

Human Design Crash Course

Love yourself.

It is the only thing you are here for, to discover the love of self.

- Ra Uhu Ru

Human Design Zone

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Introduction to Human Design

In the vast realm of self-discovery and personal growth, a unique system of understanding known as Human Design has emerged. This innovative system, a brainchild of Ra Uru Hu, was birthed in 1987 following a mystical experience. Through his encounter with a “Voice”, Ra Uru Hu received detailed information about the mechanics of the universe and human existence, which he later shared with the world as Human Design.

Human Design is an intricate system of self-understanding that marries the wisdom of ancient traditions with contemporary scientific knowledge. It combines elements of **Astrology, I Ching, Kabbalah**, the **Hindu-Brahmachakra**, and **Quantum Physics**. As such, it is often described as the “Science of Differentiation,” underlining the idea that each human being is unique and born with a specific purpose.

The foundational element of Human Design is the **BodyGraph** or the **Human Design Chart**. This diagram, resembling a body, is a visual representation of our design. It features nine geometric shapes, known as **Centers**, connected by lines known as **Channels**. Each Center represents a specific aspect of human nature, and the Channels are pathways of energy between these Centers. Additionally, within the Channels are smaller segments called **Gates**, which are determined by the 64 hexagrams of the I Ching.

These elements of the Human Design chart – the Centers, Channels, and Gates – are the key to understanding our unique design. They provide insights into our strengths, weaknesses, personality traits, and life’s purpose. The state of each element, whether it is defined (colored) or undefined (white), can tell us a lot about our behavior, decision-making process, communication style, and more.

Along with the Centers, Channels, and Gates, another crucial aspect of Human Design is the **Type**. According to Human Design, everyone belongs to one of four Types: **Manifestors, Generators, Projectors**, and **Reflectors**. These Types determine our overall role and strategy in life.

The intricacies of Human Design also extend to **Authorities** and **Profiles**, which offer more precise insights into our decision-making process and our role in life, respectively. Authorities guide us on how to make decisions that align with our true selves, while Profiles represent different aspects of our personality and how we engage with the world.

Each person’s Human Design chart is calculated using their birth data (date, time, and place). This

information determines the positioning of the planets at the time of birth, which in turn influences the state of the Centers, Channels, and Gates in the BodyGraph.

In essence, Human Design serves as a navigational tool for life. It offers a roadmap to understanding ourselves better and navigating life with less resistance and more authenticity. By understanding our design, we can make decisions that align with who we are, ultimately leading to a more fulfilling and purposeful life.

In the following sections, we will delve deeper into each of the key elements of Human Design, starting with the four Types. As we explore each element, remember that the goal is not to change who we are, but to gain a deeper understanding of our inherent design. Only through this understanding can we truly embrace our uniqueness and live out our purpose to its fullest potential.

Stay Tuned

Whether you're a newcomer to Human Design or seeking to deepen your knowledge, this course aims to provide a comprehensive understanding of this fascinating system. By the end, you'll have a greater understanding of yourself and others, and the tools to navigate life with increased self-awareness and authenticity.

The Four Types in Human Design

One of the foundational aspects of the Human Design system is the concept of **Types**. According to Human Design, every individual falls into one of four distinct Types: **Manifestors**, **Generators** (including **Manifesting Generators**), **Projectors**, and **Reflectors**. These Types provide a broad overview of our role in life and guide us in making decisions that align with our true selves.

Manifestors

Manifestors represent about 9% of the population. They are the initiators, the ones who can start new things without needing to wait for external cues. Manifestors have a unique ability to impact others and make things happen. However, their impactful nature can sometimes be perceived as disruptive or overpowering. To maintain harmony in relationships, Manifestors are encouraged to inform others about their plans before taking action.

Manifestors have a defined throat center connected to a motor center, which gives them the energy to initiate and create change. Their strategy in life is to inform, and they can follow their urges without waiting for external validation or invitation.

Generators

Generators are the life force of the planet, making up about 70% of the population (including Manifesting Generators). They have an inherent ability to generate and sustain energy, making them the doers and builders of society. Generators often find satisfaction in work and have the stamina to persist until a task is complete.

Generators have a defined sacral center, the powerhouse of life force and vitality. Their strategy is to wait to respond, meaning they should wait for something in their outer world to spark their internal response before they take action. This ensures they're using their energy in ways that truly satisfy them.

Manifesting Generators

A subtype of Generators, Manifesting Generators share characteristics with both Manifestors and Generators. They have the ability to initiate like Manifestors but also have the staying power of Generators. Their strategy is a two-step process: wait to respond, then inform before taking action.

Projectors

Projectors, making up about 20% of the population, are the guides and managers. They don't generate energy like Generators, but they have a unique ability to see and understand others. This makes them excellent at guiding and directing energy.

Projectors have an undefined sacral center, meaning they don't have consistent access to their own life force energy. Instead, they absorb and amplify the energy of others. Their strategy is to wait for an invitation before sharing their insights or taking on significant roles.

Reflectors

Reflectors are the rarest Type, making up about 1% of the population. They are the mirrors of society, reflecting the health and wellbeing of their community. Reflectors have an extraordinary capacity for empathy and understanding.

Reflectors have all their centers undefined, making them highly sensitive to their environment. Their strategy is to wait a full lunar cycle before making major decisions, allowing them to gain perspective and clarity.

Embracing Your Type

Understanding your Type is the first step towards living your design. By following your strategy, you can make decisions that are in alignment with who you are, leading to less resistance and more flow in your life.

Remember, no Type is better or worse than another. Each has its unique strengths and challenges. The key is to embrace our Type and use it as a guide for making decisions and navigating our roles in life.

In the next section, we'll explore the nine Centers in the Human Design chart, which offer a more detailed insight into our mental, emotional, and physical attributes. Stay tuned to delve deeper into the intricacies of your unique design.

The Nine Centers in Human Design

The **Human Design chart**, also known as the BodyGraph, is composed of nine geometric shapes called **Centers**. Each Center represents a specific aspect of our nature and is associated with certain biological functions and attributes. The Centers are either defined (colored) or undefined (white), which can significantly influence our behavior and decision-making process.

Defined and Undefined Centers

A **defined Center** is consistent and reliable in its function. It's something that operates in a fixed way within us and is not susceptible to the influence of others. Conversely, an **undefined Center** is more flexible and adaptive, taking in energy and amplifying it. Undefined Centers can be heavily influenced by the energy of others and the environment.

Now, let's explore each of the nine Centers in detail.

Head Center

The **Head Center**, located at the top of the BodyGraph, represents inspiration and mental pressure to answer questions. In a defined state, it provides a consistent way of thinking and being inspired. When undefined, there's a tendency to get caught up in other people's questions and ideas.

Mind (Ajna) Center

The **Mind Center** is related to our mental processes and how we think. If defined, it indicates a fixed way of processing information and making decisions. An undefined Mind Center can adapt and understand multiple perspectives but may struggle with indecisiveness.

Throat Center

The **Throat Center** is about communication and manifestation. When defined, there's a consistent energy for speaking and expressing oneself. An undefined Throat might feel pressure to talk and be heard, often adapting their communication style to match their environment.

Self (G) Center

The **Self Center** is connected to our identity, direction in life, and love. A defined Self Center indicates a fixed sense of self and direction in life, while an undefined Self Center may search for identity and direction through relationships and environment.

Heart (Ego) Center

The **Heart Center** deals with willpower, ego, and value. Those with it defined have a consistent access to willpower and a fixed sense of self-worth. An undefined Heart Center might overpromise to prove their worth or struggle with self-esteem.

Sacral Center

The **Sacral Center** is the center for life force energy, fertility, and work capacity. Those with it defined (Generators and Manifesting Generators) have a sustainable energy source. An undefined Sacral Center (Manifestors, Projectors, and Reflectors) doesn't have a consistent access to this energy, needing to rest and recharge more frequently.

Spleen Center

The **Spleen Center** is associated with intuition, timing, and health. A defined Spleen Center indicates a consistent intuition and sense of timing, whereas an undefined Spleen may struggle with knowing when to let go of things and might hold onto what isn't good for them.

Emotional Solar Plexus Center

The **Emotional Solar Plexus Center** is linked to emotions and desires. If defined, it suggests a consistent emotional wave that influences decision-making. An undefined Emotional Solar Plexus can absorb and amplify the emotions of others, often being seen as an empath.

Root Center

The **Root Center** is about pressure to act and adrenaline. Those with it defined consistently handle stress and pressure. An undefined Root Center might feel overwhelmed by pressure, rushing to get rid of it.

The Significance of Centers

Understanding the defined and undefined Centers in your Human Design chart can offer profound insights into your behavior, decision-making process, and interactions with others. The key is to recognize these aspects of your design and use them as guides to navigate life with more ease and authenticity.

In the upcoming section, we will delve into the 36 Channels and 64 Gates, which provide further depth to our understanding of our unique design. Stay tuned as we continue our journey of self-discovery through Human Design.

The 36 Channels and 64 Gates in Human Design

In the Human Design system, the nine Centers are interconnected by **Channels**, and within these Channels lie the **Gates**. These elements form the circuitry of the BodyGraph, providing a more granular insight into our attributes and how our energy flows.

Channels

Channels are the pathways that connect two Centers. Each Channel is composed of two Gates – one at each end. The presence of a Channel indicates a fixed and reliable trait within us, something that is consistently operational.

There are 36 Channels in total, and each one represents a unique archetype of human experience. The Channels are grouped into three categories based on their function:

1. **Manifesting Channels** link a motor Center to the Throat Center, providing the energy to communicate and make things happen.
2. **Generating Channels** connect a motor Center to a non-motor Center, generating life force and energy.
3. **Projecting Channels** do not involve any motor Centers but help us process, guide, and project information.

Gates

The **Gates** are the specific energies within the Channels. There are 64 Gates in total, mirroring the 64 hexagrams of the I Ching. Each Gate represents a specific aspect of human life, such as love, leadership, creativity, etc.

Gates within a defined Channel in your chart are considered “activated,” and they impact your behavior and characteristics. If only one Gate of a Channel is activated, it indicates a potential that can be brought to life when connected with another person’s activated Gate on the other end of the Channel.

Now, let’s take a brief look at how Channels and Gates work together in practice.

Channels and Gates at Work

For example, the Channel of Awakening (20-10) connects the Throat Center to the G (Self) Center. This is a Manifesting Channel, implying the ability to express one's identity. The Gate 20 (Gate of the Now) is about the ability to stay present, while Gate 10 (Gate of Behavior) is about love of self. When this Channel is defined in a chart, it indicates a person who can consistently express their identity with self-love and presence.

As another example, consider the Channel of Recognition (61-24), a Projecting Channel that connects the Head Center to the Mind Center. This Channel is about bringing mental pressure to understand life's mysteries. Gate 61 (Gate of Inner Truth) is about the pressure to know the unknown, and Gate 24 (Gate of Rationalization) is about the process of understanding and making sense of experiences. When this Channel is defined, it suggests a person who is consistently driven to understand and make sense of life's mysteries.

The Impact of Channels and Gates

Understanding the Channels and Gates in your Human Design chart can provide a deeper layer of insight into your unique traits, tendencies, and potentials. It can reveal how you interact with the world, how you process experiences, and where your strengths lie.

Remember, though, that this is just one piece of the puzzle. The Channels and Gates do not operate in isolation but as part of the whole BodyGraph. Each element of the chart – the Centers, the Channels, the Gates, the Types, the Authorities, and the Profiles – all work together to form the full picture of your Human Design.

In the next section, we will delve into the topic of Profiles and Lines, further detailing the ways we engage with the world. As our journey through Human Design continues, we hope you find greater understanding and acceptance of your unique self. Stay tuned for more insights and discoveries.

Profiles and Lines in Human Design

In the Human Design system, **Profiles** provide another layer of insight into our personality and how we interact with the world. Each Profile is made up of two **Lines**, representing different aspects of our nature. Let's explore these concepts further.

Profiles

A **Profile** in Human Design is a combination of two numbers, each representing a Line. There are six Lines, leading to twelve possible Profiles. The first number in your Profile represents your **Conscious (Personality) Sun Line**, the aspect of you that is conscious and can be recognized by yourself. The second number represents your **Unconscious (Design) Sun Line**, an aspect that operates unconsciously, often recognized by others but not always by yourself.

Here's a brief overview of the twelve Profiles:

1. **1-3 Investigator Martyr**: This Profile is about personal discovery through trial and error.
2. **1-4 Investigator Opportunist**: This Profile seeks a solid foundation and opportunities to share knowledge.
3. **2-4 Hermit Opportunist**: This Profile oscillates between needing alone time and social interactions.
4. **2-5 Hermit Heretic**: This Profile is about delivering practical solutions but needing time alone to recharge.
5. **3-5 Martyr Heretic**: This Profile learns through experimentation and can bring change to societal norms.
6. **3-6 Martyr Role Model**: This Profile learns through trial and error and eventually becomes a role model after a period of observation and learning.
7. **4-6 Opportunist Role Model**: This Profile is about building networks and, after a period of observation, becomes a role model.
8. **4-1 Opportunist Investigator**: This Profile seeks to build a solid foundation and network of connections.
9. **5-1 Heretic Investigator**: This Profile is about delivering practical solutions based on a deep investigation of the foundations.

10. **5-2 Heretic Hermit:** This Profile is about delivering universal solutions, with a need for solitude to recharge.
11. **6-2 Role Model Hermit:** This Profile observes life for the first part, then becomes a role model, with a need for solitude.
12. **6-3 Role Model Martyr:** This Profile spends the first part of life in observation, then becomes a role model, learning through trial and error.

Lines

The **Lines** in Human Design represent different roles we play or ways we engage with the world. Each Line has a unique energy and theme:

1. **1st Line - The Investigator:** This Line is about foundation, introspection, and knowledge.
2. **2nd Line - The Hermit:** This Line is about natural talent, calling, and the need for solitude.
3. **3rd Line - The Martyr:** This Line is about learning through trial and error and adaptation.
4. **4th Line - The Opportunist:** This Line is about networks, influence, and opportunities.
5. **5th Line - The Heretic:** This Line is about practicality, universalizing, and being of service to others.
6. **6th Line - The Role Model:** This Line is about authority, observation, and eventually becoming a role model.

Understanding Profiles and Lines

Understanding your Profile and Lines can provide insight into your purpose, how you interact with the world, and how you best learn and grow. It's a guide to understanding the roles you're here to play in life.

Keep in mind that no Profile or Line is better or worse than another. Each comes with its unique strengths and challenges. By understanding and embracing your Profile and Lines, you can navigate life with more ease and authenticity.

In the next section, we'll explore how Human Design can improve personal and professional relationships. As we continue our journey, remember that understanding your Human Design is about self-acceptance and living authentically. Stay tuned for more insights.

Human Design and Relationships

Human Design offers powerful insights not only into our individual traits and behaviors but also into our interactions with others. It can enhance our understanding of relationships, offering tools to navigate our personal and professional lives with more empathy, patience, and acceptance.

Interactions between Types

Understanding the interaction between different **Types** can significantly improve our relationships. For example, a Generator might need to understand the Projector's need for recognition and invitation, while a Projector might need to respect the Generator's response mechanism. Acknowledging and honoring these differences can foster mutual understanding and reduce friction.

Composite Charts

In Human Design, a **Composite Chart** can be created by combining two individuals' charts. This chart represents the relationship itself and can reveal the dynamics between the two people. It can show where the two designs interact harmoniously and where potential challenges may lie.

For example, if a defined Center in one person's chart connects with an undefined Center in another person's chart, it can create a dynamic of influence and learning. Understanding these dynamics can help individuals navigate their relationships with more awareness and empathy.

Conditioning and Deconditioning

Human Design also talks about the concept of **conditioning**, where our undefined Centers are susceptible to being influenced by others' defined Centers. Over time, this conditioning can lead us to behave in ways that are not true to our authentic self.

Understanding this concept can help us recognize where we might be adapting to please others or conforming to societal expectations, especially in close relationships. The process of **deconditioning**, or unlearning these patterns, can lead to more authentic self-expression and healthier relationships.

Communication and Decision-Making

Understanding each other's **Authority** (decision-making strategy) and **Throat Center** status (communication style) can greatly enhance communication within relationships. For example, a person with emotional authority might need time to ride their emotional wave before making decisions, and a partner who understands this can provide the necessary space and patience.

Understanding and Acceptance

Perhaps the most significant impact of Human Design on relationships is fostering understanding and acceptance. When we understand our design and the design of others, we can accept ourselves and others more fully, leading to more authentic and fulfilling relationships.

The Power of Human Design in Relationships

Whether it's a romantic partnership, a friendship, or a professional relationship, Human Design can provide invaluable insights. It can reveal why certain patterns exist, why conflicts arise, and how to enhance communication and understanding.

Remember, the goal of Human Design is not to change ourselves or others but to understand and accept our inherent designs. It's about honoring our uniqueness and the uniqueness of others, leading to more authentic and fulfilling relationships.

In the next section, we'll explore the practical applications of Human Design, showing how these insights can be applied to everyday life. As we continue our journey of self-discovery through Human Design, stay tuned for more insights and practical advice.

Practical Applications of Human Design

Human Design is more than just a theoretical framework for understanding our inherent traits and behaviors. It offers practical guidance that we can apply to everyday life, from decision-making and career choices to relationships and personal growth.

Decision-Making

Understanding your **Authority**, or decision-making strategy, is one of the most practical applications of Human Design. Whether it's sacral responses for Generators, emotional clarity for those with emotional authority, or spontaneous intuition for those with spleenic authority, knowing how you're designed to make decisions can bring more ease and alignment into your life.

Career Choices

Human Design can provide insights into the types of work or career paths that might align with your unique design. For example, Generators and Manifesting Generators might thrive in careers that allow them to respond to tasks they feel a gut resonance with. Projectors might excel in roles where their guidance and management skills are recognized and invited.

Relationships

As we discussed in the previous section, Human Design can greatly enhance understanding and communication in relationships. Recognizing the dynamics of Types, Centers, Channels, and Gates can help us navigate our relationships with more empathy and acceptance.

Personal Growth and Self-Understanding

Human Design serves as a tool for self-discovery, helping us understand our strengths, challenges, and potential. It invites us to explore who we are at a deep level and encourages us to honor our uniqueness. This understanding can fuel personal growth and self-acceptance.

Health and Wellbeing

The Centers in Human Design are associated with different aspects of our physical, mental, and emotional health. Understanding your design can provide insights into your health and wellbeing, guiding you towards a lifestyle that supports your overall balance and vitality.

Deconditioning

Recognizing where we've been conditioned – where we've taken on behaviors or beliefs that are not authentic to us – is a powerful application of Human Design. The deconditioning process, of releasing these patterns, can lead to more authenticity and freedom.

Life stories

To bring these practical applications to life, consider these life stories:

1. **On Decision Making:** John, a Manifesting Generator with sacral authority, was feeling stuck in his job. After learning about his design, he started tuning into his sacral responses to guide his decisions. He noticed a lack of gut resonance with his work tasks and decided to switch careers. He's now running his own gardening business, a passion he's always had a gut feeling about.
2. **On Relationships:** Sarah and Mike, a Projector and Generator couple, were having communication issues. After exploring their Human Design, they realized that Sarah often felt unrecognized, and Mike felt pressured to immediately respond to Sarah's ideas. They learned to invite Sarah's input and give Mike time to respond, significantly improving their communication.
3. **On Personal Growth:** Lisa, a Reflector, always felt like she didn't fit in. After learning about her design, she understood her unique sensitivity to the environment and her lunar decision-making process. She started honoring her need for reflection time, leading to greater self-acceptance and peace.

Applying Human Design to Life

As you can see, Human Design offers practical guidance for various aspects of life. By applying this knowledge, we can align more closely with our authentic self and navigate life with more ease and fulfillment.

In the final section, we'll wrap up our exploration of Human Design and discuss how you can continue this journey of self-discovery. Stay tuned for the conclusion of our journey through the fascinating landscape of Human Design.

Conclusion: Living Your Design

As we conclude this exploration of Human Design, we hope you've gained insights into this intricate system and how it can serve as a roadmap for understanding yourself and navigating life. But remember, the true value of Human Design is not just in understanding it – it's in living it.

The Journey of Experimentation

Living your design is a process of experimentation. It's about applying the insights from your Human Design chart to your everyday life and observing the results. This could mean following your decision-making strategy, honoring your unique energy dynamics, or embracing your role according to your Profile.

This process of experimentation is a journey, not a destination. It's about ongoing learning and growth, about becoming more aware of yourself and aligning more closely with your authentic self. It might not always be easy – in fact, it can sometimes be challenging as you come up against conditioning or societal expectations. But the rewards – in terms of authenticity, ease, and fulfillment – are well worth it.

Story: Living Your Design

Consider Lisa, a Reflector we mentioned in the previous section. After learning about her design, Lisa started waiting for a full lunar cycle before making major decisions. She noticed that this gave her the clarity and perspective she often lacked when she rushed decisions. She also made changes to her environment, surrounding herself with positive influences and reducing exposure to negativity.

Lisa also started sharing her design with close friends and family, explaining her need for reflection time and her sensitivity to the environment. This led to more understanding and support from her loved ones. Over time, Lisa found that living her design led to greater peace, self-acceptance, and fulfillment.

Embrace Your Unique Design

As we wrap up this crash course, we invite you to embrace your unique design. Remember, you are a unique expression of life, with your own special way of operating in the world. By understanding and living your design, you can navigate life with more ease, authenticity, and fulfillment.

Thank you for joining us on this journey through Human Design. We hope it's sparked your curiosity and inspired you to explore further. As you continue your journey, remember the words of Ra Uru Hu: ***“Love yourself. It is the only thing you are here for, to discover the love of self.”***

Stay tuned for more insights and discoveries as we continue exploring the fascinating world of Human Design.

Authority in Human Design

In the Human Design system, **Authority** refers to our unique decision-making strategy. It's a built-in mechanism that guides us to make decisions that are in alignment with our true nature. Understanding and following our Authority can lead to less resistance and more flow in life.

There are seven types of Authority in Human Design: Emotional, Sacral, Splenic, Ego Manifested, Ego Projected, Self-Projected, and None (Mental Projector). Let's explore each of these in detail.

Emotional Authority

People with **Emotional Authority** are designed to make decisions after allowing their emotional wave to pass. This doesn't mean waiting until there are no emotions, but rather, waiting for emotional clarity. By observing their emotional wave – the highs, lows, and neutral points – they can reach a decision that feels right for them.

Sacral Authority

Sacral Authority is about following your gut responses in the moment. This is common in Generators and Manifesting Generators. The Sacral Center communicates through visceral sensations or gut feelings, which can be interpreted as a “yes” (an attraction or pull towards something) or a “no” (a repulsion or lack of energy towards something).

Splenic Authority

Those with **Splenic Authority** make decisions based on spontaneous intuition. The Spleen Center communicates through subtle, in-the-moment intuitive hits, often felt as a sense of safety or unease. This Authority requires trust in one's intuitive feelings and acting upon them in the moment.

Ego Manifested Authority

Individuals with **Ego Manifested Authority** make decisions based on what they want and what is practical. The Ego Center, or Heart Center, communicates through willpower and desire. This is a rare Authority, found only in specific Manifestors.

Ego Projected Authority

With **Ego Projected Authority**, decisions are made based on what will prove to be trustworthy and beneficial in the long run. It's about making promises and commitments carefully. This is a rare Authority, found only in specific Projectors.

Self-Projected Authority

Those with **Self-Projected Authority** make decisions by verbally processing their thoughts and feelings. The G Center, or Self Center, communicates through identity and direction. This Authority, found in certain Projectors, is about listening to one's own voice and noticing how it feels to talk about different options.

None (Mental Projector Authority)

Mental Projectors don't have an inner Authority; instead, they rely on their environment and other people to make decisions. They benefit from discussing options with others and observing how it feels to talk about them. Through this process, they can arrive at decisions that are correct for them.

The Role of Authority in Decision-Making

Understanding your Authority can profoundly influence your decision-making process. Rather than being swayed by external influences or mental pressure, you can tune into your internal guidance system. This can lead to decisions that are more in alignment with your true self, resulting in a life of less resistance and more authenticity.

Remember, it's not about good or bad decisions, but rather about decisions that are correct for you. By following your Authority, you're honoring your unique design and making choices that support your journey in life.

In the upcoming section, we will delve into how Human Design can enhance our understanding and navigation of relationships. As we continue to explore the fascinating world of Human Design, stay tuned for more insights and discoveries.

Human Design Crash Course

