

# **HUMAN DESIGN 101:**

## **A CRASH COURSE IN ALIGNING WITH YOUR AUTHENTIC SELF**



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## **Disclaimer**

The information and suggestions in this book are of a general nature and for the benefit of individuals from all walks of life. They are based on my training and experience in the area of **Human Design** and are not intended to imply that you should follow these guidelines without the benefit of a deeper understanding of your personal **Human Design** information.

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## HUMAN DESIGN 101: A CRASH COURSE IN ALIGNING WITH YOUR AUTHENTIC SELF

### Introduction

#### Welcome to Your Human Design 101 Crash Course!

**Congratulations on taking this positive step towards self-empowerment through understanding YOUR personal Human Design!**

This course is designed to help you understand and apply **basic knowledge about YOU** contained in your **Human Design Chart**. This self-knowledge puts you in touch with the **TRUE YOU—*your Authentic Self***. You will also see clearly the **NOT-YOU**, the person you have been programmed and conditioned to be throughout your life.

With this self-knowledge and a little practice, you will be able to **align with your Authentic Self**, make choices consistent with your deeper purpose, and live a truly authentic and fulfilling life—***the life you are magnificently designed to live!***

I know you want to start benefiting from this **practical and insightful knowledge about YOU** right away, so let's get started.

#### WHAT TO EXPECT



You are embarking on a powerful quest — via this Crash Course — to apply the knowledge of **Human Design** to help you **align inwardly** with your Authentic Self and **align outwardly** with creating a truly self-expressed life and the relationships of your dreams.

It will take some adjusting to embrace your decision making Strategy and apply all of the other self-knowledge you will gain. **Be patient with yourself and enjoy the journey!**

You will probably have many questions along the way. I'm confident that you will discover most or all of your answers in the process of completing the modules of this Crash Course.

If you have unanswered questions after completing the Course, I invite you to ask them in a private, Complimentary 30-minute telephone session with

me. You'll find details about applying for this session in the "What's Next for You?" section near the end of this book.

## **YOUR CRASH COURSE MODULES**

Here are the topics we'll be covering together. Get ready to dive in and have fun!

### **Module 1 Stop the Struggle and Get Control of Your Life**

Learn about inner guidance and the power of your mindset.

### **Module 2 Learn and Apply the Decision Making Strategy of Your Authentic Self**

Become familiar with the decision-making and action-taking Strategies of all five **Human Design** Types, plus learn how Authority affects how you apply your Strategy.

### **Module 3 Your Deepest Pain and What To Do About It – Open Centers**

Learn to manage your Open Centers to maximize your wisdom, and avoid the pain and unhealthy behavior patterns associated with them.

### **Module 4 How To Improve ANY Relationship – Even Difficult Ones**

Learn the ideal approach for each Type to have healthy relationships, including examples.

### **Module 5 If Marketing Yourself or Your Business Feels Like an Uphill Battle, Do THIS**

Understand and apply the correct approach for YOUR Type in marketing yourself and your business.

### **Module 6 Your Learning Style and Relationship Style**

Each person has a Personality Profile that indicates the major themes in their behavior. Learn YOUR Profile and the meaning of each "number" contained in your Profile.

### **Module 7 Tying It All Together and Aligning With YOUR Authentic Self**

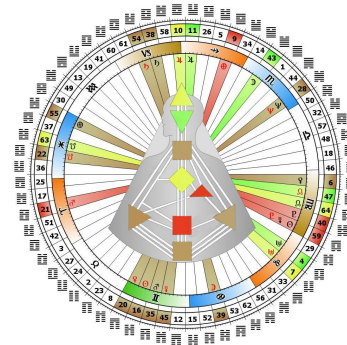
Learn where to put your focus and attention — and in what order — to accelerate the benefits of applying **Human Design** in your life.

## EACH MODULE CONTAINS "IMMEDIATE THINGS YOU CAN DO"

At the end of each Module, you'll have several immediate things you can do to deepen your understanding and begin integrating the material of that Module.

## HOW HUMAN DESIGN CAN HELP YOU

Your **Human Design** Chart holds the keys to unlocking your full potential and living the life of your dreams. It shows you the unique energetic blueprint you were born with and **exactly HOW you can be *most* successful in your life.**



Imagine for a moment:

- ❖ having **clarity** when making decisions
- ❖ understanding and aligning with your **role** and **purpose** in this life
- ❖ achieving high levels of **effectiveness** in all that you do, while creating **healthy and satisfying relationships with others**
- ❖ flowing along your life path almost effortlessly, **attracting everything you truly want** to enhance your life experience
- ❖ living a **life you LOVE** — filled with **joy, success, and a profound sense of fulfillment** *knowing that YOU are living life to the max!*

All of this (and more) is possible when you apply the profound knowledge of **Human Design** in your life!

### "I'm swimming with the current instead of upstream..."

"I have found **Human Design** to be THE best personality assessment tool I've ever used, and I've had them all! HD differs from the others because it has taught me what I was born with — the way I was before society and parents tried to mold me and fold me into what they felt I should be.

I now play my strengths with a confidence I never felt before and no longer fret over my weaknesses. Decisions are much less laborious. I'm swimming with the current instead of upstream, realizing it's pretty amazing how things work out if I just play my natural Strategy.

If I'd had this tool 44 years ago, I'd have been a much better spouse and parent.

If I ever have a grandchild, I will have their chart run at birth! If I ever hire an employee, I will know their chart. If I ever take on a business partner, I would get their chart first. When my friends get married, I suggest they get a **Human Design** Reading.

I would recommend that everyone get a full reading from Evelyn. She is excellent and it's a totally amazing experience. It's the most profoundly uplifting and useful thing I think I've ever done!"

**Elizabeth Kittinger, FL**

## BEFORE YOU BEGIN

You will need your personal **Human Design Chart** as you study this Crash Course. If you do not have yours yet, [click here](#) to request it. Your **Chart** comes with a **FREE Decision Maker's Kit** that includes a **special report** and an **ebook**.

You will benefit from reading those documents before you study this Crash Course, as I explain below.

If you have any trouble receiving your **Human Design** Chart or Decision Maker's Kit, please contact us at [freechart@HumanDesignForSuccess.com](mailto:freechart@HumanDesignForSuccess.com).

## THE FIRST STEPS OF YOUR JOURNEY

**FIRST**, before you begin this Crash Course, I highly recommend you **read my FREE report, *The #1 Secret to Making Better Decisions In Your Life, Your Career, and Your Relationships***. (Click [here](#) if you already have your Chart and just want this free report.)

The report provides key information about each of the five different **Types** in the **Human Design System**. **Understanding your Type is your starting point** for the transformational self-knowledge of **Human Design** that reveals **YOUR AUTHENTIC SELF**.

Your **Type** and its related decision making **Strategy** are the two most significant aspects of your **Human Design**.

Reading the FREE report will give you an excellent foundation on which to build your awareness of **what makes you truly unique**. Then, in this Crash Course, you will learn **more** about your **Type and Strategy** as well as other key aspects of your true personality.

From this Crash Course, you will begin to see **how you fit into the bigger picture** of humanity, how to make sense of your individual life and unique personality, and how to express your power, wisdom, and purpose.

**SECOND**, please **read the FREE ebook** that came with your **Human Design Chart**, called ***Your Journey of Personal Transformation Starts Here: An Introduction to Understanding Your Human Design Chart.*** (Click [here](#) if you already have your Chart and just want this free ebook.)

The free ebook provides a broad base of understanding of **Human Design Charts** and will support your interpretation of your own Chart.

Together, these two documents will give you a lot of information all at once. If you are not detail-oriented (some of us simply don't have the energy for details in our Chart!), I suggest you at least skim these documents.

**THIRD**, **read each Module of this book and actually DO the actions suggested** at the end of each of them. Don't start the next Module until you complete those activities. **You will be encountering new ways of viewing yourself, other people, and the world.** You will need both time and practice to get used to USING this new perspective in your everyday life.

## THANK YOU ...

Thank you for your interest in **discovering and aligning with your Authentic Self.** We are in a period of great consciousness awakening on planet earth, and each of us has an important role to play in the process and the outcome.

One of my favorite sayings is, **"A rising tide lifts all boats."**

By exploring your own energy configuration and consciously aligning with the Truth of Who You Are, **you actively contribute to the "uplifting of all souls."**

My role is to support and encourage your wholehearted pursuit of self-discovery and self-empowerment by helping you learn as much as you can about **YOUR unique Human Design so you can live an authentic and fully expressed life.**

Please feel free to contact me if you have any questions or comments.

Warmly,





**Evelyn**

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"Solve Your Toughest Problems, Embrace Your Magnificence, and Create the Life You LOVE!"

## HUMAN DESIGN 101: A CRASH COURSE IN ALIGNING WITH YOUR AUTHENTIC SELF

**If you don't have your personal Human Design Chart yet, [click here](#) to request yours right away. You will need your Chart, as well as the free Special Report and free Ebook that I provide with your Chart, to get the most from this course.**

### Module 1 - Stop the Struggle and Get Control of Your Life



Does life sometimes feel like an uphill battle? No matter how hard you try, do things just not work out the way you wanted . . . or dared to hope?

Are you tired of being at the mercy of what life "doles out" to you?

Shifting your life to a less stressed, more self-empowered track is not hard once you learn to master your energy dynamics and align your thoughts, choices, and actions with your true Authentic Self. **Human Design takes the mystery out of EXACTLY HOW to accomplish this.**

### HOW TO STOP THE STRUGGLE AND GET CONTROL OF YOUR LIFE

There are two fundamental aspects to this:

- A) Line up your decisions and actions with your own inner guidance system
- B) Learn to re-interpret your world and "master your mindset"

Notice how neither of these is really about the act of "doing." **Getting control of your life and ending the struggle are INSIDE JOBS.** A bunch of "fix-it techniques" for improving your productivity, etc. will *not* do the trick.

Here is an explanation of each aspect:

### A) Line Up Decisions and Actions With Inner Guidance

This first aspect is surprisingly simple. Once you understand **and apply** the **decision making and action taking STRATEGY that is correct for YOUR Human Design Type and for YOUR personal inner Authority**, your choices and actions line up rather quickly with your inborn energetic structure.

This means that your energy and your focus won't be scattered. You'll know with newfound confidence what is right for YOU. When you begin emitting this coherent vibrational signal and taking aligned action, the **Universe will pave your way** to what you want.

You'll start to find yourself in the right place, at the right time, doing the right work, meeting the right people, and **attracting the right opportunities** to you. You will learn much more about using *YOUR STRATEGY* and inner guidance in Module 2 of this Course.

### B) Re-Interpret Your World and Master Your Mindset

This tends to be a more subtle and **gradual process** than step A, but it is actually not as hard as it sounds.

Once you understand with clarity...

- ◆ your role in this lifetime
- ◆ your personality and relationship characteristics
- ◆ your life lessons
- ◆ your potential for great wisdom
- ◆ your areas of deepest pain (and what to do about them), and
- ◆ how you are uniquely (and magnificently!) designed to fulfill your soul's life purpose  
(ALL of which are provided by **Human Design**)

... you begin to see and relate to the world differently.

-You no longer feel like a complete victim of your circumstances.

-You start to feel like you have your hands on the steering wheel (instead of the rear view mirror) of your life.

-You understand others and their actions better and you have more tolerance for their "quirks."

-You don't take things so *personally*.

-You begin to realize that **YOU** have a lot to do with “how things are going” in your life.

-And you discover that when you follow your Strategy and live according to your **Human Design**, things naturally “go better” for you.

This “re-interpretation” of your world and the resulting **shift in your mindset** is most profound from a private, one-on-one full **Human Design Reading**. **But you will learn all of the crucial pieces of knowledge about yourself that you need to know from taking this Crash Course.** These vital pieces are enough to permanently shift your paradigm and give you a new mindset from which to live your life.

### **DON'T JUST TAKE MY WORD FOR IT ....**

At its foundation, **Human Design** encourages each of us to **experiment with our Designs**. I challenge you to take everything you learn in this course about yourself (and about other people), and try it, test it, **experience** it, and figure out what works best for you.

We are incredibly complex and magnificent beings! And there is tremendous detail about you contained in your Chart. **Every detail in your Chart influences every other detail in your Chart.** So, while the basic information about **Human Design** Charts (such as in this course) is fundamentally correct, it is always subject to the influence of other aspects of your Chart.

Also, your **Human Design** Chart displays the “**personality and energy structure you were born with**”, BUT you have free will within that structure and you choose every day how you **express** the energies in your Chart. For example, each Generator (one of the five Types) expresses their Generator characteristics in their own unique way, but they all have significant commonality as Generators.

### **YOUR AUTHENTIC SELF**

Here’s the bottom line. The more you experiment with and experience your **Human Design** — **which is the truth of Who You Are ... your Authentic Self** — the easier it becomes to stop struggling. It finally becomes easier to stop paddling up stream all the time. And it becomes easier to relax and go with the flow, **KNOWING** that you know *how* to make decisions, take actions, and interact with



others in ways that are **specifically and personally correct for YOUR AUTHENTIC SELF.**

Before you know it, the way YOU are BEING in your life is different. And that changes *everything*. **Everything becomes easier!**

Now, take a nice long, deep breath. Relax into the knowledge that **you are perfect exactly as you are.** Human Design will help you recognize and truly appreciate your unique magnificence, and guide you to fully express your purpose and wisdom.

### **HERE ARE THREE (3) IMMEDIATE THINGS YOU CAN DO**

**1) Find YOUR Type and Strategy** printed on your **Human Design** Chart. Then read the free report that came with your Chart, ***The #1 Secret To Making Better Decisions In Your Life, Your Career, and Your Relationships***, if you haven't yet, and pay particular attention to the section about **YOUR Type and Strategy.**

For example, if you are a "Generator" you will see that you are designed to do work that you love and find the right partner in life, and that your Strategy is to "wait to respond." All Strategies will be further explained in Module 2, but this information is enough to get you started.

**2) Find instances from your life** when you (unknowingly) followed your **Human Design** Strategy and when you didn't. Recall the **outcomes and how you felt** in each case. Ideally, write these down or share them with a friend or family member. These will help you identify your patterns and understand the results (good and bad) that you have produced in your life.

**3) Request more Charts.** Now is a great time to **request Human Design Charts** for family members, friends, co-workers, etc., so you can begin to understand them as you understand yourself. Email us at [FreeChart@HumanDesignForSuccess.com](mailto:FreeChart@HumanDesignForSuccess.com) with their NAME, BIRTH DATE, BIRTH TIME, and BIRTH PLACE (city and state, or city and country) and we'll respond within 3 business days. OR, they may request their Chart directly from us [here](#).

## **HUMAN DESIGN 101: A CRASH COURSE IN ALIGNING WITH YOUR AUTHENTIC SELF**

### **Module 2 - Learn and Apply the Decision Making Strategy of Your Authentic Self**

In Module 1, we looked at the two fundamental ways to shift your life from stressed-out and out-of-control, to self-empowered and self-directed.

Now we explore the **specific decision making and action taking Strategy** for each of the five Types in Human Design.

When you apply YOUR Strategy in your life, you line up your choices and actions with your inborn energetic structure, and your life begins to flow better. You experience less struggle, less uncertainty, more confidence, more success, and a more fulfilling life.

**Be sure you know your Type (from your Chart), then read about YOUR STRATEGY below.** To correctly apply your Strategy, you must also understand the **"Authority"** shown in your Chart, *so read this entire Module before applying your Strategy.*

These Strategies may sound disarmingly **simple**, but they are **exceptionally powerful** when applied consistently and correctly.

[NOTE: We would spend significant time in a Full Reading discussing your Strategy and Authority so you would understand **exactly** how to use them correctly, because Strategy is the most important piece of information you learn from your Chart. Little else in your Chart has the opportunity for the full expression of YOU if you're not living your Strategy.]

**"Human Design is the answer to most questions I've had my entire life..."**

"After one phone session with Evelyn, I already feel different. About myself. About others. **Human Design** is the answer to most questions I've had my entire life. I feel more confident in interacting with people thanks to centuries old, plain-spoken golden nuggets, which she shared. Evelyn is well-spoken, clear-spoken, and best of all, a terrific listener, who is purposed about assisting others ready to (over-used word yet applies here) empower themselves. You, too, can be a screen door and not a sponge. Ask her. Today."

**Mary Ketarkus Brown, IL**

## MANIFESTOR Type

**Manifestor Role:** Manifestors are here to initiate action and get the ball rolling.

### Manifestor Strategy:

**-Initiate** projects, implement ideas, start conversations, tell someone they should hire you, and inform someone that you'd like to go out with them. Get things started **then leave the follow through on projects, etc., to others.**

**-Inform** those in your "impact field" about what you're going to do, **THEN take action.** This avoids anger and/or resistance in those around you, and even helps to avoid your own anger.



**Example:** You've had the impulse to start a project (either small, like rearranging the furniture, or big, such as building a patio deck) or perhaps take a trip, but you've been holding back. If it still feels correct for you to do it (even though others may not like it), **inform** the people who will be affected by it, **then take action.** You won't know if it's right for you until you get started. If it doesn't feel right after you've started, don't go through with it (and be sure to **inform** those who are affected by your changed direction).

## GENERATOR Type

**Generator Role:** Generators are here to find the right work and right relationship.



### Generator Strategy:

-Wait for something to **respond** to regarding the action or decision you are considering, then **use your Sacral Response\* to choose** what to do.

-Once you've responded positively (with uh-huh\*) **then** it's correct for you to **take action**, particularly on those opportunities that require sustainable energy — which you possess.

**Example:** You've had the idea to start a project (put up a shed in the backyard or plan a vacation, for example). Before you take any action on it, you must **wait for something relevant to that project to show up** in your world so that your Sacral Center can respond to it. Maybe you see an ad

for new sheds in the newspaper, or you see a TV show about your vacation destination. If your Sacral gives you a positive response (uh-huh\*), then begin taking action. If you get a negative response (uhn-uhn\*), then don't do it.

## MANIFESTING GENERATOR Type

**Manifesting Generator Role:** Manifesting Generators are here to find the right work and right relationship (and find the fastest ways to do things).

### Manifesting Generator Strategy:

-Your Strategy is the same as the Generator Strategy above, with these **additions**:

-Once you've **responded** with your Sacral sounds\*, **inform** those in your "impact field" **before** you take action.

-It's correct for you to have **multiple** projects/jobs/interests, etc., to be very **busy**, and to find the fastest way to complete things.

**Example:** Like the Generator, you must **wait for something to show up** in your "outer reality" (outside of your head) about whatever project *or projects* you are thinking about. Your Sacral Center's response will direct whether you should move forward or not. If the response is positive (uh-huh\*), **inform** those who will be affected by your actions **before you take action**. Keep responding with your Sacral to ensure it's correct for you to continue, once you start.



**\*Sacral Response.** The two sounds that your Sacral Center makes are **uh-huh** (for yes) and **uhn-uhn** (for no), just like little kids make when you ask them yes/no questions. You will learn during a Full Reading exactly how to access your Sacral sound responses reliably and consistently, but go ahead and start experimenting with them now. Just allow the response to come from your body, not your head.

If your Solar Plexus Center (the large triangle on the lower right of your Chart) is colored tan/brown, you'll need extra time to make a final decision. (See the section further below on **Authority**).

## PROJECTOR Type



**Projector Role:** Projectors are here to manage, guide, and direct others.



### Projector Strategy:

**-Wait for invitations** (specific and personal) into big life opportunities: relationships, marriage, jobs, career, business endeavors, and where you live.

-Only **accept** the invitations that feel "delicious" to you. Once you accept an invitation, you do not need to wait for further invitations to do specific tasks related to what you've been invited to do.

**-Wait to be asked or recognized** before sharing opinions, advice, corrections, suggestions, feedback, etc. If you don't, you'll be considered pushy, bossy, irritating, nosy ... you get the picture. Worst of all,

others won't hear you or will misinterpret what you say, and your well-intentioned comments will not have the effect you hoped for. So, don't waste your time or saliva — learn to **stay quiet and wait to be asked**.

**Example: #1** You have the idea to have a booth at a local fair to test the response to a new business you're considering. To enter this activity correctly, you must **wait for an invitation** from the organizer (or from someone with the authority to invite you to have a booth, i.e., not your mother), and then see if that invitation feels really good to you. **#2** You are in a group and you have experience with something the group is attempting to do. Although the group would benefit from your wisdom and advice, your words will likely not be appreciated or even heard (unless the group is very enlightened), if you don't **wait to be asked or directly acknowledged first**. (E.g. eye contact, or some form of communication or recognition.)

## REFLECTOR STRATEGY

**Reflector Role:** Reflectors are here to reflect our state of well-being back to us.

### Reflector Strategy:

**-Wait 29 days** before making important decisions so that you can reflect on your decision through a full cycle of the powerful lunar influence on your Chart. The moon moves through all 64 Gates in the **Human Design** system approximately every 29 days. This means 64 different energies affect you during that period, so you **need time to gain clarity** about your decision.



**-Talk to others** about your decision during the entire 29-day cycle and journal about how you feel regarding the decision at least once per day. You'll know best where you stand on the decision by seeing the issues reflected back to you through others.

-After 29 days, when you have a sense of what feels best to you overall, **then you can take action.**

**Example:** You don't like your job and you'd really like to quit, but to determine whether it's correct for you to resign, **track your feelings about it and talk with trusted friends** about it for at least 29 days. When you sense an inner clarity about your decision, **then take whatever action you need** to leave that job.

## YOUR INNER "AUTHORITY" FOR MAKING DECISIONS CORRECTLY

While the **Strategy** for your Type is correct for you, the specific way you need to **apply your Strategy** is determined by your **Authority**, which is **shown on your Chart** (near the bottom of most Charts).

**Authority** clarifies your timing and/or your approach to using your Strategy. It *influences* your Strategy, but does not change it. Here is a brief summary of the Authorities. **Find YOUR Authority below and apply it WITH your Strategy.**

### **Authority: Emotional Solar Plexus**

You have emotional energy that operates in waves. To make a correct decision, you must wait through a complete up and down cycle of your emotions, and see how you feel about the decision at various points on your wave. You are not designed for spontaneous decision making — your clarity comes only over time.

### **Authority: Sacral Generated (Sacral Expressed Generated)**

Applies only to Generators and Manifesting Generators. Your Sacral response in the moment is your answer. After waiting for your Sacral response, no further waiting is needed. You are designed to make decisions in the moment based on your Sacral response.

### **Authority: Any of the Splenic authorities (has the word Splenic in it)**

In addition to your Type's Strategy, you also have intuition/gut instinct to guide your decisions. You are designed to make decisions in the moment with the benefit of your intuitive awareness, but **ONLY** in conjunction with your personal Strategy.

**Authority: Ego Manifested**

You are your own authority; whatever your ego-self wants is usually correct for you. You can make decisions in the moment as long as you follow your Strategy.

**Authority: Mental Projected, or Self-Projected, or None**

You must talk with others to gain your inner clarity, then follow your Strategy.

Exactly how to **apply** your personal Authority with your Strategy is explained in detail in a **Full Reading** with me, but the information above is enough to put you on your correct path right now.

Remember, the best way to adapt to this new way of seeing yourself and operating in the world is to **experiment**. Try applying your Strategy and Authority and observe what happens. Be aware when you're NOT applying it and see what happens. We are always learning and growing, adapting and moving forward. Now you can do those more consciously, purposefully, and productively!

**STOP THE STRUGGLE AND GET CONTROL – REVISITED**

When you follow your particular **Human Design** Strategy and your personal Authority (as shown on your Chart) you minimize struggle and chaos, and maximize the inner correctness of your choices and actions.

**Pure and simple** → **Live your Strategy**. It will allow you to unlock your full human potential and live the life of your dreams! You'll be more focused, less scattered, more effective, more purposeful, make better decisions, take inspired action, and attract the right people, circumstances, and opportunities for the **magnificent unfolding of YOUR life path**.

**HERE ARE TWO (2) IMMEDIATE THINGS YOU CAN DO**

**1) Find one or more opportunities** in your *current* life where you could **begin to apply your Strategy**. Think about HOW to actually do this and start *experimenting*. See what happens when you DO apply your Strategy, and what happens when you DON'T.

**2) Listen to a free teleclass recording** on my website called:

**“How To Make the Right Decision Every Time: Learn A Revolutionary System for Knowing YOUR Correct Decision-Making Strategy”**

It's about two hours long and a great introduction to **Human Design!** [Click here](#) to **listen online** or to **download the MP3**. It even comes with downloadable **Class Notes** to help you follow along and remember what you learned.

## HUMAN DESIGN 101: A CRASH COURSE IN ALIGNING WITH YOUR AUTHENTIC SELF

### Module 3 - Your Deepest Pain and What To Do About It – Open Centers

Are you ready to go deeper into your **Human Design** Chart?

So far in this Course, you've learned about shifting your mindset, understanding your Type, and making decisions/taking actions according to your personal Strategy and inner Authority.

In this Module we explore the **Open Energy Centers** in your Chart, how they may be sources of deep pain for you, and how you can **avoid the pain and gain great wisdom in these areas**.

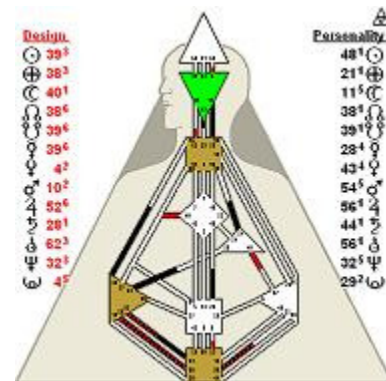
In the free eBook, ***Your Journey of Personal Transformation Begins Here: An Introduction to Understanding Your Human Design Chart*** that you received from me with your **Human Design** Chart, you were introduced to the nine Energy Centers of **Human Design**. [If you haven't read that free ebook yet, click [here](#)—it's a great overview of a **Human Design** Chart!]

On the large triangle part of your Chart, the Centers are the **nine geometric shapes (triangles, squares, and a diamond)** you see on the "body graph" figure. Usually some are colored-filled while others are white. They **represent different energies that we experience and use as humans**, such as emotional energy, communication energy, work force energy, etc.

### OPEN CENTERS AND DEFINED CENTERS

When a Center is colored in, it's called "**Defined.**" It means you have access to that type of energy *consistently* and you put that energy **OUT** into the world (yang).

When a Center is white, it's called "**Open**" (or "Undefined") and it means you **don't** have consistent access to that type of energy. Instead, you **take that energy IN from the Defined Centers around you, and you amplify it** (yin).



Your particular combination of Open and Defined Centers is part of the energy structure of Who You Are.... ***your Authentic Self.***

Our focus in this Course is exclusively on your **Open Centers** because they can be quite problematic by nature. This information is key for helping you **align with your Authentic Self** and improve your success in life, relationships, and business/career.

## YOUR OPEN CENTERS AS SOURCES OF PAIN

Your Open Centers represent great opportunities for you, but also great challenges. Open Centers are where we are “**conditioned**” (deeply influenced) by those around us, like parents, siblings, friends, parents, teachers, clergy, etc., as well as by our society’s “norms” and expectations.

**Open Centers are where we experience and carry our deepest pain** because we think those energies coming IN to us are “ours”, i.e. something we ourselves have generated. But they are not.

This can be very confusing because those energies coming into our Open Centers **change** depending on whom we are with. We may question our value, our lovability, our commitment, or our resolve (or even our sanity!) because we seem to be so **inconsistent** in those Open areas of our lives.

This **conditioning** that comes from outside of us pulls us away from Who We Truly Are and from our Authentic Expression of ourselves. This is deeply painful. However, we often are not aware that the **conditioning** we receive in our Open Centers is the source of this pain.

We can **burn out** from holding on to these Open Center energies, which our bodies are not designed to hold. Plus, two of the Open Centers (the Head at the top of the Chart, and the Root at the bottom of the Chart) are pressure centers. You’ll feel **pressure to figure things out** (Head), and **pressure to get things done** (Root) when those Centers are Open (white) in your chart. All of this can add to the **stress and confusion** you may already be feeling.

## YOUR OPEN CENTERS AS SOURCES OF WISDOM

The upside potential of our Open Centers is to develop **great wisdom** about these energies. Where we are Open we can **experience the full range of human expression** of those energies and thereby become wise about how to use them.

Ultimately, you can become selective and **deliberately choose** which of these specific energies in your Open Centers you want to experience at any given time (rather than be a victim to them).

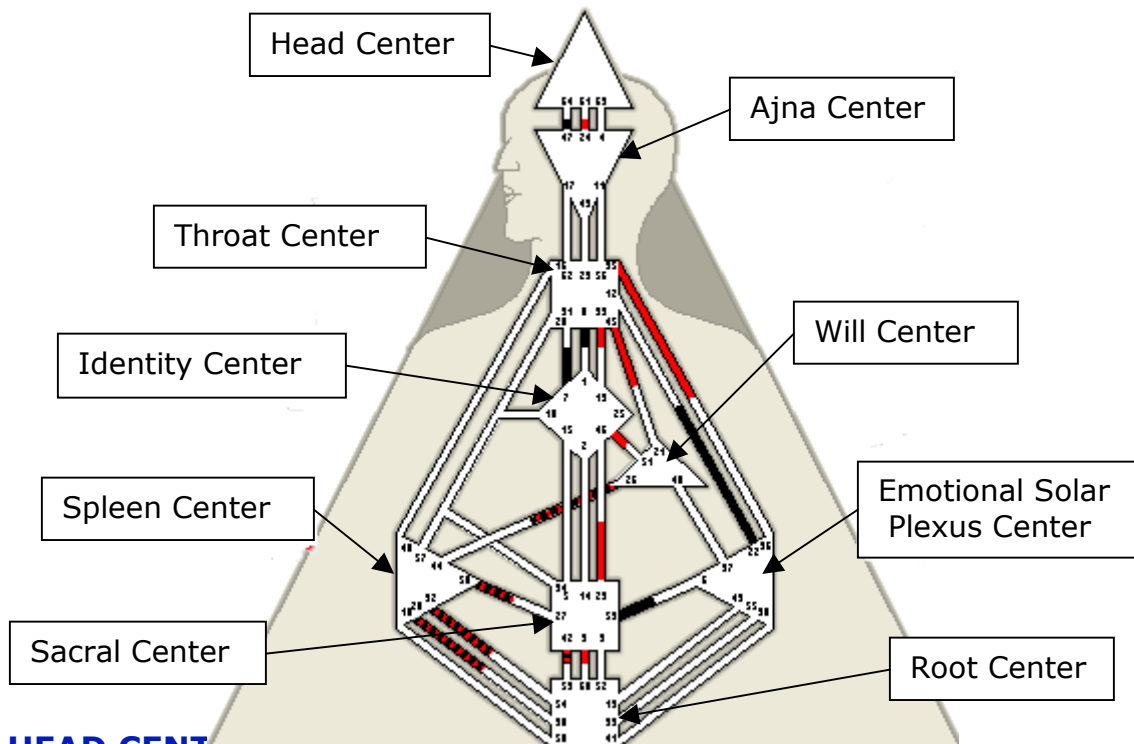
But until you reach that level, you will likely feel tossed about by all the influences around you, much like a cork bobbing in the water and being knocked over by every wave. **The descriptions below will help you learn how to manage and master the energies in your Open Centers.**

## DESCRIPTIONS OF THE OPEN CENTERS

There are **predictable behavior patterns** and coping strategies associated with each Open Center. These are the “low” expressions of those energies. The brief descriptions and advice below will help you express the **higher** qualities and gain the wisdom of these energies, while **avoiding the potential pain** associated with them.

Understanding YOUR Open Centers will help you **be happier, more balanced, and more successful** in your life. Knowing the Open Centers of OTHERS will help you **interact with them more effectively** than ever before. So, check your Chart and the Charts of family and friends as you read about each Open Center.

REMEMBER: Open Centers are WHITE. **If a Center is colored in on your Chart, then it's Defined and we're not describing those here.** (Full details about Defined Centers as well as Open Centers are provided during a Full **Human Design** Reading with me).



### HEAD CENTER – top triangle

Center for inspiration and ideas; a pressure Center

**Open Head:** You take in and amplify ideas, inspirations, and big questions from those who have Defined (colored in) Head Centers around you. You may feel scattered, overwhelmed, and/or under pressure to figure out how to implement all those ideas.

**ADVICE:** Use **YOUR Strategy** to choose which ideas and inspirations are correct for YOU to pursue. Being selective will help you develop wisdom about what is truly inspiring and what is worth pursuing.

### **AJNA CENTER – next triangle down**

Center for concrete thinking, analysis, and data storage

**Open Ajna:** You have unlimited ways to think about and analyze situations and information. You are open-minded by design, but not designed for data storage. You can have difficulty making decisions or being certain about things.

**ADVICE:** Recognize your gift to see and analyze many perspectives about any situation. Defined Ajnas have fixed thinking and they *need* your open-mindedness. **Don't seek certainty**; stay fluid. Make lists to help you remember things and **use your Strategy to make decisions**.

### **THROAT CENTER – top square (at throat level, just below Ajna)**

Center for communication energy and manifestation of ideas into form

**Open Throat:** You amplify communication energy and can modulate your voice and delivery to best suit your audience. You need attention/recognition from others to access and manifest the other energies in your Chart. You can have difficulty feeling heard, and may be extremely talkative or extremely quiet (or a combination of both extremes).

**ADVICE:** Recognize your genuine **need for attention and seek it in appropriate ways**. Wait for the right opportunities to speak. **Don't push your Throat energy** (i.e. your opinions, advice, criticisms, demands, chatter, etc.) at others without first being asked or recognized to speak.

### **IDENTITY CENTER – diamond shape in middle of Chart**

Center for sense of self, direction in life, love, and "right place"

**Open Identity:** You have a mutable sense of self, which changes according to whom you're with (because you take in and amplify others' identities). You are here to receive love and to know others deeply. You may have unclear direction or multiple directions in life.



**ADVICE:** Let go of trying to “know” or “define” yourself and enjoy the flexible nature of your identity and your direction in life. Only be with people and in places that truly feel good to you.

### **WILL CENTER – small triangle below right of Identity Center (also called Heart or Ego Center)**

Center for willpower energy, business, material values, and generating and managing physical resources

**Open Will:** You do not possess consistent willpower so it’s hard for you to force yourself to do things you aren’t compelled to do. You may also have trouble correctly valuing things, people, and yourself.

**ADVICE:** Don’t make promises, because you don’t have the willpower to ensure that you honor them. Be willing to go with the flow. **Use your Strategy to correctly enter commitments.** Practice valuing yourself and others, and ensure that you charge an appropriate rate for your time or services.

### **SOLAR PLEXUS CENTER – lower right triangle (as YOU view it)**

Center for emotional energy

**Open Solar Plexus:** You take in and amplify the emotional energy of Defined Solar Plexus people around you, so you feel THEIR emotions more intensely than *they* feel them. You typically want to keep everyone happy and not “rock the boat.”

**ADVICE:** Recognize that the emotional highs and lows you feel are not yours then **let them go.** Learn to speak your truth without fear of emotional reactions from others. Experiment with the full range of human emotions flowing through you and then **be selective** about the ones you choose to experience. You need alone time to discharge emotional energy from others.

### **SACRAL CENTER – square below diamond-shaped Identity Ctr.**

Center for work force and life force energy

**Open Sacral:** You do NOT have sustainable energy, so don’t try to keep up with Defined Sacrals who do. You take in and amplify their Sacral energy, so you can work harder than any of them — but only for short periods of time. Then you need time to rest and recover.

**ADVICE:** Avoid jobs that demand sustained physical energy and long-term commitment. Take naps when you’re tired and “manage” your

**energy.** You're a sprinter, not a marathon runner (metaphorically speaking). It's correct for you to have few or no children, as they require a lot of sustainable energy!

### **ROOT CENTER – bottom square**

Center for adrenaline energy — a pressure Center

**Open Root:** You feel pressure (often self-imposed) to get things done, and you have trouble relaxing if your "To Do" list is still long (which it always is). You amplify adrenaline energy from Defined Root Centers, which helps you be productive but possibly at the expense of quality or thoroughness.

**ADVICE:** Recognize that the pressure you're feeling is just energy and **choose to relax** and be "free" even when *everything* on your list has not been done. Use others' adrenaline energy wisely to get things done and **consciously release the pressure that you feel** so you can operate without excessive pressure and stress.

### **SPLEEN CENTER – lower left triangle (as YOU view it)**

Center for intuition, survival, time consciousness, and the immune system

**Open Spleen:** You are intuitive, but receive that energy in inconsistent ways. You are likely to be time-challenged and may be chronically late, letting time "get away from you." You are sensitive to slight changes and symptoms from your immune system. You may be paralyzed by various fears, and probably have issues knowing when to let go of things.

**ADVICE:** Learn to **trust your intuition** and pay attention to signals from your immune system. Develop **systems that keep you on time** and learn to **let go of things that no longer serve you**, including clutter, relationships, emotions, grudges, etc.

## **"DECONDITIONING" YOUR OPEN CENTERS**

Now that you understand the energy dynamics at work through the Open Centers in your personal Chart, you can begin a deliberate awareness of the **"deconditioning"** those Centers.

**Deconditioning** is a natural process that takes approximately seven years and begins the moment you first see your personal Chart. **Deconditioning** allows you to stop being at the mercy of the energies in your Open Centers (the source of much pain and confusion) and start operating from your **Defined Centers**, which are your strengths and blessings. **Your Defined**

**Centers are key components of YOUR AUTHENTIC SELF!** (These are fully discussed in a Full **Human Design** Reading.)

With **conscious application of the knowledge** about how each **Open Center** operates, I believe you can make the deconditioning process more comfortable, more satisfying, and perhaps a little quicker within your **seven-year transformation period**.

Some of your Open Centers will likely **decondition faster** than others. You may have already instinctively “figured out” and deconditioned one or more of your Open Centers. For example, a few of my clients with an Open Emotional Solar Plexus have told me they figured out long ago that they were deeply affected by the emotions of others and they simply stopped tapping into that. But most of us (myself included), did not have that much clarity, awareness, or self-discipline, before **Human Design!**

## **HOW TO MANAGE YOUR OPEN CENTERS FOR WISDOM – NOT PAIN**

Your Open Centers will always be Open... you will ALWAYS take in energy in your Open Centers and amplify it. But when you've **deconditioned** those Centers, you will be able to **observe** the energies, **recognize** they are not you, and **choose** how much of them you want to actually experience.

The best way to manage the deconditioning process is with **awareness**, **willingness to experiment**, and **openness to learn** new behaviors for handling your Open Center energies.

By using the ADVICE sections above for each of your Open Centers, you will begin expressing the **higher** qualities and gaining the **wisdom** of those Open Centers, while **avoiding the pain** associated with them. You will begin to **CHOOSE different behaviors** in reaction to those Open Center energies, and you will **break the unhealthy patterns you may have unknowingly developed** as coping mechanisms during your life.

The other secret to managing your Open Centers is to take time each day to **deliberately release the energies you may have picked up in those Centers**.

## **HERE ARE THREE (3) IMMEDIATE THINGS YOU CAN DO**

**1) Re-read the ADVICE above for each of YOUR Open Centers**, and perhaps make a list. It will be your personal quick reference list to help you decondition your Open Centers.

**2) Think about YOUR behavior patterns** related to each of your Open Centers, and **think of ways you could CHANGE** how you react to the energies you experience in each of them. Add those ideas to your list above.

**3) Incorporate a practice into your daily routine of releasing energy from your Open Centers.** There are many ways you can do this — experiment to find what works best for you. Here are some ideas: meditate; consciously release; breathe deeply and relax; go for a walk; exercise; sing; dance; listen to music you love; create a ritual for releasing energy; take a hot bath, etc.

## HUMAN DESIGN 101: A CRASH COURSE IN ALIGNING WITH YOUR AUTHENTIC SELF

### Module 4 - How To Improve ANY Relationship — Even Difficult Ones

One of my favorite topics in **Human Design** is how to apply its advice and strategies to your interactions within individual **relationships**.

Whenever two people come together, whether through a chance encounter (including when they don't even interact with each other), or in a family, business, educational, or personal relationship, the **energies of their two Charts interact and affect each other**.

#### IMPROVING YOUR RELATIONSHIPS

At the risk of sounding like a broken record (oops, I guess only those of you older than 30 will know what that *really* means! ;-)), **the BEST way to improve your relationships of all kinds is to FOLLOW YOUR STRATEGY**.

In Module 2 we covered the Strategy for each Type plus all the inner Authorities, so **you know the Strategy and Authority that are specifically correct for YOU**. Now would be a good time to review that Module, if it's not fresh in your mind, before continuing on.

In Module 3 we explored Open Centers. These help you understand yourself, others, and the effects we have on each other through our Openness and Definition.

In this Module we look at the most effective ways for EACH TYPE to interact with others to create *the best possible relationships*.



Below is a description of the **Relationship Strategy** for EACH TYPE. Even though you are only one of those Types, I encourage you to read all of the descriptions. You certainly know people in at least a few of the Type groupings.

Even if you are not operating according to your own Strategy and Authority, merely understanding that each Type *has* a different Relationship Strategy can change the way YOU interact with them and can

improve your relationships with them. Plus, if you observe when THEY are NOT following their own Strategy (which will be most of the time!), you'll probably have more patience and not take it so personally. It's all just energy configurations!

**"I have let go of the damaging internal dialog that I couldn't quiet..."**

"Last year, I had a falling out with a young person whom I had mentored and loved for over 20 years. I had pretty much given up on ever repairing our friendship.

When Evelyn introduced me to **Human Design**, I saw that there were fundamental differences in our individual make up and there was no changing it. When you stop trying to change your fundamental self and you learn who you are, you can start to make a strategy for moving forward toward your goal.

We ran a chart on my estranged friend. I got to see the ways we disconnect but more importantly I was reminded of the ways we really compliment each other. I stopped taking it all so personally. I felt my heart open up toward her again. I am ready for this to move on to another place. I can hear about her without cringing and talk about her without blowing up.

The most important change to come out of my experience with **Human Design** is that I have let go of the damaging internal dialog about this that I couldn't quiet."

**Susanna Douthit, NC**

## MANIFESTOR'S RELATIONSHIP STRATEGY

You need to **initiate** the interaction and/or relationship, start conversations, ask for dates (yes, even you magnificent Manifestor women!), initiate the first move, make cold-calls on the phone, and deliver sales pitches to complete strangers.



You are designed to **bring forth ideas and projects** and get them started, then let others continue the implementation and project management *while you move on to the next idea/project*.

Also, you must **inform those in your impact field** about what you are doing. This does not mean you ask for permission nor do you advise them after the fact. When you **inform** others **prior** to your actions, your

relationships and interactions will have less friction and resistance and will be more effective and satisfying.

## GENERATOR'S RELATIONSHIP STRATEGY



You are here to **RESPOND** and **THEN** take **action in accordance with your Sacral Response\***. This means waiting for others to initiate conversations and relationships, and waiting for them to give you something to respond to, including eye contact or any kind of acknowledgement.

You *want* to be asked **yes/no questions** so you can respond clearly and specifically. The most respectful way that others can interact with you (and that you can interact with other Generators and Manifesting Generators) is to **ask and be asked yes/no questions**. Open-ended questions can be difficult for you to respond to.

Here are some examples:

**CORRECT**      Betty: "Hi, good to see you. Would you like to come with me to see a film at the local big screen theatre tonight?"  
 You: "Hi Betty. Uh-Huh, I'd love to go. That sounds wonderful."

**OK, NOT IDEAL**    You: "Hi Betty. May I ask you something?"  
 Betty: "Sure. Go ahead."  
 You: "Would you like to try the new Thai place around the corner with me for dinner tonight?"

**INCORRECT**      You: "Hi Betty. I haven't seen you in a while."  
 Betty: "Yeah, I've been pretty busy."  
 You: "Where would you like to have dinner tonight?"

## MANIFESTING GENERATOR'S RELATIONSHIP STRATEGY

Like the Generator, you are here to **RESPOND** and **THEN** take action *in accordance with your Sacral Response\**.

*Unlike* the Generator, **it IS correct for you to initiate conversations** without first responding,



but it is NOT correct for you to initiate actions, projects, etc., without first having something directly related to respond to. (You will then know if that action or project is correct for you to pursue).

You *want* to be asked **yes/no questions** so you can respond clearly and specifically. The most respectful way that others can interact with you (and that you can interact with other Generators and Manifesting Generators) is to **ask and be asked yes/no questions**. Open-ended questions can be difficult for you to respond to.

Here are some examples:

**CORRECT** You: "Hi, Betty. Are you busy this evening?"  
 Betty: "No I'm not. Would you like to go to a 7:30 movie?"  
 You: "Uh-huh. That sounds great. I'll pick you up at 7."

**INCORRECT** You: "Hi Betty. I'm going to a 7:30 movie tonight. I can pick you up at 7."

Like the Manifestor, you also need to **inform those in your impact field** about what you are doing. This does not mean you ask for permission. It also does not mean you advise them of your decision after the fact. When you **inform** others **prior to your actions**, your relationships and interactions will have less friction and resistance and will be more effective and satisfying.

**\*Sacral Response:** The two sounds that your Sacral Center makes are **uh-huh** (for yes) and **uhn-uhn** (for no), just like the sounds little kids make when you ask them yes/no questions. If your Solar Plexus Center (the large triangle on the lower right of your Chart) is brownish, you'll need extra time to make final decisions. (This is discussed in depth in a personal Full Reading).

## PROJECTOR'S RELATIONSHIP STRATEGY

You need to **be invited into life's major choices**, like romantic relationships, marriage, business partnerships, careers, jobs, and decisions such as where you will live. This means **specific and personal** invitations. Billboards, classified ads, magazine articles, and generic emails are *not* invitations.

**Wait for REAL invitations** and only say "Yes" to the ones that delight you. Once you accept an invitation, you may take any and all actions needed related to that opportunity at that time. (You don't need to wait for further invitations





to take appropriate action.)

For conversations and everyday activities with others, **wait to be recognized or asked before speaking**, and especially before sharing your wisdom, advice, suggestions, etc.

It's also correct for you to **invite others**, once you've been recognized or invited to speak. Here are some examples:

- CORRECT**      Betty: "Hi [your name], great to see you!"  
                       You: "Nice to see you too!"  
                       Betty: "I would really love for you to have lunch with me today."
- ALSO CORRECT** You: [After waiting for eye contact and receptive body language from the other person.] "May I ask you something?"  
                       Betty: "Sure."  
                       You: "I was thinking of going to a movie tonight. Would you like to join me?"
- INCORRECT**    You: [Tapping Joe on the shoulder from behind.] "Hey Joe, would you like to go out tonight?" (Incorrect because you initiated the conversation without any recognition or acknowledgement from the other party first.)

## REFLECTOR'S RELATIONSHIP STRATEGY

You are here to **be a mirror** for others, not to initiate actions.

You need to **wait 29 days** before making important decisions in your life and observe how you feel about the decision all along the way. It's best to **journal** about it daily to keep track of your thoughts and feelings on the subject.

You need a reliable and supportive group of friends you can **talk with about your decisions**, bouncing ideas and concerns off them so you can see those issues reflected back to you. This may be frustrating to your friends, but it's the only way for you to know how those issues really sit with you.



Once you have a sense of what feels right for you and make your decision, then you may **take any/all actions needed to implement the decision**. Major life decisions may require more than one 29-day cycle for clarity about the right choice for you.

## THE BOTTOM LINE ON IMPROVING YOUR RELATIONSHIPS

Start by interacting with others in ways that are **correct for YOUR Strategy**.

For *optimum* relationships, **find out the other person's Type\*\*** and use the information in this Module to **interact with them in ways correct for THEIR Strategy**. You'll be amazed at the difference this will make in your relationships.

You'll be much more tolerant of their "quirks" once you understand their Type. You'll also stop taking issues in relationships so *personally*. This alone relieves tremendous stress, avoids negative reactions, and allows you to create more harmonious interactions with others.

## TWO (2) IMMEDIATE THINGS YOU CAN DO TO IMPROVE YOUR RELATIONSHIPS

- 1) **Choose one or two close and easy relationships** you're currently enjoying. Next...
  - Find out their **Human Design Type\*\***
  - Practice using YOUR Strategy correctly with them and notice the results
  - Practice interacting with them in ways correct for THEIR Strategy as well as your own Strategy, and notice the results
- 2) **Choose one (or two) difficult relationships** you may be involved with and then...
  - Think about some unsuccessful interactions with that person and see if you were violating your own Strategy in any way
  - Plan how to correctly use YOUR Strategy with that person and work through a few different scenarios; practice these with a close friend first then try them in your challenging relationships
  - If possible, get the birth data of people you have difficult relationships with and request their **Human Design Chart\*\*** so you'll know THEIR Type and Strategy and can interact in ways that are correct for *them*

\*\*Send an email to [FreeChart@HumanDesignForSuccess.com](mailto:FreeChart@HumanDesignForSuccess.com) with the person's NAME, BIRTH DATE, BIRTH TIME, and BIRTH PLACE (city and state,

or city and country) and we'll respond with their Chart within 3 business days. OR, they may request their Chart directly from us [here](#).

## RELAX AND INTEGRATE

Okay, you have taken in a lot of information so far. Pat yourself on the back and take a deep breath. It will take time to **integrate and apply** all of this into your life, but it's the BEST thing you can do for yourself.

Until you are living your **Strategy** consistently, the **full magnificence of your unique Design and the fulfillment of your purpose** for being here will **not** have the opportunity to be fully expressed.

As with all things, you get better at living your Strategy as you **practice** it. That's why I include a **bonus with every "Life Road Map" Full Human Design Reading** to support your integration and application of this vital knowledge into your life.

That bonus is two free months of membership in my **"Master Your Strategy, Master Your Life" program**. Read more about a Full Reading and this program in the "What's Next for YOU?" module near the end of this ebook.

## **HUMAN DESIGN 101: A CRASH COURSE IN ALIGNING WITH YOUR AUTHENTIC SELF**

### **Module 5 - If Marketing Yourself or Your Business Feels Like an Uphill Battle, Do THIS**

This Module is for you if you are a **small business owner or solo-preneur**, including multilevel marketing distributors. **It also applies even if you don't own a business.** Use this information to sell yourself at your job, when you want a promotion, when applying or interviewing for new positions, or to champion your department or team.

We are taught that we need to aggressively market and sell ourselves if we want to get noticed and be successful. **Yet that approach is not correct for over 90% of us!**

No wonder operating that way doesn't feel right or produce the results you want!

**"...working with Evelyn, and Human Design, has made a profound impact..."**

"I've done a lot of personal work on myself over the years and consider myself an aware, successful person but working with Evelyn, and **Human Design**, has made a profound impact in understanding myself at a deeper level. From receiving this information and using it in my life, I have gained more insight into myself and my relationships. I've noticed that my private practice has increased not only in numbers but in attracting the type of person that is a good fit for what I do. I feel a much deeper level of acceptance of family members with this understanding of how our designs interact. Evelyn did an outstanding job of taking complex information and making it understandable and applicable to my life."

**Stacia B., OK**

### **THE "SECRET" TO YOUR SUCCESS**

To successfully market and sell yourself, your services, and/or your products, your approach needs to be energetically in alignment with your personal Design blueprint — **your Authentic Self** — which is primarily **your Type and Strategy**.

**If you use a marketing style and sales approach that are NOT correct for you personally, your prospects and clients will be turned off and won't even know why.**



Relax! ***It's not personal!*** It's just energy. When you use your energy *correctly* and your marketing style is consistent with that energy, your prospects and clients **WILL be attracted to your message** and your offer. They still won't know why they feel good about you, but they'll be far more inclined to buy from you.

Below are specific ways you can **apply YOUR Human Design Strategy** in your sales and marketing efforts. (Or in your current position or while job hunting.)

### **IF YOU ARE A MANIFESTOR...**

You can be **bold and aggressive** in your marketing style. Tell people they "need" what you sell. Have them purchase your program on the spot. "Cold calling" is a breeze for you because you can correctly initiate conversations and relationships.

**Temper this style to what feels right** for you as other aspects of your Chart affect this (which is covered in a personal Reading), but don't hold back if you want to go for it. This is the style that most marketers say to follow (probably because *they are* Manifestors and it works for them!), and it will work for you too.

### **IF YOU ARE A GENERATOR...**

Have you noticed how many sales pages and marketing emails these days start with questions? Like: "Are you tired of \_\_\_\_\_?" "Would you like to make \$30,000?" "Want to learn the 7 things you absolutely must know to \_\_\_\_\_?"

Can you feel yourself engaged, or at least intrigued, by reading those questions? Is your Sacral wanting to respond with "Uh-huh"?

YOU and 70% of your audience are designed to **respond** to these types of questions, so YOUR best sales and marketing strategy is to **give people things to respond to**. The best way to do this is to **ask questions, specifically yes/no questions**.

This approach works in person, on paper, by email, on your website, etc. **Do NOT use an aggressive, "hard sell" approach.** It's not correct for your energy.

### **IF YOU ARE A MANIFESTING GENERATOR ...**

Use the **Generator's approach** above, but you can be **a little more assertive**. For example, you could say: "Would you like to make \$10,000 per month, guaranteed?" "If I showed you a product proven to benefit people in your exact situation, would you consider buying from me today?" "Are you ready to end your financial struggles RIGHT NOW?"

Remember to **inform** people either **before or after you ask your questions**. This is especially effective in one-on-one and seminar situations. "I'm going to give you three ways you can benefit from this information. Does that sound good?" "Would you like financial freedom NOW? I'm going to tell you exactly how you can do that."

### **IF YOU ARE A PROJECTOR ...**

You need a softer, more subtle, **non-pushy approach** than other Types. Use words like "I invite you", "You're invited", "An invitation for you", "Please join me", etc., in your sales copy, website, emails, flyers, back of your business cards, etc. Bold, hype-heavy approaches simply do not work for you.

When dealing with people in person, **wait for others to speak first**. Wait for them to ask you questions or ask for your advice or input. **Wait to be asked for your business card** — don't just hand it to people. You can ask for *their* card provided they initiated the conversation. (You are here to guide and direct people, but only when they are receptive to your guidance!)

Don't worry about missing opportunities. When you follow your Strategy, the **right invitations and opportunities will come to you**. Your aura speaks volumes when you are quiet, patient, and wait. By all means, however, let people know what you do and hone your skills so you're prepared to accept the invitations that feel good when they come to you.

The skill most worth developing is **asking effective yes/no questions**. Two out of every three people you talk with are Sacral responders! It's an excellent way for you to guide others to find their own answers, and it's a great technique for developing a marketing approach that is in alignment with YOUR energy.

## IF YOU ARE A REFLECTOR ...

You are here to be a **mirror for people**, to help them see the collective health of their families, groups, teams, communities, and societies. Use this to your advantage by **offering ways in which you help people see themselves more clearly**. For example, help them assess their financial or physical condition. You can also be a very effective coach, helping clients to see themselves, their situation, and their next actions with new clarity and a healthy perspective.

You are energetically very open. You are **not here to make a splash** or have an overt impact on people. An aggressive sales approach from you will turn people off.

## THREE (3) IMMEDIATE THINGS YOU CAN DO TO IMPROVE YOUR MARKETING

- 1) Review your marketing materials**, website copy, ad copy, sales presentations, etc. (or résumé, cover letter, promotion request, job-hunting approach, project presentation, etc.). Look at where they are consistent with YOUR Strategy and where they are not.
- 2) Mark up your materials to change the wording, style, and tone** to more closely align with your Type and Strategy. How does that feel? If it feels like a relief, then you're on the right track. For example, if you were trying to use a sales copy style you learned from someone else, but it didn't really feel right for you, and you felt relief when you changed the wording to align better with YOUR Type and Strategy, then go with those changes and see what happens.
- 3) Pay attention** to others' ads, marketing materials, sales pitches, websites, sales letters, etc., and **tune into what feels good** to you and what doesn't. Some sales wording will appeal to you and some will turn you off. This will heighten your awareness of the correct use of energy and will help you in choosing the right approach for your own materials.

## HUMAN DESIGN 101: A CRASH COURSE IN ALIGNING WITH YOUR AUTHENTIC SELF

### Module 6 - Your Learning Style and Relationship Style

In this Module we explore your **Personality Profile**, **which is found in the lower half of your Chart**. Your Profile is yet another **useful and insightful aspect of the self-knowledge** contained in your uniquely personal Chart. Your Profile is part of the definition of **your Authentic Self**.

#### PERSONALITY PROFILE

Your **Profile** reveals your **character, learning style, relationship style**, and the way you experience your world and the people around you.



Although your entire Chart reveals many aspects of the “integrated personality” that is you, your **Personality Profile identifies major themes** in your life.

A Profile is **composed of two individual numbers**, each with its own meaning. Together these Profile numbers look like a fraction, e.g., **1/4, 5/2, 6/3**.

#### LEARNING THE NUMBERS IN YOUR PROFILE

To understand your Profile, you first must understand the two numbers that comprise it. There are only **six possible numbers: 1 – 6**. Each number represents a different archetype or style of behavior. The first number in your Profile is your **CONSCIOUS personality behavior**; the second number is your **UNCONSCIOUS personality behavior**.

**Together they describe your overall character**. You are usually aware of your **CONSCIOUS traits** and can use them deliberately. You may also be aware of your **UNCONSCIOUS traits**, but you do not have control over them as they express themselves innocently through you.

Look on your Chart for your Profile numbers, and let’s get started.



## 1 – 3 ARE INTRAPERSONAL

If you have a **1, 2, or 3** in your Profile, you have an **introspective, self-reflective** aspect to your personality. Its placement (is it the first number or second number in your Profile?) tells you if it's conscious or unconscious for you.

### 1 – The Investigator

You love to research, investigate, and explore. You love data! You need an informational foundation before trying something new or making a transition.

### 2 – The Hermit

You like (and need) your alone time, but you draw others like a magnet to you who find you and call you out of hiding. This built-in mechanism keeps you from being a total recluse.

### 3 – The Martyr

You learn by "trial and error" except that your errors are not mistakes. They are an integral part of your learning process. Instead, think of your process as "trial and *experience*." You love to experiment, and you must experience things for yourself to really learn them. You also can fall in love at first sight, but need time to know if it's really the right relationship for you.

## 4 – 6 ARE TRANSPERSONAL

If you have a **4, 5, or 6** in your Profile, you are more **concerned with others and relationships** than with yourself. Its placement (whether it's the first number or second number in your Profile) tells you if it's conscious or unconscious for you.

### 4 – The Opportunist

You find opportunities and make decisions through your network of friends and contacts. They are great resources for you and you for them! You enjoy being social and loyal, although other aspects of your Chart affect how outgoing you are.

### 5 – The Heretic

You draw attention to yourself, and you "universalize" the energies in your Chart for the benefit of others. You can be seductive (consciously or unconsciously), possibly secretive, and can display great leadership qualities.

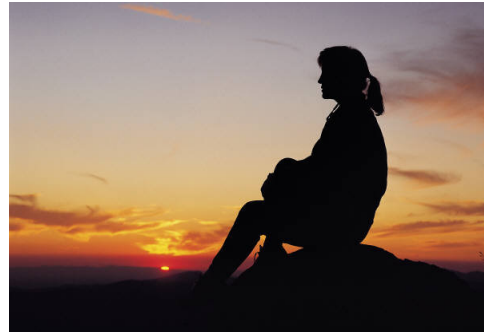
### 6 – The Role Model

You go through three distinct phases in your life, becoming a Role Model for others (third phase) around age 50. You can seem aloof, but may be considered impartial and wise. Others watch you and look to you for what might be possible for them.

## YOUR PERSONALITY PROFILE COMBINES TWO OF THESE NUMBERS

Understanding the **characteristics represented by each of the six numbers (above)** is useful before looking at your actual Profile description below.

Your **Profile** is a combination of two of those numbers, and there are **twelve possible combinations**. Below is a **brief description of each Profile**. We explore your Profile in much greater detail during a Full Reading. (Click [here](#) if you would like to learn more about a Full Reading.)



**YOU MUST FOLLOW THE STRATEGY FOR YOUR TYPE IN ORDER TO EXPRESS THE HIGHEST QUALITIES OF YOUR PROFILE AND LIVE AN AUTHENTIC LIFE ... a life true to your in-born energetic dynamics.**

### THE TWELVE (12) PROFILES

#### **1/3 – Investigator / Martyr**

You investigate consciously, needing a foundation of information to feel secure before you take action, and you're a natural "trial and error" experimenter. You are a valuable asset to those around you and to society because you are a wealth of knowledge and experience.

#### **1/4 – Investigator / Opportunist**

You consciously investigate while waiting for opportunities. You are completely foundational, needing data before taking action and needing to bond slowly for relationships to develop. As a result, you don't transition easily, wanting to make sure your next move is correct and secure. You also may feel an uncomfortable urge to leap at an opportunity that appears through your network of contacts.

#### **2/4 – Hermit / Opportunist**

You are an extroverted introvert! "Leave me alone, but where's the party?" You need alone time and you think you're hiding, but people find you and call you out into relationships and opportunities. You can seem shy, but also be quite gregarious. This is a good Profile for a Generator or Projector.

**2/5 – Hermit / Heretic**

You are a conscious hermit (you want to be alone), but you are an unconscious "universalizer," seducer, and archetype of humanity. Others "draw you out", but you must carefully choose the right circumstances (using your Strategy). You have great potential for making a big difference in the world, but must avoid being overly withdrawn.

**3/5 – Martyr / Heretic**

You are a conscious "trial and error" experimenter and an unconscious seducer, leader, and "universalizer." You discover through experience what works and what doesn't, and you use that to help others (you may even preach about it) but you often want to hide when things don't work out. You can fall in love at first sight but need time to know if the relationship is right for you.

**3/6 – Martyr / Role Model**

You are a conscious experimenter and by age 50, an unconscious role model. You attract people who need to meet you, and often have unusual experiences and strange adventures throughout your life. You share your wisdom and guide others when asked, but you don't usually offer advice and may even seem aloof.

**4/6 – Opportunist / Role Model**

You are consciously friendly and a great networker, but unconsciously aloof. You experiment with relationships (often the wrong ones, until you figure out what's right for you), and go through a withdrawn phase in your 30's and 40's before you emerge as an unconscious role model for others after age 50. You want and need a soulmate, especially after age 50.

**4/1 – Opportunist / Investigator**

You socialize and make connections first (conscious networker), then you research (unconscious investigator). You are completely foundational, needing to bond slowly for relationships to develop and needing data before taking action. You don't transition easily, often wanting to make sure your next move is correct and secure. You're also eager to leap when an opportunity appears through your network of contacts.

**5/1 – Heretic / Investigator**

You are a conscious seducer, leader and "universalizer", and an unconscious investigator. You draw people to you, but you must have data to back up your claims and must carefully choose right circumstances. You have great leadership potential, especially during a crisis, but also need privacy. You may even be "on fire" like a preacher or politician.

**5/2 – Heretic / Hermit**

You are a conscious seducer, leader, and "universalizer", but unconsciously a hermit who would rather be left alone. Interestingly, both aspects draw

people to you, and they call you out into true leadership. You are very powerful, can be secretive, and must carefully choose your "stage."

### **6/2 – Role Model / Hermit**

You are experimental when young; retreat and withdraw in your 30's and 40's; and become a role model after age 50. All the while, you are an unconscious hermit just wanting to be left alone. But others call you forth out of your aloofness to share your wisdom and get involved. You want and need a soulmate, especially after age 50.

### **6/3 – Role Model / Martyr**

You are experimental and experiential throughout your life, even when you retreat and withdraw in your 30's and 40's, and then become a role model around age 50. After much "trial and error" you find the best way to do something then exemplify it. You learn to embrace much chaos along the way, and can help others do the same.

## **HERE ARE TWO (2) IMMEDIATE THINGS YOU CAN DO**

- 1) Now that you've read YOUR Profile description above, go back and read the descriptions at the beginning of this Module of the two individual numbers** that make up your Profile. Think about how those two different energies weave together into YOUR Profile.
- 2) Think of examples from your life** that fit the descriptions of your Profile and your individual Profile numbers. Do the same with family and friends for whom you have Charts. **Begin thinking about where there is harmony and where there are challenges in relationships based on your understanding of Profiles.** For example, if one person is a conscious 4 (Opportunist) who loves to socialize, and the other person is a conscious 2 (Hermit) who loves to be alone, you can see where there might be conflict or at least frustration and possibly misunderstandings in their relationship.

## HUMAN DESIGN 101: A CRASH COURSE IN ALIGNING WITH YOUR AUTHENTIC SELF

### Module 7 - Tying It All Together and Aligning With YOUR Authentic Self

You've learned a lot of PIECES of information about yourself from this course, **Human Design 101: A Crash Course in Aligning with Your Authentic Self**. But how do you put it all together and make practical use of it? How can it help you actually **align with your Authentic Self** and live an authentically expressive and truly fulfilling life?

**Follow these guidelines** for directing your attention and helping you integrate this knowledge into your life.

#### FOCUS FIRST ON **TYPE** AND **STRATEGY**

The primary "puzzle" pieces from your **Human Design Chart** to focus on are **YOUR TYPE** and **STRATEGY** (including your **Authority**).



**1) Your TYPE** describes the basic energy configuration you were born with. It explains whether you have sustainable energy or not, and how you relate to the world around you. **This is the essential core of your Authentic Self.** It is the energetic configuration of you that others perceive and react to.

TYPE also clearly indicates the **ROLE** you are here to play. Are you here to work, manage, initiate, or reflect? When you **understand, accept, and embrace your Role** — *which is HOW YOU ARE DESIGNED TO "BE" in this world* — you are happier, healthier, and naturally aligned with the Authentic Truth of You.

**2) Your STRATEGY** tells you exactly how to navigate through your life for maximum effectiveness and ease. Only by using the Strategy (and Authority) that are specifically correct for YOU can you **MAKE CHOICES and TAKE ACTIONS** in natural alignment with your true Authentic Self. This paves your way to a fulfilling *journey* as well as a satisfying *destination* in your life.

**Make sure you have done the exercises at the end of Modules 1, 2, and 4 to help you integrate this Type and Strategy information.**

As emphasized throughout this course, if you're not living your **TYPE** and using your decision making and action taking **STRATEGY**, then the magnificence of the rest of your design **won't** have the opportunity to be fully expressed.

## THEN WORK WITH YOUR OPEN AND DEFINED CENTERS

3) Recognize your **Open Centers** as possible sources of **pain and confusion**, but also as potential areas of **deep wisdom**. **Study and apply the advice in this course** about each of **YOUR Open Centers** to minimize your pain and maximize your wisdom.

**Do the exercises at the end of Module 3 and create a "cheat sheet" about YOUR Open Centers for quick reference, to reinforce your awareness and support shifts in your behaviors.**

**Special tip for managing the energy coming into your Open Centers: BE A SCREEN, NOT A SPONGE!** Let those energies flow right through you, like a breeze through a screen door. When instead you absorb those energies like a sponge, you engage the problematic aspects of your Open Centers.

4) Your **Defined Centers** are your areas of **strength** and **consistency**. **When you master the energies in your Open Centers**, you create the opportunity to **operate naturally from your strengths — which are your Defined Centers**.

Your Defined Centers are essential pieces of **YOUR Authentic Self**. As you express the highest potentials of ALL of your Centers — both Open and Defined — you **naturally travel the path of an authentic and well-lived life**.

But your Defined Centers can't shine as your reliable areas of genius until your **Open Centers are deconditioned**. You have ample information from this crash course to start that process. Your Defined Centers are covered in detail in a Full **Human Design** Reading.

## PAY ATTENTION TO YOUR PROFILE

5) Working with your **Personality Profile** is another pivotal piece in expressing your Authentic Truth. My clients often find that their Profile **confirms their perceptions** (or suspicions!) about themselves, and **gives them permission** to fully be who they are — with newfound confidence and self-acceptance.



Your Profile reveals your **character, learning style,** the way you **interact with others,** and the way you **experience the world** around you. When you see your own behavior through the lens of your Personality Profile, you understand your previously puzzling behavior patterns and see clearly why and how you are different from most people around you.

You will particularly understand why you have **recurring issues in some relationships** (it really helps to know *their* Personality Profile for this), and why those same issues don't surface in other relationships.

**Be sure to do the exercises at the end of Module 6, then review the details of YOUR Personality Profile often.** Also, make a conscious effort to notice examples of your Profile expressing in the many areas of your life, and deliberately make choices that honor the best qualities of your inborn Personality Profile (which is an **integral part of your Authentic Self**).

## AN ANALOGY TO HELP YOU TIE ALL THE PIECES TOGETHER



Perhaps the following description will help to bring all the pieces into focus for you.

If "All the world's a stage, And all the men and women merely players" (maybe Shakespeare was right!) and life is like a theatrical play or a movie, your **TYPE** would be the **part (or role) you play**. For example, the butler in an English comedy, the superhero in an action adventure, or the villain in a thriller movie.

Your **STRATEGY** would be the **stage directions** or film director's instructions, telling you how to move through your scenes.

Your **PROFILE** would be the specific **character** you portray, for example Jeeves the butler, Clark Kent / Superman the superhero, or The Joker in Batman. It's the **particular personality** you bring to the part you are playing.

Your **Open and Defined Centers** bring complexity and depth to your character. In our analogy, these would help to set up the central actions and conflicts in your story.

The actual **story or plot outline** would be indicated by your **Incarnation Cross**, but that's a topic for a different time. Your Cross is a key piece of

information for understanding your purpose for being here and is discussed with you in a Full Reading, but is way beyond the scope of this Crash Course.

## **GO FORTH AND EXPERIMENT!**

We humans are a complex bunch! We have a lot of “moving parts,” so to speak. We aren’t just one-dimensional. We don’t have a singular personality or a singular path in life. We are a complex combination of pieces that fits into a larger and even more complex universal puzzle.

But the **ONLY** thing each of us needs to do is to **BE OUR AUTHENTIC SELVES** as we were Designed to be. In other words, our job is to **fully express ourselves AS ourselves.**

The only way to understand all of this **valuable information** about the **AUTHENTIC YOU** and have it make a difference in your life is to **consciously use it.**

Start to **notice how** the many aspects of your Authentic Self show up in your life. **Notice where** you have an instinct or pull in a certain direction but you override it with logic, training, or conditioned behavior.

**Explore.** What do you now see about **your own behavior** that you didn’t really notice before? What are you now aware of in other people’s behavior? How have your relationships changed, just from understanding these fundamentals of Human Design?

**Experiment.** Seriously, do not simply take my word for any of this. **Apply it.** See what happens. Some of this information undoubtedly resonated with you instantly, and some you’ll need to work with a bit before it makes sense. **Share** what you’re learning with the people in your life. We often don’t have clarity about our own learning and progress until we articulate it to someone else.

And I would love for you to **share with me** what you’re learning about yourself!

If you would like to share publicly how this course has made a difference for you, I’d be happy to post it on my website! Especially describe any **breakthroughs, awarenesses, and life improvements** you’ve experienced as a result of this course! [Click here to write about your experiences and breakthroughs or to audio-record them.](#)

If you would simply like to let me know about your experiences or give me feedback on this course, please email me at [evelyn@HumanDesignForSuccess.com](mailto:evelyn@HumanDesignForSuccess.com).



## CONCLUSION

It was my intention to provide you with an abundance of **valuable and practical information** in this **Crash Course in Aligning with Your Authentic Self**. I hope you have learned much that is helping you in your life and your relationships. The next section gives you several options for continuing your exploration of **YOUR AUTHENTIC SELF** through **Human Design**.

## HUMAN DESIGN 101: A CRASH COURSE IN ALIGNING WITH YOUR AUTHENTIC SELF

### WHAT'S NEXT FOR YOU?

As you probably now realize, **Human Design** is an **extremely powerful and practical tool** for helping you discover and align with **your Authentic Self**.

You now have a basic understanding of the **fundamentals of Human Design** and your personal **Human Design Chart**.

But there is SO much more about YOU that you can learn from your Chart, and it is simply there, waiting for you to discover. If you would like to learn more about you — **the Authentic YOU** — the question for you to answer is, **“What is the best next move for ME?”**

If you want to personally grow and evolve into the **best possible expression of Who You Are**, here are some options to consider.

### OPTION #1 – A Full Human Design Reading – **BY FAR THE ONE I RECOMMEND!**



Understanding a few bits of data from your Chart is certainly useful, but there is far more information and far more depth available. The Modules of this Crash Course only scratched the surface of the wealth of **self-knowledge, profound insights, and strategies for success** that **Human Design** can provide.

But to access all of that, there is simply no substitute for a **personalized Full Reading** from a **trained Human Design practitioner**.

During a **Full Reading**, I **explain and integrate** the many aspects and details about YOU contained in your Chart and weave them into a **coherent picture of:**

- ◆ your strengths, challenges and life themes, *and how to maximize them*
- ◆ the role, story, and purpose of your life, *and how to live them out effortlessly*

- ◆ how you personally can best interact with life and with others
- ◆ how you can turn any relationship into a living example of the beauty and perfection that is possible in relationships
- ◆ the large and small lessons YOU are here to master
- ◆ your greatest sources for blessings and personal growth
- ◆ your spiritual path and challenges
- ◆ how to make correct decisions FOR YOU and take inspired action, and
- ◆ how best to fulfill *YOUR* unique potential and contribute *YOUR* magnificent gifts to the world.

**Armed with these profound self-discoveries, you can then move forward in your life with:**

- ◆ **new joy and appreciation**
- ◆ a sense of wonder, fulfillment and meaning
- ◆ **spiritual connection and wholeness**
- ◆ greater confidence, purpose and direction
- ◆ **clarity and momentum**
- ◆ healthier and more satisfying relationships
- ◆ **greater success and ease in all areas of your life**
- ◆ decisions and actions that are aligned with your natural energetic structure, your inner truth, and your unique path in life—and that align you with **YOUR AUTHENTIC SELF.**

In short, you will have the tools you need to **LIVE A LIFE THAT YOU LOVE!**

**"It's so empowering to know how to go about things..."**

"Thank you so much for the **Human Design** reading. Your talents are quite powerful, and I'm so excited for the world to receive what you have to offer! It's so empowering to know how to go about things -- to see that I can just relax and do what comes naturally instead of push-push-pushing my way into uncomfortable situations that won't actually bring success. Whew! :)"

**Adam Timm, CA**

If this feels right to you, I invite you to book your **"Life Road Map" Full Human Design Reading** and discover ...

- ◆ the many facets of your **Authentic Self**,
- ◆ why you're here, and
- ◆ how you can uniquely go about fulfilling your purpose.

Simply [click here to sign up on my website](#), email me at [evelyn@HumanDesignForSuccess.com](mailto:evelyn@HumanDesignForSuccess.com), or call me directly at 386-788-9290 (Mon.- Fri. 9am - 5pm Eastern Time).

**Details of a "Life Road Map" Full Human Design Reading**

-Conducted in **three (3) separate 1-hour private telephone sessions** (can also be done via Skype). Each session builds upon the previous one. I do Readings this way to allow you time to process and integrate all you are learning, and ask questions as your next session begins.

-Sessions are **scheduled to suit** how quickly or slowly YOU are ready to move forward.

-Each Reading session is **recorded** and you'll receive a link to the downloadable MP3 file for each session.

-Reading sessions are **interactive** — your participation is encouraged!

-You will receive **several bonus gifts** by email after your Reading sessions to help you use the information you just learned, including lists of customized affirmations and a list of questions for YOUR Open Centers.

-**SPECIAL BONUS: two months FREE** in my **"Master Your Strategy, Master Your Life" Program**. (See below for details about this program.)

-A written transcript of your Reading is available for an additional fee.

## **OPTION #2 – “Master Your Strategy, Master Your Life” Program**

As you now know, living your life in alignment with your inborn **Human Design** is **the KEY to your success and fulfillment in life**. This ongoing monthly program is designed to:

- ◆ support you in applying your personal Strategy and Authority directly to your life circumstances so you **hone your skill at making choices “correctly” – even if you initially resisted your Strategy!**
- ◆ champion you to **strengthen your “success” muscles and trim away the habits and behavior patterns that sabotage you.**
- ◆ **completely shift your life experience** through the practical everyday insights and deep transformations that you integrate as we work together.

All of this supports your **awareness of** and **alignment with your Authentic Self!**

Through twice monthly **group training and support calls**, supplemented with special **members-only Human Design information**, you will:

- ◆ **continue learning** directly from me
- ◆ **keep expanding your knowledge** of your **Human Design** chart
- ◆ get your **personal questions answered**, and
- ◆ benefit from the experiences and encouragement of a small but focused **community of like-minded** personal growth seekers.

Originally created to support clients **after** their Full **Human Design** Reading, this program is now open to **all** serious seekers of self-knowledge... even if you haven't had a Reading from me yet!

This is the **most economical way** to receive ongoing support and continue learning with me. **Take advantage of my introductory “two-months-for-the-price-of-one” offer while it lasts!** [Learn more and sign up here.](#)

## **OPTION #3 – A Complimentary “Decision Breakthrough” Session**

Not sure what's the best “next step” for you? Do you have questions that need answers before you can make the right choice for you?

I have the perfect solution for you — **a complimentary 30-minute telephone session** with me.

During our 30-minute conversation (by phone or Skype), you'll receive a personal explanation of your **Human Design Type** and how that influences you, so you can literally jump-start your smarter decision-making. Plus, I'll **answer your questions** and we'll explore together the **"correct" next step** for you.

I offer these complimentary sessions directly from my website **only** from time to time, but because you purchased this **Human Design 101 Crash Course** ebook, I invite you to fill out the session application form and schedule your complimentary call at any time. [Click here for your private link for applying for your "Decision Breakthrough" session.](#)

Your **Complimentary "Decision Breakthrough" Session** (no charge and no obligation) will help you begin to **understand yourself** at a deep level, **make sense of your life**, and **start making decisions correctly for YOU so you move forward with greater confidence and success!**

If you're not sure what to do next, I invite you to click the private link above and schedule a time to talk with me so we can figure it out together.

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Whichever option you choose, I would love to **support your personal growth and self-empowerment** by supplying you with deep yet practical knowledge from your unique **Human Design**.

I believe with my entire being that **Human Design** is the most powerful and important tool we have on the planet right now to help our **personal and human transformation**. I encourage you to use it to your advantage.

## **HUMAN DESIGN 101: A CRASH COURSE IN ALIGNING WITH YOUR AUTHENTIC SELF**

### About the Author

Evelyn lived in the best of two worlds growing up as a child. Her home base was the cosmopolitan Washington, DC area. Her mother was originally from France and every few years her family traveled there to spend their vacations. As a result, she was fluently bilingual as a child and developed a taste for travel.

This inter-continental experience piqued Evelyn's sense of curiosity about the world which led her to begin her college life enrolled as a Theatre major, doing behind-the-scenes work with makeup, costumes, and stagecraft, and as stage manager. She was also a dancer in several productions. She decided to change her Major, and in 1976 finished an undergraduate degree in French, followed by a Masters in Public Administration in 1978. After being accepted into the new Presidential Management Internship Program, she undertook paid internship positions in various branches of the Federal government in Washington, DC until 1980.

As a Department of Energy employee for the next two years, she represented the U.S. at various international conferences and renewed U.S. uranium enrichment contracts with customers throughout Europe.

Wanting bigger challenges, she applied, and was accepted, into the highly competitive international MBA program in France called INSEAD (the European Institute of Business Administration) in 1982-83. Despite years of subsequent success in the burgeoning cellular telephone service industry, she knew that something was 'missing' from her life – a sense of fulfillment and purpose.

In her quest to discover her 'true calling,' in 2008 she stumbled upon the field of **Human Design**, a tool for self-understanding and awareness that helps people improve their quality of life and relationships, fulfill their authentic purpose for being here, and live the life of their dreams – the life each of us is magnificently 'designed' for.

Her love of helping people better understand themselves and finally know, accept, and embrace who they truly are led her to create her own company **Human Design for Success** in 2009. She derives immense pleasure when her clients suddenly experience moments of insight when their life finally makes sense – those moments that are rich with relief, clarity, self-acceptance, and renewed hope for the future.

Working 'virtually' and in person, Evelyn aspires to assist as many people as possible in their journey of personal growth and self-awareness by working with their inborn energetic structure to make their lives easier, more enjoyable, and more successful through the study and implementation of ***Human Design***.

These days Evelyn lives a rich, joy-filled life in the Daytona Beach area of Florida with her significant other of many years. She is a teacher, speaker, author, coach, consultant, and Level 4 Certified **Human Design** Specialist who delights in continuing her studies and finding creative ways to share this profound and insightful knowledge.

To learn more about Evelyn and how Human Design can unlock your own unique blueprint, please visit [www.HumanDesignForSuccess.com](http://www.HumanDesignForSuccess.com) or connect with her at [Evelyn@HumanDesignForSuccess.com](mailto:Evelyn@HumanDesignForSuccess.com). You can also follow her on Facebook at <http://www.Facebook.com/Evelyn.Levenson>.