



LOOKING GLASS REFLECTIONS

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SAMPLE READING:
ANXIETY

Human Design

Legal *Common Sense*

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Always seek the advice of your own medical practitioner and/or mental health provider about your specific health situation.

These are the findings and interpretations made by the application of the principles of Human Design as received by Ra Uru Hu.

As with everything in Human Design, you are urged to follow your own Strategy & Authority to guide you to the decisions that are correct for you.

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May We Meet in Perfect Love & Perfect Trust

I am so pleased you're here. Human Design has been a life-changing experience for me, and I love to share it with others.

I believe that we are born with everything we need for our life's journey and that we're designed to draw the people, places, and opportunities to us that will enhance our experience.

We're designed to be aware, to experience enlightenment.

Our only job is to get out of our own way and enjoy ourselves.

In this sample reading of my chart, I take you through my healing journey for anxiety. This is specific to me and the particulars in my design.

I share this as an example of how our chart can be used to shine light on shadowed areas and to offer a compassionate embrace for the parts of us that feel tender.

I share this because I believe that when one of us heals, we create space for others to heal as well.

Shine on,

Rev. Jennifer Grace, PhD



The Science of Differentiation

Human Design is a metaphysical representation of our DNA. It is our circuitry and genetic expression. Based on your date, time, and location of birth, your design brings together your personality and your heritage. It's a map of your soul's journey in this lifetime.

You are utterly unique.

You are a unicorn.

We're designed to be impacted by each other. We create and express and transform through communion.

You bring something that no one else can.

Really, there's nothing to do other than witness.

Be yourself.

Be who you came here to be. No one else can do the job for you.



The Magic of You

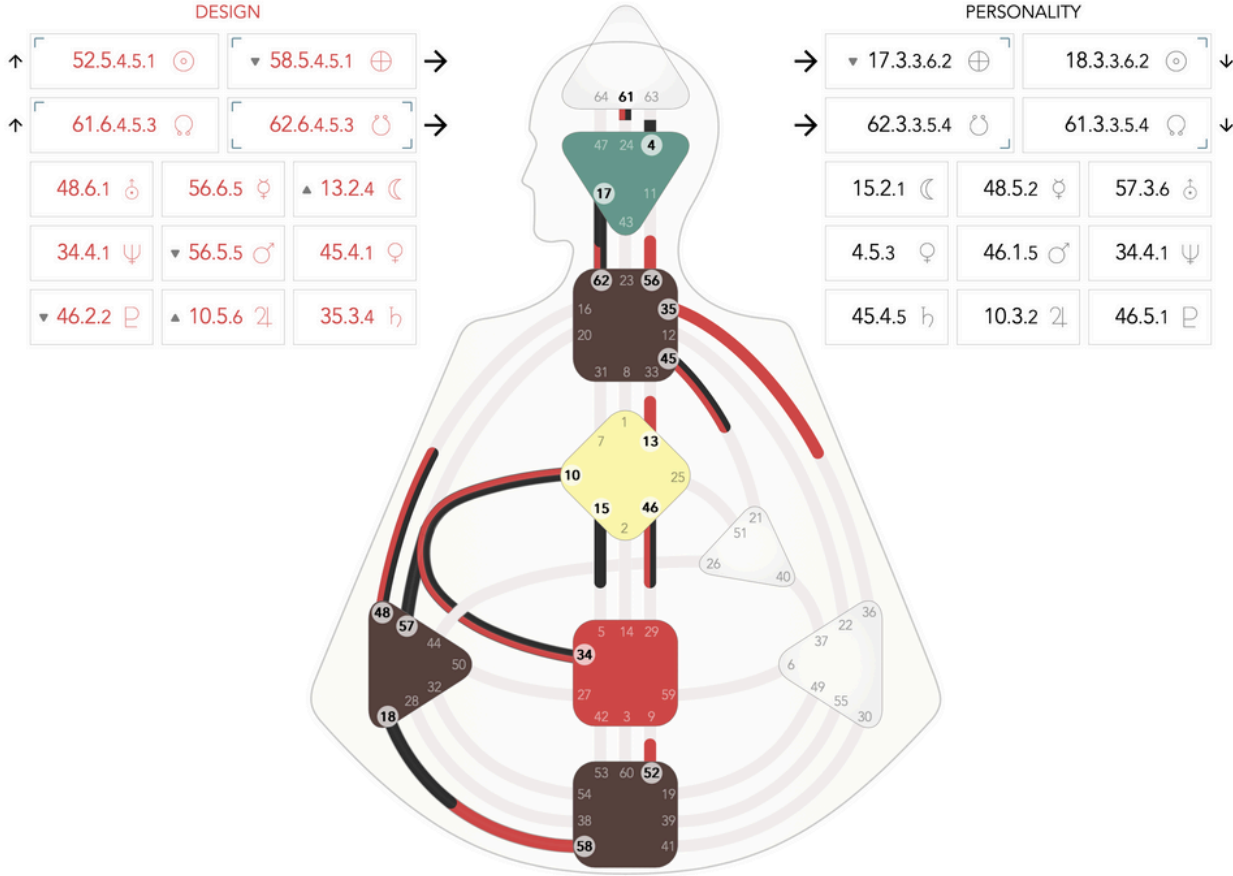


Chart *Specifics*



"The mechanics are essential in order for the spirit to be released, in order for the art to be released. And it is so in terms of Human Design that Human Design is a way of attuning ourselves. It is refinement in our frequency, and the constant refinement of our frequency ultimately results in awareness."

~Ra Uru Hu

For those fellow logical / investigative readers out there...I offer the specifics of the chart before the narrative.

Type: Generator
Strategy: To respond
Authority: Sacral
Profile: 3/5 Martyr/Heretic with keynotes of adaptation/universalizing

Sun/Earth: Personality: 18 Correction, grounded by 17 Opinions
Design: 52 Inaction, grounded by 58 Aliveness

Centers: Open Heart, Open Solar Plexus, Undefined Head

Format: 52, unconscious, logical, focused, and organized way of living;
prone to melancholy if focus is uneasy or undesired

Definition: Split, single, resolved at Throat (16, 20, 33)

Circuitry: 17-62 Acceptance, a design of an organizational being
* Projected, wait for invitation
* Circuit group: Collective, sharing
* Circuit: Understanding/logic
* 17.3 conscious Earth, Opinions
* 62.3 conscious South Node & 62.6 unconscious South Node, Detail



Chart *Specifics*



"Being a 'seeker' leads to the assumption that you're looking for something you're not. Awareness begins inside the self, it's not looking outside. There's nothing to seek. The saddest thing is that human beings don't look within because they gave up so long ago that they can trust who they really are."

~Ra Uru Hu

Circuitry: 57-10 Perfected form, a design for survival

- * Generated, respond
- * Circuit group: Individual, empowerment
- * Circuit: Integration channel component, self-empowerment (no 28 or 38)
- * 57.3 conscious Uranus, Intuitive insight
- * 10.3 conscious Jupiter & 10.5 unconscious Jupiter, Behavior of the self

34-10 Exploration, a design of following one's convictions

- * Generating, respond
- * Circuit group: Individual empowerment, mutative
- * Circuit: Centering
- * 34.4 conscious Neptune & 34.4 unconscious Neptune, Power
- * 10.3 conscious Jupiter & 10.5 unconscious Jupiter, Behavior of the self

57-34 Power, a design of an archetype

- * Generating, respond
- * Circuit group: Individual, empowerment
- * Circuit: Integration channel component, self-empowerment (no 28 or 38)
- * 57.3 conscious Uranus, Intuitive clarity
- * 34.4 conscious Neptune & 34.4 unconscious Neptune, Power

58-18 Judgement, a design of insatiability

- * Projected, wait for invitation
- * Circuit group: Collective, sharing
- * Circuit: Understanding/logic
- * 58.5 unconscious Earth, Aliveness
- * 18.3 conscious Sun, Correction



Anxiety is a Fear You're Trying to *Control*



"Surrender is giving up the idea of your mind being in charge. In surrender there is no fear."

~Ra Uru Hu

Anxiety can be viewed as a fear you're trying to control. It's the antithesis of trust and power in the present moment.

I've experienced anxiety and panic attacks that have been debilitating—they've lasted for hours and left me unable to do anything other than ride out the symptoms. In a way, they've forced me to be present in my body and participate in its experiences—whether I've wanted to or not.

Why? Am I truly that sensitive? So easily rendered defenseless? So unable to cope with difficult experiences?

Or, could it be a reflection of a deep attachment to the not-self? Of my personality overriding my design and ignoring my body's messages? Has my body held the answer all along and I was simply unwilling or unable to listen?

I entered my BodyGraph with my mind because it feels like that's what works against me.

Jenn is here to respond to life. With a magnetic and enveloping aura, she draws opportunities and choices to her, and uses the power of her sacral energy (her "gut") to immediately respond if she has the availability and desire for that choice. It's an internal knowing that will bypass her conscious mind. She may find herself agreeing or disagreeing without realizing it.



Anxiety is a Fear You're Trying to *Control*



"Find grace in your life. Here is a place of deep grace, to be able to take and to be able to give, not according to anyone else's standards or moralities, but to be able to take and give correctly as yourself."

~Ra Uru Hu

Jenn likely identifies as being very adaptable, here to learn through trial and error, to essentially “bump” into life and have it bump into her. Others likely view her as someone capable of universalizing solutions and tools, as the one who can save the day. This projection can be a heavy weight to bear, and it’s important that Jenn use her sacral response to know if those requests to help are right for her (just because she can, does not mean she should).

Her life is permeated by an unconscious pattern of focus and organization, and it can create melancholy if that focus is unwanted or undesired. She may find herself wanting to rush in, only to be held back when things don't go according to plan. She'll find that giving time for mastery will aid and smooth the process. If she can let the melancholy be, let it resolve in its own time, it'll enrich her creative process.

Jenn’s conceptualizing mind is consistent and strong. She is an organizational being, having a talent to share her understanding of the pattern, her opinions, and the detail to back it up —when there is a clear invitation to do so and her Sacral has confirmed it is right for her. Her opinions ground her, and she’ll be conscious of them...like a movie she’s watching and participating in. This is an adaptable and mutative process, not meant to be set in stone. Forming the detail for those opinions was likely an active part of her developmental years, again an adaptive process, but one that is also important for her to live as a role model. It’s important for her to walk her talk.



Anxiety is a Fear You're

Trying to *Control*



"The Human Design System is an educational program. It is neither cult nor religion. There is no guru or ashram, there are no tithes or ceremonial practices. The source of Human Design was mystical but the application is mundane and professional. To provide the opportunity to clearly see and understand oneself and the training of those who wish to serve and educate others."

~Ra Uru Hu

Her very strong mind has a direct connection to her expression—there's basically a highway from her mind to her mouth. She likely expresses her thoughts with great ease and she may preface statements most often with "I think" instead of "I feel." Because this is so strong, she may notice a divide between her mind and her body. Where her mind has that direct line to her voice, the rest of her body has a gap to jump—the right people have to be in place for other aspects of her design to manifest as quickly. It's quite possible that she feels that gap as a divide she has to cross, a bridge she must build. This can be felt in a need to attain skills to prove she is worthy, as feeling she needs to be more decisive in the moment, or as having to withdraw and process all of the information she's collected.

So, how does anxiety come into play? Jenn is open to inspiration and the pressure to think. She may not always know what is worth thinking about, and isn't this an abiding quality of anxiety—to think about something that doesn't matter, that is beyond our control in the present moment? It's wasted time and energy.

Jenn is built for exploration and to follow her convictions. In response to life, she empowers with her uniqueness, fostering a mutative quality that can inspire others, especially those she's connected to in her network. As she loves herself and responds to life, she transforms the way she lives in the world. This aspect of her design permeates and centers her entire being—it's a foundational component of who she is in the world. It can't be predicted or controlled, but she can learn to trust it. She has great depth that can be unconventional in the way others view her, in how she universalizes what is true for her and lets herself be a role model.



Anxiety is a Fear You're Trying to *Control*



"The mind is serious because it's afraid. Your body isn't afraid, not when it's operating correctly. It's equipped to handle anything."

~Ra Uru Hu

As she learns to trust her intuition and insight, to see that the present moment contains gifts, she can work through fears such as being inadequate, of what the future will bring, and how authority figures will treat her. After all, she has probably spent most of her life trying to prove her worth and terrified of how people will respond to her truth, unable to relax into the tremendous power her design carries. It's as if she were a blazing bonfire convinced she were only a sputtering candle flame.

Jenn is built for survival and holds the design of an archetype. With intuitive clarity, she recognizes truth in the now, responds when appropriate, and self-empowers through her response. She's conscious of this drive to survive and it's possible that when in not-self, it's adding to her anxiety with fears such as, she can never be who she was meant to be, that she won't be able to find the correct form for survival, or that she can never truly be in the now.

She's not meant to already have the answers in these areas but, rather, to figure it out as she goes along—to mutate and adapt. If she doesn't trust her ability to do so, she can become rigid in her fears and her mind can lock in on what isn't working. This cuts her off from her intuition and her ability to break a bond with what isn't working and make a new one that does. This can be especially difficult for a highly logical mind as her intuition won't operate in a standard fashion—hers is unusual and it can bring chaos as easily as order.

But, when she learns to trust it, to let it be as it was designed to be, she experiences perfect contentment in the moment. She can then universalize this to others, a bright beacon of presence and love. She may find that whether she realizes it or not, this operates as one of her personal laws—it's that important.



Anxiety is a Fear You're

Trying to *Control*



"Why do you think you hold onto your mind? You think it's the only thing that can help you. You think it's the only thing that can figure out what's good for you. Strategy and Authority is saying there's another place inside of you that is capable of making the decisions that you need to have made in this life that will liberate your mind so that you can begin to see it."

~Ra Uru Hu

As a very logical being, it's natural for Jenn to see patterns. In fact, she likely notices a very strong theme of correction in her life, of being able to see a pattern and intuitively know how to correct it. This can be brought into balance by her opinions of that pattern, and taking the time to marshal the facts that will support them.

Her light shines brightly in her capacity for judgement that adapts to circumstances, and she is insatiable in her desire for improvement. She may be surprised at what she has the energy to correct (the fuel is unconscious) and in how others may project upon her that she holds the solutions. But, once she's invited to bring her talents to bear and she responds in the affirmative, she will share her logical understanding of how the pattern can be improved with others. This works together with her great depth. As she challenges authorities that no longer work, she intuits viable patterns, and is able to plumb her depths for solutions that will serve the greater whole.

Upon reflection, she will likely see themes of inaction balanced by a feeling of aliveness. As she takes the time to focus and improve her mastery, she draws upon the vitality to make things better—it grounds her. Again, only when her Sacral has told her that the process is a yes for her. However, if she believes that she is the one who has to be fixed, that she has to prove her worth, that it isn't safe to feel or express her feelings, this can result in a tremendous amount of stress in the body and the psyche.



Anxiety is a Fear You're

Trying to *Control*



"Mind isn't for turning off. It's for aligning. The mind is not there to be your enemy for life. It's here to serve. It's here to express you. This is our medium for expression to each other. And, what we're here to express is that quality of uniqueness that differentiates us from everyone else."

~Ra Uru Hu

In not-self behavior, she may take an analytical approach to herself as the problem and pick everything apart. Long-held patterns of this combined with an open nervous system that is sensitive and wants to avoid confrontation and truth so everything will stay nice on the surface can be destabilizing. Jenn has likely noticed that when she finally does speak about her feelings, she unconsciously draws in a crisis to resolve it. These are boundary lessons but as they tend to be unconscious and adaptable (with no safe pattern to rely upon), they may feel severe, which can lead to a self-reinforcing cycle of wanting to avoid the truth that led to the harsh result. Her body and feelings can feel unsafe.

Because her Sacral voice is veiled and not easily assimilated into a comfortable, logical pattern, she can fall prey to the not-self. Why trust something you can't predict or control? Jumping up to the mind and ignoring the body cuts her off from her magic, from her spirituality. Trusting her body is a leap into the unknown and requires surrender. If she can lean into this, she'll find that she can draw on the tremendous resources in her design to support her.

She can leverage these strengths when dealing with the mind's opinions and judgements of how she should behave. The mind is so powerful and it operates across all time—there will never be an end to the lists and reasons of why things happened or how they should have occurred, no end to the projections and worries about the future. While it is a wonderful conceptualizing tool, it will never hold the solution to peace.



Anxiety is a Fear You're Trying to *Control*



"To be oneself is to be outside of expectation. There is no way to measure what's possible for us when we are correct and aware. Anything is possible."

~Ra Uru Hu

The pressure she likely feels to answer questions that aren't her own, to prove herself, and to avoid confrontation and truth aren't meant to be solved or eradicated, only experienced and witnessed. She is here to become wise in these areas: to know what is worth thinking about, to realize that she is worthy without having to perform, and to acknowledge her own truth and stand strong in it, regardless of how others may respond.

As she relaxes into her design, she can learn to accept herself as she is, that her path is not pre-paved (she's been designed to create it as she walks it), and that others find her resilience very attractive. She'll be a powerful magnet for them, and they're going to assume she has the answers. She probably won't feel this is true and it can bring some feelings of paranoia, that if she doesn't perform she'll be punished.

While she can't control how others see her, she can begin to trust the power within her design, her true wisdom in her sacral voice that knows what is correct for her, and that she will naturally draw the people to her that will complement her. She can realize that she does not need to become what she is not—that she already is exactly who she needs to be. This acceptance and abiding trust is the only antidote to anxiety because it is founded in love, not fear.

