

A bouquet of baby's breath flowers is positioned on the right side of the image, with its stems extending towards the bottom right. The flowers are small and white, clustered together. The background is a textured, light grey surface. A rectangular pink sticky note is placed in the center, partially overlapping the flowers and the text.

Human Design

Basics

A decorative graphic at the top of the page features a flowing, golden wave with a shimmering, particle-like texture. In the upper right corner, there is a stylized golden floral or leaf motif. The entire content is framed by a thin black border.

Beautiful illuminator!

Welcome! When you are here, then you are likely new (*or reasonably new*) to Human Design and are enjoying your awakening journey, your soul journey (*most of the time...*)

Your interest has been peaked in the Human Design experiment and all of the wisdom it has to offer. There is so much information out there, so I've put them in order for you according to my favorites so you can get started with a bit more clarity.

A decorative golden wave with a shimmering, particle-like texture flows across the top of the page. In the bottom right corner, there are two golden floral motifs with stylized leaves and small circular accents.

HOW TO VIEW THE HUMAN DESIGN SYSTEM

Let me start by sharing that the wisdom the system offers is actually not something the system offers. It is YOU who holds the wisdom.

Once you see where and how to look at the intricate system, Human Design offers a beautiful, clear **framework** with, what feels to me like, little notification bells. The synchronicities that show me I'm either on the 'right' track and can hang back or whether I'm heading towards a more difficult road to walk on and I'm being guided towards an easier, more fun road to take to enjoy my explorations of myself and life.



WHERE TO START

First things first (*if you haven't already*):
**Get your free Human Design bodygraph/
chart.**

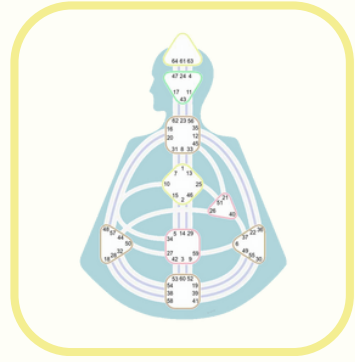
****My favorite by far to start is:**
[MY BODYGRAPH.COM](http://MYBODYGRAPH.COM)

INFO YOU NEED TO GET YOUR CHART:

- * Your birthdate
- * Your exact birth time (*Don't know?*
Check [this video](#) to help you further)
- * Birth location (*the timezone matters*)

*** Scroll down to see which chart is best for you*

Click the image
to get your chart:



MY
BODYGRAPH

Click the image
to get your chart:



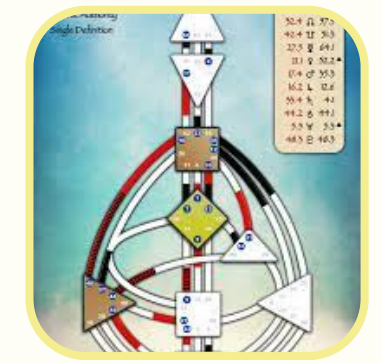
GENETIC
MATRIX

Click the image
to get your chart:



JOVIAN ARCHIVE

Click the image
to get your chart:



MY HUMAN
DESIGN APP

Charts






WHICH CHART TO GET AND WHY

My bodygraph is really great when you get started, because it gives a lot of information. When you hover on the different sections you'll get a lot of the terminology already.

Geneticmatrix is the best once you have become a bit more acquainted with the system and know the terminology and are ready to dive deeper. It's wonderful for when you want **to give readings to others**.



A decorative golden wave pattern flows across the top of the page, with a floral motif in the upper right corner. The background is a light blue gradient.

WHICH CHART TO GET AND WHY

Jovian archive holds the most original info coming from Ra Uru Hu himself.

Personally, I feel like the way he speaks is super vague and doesn't really get to the point. I prefer clear cut information. What I love jovian archive for is the **transits information**. The 'collective emotional weather forecast' if you will. This is absolutely wonderful once you start working with the accelerator. At first, you don't need any of this yet. I recommend seeing if his way of speaking is clear for you. You might love it.

Human Design App I don't use this app. It doesn't really give a lot of information (*unless you get the paid version, I presume*). A lot of people seem to like it though, so you might too. I do enjoy how she shares HD info on instagram.



WHAT TO DO ONCE YOU HAVE YOUR CHART

My bodygraph is really great. However, for me personally the information is so vague and feel like it can be interpreted in so many different ways, so what I suggest you do is:

1. **Open the graph on your desktop** (*You'll get a clearer overview.*)
2. **Look at the information section** to the right of the bodygraph (*if you don't see it, click on 'mybodygraphs' in the menubar on top*)
3. **Look at your energy type & your authority.**
4. **Go to youtube or spotify and search specifically for 'Human Design' and your energy type**
5. **Do the same for your authority.**



BEWARE!

Be aware to not take all the info as a dogmatic truth. There is so much info out there and not all is 'correct' therefore I have added my favorite teachers in the pages below.

You can just click on the images to get the information.



Click on the image to listen:



DAYLUNA

SORT OF SPIRITUAL

Click on the image to listen:



Click on the image to listen:
***In Dutch*



SCHOOL OF HUMAN DESIGN

TRULY FEEL GOOD

Click on the image to listen:



Podcasts



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PODCASTS SIDE NOTE:

** The school of Human Design podcast is in Dutch and The Truly Feel Good podcast is my personal podcast. The first two seasons are in Dutch also and share personal growth tips and tricks and how to work with your energy as an empath/ high sensing person.

Season three of the Truly Feel Good Podcast will be in English and about how to Embody & make us the Human Design knowledge.

Click on the image to watch:



KARREN
MCMULLEN

SORT OF
SPIRITUAL

Click on the image to watch:



Click on the image to watch:



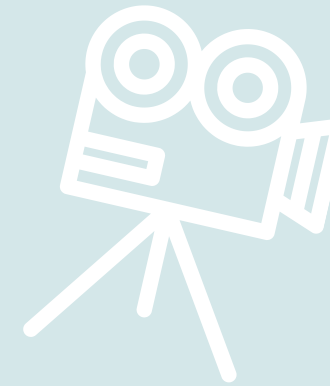
JOVIAN
ARCHIVE

KAREN CURRY
PARKER

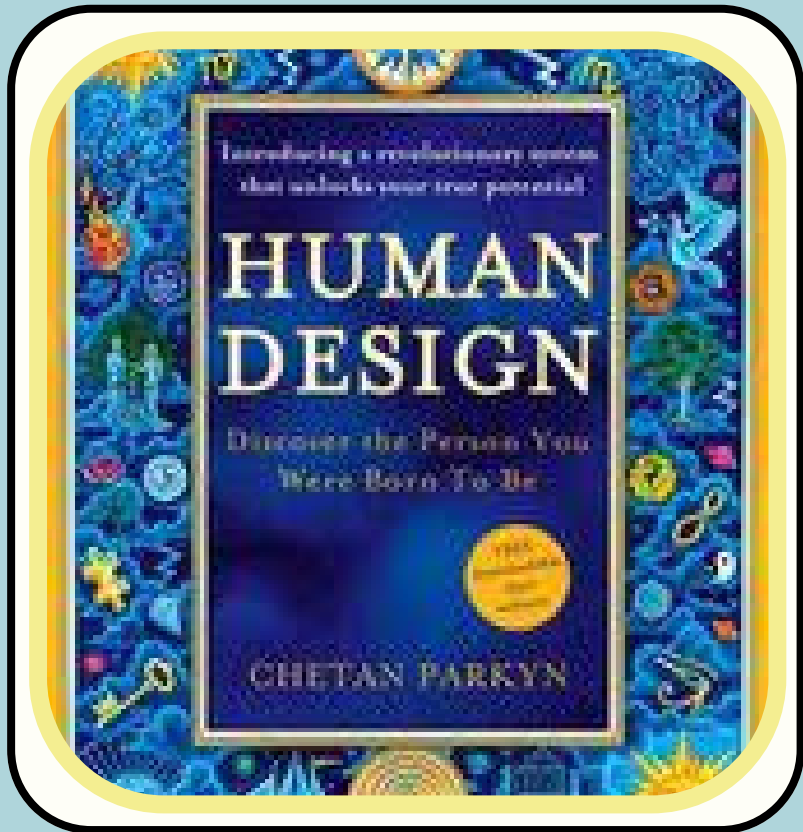
Click on the image to watch:



Videos

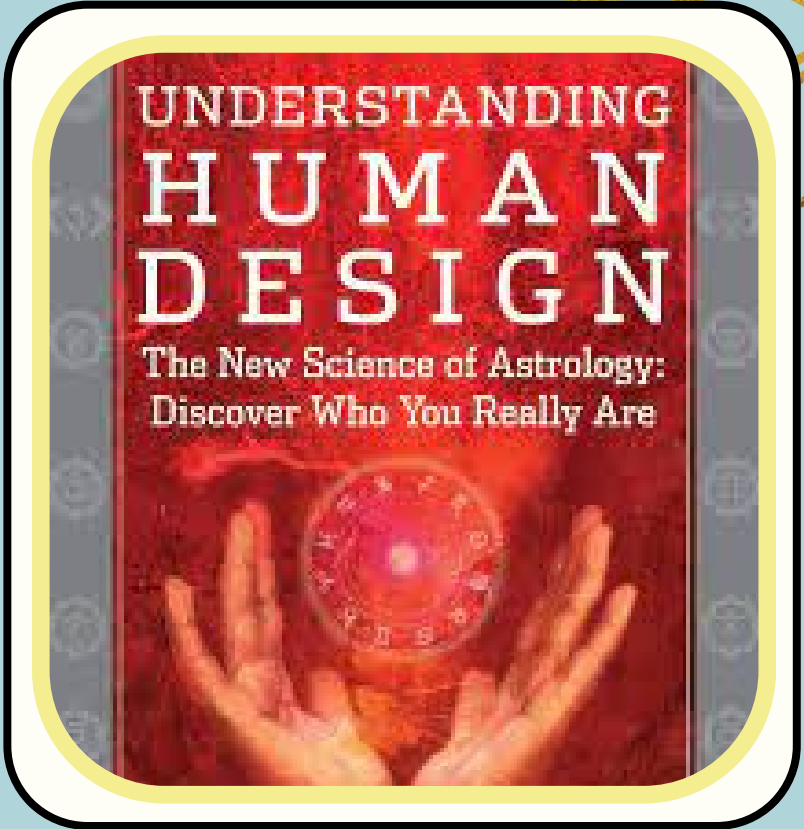


** Click on the image to buy the book

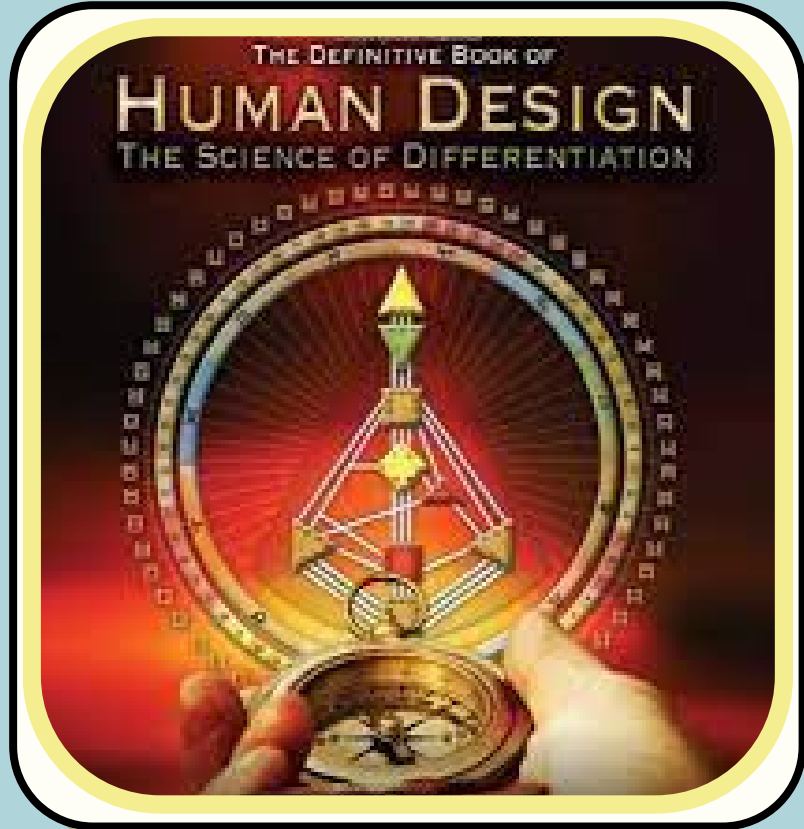


CHETAN
PARKYN

KAREN CURRY
PARKER



Books

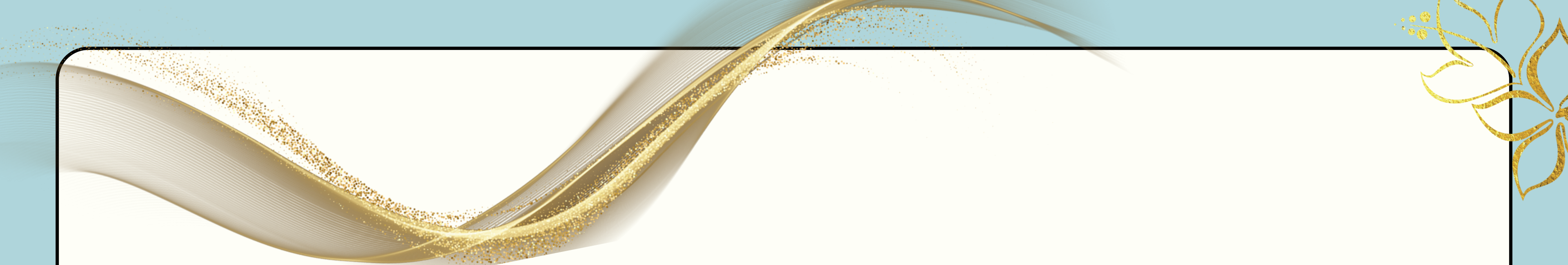


RA URU HU &
LINDA BUNNELL

GUIDO WERNINK
& SARAH LEERS

(In Dutch)





Happy exploring!

Have so much fun exploring the basics and see you very soon in the accelerator!

Ps: I suggest to check back in with **the accelerator** before you go down the rabbit hole.

The perspective of the Human Design info out there is quite outdated, and might cause you to feel confused rather than what it's meant for, to make you **feel clear, confident and empowered**.

Love Monique

