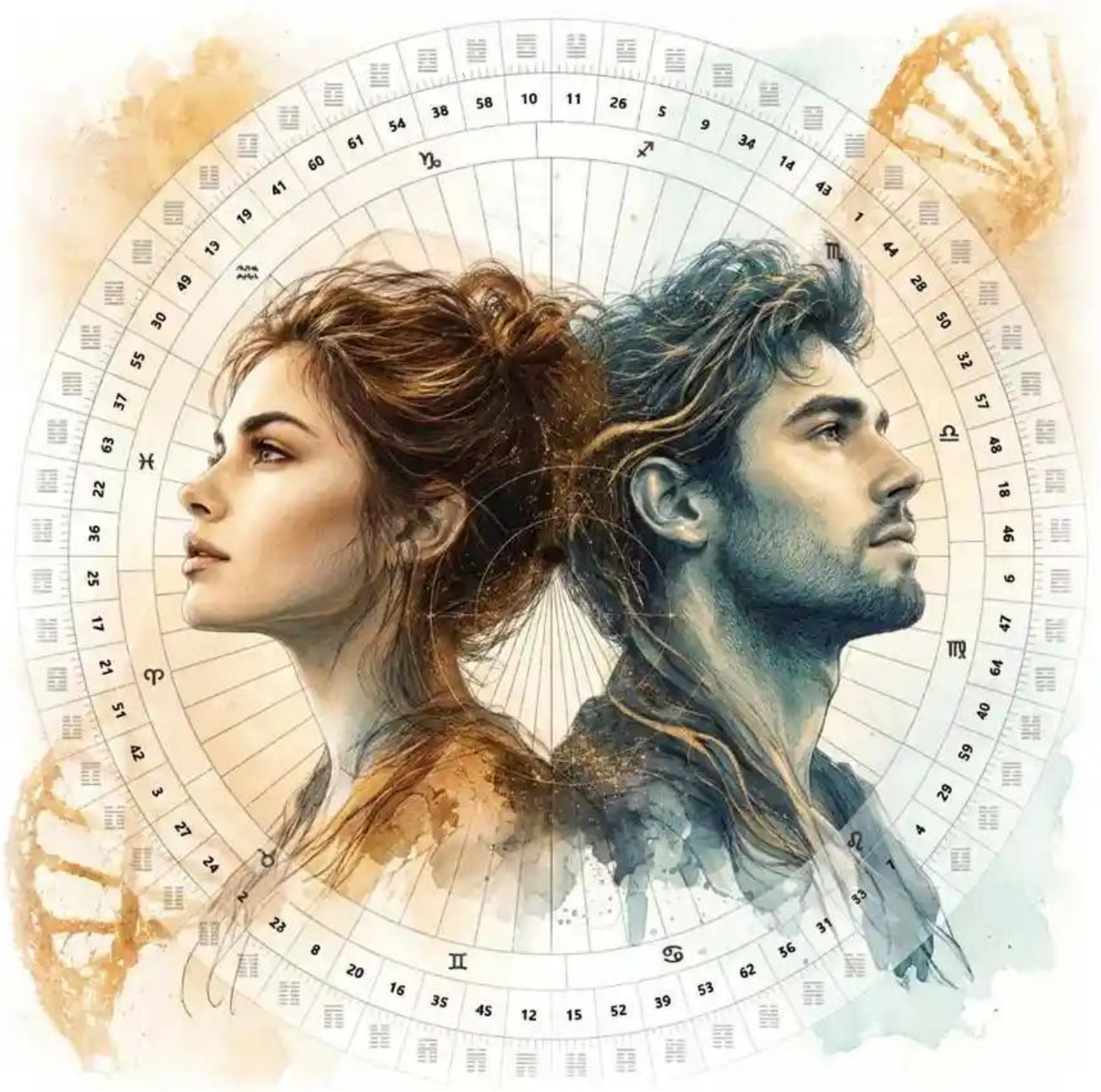




Nicola Abbagnano

Your First Overview
Your Personal Human Design



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Introduction

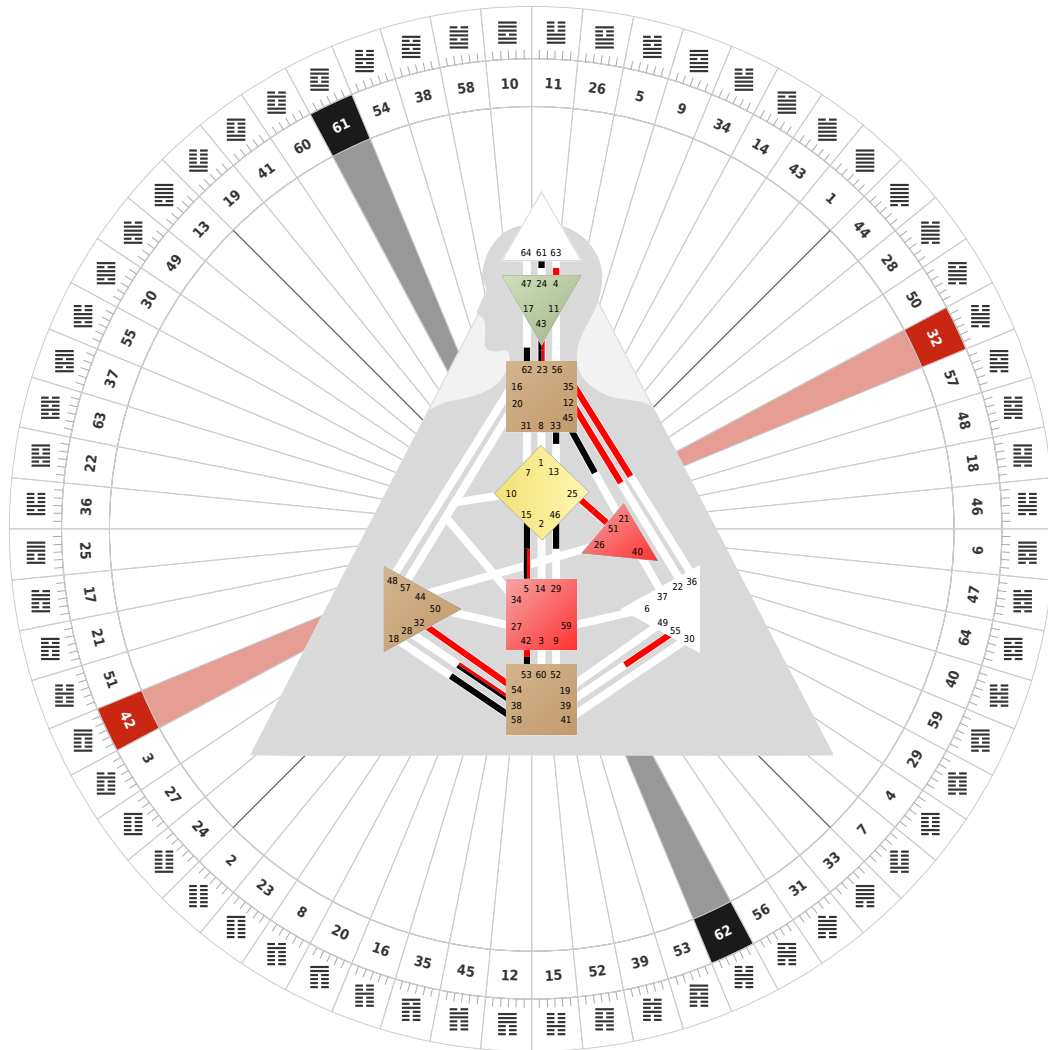
Welcome to the World of Human Design!

Thank you so much for your interest and curiosity! The sample report you are holding in your hands offers a fascinating first glimpse into the energetic architecture of a well-known personality. It highlights the individual puzzle pieces, genetic predispositions, and the unique blueprint that shape this person in the spotlight.

Please keep in mind, however: a report like this is a wonderful starting point, but it cannot and will NOT replace a full, personal analysis. Our true essence is infinitely more complex than the mere sum of its parts. The magical interplay of all aspects, the nuances, and the unique life story are what create the living, breathing big picture. This level of depth simply cannot be generated by a computer program—it requires the trained eye, experience, and artistry of a certified Human Design Analyst.

So, look at this overview as a source of inspiration and a first "technical" blueprint. The real power of Human Design lies in its practical application anyway: Type, Strategy, and Authority are simple, mechanical tools that you can immediately observe in daily life—whether in celebrities or within yourself. They are the key to shedding conditioning and truly being your authentic self.

Ready to dive deeper and have your own chart unlocked by a professional? Browse through our offers to find the perfect reading for you!



The Human Design Synthesis

The Human Design System combines ancient and modern sciences in its unique body diagram, thereby making the genetic structure and function of a human being visible and logically comprehensible.

Let us begin by examining the **Human Design Mandala**.

The inner wheel shows the zodiac signs, which you probably know from astrology. In the outer wheel, the 64 hexagrams from the Chinese I Ching are arranged. In a first step, we can thus convert an astronomical position into a hexagram or equate it. Each hexagram is further divided into 6 Lines (Yin and Yang), whereby the astronomical position can be represented as a hexagram (the heading) and a Line (the detailed theme).

Astrology and the **I Ching** are ancient sciences. In our modern sciences, the same contents can be found in **Quantum Physics** and in **Genetics**:

Astrology speaks of the 'quality of time', which can be read from the position of celestial bodies. Proof of this



has always been difficult.

Quantum Physics shows that neutrinos are mass particles. This was one of the most important findings of modern research; until a few decades ago, neutrinos were thought to be energy particles. Neutrinos - which mainly originate in nuclear fusion processes in stars - are present in the universe in unimaginably large numbers: approximately 66 billion (!) of them penetrate us here and now per second per square centimeter. It is in THIS way that information or quality is transferred from every celestial body to us. These countless, tiny material particles penetrate everything at nearly the speed of light and inform and condition us and generate the so-called 'quality of time' (weak interaction between material parts ensures energy and momentum exchange).

The ancient **I Ching** describes the 64 fundamental building blocks or properties of life.

Modern **Genetics** knows that human DNA is constructed from 64 codons, which code the 20 essential amino acids that correspond exactly with the structure of the hexagrams from the Chinese I Ching.

The ancient Yin and Yang Lines are, expressed in our terminology, simply a **binary code**.

About 70% of the neutrinos that reach us here on Earth come from our Sun. This is why the Sun position is of such great significance in astrology. 70% of the information that reaches and penetrates us comes from our Sun. The remaining 30% comes from other sources, mainly from stars outside our solar system. These neutrinos carry different information - from other stars, and from planets and moons when they penetrate these celestial bodies on their way.

And naturally, the information transfer does not stop with us: we live within an ocean of particles, are continuously penetrated and informed from all sides and naturally also inform the particles with our quality in return. We are therefore truly in a constant and never-ending connection with the entire universe.

This is the Mandala that connects Astrology with Physics and the I Ching with Genetics.

At the center of the wheel stands the Human Design **BodyGraph**, which also connects ancient and modern. The so-called **Centers** in the BodyGraph are derived from the Indian **Chakra** system and correspond to organs, glands and hormonal processes in our human **biology**.

The Centers are connected by **Channels** - which in turn have an affinity to the developmental paths of the Jewish **Kabbalah** and represent a **Quantum** - a whole that is greater than the sum of its parts.

The Human Design System is truly a synthesis of ancient and modern sciences and wisdom.

The information from the wheel is now transferred to the corresponding position (in the Centers) in the BodyGraph.

Everything that is written or drawn in **black** is the information from the time of birth. This represents your **Personality**, that which you identify with, that which is consciously accessible to you.



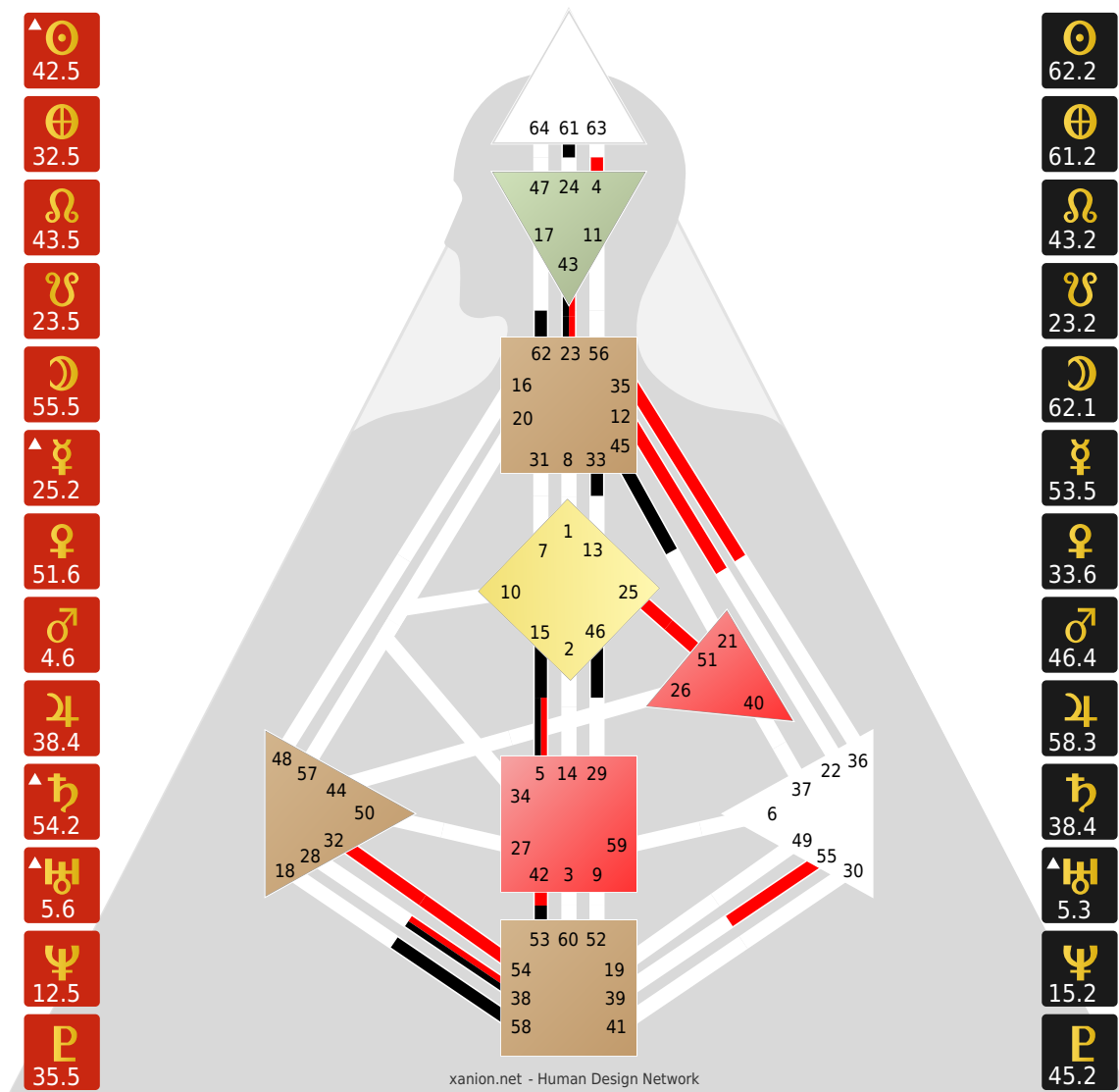
Everything that is shown in **red** comes from a point in time exactly 88 solar degrees (approximately 3 months) before your birth (completely independent of what type of birth it was). This is your Design date, the point in time at which the infrastructure of your physical body was ready to receive and house your consciousness (one could also call it the 'soul'). It represents your unconscious, the physical, bodily side of your being.

The interaction between conscious and unconscious now represents the **Quantum**, the whole. It is the representation of your genetic imprint, your mechanical mode of functioning. And one can easily distinguish which aspects of your being are conscious and which operate without your knowledge.

When two celestial bodies are positioned at the hexagrams at both ends of a **Channel**, they form a **Definition**, an activated Channel and thus two activated Centers. This is how your individual BodyGraph emerges, usually with open (non-activated) or defined (activated) Gates (hexagrams), Centers and Channels.

Very importantly: this is **NOT** a judgement! Having an activation is neither good nor bad, it is simply one of two possibilities, like two sides of a coin. It is what it is, and there is absolutely no need to want to change, improve or develop anything. You can think of it like your blood type or eye color - it is your mechanical configuration and it is perfectly fine!

Your BodyGraph



Type	Generator
Authority	Sacral
Strategy	To Respond
Signature	Satisfaction
Profile	2/5 Hermit/Heretic
Definition	Split Definition
Incarnation Cross	Right Angle Cross of the Maya (62/61 42/32)
Not-Self	Frustration
Birth Date (local)	15.07.1901 21:15 (UTC +01:00)



Type and Strategy

Type and the corresponding Strategy is the first and most fundamental distinction between human beings made in the Human Design System. Belonging to one of the 4 Types is one of the most important pieces of information and shows you simply and clearly what your first step towards a personally correct decision is.

Generator/Builder

You belong to the Generator type, one of the two so-called "Energy Types"

You belong to the Generator/Builder type, one of the two so-called "Energy Types"

As a Generator, you are part of the large group (70%) of people who are capable of responding to life and its challenges. Your strategy is not to initiate on your own, but to respond from your gut and pay attention to your body voice. This way you can experience and get to know yourself and make correct decisions.

Once a positive response has occurred, you have (body) power available to you, with which you can accomplish and create things step by step in a satisfying way. When you act on your own initiative, you encounter resistance and frustration, easily ending up feeling stuck, unproductive, and wanting to give up.

As a Generator, you derive your satisfaction from understanding yourself and from your responses to what life brings your way. With the strategy of responding, you can use your inherent power correctly, and after completing a task, regenerate yourself feeling satisfied and pleasantly exhausted.

Strategy	To Respond
Aura	Open and enveloping
Signature	Satisfaction
Not-Self Theme	Frustration



Inner Authority

After Type and Strategy, your Inner Authority shows you the next step towards making personally correct decisions.

Sacral

Your Inner Authority lies in the Sacral Center

The foundation of every decision for you is your body response in the now, the mechanical provision of energy, which is often expressed through the body voice - for example, an "uh-huh" as agreement or an "un-un" as refusal. This response naturally works best with simple questions that can be answered with a clear yes or no.

Your body response is the information (for yourself and others) whether you have energy available for a particular thing at a particular time, or not.

If you make decisions with your mind, it leads to resistance and frustration and a waste of your energy on the wrong things. Often you then have to give up because the energy simply is not enough.

Trusting your Inner Authority puts you on the correct life path meant for you and leads to satisfaction and relaxation.

Definition

Split Definition

In your Bodygraph, there are 2 independently operating areas - the classic "two souls dwelling in one breast". You experience yourself as a person who is always searching for something that makes them "whole". But nothing is "missing" - you are perfect just as you are!



Your Profile

Your Profile shows the way in which you move through life, so to speak the costume you wear. After Type, Strategy and Inner Authority, it is another key aspect of your being.

Profil 2/5

Hermit/Heretic

Your Profile represents a withdrawn personality with a strong, outwardly effective but unconscious potential. You prefer to be occupied with your own things, yet at the same time you find yourself in a constant projection field - people expect practical solutions from you, which can indeed have a heretical character.

Make sure to enter into things correctly (according to your Type and Strategy), otherwise you will have to bear the consequences of the projections - people punish the Heretic they believe they have seen! Even if you insist on being democratic, people often expect a general who takes control and solves problems. Through these (exaggerated) expectations, great pressure arises, which only intensifies your desire to be left alone.

You have the potential talent to lead a rebellion, but you can just as easily ignore the rebellion because you do not want to get involved.



The nine Centers are energy hubs that transform or convert the life force as it flows through the BodyGraph.

Defined and Undefined Centers

In most people's BodyGraphs, it is common for some Centers to be defined or colored and others to be undefined, open or white. The Centers that are defined are considered fixed, meaning they operate with a reliable and steady energy through the aura that is unique and recognizable. The undefined Centers are not broken, they are not empty, they do not need to be repaired. They are the places where we are most vulnerable to external influences, and that makes them valuable learning Centers. The undefined Centers become the greatest sources of our education and our maturing wisdom. Since most of us are made up of a combination of defined and undefined Centers, it is important to accept that neither is better than the other. The process of living within ourselves is one of recognizing where we are available to absorb the conditioning of others through these undefined or open Centers, what effect this conditioning has on us, and how to put it in its proper context. What we call wisdom is to achieve a functioning understanding that allows us to deal with the world around us, with the school of life, without losing our center and our direction in life.

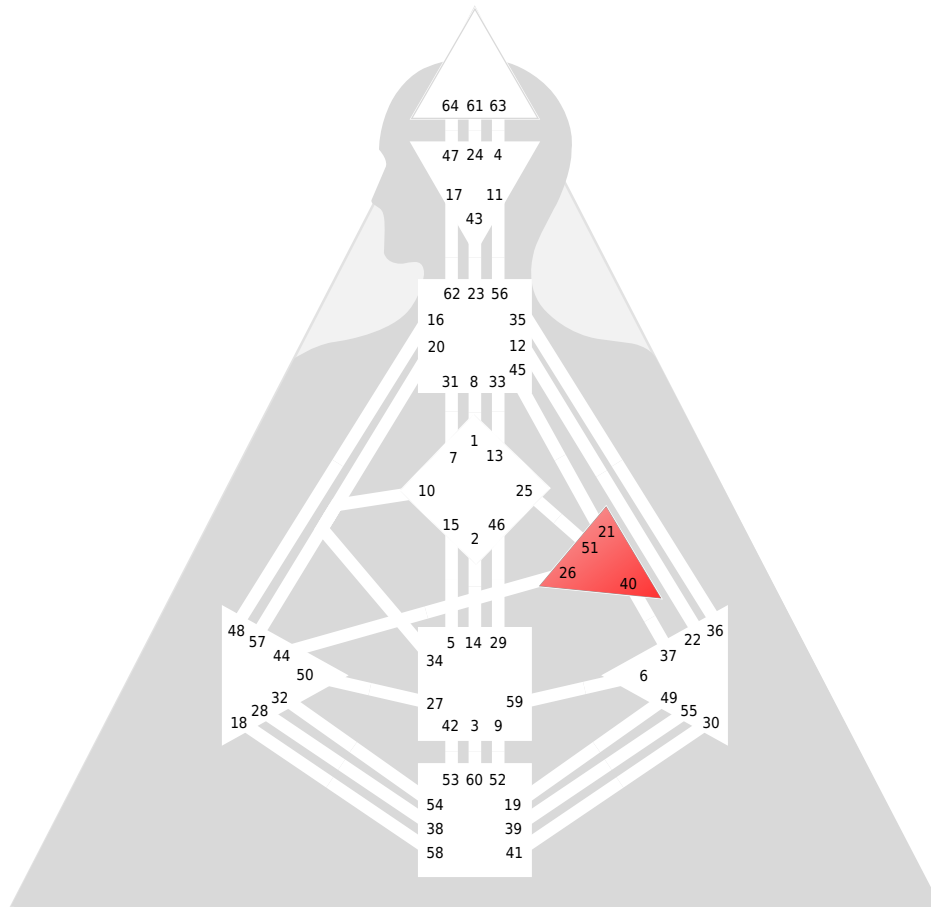
Conditioning

From birth, we are permanently in the aura field of our mother, father, siblings, relatives and others. Our undefined or open Centers are thereby permanently defined or energetically filled by the definitions of others. Over time, we are subtly but deeply influenced by their energy fields - and equally by their growing expectations of us. This is what the Human Design System describes as conditioning. Although we never completely lose contact with who we truly are, various layers of familial and societal conditioning have been placed over our true Self by the time we reach the age of seven, and this creates distortions and confusion.

One cannot avoid or escape conditioning, nor is it inherently something bad. It is simply unavoidable. Planetary transits, people and all life forms, including insects, animals and plants, connect with us and can influence our thought patterns, our behavior and our decisions, especially when we are not grounded in our Design through Strategy and Inner Authority. Throughout our lives, the natural curiosity of our open Centers attracts people who are defined in those Centers. Absorbing their energy frequencies puts pressure on our openness and triggers our mind to think about everything we lack.

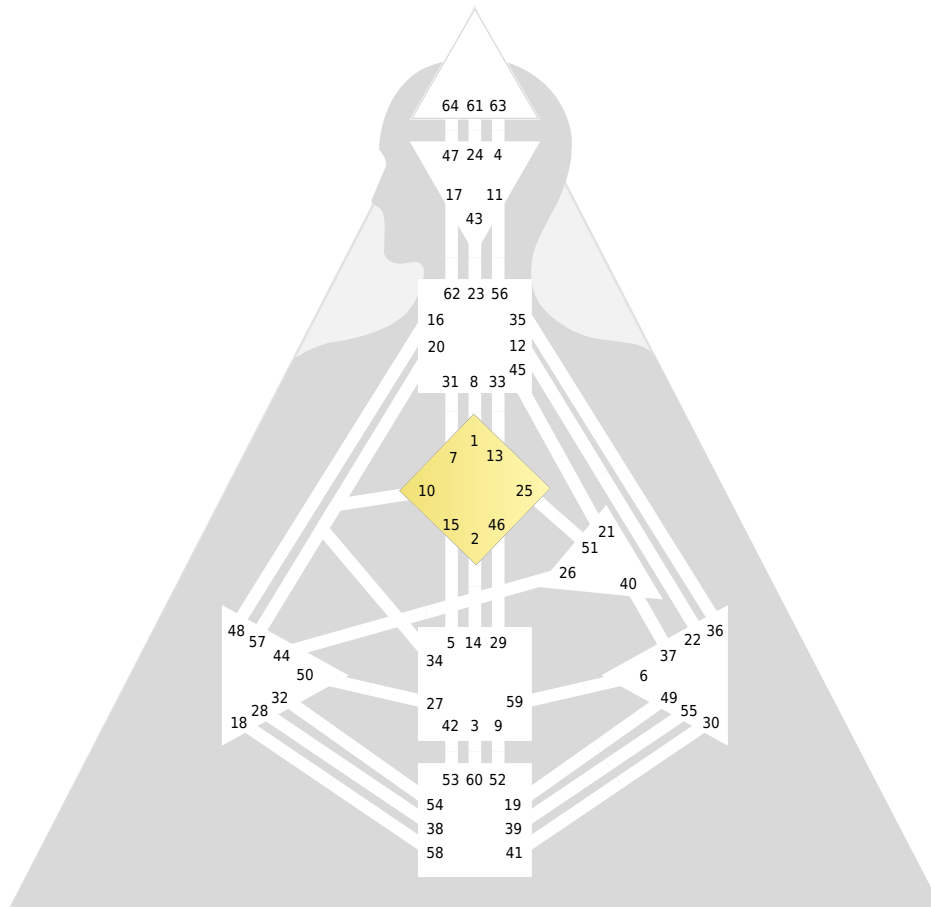
The open places in our chart are regarded as the sources of our Not-Self, simply because they are energetically inconsistent and unreliable. When we begin to confuse what we experience through our openness (through what we are not) with our defined or true Self (what is consistent within us), we get into trouble. The Human Design System carefully examines where we are open to the effects of conditioning and distinguishes that from our definition. It shows us that when we follow our Strategy and Authority, we are perfectly and uniquely equipped to face and resolve the dilemmas of our Not-Self constructs.

The Defined Heart Center



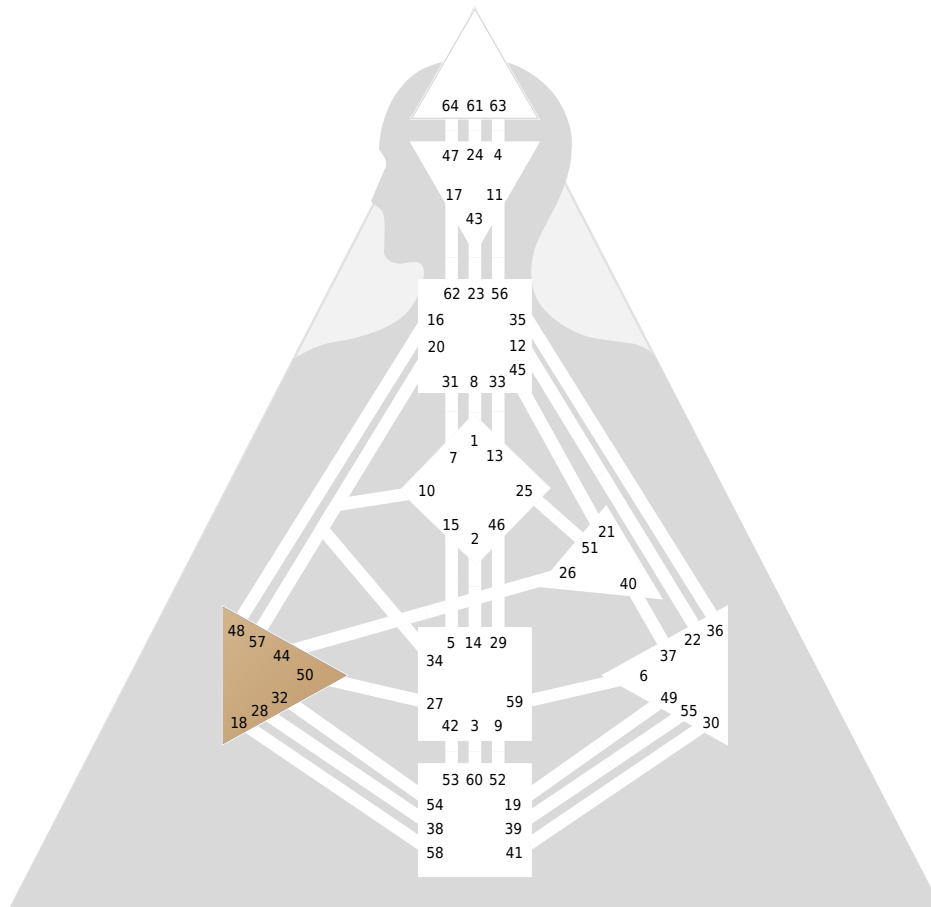
With your Defined Heart Center, you belong to approximately 35% of people and possess consistent willpower, are able to keep promises, and have a natural competitive spirit. However, ego-driven behavior can alienate others and create pressure.

The Defined G Center



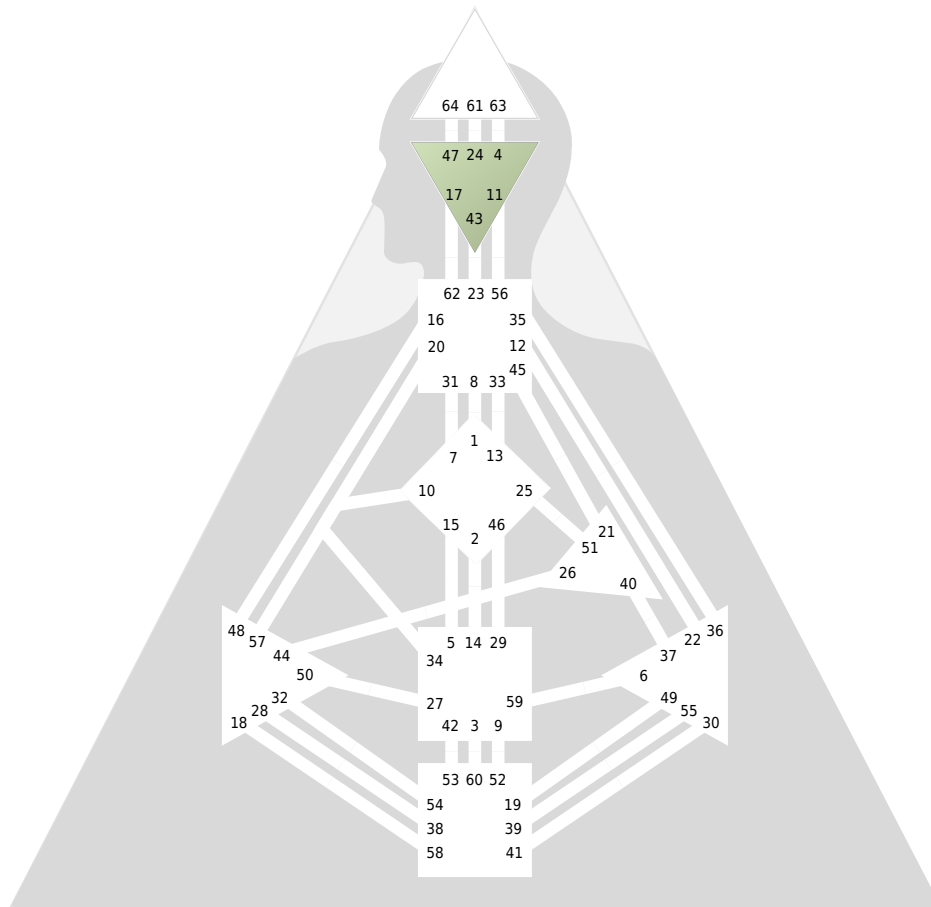
You belong to approximately 46% of people with a Defined G Center and thus have a fixed sense of identity. When asked for advice, you can show other people new directions or love.

The Defined Spleen Center



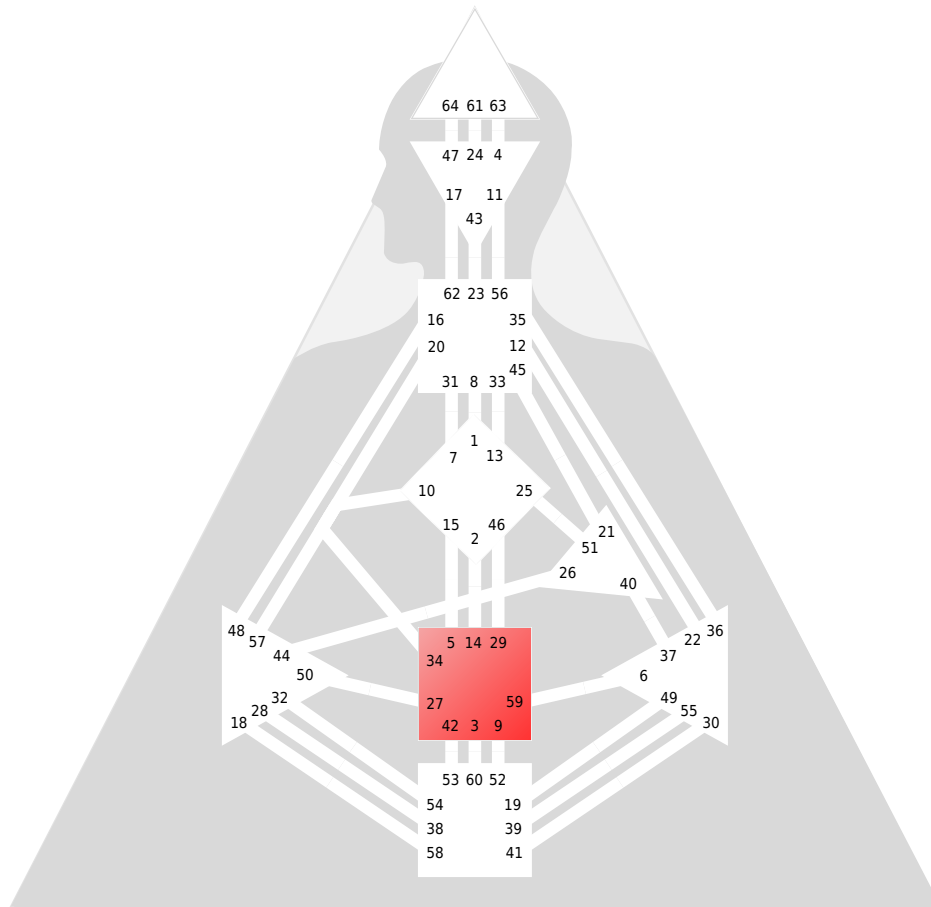
You belong to approximately 53% of people with a Defined Spleen Center and thus have reliable body awareness. If you question it, you run the risk of ignoring valuable signals. The Spleen Center only "speaks" in the present moment and does not repeat itself. When you learn to trust your intuition, security and (physical) well-being arise.

The Defined Ajna Center



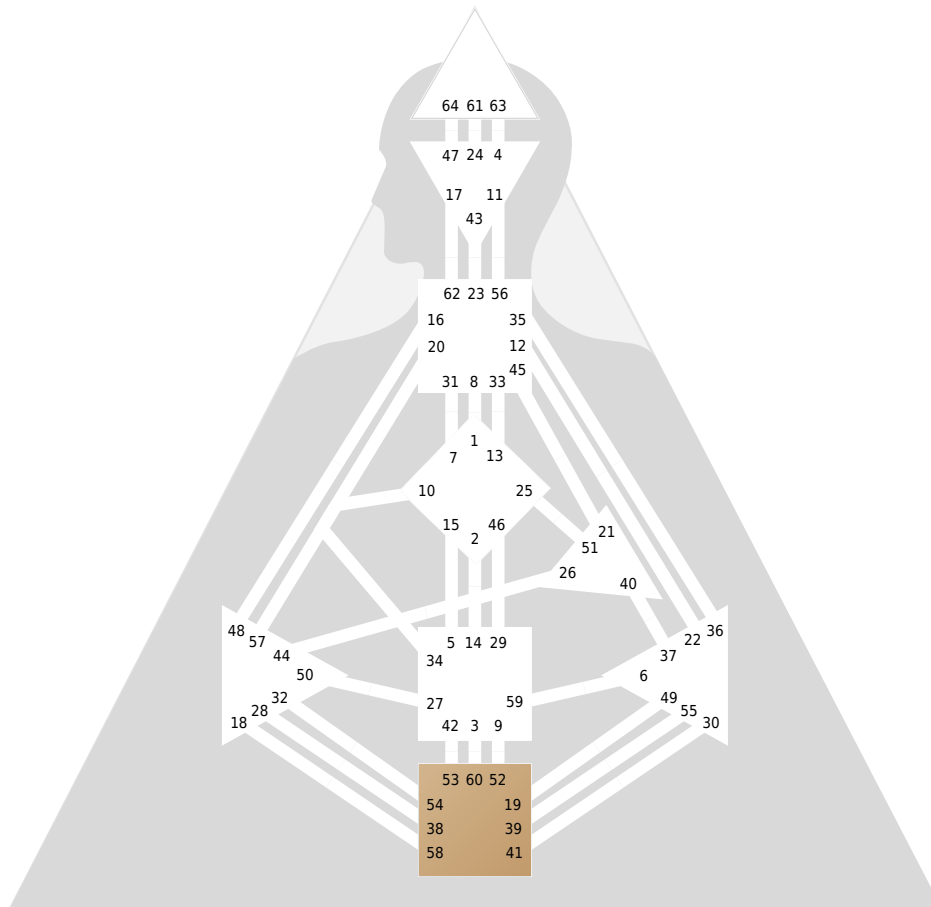
You belong to approximately 51% of people with a Defined Ajna Center and thus have a fixed way of conceptualizing and processing information. Your stimulating mind inspires others and conditions our mental plane. However, you can also be too focused on your own thoughts.

The Defined Sacral Center



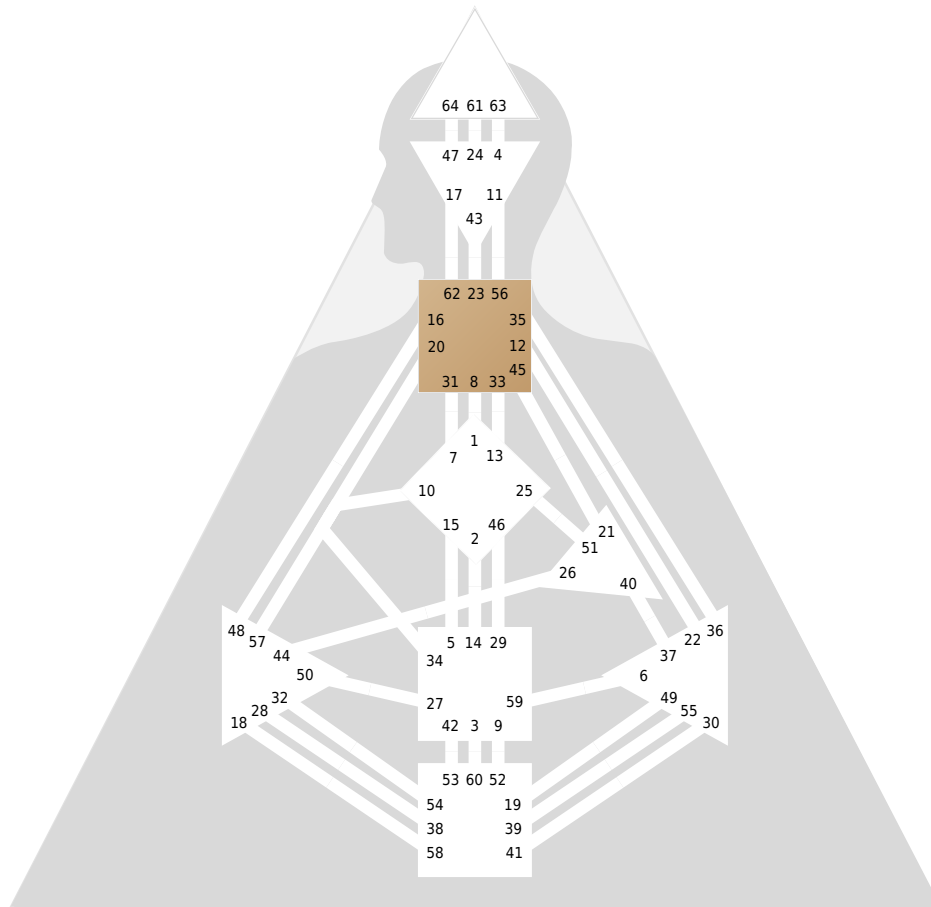
You belong to approximately 70% of people with a Defined Sacral Center (Generators) and thus have a high degree of work and creative power that can be used productively when you respond, or can lead to frustration when you do not act from response. The voice of this center is often body sounds (gut response) that do not necessarily need to be verbalized. Your response shows you whether energy is available for a particular thing or not.

The Defined Root Center



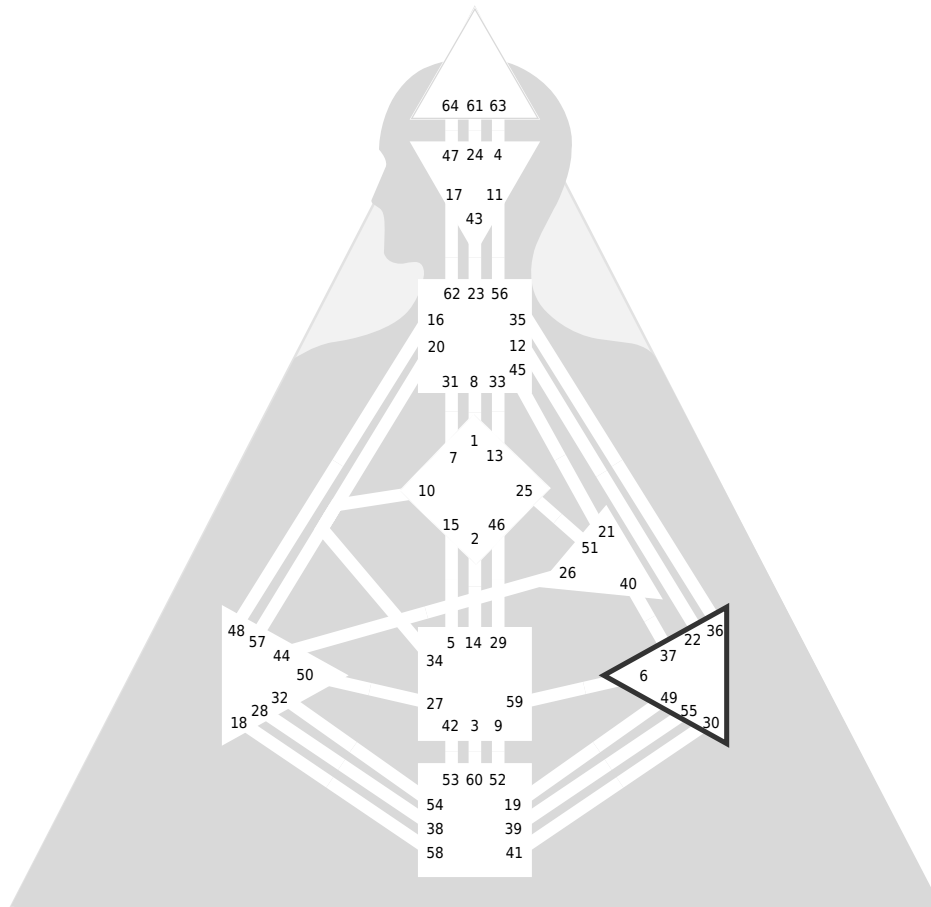
You belong to approximately 58% of people with a Defined Root Center and can therefore deal with stress and pressure in a reliable way and develop your own kind of timing, rhythm, and flow. With this, however, you can also put others under pressure or motivate them.

The Defined Throat Center



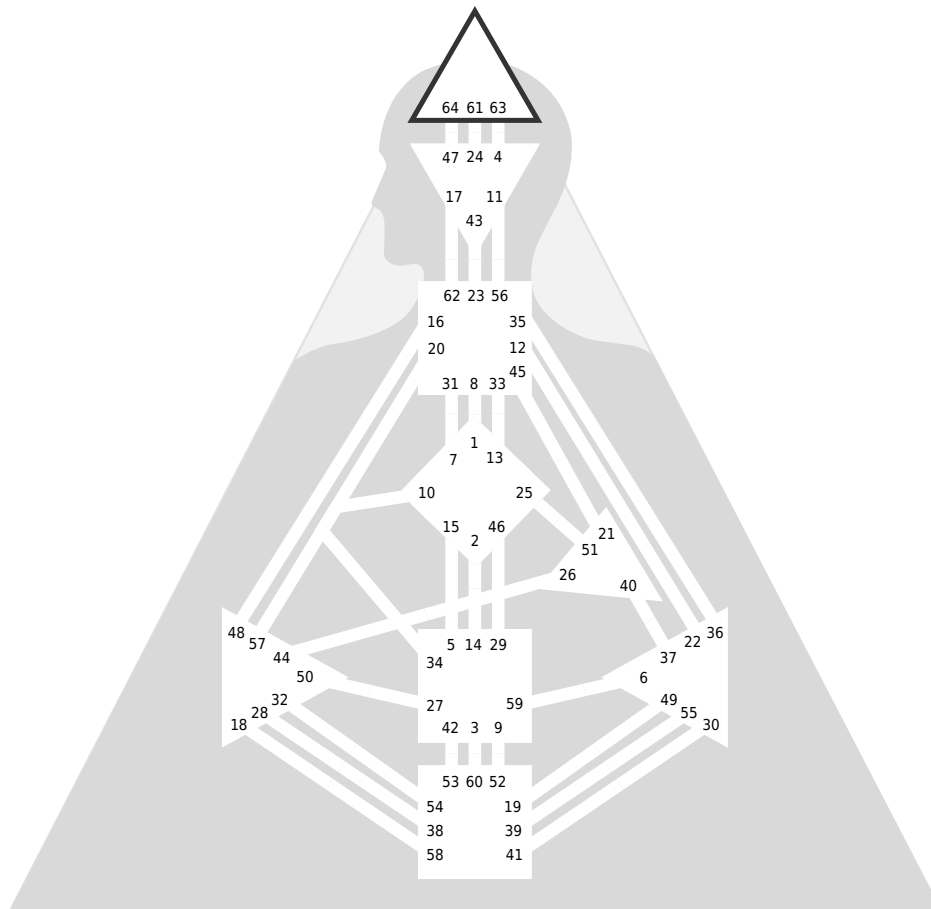
You belong to approximately 71% of people with a Defined Throat Center and thus have a fixed way of speaking and acting. If you are not correct, your timing can be off, leading you to speak or do too much.

The Undefined Solar Plexus Center



You belong to approximately 50% of people with an Undefined Solar Plexus Center and are not (like the other 50%) in a constant ebb and flow of feelings. But you absorb the emotionality of other people and run the risk of identifying with it. This empathy can lead to an avoidance of arguments and confrontations in order to escape the intensity that is uncomfortable for you. Your gift and potential wisdom lies in the potential to recognize and distinguish between feelings.

The Undefined Head Center



Your Undefined Head Center shows that inspiration for you (as for approximately 70% of people) comes from the outside, and you often occupy yourself with questions that have nothing to do with you. The conditioning mental influence of others can overwhelm you and distort your decisions.

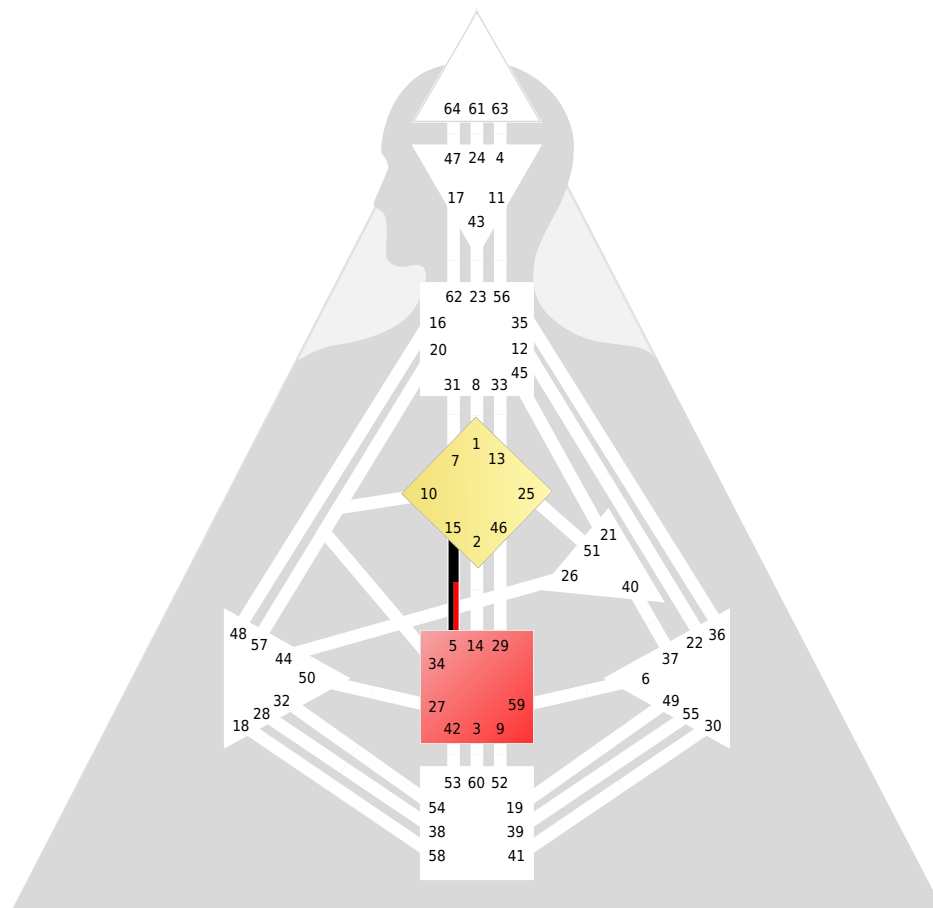
The value of your Undefined Head Center lies in your potential to understand which stimulation is important and which is not, and which people are stimulating and which are not.

The Channels

Your Channels represent concrete characteristics and abilities that are available to you at all times and that constitute the core of your being.

The Channel of The Rhythm: 15-5

A Design of being in the Flow



This Channel represents a theme that is inherent to all life forms; it is the rhythm of life itself. Following your own rhythm and timing is therefore especially important for you personally, and your satisfaction always depends on whether you are in the flow (of life) or not.

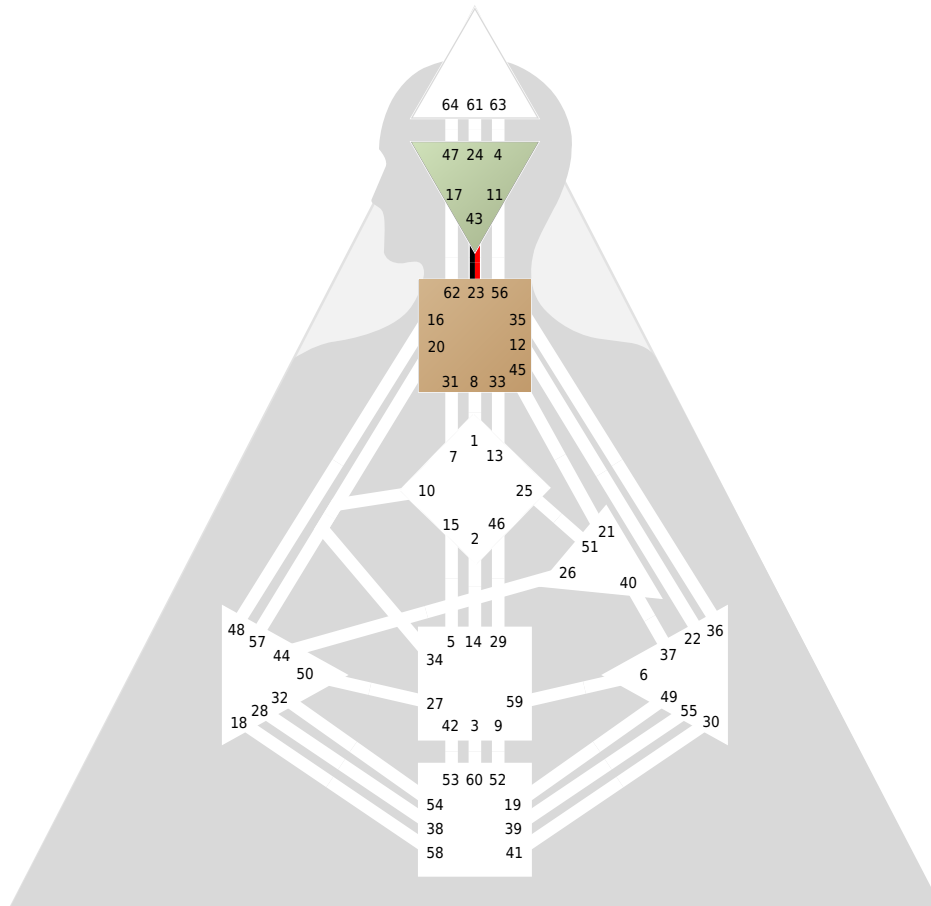
The rhythm of life is a response, a physical answer to what we encounter. The patterns and rituals of your environment can contribute to your sense of security – or destroy it. The general patterns of our society – how to behave, how to interact with one another, etc. – can strengthen cooperation but simultaneously also bring about the exclusion of ‘strangers’ and of new patterns. This Channel emphasises once more how important it is



for you to trust your body response and not to rely on the mind in your decision-making process.

The Channel of Structuring: 43-23

A Design of Individuality (Genius to Freak)

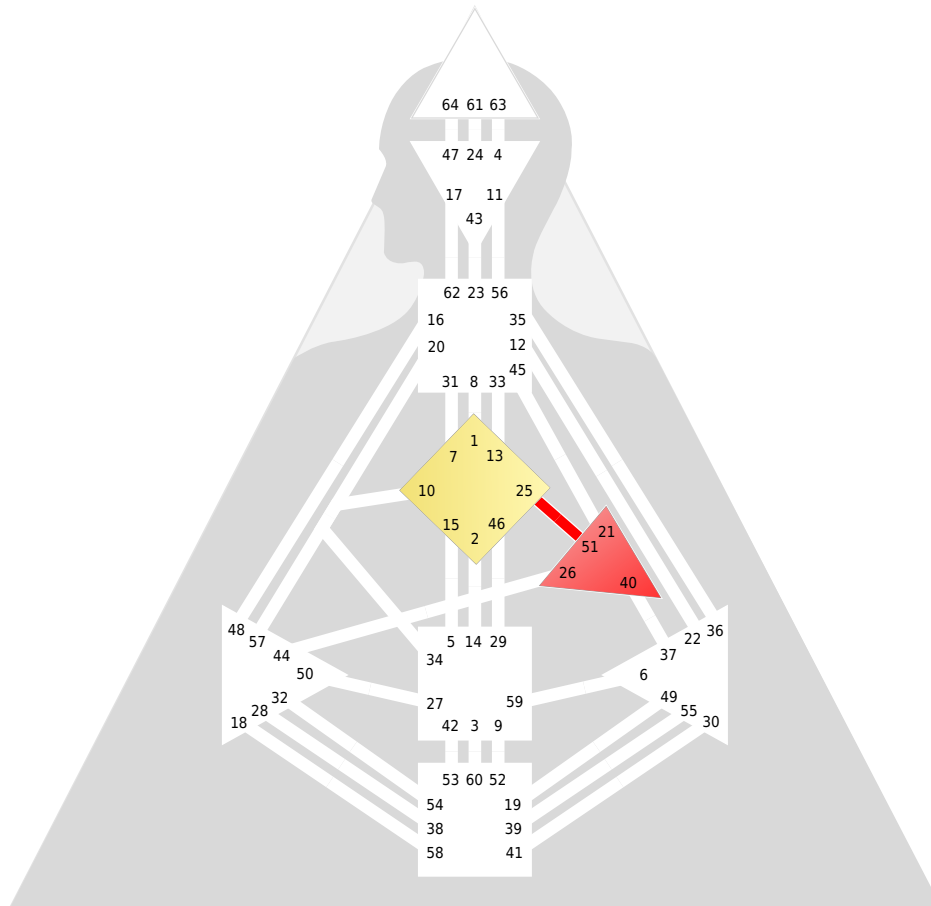


The Channel of Structuring represents a person with the potential to express and explain mental insights in an effective and individual way. Wait until others invite you to an exchange of thoughts; then your explanations can be (at least over time) a brilliant expression of your individuality. If you speak unsolicited, you can easily be misunderstood as a freak.

Melancholy is part of the process, and you should also bear in mind that new, individual explanations sometimes need to be repeated so that others can become accustomed to them and ultimately understand them.

The Channel of Initiation: 51-25

A Design of Needing to be First

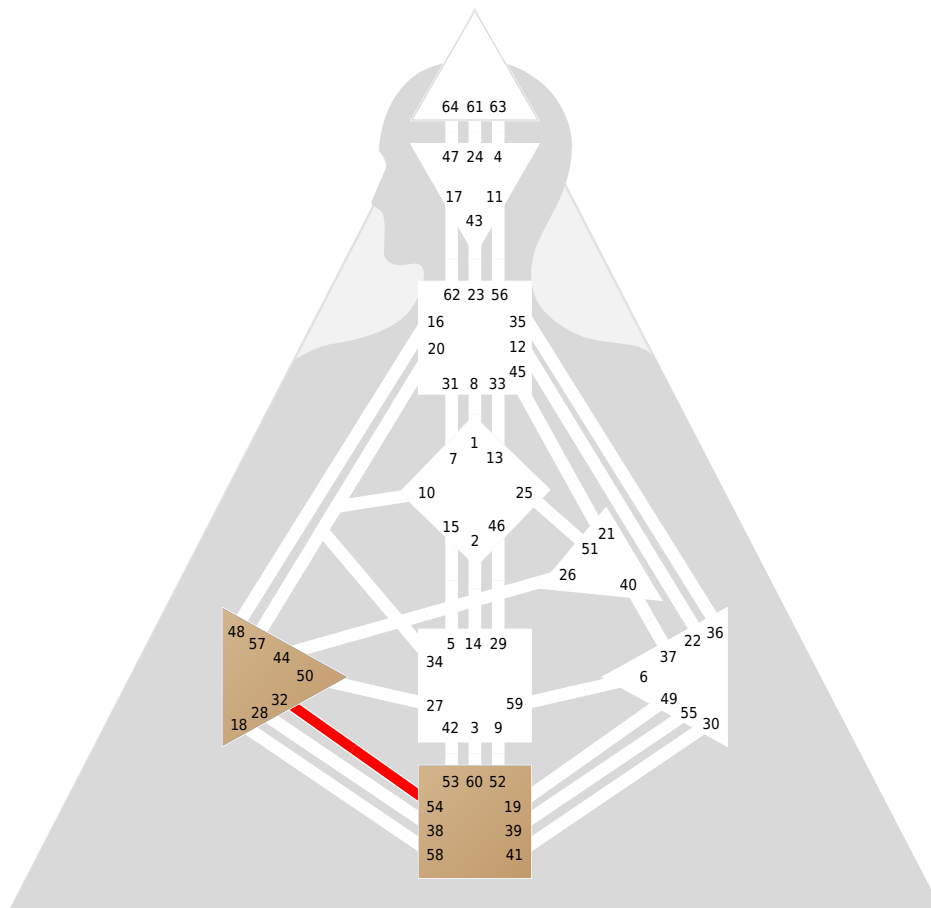


This Channel operates on two very specific levels: on the one hand, it shows a competitive person who wants to be first or most original in many regards. On the other hand, it reveals a potential to strive for initiation (e.g. into higher knowledge).

You thus have the potential to connect the worldly, practical level of life with the mystical and spiritual one. The drive to be first and, in a certain sense, to engage in self-contemplation will always accompany you and can lead to impressive and exemplary insights. The expression of these insights, however, can only lead to fulfilment in accordance with your Strategy.

The Channel of Transformation: 54-32

A Design of being Driven

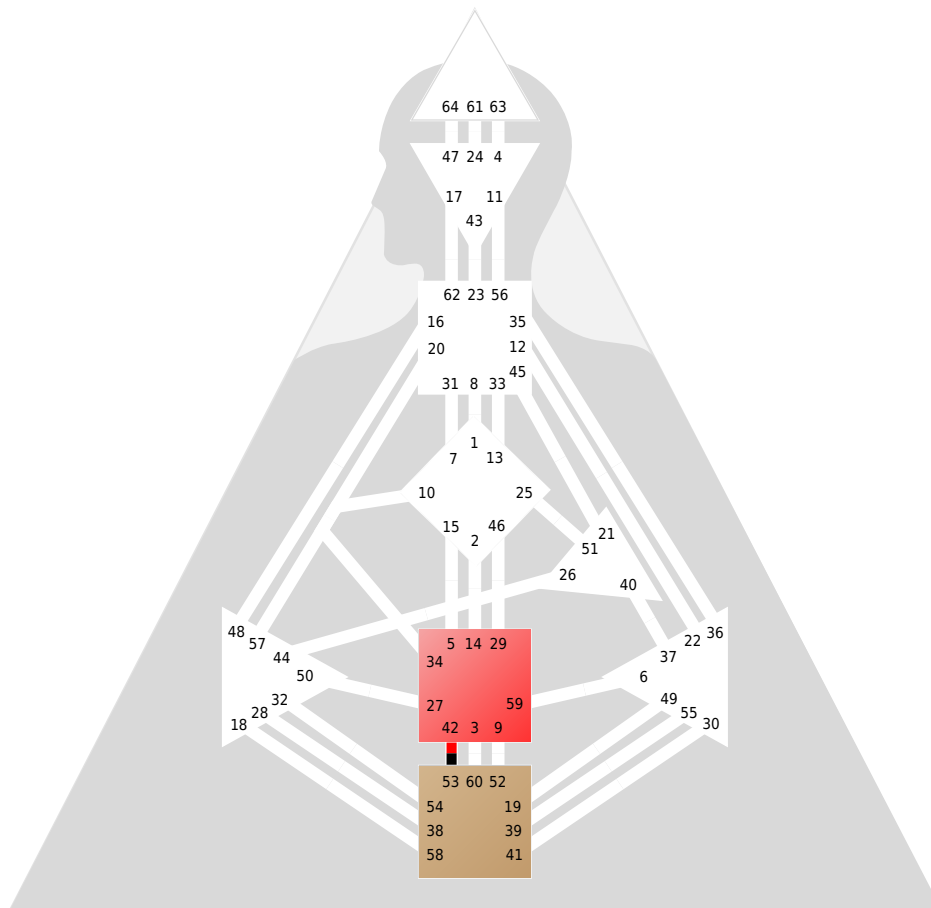


This Channel is about finding recognition through work and ultimately climbing the career ladder – when you are operating correctly. This energy can drive you and others – but do not forget to also rest and relax.

You have the potential to be seen and recognised, and you can rely on your good ‘nose’ for what is useful.

The Channel of Maturation: 53-42

A Design of Balanced Development



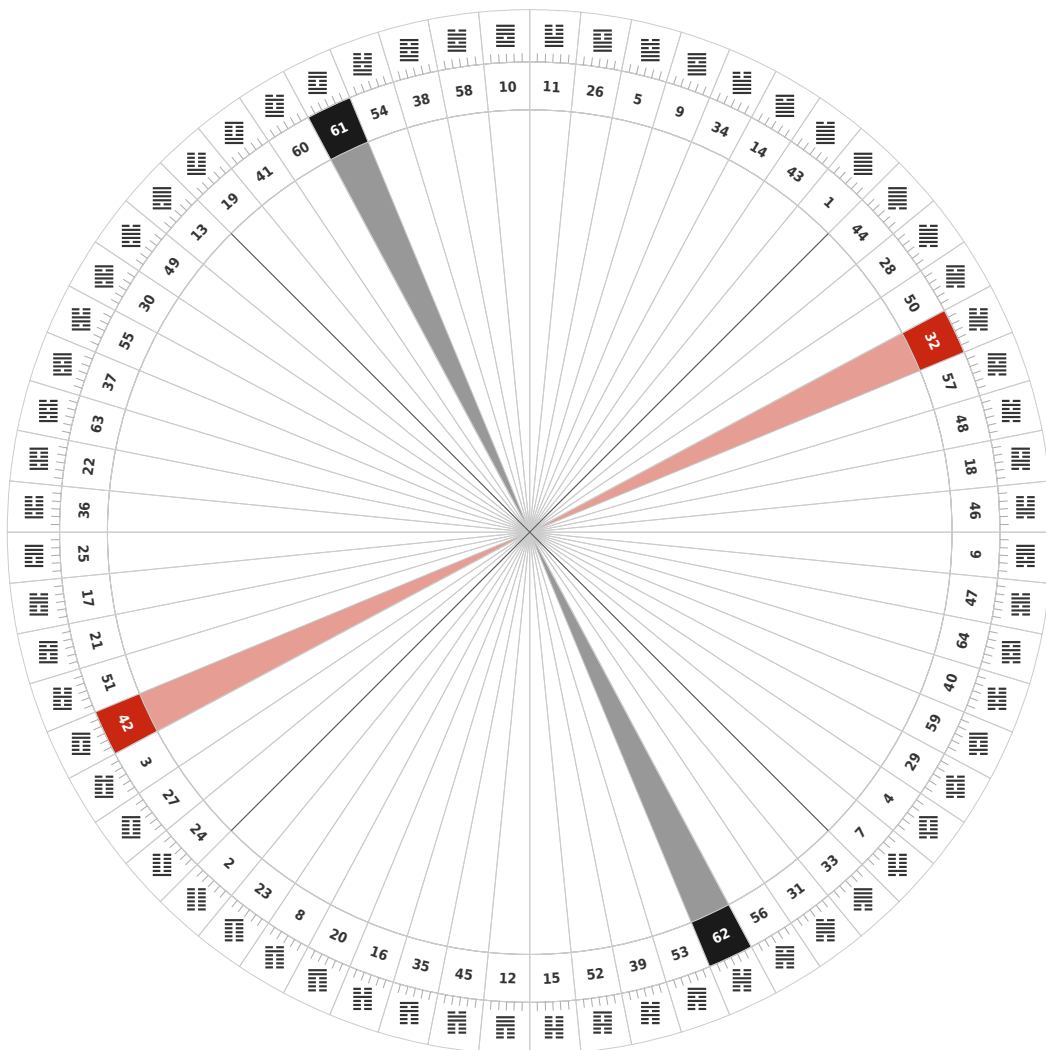
This Channel represents a person for whom all experiences should have a beginning, middle and end, so that balanced growth can emerge. When you have responded to something, you can go through a successful maturation process and share it with others.

Be careful, however, not to force the first step – it can only ever be a response to an external trigger. Without a correct entry, you can become ‘stuck’ in an experience and be unable to complete it, which is frustrating and potentially depressing.

Your Incarnation Cross

The two Sun-Earth axes form a heading for your life, a theme that runs like a common thread throughout and provides the foundation for your individual purpose and meaning in life. However, there is nothing to do - except to be correct according to your Type and to observe yourself and your life. Then purpose and meaning unfold on their own.

Right Angle Cross of the Maya (62/61 | 42/32)



The headline for your life could be: "What is that called?"

You try to name everything to arrive at a (mutual) detailed understanding, also to end the pain that arises when you cannot find your inner truth. Understanding, details, and structures are helpful for coping better with so-called reality.