

# Unlock your Human Design



# Human Design

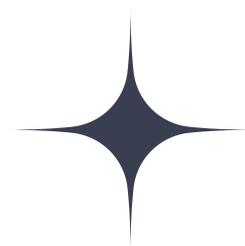
The Human Design System is a fascinating tool for self-discovery and enhancing everyday life. Combining elements from astrology, the I Ching, Kabbalah, and quantum physics, it offers a unique personality analysis and life management method. Developed by Ra Uru Hu in the late 1980s, this system has gained global popularity.

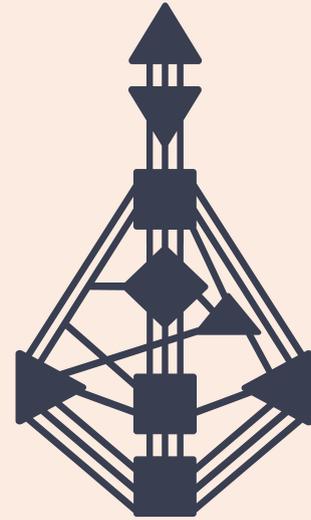
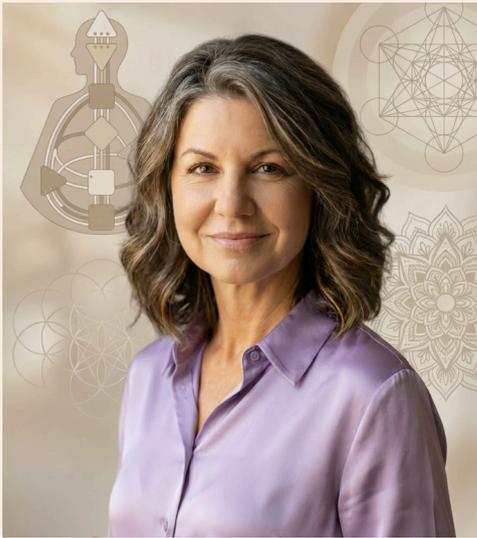
Essentially, Human Design revolves around understanding an individual's unique energetic signatures and design characteristics. It is based on the concept that each person has a distinct "design blueprint" determined by their precise birth date, time, and location. The system identifies various personality types, energy flows, and life strategies, offering guidance on how to harness these energies effectively.

The value of the Human Design System in everyday life lies in its ability to help people better comprehend themselves, recognize their natural strengths and weaknesses, and gain insight into personal decision-making processes, interpersonal relationships, and optimal work styles. By understanding their own design blueprint, individuals can make choices that align more closely with their true nature, leading to a more fulfilling and authentic life.

Furthermore, the Human Design System serves as a tool for personal growth and self-improvement, promoting mindfulness of one's energetic patterns and enabling more conscious and purposeful navigation through life.

In this introduction, we will delve deeper into the core principles and applications of the Human Design System to provide a comprehensive understanding of how it can be valuable in everyday life.





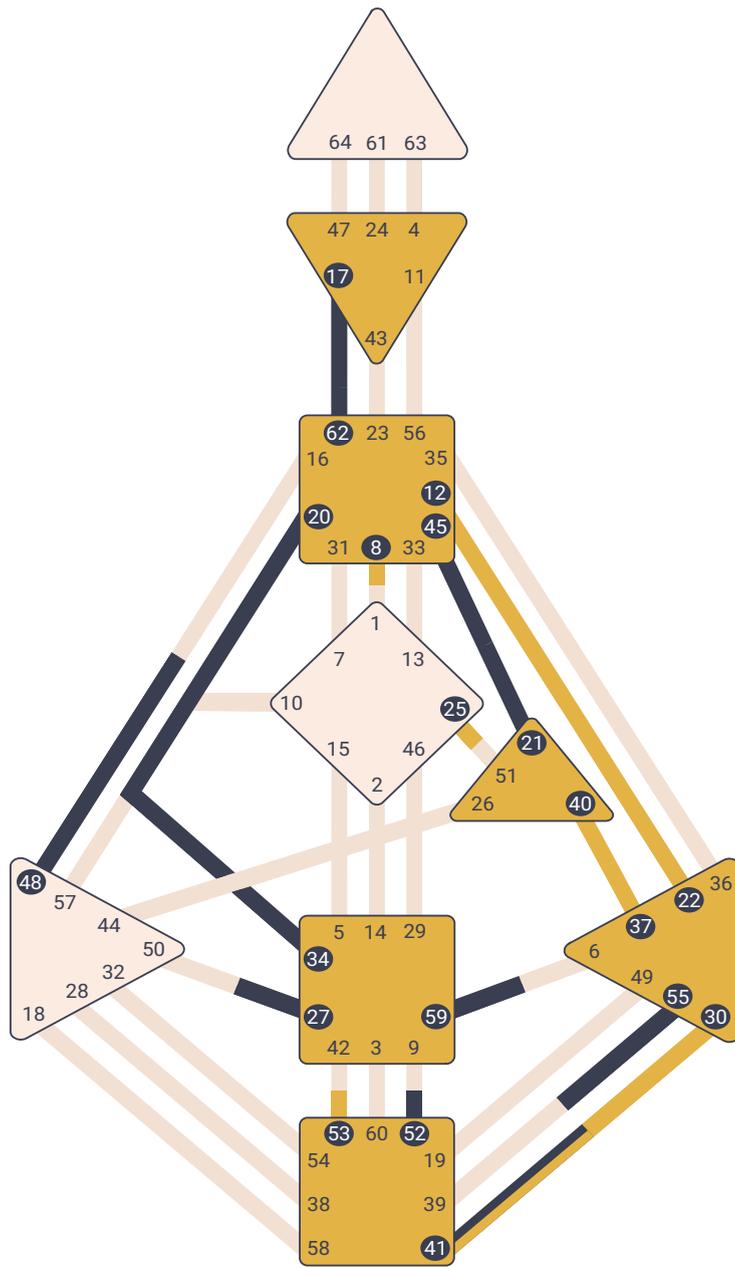
I am Adina, a passionate coach in the fields of Human Design, Chinese Metaphysics, Numerology, Astrology, and Spiritual Growth, who has made it my life's mission to accompany people on their journey towards self-discovery and personal transformation. My first encounter with the fascinating world of Human Design was in 2015, and for over a decade, I have delved deeply into this revolutionary system that provides us with a comprehensive picture of our true nature. My journey has taken me through the complex connections of astrology, the I Ching, Kabbalah, chakra theory, and quantum physics to gain profound insights into human existence and the essential for self-realization.

Understanding and applying your personal Human Design bodygraph is transformative—it has personally helped me to live a more authentic life and make decisions with greater clarity and confidence. Your bodygraph is your unique energetic blueprint, revealing how you're designed to navigate life, make decisions, interact with others, and fulfill your purpose. Sharing these profound changes and insights with others and supporting them on their path is not source of immense joy and fulfillment for me.

The journey of self-discovery through Human Design is a fascinating exploration that not only provides insights into our individual quirks and talents but also shows how we can interact more harmoniously with others. When you understand your bodygraph, you unlock the key to living in alignment with your true self—making decisions that feel right, reducing resistance and frustration, and experiencing greater flow in life. It is my deep conviction to accompany you on this profound journey, to help you decode your unique design, to shape your life with greater intention and joy, and to empower you to step into the fullest expression of who you were born to be

# Human Design Chart

- ☉ 37.2
- ⊕ 40.2
- ♊ 37.4
- ♋ 40.4
- ☾ 12.4
- ♀ 22.6
- ♀ 22.3
- ♂ 30.2
- ♃ 53.1
- ♄ 25.4
- ♁ 8.4
- ♃ 25.3
- ♀ 41.3
- ♁ 42.4
- ☾ 9.2



- 20.6 ☉
- 34.6 ⊕
- 55.5 ♊
- 59.5 ♋
- 48.3 ☾
- 45.3 ♀
- 52.6 ♀
- 27.4 ♂
- 62.3 ♃
- 21.3 ♄
- 20.2 ♁
- 17.1 ♃
- 41.4 ♀
- 3.3 ♁
- 26.1 ☾

**Birth date:** 26th May 2026 @ 16:10

**Type:** Manifesting Generator

**Signature:** Satisfaction

**Not-Self:** Frustration

**Strategy:** To Respond

**Authority:** Emotional

**Profile:** 6 / 2

**Definition:** Single Definition

**Incarnation cross:**

Left Angle Cross of Duality (20/34 | 37/40)

Ajna, Throat, Heart, Sacral, Solar Plexus, Root

# Type

How you engage with your environment and interact with others, based on your specific energetic signature and strategy.

# The five energy types in Human Design

## Generator

About 37% of people are sources of life energy. They have the ability to work continuously and see projects through to completion. Their biggest challenge is to listen to their inner response before committing to something.

## Manifesting Generator

Around 33% of people are a mix of Generator and Manifestor. They are versatile and fast, but tend to become impatient. Their greatest learning curve is to react first before they start.

## Projector

Approximately 20% of people are natural leaders and advisors. They are here to guide and direct the energy of others, but they need regular breaks to recharge. Their success depends on being recognized and invited by others.

## Manifestor

About 9% of people have the ability to act independently and initiate things. They are the initiators and trailblazers of society. Their challenge is to inform others of their intentions to avoid resistance.

## Reflector

Only about 1% of people are mirrors of society. They have a unique ability to reflect their environment and the people around them. Their wisdom lies in taking time to make decisions, often over a lunar cycle.



# Manifesting Generator

You bring color and dynamism  
to the world through your  
diverse abilities.

As a Manifesting Generator, you possess remarkable speed and efficiency. You tend to skip steps because you're always looking for the fastest and most direct path. This ability makes you an expert at finding shortcuts and getting things done quickly. However, if skipping steps doesn't work, you may have to start over, which you really dislike. Your strong need for speed and progress drives you, making slow processes a real challenge for you. You prefer to push projects forward at a rapid pace and see immediate results.

As a multi-talent, you have the ability to jump between different projects without losing track. Your work style is marked by constant optimization, which often allows you to achieve results faster than others. Your quick grasp and ability to accelerate processes are highly appreciated in your environment. You get bored easily if you stay on a single task for too long, which is why variety is essential for you.

Your special ability lies in your tireless energy and quick readiness to take action. You are like a constant source of activity, driving various projects forward with ease and enthusiasm. This ability to act quickly and passionately makes you a vibrant and inspiring force in everything you undertake.

# Your Aura

Your aura absorbs everything in your surroundings, which is why you are very open to external influences - even those that may not be good for you. This is why it's essential to follow your strategy, so you don't get misled. Use your body's wisdom as a filter and only let in what truly belongs to you. This way, you protect yourself from negative energies and maintain your inner balance. Your ability to consciously choose what you absorb is key to your well-being.

Your radiant energy field acts like a magnet, attracting opportunities and people. Your presence feels warm and inviting, as if your energy field embraces and envelops others. However, when you're frustrated, your aura loses its cozy factor and becomes unpleasant for others. That's why it's so important that you find joy in your life and engage in activities that you enjoy. Only when you're in your joy and enjoy your process does your energy field remain pleasant and attractive.

# Your Strategy

Your strategy describes how to best interact with your environment to stay in your natural flow. It helps you respond to the right opportunities instead of fighting resistance or putting yourself under pressure. By following your strategy, you can use your energy effectively and experience more harmony in your life. It serves as a guide for when and how you should respond to external impulses to stay aligned with yourself.

Your strategy is to respond to things rather than actively search for new tasks. You wait for something to come to you that triggers a physical reaction, like a spontaneous "Mhmm" for yes or an "Uh-uh" for no. These typical sounds from your sacral response are clear signals from your body, showing you whether something truly suits you. Imagine walking past a poster and suddenly feeling: "I absolutely want to do that."

Before fully diving into a task and committing to it, you should test things out first. It may happen that you're excited at first, but after the initial steps, you realize the excitement fades. That's why it's important to wait and feel whether your energy stays consistent. This way, you find the tasks that truly fulfill you in the long run, avoiding frustration.

## Frustration / Anger

Frustration or anger arises when you take on tasks that don't bring you joy. You notice how your energy dwindles, and you become less motivated to continue. This happens when you act against your strategy and do things that don't align with you. In such moments, you feel blocked and exhausted.

It's important to listen to your sacral response and wait for your inner "yes" before starting. If you feel that something isn't right, you should say no to avoid frustration. This way, you preserve your energy for what truly excites and satisfies you.

If you follow your strategy and only respond to what resonates with you, you'll experience less frustration. Your energy stays strong when you act in alignment with yourself. Frustration shows you that it's time to pause and check if you've followed your sacral response.

## Satisfaction / Peace

You feel Satisfaction and inner peace when you respond to opportunities that truly excite you. You notice how your energy flows freely, you're more motivated, and you move forward with ease. Everything feels in flow and just right, as if you're in the right place at the right time.

When you do what brings you joy, you not only experience fulfillment but also a deep satisfaction. This feeling shows you that you are on the right path and using your energy exactly where it's needed. It brings you inner calm, contentment, and the sense of doing the right thing.

The more you listen to your sacral response, the more often you'll experience fulfillment and satisfaction in your daily life. You'll notice that you remain aligned with yourself, which brings deep satisfaction and balance. That's how life feels full of joy, ease, and true harmony.

## Affirmations

- I trust my sacral response.
- Even when I'm full of energy and ideas, I'm patient to react to the right thing before I get started.
- I am considerate of others as I know that not everyone can keep up with my pace.
- Pursuing different projects at the same time gives me the feeling of being myself..

# Authority

How you make good  
decisions, based on the  
wisdom of your body.

Your decision compass

# Emotional Authority

*Only in emotional clarity do  
you make good decisions that  
are in alignment with you.*

With Emotional Authority, you don't make decisions in the moment, but only after you've experienced your emotional wave. Your feelings go through highs and lows, and you need time to gain clarity. There is no truth in the now; you must wait until you are emotionally calm before making a decision. Only then will you know what truly feels right for you.

Your emotional state can distort your perception, which is why it's important not to decide during moments of extreme joy or sadness. If you are too excited or overwhelmed, it's not the right time for important decisions. Clarity comes when your emotions have settled, and you can confirm your decision independent of your current mood. Patience is key.

With Emotional Authority, it's normal that you can't act immediately; you need to wait until your emotions stabilize. Your decisions will become more certain over time, even though you may never feel 100% sure. It's crucial to ride the emotional wave before making a choice. This way, you protect yourself from making impulsive decisions that you might later regret.

Trust that your emotions will guide you if you give them enough space. Observe your mood swings and recognize that they are part of your decision-making process. Once you feel calm inside and comfortable with a decision, you know it's the right path. This is how you make choices that are in alignment with yourself and your true feelings.



# Profile

The profile represents the role you embody in this life, like an archetype or a costume you wear. There are twelve different profiles, each consisting of two lines, which are the numbers following the point of the Sun and Earth.



6 / 2

In your profile, the energies of exemplary wisdom and natural talents dance together.

## You are a reclusive role model

Your special strength lies in inspiring others simply by being your authentic self. By naturally living out your unique abilities and knowledge, you become a role model within your environment. You attract people who see in you a source of wisdom and guidance, especially in times when clarity is needed. Your talents set you apart, making you a steady support for those who wish to learn from your way of being.

With your specific skills and deep understanding of personal growth, you are able to encourage others on their own paths. It fulfills you to share your experiences and insights, allowing others to benefit from them. This often happens effortlessly, simply through your presence and your natural way of staying true to yourself. In this way, you become a reliable guide, providing support to others in uncertain moments.

At times, it can be challenging to balance your need for solitude with your desire for connection. You may feel misunderstood when you need more time for yourself, while others may interpret your absence differently. At the same time, you wish to share your insights and advice, but it's crucial to remain mindful of your own boundaries. When you find this balance, you can offer both inspiration and guidance without losing yourself in the process.

# How you perceive yourself

## Line 6

Your life is divided into three phases. In the first 30 years, you are very adventurous and eager to experiment. It's all about trial and error, as you seek to discover what works for you and aligns with your truth. This time is a grand adventure, filled with challenging experiences. Perhaps after school, you had no clear direction and tried out various trainings or studies that you eventually abandoned.

Around the age of 28/29, a transition phase begins, lasting until around 50. During this time, you turn inward and reflect on the experiences you've gathered. This phase can feel like everything is falling apart, but in reality, you are realigning yourself to step into your role as a role model. In the final phase, starting around age 50, you share your wisdom with the world and demonstrate what it means to live authentically.

## Potentials

You embrace each stage of your life, ultimately embodying your authentic wisdom. You know what you stand for and what you want to share with the world. Your example serves as inspiration for others, allowing them to learn from your experiences. Through your clear communication and genuine nature, you attract people who resonate with your journey and seek support.

## Challenges

You often question the meaning of life and are puzzled by the actions of others. It can be difficult for you to feel a sense of belonging, which may lead to feelings of isolation. If you withdraw too much, you risk coming across as arrogant and limiting your ability to learn from your experiences. To prevent melancholy, it's important to find activities that fulfill you and help you discover your place in the world.

# How others perceive you

## Line 2

You are a natural talent with a strong need for solitude. Many skills come to you effortlessly, without you knowing where they come from. Numerous abilities and wisdom were already instilled in you from birth. Sometimes, it takes time for them to blossom, and often you are not even aware of them. People around you tend to notice your talents more quickly, even when you believe that these abilities are nothing special.

You have a keen sense of quality, which allows you to always find the best. It's as if a filter surrounds you, letting through only what is truly right. You select what suits you and discard what doesn't. If something doesn't match your exact needs, it's not the right choice for you. This allows you to always find the most comfortable place or to lean toward using high-quality products. For example, you may wear only certain brand-name clothes or exclusively consume organic products.

## Potentials

You give yourself enough "me-time" and find a perfect balance between being alone and being with others. When the door to your "cave" is closed, your loved ones understand that you do not want to be disturbed. These moments of retreat create a creative space for you to develop and refine your talents at your own pace. You carefully choose who is allowed to draw you out of your quiet oasis and for what reason. Only when you feel truly ready to share your skills do you show yourself to the outside world.

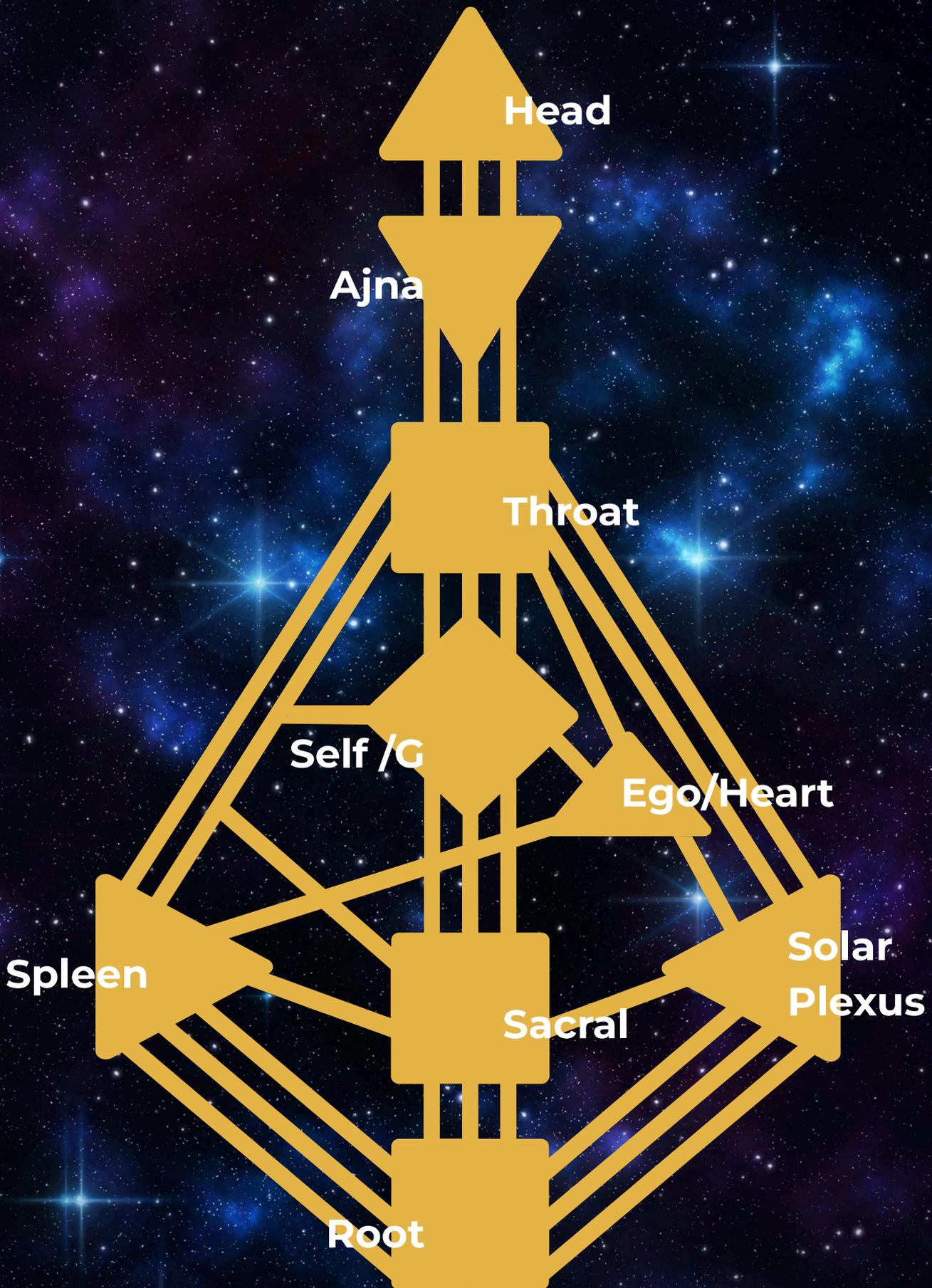
## Challenges

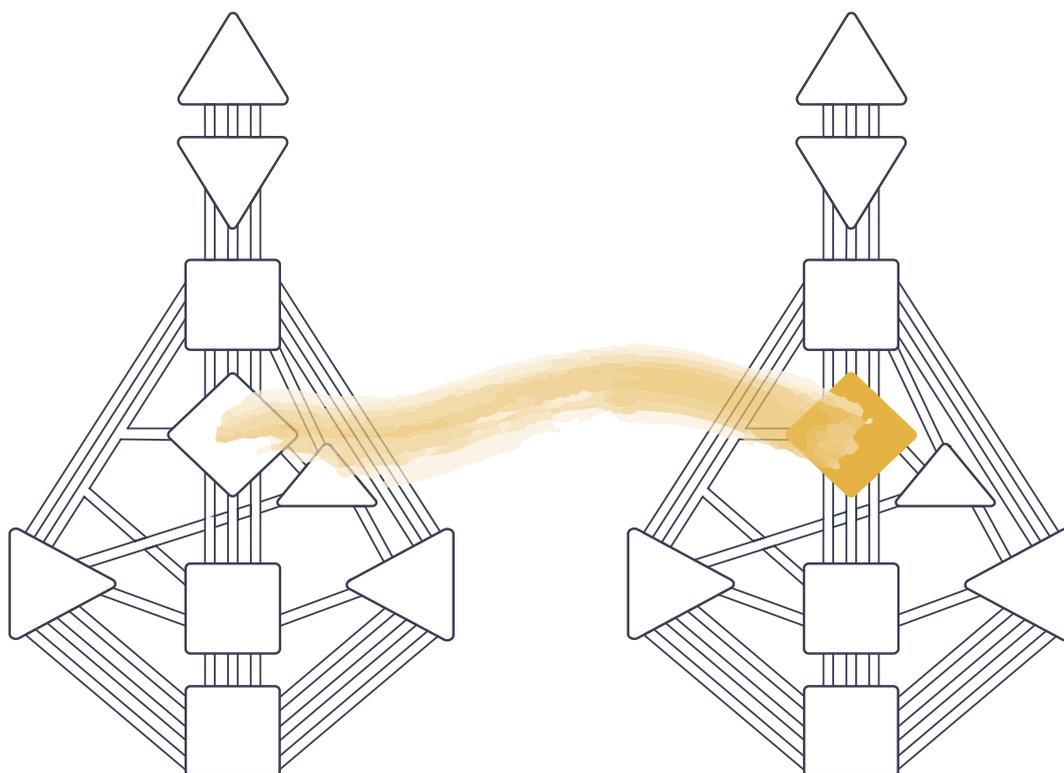
A common challenge is feeling guilty when taking time for yourself. Your desire for solitude can sometimes be difficult for those around you, especially in family or romantic relationships. It is essential to communicate openly that this time is crucial for you to further develop your abilities. With this clarity, others can understand that your retreat is necessary to unlock your full potential.

# Center

The energy centers in your body govern different areas of life. Depending on whether they are defined (colored) or undefined, they influence the stability or flexibility of that energy.







### **undefined/open centers**

- Open parts in you.
- Qualities that are not always available to you and are influenced by other people and transits.
- In your undefined/open centers, you absorb the energies of your environment.
- You have the choice of which energies to amplify or let go of.
- Through your openness, you are capable of deep understanding and empathy and have the potential to gain great wisdom in this area.
- This is also where conditioning (beliefs, patterns, etc.) may appear, which can be examined as needed.

### **defined centers**

- Fixed parts in you.
- Qualities that you possess and that are always reliably available to you.
- Each defined center can operate at different frequencies (Lower Self / Higher Self).
- The more aware you are, the better you decide how to express these qualities.
- Your defined centers send energy, and others perceive this energy.
- If you do not express these energies, you are not in inner alignment (e.g., Solar Plexus - you suppress your emotions instead of giving them space).



# Head Center undefined

*The head is the center for inspiration and generates the inner pressure to ask questions and seek answers. It's about finding meaning and understanding things. About 30% of people have a defined head, which means they are constantly occupied with inspiring thoughts and questions. These people are continuously connected to a source that helps them develop new ideas and gain deeper insights. The remaining 70% have an undefined head, where inspiration comes and goes from their environment. These people are open to absorbing different ideas and letting their surroundings inspire them.*

With an undefined head, you are open to the world around you and receive inspiration from external influences. Conversations, books, or new environments can give you new impulses and stimulate your thoughts. This openness allows you to take in many different ideas and perspectives without committing to a single point of view. You enjoy letting this variety of inspirations flow through you and adapt to things flexibly. You don't let fixed opinions limit you, but remain open to changes and new perspectives. Your ability to respond to various mental stimuli enables you to constantly broaden your horizons and gather new experiences.

You have the special ability to find inner silence in solitude and experience a state of complete thoughtlessness. In such moments, you can fully immerse yourself in the present and feel deep relaxation, bringing you peace and strength. Your mind clears, and you can detach from external influences to find inner peace. This ability allows you to recharge and regain energy whenever you need it. In this way, you can keep your mind clear and focused, helping you maintain your balance. As a result, you have the chance to engage with new impressions and inspirations feeling refreshed.

## Challenges

You absorb other people's ideas and take them on as your own, which can easily distract you and make you jumpy. Often, you move from one thing to the next, starting many projects but not necessarily finishing them. This leads you to invest time without achieving clear results.

Sometimes, you focus on topics that aren't really relevant and get lost in thoughts that cause you worry or doubt.

The sheer number of questions and thoughts in your head can create pressure to answer them all. You may not be aware that many of these questions come from your surroundings and aren't really your own. Without this clarity, it's hard for you to recognize what's essential and to know what really matters.

## Potentials

You perceive the world around you with curiosity and openness, and you are interested in new things and ideas. Your opinion remains flexible, as you don't stick to a fixed point of view but remain open to different perspectives. This openness allows you to learn from many viewpoints and be inspired.

You enjoy engaging with new impulses and suggestions, and you use this diversity to expand your own way of thinking. At the same time, you're able to discern which ideas are relevant to you and which aren't.

Over time, you collect a wide range of impressions and experiences that help you gain deep understanding and wisdom. Through this openness and variety of inspirations, you continuously broaden your horizon.

## Affirmations

I am open to new thoughts and inspiration.

I release unnecessary mental pressure.

My clarity comes from calm and serenity.

I trust that the right answers will come to me.

# Ajna Center defined



*This center processes thought and aims to understand, reflect, and recognize connections. Plans are developed, concepts created, and structures analyzed. About 50% of people have a defined Ajna, which means they have a fixed way of thinking and their mind is constantly active.*

*These individuals have the ability to solve problems purposefully and develop new concepts. The other half has an undefined Ajna and is open and flexible in their thinking. As a result, they can curiously explore various topics and embrace new experiences that lead to sudden insights.*

With your defined mind, you can always rely on it. You process information in the same way every time, which gives you a constant and reliable structure. It's less about the specific content and more about your thinking style and how you organize information. It's not what you think that matters, but how you structure your thoughts. This consistent way of thinking provides you with security and stability that you can always fall back on. You have a solid foundation that guides you in your reflections.

You love to research, organize information, and process it in a reliable way. Concrete facts are particularly important to you, and you place great value on ensuring everything is logical, understandable, and traceable. For this reason, it's essential for you to know the source of your information to ensure its accuracy. In this way, you can create or evaluate theories and concepts according to your internal pattern, which allows you to appear self-assured. This clarity and structure give you mental security, as you can rely on your way of thinking. Once you've internalized something, you can draw on it without having to spend energy on it each time.

## Challenges

Due to your fixed way of thinking about certain things, it's often difficult for you to open up to new perspectives. You tend to stick to your viewpoint and are not easily swayed, even when it's clear that you may be wrong. It's more important for you to defend your opinion, even if it means being stubborn.

When it comes to making important decisions, you often rely on your mind and ignore the impulses from your body. However, it's crucial to trust your inner authority, as it supports you in making good decisions.

You often overthink things and find it hard to relax, especially when trying to fall asleep. In such moments, it helps to speak out your thoughts or observe them consciously to create some distance and calm your mind.

## Potentials

You enjoy thinking, researching, and gathering new information. It gives you a good feeling when you can collect and analyze facts. You love to share your insights with others and help them understand things better.

You're not easily influenced by others. You prefer to think things through yourself and form your own opinions. Even when others try to convince you of their viewpoint, you stay true to your own perspective.

Your ability to think independently and confidently gives you inner strength. You trust that your reflections are well-founded and are not easily unsettled by external influences. This self-confidence allows you to present yourself with clarity and conviction.

## Affirmations

My thoughts are structured and consistent.

My beliefs give me security and peace.

I use my strength to create complex concepts.

I stay true to my truth and am not swayed by other opinions.

62	23	56
16		35
		12
20		45
31	8	33

# Throat Center defined

*The throat is the center of expression and enables one to show themselves through speech or actions. The energy from other centers flows here to manifest in the material world and take on concrete forms of expression. About 70% of people have a defined Throat, which gives them a clear and consistent way of expressing themselves, allowing them to continuously enrich their environment. In contrast, 30% of people have an undefined Throat, which adapts to the expressions of their surroundings. This flexibility allows them, for example, to easily learn new languages or fit into different contexts.*

With a defined throat, you have a distinct way of expressing yourself, regardless of who you are with. You speak or act in a way that is characteristic of you. Expression is important to you because you want to be seen and have an impact on your surroundings. You have the ability to speak spontaneously and don't need preparation to express your thoughts clearly. Ideally, you love being productive and know when it's important to take action or when it's better to remain silent. You are mindful of when it makes sense to act and when it's wiser to be reserved.

Depending on your connection to other centers, what you like to talk about or the actions you prefer will be influenced. If the energy comes from your mind, you express your thoughts and reflections. If you have a connection to the self, you express your identity, values, or love, which often shows in impressive statements or wise actions. When the sacral is connected to the self and then to the throat, you create with passion and express yourself with full dedication. If the energy connects with your heart, you show your will and stand up confidently for yourself. When your throat is linked to the solar plexus, you express your feelings and often respond emotionally to your surroundings.

## Challenges

In conversations, you may sometimes become too talkative and overlook others. You might ignore or interrupt your conversation partners without giving them the chance to speak. This can cause resistance.

Sometimes you say nothing because you're unsure of how to express yourself or when the right moment is. This uncertainty can hold you back from participating in conversations. In these moments, you lack the confidence to find the right words.

It can also happen that you exhaust yourself by following every impulse to speak or act. This costs you a lot of energy and leads to burnout. It's important to learn to trust your inner authority and respond to the right impulses or invitations to use your energy effectively.

## Potentials

You have the gift of expressing yourself clearly and effectively, allowing you to influence your surroundings. Your words and actions are precise and come at the right time, often making you persuasive. With your expression, you create clarity and set impulses that inspire others.

Your expression helps others find their own path and show themselves authentically. You encourage people to use their voices and take action by being a role model in clear and courageous expression. In doing so, you motivate others to speak their truth and discover their own way of expressing themselves.

You get to the heart of topics and help create clarity, contributing to others turning their plans and ideas into action.

## Affirmations

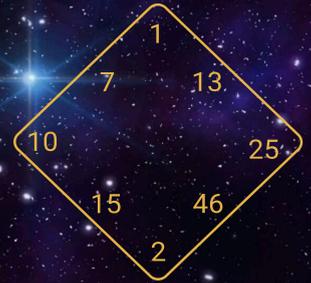
I express myself authentically and clearly.

My voice reflects my inner truth.

I know when it's time to speak or to stay silent.

My words have the power to change the world.

# G Center undefined



*The Self or G center is home to identity, love, values, and life direction. It provides guidance and purpose, defining the roles played in life as well as the spiritual connection. About 55% of people have this center defined, giving them a fixed identity and a clear sense of direction in life. They help guide others on their path or allow them to experience different forms of love. For the remaining 45%, the center is undefined, which gives them flexibility regarding identity and life direction. They adapt to their surroundings and have the ability to sense the quality of places.*

For you, there are no fixed roles in life. You take on the identity of your surroundings and let yourself be inspired by them. Your interests, hobbies, or style often change depending on the people you are with. That's why it's important for you to be in an environment that nurtures and strengthens you, as you are greatly influenced by the energies and values of others. You likely won't follow a fixed career path for long, but instead, will try different activities until you find something that suits you. Your resume may show many changes, as you let yourself be guided by your environment and respond flexibly to new opportunities.

You enjoy taking on different roles and slipping into various characters. This ability could make you a talented actor, as you can easily immerse yourself in different personalities. Your adaptability is also evident in your diverse group of friends. You find people who seem incompatible at first glance interesting, as you get along well with many different personalities. Your style and preferences change depending on the people you surround yourself with. This flexibility allows you to continuously explore new paths and discover yourself.

## Challenges

If you are in an unhealthy environment, it can affect your health. Your well-being is closely connected to being in the right place and surrounded by supportive people. When something is off in your surroundings, you don't feel well either, and it may manifest in physical symptoms.

You may often wonder what the right path in your life is or whether certain people truly belong in your life. This can leave you feeling lost as you search for love or a clear vision for your life.

When you don't have access to your true self, you may identify with certificates, trophies, or other achievements to cover up your insecurity. However, this is unnecessary because your strength lies in the openness of your identity.

## Potentials

Your life direction can constantly change, as can your identity. You want to have various experiences and learn a lot about yourself. It's important to you to remain open to new paths and to act flexibly.

You don't strongly identify with a fixed life path or rigid roles. Instead, you are guided by what feels right and change your direction when necessary. You trust that life will bring you the right opportunities.

You can easily put yourself in other people's shoes and sense which path might be right for them. At the same time, you have a good instinct for which places are beneficial for you. Your openness allows you to respond to new opportunities and environments that help you grow.

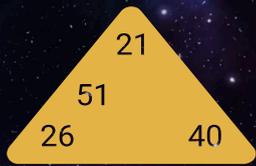
## Affirmations

I sense which places are good for me.

I find my path through the experiences I have.

I am guided by the people I meet.

I am flexible in my identity and adapt to my environment.



# Heart Center defined

*The Heart or Ego center is where the energy of willpower and determination resides. It's all about goals, success, material resources, and self-worth. This center acts as a motor, providing extra energy to accomplish specific objectives. About 30% of people have a defined Heart, meaning they ideally assert their will in a healthy way. Their strength lies in motivating others and reliably keeping their promises. On the other hand, 70% of people have an undefined Heart, which means their willpower isn't constant. They are not here to prove themselves, but to receive everything they need without significant pressure.*

With a defined Heart, you know exactly what you want and are highly ambitious. Your unwavering willpower and determination help you consistently achieve your goals. Challenges motivate you, and recognition for your successes is especially important to you. When you commit to something, you give it 100%. Your ability to inspire and energize others makes you a true motivational leader who lifts up those around you. You are fully aware of your own worth and are ready to stand up for it when necessary.

In your professional life, you will make sure that you are fairly compensated and that your efforts are appreciated. You have a good sense for money and love achieving material success. You don't just think of yourself; you also consider the well-being of others. As a bargain hunter, you can immediately recognize the value of things at a flea market and know exactly what a fair price is. You have an eye for quality and prefer high-end items that bring you lasting satisfaction. When it comes to competition, you always want to be the best and enjoy the moment of victory.

## Challenges

Your assertive nature can lead you to claim things or people for yourself. For example, you often demand the full attention of those around you. This confident behavior can lead to conflict, as not everyone is willing to follow your lead.

Another imbalance arises when you seek excessive recognition and focus on competition instead of collaboration. Your energy then goes into unhealthy rivalry rather than fostering harmonious teamwork.

You might also feel compelled to prove your abilities to others, putting them under pressure. You expect them to show the same level of willpower as you, even if they are not built for that.

## Potentials

You have a clear vision of your goals and pursue them consistently. Your body provides you with plenty of energy to achieve them. However, since this turbo energy isn't meant for constant use, you also give yourself breaks to recharge.

You enjoy healthy competition, but not to elevate yourself above others. It's about being the best or first at something you care about. Athletic competitions or challenges are great outlets for your energy.

You are someone who keeps their word and acts reliably. You communicate clearly what you want and don't want, and you have no problem saying no to things that don't align with you. You are well aware of your own value, as well as the value of the things you encounter.

## Affirmations

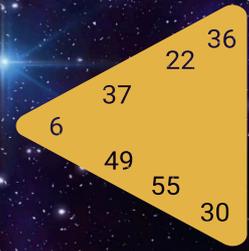
I use my willpower with purpose.

I know my worth and stand by myself.

I demand what is due to me and keep my promises.

I am motivated and pursue my goals with perseverance.

# Solar Plexus Center defined



*The solar plexus center is responsible for emotions. About 50% of people have a defined solar plexus and experience their feelings in waves, with highs and lows that come and go. These emotional fluctuations shape their daily lives and influence how they perceive situations. The other 50% have an undefined solar plexus and are receptive to the emotions of those around them. They absorb and amplify the emotional vibrations of others. This ability gives them a deep sensitivity to the emotional state of the people around them, making them especially empathetic individuals.*

With a defined solar plexus, you have a fixed way of dealing with your emotions. Your feelings come in waves—sometimes you experience emotional highs that bring you a lot of energy and joy, and other times, emotional lows that make the world seem heavy. These cycles strongly shape your perception, and depending on which phase you're in, you may see the world through a specific emotional filter. If you wake up in a bad mood, you might find everything exhausting or unpleasant. However, when you're in a high phase, hardly anything can bring you down. It's important to recognize that these emotional fluctuations are a natural part of your experience.

Your emotions not only affect you but also influence people around you with an undefined solar plexus. They often mirror your emotional state and absorb your energy. Therefore, it's helpful to be aware of who in your environment is open to your emotions, so you can consciously manage your emotional world. Every emotion you experience carries energy that drives you—whether it's joy, excitement, or even anger. If you learn to accept your emotions without judging them, you can harness the power behind each feeling for your benefit.

## Challenges

When you experience strong emotions, you sometimes perceive the world more intensely than usual. Extreme joy or deep sadness can significantly alter your view of reality, causing you to act differently than you normally would.

At times, you may blame others for your bad mood. This can lead to unnecessary conflicts and disrupt the emotional balance in your environment. It's important to recognize that your emotions come from within and are not caused by the people around you.

Making clear decisions during emotional moments can be difficult for you. You might act impulsively before processing your emotions. Therefore, it's advisable to take your time and sleep on it before making major decisions.

## Potentials

You have the ability to feel your emotions deeply and use them as a source of energy. You can draw immense power from feelings like anger, joy, or excitement if you channel them properly. This emotional energy gives you a strong presence that can inspire those around you.

You understand what it's like to experience emotional highs and lows, which allows you to support others in their emotions as well. You have the potential to be a role model for others by living your emotions consciously.

When you're in a destructive mood, you show consideration by withdrawing to avoid "infecting" others. In your highs, you uplift them with your energy and enthusiasm. Your emotional intelligence helps you navigate this dynamic consciously.

## Affirmations

I embrace my emotions in all their depth.

I trust the natural flow of my emotions.

My feelings are a powerful source of energy.

I consciously manage my emotional highs and lows.

5	14	29
34		
27		59
42	3	9

# Sacral Center defined

*The sacral center is the central hub for physical energy, endurance, fertility, and creativity. It stores and generates life force, which sustains us throughout the day and is recharged during sleep. One of the sacral's most important functions is responding to life through gut feelings. This is the only way life energy can be used correctly to fully enjoy the process of creation. Around 70% of people have a defined sacral, giving them continuous access to great life force. For the 30% of people with an undefined sacral, energy is released in bursts, and they need regular breaks to remain efficient.*

With a defined sacral, you have a constant supply of high life energy available to you throughout the day. From the moment you wake up, you feel full of energy and ready to be active, especially when you're engaged in something you enjoy. When you do what you love, you are unstoppable and can create amazing things. If you use your energy properly, you will fall into bed at night, exhausted, and sleep soundly. Long periods of inactivity frustrate you because you need movement and activity. It's not in your nature to sit still for long or take a back seat.

Your sacral center provides a strong inner gut response that guides you through life. It naturally responds with a clear 'yes' or 'no,' often accompanied by sounds like 'Mhm' for yes and 'Uh-uh' for no. If your stomach tightens or you feel a sense of constriction, it's a clear sign that something is not for you. A tingling, positive feeling in your gut, on the other hand, indicates that you have the energy to move forward. Your reactions are directly connected to your body, and when you are excited about something, it manifests in lively sounds and boundless energy. You respond best to what life brings to you from the outside, and when it's right for you, your full power follows that impulse.

## If it's not a YES – it's a NO !!!

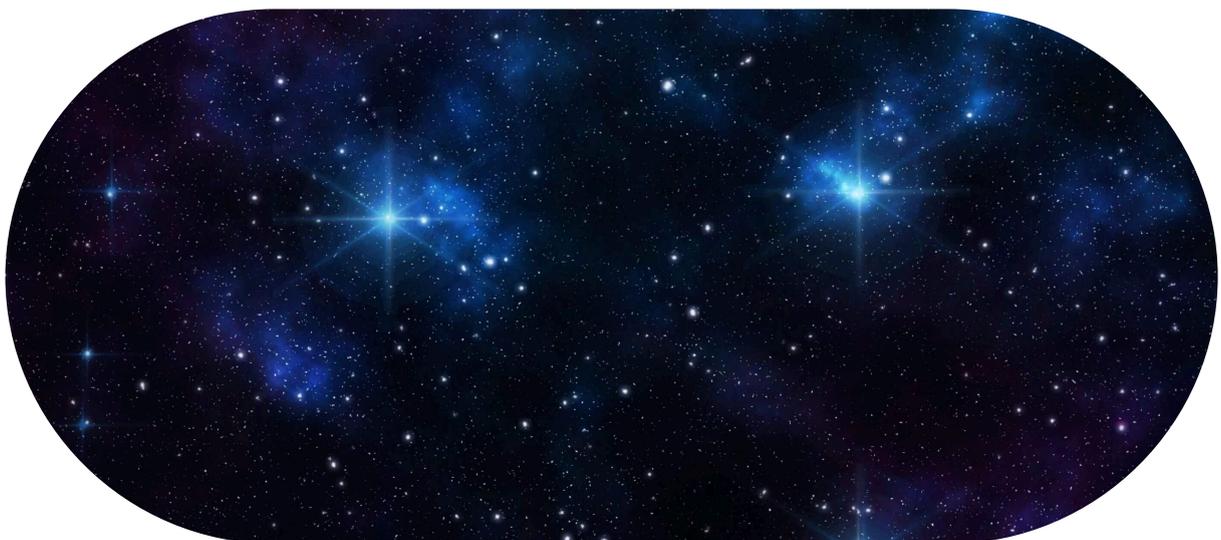
If you don't get an immediate clear sign for a yes, it's a no. This means that if you hesitate or don't notice a reaction from your gut, it's a clear no. Your sacral center is signaling, "Not now." If you don't feel anything, it either isn't meant for you, or it's simply not the right time. It could become a yes later. You can imagine it like a light switch—when it's a yes, it turns on, and the lamp lights up. When it's a no, it stays off, and your sacral doesn't provide energy.

## Closed questions

You respond best to closed questions. Whenever possible, have yes-no or either-or questions asked of you to respond to. A question like, "What do you want for lunch today?" is harder for you to answer. However, if asked, "Do you want pasta for lunch?" or "Do you want pasta or potatoes for lunch?" your gut voice will immediately respond.

## Sleep

You don't need fixed bedtimes, but rather, you should go to bed when you are truly exhausted. As long as you use your energy during the day, you will naturally feel tired in the evening. Your body signals when it's time to rest. The important thing is to use your energy during the day so you can sleep well at night.



## Challenges

If you do things only out of a sense of duty, you will quickly feel your energy diminish. Instead of being excited about what you're doing, you act mechanically and try to just get it over with. This suppresses your natural joy and weakens your inner life force.

If you don't follow your gut voice and make decisions only with your head, you're not using your energy effectively. This can lead to frustration, and you may even feel drained. Your sacral needs fulfilling activities to stay fully charged.

Lack of enthusiasm or a low mood can be signs that you're not in your flow. It's important to pay attention to your needs and do things that truly bring you joy.

## Potentials

Your sacral provides a steady source of life energy, allowing you to work long and tirelessly on things that bring you joy. You have the ability to take on big projects and consistently apply energy without tiring easily. When you're passionate about something, you become unstoppable.

Your gut feeling is a reliable compass, showing you exactly when and where to direct your energy. This clear inner guidance helps you make decisions that are in alignment with your true self.

You love the process of creating things step by step, using your energy effectively. When you're engaged in something you truly enjoy, you give it your all and savor every moment. It's easy for you to fully immerse yourself in an activity and unleash your creative power.

## Affirmations

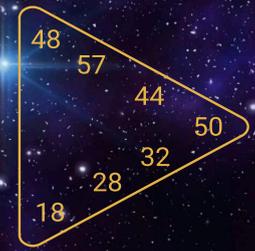
I follow my joy.

I am a creator in this world.

My energy flows powerfully and continuously.

I use my creative power consciously.

# Spleen Center undefined



*The spleen is the center for instinct, intuition, and physical well-being. It ensures survival, provides security, health, and regulates the immune system. About 55% of people have a defined spleen, giving them consistent access to their body awareness, allowing them to respond spontaneously and intuitively. These individuals radiate physical security and stability. For the 45% of people with an undefined spleen, physical well-being can fluctuate. These individuals need to pay special attention to their bodies and, over time, can learn a lot about health-related topics.*

With an undefined spleen, you often experience your well-being in varying degrees. Some days you feel strong and healthy, while on other days, you may feel less stable. You are highly attuned to the health and security of those around you, giving you a strong sense of how the people around you are feeling. In the presence of people with a defined spleen, you may feel more secure and stable, as you absorb their energy. You have the ability to quickly sense what is right for you in the moment and what isn't. At the same time, through your experiences, you learn a great deal about how to best care for your body and well-being.

You have a gift for being particularly attentive and sensitive in matters of health. Your body responds strongly to the energies in your environment, and you can sense whether something is good or not, for yourself or others. This sensitivity allows you to develop a deep understanding of health and well-being over time. Through observation and personal experience, you learn what benefits you and others. Your open spleen center gives you the flexibility to constantly find new ways to care for yourself and live in harmony with your body.

## Challenges

You may experience fears that you can't explain. These fears might actually belong to others, and you've absorbed them. It's important to discern whether these fears are truly yours, so you can live a life true to yourself.

You tend to hold onto things that are unhealthy for you, whether it's a toxic friendship or relationship you've become dependent on. Be mindful that the physical well-being you feel around someone with a defined spleen doesn't automatically mean that the person is trustworthy.

You may also cling to certain habits or things that give you a sense of security, even if they are no longer healthy. It can be difficult for you to let go, even when these things no longer serve you. This might also manifest in an addiction to certain substances like alcohol.

## Potentials

You are extremely sensitive when it comes to the physical well-being of others. You often notice early on if someone around you is becoming ill, even before clear symptoms appear. This ability makes you a valuable support for others, as long as you don't over-identify with their condition.

In a healing profession, you could use this gift to effectively help others. You intuitively sense what others need for their physical or health-related well-being, even when they aren't aware of it themselves. Your sensitivity allows you to see beyond appearances and recognize the true state of others.

Additionally, you can sense whether people are being honest about their well-being. Even if they try to hide their condition, you're able to pick up on it.

## Affirmations

I release fears that don't belong to me.

I am constantly learning new things about my health.

I am aware of myself and my needs.

I let go of habits and people that no longer serve me.

## Challenges

The continuous pressure you feel can sometimes cause you to demand more from yourself than is healthy. It can be difficult to take breaks on time because you feel the drive to keep going.

Balancing tension and relaxation isn't always easy, as you often neglect rest during intense phases. When the pressure becomes too much, physical movement or exercise can help to create balance.

Your calmness can sometimes lead you to wait for extreme external pressure before you spring into action, which can cause conflicts. You tend to leave tasks until the last minute, creating additional stress for those around you during busy periods.

## Potentials

You can use the pressure within you to push yourself to peak performance. In situations that stress others, you find the energy to work efficiently and with focus.

This energy allows you to set your own schedule and fully focus on your tasks without being easily distracted. When you use pressure wisely, you can make significant progress and achieve your goals quickly, whether in your professional or personal life.

You are willing to take risks and make bold decisions, like starting your own business, because you know you can trust your inner strength. Your drive gives you the ability to shape your life according to your vision and continuously develop it further.

## Affirmations

I am the calm in the storm.

I use my drive to achieve my goals.

I find balance between tension and relaxation.

My energy guides me confidently through every challenge.

53	60	52
54		19
38		39
58		41

# Root Center defined

*The root center is a source of energy that drives life and is closely connected to the stress and adrenaline system. About 60% of people have a defined root center, which provides them with consistent energy to handle pressure and stay active. For the 40% with an undefined root center, energy fluctuates, making them more sensitive to external pressure and in need of more frequent breaks. This center plays a key role in supporting physical and material existence by enabling movement and activity. It also helps with grounding and stability, allowing individuals to stand firmly in life. Additionally, it generates the drive to improve things and boldly pursue new ventures.*

With a defined root, you have a consistent drive that helps you stay grounded even in stressful moments. You have the ability to turn pressure into productive energy, using it to take action and move things forward. Your energy ensures that even in challenging situations, you remain calm and focused, like a rock in the storm. You control your own pace, deciding when it's time to act quickly or when to slow down. This center gives you the innate trust that you can handle difficult situations because you rely on your inner strength.

Thanks to this energy, it's easier for you to start new projects while maintaining what already works. The pressure you feel motivates you to keep improving and searching for better solutions. In stressful situations, you draw from a deep sense of calm that helps you stay composed. You enjoy taking on challenges and are often the one to get things moving. People around you sense your stability and often turn to you when chaos arises, as you emit a calming presence.

# Definition

How your defined centers in your body are connected and communicate with each other.

# Single Definition

A Single Definition means that all of your defined centers in your chart are connected and work as a unified system. This allows energy to flow freely, enabling you to understand yourself well and act independently in many areas of life. You have a strong connection to your own abilities and can easily tap into your inner resources.

With a Single Definition, you are less dependent on integrating the energies of others to feel complete. You sense an inner unity and can often handle challenges on your own. This independence gives you natural stability, as you rarely feel the need to rely on the energy of others.

It can be challenging to recognize the value of cooperation since you often feel comfortable in your own flow. Seeking out interactions with others might be difficult for you, even though it can be enriching. Your inner strength remains intact, even when you consciously engage in collaboration.



# Channels

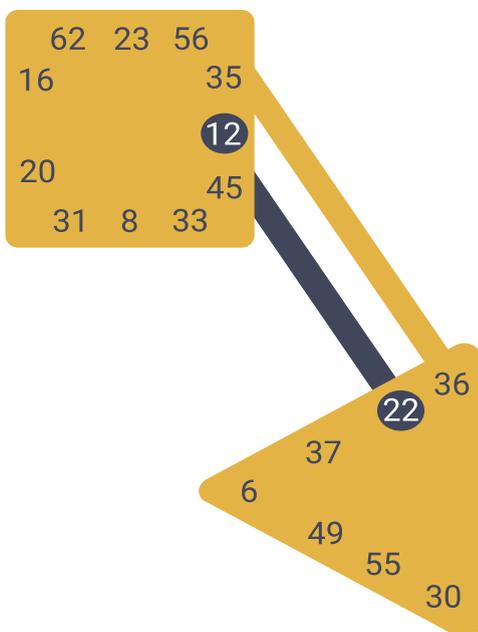
A channel is a connection between two defined centers in the body graph, allowing a constant flow of energy and specific abilities or traits.

# Channel 12-22

## Openness

The channel 12-22 grants you the ability to express your emotions authentically and powerfully. You experience a wide range of feelings, from deep affection and kindness to intense anger or rejection. These emotions arise spontaneously, making you appear loving one moment and distant the next. Others quickly sense whether you are open and communicative or prefer to retreat into yourself. This ability to display your feelings in the moment helps you form genuine connections while maintaining your boundaries.

Living out your emotions allows you to release the intensity of your inner world and find clarity. It's as if you're letting out an inner storm, only to experience calm afterward. This openness can be challenging for those around you, as they may never know which side of you will emerge. However, it's essential for you to let your feelings flow to understand yourself and maintain balance. In this way, you consistently return to a state of inner peace through emotional expression.



Your emotional  
expression creates  
genuine connections  
and inner balance.

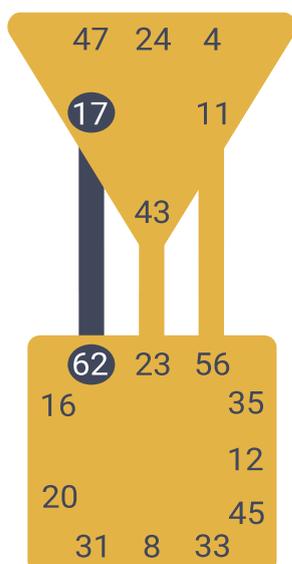


Channel 17-62

# Acceptance

The channel 17-62 grants you the ability to formulate complex ideas into clear, well-structured concepts. You like to examine things closely and don't settle for superficial answers. When you express an opinion, you ensure it is well thought out and supported by facts. You can easily articulate your arguments in discussions, presenting your thoughts in a way that is understandable to others. Your analytical approach helps you identify logical pathways and develop forward-thinking solutions.

This ability makes you a valuable advisor in situations requiring planning and strategic thinking. However, your meticulousness can sometimes be challenging, as you are always seeking the best possible solution. You want to ensure that everything you say is well-founded, so you prefer to take your time before sharing your thoughts. Yet, this carefulness fosters trust in others, as they know your views are based on thorough examination. Your clarity and structure bring order to complex issues, making you an important voice in any debate.



Your precision and  
logic create clear  
concepts and  
pathways.

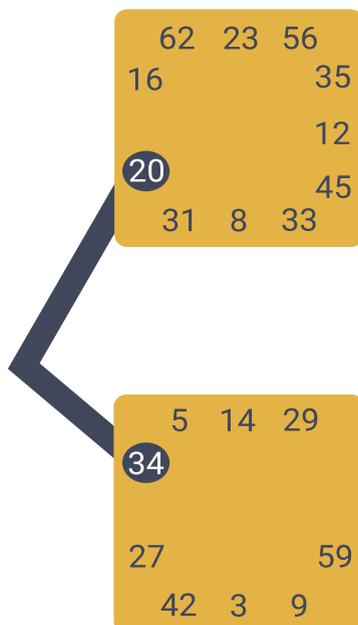


# Channel 20-34

## Charisma

The channel 20-34 grants you a captivating aura when you immerse yourself in a task. You have a constant drive to be active and feel most at ease when investing your energy into something that brings you joy. Your strength lies in your ability to focus entirely on what you're doing, radiating a powerful presence. You can concentrate so intensely on a project that it seems nothing else matters in that moment. This complete immersion makes you charismatic and impressive to others.

When you commit to something, you do so with full energy and dedication. In these moments, you may appear unapproachable because you are so engrossed in your element that you tune everything else out. This may come across as distant, but it is precisely this passion that defines your unique presence. You are a true bundle of energy when working on things that excite you, especially when surrounded by those who share your enthusiasm. Your joy in what you do is infectious and inspires others to engage wholeheartedly.



Your energy and dedication make you irresistible.

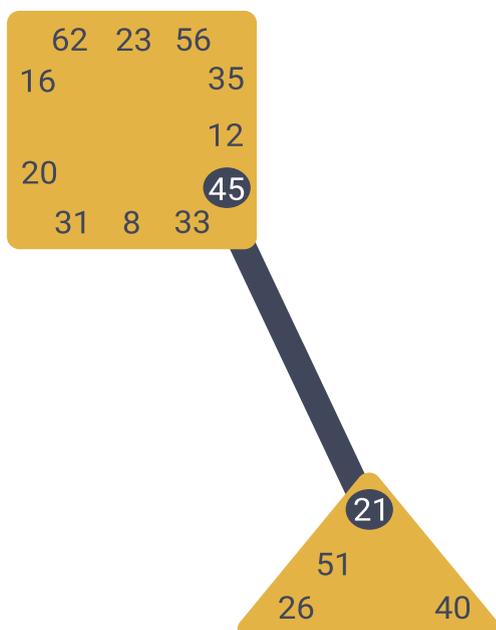


## Channel 21-45

# Money

The channel 21-45 grants you a natural ability to operate securely in the material world and manage resources wisely. You know how to build wealth and use it purposefully to ensure long-term prosperity. Your willpower drives you to pursue your goals decisively, and you feel most comfortable when you have control over decisions. You enjoy organizing finances or projects to ensure everything runs smoothly. Your ability to recognize synergies helps you establish stable foundations.

You take responsibility, even if it sometimes appears self-determined or selfish. For you, having control means achieving the best for yourself and others. At times, you may struggle to balance leadership and collaboration, but you understand that you perform best when you create clear structures. Your way of organizing and pushing things forward provides others with security and shows them that you know what you're doing. In this way, you turn challenges into opportunities while keeping the big picture in mind.



Your willpower and  
self-control create  
material security.

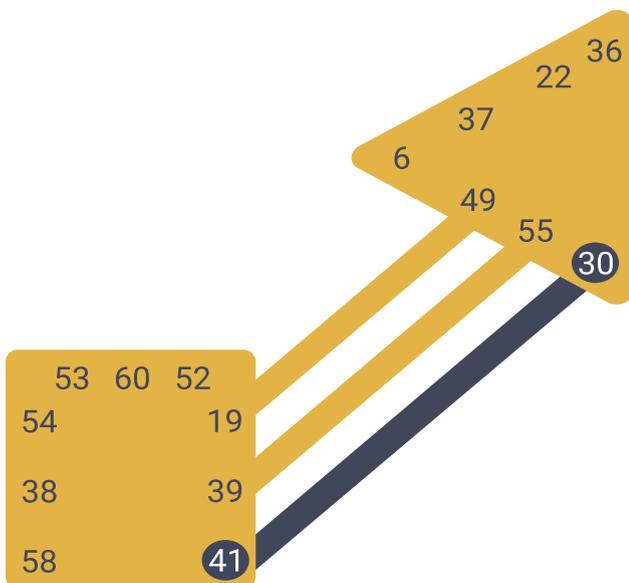


## Channel 30-41

# Enthusiasm

The channel 30-41 connects your passion with vivid imagination and a deep desire for new experiences. You often feel propelled by an inner longing that drives you to pursue new dreams and exciting adventures. You can dive so deeply into a new idea or project that it becomes hard to think of anything else. Your imagination knows no bounds, and you envision how you could change and improve the world around you. This inner flame allows you to work enthusiastically towards your goals, even if others sometimes perceive your ideas as exaggerated or unrealistic.

For you, your passion and grand visions are the motivation that keeps pushing you forward. It's important to share this enthusiasm and inspire others along the way. At times, it can be challenging to bring your dreams into reality, and you may experience phases where your desires feel unattainable. Yet, it is during these moments that your imagination helps you take the first steps in a new direction. Your inner drive for change and new experiences makes you a source of inspiration for others.



Passion and  
imagination drive  
you to new  
experiences.

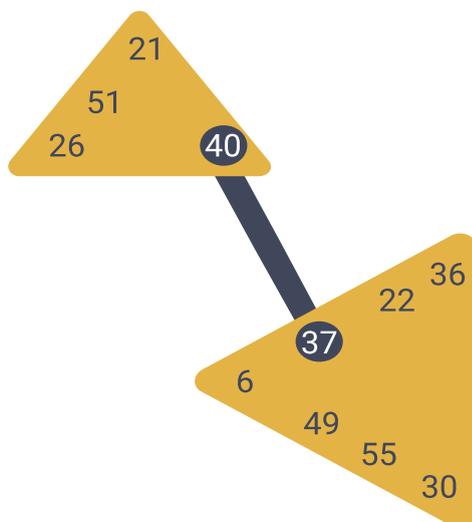


# Channel 37-40

## Community

The channel 37-40 connects the need for peace and equality with the pursuit of independence and determination. In your relationships, you place great importance on trust and fair behavior from everyone involved. You feel especially comfortable when surrounded by people who share your values and are willing to contribute their part to the community. When everyone fulfills their role and respects the balance between giving and taking, a strong sense of belonging is created. This interplay establishes an environment in which you feel safe and accepted.

You recognize the importance of having the right people around you, as this is crucial for your well-being and success. Your commitment to the group is significant, and you expect your efforts to be appreciated. It can be challenging when your own needs are overlooked or mutual respect is lacking within a community. In such moments, you often prefer to withdraw to recharge and maintain boundaries. However, when everyone in the community interacts on an equal footing, you experience great satisfaction and feel connected.



Trust, fairness, and  
balance are the  
foundation of your  
community.



# Gates

Gates are energetic points within the centers that activate specific qualities and can be connected through channels. They correspond to the 64 hexagrams of the I Ching.



## Gate 8

# Contribution



With your creativity, you inspire others and show them new paths.

When you find a cause or project that resonates with you, your creativity flourishes and you become unstoppable. You know how to attract attention and inspire people with your unique style. Your potential lies in fostering new ideas and helping others overcome their fears to give their best. By leading through example, you motivate others to be courageous and creative. Your authenticity and dedication leave a lasting impression, fostering growth and innovation in your environment.

It can be frustrating when your efforts don't get the recognition they deserve. In such moments, you might be tempted to use the same techniques as everyone else to gain attention, leading to disappointment and frustration. It's important to maintain your authenticity and resist the urge to conform. The melancholy you sometimes feel is a normal part of the creative process and can lead to deeper creativity if you embrace it. By accepting these feelings, you often find what you're looking for and draw new inspiration and strength.

## Affirmations

- I trust my creative power.
- My authenticity attracts attention.
- I don't let setbacks discourage me.
- I am proud of my ability to inspire others and show new paths.

## Gate 12

# Caution



You express yourself passionately and profoundly, and everything you say has a strong impact.

Everything you say has the potential to influence others, either positively or negatively. Therefore, it is crucial for you to wait for the right moment to influence others and to find the right words to ensure that you are clearly understood. Your ability to discern the authenticity and truth of words helps you to formulate your messages in a way that positively impacts others and transforms them through your emotions. When you are in a good mood, you can articulate your feelings with impressive clarity, leaving a strong emotional impression on your listeners.

When you feel that no one is listening, it can be frustrating. In such moments, you might become melancholic. You want to share your feelings but find no one worth sharing them with. This can worsen your mood, leading you to obsessively search for reasons for your melancholy and try to fix it. Accepting this melancholy as part of the process can connect you more deeply with your creativity and help you find the right moment and words to express yourself.

## Affirmations

- I trust my ability to communicate clearly and profoundly.
- I choose my words carefully and thoughtfully.
- I accept my melancholy as part of my creative process.
- I wait for the right moment to share my thoughts and feelings.

## Gate 17

# Opinions



You have the ability to find solutions based on detailed knowledge.

Your curiosity drives you to know everything and understand all details. This leads you to form opinions on many topics that interest you. These well-thought-out opinions allow you to logically explain current events so you can predict future outcomes and take measures to prevent or improve them. Your ability to see the big picture and all its parts leads to an objective understanding of everything around you. It's as if you view a system, behavior, or strategy from above, seeing all the parts and their influences, enabling you to identify patterns to improve them.

Sometimes, however, you may have difficulty substantiating your opinions with facts. This might cause you to refrain from sharing them with others because you're unsure if they will withstand criticism. It's important to accept that there will be situations where your opinion is not supported. Instead of not sharing it or withdrawing and viewing those who don't share it as narrow-minded, you should try to remain impartial, keep an open mind, and consider your opinion as a hypothesis.

## Affirmations

- I trust my ability to form well-founded opinions.
- I remain open to new information and perspectives.
- I accept that not all my opinions will always be supported.
- I share my insights when the time is right.

## Gate 20

# Now



You live in the moment and act spontaneously, which makes you authentic and genuine.

Your ability to live in the here and now allows you to respond to situations immediately and express your true nature without hesitation. You take life as it comes and trust that you will find the right words and actions when needed. This spontaneity gives you a natural authenticity that inspires and attracts others, making them feel comfortable in your presence. Being present in the moment allows you to fully enjoy life and experience each moment consciously and deeply. This brings you deep satisfaction, a sense of vitality, and a profound connection to the world around you.

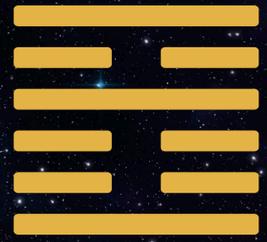
When you find it difficult to be content with the present, you might become melancholic. In such times, you may wish for things to be different and lose yourself in daydreams of a better future. This can cause you to lose touch with the present and feel isolated or disconnected. Sometimes you might feel like you are stepping out of life, detached from reality. It is important to accept this melancholy as part of the process and allow it to be. By feeling it, you connect more deeply with your creativity and find new ways to express yourself, rediscovering your joy in the moment.

## Affirmations

- I live in the moment and trust my spontaneity.
- I enjoy each experience consciously and authentically.
- I accept melancholy as part of my process.
- I find creative ways to express myself.

## Gate 21

# Hunter



You have the natural ability to take responsibility and make decisions.

Your strength lies in giving clear instructions and managing resources effectively. You feel comfortable when you have control and can ensure that everything runs smoothly. Your ability to make decisions and organize things brings stability to your environment. You have a keen sense of how to optimize material and personal resources to get the best out of every situation. This gives you and others a sense of security and confidence. Your determination and organizational skills inspire others to follow you and support your environment.

When you feel the need to control everything, it can lead to tension. It is important not to impose your control but to wait until you are asked. Otherwise, you might face resistance and cause conflicts with others. Sometimes you need to let go and trust that not everything has to go according to your plan. Your challenge is to find the balance between control and trust to create a harmonious environment. By doing so, you can also develop and grow your own skills.

## Affirmations

- I trust my ability to take responsibility.
- I use resources effectively.
- I wait for the right moment to take control.
- I create a balance between control and trust.

## Gate 22

# Openness



Your creativity and expressiveness are strongly influenced by your mood.

When you're in a good mood, your charm and elegance easily inspire others and open them up to new ideas. Your magnetic presence draws people in and sparks their desire to experience something new. You have a natural ability to influence and transform others, but sometimes you rush and don't achieve your goal because you're not in the right mood. Therefore, it's important to gain clarity about your emotions before interacting with others to avoid misunderstandings and rejection.

If you feel like no one is listening to you or that nothing you say is worth hearing, it can lead to melancholy. In such moments, you want to express yourself and create a safe space, but you feel discouraged. These mood swings can cause you to lose touch with reality and get caught up in negative thoughts. It's crucial to recognize melancholy as a natural part of your creative process and give it space. This can help you find new inspirations and create authentic connections with others when you're ready again.

## Affirmations

- I trust my ability to be creative and expressive.
- I accept my mood swings as part of my process.
- I find the right moment to share with others.
- I use my melancholy to foster my creativity.

## Gate 25

# Self Spirit



You are honest and sincere in all your relationships.

You never tell people how to behave or how to love; instead, you accept them as they are and show them through your example what it means to love unconditionally. Your ability to trust life and embrace it wholeheartedly empowers others to do the same. You are always ready to step into new experiences and face challenges because you trust in what you have discovered about yourself. This willingness to embrace life helps you gain wisdom that you can share with others on their journeys.

When you feel insignificant and incapable, it can lead to melancholy. You might feel so small and limited that you struggle to accept yourself in these moments. This can change your mood, leading you to seek reasons for your melancholy and try to fix it at all costs. It's important to accept this melancholy as part of the process instead of trying to block or rationalize it. This feeling can connect you more deeply with your creativity and restore your trust and innocence in life if you allow yourself to feel it without getting attached to it.

## Affirmations

- I trust life and its experiences.
- I accept myself in every moment.
- I allow my melancholy to enhance my creativity.
- I love and accept others unconditionally.

## Gate 27

# Care



You are a natural source of care and attention.

You love taking care of others, supporting them, and ensuring they have what they need to become independent in their lives. This gives you a sense of fulfillment and satisfaction. Your ability to intuitively recognize what people need, combined with your selfless generosity, means you can sense when someone has hidden agendas or is trying to create dependency by showing false concern. People trust you and appreciate your genuine support, always aimed at making others more self-sufficient until they no longer need you.

However, if you let your need to care for everyone and everything guide you without considering your own well-being, you can end up sacrificing yourself. This leads to exhaustion, making you unable to provide real support when it is genuinely needed. It's crucial to find a balance between caring for yourself and caring for others. Setting healthy boundaries and practicing self-care allows you to sustainably use your energy and continue to nurture and support those around you.

## Affirmations

- I trust my ability to intuitively recognize the needs of others.
- I set healthy boundaries to protect myself.
- I care for both myself and others in a balanced way.
- I am patient and wait for the right moment to help.

## Gate 30

# Feelings



You have an intense drive to seek new experiences and pursue your dreams.

Your passion fuels you to try new things and gain wisdom, which you eagerly share with others, always seeking to inspire and uplift. Beyond the lessons, you crave the experience, the novelty, and the intense feelings it brings, pushing you to explore even further. This ability to inspire others with your enthusiasm encourages them to follow their own dreams and take bold steps outside their comfort zones. Your willingness to embrace new adventures makes you a source of motivation, courage, and excitement. By fully immersing yourself in each moment, you demonstrate how fulfilling life can be when lived with curiosity and passion.

However, you may sometimes feel an undefined urge for something new, driven by a desire for fresh experiences and thrills. In these moments, it's crucial not to act impulsively but to trust your inner process and wait for the right opportunity. Otherwise, you might find yourself chasing constant new experiences without truly enjoying or learning from them. This can lead to frustration and disappointment when these experiences fall short of your expectations, leaving you feeling increasingly empty and unfulfilled.

## Affirmations

- I trust my inner process and wait for the right moment.
- I do not let impulsive decisions guide me.
- I enjoy every experience regardless of the outcome.
- I use my energy to create fulfilling and meaningful experiences.

## Gate 34

# Force



You are full of energy and always need something to do.

You are constantly on the move, starting new projects and diving into various activities with enthusiasm. Your strength and stamina allow you to handle many things at once and be successful in them. You feel alive and fulfilled when you are busy and can channel your energy into something productive. Your individuality and desire to be independent and celebrate your uniqueness drive you to constantly seek new paths and challenge yourself. You enjoy leaving your mark on the world and expressing yourself through your actions, showing others your creativity.

However, your constant drive to be active and use your strength can also lead to burnout. When you let others' expectations guide you instead of focusing on your well-being, you risk exhausting yourself. It's important to learn to use your energy wisely, rather than doing everything that comes your way. Make sure you only take on tasks that truly matter to you and bring you joy. This way, you can ensure that your strength is used meaningfully and you don't get lost in endless obligations.

## Affirmations

- I listen to my gut feeling before committing.
- I say no to things that don't fulfill me.
- I use my energy wisely and deliberately.
- I take care of my well-being and set healthy boundaries.

## Gate 37

# Friendship



You are a caring and loyal person who always strives for harmony.

You are the glue that holds a group together, fostering harmonious relationships and ensuring everyone feels part of the circle of trust and belonging. Your ability to recognize the needs of others and respect their differences makes you a valued member of any community or team. You encourage others to do what they love and nurture alliances so that everyone benefits and grows together. Your natural ability to plan, collect, and distribute resources, combined with your dedication to peace and harmony, makes you an invaluable and irreplaceable member of any group.

A possible challenge might be that you always put the needs of others above your own to maintain group harmony and well-being. This could lead you to live out your motto "the more you give, the more you get" to the extreme, neglecting yourself in the process. If you don't learn to give to yourself first, you won't be able to support others sustainably or keep the group together effectively. Wait for emotional clarity and always agree on what is expected in return for your contribution to avoid misunderstandings and preserve your energy.

## Affirmations

- I pay attention to my own needs as well as those of the group.
- I give without neglecting myself.
- I wait for clarity before committing.
- I promote harmony and mutual respect.

## Gate 40

# Loneliness



You work diligently and responsibly for your family and community.

It is important for you to feel the emotional support, care, and warmth from your loved ones to continue giving your best and maintaining your emotional balance. Your family and community are like an oasis for you, a source of recuperation, renewal, and strength. This support enables you to fulfill your tasks with full commitment and significantly contributes to your well-being, motivation, and sense of security. Equally important is having time alone. These moments of solitude allow you to recover, organize your thoughts, and gather new strength. Through this balance, you can continue to be there for others and help them in meaningful ways.

A possible challenge could be that you don't take enough time for yourself and end up overworking or becoming drained. You tend to focus too much on the needs of others, neglecting your own self-care and boundaries. If you don't learn to prioritize your own needs and set clear boundaries, you can become burnt out and frustrated. This can also strain your relationships and lead to emotional fatigue. By paying attention to your own needs, you can ensure that you can be there for yourself and others.

## Affirmations

- I take time for myself.
- I set clear boundaries for my energy.
- I communicate openly about my needs.
- I ensure a balance between work and rest.

## Gate 41

# Compression



You have a constant urge to experience something new and exciting.

You are driven by the desire to seek new experiences through emotions, imagination, and excitement. When you focus all your energy on the one dream that inspires you the most, your determined side emerges, and you move with purpose to live it. This focus and determination make it rare for your strongest dreams not to manifest in your life. Once you have lived and felt these dreams, you tend to withdraw to prepare for the next one, starting the process all over again. Your ability to ignite the desire to experiment in others makes you a natural motivator.

The desire for new experiences can be overwhelming, especially when you are unsure of what you want to experience. If you give in to this urge and let your mind drive you, you may lose yourself in misguided dreams and burn out your energy, leading to exhaustion and self-destruction. This can result in living in a fantasy world, unable to enjoy the present, caught between the fulfillment of dreams that should make you happy and the burdens of past problems that weigh you down.

## Affirmations

- I wait patiently for the right dream to reveal itself.
- I channel my energy into experiences that truly fulfill me.
- I pursue my dreams without pressure.
- I use my imagination to create new experiences.

## Gate 45

# Gatherer



You have a natural authority and a talent for keeping the big picture in focus.

Your ability to manage resources, delegate tasks, and steer the group direction makes you a respected leader with a clear vision. You know how to identify and seize opportunities for improvement, whether through fostering skills or efficiently allocating resources to maximize results. Your presence inspires others to collaborate, and you create a harmonious team environment where everyone feels valued. These qualities help you achieve common goals and ensure the well-being and growth of everyone involved. Your strategic thinking and foresight enable you to achieve long-term success while handling daily demands effectively and efficiently.

Sometimes, you might feel the urge to control everything, which can lead to overwhelm and frustration. It can be challenging to let go and trust others to do their part without micromanaging. This fear of losing control might cause you to get bogged down in minor details and lose focus on what truly matters in the bigger picture. It's crucial to learn when to take the lead and when it's better to delegate tasks confidently. This helps you find a healthy balance between authority, trust, and teamwork.

## Affirmations

- I trust in my leadership abilities.
- I know when to delegate.
- I create a supportive team environment.
- I find balance between control and trust.

## Gate 48

# Depths



You possess deep knowledge and the ability to find practical solutions.

You find joy in exploring different areas of life and discovering logical, practical solutions to current problems. Your focus is on improving existing structures and developing new approaches by recognizing patterns and applying techniques. You love reading, learning, and immersing yourself in your interests to continuously expand your knowledge. This gives you a clear perspective and makes you a valuable source of creative and well-thought-out ideas. Your intuition for what needs to be experienced in order for talents to be recognized and benefit others is one of your greatest strengths.

Your natural drive to analyze things thoroughly helps you almost always find a suitable solution. However, you may sometimes fear that you don't know enough or cannot communicate your insights clearly. This insecurity might lead you to hold back, even though your knowledge is extremely valuable to others. It is essential to trust that even seemingly simple advice can be helpful to others. Wait for people to seek your support, and then share your solutions with clarity and confidence.

## Affirmations

- I trust that my knowledge is valuable at the right time.
- My insights are important and help others on their journey.
- I share my solutions clearly and confidently when they are needed.
- My drive to delve deeper brings valuable answers to light.

## Gate 52

# Inaction

You have a strong need to sit still, concentrate, and evaluate.

Your self-discipline allows you to stay focused and work consistently towards a goal. Your inner calm and endurance help bring projects to life and organize them, especially when asked to do so. In these moments, you see the big picture and understand the details: what needs to be done, corrected, and improved for progress. Your concentrated energy is contagious, helping others stay focused. You find solutions where others see problems and inspire those around you.

A challenge could be finding the right focus and channeling your concentration effectively. You might feel pulled from one task to another, struggling to achieve inner calm and self-discipline. This can be frustrating and may lead you to question your ability to concentrate. It's crucial to find the right approach to the pressure you feel and to use your potential to help others when asked. By setting clear priorities and taking deliberate moments of stillness, you can unlock your full potential and positively influence your surroundings.

## Affirmations

- I find the right focus for my energy.
- I use my ability to concentrate to move projects forward.
- I maintain inner calm and clarity in challenging situations.
- I take time to see the big picture and understand the details.



## Gate 53

# Beginning



You feel constant pressure to start something new and to expand.

This inner drive allows you to initiate new projects and provide strong impulses, accelerating processes and getting things moving swiftly. You have the ability to maximize potential and constantly find new opportunities for growth and development, ensuring that nothing stagnates. Always seeking new challenges and opportunities, you remain dynamic and inspire others to venture into the unknown, motivating them to push beyond their limits. This energy ensures you never get bored and are always on the lookout for the next big adventure or exciting endeavor.

The pressure to start new things is often accompanied by an equally strong pressure to finish them. If you don't balance these pressures, you may feel overwhelmed by starting many projects but struggling to complete them effectively. You might find yourself in a cycle of unfinished tasks or hesitate to start anything new out of fear of failure or disappointment. This uncertainty can lead you to cling to old habits or familiar routines, creating a false sense of control, which hinders your natural gift of initiating change and growth. Finding balance is key to unlocking your full potential.

## Affirmations

- I use my energy to start projects that truly matter to me.
- I trust that I will find the right opportunities to begin new ventures.
- I balance the initiation of new projects with their completion.

## Gate 55

# Spirit



You love being alive; for you, life is a playground.

You believe that abundance goes beyond the material and is deeply connected to the freedom to be yourself. Only by living authentically can you expand your consciousness and realize that living from freedom is a birthright, leading to a sense of abundance and connection to Spirit. Your inner self often debates whether the glass is half full or half empty, depending on your state of mind. Therefore, it is crucial to let go of attempts to rationalize or control your mindset and allow things to flow naturally.

The challenge becomes greater when you start to feel empty, and this feeling intensifies over time. In such moments, you tend to become melancholic. Your mood fluctuates, and you might fall into the trap of your mind, searching for reasons for the melancholy and trying to remedy it at all costs. This melancholy, however, often connects you more deeply with your creativity and leads you to the right moment to connect with others—if you allow yourself to feel it without binding yourself to it or forcing a solution.

## Affirmations

- I trust my feelings and let them flow.
- I release my emotions and do not take them personally.
- I accept the variability of my mood.
- I wait for emotional clarity before taking action.

## Gate 59

# Intimacy



You have the ability to create a deep sense of trust with others.

People are naturally drawn to you, opening up and connecting with you because of the warmth and intimacy you exude effortlessly. This natural attraction allows you to form stable and profound relationships where honesty and intimacy are key elements. You create a space where others feel safe, valued, and understood, promoting creative projects and joint ventures that foster collaboration. Your goal is to build respectful, sincere, and cooperative bonds that are fulfilling and enriching for both parties involved.

A potential challenge might be recognizing the right relationships and avoiding shallow or fleeting connections that do not offer the depth you truly seek. During these times, it's important to be patient and thoroughly understand the person or project before committing your time and energy. Rushing into relationships can lead to disappointment and a loss of trust over time. Waiting for the right opportunity helps ensure that your connections are built on solid foundations and provide true fulfillment in your life.

## Affirmations

- I am open to deep and trusting relationships.
- I take the time to understand people and projects.
- I wait for emotional clarity before committing.
- I create stable and profound connections.

## Gate 62

# Details



You have a special talent for viewing the world objectively and with attention to detail.

You see patterns and connections that others may overlook and make complex concepts understandable. Your ability to name and structure things enables you to communicate plans clearly and convincingly. Your logical and precise manner ensures you are listened to attentively and your explanations are easily understood. This detailed perspective allows you to provide convincing facts, making everything you say sound logically flawless. Thus, you can always give well-founded advice that helps others make clear decisions.

A potential challenge is that you might struggle to place the gathered details in the right context or see the connections between the parts. If you tend to share all the facts and information unasked, you might overwhelm or bore others. This could lead to you feeling vulnerable and undermining your authority. It's important to wait until someone asks for your opinion or knowledge before sharing it. This ensures that you share the right details with the right people at the right time.

## Affirmations

- I use my abilities to create clarity.
- I wait until my opinion is asked for before sharing it.
- I place the details in the right context.
- I trust my ability to make complex information understandable.

# Incarnation Cross

The incarnation cross describes the combination of four key energies that shape your life path and purpose.



# Left Angle Cross of Duality (20/34 | 37/40)

You came into this world this world to bring about changes in your community or group.

You impress them with your strength, creativity, and creations, and they decide whether to adopt these new ways or not, depending on whether they are beneficial for all.

