



*FINDING YOUR
NATURAL GROOVE*

*An Introduction to
Your
Human Design*

ROS ISBEL

Hi There

If you're reading this, it's likely you also have your Human Design chart or, "BodyGraph" - a strange looking image of a torso outline covered with lines, shapes and numbers and some cryptic script underneath.

If you don't have your chart, you can grab one for yourself and anyone else you would like to at www.mybodygraph.com.

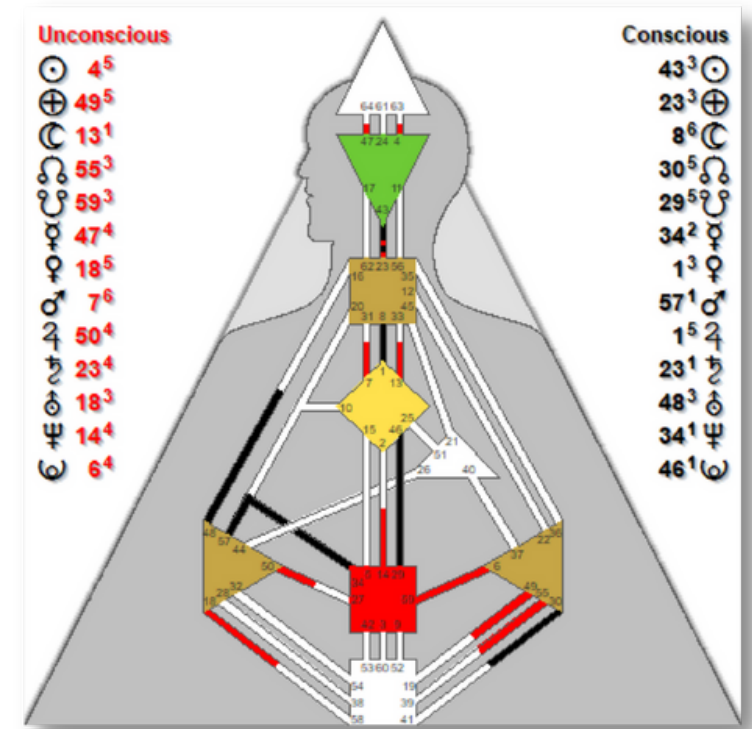


Fig 1. Human Design Bodygraph

Welcome to the wonderful, intriguing, affirming, rabbit hole filled world of Human Design!

Well done for getting this far. Yes, it all looks very strange, like a foreign language, almost alien! I get it! It's not that long since my first experience with my own chart so I remember how you might be feeling.

Now that you're here, don't give up! That's what this book is for.

Its job is to help you to decipher this strange looking thing! Allow me to explain in the following pages, at least in broad terms, what your Human Design chart means to you and how you can use it to quite literally change your life.

Your Human Design Chart - The Blueprint of your life

Your Human Design Chart is just like a map of your authentic self. In fact, it's often referred to as the blueprint of your life.

It contains stunningly accurate information about the truth of who you are in a way that you may never have experienced before.

It shows you how you make the best decisions, how you best use your energy, where you are strong and wise (whether you know it or not at this point), where your potentials lie, how you sense others, how others sense you and so much more.

Why isn't Human Design more popular?

Human Design is a profound tool. I don't use that word lightly. It is stunningly accurate! It can and has made a huge difference to the lives of hundreds of thousands of people around the world.

So if it's so good, then why doesn't everyone know about it?

The growth of Human Design in the last couple of years has been nothing short of stunning, however, it's still not well known in the mainstream.

It's my firm belief, and this may not endear me to some in the Human Design community, that Human Design is too damn hard to understand for the majority of people who see it for the first time.

That's not to say that folks aren't clever enough to "get" it. It's just that, let's face it, we're all time poor, and when we see that chart for the first time, it can be quite overwhelming. There are some who are immediately fascinated by it but I can tell you from experience that there are a whole lot more who just want to run the other way saying, "hmmm; not today thanks."

"I'm a Projector? What in the heck does that mean?" ,

"It says I'm bitter!"

"What's a Martyr/Heretic (and I'm one - that doesn't sound good!!!)",

"Look at all those colours and lines - I'll never work that out!"

"Please please, not another thing I have to decipher along with all the ever changing stuff in my life already."

Who has time to learn a whole new set of jargon and learn what it means for you, especially when you've never heard of Human Design anyway and don't really know what it has to offer you!

I've just used a lot of exclamation marks so you know I'm pretty riled up about this.

Why have you been guided here....to read my book?

Well, according to my Human Design, it's a big part of my life purpose...

To bring this magical, life changing information to more people - many more people - The World even! It's my job to break it down into manageable information that's easy to understand and assimilate.

It's MY JOB!

Human Design and I

I can honestly say that meeting my Human Design has been the most important thing to happen to me in terms of my really knowing myself; really truly deeply understanding, embodying and finally embracing who I am and why I am here on this earth right now.

It could be argued that a lot of work has been done leading up to this point; lots of beautiful spiritual intervention and strengthening by some of the best in the business for sure.

I'm also trained and attuned to Reiki Level 3 and have studied the Chakra System in depth along with Essential Oils. I have more than a passing interest in astrology and many other esoteric and more conventional learnings about mind, body, soul and spirit.

But it was understanding my Human Design that bought it all home for me; that really gave me the answers and the degree of certainty I was looking for.

A (very) brief history of Human Design

Human Design came into existence as a system in 1987 when it was channelled (yep! downloaded, channelled whatever you want to call it) over an 8 day period by a Canadian gentleman by the name of Ra Uru Hu who up until this experience was known as Alan Krakower

All this happened in a rundown old stone house on the island of Ibiza in Spain and the information came to him through what is now known as "The Voice".

From this information, he was able to put the entire structure of Human Design together and began to teach others about the system. From Ra's teachings, this information has made it's way to hundreds of thousands of people around the world.

As a matter of interest, research by Eleanor Haspel-Portner, PhD was conducted in 2000 based on 30 000 cases that proved that Human Design is a valid and reliable construct. (This information is available at Unified Life Sciences - www.unifiedlifesciences.com.)

What is Human Design?

Human Design is a remarkable and accurate system for understanding our individual energies and traits based on birth information including date, time and place.

It uses a synthesis of the ancestral knowledge of The Chinese I'Ching, The Hindu Chakra System, The Judaic Kabbalah, Eastern and Western Astrology as well as our modern understanding of Quantum Mechanics, Astronomy, Genetics (including Epigenetics) and Biochemistry

“Quantum mechanics is a fundamental theory in physics that provides a description of the physical properties of nature at the scale of atoms and subatomic particles.[2]:1.1 It is the foundation of all quantum physics including quantum chemistry, quantum field theory, quantum technology, and quantum information science.”
https://en.wikipedia.org/wiki/Quantum_mechanics

I want to stress that Human Design won't tell you your future. BUT it will tell you what your innate strengths and gifts are. It will highlight to you where you might be vulnerable and where you are sensitive as well as showing you how to make decisions that are correct for you. It will also highlight certain life cycle milestones.

It will help you to deeply understand and appreciate your loved ones. It will allow you to understand that when people don't gel with one another or are triggered by others, it's usually not personal. It's just their design.

Importantly, it will help you to come into perfect alignment with who you are and what you are here to do.

The Chart

Every single person on earth has their own Human Design that came into existence for them at the very second their feet left their mother's body. Everyone has their own map or Human Design chart that holds extraordinary information about the truth of who they are.

The Components of The Chart

The Human Design Body Graph is made up of many components and combinations of those components. To give you a brief rundown of the information contained & revealed in the Body Graph, there are:

5 Types

They are Manifestors, Projectors, Reflectors Generators & Manifesting Generators.

9 Energy Centres

These are the shapes on the Body Graph which can be expressed as DEFINED when they are coloured in, or UNDEFINED (also known as open) when they are white.

64 Gates

Represented by the numbers and corresponding red or black lines (can also be dotted or striped red and black) on the body graph. Each number represents a different personality trait or archetype. The numbers are representations of the red and black numbers down either side of your Body Graph. If any lines on the Body Graph are coloured in both red and black, or appear in either column more than once, then the energy of this gate is a very strong theme for them.

36 Channels

the channels are solid lines of colour - either red or black, or red and black that connect two defined (coloured in) energy centres. They represent specific energies that carry between the two energy centres they connect.

As well as: 6 different Line numbers (lines 1 through 6) for each of the 64 gates that make up 12 different Personality Profiles, Conscious and Unconscious definition, 8 different Decision making Authorities, 5 different Definitions depending on how your energy centres are connected or not connected.

And there are even more pieces to the chart and to your Design that haven't been listed here.

As you can see, there's a lot of opportunity for complexity and nuance as I've already mentioned. However in this particular eBook, we are going to focus on the 5 different types and the strategies associated with each type.

Because when it's all said and done, when you live according to the specific strategy for your type, everything just falls into place – the rest of it doesn't really matter no matter how sexy, juicy or interesting it may seem.

You Just Need to Follow Your Strategy...

We keep referring to "strategy"

When we refer to strategy in Human Design we mean:

"a specific way of behaving to make a decision or take action."

When you live your life according to your strategy, you align with what is correct for you – life gets easier. Living your strategy allows you to live authentically.

Understanding Your Human Design Type

You will notice in the Overview Section of your chart that you are one of 5 Human Design Types.

Each of the 5 types has a different strategy and a different "conditioning theme". A conditioning theme is what you experience when you're not living according to your Human Design strategy - it's how you are, what you feel or what you have directed at you when you're not living true to your design and are instead, living the way you think you should or perhaps the way you've been taught to live

The 5 types are:

Manifestors – approximately 9.7%* of the population.

Strategy - To Inform

Conditioning Theme - Anger

Projectors – approximately 22.6%* of the population.

Strategy - To wait for the Invitation

Conditioning Theme - Bitterness

Reflectors – approximately 1.4%* of the population.

Strategy - To wait a Lunar Cycle of 28 - 29 days

Conditioning Theme - Disappointment

Generators – approximately 35.8%* of the population.

Strategy - To Respond

Conditioning Theme - Frustration

Manifesting Generators – approximately 30.4%* of the population,

Strategy - To Respond, Envision & Inform

Conditioning Theme - Frustration & Anger

*Figures based on Jovian Statistics by type - Feb 2022

Each type has a different life strategy. And it bears repeating; when you live life according to your Human Design Strategy, you will find things fall into alignment automatically.

Unfortunately, most of us are conditioned, usually by our up-bringing or society in general, to live outside of our strategy. For example, the “just do it” mantra of modern advertising and often of life in general, is really only applicable to approximately 9% of the population – the Manifestors. The rest of us are NOT designed to just do it, whatever "it" is; we have other strategies to live by. And that's just one of the ways conditioning can take us off our path.

The following is a brief description of each type and their strategies:

Manifestors – The Initiators.

As we briefly discussed, Manifestors are the only type equipped with a strategy that allows them to just do it! They get an idea and if it feels right according to their decision making authority, all they have to do is inform those in their field of impact and then go ahead and take action.

Their "field of impact" is reference to anyone who will be affected by the decision. And importantly, by informing those who will be affected, the Manifestor is not looking for the other person's permission. If it feels right to the Manifestor, they do not need permission. It is all about informing though. If a Manifestor does not inform before taking action, they may well be met with anger and resistance.

It's also important to note that what they decide to do may not work every time. Part of the Manifestors design is to try things on to see if they work. However, if they enter into something according to strategy, that is, to inform those in their field of impact and use their specific authority*, then the likely hood of a positive outcome is high.

With their open sacral, it's important for Manifestors to recognise that they do not have access to sustainable energy. They are not designed to work for long periods of time. If they do, they will burn out.

And because of their open sacral, Manifestors need to go to bed and lie down before they are tired to ensure a good night's sleep.

Each type has what is known as a "not self theme". It's their sign that things are out of alignment for them. When things are not going right for a Manifestor; when they are out of alignment, they feel anger or may have anger directed at them.

To learn more about Manifestors [watch this video](#) or go to my youtube channel - [Ros Isbel Human Design](#) where you'll find all my videos including a playlist called The Human Design Types containing all 5 type videos.

Generators – The Workers/The Doers

To be a Generator (or Manifesting Generator), you will have a defined Sacral - the square second from the bottom of the chart. It's usually coloured in red.

The Generator strategy is to wait to respond to things in their external physical reality. So Generators cannot “just do it!” (Even though I've just described them as doers!) At least not until they have something to respond to in their outer or external reality.

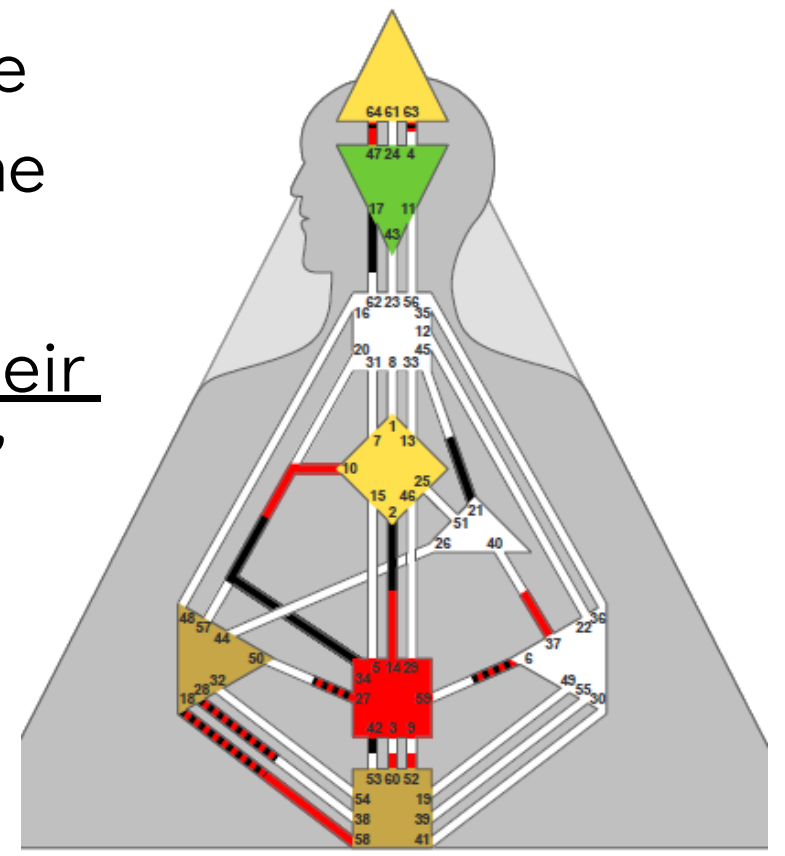


Fig 2. Generator with Defined Sacral

This means they cannot respond to...ideas, meditations, downloads or visions in their heads, dreams or the like. None of these things are in their external reality. A Generator cannot respond to anything that comes from inside their head.

But they CAN respond to things like...a suggestion from a friend or business associate, an email, a billboard, a car number plate, song lyrics you've just heard, a line from a movie you just watched and an infinite number of other things. Anything that shows up in a Generator's external reality has the potential to be something to respond to.

And Generators can give The Universe a little nudge by setting an intention or asking for something to respond to, for example, "Universe, I would love to go on a vacation. Please send me a sign in my external reality that I should book a holiday." Now if you are meant to take that holiday, it WILL show up for you externally. That might take the form of an email showing up in your inbox the next day from someone writing about a recent trip to Fiji, or a billboard that catches your attention saying "Come to Fiji".

A word of warning here - as a Generator, if no sign turns up; if there is nothing to respond too, don't go booking that trip to Fiji. It's not in energetic alignment for you - it likely won't work out for you; it may very well end in tears.

You can also set the intention to receive something to respond to relating to that "amazing meditative download" you got this morning or that dream you had! If it's meant for you Generators, it WILL show up. If it's not, it WON'T!

Generators also respond best to questions with a yes/no answer. They have a unique ability to answer yes/no questions using their sacral energy. They are able to answer questions using the words "Ah Ha" (positive or yes) or "Uh uh" (negative or no) depending on what their sacral energy says is true for them.

Decisions aren't for making in the head of a Generator (or for most types for that matter!). For Generators, correct decisions are made in the sacral. Once you turn on a Generator's sacral, decisions become so much easier.

Generators – The Workers/The Doers...cont

The reason Generators are the workers or the doers is that they, unlike the other types, have access to sustainable workforce and life-force energy allowing them to work and work until they become so tired, they need to sleep. And then the next day they can do it all over again. The key here is that the Generator is doing work they love.

A Generator is here to respond to the RIGHT work and to become a Master at this work.

Generators need to wear themselves out each day before going to sleep. As a Generator type, if you are having trouble getting to sleep, it is likely that you have not worn out your sacral energy for the day.

Each type has what is known as a "not self theme". It's their sign that things are out of alignment for them. When things are not going right for a Generator; when they are out of alignment, they feel frustration or may have frustration directed at them.

For more on Generators, [watch this video](#) or go to my youtube channel - [Ros Isbel Human Design](#) where you'll find all my videos including a playlist called The Human Design Types containing all 5 type videos.

Manifesting Generators – Also The Workers/The Doers .

If you're a Manifesting Generator, I want you to slow down and read this bit carefully...I see you...Slow down...This is important.

All that applies to the Generator applies to the Manifesting Generator so please read the Generator section above first. (Go on...!)

A Manifesting Generator is a Generator type with a little bit of Manifestor thrown in.

What distinguishes a Manifesting Generator from a Generator aside from a motorised throat (a discussion for another day) is that an MGen is designed to do more than one thing at once....and they go fast!

Please don't tell a Manifesting Generator to pick one thing and stick to it. That is not correct for them.

The aligned Manifesting Generator will be the one with 10 tabs open on their computer who is NOT confused, overwhelmed or totally distracted. They do however, need more than any other type, to carry a handy pen and notebook or a smart phone with a good memo app/voice recorder/camera with them at all times!

Manifesting Generators – Also The Workers/The Doers

cont... .

A Manifesting Generator is designed to skip steps – they are the inventors of the short cut. But they do sometimes make mistakes along the way. That's ok. That's how they are designed. Then they have to go back and correct the mistakes, put out the fires, clean up the work.

For this reason, if you give a Generator and a Manifesting Generator a big project, they will finish at around the same time. The Generator will take the deliberate slow and steady route and the MGen will take off like a rocket, skip steps and then have to go back and correct mistakes. They'll finish the project at about the same time. That's how it works. Manifesting Generators are faster initially but because they skip steps, the Generators will catch up.

The strategy for the Manifesting Generator is similar to the Pure Generator however there are important differences. (Have you read that Generator section yet? Yes, I know you have more to read than the other types but I also know you can do it!)

The Manifesting Generator needs to wait for that something to respond to, then envision what it would be like to actually attain what they are responding to. They then need to ask their Sacral Energy Centre if this is correct for them and then inform those in their field of impact (just like the Manifestor strategy) before taking action.

Like the Generator, Manifesting Generators need to wear themselves out each day before going to sleep.

Each type has what is known as a "not self theme". It's their sign that things are out of alignment for them. When things are not going right for a Manifesting Generator; when they are out of alignment, they feel frustration and/or anger or may have frustration and/or anger directed at them.

Like the Generator, the Manifesting Generator is here to respond to the right work and to achieve Mastery.

For more on Manifesting Generators [watch this video](#)

Projectors – Here to Guide, Manage & Direct.

These amazing folk are wise about others and the world. They have the answers. They just need to be invited to share them.

Importantly, and often overlooked, a Projector needs to be recognised in order to be invited into anything correctly. The inviter needs to genuinely "see" and to have in their own mind, acknowledged the Projector for what they have to offer before they issue the invitation.

Projectors cannot initiate action. The Projector strategy is to wait for an invitation to get things started. If the invitation comes, and it feels right, the Projector can go ahead.

However, if there is no invitation and the Projector decides to take on a project/ initiate action anyway, the energy will not be in alignment and the action will likely not work out as hoped.

Projectors are innately wise BUT....with no defined sacral, they do not have access to sustainable workforce and life-force energy. Like the Manifestors and Reflectors, Projectors are not designed to work; at least not in the traditional sense. Holding down a 9 – 5 job is not what a Projector is designed to do. Because of this, sometimes they are considered lazy. This is unfair and this is where understanding Human Design can make such a huge difference to your life or that of any Projectors close to you.

If a Projector works too hard or in the wrong work, they WILL burnout. Projector burnout is a major scourge on modern society which seems to value working ourselves to the point of exhaustion as a badge of honour. A burnt out Projector can take a long time, sometimes many years, to recover.

Projectors are not here to know and understand themselves – they're here to know and understand others, so in order to make decisions for themselves, they need to talk about their decisions with others to find out what is correct for them. That way, they see the answer projected back at them and can then take action based on what feels right to them.

Projectors, because of their open sacral, need to go to bed and lie down before they are tired.

Each type has what is known as a "not self theme". It's their sign that things are out of alignment for them. When things are not going right for a Projector; when they are out of alignment, they feel bitterness or may have bitterness directed at them.

Projectors are very precious people with very precious energy and it's vital for all our sakes that they understand and embody this as do the rest of us.

For more on Projectors [watch this video](#)

Reflectors - Here to reflect the health of their community.

Reflectors are very rare and unique people. They are highly sensitive due to the fact that they have no defined centres at all in their Body Graph, that is, the shapes in their Body Graph are all open (or white).

For a Reflector to be truly happy, they need to be with the right people and in the right place. In fact, the “purpose” of the Reflector is to act as a barometer for their community – they “reflect” the health and well-being of those around them. Like the proverbial canary in a coalmine, if the Reflector is happy and healthy, then so will their community be. And so it is in the reverse. If things are not going well in the community, this will show up in the Reflector.

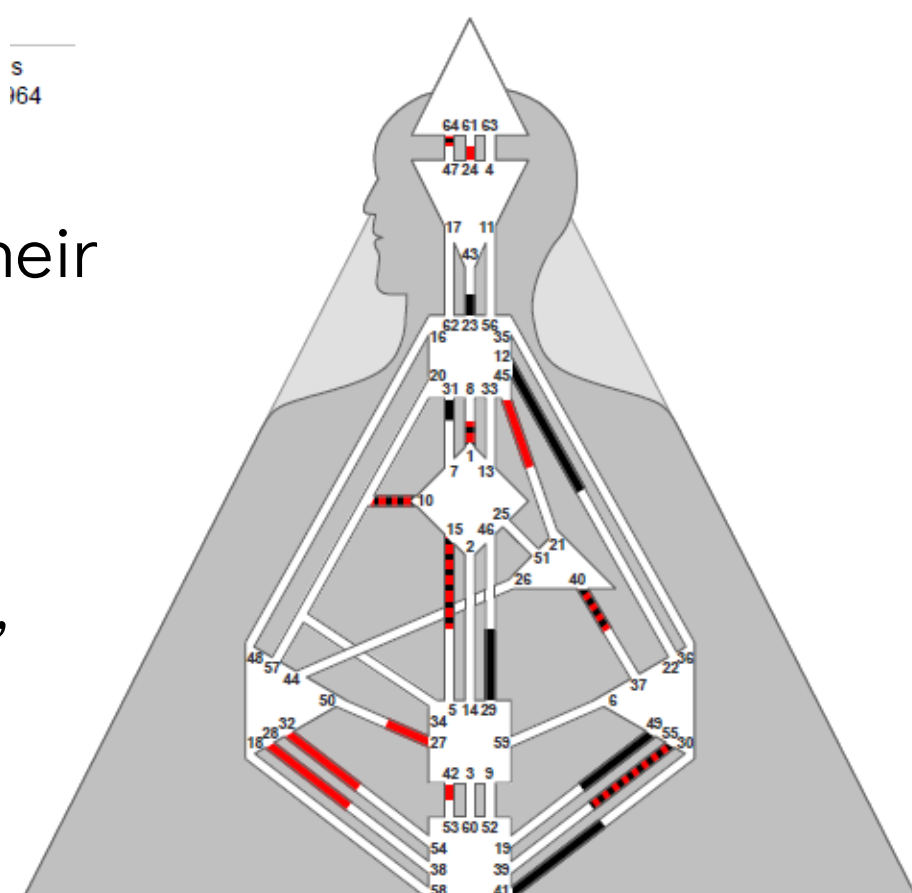


Fig 3. Reflector Bodygraph

Reflectors can really feel others in a way that the other 99% of the population simply cannot. They often have deep caring and passion for people, the planet and for peace.

The Reflector strategy is to wait 28 days or the full lunar cycle before taking action on a decision. They can only recognise what is right for themselves when they see it reflected back through others through this time frame. And trying to rush a decision before the cycle is finished is not true and correct for them. This can present a real challenge for Reflectors as our society is geared for the most part around us being able to make decisions quickly.

Like Manifestors and Projectors, Reflectors do not have access to sustainable energy so they too, need to be extremely protective of their energy. Neither are they designed to hold down a regular job with regular 9 - 5 hours

Reflectors, because of their open sacral, need to go to bed and lie down before they are tired.

When things are not going right for a Reflector; when they are out of alignment, they feel disappointment or may have disappointment directed at them.

For more on Reflectors [watch this video](#)

Do you have Emotional Authority?

There is another important factor to consider when making decisions and taking actions that goes beyond what type you are and what the strategy for your type is. This particular authority can apply to all types except Reflector and actually applies around half of us.

Check your Body Graph to see if your Emotional Solar Plexus (ESP) is defined (see Fig 4). The ESP is the large triangle on the furthest right hand side of the Body Graph. If it is defined it will usually be coloured in brown. If it is open, it will be white.

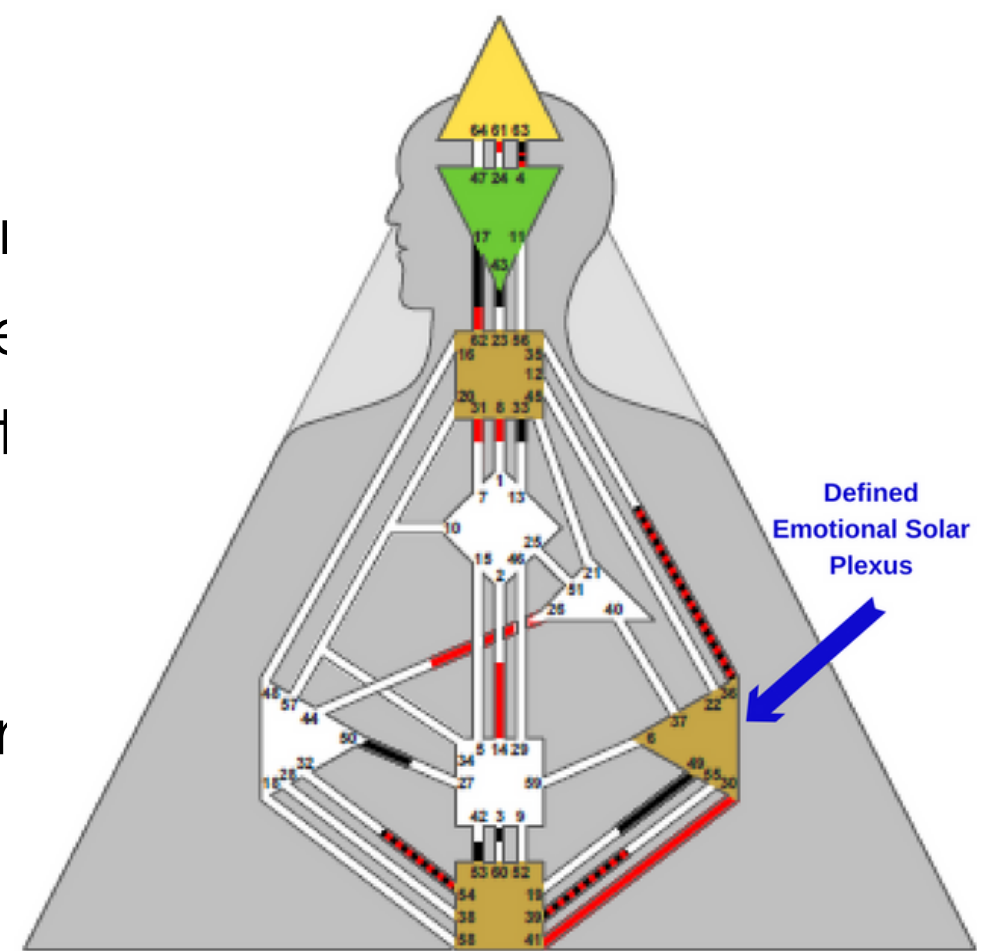


Fig 4. Bodygraph with Emotional authority

If you have a Defined ESP, you have what is known as Emotional Authority*. There are eight different "Authorities" possible in Human Design.

Emotional Authority is the most common and overrides all the others. While all of the authorities are important if they happen to be yours, we will only discuss Emotional Authority in this eBook.

If you have a Defined Emotional Solar Plexus, then you carry your own emotional energy at all times and your emotions fluctuate from highs to lows. You are probably aware of these fluctuating highs and lows but it's important that you recognise them as an important part of who you are, how you are creative and how you evaluate situations.

If you have a defined ESP then you are NOT designed to be spontaneous; you are not designed to make decisions or take actions in the moment. You need to wait out your entire emotional wave in order to get clarity before making decisions otherwise you may well experience a change of mind or some form of regret.

If you're ESP is Undefined then you will have one of the other 7 authorities. Each authority has a different process of operation however the Emotional Authority is the only one that has to wait for clarity.

For more on Emotional Definition [watch this video](#)

For all Types

Understanding how your energy is designed to work no matter what your type can prevent many serious health issues. We are all susceptible to burnout which can so often be the first step on the way to a number of dis-ease states including autoimmune issues. If we can nip burn-out in the bud, or better still, avoid it altogether, we are way ahead of the game.

Human Design allows you to see where you might be vulnerable to burnout. and if you are already experiencing burn out, to understand what it was that caused the situation in the first place. This is incredibly valuable information to have on the road to a faster recovery.

It can also help you to see those you are closest to for whom they really are. Understanding someone else's energy dynamics and knowing that "it's not personal" can make all the difference in relationships.

And for parents, understanding your child's Design can be a Godsend for both of you - not just for now but for the future.

In this eBook, we are merely scratching the surface of all that Human Design has to offer but hopefully there is enough in the previous pages to help you to start living a life that is more in alignment with the truth of who you are. And to get you inspired to dig deeper into your own design and that of those around you especially your loved ones.

Human Design is not a psychic tool. It's not a series of exercises to complete. It's not meant to be an energetic cleanse (although the after effects can feel like that for some) or anything else like that. It's just incredibly empowering information that at a very deep level you know is true for you.

Once you have this information, there is still work to be done but now you have a guidance system. You know exactly where you are headed and where you've come from.

There are plenty of memes and “instaquotes” doing the rounds right now telling you to live your truth but it can be difficult with all the conditioning we are subjected from the moment we take our first breath - through childhood, school, work, marketing and society in general, to know who you really are deep down and just why you came here this time. Human Design can show you this. That's what it does.

It gives you permission to be you.

Where to now?

Now you have the basics of Human Design. You know more about this amazing system than 99% of the population!

Congratulations!

So where to take your Human Design journey next...

There are literally thousands of options for you to pursue. There are loads of free videos and blog posts available on line right now. I've included links to some of my videos in this eBook and you'll find my blog posts here -

<https://findyournaturalgroove.com/on-human-design/>

Do some research and find those with whom your energy resonates. I can't stress how important this is when taking in this information. It's actually one of the things that Human Design teaches us - to find those that you feel comfortable with energetically.

You might be interested in taking my [Human Design Fundamentals Class](#) as your next step.

But really, nothing can beat a Human Design reading - whether you have one now or after the Human Design Fundamentals class. To have someone trained in understanding the Human Design chart interpret the information your birth chart contains for you is incredibly powerful.

I offer personal, business (ideal for the entrepreneur, business owner or manager) and family sessions as well as an exclusive 1 to 1 coaching program.

If this is something you'd like to investigate further I'd love to invite you to check out my offerings here at <https://findyournaturalgroove.com/human-design-book-a-session/>

In a Human Design reading we look deeply at all aspects of your own chart tailoring the session to your HD knowledge and your individual needs. One of my skills is being able to break this information down making it relatable, easy to understand and easy to integrate.

You might like to check out the Parent/Child sessions to help you understand the Design of your children. It's an amazing gift to both the parent and the child for the parent to understand who their child actually is. It's a gift that your child takes with them into adulthood and the rest of their life.

If you have any questions or comments, I'd love to hear from you. Please feel free to contact me at ros@findyournaturalgroove.com

Who am I?

I'm a 2/4 Manifesting Generator with an Open G Centre that has taken me to many many places and I have no doubt will take me to many more.

I've taken many different career paths (thank you once again Open G) including management for large and small organisations including retail, fashion manufacturing, sales and marketing & 10 year stint in the wine industry.

For the last several years since the birth of my daughter, I've studied and worked in the Natural Health and Wellness area and matters of Mind, Body, Soul and Spirit.

In early 2016 I met my Human Design. While I didn't realise it immediately, my life changed forever in that moment (although my Emotional Authority did take a while to confirm that this really was something for me to respond too!)

Life hasn't been the same since.

Oh, the rabbit holes I've been down! The dark nights my soul has spent! The incredible joys I've experienced and the certainty I've finally found.

And the awe inspiring, magical, shiny people I have met and worked with on this incredible journey.

As well as my Human Design work reading, teaching and coaching, I co-produce a podcast called [Essential Oils by Design](#) - get it where you get your podcasts. It's all about Human Design from the ground up, and Essential Oils that can help to support you on your journey!

You'll learn a lot about Human Design if you do.

I live in the most beautiful city of Melbourne Australia with my partner, our 15 year old daughter and our black kelpie Mintie.