

# **Carolyn Ford - The Human Design System: A Revolutionary Approach to Knowing Oneself**

*By Marta Morris*

This system was developed by Ra Uru Hu, who “received” this information while in Spain. This information comprises only 10 percent of the total of the illumination at that time.

The Human Design system is composed of:

- Astrology/Astronomy = 8% of the big picture
- I Ching, with its 64 hexagrams which reflect the DNA structure
- The Chakra System, consisting of the 7 traditional chakras and 2 additional Centers (these developed after Uranus was discovered in 1781)
- The Kabala
- Biophysics.

There is no Ascendant. The system is time-zone related.

The Human Design System deals with the mechanics of our makeup. It is the framework on which we are constructed. There are two relevant dates listed on a chart, the Design date and the Birth date. The design date is 88 degrees back from the Sun and relates to the unconscious, whereas the birth date relates to the personality or the conscious mind.

The Sun is related to DNA inherited from the Father. The Earth is related to DNA inherited from the Mother. The rest pertains to the Ancestral DNA.

There are 4 main types in the Human Design System:

*Generators* make up 78% of the population. These people are here to generate life force energy but they must do so in response to an inner knowing of what is right for them. When they get out of harmony with their design, they become frustrated.

*Manifestors* make up 8% of the population. They are the movers and shakers. Manifestors have the energy to do whatever they want, but they should inform others before they take action or they can meet with resistance. Negatively-expressing manifestors have a lot of anger and are the “Dictators of the Past.”

*Projectors* make up 27% of the population and are non-energy types who need to be recognized for their unique talents and abilities. When they are not, they become bitter. Projectors are here to manage the energy they get from others, but they must wait to be invited. They are the leaders of the future.

*Reflectors* are rare and unusual people who make up only 1% of the population. They are lunar types, whereas the other 3 are solar. Reflectors have a 28-day cycle, and if they can get on this schedule they do better. They are like holograms, exquisitely sensitive to all

the energies around them. They feel lost and overwhelmed by the world. The reflector's primary question is, "can I be myself, and can you see me?" Reflectors are naturally awake – they are everything and nothing. They are capable of the greatest wisdom, but they are also deeply damaged. Michael Jackson is an example of a reflector.

These are the people of the future. Mothers born in 2012 will have children born after 2027 who will be of the Reflector Design. Reflectors everywhere in the world will be able to communicate with one another telepathically.

## **SATURDAY WORKSHOP - Human Design Analysis**

Ms. Ford had run charts for the Friday night attendees. She mentioned that there were two Reflectors among the day's attendees, even though Reflectors make up only 1 percent of the population. We had several Manifestors, as well as some Projectors. Of the remaining Generators, many were Manifesting Generators, a subtype.

Manifestors hate to be told to do anything. No one else is their authority. Respect them and forgive them - they can't help how they are.

Reflectors absorb the energy of a group and reflect it back. Often the first emotional bond is with the mother. Death of the mother may change their outlook. They need a lot of love.

Generators have the easiest path to awakening in this life because it's all response. To wake up as a generator is pure surrender to Self.

Four of the the nine chakras, or centers, are motors. These motors are the root chakra (how we deal with stress), sacral chakra (where we say yes or no to life), solar plexus chakra (our emotional center) and heart chakra (the center of willpower and ego). The heart chakra is the smallest and weakest of the motors.

Besides the traditional 7 chakras, there are two others: the spleen chakra (lymphatic system and the immune system) and the "G center." The G center is the place of love and direction. It's like a homing device to take us along the trajectory of life.

In most charts, some centers are colored in and some are not. Colored-in ("defined") centers are plugged in and operating. White ("open") centers are areas where we take in the world and learn from others. Reflectors have all centers open.

The various centers are connected to one another by lines or gates. In order to manifest, the colored in "motors" must have a channel to the throat center. Various charts were used in demonstration, including the chart of Nikolai Tesla and example charts of those present.

This, as stated in Friday's lecture, is a very complicated system and difficult to simplify. However, Ms. Ford endeavored to enlighten us as follows:

CROWN – Place of inspiration

AJNA – The mind (Third Eye)

THROAT – Can speak - place of manifestation. Metabolizing - thyroid.

G CENTER – Place of love and direction/magnetic monopole. Place of identity. If undefined, you need to let other people direct your life and to absorb the identity of others. Your gift is to always know the other. There are 4 gates of love coming from the G center-different types of love.

HEART – Will power that operates when invited. Don't use will power if open. If open, don't say, "I will." Don't make promises.

EMOTIONAL (Solar Plexus) – If it is defined, you operate on an emotional sine wave. The only place of clarity is at the bottom of the wave. Strategy = there is no truth in the now. It's not good to be spontaneous. You need to take your time before responding. Kidneys.

SACRAL – Generated life force

ROOT – Adrenalized energy. If it's open, you're an adrenaline junkie (caffeine, etc.) You're always under pressure from the definitions of others. As you get older, you can't take stimulants any longer.

SPLEEN – Immune System. If defined, you act as a washing machine for others. If open, you have physical sensitivity. Pets can help connect the spleen area to the throat chakra if the individual lacks that connection. People who have a connected spleen motor can make others feel better.

The black connected lines deal with the "Conscious" or Personality. The red lines indicate the unconscious vehicle. The more we live the design, the more the personality surrenders to the vehicle. The vehicle has its agenda.

The throat center is the place of manifestation. "Motors" have to be connected to the throat motor or chakra, or one's response should be, "uh huh" or "uh uh," rather than a definitive "yes" or "no."

After the break, Ms. Ford reiterated that uncolored motors are open areas where you become wise in this lifetime. Non-connected colored-in motors cannot express.

Since most of us are living out of our not-self, we encounter resistance in our lives and experience unnecessary stress and ill-health. Once we learn to live in harmony with our design, our lives will work as they were meant to.

# *Questions from the Undefined Centers*

## **SPLEEN**

Are you still holding on to what's not good for you?  
(i.e. relationships, jobs, places)

## **AJNA**

Are you still trying to convince everyone that you're certain?

## **SOLAR PLEXUS**

Are you still avoiding confrontation and truth?

## **HEAD**

Are you still trying to answer everybody else's questions?

## **ROOT**

Are you still in a hurry to be free (of the pressure)?

## **SACRAL**

Do you know when enough is enough?

## **EGO**

Do you still have something to prove?  
(i.e. are you smart enough, successful, sexy, etc.)

## **G**

Are you still looking for love – are you still looking for your way?  
(i.e. or the 'right' person, the 'right' place?)

## **THROAT**

Are you still trying to attract attention?