablishing communication with your body.

The next step is to systematically explore the archetypes and metaphors of your story and how they relate to the body. Understanding your Quantum Human Design chart can help you assess the messages your body (and your life) is giving you.

Using the creative, storytelling part of your brain, you can begin the process of taking back control of the story you tell yourself and the world about who you are. Once you reclaim your story, you can begin to optimize your well-being in every area of your life, including your body.

A study led by researcher Shelley E. Taylor and available through Harvard University, conducted in the early 2000s, found that simply recalling events that feel disempowering can cause your immunoglobulin A (IgA) levels to drop. IgA is a type of antibody that plays a crucial role in the function of your immune system. People with IgA deficiency are more likely to get frequent infections. These can include sinus, lung, and digestive infections. Some people with IgA deficiency also are more likely to have allergies and digestive and autoimmune problems such as celiac disease or lupus.

I've always wanted to take this research one step further and explore whether reframing the disempowering memory can cause IgA levels to shift back to healthy levels. What I found was that when I had people rewrite the story of an empowering event in such a way that they either learned something important that helped them heal their self-worth or where they emerged from the story as the victor, not the victim, their IgA levels rose significantly, or they returned to healthy baseline levels. This is just one more powerful, positive impact of intentional storytelling.

In this final section you're going to learn how to put all of the pieces of your story that you've been learning about back together in an intentional process that will support you in taking back control of your narrative. In other words, you're going to reclaim your power to choose how you respond to life and, ultimately, use this power to create an energetic matrix that supports optimal wellness and well-being.

This is a simple creative and even fun process!

# Enter into a Creative Space

This process is a deep one that deserves good time boundaries. Set aside at least three hours and let everyone in your life know that you won't be available. Find a comfy spot, close the door, or leave your house if you need to.

Gather the supplies you need to get started.

- You can find the supply list for this exercise in the Reader Resources at [quantumhumandesign.com/quantum-wellness-resources](https://quantumhumandesign.com/quantum-wellness-resources)
- Make sure you have your Quantum Human Design chart handy.
- There are some sample stories, additional resources, and storytelling templates in the Appendix. Use this process anytime you feel stuck, experience pain, or when you are ready to grow your story into something bigger and better, something more worthy of the person you were born to be.

## Reflect on Your Character

- Start first with the Body Exercise from the earlier section. Make note of what parts of your body are expressing pain or other sensations. Take some time to really listen to what story your body is telling and what message it's trying to give you.
- How are the messages you uncovered from the Body Exercise impacting your body, your work, your money, your relationships, and your spiritual connection? Do you see how this story might be duplicating itself in several areas of your life?
- Read the information about your Type and your Profile. These are the qualities of the main character in your story. Take some time to go through your thoughts and contemplations about your Type and Profile. Reread the Story Prompts for your Type and your Profile Lines. This will give you some ideas about where your character might be stuck and where to begin your story when you start writing.
- Review the configuration of the Centers in your chart. Review your contemplations about your Centers. What do you need to learn about self-regulation in your open Centers? What does your main character need to learn to stay connected to self and avoid having their energy overtaken by other people's energy? How do these themes relate to your body? What do you need to learn about self-acceptance and self-love in your defined Centers? What does your main character need to learn to optimize the function of these Centers? How do these themes relate to your body?
- Review the planets and gates worksheet on page 181. This represents what your main character needs to learn to grow.
- Return to the body worksheet and find the Quantum Human Design correlations between the pain in your body and the Quantum Human Design chart. Is this part of your chart defined or open? If it's defined, what is the lesson here that will lead you to optimizing this part of your energy and learning to love and accept yourself? If it's open, what is the lesson you need to learn about self-regulation?

# Now That You've Seen Your Story... What's Next?

You've just begun a powerful journey—one that reconnects you with your body's wisdom, your emotional truth, and the narrative you're here to transform.

But integration doesn't have to happen alone.

If you're feeling the spark to go deeper, we have two ways you can take your next step:

## ► Work with a Certified Quantum Alignment System Practitioner

Your story is sacred. And sometimes, we need someone to witness it with us—someone trained in energy psychology, subtle body therapies, Human Design, sound healing, and flower essence work. That's what Quantum Alignment System Practitioners do.

They're expert guides who can help you:

- Clear stuck patterns held in your body
- Rewire the narrative that's been keeping you small
- Reclaim your vitality, worthiness, and creative power

Find a practitioner who feels aligned with you: [quantumhumandesign.com/find-a-quantum-human-design-specialist](https://quantumhumandesign.com/find-a-quantum-human-design-specialist)

## ► Become a Certified QAS Practitioner

If something sparked inside you as you read this report—if you felt a deeper calling to help others heal their stories and bodies—consider becoming a Certified Quantum Alignment System Practitioner.

In this training, you'll learn how to guide others using a compassionate, integrated approach rooted in Human Design, subtle energy tools, and narrative transformation. Whether you're already a coach, healer, or wellness guide—or just starting—QAS gives you the tools to do transformational work that changes lives (including your own).

Learn more about the certification path: [quantumhumandesign.com/certification/qas](https://quantumhumandesign.com/certification/qas)

## Healing is not a solo journey.

It's easy to believe that we have to figure it all out by ourselves—that we're supposed to be strong, keep going, and carry the weight quietly.

I believed that for a long time, too.

But the truth is, we are not meant to walk this path alone.

Healing happens in connection.

In conversation.

In community.

Whether you're seeking support or feel called to offer it to others, I want you to know that there is a place for you in this work—and in this world. You are not broken. You are becoming. And you deserve to be witnessed and guided as you grow.

From Our Heart to Yours,

**Dr. Karen Parker**

# Shape Your Narrative

Take all of this information and turn it into a story. Here is a simple template for you to follow:

Once upon a time there was a \_\_\_\_\_ (your Type and Profile) who \_\_\_\_\_ (your current pain). They went on an adventure where they learned \_\_\_\_\_ (your Centers and gate lessons) and returned to their people a hero who \_\_\_\_\_ (how your story will change not only your life, but the lives of others).

These life-changing experiences altered everything about their life. How did it change their story about money, their right work, their health, their relationships, their creative fulfillment, and their faith?

This template is a very rudimentary outline for your story. This is *your* story. Add details to bring the template to life. Remember, this story can be fantastical. You can gain superpowers. You can transform into a superhero. You can tap into the wisdom of your ancestors. You can encounter mythical and magical beings. You can rewrite it however you choose. Your brain doesn't care about the facts. It only cares about how the story makes you feel. The better and more fully you feel, the better the results for you and your body!!

Use storytelling methods (journaling, scripting, poetry, collage, or voice notes) to write this new version of your story—one where you're the main character living from purpose, power, and possibility. Take some time to not only write your story but also illustrate it and make it beautiful and satisfying. Writing engages the subconscious. Creativity makes it visceral. The more senses involved, the more deeply it imprints.

## Live Your Story: A Daily Practice

Taking control of your story isn't just a one-time exercise; it's a daily practice of embodying your new story and staying aware of when an old story resurfaces in your life. Here are some ideas to help you continue to deepen your connection to your new story that will support you in literally becoming the fulfillment of the optimal potential of your main character.

Begin by consciously stepping into the role of author of your life. Acknowledge that the old story was likely written by survival patterns, past wounds, or inherited narratives. This shift alone activates personal power and sovereignty—essential fuel for aligned manifestation.

Turn the rewriting into a ritual. Burn the old story. Read the new one aloud under the moon. Dance to a playlist that matches the energy of your rewritten life. Create a "story altar" with symbols of your new narrative. Choose symbols, talismans, or archetypes that represent your new story. Maybe it's The Empress, The Phoenix, or The Visionary. Let that guide your choices and rituals daily. Ritual moves ideas from the mind into the body and spirit—embedding the story into your energetic field. Archetypes are timeless codes. When you align with one, you access a collective power stream and begin manifesting through that lens.

Commit to reading your story out loud to yourself once a day. Then, speak the story into others. Tell people about your new narrative—not from a place of proving, but of owning. Speak in a way that your reality affirms itself through your language. Words create worlds. The more you speak it, the more others reflect it back to you. It gains mass and gravity.

Embody your character. Ask: How does the version of me from this new story walk, speak, decide, say no, and say yes? Start showing up as them. Dress like them. Speak affirmations as if you *are* them. Embodiment closes the gap between the imagined self and the lived self. You start to resonate on the frequency of your desires.

As you embody your character, use your body and movement as storytelling. Dance, yoga, breathwork, or intuitive movement can be used to speak your new narrative into your body. Choreograph your power. Move your manifestation. The body becomes a vessel for the new story by rewiring muscle memory, posture, and energy.

To honor your changes and growth, create cycles of renewal. Mark time with mini story check-ins. Monthly or seasonally, ask: Am I still living the new narrative? Ritualize endings and beginnings—eclipses, birthdays, and new moons. This keeps your story alive and evolving. Manifestation becomes a living, breathing cocreation with time.

Remember, fully expressing yourself as your true self is the greatest gift you can give the world. This is your one and only true-life purpose.

Not only will you change your life, but you will also do your part to heal the world.

The more humanity creates a critical mass of people who are deeply aligned with an empowered story who have healed the karma of their self-worth and truly know their value, the more we all begin to take back control of the space between stimulus and response and choose to build a world worthy of all of us.

Do this work for yourself. Do this work for your children and grandchildren. Do this work for the world. You deserve it.

**From My Heart to Yours,**

**Dr. Karen Parker**

Quantum Alignment System, LLC - Dr Karen Parker  
2112 Broadway St NE Ste 225  
#305  
Minneapolis, MN 55413  
Phone # +1 (253) 900-2148

[support@quantumhumandesign.com](mailto:support@quantumhumandesign.com)

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