

Step by Step Process for Class Three

Class Video for this Week <https://youtu.be/VrpzJoUB9mw>

1. Now that you have the focus on your Soul vision of who it is asking you to be from the first two class steps, look now at the Design Sun Gate on your Human Design chart. This represents your energetic attitude and way you will keep your body Radiant and Healthy.



2. Read the Gene Keys profile breakdown on your “Radiance”. This is a great way to get an idea of how to interpret a Gate energetically. Write down the movement of this Gate and how you will need to move this energy in order to keep vital life force flowing through you.

For example, if it is a mental gate, this may be the need to keep thought and ideas flowing, if it is an energy gate it may represent a physical movement that your body needs. Some will be about movement, some will be about needing connection with others, some gates will represent needing alone time. Feel into your own and ask yourself, “If I embrace the energy of this gate, how would this energy move the “me” my soul has asked me to be?” (ie. Your 1st Pillar Destiny)

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Add the energy of the LINE to see how to move your vibration through the resonance of this gate.

The Breakthrough of Radiance

Radiance 1st Line – Solitude

Radiance 2nd Line – Marriage

Radiance 3rd line – Interaction

Radiance 4th line – Friendship

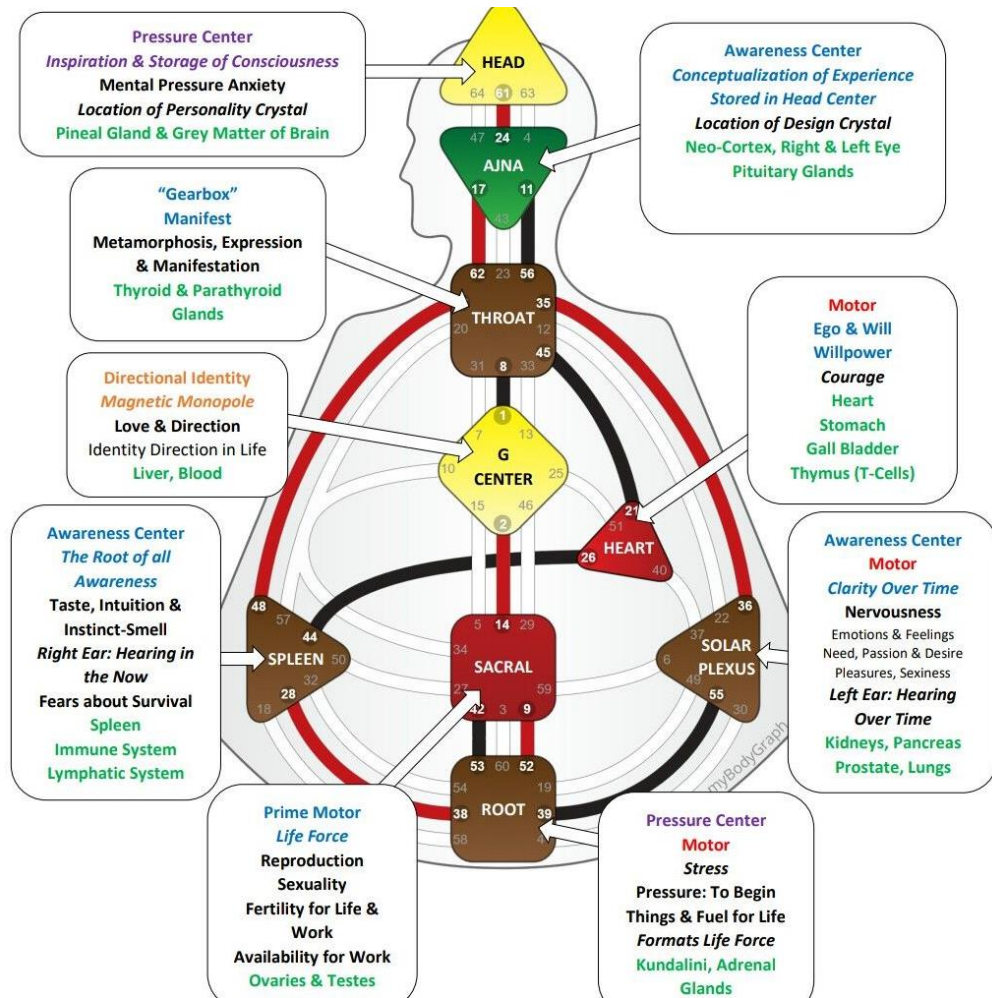
Radiance 5th line – Impact

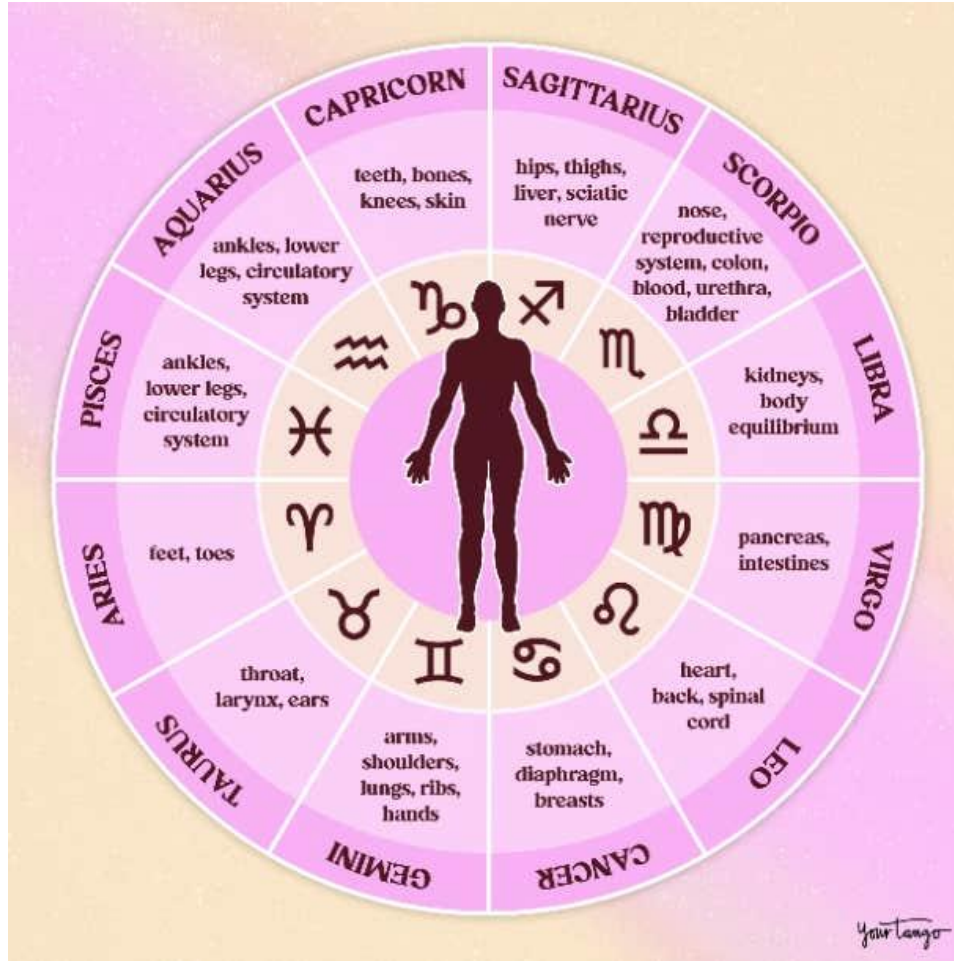
6th line Radiance – Nurture

3. What Energy Center is your Design Sun in? Look at the chakras page as well as the wheel of body connections for that energy center, how can you support that area of your body?

This center usually represents a place you are learning to honor more in this life.

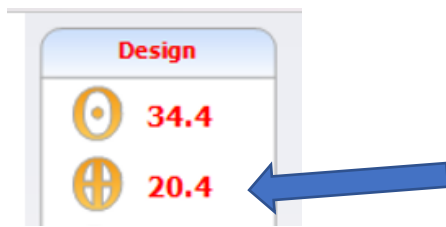
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4. Is the Design Sun Gate Center Open or Defined? Open mean this a true learning place for you. Defined means that you have a little more foundation in working with this and it is not necessarily your main learning or growth center.

5. Now look to your Design Earth - Your Purpose. Meditate on the information of that Gate. How have you been “distracted” by the shadow element of this Gate/Gene Key, and now how can you begin to be the highest expression of it as part of your life path and purpose for sharing this gift with others?



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6. What is the Energy Center of your Design Earth? This is the place you need to strengthen in order to build the confidence and balance for living your life's purpose.

Look to the LINE of this gate to understand the underlying energy you are connected to here.

Purpose and Core Stability

- 1st line – Physicality – bones – The muscular-skeletal system.
- 2nd Line – Posture – Fluids – Lymphatic/Reproductive systems
- 3rd Line – Movement – blood – cardiovascular system
- The 4th line – Breath – Rhythm – respiratory system
- The 5th Line – Voice – frequency – The Nervous system
- ▲ The 6th line – Intent – Cells – Endocrine System

7. Contemplate all the ways in which you receive the messages from your body for when you need rest, movement, nurturing or anything else it asks of you. How can you be more supportive of keeping energy flowing through you so that it does not get stagnant.

8. You can look at your Primary Health System to see what environment you would best thrive in and the way you body best receives nutrients.

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Design

Nutrition →

environment →

Variable	PLL - DRR
Type	Projector
Signature	Success
Strategy	Wait for the Invitation
Inner authority	Self Projected
Definition	Single Definition
Profile	4 / 6
Incarnation Cross	Right Angle Cross of The Une.
Not Self theme	Bitterness
Design Base Orientation	Binary
Determination	Alternating = <i>Nutrition</i>
Cognition	Touch
Environment	Mountains
Personality Base Orientation	Singular
Motivation	Fear
Sense	Uncertainty
Transference	Need
View	Wanting

* Please reach out to me if you do not have this information on your PHS I will be happy to share with you the PDF and your specific Determination and Environment.

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9. After you have gone through all of this, you are not at the place to fully mediate on “Thyself” in your path of knowing. Explore all the Star placement ideas on the Powerpoint Slide PDF as ideas and resources to connect to the star. I encourage you to do this in a very organic way by going out and actually looking to the night sky.

I recommend the app Skywalk 2 as a way to look to the sky and get real time names to the constellations and stars you are looking at.

Thank you so much for sharing this journey with me and I will see you in Course Two

Much Love!

Becca Bee