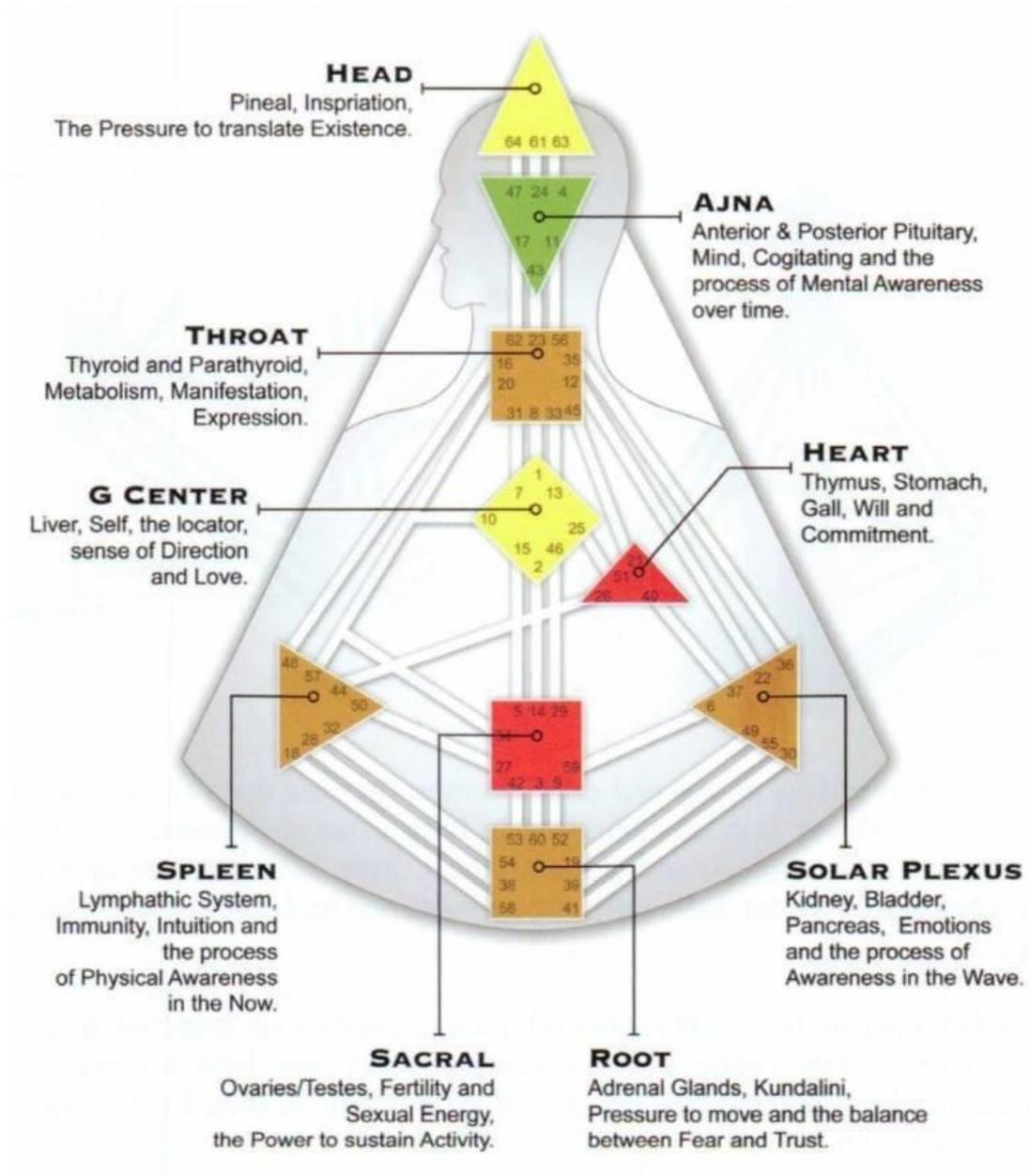
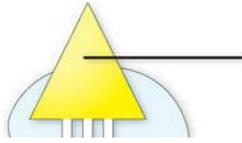


## HUMAN DESIGN CENTERS



## HEAD CENTER

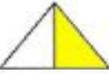


**HEAD CENTER**  
 inspiration, anxiety  
 mental pressure

**Pressure Center – One of the three Centers of Direction. The pressure to bring ideas and inspiration into manifestation. (*The Personality Crystal* or *The Passenger*)** Where we receive the

ideas and inspirations of the divine and the universe. Are these Ideas mine? Am I trying to answer everybody else's questions? This center is associated with the flow of information in the neocortex in the gray areas of the brain and is connected to the crown chakra (7<sup>th</sup>).

### HEALTHY AND UNHEALTHY STRATEGIES OF THE HEAD CENTRE

	THE HEAD CENTRE	
	DEFINED	UNDEFINED
NATURAL STATE WHEN ALONE	Continual pressure to resolve thought process.	Lack of mental pressure
HEALTHY STRATEGY OF THE AUTHENTIC SELF  'THE GIFTS'	Accepts mental pressure without trying to turn it into action or escape it. Knows confusion, doubt and clarity as natural processes with their own inner timing and resolution. The ability to uplift and empower others with both insights and inspiration.	Knows that questions are never its own questions. Therefore doesn't take on the pressure of other people's need for answers. Always open to new insights and mental sparks coming from who is in its aura, and loves to be "filled" with inspiration. Enjoys the pressure to know more without becoming identified with it, or overwhelmed by it. Withdraws when confused or doubtful. Can know clearly who is inspiring and who is confusing.
UNHEALTHY STRATEGY OF THE NOT SELF  'THE TRAPS'	Turns mental pressure in on itself, allowing itself to be driven into deep anxiety, self-doubt or depression when it can't resolve the pressure. Attempts to resolve the pressure through outside action, making hasty and inappropriate decisions. Inability to remain patient, resulting in missed opportunities for inspiration.	Can easily become lost or overwhelmed by doubt and confusion which actually belongs to others. Ends up trying to resolve other people's questions. Takes on the worries of others and tries to release mental pressure through action ("I want this resolved now"). Unable to clean the head out and relax in its own space.

**64 – Confusion** – (the pressure to make sense of the past) Ideas that seemingly come out of thin air and the confusion of trying to turn them into linear ideas through the mind. Bringing the seeming impossible into physical reality. This gate is also filled with a string of disconnected memories and images from your past that needs filtering and sorting until you can make sense of it. When you have this gate, accepting confusion as just a part of the process of attempting to make sense of a constant flow of data that continually recycles through the mind, begins to allow you to go with the flow and just allow the process as part of your way to clear and heal the past. Sometimes sharing with others will allow you to find the answers and help you organize this information. (Gate 64 connects with gate 47 of Realization creating the Channel of Abstraction. A design of mental activity mixed with clarity.)

**Gate 64 is in the Sign: VIRGO**

**The Aurora**

**Shadow** - Confusion **Gift** - Imagination **Siddhi** – Illumination

**61 – Mystery** – (The pressure to know something new) Inner Truth - The awareness of universal underlying principles. Gate 61 knows without knowing, it just knows. This gate also leads towards an interest into the esoteric or mysteries of life. The kind of knowing that moves us toward deeper levels of self-acceptance where we can embrace what distinguishes us from others. There is pressure in this gate that can create uncertainty and anxiety from the unknown. This gate requires surrender to allow the inner knowing to reveal itself in its own timing. (This gate is wanting to connect with the Gate 24 of Rationalization to complete the Channel of Awareness, a design of a thinker)

**Gate 61 is in the Sign: CAPRICORN**

**The Holy of Holies**

**Shadow** - Psychosis **Gift** - Inspiration **Siddhi** – Sanctity

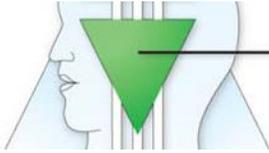
**63 – Doubt** – (The pressure to understand) In the spiral of life, all ends are beginnings. And as you come to the completion of one wheel, there is a new possibility of you. Your own evolutionary path is completely unique to you. There is an energy with this gate of knowing what doesn't feel right and this awareness helps to bring in a doubt that questions the validity and effectiveness of things. This helps to avoid potential pitfalls by double checking. This gate signifies the left brain and logic (64 being the Right), and we are asked to breathe into the merging our right and left hemisphere of our brain. And as the second to last Gate, Logic can give way to Imagination in the eternal spiral of beginnings endings and beginning again. When we realize that the pressure to relive the doubt is just part of this natural cycle of the greater mind of the universe, we can surrender to being in the flow of the constant state of expansion and creation. (This gate is wanting to connect with Gate 4 in order to complete the Channel of Logic, A Design of Mental Ease mixed with Doubt.)

**Gate 63 is in the Sign: PISCES**

**Reaching the Source**

**Shadow** - Doubt **Gift** - Inquiry **Siddhi** - Truth

## AJNA CENTER



AJNA CENTER  
conceptualization

The Cognitive Awareness Center. Wants certainty. (The vehicle or *Design Crystal*) About conscious concrete thinking. (What are you needing to be certain about) Are these thoughts

mine? Am I trying to convince others I am certain? The Ajna is associated with the neocortex, visual cortex and the pituitary glands as well as our Third Eye or 6<sup>th</sup> Chakra.

### HEALTHY AND UNHEALTHY STRATEGIES OF THE AJNA CENTRE

	THE AJNA CENTRE	
	DEFINED	UNDEFINED
NATURAL STATE WHEN ALONE	Knows only a fixed mental way of thinking	No consistent thought pattern.
HEALTHY STRATEGY OF THE AUTHENTIC SELF  'THE GIFTS'	Has an inbuilt structure for processing or computing information. Feels very comfortable with concepts, enjoys the "research", reviewing and organising of information in readiness for communication.	Fluid and adaptable thinking, able to soak up new ideas and concepts, without becoming fixed on any of them. Enjoys having no fixed way of processing thoughts. Enjoys the openness and versatility of intelligence. Accepts uncertainty.
UNHEALTHY STRATEGY OF THE NOT SELF  'THE TRAPS'	Can totally dominate the life, making decisions that override other true authorities. Can create all kind of anxiety from trying to work out decisions mentally.	Tends to worry about not understanding and remembering things. Compares itself unfavourably to defined minds. Tries too hard to be intellectual, holding on to fixed mental processes, concepts or opinions. Needs to be certain.

**47 – Realization** – (The mental anxiety the life is futile.) This is the Aha! Gate, the gate of realization through new ideas from the universe. Eureka! With this gate, when you are relaxed, you can just download new ideas, inventions and solutions. This gate has a tendency to remember all the disorganized collection of memories, and then tries to assemble a meaning to the experiences. In doing so, one needs to take a step back and relax and trust the process. By letting go, it allows the flow of ideas to come to you. This gate best flows with the expectation that the answer will come, allowing one to move forward with confidence with the new inspirations. (This gate is wanting to connect with gate 64 of Confusion in the Head Center in order to complete the channel of Abstraction. Mental Activity mixed with Clarity)

**Gate 47 is in the Sign: VIRGO**

**Transmuting the Past**

**Shadow** - Oppression   **Gift** - Transmutation   **Siddhi** - Transfiguration

**Gate 24 – Rationalization** – (The mental anxiety that you will never know the answer) The natural and spontaneous process of transformation and renewal. This gate takes unique inspiration and ponders it over and over until it can be brought into form and be able to communicate it with others. Through rationalizing there can be a feel of two steps forward, one step back. But it's still one step forward. (This gate is wanting to connect with gate 61 of Mystery in the Head Center in order to complete the channel of Awareness. The energy of being a Thinker)

**Gate 24 is in the Sign: TAURUS**

**Silence – The Ultimate Addiction**

**Shadow** - Addiction **Gift** - Invention **Siddhi** - Silence

**Gate 4 – Formulization** – (The mental anxiety that there is no order and life will always be chaos) The gate of Formulization to questions fueled by doubt about the future. – This gate creates answers that seem to just pop up. With them comes an energy to captivate and succeed despite ignorance. There is a Freedom from retribution and the gate holds a youthful folly. These answers are only a potential though, and still need to be tested and fueled by facts. The energy of this gate is a gift to the questions of those around you and your minds mental awareness helps you sift through to the most potent answers. But these answers must be shared in alignment with your type strategy and authority. In most cases, waiting for others to come to you. (This gate is wanting to connect with Gate 63 of Doubt in the Head Center in order to complete the channel of Logic. A Design of mental ease mixed with doubt.) If this channel is not completed, you may be prone to feeling that your life will always be in chaos until you start to live in more harmony with your design.

**Gate 4 is in the Sign: LEO**

**The Universal Panacea**

**Shadow** - Intolerance **Gift** - Understanding **Siddhi** - Forgiveness

**Gate 11 – Ideas** – (The mental anxiety of not having something new to think or learn) The Gate of Peace. This gate is one that overflows with ideas and not always a knowing with what to do with them all. This is also the gate of the seeker and not the finder so there needs to be peace with the path of the quest. This gate has a harmonic energy for you when you permit assessment before any renewed action. Know that ideas come and go, so not everyone needs to be acted on. But because you have so many, you have a great ability to add possibilities to this reality and in this you love to be inspired by the ideas of others and to inspire others with your ideas. Ideas are what eventually become ideals, then beliefs and even belief systems over time. (This gate is wanting to connect with Gate 56 of Stimulation in the Throat Center to complete the channel of Curiosity, A design of the searcher.)

**Gate 11 is in the Sign: SAGITTARIUS**

**The Light of Eden**

**Shadow** - Obscurity **Gift** - Idealism **Siddhi** - Light

**Gate 43 – Insights/Breakthrough** – (The mental anxiety that your ideas are too weird.) This gate is about pure knowing, the creative rebel, being the conduit for creative insight. This gate feels flooded with ideas and one can find themselves having a hard time trying to even put these ideas to words in order to share them with others. This is also one of the gates of aloneness which means you need alone time to process and be with your thoughts. With this gate one may be deaf to others' ideas. This is helpful in order to be with your own guidance. Deafness can be useful to block out distractions, but one must be careful to not be tuning out information just because they don't want to hear it. (This gate is wanting to connect with gate 23 of Assimilation in the Throat Center in order to complete the channel of Structuring. Holding Individuality)

**Gate 43 is in the Sign: SCORPIO**

**Breakthrough**

**Shadow** - Deafness **Gift** - Insight **Siddhi** - Epiphany

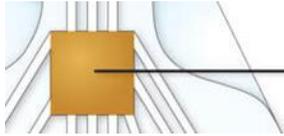
**Gate 17 – Opinions** – (The mental anxiety that your opinions will be challenged) This gate is searching for something to believe in that can be held as a truth for all people. There is a level of openness to your searching for certainty as you sift for what to hold your opinion about. This gate holds the gift of the debater and diplomat. This gate holds the phrase of the ancient law that those who wish to rule, must know how to serve. Opinions are ideas and as always, they need to be offered appropriately. The ability to debate is the willingness to challenge things in the name of fairness. There can be a level of not knowing how to verbalize your ideas and this can create an anxiety that others may not understand you. (This gate is wanting to connect with gate 62 of Details in the Throat Center in order to complete the channel of Acceptance, a Design of an Organizational Being.)

**Gate 17 is in the Sign: ARIES**

**The Eye**

**Shadow** - Opinion   **Gift** - Far Sightedness   **Siddhi** - Omniscience

# THROAT CENTER



THROAT CENTER  
communication and  
manifestation, action

Manifestation center - what it's connected to is what you talk about. The primary function of the Throat center is manifestation through communication, expressing who we are, what we

are thinking, feeling, creating, or learning. It wants to share what we know or what we want to contribute. Are the words you speak your own? Are these words, topics, creations mine? Am I trying to attract attention? It is associated with the Thyroid, Parathyroid and Throat Chakra (5<sup>th</sup>).

## HEALTHY AND UNHEALTHY STRATEGIES OF THE THROAT CENTRE

	THE THROAT CENTRE	
	DEFINED	UNDEFINED
NATURAL STATE WHEN ALONE	Able to speak and/or act	Silence
HEALTHY STRATEGY OF THE AUTHENTIC SELF  'THE GIFTS'	Consistent and reliable tool for communication. Knowing where its true voice comes from means it can speak its own truth. When connected to a motor, it has the capacity to act and the satisfaction of moving forwards in life.	A versatile, spontaneous voice whose capacity to speak depends on who it is with. It communicates best when given space. Can experience all the different voices of the throat centre. Comfortable with silence as its natural state. Waits to be initiated to speak or act by others.
UNHEALTHY STRATEGY OF THE NOT SELF  'THE TRAPS'	Can speak or act too readily or inappropriately, talking too much and thus losing its impact. Because the verbal style is fixed, it can seem overwhelming to others, especially if strategy is not being followed. If not connected to a motor, makes claims but is unable to follow them with action.	Tries to be verbally dominant, speaking without invitation, inappropriately or at a wrong time. Fears it won't know what to say and tries to rehearse conversations rather than allowing for spontaneity. Tries to initiate and ends up suffering from exhaustion and severe health problems. Always tries to attract attention to itself.

**Gate 62 – Details** – This gate creates the statement “I think...” which is the energy that starts to bring meaning to patterns. It is the preponderance of the small. It strives to make concepts tangible, understandable and sharable. It is vital to watch just jumping in and speaking. This gate needs to be initiated in order to be received. Caution, patience and detail produce excellence. This gate loves to organize details and facts in order to better understand and explain complex concepts or situations. This is the gate of the professional organizer. (This gate is wanting to connect with the Gate 17 of Opinions in order to complete the Channel of Acceptance, A Design of an Organizational Being.)

**Gate 62 is in the Sign: CANCER**

**The Language of Light**

**Shadow** - Intellect   **Gift** - Precision   **Siddhi** - Impeccability

**Gate 23 – Assimilation** – Splitting Apart. The awareness and understanding which leads to the acceptance of diversity. This is where inspiration and inner knowing are translated into language. This opens up the possibility for new ways of thinking to be shared with others. These ideas can be radically different than what others are used to, so it is important to honor the right timing when speaking. This allows you to speak with clarity. The opposite is speaking without right timing, and this inevitably will complicate the situation and seem fragmented or off. (This gate is wanting to connect with the Gate 43 of Insight, in order to complete the Channel of Structuring, A Design of Individuality, from Genius to Freak)

**Gate 23 is in the Sign: TAURUS**

**The Alchemy of Simplicity**

**Shadow** - Complexity **Gift** - Simplicity **Siddhi** - Quintessence

**Gate 56 – Stimulation** – The Wanderer and the Storyteller. (I Believe/or Not) This gate loves to travel and loves new experiences. Then you gather the stories of your experiences and share them in stories with colorful and even philosophical ways. It is about weaving the tapestries in life and sharing them in a way that those who hear them can come up with new ideas or inspirations. If you do not act according to your design, others may feel you are pushing ideas and stories on them, so remember to be your type, strategy, and authority. People with this gate can also be great teachers. (This gate is wanting to connect with gate 11 of Ideas - Peace in the Ajna Center in order to complete the channel of Curiosity. The Path of a Seeker)

**56 is in the Sign: CANCER & LEO**

**Divine Indulgence**

**Shadow** - Distraction **Gift** - Enrichment **Siddhi** - Intoxication

**Gate 35 – Change** – Progress – By design, progress cannot exist in a vacuum and is dependent on interaction. This gate is driven by restless curiosity and high expectations for new horizons and new experiences. New for the sake of something new, for the joy of it. These experiences are about seeing and learning new things. You are driven by a desire for depth of feelings and collecting experiences to learn from them. There is an excitement here for just seeing what is on the other side. Gate 35 out of balance could lead to trying to experience new things to get away from the old or lead to a lack of consideration of repercussions. (This gate is wanting to connect with Gate 36 of Crisis in order to Complete the Channel of Transitoriness, A Design of a “jack of all trades”)

**Gate 35 is in the Sign: GEMINI**

**Wormholes and Miracles**

**Shadow** - Hunger **Gift** - Adventure **Siddhi** - Boundlessness

**Gate 12 – Caution** – The gate of caution and standstill – (I know I can try/ or Not) Purpose fulfilled by form. The energy of this gate is to stay silent until you really do have something to say. The inspiration to bring the idea forward will be in a creative way. This may be poetry, music, etc. Your ability to creatively express the joys and sorrows of loving and living will bring a great impact to those around you. It is important to note that this gate is driven by your energy, so if you are not in the mood, then chances are your audience will not hear what you want them to, or will not receive the potential transformation your expression has to offer. If this gate is not a complete channel, then you may have difficulty clarifying what it is you are feeling. (This gate is wanting to connect with Gate 22 of Openness to Complete the Channel of Openness)

**Gate 12 is in the Sign: GEMINI**

**A Pure Heart**

**Shadow** - Vanity **Gift** - Discrimination **Siddhi** - Purity

**Gate 45 – Gatherer** – This is a royal gate, the gate of dominance, a gate of a master or king/queen. It is about protecting the tribe's resources and making sure there is enough. It is about managing the kingdom and making sure everyone is working as they should while still doing well for oneself. Everyone has a place and needs to fulfill their part. This gate can hold the deepest fear of needing security and therefore using dominance to create it in ones life. It holds the wisdom of stepping out of the old fear in clinging to the material realm for security and be able to realize the transcendence of the material plane and the knowing that human beings are the true currency, not money. Our essence, our light is the is the true attainment we are looking for. (This gate is wanting to connect with the Gate 21 of Hunter/Huntress, in order to cerate the Channel of Money)

**Gate 45 is in the Sign: GEMINI**

**Cosmic Communion**

**Shadow** - Dominance **Gift** - Synergy **Siddhi** - Communion

**Gate 33 – Retreat** – The Gate of Privacy – This gate inspires the contemplation of the closing of an event, taking the time to consider and reflect on every aspect of it in order to learn from it. This gate marks the end of a cycle, and after the cycle there is a time for reflection to contemplate all aspects of the experience. Then the wisdom from this contemplation can be shared to help the evolution of others. With this gate, there is a continual cycle that you notice, and you mature though out your lifetime with this wisdom gained from reflection and knowing what is valuable to take forward into the next cycle. (This gate is wanting to connect with the Gate 13 of the Listener to create the Channel of the Prodigal, A Design of a Witness)

**Gate 33 is in the Sign: LEO**

**The Final Revelation**

**Shadow** - Forgetting **Gift** - Mindfulness **Siddhi** - Revelation

**Gate 8 – Contribution** – The gate of holding together. – (I can make a contribution / or Not) There is a pressure with this gate to get things done and to make a contribution in some way. The need to get things done need to be balanced with waiting for the correct timing. This gate brings the energy of the creative role model. By being in correct timing and walking the talk, lots of magic can happen. (This gate is wanting to connect with Gate 1 in order to complete the Channel of Inspiration, A Design of a Creative Role Model.)

**Gate 8 is in the Sign: TAURUS**

**Diamond of the Self**

**Shadow** - Mediocrity **Gift** - Style **Siddhi** - Exquisiteness

**Gate 31 – Influence** – A leadership gate. (I can Lead/ or Not) People with this gate have an authority to what they speak about. This is a verbal influence that needs to be recognized in order for it to be heard though. This gate speaks for the group and speaks from an authority that has a vision for the future. Because this gate is for the collective, the guiding of the group, then it is wise to really be aware of how they are best wanting to be lead. When this is done from your true design, then others are inspired and guided by what you speak about. (This gate is wanting to connect with gate 7 of The Role of the Self (The Army) in the G Center in order to complete the channel of The Alpha. The Channel of Leadership for good or bad)

**Gate 31 is in the Sign: LEO**

**Sounding Your Truth**

**Shadow** - Arrogance **Gift** - Leadership **Siddhi** - Humility

**Gate 20 - Now** – Contemplation- This gate is about being focused on the present moment and focused in the now. This gate keeps you completely focused in the present and supports your capacity to survive as yourself. When you allow yourself to trust and be in the now, your words and actions will always be timed perfectly to impact other around you in the best way. Your intuitive knowing, personal survival and self-loving behaviors influence or empower others. (This gate is wanting to connect to Gate 10, 34 or 57)

**Gate 20 is in the Sign: GEMINI**

**The Sacred OM**

**Shadow** - Superficiality **Gift** - Self Assurance **Siddhi** - Presence

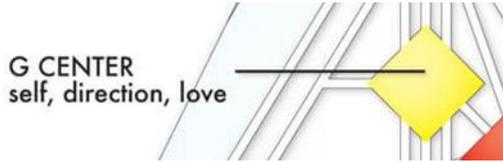
**Gate 16 – Skills** – The gate of Enthusiasm. (I Experiment-Identify/ or Not) The great art of enriching life by the harmonic channeling of energy. This gate is magnified and developed over life through depth and dedication to the development of greatness in a skill. This gate is about making your mark in the world as a keen critic, skilled performer or through your talent and enthusiasm for living. This is a skill that is learned though, through time and dedication. (This gate is wanting to connect with gate 48 of The Gate of Depth in order to complete the channel of the Wavelength. A Design of Talent)

**Gate 16 is in the Sign: GEMINI**

**Magical Genius**

**Shadow** - Indifference **Gift** - Versatility **Siddhi** - Mastery

## G CENTER/IDENTITY CENTER



The Magnetic Monopole and one of the three Centers of Direction. Questions lovability or identity. Draws you towards what you need to learn to be the highest expression of yourself. Soul Seat – Am I being me? Is this me? Am I looking for love and direction? This center is associated with the liver and the blood and the heart chakra (4th).

### HEALTHY AND UNHEALTHY STRATEGIES OF THE G CENTRE

	THE G CENTRE	
	DEFINED	UNDEFINED
NATURAL STATE WHEN ALONE	Fixed sense of self.	No fixed sense of identity.
HEALTHY STRATEGY OF THE AUTHENTIC SELF  'THE GIFTS'	Has a reliable sense of self and knows what it is able to give. Has a defined way of offering love and does not need to cling to love coming from another because it always knows it can return to itself. Has an ability to know where and how it wants to make its progress. Potentially has a defined sense of its quest or mission in life.	Deep sensitivity to environment and location. Knows it will never know who it is. Enjoys the mystery of playing many roles that are conditioned by others and surroundings. Allows others to be way-showers without becoming attached to them. Surrenders to not knowing where it is going next. Allows love to come and go without holding on to it.
UNHEALTHY STRATEGY OF THE NOT SELF  'THE TRAPS'	Can get depressed if it represses what it knows deep down about itself, in order to please others. Can behave/feel like an undefined G if it has never got to know itself. Will feel lost and have no sense of its place or direction in life.	Tends to get lost in who or what it has merged with. Tries to find and hold on to love, and to assume a strong identity often drawn from others. Worries about not being in control of its own life, and tries to latch onto things and people that give it a false sense of security and solidity.

**Gate 7 – Role of Self** – (The direction of looking forward and leading) This gate is about our communication and power. This gate Inspires direction, or direction of others by looking forward. This gate is about leading with influence. It pulls us in the direction of our power and voice of our truth. The ability to communicate in a leadership way to others. It is in the collective channel which means it is about the good of humanity as a whole. Those with this gate have an ability to see when society’s present directing needs correcting and how to get there. There is a heavy pull to lead with Logic. Those with this gate tend to be the leader behind the Leader. Meaning you have a great influence to guide those that are leading the collective. (This gate is wanting to connect with Gate 31 of The Gate of influence in order to Complete the Channel of the Alpha, A Design for Leadership for Good or Bad)

**Gate 7 is in the Sign: LEO**

**Virtue is its Own Reward**

**Shadow** - Division   **Gift** - Guidance   **Siddhi** - Virtue

**Gate 1 – Creative Self Expression** – (The direction of creativity and our place in the now)  
yang/yang - A design to make a unique contribution in the world just by being who you are. The Creative, The Gate of Self-Expression. This is about the deep need to express oneself in unique and creative ways. With this gate it's as if you can feel all the potential of a new creation, and your passion is in taking that creativity and manifesting it into something that can change the world. You inspire by others just by your doing what you love, and this inspiration draws others to see you as someone to learn from. Your energy from this gate needs to be recognized by others (and asked for) in order to be received properly. Let others come to you. If you try to tell others before they are ready, the inspiration will never make the impact it really could. (This gate is wanting to connect with gate 8 of Contribution & Holding Together in the Throat Center in order to complete the channel of Inspiration. The Creative Role Model)

**Gate 1 is in the Sign: SCORPIO**

**From Entropy to Syntropy**

**Shadow** - Entropy   **Gift** - Freshness   **Siddhi** - Beauty

**Gate 13 – The Listener** – (The direction gained by looking back) This gate is all about learning from the past, forgiving the past and moving forward with the blessings and lessons that you received. The gate of Direction or directing by looking back. There is an energy with this gate that people will share things with you, an ability to hear other people's secrets. People feel you are genuinely interested in their stories, and you know how to hold their private information. You will know the right moment to share the core of the stories in order to lead others into a better understanding of themselves. (This gate is wanting to connect with Gate 33 of Privacy, in order to complete the Channel of The Prodigal, A design of a Witness.)

**Gate 13 is in the Sign: AQUARIUS**

**Listening Through Love**

**Shadow** - Discord   **Gift** - Discernment   **Siddhi** - Empathy

**Gate 25 – The Spirit of the Self** – (The direction of Universal love and innocence) Innocence – Our direction is influenced by spirit and source. This is about being in a state of full acceptance and love that is unconditional. This gate holds the potential to inspire others to love from this place of equality. As you surrender to love, you will find your spirit innocence always being tested and these initiations allow you to be a spiritual warrior and empower others. If we become fearful, it constricts the flow of love, and this constriction is one of the deepest sufferings of humanity. When you flow with your spirit, you are alive with the wonder and love of being. (This gate is wanting to connect with the Gate 51 of Shock in order to complete the Channel of Initiation, a Design of needing to be first.)

**Gate 25 is in the Sign: PISCES & ARIES**

**The Myth of the Sacred Wound**

**Shadow** - Constriction   **Gift** - Acceptance   **Siddhi** - Universal Love

**Gate 46 – Determination of The Self** – (The direction guided by the body) A Love of the Body, - Gate 46 is Designed to be where we need to be to experience vitality. This is about the quality of life we experience, and although it may just look like good fortune, it has come from dedication and effort. This is also about being in the right place at the right time. With this gate, there is an energy of loving and honoring the body as a vehicle of the soul. There is a love of the expression that the body can experience in all ways. If you do not honor your body, then it will begin to fail under the pressure of the crisis or stress. (This gate is wanting to connect with gate 29 of Perseverance in the Sacral Center in order to complete the channel of Discovery, A design of succeeding where others fail.)

**Gate 46 is in the Sign: LIBRA & VIRGO**

**A Science of Luck**

**Shadow** - Seriousness   **Gift** - Delight   **Siddhi** - Ecstasy

**Gate 2 – Direction of Self** – (The direction of vision) Yin / Yin – most receptive gate. Designed to receive. To take direction and receive all that is needed to fulfil destiny. This is about your destiny and the identity of your soul. Your magnet that pulls you in the direction of your truth and of your higher spirit. Gate 2 is about feeling unity with all the universe, knowing that no matter what is happening, there is a purpose to all of it. When one surrenders to be in the flow of their soul, synchronicities seem to be everywhere. The receptiveness of this gate knows on a deep level of all the resources available to create and manifest in this realm, but without a connection to gate 14 one needs to find the fuel or the energy to bring it forward. But Gate 2 knows how to receive abundance and to manage it. This gate is the core of living ones true design. (This gate is a Channel Gate for you connecting to gate 14 of Power Skills in the Sacral Center in order to complete the channel of The Beat. Possession in Great Measure as a keeper of the keys)

**Gate 2 is in the Sign: TAURUS**

**Returning to the One**

**Shadow** - Dislocation   **Gift** - Orientation   **Siddhi** - Unity

**Gate 15 – Extremes** – (The direction from the love of humanity) The Design to assist to love ourselves and others. The quality of behavior which expresses the proper balance between extremes. A gate of Modesty & Love of Humanity. As part of the channel of Rhythm, the energy in this gate has to do with changes. In finding the right rhythm, this gate will take extreme leaps into moving into a new one. People with this gate have large auras and energy and need to come to a place of balance with the part of them that would be a martyr for others (This gate is wanting to connect to the Gate in order to create the Channel of Rhythm, A Design of being in the flow.)

**Gate 15 is in the Sign: GEMINI & CANCER**

**An Eternally Flowering Spring**

**Shadow** - Dullness   **Gift** - Magnetism   **Siddhi** - Florescence

**Gate 10 – Behavior of Self** – (The direction from self and love of self) This gate is about guidance and demonstration, and it is boosted and preserved by a diligent reminder to self of self-love. This is a very powerful gate that draws you to lead by example. When you are in the highest expression of this energy, you empower others just by being in your truth and power, and truly loving you. This gate empowers your potential to surrender to living authentically as yourself. As you come to know, accept, and love what make you unique, you empower others to love themselves as well. True awakening through surrender is not a commitment to becoming something; it is a commitment to being yourself. (This gate is wanting to connect to either Gate 34, 57 or 20, it is about awakening back to you)

**Gate 10 is in the Sign: SAGITTARIUS & CAPRICORN**

**Being At Ease**

**Shadow** – Self Obsession   **Gift** - Naturalness   **Siddhi** - Being

# WILL / HEART CENTER



3<sup>rd</sup> most powerful motor and one of the three Centers of Direction. Asks am I worthy – ability to bring things to material plane. (Am I undercharging/undervaluing self)

Am I worthy and what am I trying to prove? This center is associated with the stomach (40), gallbladder (51), thymus gland (26), heart (21) and is connected to the heart (4<sup>th</sup>) chakra and the solar plexus chakra (3<sup>rd</sup>) chakra.

## HEALTHY AND UNHEALTHY STRATEGIES OF THE HEART/EGO CENTRE

	THE EGO/HEART CENTRE	
	DEFINED	UNDEFINED
NATURAL STATE WHEN ALONE	Has consistent access to will power.	No impulse to be wilful.
HEALTHY STRATEGY OF THE AUTHENTIC SELF  'THE GIFTS'	Has a natural sense of self-esteem. Handles the competitive field through exerting its will power or not. Can thrive on the material plane through making deals, bargains or promises that ensure it is valued. Knows that it is here to work, but its true aim is to make enough money so as not to have to work.	Has no need to make promises in life. Has nothing whatsoever to prove to anyone. Enjoys and takes advantage of the conditioning of defined egos (e.g: competitive field) but can let it go at any time. Loves to spend money.
UNHEALTHY STRATEGY OF THE NOT SELF  'THE TRAPS'	Can engender distrust in others if it shies away from striking a bargain or making a promise. Can become ill if it allows its will power to be controlled or suppressed. However, can lose the trust of the community if it overvalues its own importance. Shies away from having to work and loses its true power and sense of self-esteem.	Compares itself unfavourably with defined egos and tries to overachieve in life by sheer force of will, driven by lack of self worth. Either believes it is competitive and damages its heart and stomach, or shies from competition for fear of losing. Makes promises it can't keep.

**Gate 21 – Control** – (The will to be in control) The gate of the hunter/huntress. The ability for decision making. This gate creates an energy of wanting to be in control. One can have the ability to hold authority positions but inevitably this energy is meant to be used in service to others. This is a tribal channel that is about serving others by overseeing the future and wealth of a community. The tendency can be towards wanting to be in control of everything in your reality. It is very important for you to be living your design, so you are not trying to be in charge of what is not yours to control. (This gate is wanting to connect with gate 45 of The Gatherer in the Throat Center in order to complete the channel of Money, A design of a Materialist.)

**Gate 21 is in the Sign: ARIES**

**A Noble Life**

**Shadow** - Control    **Gift** - Authority    **Siddhi** - Valor

**Gate 40 – Aloneness** – (The will to deliver) This gate is about mastering alone time by not letting the energy of loneliness take over. This gate drives one to seek others as an individual seeking the whole. This is tribal gate that is about companionship. There can also be the feeling that one is unloved or alone even when surrounded by the adoration of others. As a tribal gate, the energy holds a love for work, when one is doing it according to their right design. It gives you great satisfaction when you do the work you love because you know it is providing for your people. (This gate is wanting to connect with gate 37 of Friendship in the Emotional Solar Plexus Center in order to complete the channel of Community – Being Part of a Whole.)

**Gate 40 is in the Sign: VIRGO**

**The Will to Surrender**

**Shadow** - Exhaustion   **Gift** - Resolve   **Siddhi** – Divine Will

**Gate 26 – The Egoist** – (The will to be the best) The power of memory and the ability for selective memory. A gate of the great salesman or one who can present things as needed or wanted from certain points of view. This gate holds great influence over others and must be used from the true self in order to keep from exaggeration for rewards and holding the integrity from the blur between truth and lies. When used in its highest form this gate helps to ease the fears of others by sharing the memories that further humanity in a positive direction. (This gate is wanting to connect with gate 44 of Alertness in the Splenic Center to create the Channel of Surrender)

**Gate 26 is in the Sign: SAGITTARIUS**

**Sacred Tricksters**

**Shadow** - Pride   **Gift** - Artfulness   **Siddhi** - Invisibility

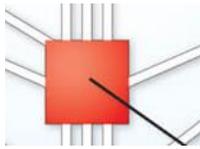
**Gate 51 – Shock** – (The will to be competitive) A gate that inspires through shock a deeper sense of knowing oneself, and pushing oneself to be on a path of higher knowing. This gate is about the shock of initiation. The vibration of shock can move you from one place of being to another in blink of a moment. These moments are meant to move one through the initiation process into a higher aspect of self. People with this gate can also be shocking to others with how they present their information, sometimes just for the fun of it. There can also be a competitive feeling to this gate. It is important to work with your strategy and authority so that you are not just brashly jumping into things. (This gate is wanting to connect with gate 25 of The Spirit of the Self in the G Center in order to complete the channel of Initiation, A design of Needing to be First)

**Gate 51 is in the Sign: ARIES**

**Initiative To Initiation**

**Shadow** - Agitation   **Gift** - Initiative   **Siddhi** - Awakening

# SACRAL CENTER



SACRAL CENTER  
sexuality, life, death

Most powerful motor – Do I know when enough is enough? This motor is about work and sex. Center of Response...responds to things. This is where we get the energy to do. This center is associated with the reproductive organs, our Chi energy and our Sacral or 2<sup>nd</sup> Chakra.

	THE SACRAL CENTRE	
	DEFINED	UNDEFINED
NATURAL STATE WHEN ALONE	Pure creative potential waiting to be put into action.	Lacks impulse to be continually busy.
HEALTHY STRATEGY OF THE AUTHENTIC SELF  'THE GIFTS'	Has consistent, reliable access to energy, released through response. Has tremendous staying power to see something through once the sacral responds positively. Can relax in the knowledge that it never has to initiate, surrendering to its own response strategy. Patience even when frustrated.	Ability to surrender to the buzz of the generator world without getting involved in it. Allows others to vitalise it, letting life flow through it, knowing when to withdraw and discharge. Ability to step back and allow others do the work it doesn't want to do. Enjoys diversity of sexual roles without identifying with any particular one.
UNHEALTHY STRATEGY OF THE NOT SELF  'THE TRAPS'	Can get so stuck and frustrated waiting that it forces the issue prematurely, thus losing its power. Can exhaust itself through trying to initiate its own direction in life. Has a tendency to quit things entered into incorrectly. Through lack of patience, compromises its power and ends up doing things it hates with people who do not initiate it.	Tries to take on too much and over-commits, unable to say No, especially when influenced by a defined Sacral. Puts itself under great pressure to work, becoming frequently overwhelmed and exhausted by other people's energy. Once away from that energy, cannot sustain workload, loses confidence and crashes. Either represses sexuality or identifies with sexual conditioning from others, leading to neediness and confusion.

**Gate 5 – Fixed Patterns** – Waiting – The Energy to set and repeat patterns. Fundamental attunement to natural rhythms; waiting as an active state of awareness. You have an inner rhythm and flow, and your routines are important to you. You like to have rituals and routines. This is a foundational energy that helps to stabilize and maintain the very environment you are in. There is comfort in the patterns, and all of the universe flows in patterns. There is a flow and rhythm with nature and one can even enjoy rhythm in work and sex. The fear in this gate is the fear of change. The gift is to know that there is a universal timing, and much like the seasons, surrendering to the changes allows you to find the new patterns and hold the new structures of growth and potential. (This gate is wanting to connect to the Gate 15 of Extremes in order to create the Channel of Rhythm, A design of Being in the Flow.)

**Gate 5 is in the Sign: SAGITTARIUS**

**The Ending of Time**

**Shadow** - Impatience    **Gift** - Patience    **Siddhi** - Timelessness

**Gate 14 – Power Skills** – Auspicious gate – The energy to release resources and empower direction in life. Energy for making money and making resources. There is a feeling with this gate that if you do what you love and you do it for the greater good, prosperity will come. You respond to opportunities be it with bonding, sex or work that will have the potential for great resources. The energy of this gate knows the value of life force energy, and when one is operating from their true self and design, they will just seem lucky. This luck comes from actually honoring what to truly invest your energy into. (This gate is a Channel Gate for you connecting to gate 2 of Direction of the Self in the G Center in order to complete the channel of The Beat. Possession in Great Measure as a keeper of the keys)

**Gate 14 is in the Sign: SCORPIO**

**Radiating Prosperity**

**Shadow** - Compromise **Gift** - Competence **Siddhi** - Bounteousness

**Gate 29 – Perseverance** – Energy for Commitment to and experience fully and completely. Pushing upward. Sensual energy, passion, persistent gate of yes. For every yes, there may be many no's, and if you are not acting from your type, strategy and authority then you may get into commitments that you don't really want. This is the gate of commitment, determination, and focus, succeeding where others fail. This gate is also about pushing through even when it is difficult. The potential of this gate is a constant affirmation of life. When you answer yes, this gate is about the energy to follow through with the cycle. And to know that everything has a cycle. Knowing this means you also realize that cycles come and go, so one thing may be right today, but not tomorrow. You need to constantly be finding your yes and no in the moment based on your inner authority. (This gate is wanting to connect to gate 46 of Determination of the Self to complete the channel of Discovery, a Design of Succeeding where others Fail)

**Gate 29 is in the Sign: LEO/VIRGO**

**Leaping Into the Void**

**Shadow** - Half-Heartedness **Gift** - Commitment **Siddhi** - Devotion

**Gate 59 – Sexuality** – The Energy for bonding and sexuality. This is the gate of sexuality, passion, and deep bonding with another. Gates help one to know how to break down the barriers in order to participate in the creation process. This gate may create a need to know your partner very well before you commit to them. When you do, your partner is like your best friend and soul mate. (This gate is wanting to connect with Gate 6 of Friction in the Solar Plexus Center in order to complete the channel of Mating, A design Focused on Reproduction)

**Gate 59 is in the Sign: VIRGO**

**The Dragon in Your Genome**

**Shadow** - Dishonesty   **Gift** - Intimacy   **Siddhi** - Transparency

**Gate 9 – Focus** – The Energy to concentrate in order to establish a pattern. A potential that can be fulfilled through detailed attention to all pertinent aspects. Focus and obsessive. This gate makes every other gate in the chart more intense. Enjoys tasks that require focus. Good and focusing. You can sit in a state of stillness, holding attention to detail, while preserving precious energy for just the right moment. All of this you can then share with the collective, or for your own personal growth. May hang onto things longer than one should. The skill to sit through what most others cannot in order to work through things. (This gate is wanting to connect to the Gate 52 of Stillness in order to complete the Channel of Concentration)

**Gate 9 is in the Sign: SAGITTARIUS**

**The Power of the Infinitesimal**

**Shadow** - Inertia   **Gift** - Determination   **Siddhi** - Invincibility

**Gate 3 – Ordering** – The Energy to bring order to the mutative pulse frequency. The gate of mutation – mutative energy. Responds to things that bring mutative or diversity in genes. Genetic mutation that further the evolution of humans. This gate brings order to mutative pulse frequencies. Within this gate is the fundamental challenge of initiation, which is to transcend confusion and establish order. This order is so that something new and potentially viable can take hold in the world. If there is no energy fueling the potential for change, this can lead to feelings of depression or melancholy. But when you allow yourself to be patient, and realize that everything has its timing, then you can be the catalyst of change for someone without even lifting a finger, just by that person stepping into your aura. (This gate is wanting to connect with the Gate 60 of Acceptance in order to complete the Channel of Mutation, a Design of Energy which Initiates and Fluctuates – Pulse)

**Gate 3 is in the Sign: ARIES**

**Through The Eyes of a Child**

**Shadow** - Chaos   **Gift** - Innovation   **Siddhi** - Innocence

**Gate 42 - Growth/Ending** – The Energy to close a cycle and bring things to an end. This is pulse to get things done. There is a desire to get things finished. This can create a skill to come in and assess situations and organize and straightening things up in order to complete a project. Every project you complete, provides knowledge to take into the next cycle. On the flip side it can also create a slightly boring energy because the focus is so set on the completion of the project that one may not look too much towards “play” in the process. (This gate is wanting to connect with the Gate 53 of Beginnings in order to complete the Channel of Maturation, A Design of Balanced Development.)

**Gate 42 is in the Sign: ARIES**

**Letting Go of Living and Dying**

**Shadow** – Expectation   **Gift** - Detachment   **Siddhi** - Celebration

**Gate 27 – Caring** – The Energy to nourish and protect for survival. The gate of responsibility. This is the Mother Theresa gate. It holds within it an energy that feels the necessity to care for the tribe and to care for the people. There is an urgency to this energy at times and one needs to remember that the balance comes in first caring for yourself. Your tendency may be to over give to the point of depleting your own resources. The pulse of this gate is to respond to responsible opportunities. You may like to hold or have responsibility. It’s the gate of teaching/teaching values to the tribe. Remember that others need to choose the change that you see could be so good for them. Acting in alignment design is imperative for your health and vitality. (This gate is wanting to connect with gate 50 of Values in the Splenic Center in order to complete the channel of Preservation– Custodianship.)

**Gate 27 is in the Sign: TAURUS**

**Food of the Gods**

**Shadow** - Selfishness   **Gift** - Altruism   **Siddhi** - Selflessness

**Gate 34 – Power** – The energy of pure power to empower. The Power of the Great – this is a great force of energy that empowers us towards individuation and our uniqueness in the world. This gate gives the full pure power to empower. It is important to know that Power is only great when its display or use serves the common good. The energy of this gate pushes toward individuation, the expression of it and the celebration of it. This power is personal, and although others may be attracted to it, this energy is directed towards and accessible for you. (This gate is wanting to connect with Gate 10, 20 or 57, and its energy is about empowering you)

**Gate 34 is in the Sign: SAGITTARIUS**

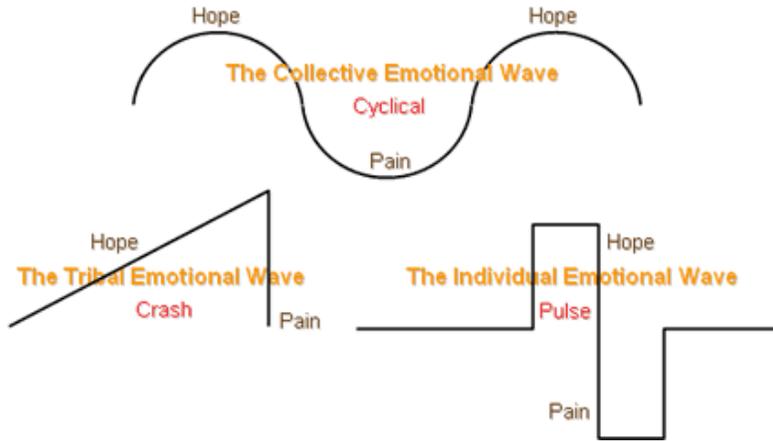
**The Beauty of the Beast**

**Shadow** - Force   **Gift** - Strength   **Siddhi** - Majesty

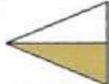
# EMOTIONAL SOLAR PLEXUS CENTER



Awareness Center of feelings – This center moves in emotional waves and drives the cyclical nature of the human experience in order to feel the full range of life. Are you avoiding truth & conflict? This is the center of emotions. Are these emotions mine? This Center is associated with the lungs, kidneys, pancreas, prostate gland, nervous system and the solar plexus chakra (3<sup>rd</sup>) and the heart chakra (4<sup>th</sup>).



## HEALTHY AND UNHEALTHY STRATEGIES OF THE SACRAL CENTRE

	THE SOLAR PLEXUS CENTRE	
	DEFINED	UNDEFINED
NATURAL STATE WHEN ALONE	An up and down wave of emotions that brings deep clarity after time.	Emotionally still.
HEALTHY STRATEGY OF THE AUTHENTIC SELF  'THE GIFTS'	Experiences a very rich emotional depth in life. The highs and the lows of the wave bring passion, excitement and even beauty in the melancholy. Sexually exciting, attractive and warm. Appreciates the lows as much as the highs. Plays hard to get in decisions and cultivates patience.	Ability to watch and surf the emotional wave, soaking up the highs and the lows without identifying with any of it or allowing emotions to drive it. Never makes an emotional decision, but waits to be cool. Doesn't run from confrontation, but accepts emotional conditioning without identifying with it.
UNHEALTHY STRATEGY OF THE NOT SELF  'THE TRAPS'	Hugely impatient, makes spontaneous decisions without waiting for clarity. Tends to identify with a particular phase of the wave, making decisions from that point – e.g. a low or high point. Makes up external reasons for feelings, rather than simply accepting the inner chemistry. As a result, tries to escape the low end of the wave, always seeking the highs.	Can feel overwhelmed by the emotional environment and try to avoid confrontation at any cost. Lies to itself and others out of not wanting to rock the boat. Seeks the high end of the wave and tries to resolve or process emotional problems. Allows itself to be driven by emotions of others, or can become so scared of emotions that it runs away from people and relationships altogether.

**Gate 37 – Family/Friendship** – (The nervousness of having to take on traditional roles) The manifestation, macro and micro cosmically, of the organic nature of communities. This gate is all about family, community and is the most communal gate in the chart. This gate creates an ability to make an emotional connection with others touch, and an uncommon sensitivity to others openness to you. Others will want you to be the mouth of an organization or the greeter for newcomers or strangers. This gate can create a fear of being trapped in, or having to live up to, a traditional role in the tribe. (This gate is wanting to connect with Gate 40 of Aloneness in order to complete the Channel of Community, A design of a Part seeking a Whole.)

**Gate 37 is in the Sign: PISCES**

**Family Alchemy**

**Shadow** - Weak   **Gift** - Equality   **Siddhi** - Tenderness

**Gate 22 – Openness** – (The nervousness of not being listened to) Grace, and a quality of behavior best suited in handling mundane and trivial situations. – this gate is all about being in the mood. When you're in the mood, you are a charmer and graceful able to work a room like no other, when you are not in the mood, you may become antisocial. This gate gives an ability to connect with others through your listening skills. When in the mood, you know just when to listen and just when to speak in order to facilitate change in others. This is grace in action. But as this gate is coming from the emotional solar plexus, it rides the waves that come from this center, so it is important to know your ability to influence the moods of others and to your own inner authority to know if the timing is just not right for you. (This gate is wanting to connect to Gate 12 of Caution, in order to complete the Channel of Openness, A design of a Social Being)

**Gate 22 is in the Sign: PISCES**

**Grace Under Pressure**

**Shadow** - Dishonor   **Gift** - Graciousness   **Siddhi** - Grace

**Gate 36 – Crisis** – (The nervousness of one’s sexual or emotional adequacy) This gate wants what it wants, and it is driven by emotions. Waiting and acting in your design is crucial with this gate, because if one waits, then more than likely, you will get what it is that you want in the now. This gate is the emotional impulse of desire, but without waiting, there can be chaos and crisis. There is a tendency towards boredom and wanting the next adventure or experience to happen already. This gate also holds the dark night of the soul. That there are rhythms and cycles and in the darkening of the light, we know that the decline is natural but not forever. It is part of growth and what inspires the crisis resolution. This gate requires one to ask, am I the one drawing the chaos to me? Or have I mastered my emotions. (This gate is wanting to connect with gate 35 of Change in the Throat Center in order to complete the channel of Transitoriness – Being A Jack of all Trades.)

**Gate 36 is in the Sign: PISCES**

**Becoming Human**

**Shadow** - Turbulence   **Gift** - Humanity   **Siddhi** - Compassion

**Gate 30 – Recognition of Feelings** – (The nervousness about what might or might not happen) This gate brings intensity and a burning drive to bring about new ideas. The lesson with this gate is to hold the idea until the right time or else this intensity can burn others out. The lesson in this gate is that life is not what you expect it to be, but what you *Allow* it to be. Remember, desire is temporary, and the fire of this gate is run by the highs as lows of your emotional wave of your Emotional Solar Plexus. You must learn your waves in order to calm the sea you sail. When you do this, the feeling no control will ease you can allow the feelings to be a gift you share with others. (This gate is wanting to connect with Gate 41 of Contraction in the Root Center in order to create the Chanel of Recognition, a design of Focused Energy and Feelings)

**Gate 30 is in the Sign: AQUARIUS**

**Celestial Fire**

**Shadow** - Desire   **Gift** - Lightness   **Siddhi** - Rapture

**55 – Spirit** – (The nervousness of not knowing what to be passionate about) This gate is about abundance and knowing that abundance comes from the spirit of our perception and the mood in which we are experiencing it. This gate can be subject to the roller coaster of emotions causing a feeling of cup half full to half empty depending on the wave. It is important for you to pay attention to what your mood feels like doing. It is a signal for you about what is right for you in the moment. If you are hungry eat, if not, don't etc. (This gate is wanting to connect with Gate 39 of Provocation in the Root Center to complete the Channel of Emoting)

**Gate 55 is in the Sign: PISCES**

**The Dragonfly's Dream**

**Shadow** - Victimization   **Gift** - Freedom   **Siddhi** - Freedom

**49 – Revolution** – (The nervousness of being rejected, unpredictability and consequences) The gate of principles where purpose is fulfilled through mind. With this gate you may feel your principles supersede all others and feel others may need to obey you. This may translate into you exerting your power to accept or reject a person, or their request for access to what ever your feel you are in charge of. Your emotional wave influences this energy, so it is of your highest importance to learn to balance your wave so that you are not making choices based on what mood you are in. This is a very self-proclaimed channel, and one needs to be responsible, because there can be a tendency towards the insensitivity of others for the greater good. (This gate is a Channel Gate for you connecting to gate 19 of Wanting in the Root Center in order to complete the channel of Synthesis. The energy of Sensitivity.)

**Gate 49 is in the Sign: AQUARIUS**

**Changing the World from the Inside**

**Shadow** - Reaction   **Gift** - Revolution   **Siddhi** - Rebirth

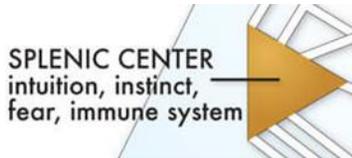
**6 – Friction** – (The nervousness of revealing who you really are) Conflict Resolution and the Balancing of the Scales. It is about balancing the inner and the outer, the emotional and the physical and the drive to be open or closed to something or someone. This gate and channel drive you to be in a relationship that is deeply personal. This can also draw one to need deep and personal business relationships as well. With the passion in this channel, it is important to really stay true to your design, to make sure certain relationships are correct for you, or else you may jump in too quickly to situations that are not in your highest alignment. The gate six is the gate that creates the heat and the friction in this connection. This is the fire that is essential for growth. This gate is about intimacy and when this intimacy is received by the Gate 59 it creates a deep bonding. (This gate is wanting to connect with gate 59 of Sexuality in the Sacral Center in order to complete the channel of Mating– Reproduction.)

**Gate 6 is in the Sign: VIRGO**

**The Path to Peace**

**Shadow - Conflict Gift - Diplomacy Siddhi - Peace**

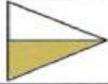
# SPLENIC CENTER



Awareness Center of Survival. – The center for fears, intuition and time. The question here is “What are you afraid of?” Are these fears or intuitions mine? Am I holding on to things that are not good for me? The Splenic Center is associated with the lymphatic system, spleen, immune system and the Solar Plexus

3<sup>rd</sup> Chakra

## HEALTHY AND UNHEALTHY STRATEGIES OF THE SPLEEN CENTRE

	THE SPLEEN CENTRE	
	DEFINED	UNDEFINED
NATURAL STATE WHEN ALONE	General well-being	Sensitivity to well-being in oneself and environment.
HEALTHY STRATEGY OF THE AUTHENTIC SELF  'THE GIFTS'	Has a reliable immune system which maintains the body's equilibrium throughout illness and health. Can trust hunches and intuition in the now, and can act spontaneously if the spleen is the authority. Has a fixed way of processing fear, leading to a deep inner sense of security.	Accepts the inconsistency of physical well-being, knowing that it is what makes it sensitive and highly attuned to the body's needs. Adept at diagnosing ill-health and disease in others or environment. Is not afraid of fear itself, but learns to be wise as to its nature by not suddenly reacting to it or trying to fix it. Enjoys aura of defined spleens without becoming dependent. Is never spontaneous.
UNHEALTHY STRATEGY OF THE NOT SELF  'THE TRAPS'	A sense of invulnerability can lead to an overloading of the system and sudden serious and unforeseen health problems. Not listening to hunches when the spleen is the main authority, or following hunches with a defined solar plexus can lead to physical problems, disease and danger.	Constantly chases after feeling good and tries to fix its own inconsistency through diet, therapy, relationships or helping others. Gets caught up in how it feels physically, "becoming its own problem". Tries to be spontaneous in order to feel better and make the fear go away. Will sacrifice its own security for the sake of well-being. Becomes dependent and possessive in relationships.

**Gate 48 – Depth** – (Fear of Inadequacy) (taste) Getting to the depth of information / fear of not enough information or feel inadequate, never know enough. This gate has awareness of a potential solution, and if one is not perceived, there is fear that you don't have enough depth and more information, knowledge or knowing needs to be sought after. This gate can create a constant pressure or fear of not knowing enough or needing to know more. Relaxing into an active state of waiting, others will be drawn to you for potential solutions and mentoring. (This gate is wanting to connect with Gate 16 of Skills in order to complete the Channel of the Wavelength, A Design of Talent)

**Gate 48 is in the Sign: LIBRA**

**The Wonder of Uncertainty**

**Shadow** - Inadequacy   **Gift** - Resourcefulness   **Siddhi** - Wisdom

**Gate 57 – Intuition** – (Fear of the Future) The gate of intuitive insight. The gentle energy that has the ability to bring one’s core into the now. This gate holds an extraordinary power of clarity and knowing. (Knowing intuition) that can come from hearing the frequencies of the world around you. With this gate one can be prone to Fear of the future and an need to trust your own inner voice. Sometimes you may appear deaf to others as if you are not listening, but this is an inner tool for attuning to your own inner voice. When you are listening and paying attention to your intuition in the now, there is no tomorrow to fear. (This gate is wanting to connect to Gate 34, 10 or 20, it is about being in your own truth.)

**Gate 57 is in the Sign: LIBRA**

**A Gentle Wind**

**Shadow** - Unease   **Gift** - Intuition   **Siddhi** - Clarity

**44 – Alertness** – (Fear of the past) Coming to Meet, the energy of the salesman who has the ability to spot that which is worth sharing. This is the gate of memories and remembering patterns. Bringing lessons from the past into the present in order for the tribe to grow. With an alertness to patterns and trends, you can spot what is emerging as a trend for the future, then you “sell” it to the tribe. The Intuition in this gate is smell. Be it actual smell, or the ability to smell the truth or a lie. The fear of this gate is of past coming back to haunt you. (This gate is wanting to connect with gate 26 of The Egoist in the Heart/Will Center in order to complete the channel of Surrender– Transmitter of new ideas.)

**Gate 44 is in the Sign: SCORPIO**

**Karmic Relationships**

**Shadow** - Interference   **Gift** - Teamwork   **Siddhi** - Synarchy

**50 – Values** – (Fear of taking responsibility) The mystical name of this gate is the Guardian. The energy behind this gate holds the values of what is right or wrong for the tribe. It knows that in order for the young to grow and evolve into adulthood, they must be nurtured and cared for. This gate holds a moral value of responsibility, and the drive is on values and laws, and that which keeps the family or community in harmony. One’s awareness may tend to focus on what is unjust or corrupt to the point of wanting to challenge it. It is important to know that this is an instinctual impulse and as always, coming from true self is vital. Trust your inner authority to make sure what you are focused on is correct for you. The Fear of this gate is a fear of failing responsibility, even becoming paralyzed from taking action due to a fear of taking on responsibility that you don’t feel equipped to handle. (This gate is wanting to connect with the Gate 27 of Caring in order to complete the Channel of Preservation, a design of Custodianship)

**Gate 50 is in the Sign: LIBRA & SCORPIO**

**Cosmic Order**

**Shadow** - Corruption   **Gift** - Equilibrium   **Siddhi** - Harmony

**32 – Continuity** – (Fear of Failure) Duration. Theme of purpose fulfilled though bonding. There is an underlying fear of failure in this gate. One of your gifts is in seeing who has the skills and abilities to move forward in life/work/etc., and then being able to bring your attention to those people so others can recognize them too. Because of the Fear of failure or unfulfilled dreams, one may be prone to get stuck in the realm of dreams and ambitions. (This gate is wanting to connect with gate 54 of Drive (ambition) in the Root Center in order to complete the Channel of Transformation– A Design of Being Driven.)

**Gate 32 is in the Sign: LIBRA**

**Ancestral Reverence**

**Shadow** - Failure   **Gift** - Preservation   **Siddhi** - Veneration

**28 – The Game Player** – (Fear of no purpose) Gate of struggle to find the meaning of life. Fear that life has no meaning. This gate will push one to intuit through awareness which risks will make you feel more alive, and lead to struggles which bring purpose to existence. Being willing to take risks others wouldn’t. (This gate is wanting to connect with gate 38 of The Fighter in the Root Center in order to complete the channel of Struggle– A Design of Stubbornness.)

**Gate 28 is in the Sign: SCORPIO**

**Embracing the Dark Side**

**Shadow** - Purposelessness   **Gift** - Totality   **Siddhi** - Immortality

**18 – Correction** – (Fear of being judged/self judgement) Awareness to what needs to be corrected or changed. About making things correct, the perfected expression for joy of life. Fear is that nothing will be perfect. Fear of imperfection. Fear of being judged by others. (The gate 18 is wanting to connect with the gate 58 of Joy in order to create the Channel of Judgement, a design of insatiability.)

**Gate 18 is in the Sign: LIBRA**

**The Healing Power of Mind**

**Shadow** - Judgement **Gift** - Integrity **Siddhi** - Perfection

# ROOT CENTER



This is the center of Pressure. The pressure to get things done. Also, the least powerful of all the motors – The question to ask is “Is this mine?” – “Is this pressure to do or get something done even mine” The

Theme of the Root Center is Joy and Stillness, and it is important to remember, “do not begin anything in life, unless it is rooted in either a place of stillness or a sense of joy. This Center is associated with the Adrenals and the Root Chakra

## HEALTHY AND UNHEALTHY STRATEGIES OF THE ROOT CENTRE

	THE ROOT CENTRE	
	DEFINED	UNDEFINED
NATURAL STATE WHEN ALONE	Pressure to be productive	No pressure
HEALTHY STRATEGY OF THE AUTHENTIC SELF  'THE GIFTS'	Ability to release and process stress in particular ways. Comfortable with its own needs. Uses stress constructively as fuel for creative processes and endeavours in the world. Knows how to use its pressure around others without oversteering them.	Never allows itself to be pressured or hurried into making a decision. Can enjoy the rush and adrenaline of stress, and can deal with pressure without being overwhelmed by it. Doesn't succumb to pressure to do things more quickly. The more it is pressured, the less it responds. Always able to withdraw into its original stillness.
UNHEALTHY STRATEGY OF THE NOT SELF  'THE TRAPS'	If the pressure is repressed, and therefore not released in an effort to please others, severe health and or emotional problems can result. Expects others to be capable of dealing with the same pressure, totally overpowering and overloading them, and ultimately driving them away.	Tries to get things done as quick as possible in order to release the pressure. Makes hasty decisions under pressure from others. Tendency to go hyper or get carried away by the rush, then eventually buckles under the pressure of running off other people's stress. Unable to take time to discharge and unwind. Judges itself for being lazy.

**Gate 53 – Beginnings/Starting things, development** – The pressure to start new things but not the energy to finish them. This gate attracts the right people to finish what is started. This gate is far from throat, so still much energy is needed to complete task. Things magically unfold when acted on properly with your type, strategy, and authority. If you do not complete this channel with gate 42, then you are not designed to finish everything you begin, but you may feel frustrated by thinking you have to. (This gate is wanting to connect with gate 42 of Growth in the Sacral Center in order to complete the channel of Maturation – Balanced Development and Cyclic.)

**Gate 53 is in the Sign: CANCER**

**Evolving Beyond Evolution**

**Shadow** - Immaturity **Gift** - Expansion **Siddhi** - Superabundance

**Gate 60 – Acceptance (Limitation)** – The Pressure to Mutate. Limitation is the first step in transcendence. This is where old and new genetic energy meets. This gate creates the pressure needed for pure energy to mutate into form. There can be restlessness or anxiousness from the pressure of the gate, if you feel you cannot move the energy or facilitate the change. This can lead to Melancholy feelings. The gift is to accept the mystery of the mutative process and trust that the transformation is occurring inside of you. (This gate is wanting to connect with Gate 3 of Ordering in order to complete the Channel of Mutation, A Design of energy which initiates and fluctuates – Pulse)

**Gate 60 is in the Sign: CAPRICORN & AQUARIUS**

**The Cracking of the Vessel**

**Shadow** - Limitation   **Gift** - Realism   **Siddhi** - Justice

**Gate 52 – Stillness** – The Pressure to Focus. Inaction, Keeping Still like a Mountain and motivated for the benefit of assessment. Potential to sit in concentration (couch potato gate) and wait for just the right moment (photographer). This is a raw power to concentrate. This gate is waiting for something worthwhile and meaningful to lend energy to. When not in balance this gate can create a feeling of restlessness or depression when not acting from ones inner authority. (This gate is wanting to connect to Gate 9 The Gate of Focus in order to create the Channel of Concentration, A Design of Determination)

**Gate 52 is in the Sign: CANCER**

**The Still Point**

**Shadow** - Stress   **Gift** - Restraint   **Siddhi** - Stillness

**Gate 19 – Wanting** – The pressure to need or be needed. A very sensitive energy. Need for emotional honesty and this helps to determine whether to invest in a relationship or not. Needs to feel good for intimacy. This gate creates a pressure for having the resources you need in your life. With this is the two basic needs, one, to have access to human resources like food and shelter, and two, the need for spirit. With your sensitivity, you are aware of what resources are being held from your or your tribe, and what is needed to fulfill those needs. When you do not act according to your type, strategy, and authority, you run the risk of feeling over sensitive or addicted to being needed. (This gate is a Channel Gate for you connecting to gate 49 of Revolution in the Emotional Solar Plexus Center in order to complete the channel of Synthesis. The energy of Sensitivity)

**Gate 19 is in the Sign: AQUARIUS**

**The Future Human Being**

**Shadow** – Co-Dependance   **Gift** - Sensitivity   **Siddhi** - Sacrifice

**Gate 39 – Provocation** – The Pressure to find Spirit. The value of obstruction in provoking analysis, assessment, and re-evaluation. Purpose fulfilled through form. Musical creative energy – an emotionally rich energy, this is energy that can be lighthearted and easy and fun (or poke fun at you) which may invoke negative feelings. It is a tricky energy to manage but its energy is about provoking the awareness of spirit in others, as well as which spirit is correct for you. (Who is right for you to spend your energy) This energy of provoking can be difficult to work with because you will tend to provoke others for the purpose of knowing yourself better, regardless of what that energy is. Patience is key in this gate. (This gate is wanting to connect with Gate 55 of Abundance in order to complete the Channel of Emoting, A Design of Moodiness)

**Gate 39 is in the Sign: CANCER**

**The Tension of Transcendence**

**Shadow** - Provocation **Gift** - Dynamism **Siddhi** - Liberation

**Gate 41 – Contraction (fantasy)** – (This is the New Year gate for HD) The Pressure of Desire. All things start with an idea. This is the initiating energy, which can sometimes be experienced and daydreaming or fantasy. It is the desire for unique human experience through either fantasy or fate. And with each new experience, the more you let go and be in it with your correct strategy and authority, the more you can ride newness of life that happens over and over again with each new experience. (This gate is wanting to connect with gate 30 of Feeling in the Emotional Plexus Center in order to complete the channel of Recognition – Focused Energy and Feelings)

**Gate 41 is in the Sign: AQUARIUS**

**The Prime Emanation**

**Shadow** - Fantasy **Gift** - Anticipation **Siddhi** - Emanation

**Gate 58 – Vitality/Joy** – The pressure to be perfect. The gate of joy, if one is not living their strategy, it could cause bitterness. Also, a potential need to organize everything. This gate holds the ability to sense when something is weak or unhealthy. Through presence, one brings the vitality and living energy of joy and compassion. This is about focusing on the vitality and joy of life and by doing this, it infuses life and joy to others. (This gate is wanting to connect with Gate 18 of Correction in order to complete the Channel of Judgement)

**Gate 58 is in the Sign: CAPRICORN**

**From Stress to Bliss**

**Shadow** - Dissatisfaction **Gift** - Vitality **Siddhi** - Bliss

**Gate 38 – The Fighter** – Pressure to find purpose in life. Struggles to know what is worth fighting for. It seeks purpose and meaning to life and pushes us (with adrenaline) to find our life purpose. People with this energy can be quite stubborn, once they determine something is valuable, they will fight to hold on to it. (This gate is wanting to connect with Gate 28 of The Game Player in order to complete The Channel of Struggle)

**Gate 38 is in the Sign: CAPRICORN**

**The Warrior of Light**

**Shadow** - Struggle **Gift** - Perseverance **Siddhi** - Honor

**Gate 54 – Ambition/Drive** – The Marrying Maiden - The pressure to rise up, to fulfill dreams and be recognized / pressure to achieve. This gate will work and work and work until it collapses. This gate has the energy for the most mundane ambitions. This is not just about working, but about being able to move through the mundane of this realm, beyond being an instinctual being, and be able to step into the planes of spirituality, the spiritual potential within each of us. When this gate is recognized, it can create endless possibilities. (Gate of enlightenment) (This gate is wanting to connect to the Gate 32 of Continuity in order to create the Channel of Transformation, A Design of Being Driven)

**Gate 54 is in the Sign: CAPRICORN**

**The Serpent Path**

**Shadow** - Greed **Gift** - Aspiration **Siddhi** - Ascension

## Gates & Gene Keys Resource for Soul Based Life

### Resources:

Human Design – The Science of Differentiation by Lynda Bunnell and Ra Uru Hu

Gene Keys - Unlocking the Higher Purpose Hidden in your DNA by Richard Rudd

Living Your Design Manual by Richard-Rudd

Human Design – Discover the person Your Were Born to Be by Chetan Parkyn

Human Design – The New Science of Astrology by Karen Curry