

AMBROSIYA

Human Design Full Reading

Name and Date of Birth Put Here

It is said that for seven years following your introduction to Human Design, you experience a slow and intense process of deconditioning, of returning to your true core self. I am in year five and can attest to this. There's something about the information in my chart that could never let go of me. I think this is because it is such a reflection of the deepest parts of ourselves, and returning to this effortless nature feels like taking off a tight shoe. It is a process that is inevitable, even when we are in resistance. The difference lies in how relaxed we are and how much pleasure we can find in this process.

I will warn you now: there is a lot of information here. You are not meant to understand and integrate it immediately. The in-person session is where we can create a simple game plan for you in relation to which parts of your design you feel you are fulfilling and which you would like to work on.

In these readings, I use Human Design to synthesize the ancient knowledge of several disciplines: the planetary positions at your birth and approximately 88 days before, the I Ching, Kabbalah, and the Chakra system. The power of these systems lies in their ability to hold the energy of different archetypes, of different human natures. However, you are not an archetype; you are a living being with free will. This reading will not encompass you, but it will offer ancient practices that you can test on your journey of self-discovery.

Human Design is like the company Nespresso: it is at least 80% accurate 100% of the time. My intention is to position it in a way that is practical and easy to understand.

These readings offer three levels of self-discovery:

- Your Relationship with the World
- Your relationship with Yourself and
- Your Relationship with Others

Your Relationship with the World

Your Decision-Making Process, The Core of Your Design

1. You are here to respond to the world.

Your actions and decisions are most powerful when they are in response to what happens around you. You see a dog and decide to get a dog; a friend tells you about a great work opportunity, and you take it. You observe something, and it inspires you to act.

In contrast, when you take actions from a mental space—having decided that is what you should do, without anything in your environment prompting you—you will feel frustrated that the result does not reflect your efforts. For example, if you wake up one morning and decide that you should start running in the mornings because you **think** it is the right thing to do for your health, it doesn't matter if you push yourself to do it consistently or let go of the habit after the third day—you will feel frustrated because you did not make that decision in response to anything but your mind.

When you respond and move forward with things because you have been inspired by what someone has said or proposed, the energy needed to carry something out will be reflected in the success of the venture.

Although response is your most natural state, you might often feel inclined to initiate. This may be because a prevalent message in the world is that people need to chase what they want to be successful or need to build it from scratch. You might also feel inclined to initiate because you are able to, but you will notice that actions never have quite the same momentum when you are the one driving the initial movement. It is almost as if the universe sends it less flow. Your least favourite thing to do is drive where there is no energy, which is what happens when you are trying to initiate. Notice what is happening around you and decide your next step in every moment from this space of observation.

2. When you are not responding you will feel frustrated. When you are responding you will feel satisfaction.

In Human Design, we all have a “not-self” feeling—this is the feeling that indicates we are not living by our design. Yours is frustration.

Every time you feel frustrated, you are asked to notice that whatever you feel frustration towards you either:

Have not responded to, or

Tried to initiate before responding.

There is also a feeling signature for when you are in alignment with your design. Yours is satisfaction. Satisfaction is not an intensely positive feeling—it is subtle, peaceful contentment. When you feel satisfied, it is a sign that you are going in an aligned, responsive direction.

3. You make aligned decisions in response to your feelings, so spend time with them.

When you have a few things to respond to or a few options for the way ahead, you are asked to make decisions based on how you feel. It is important here to look at the nature of feelings:

Feelings ebb and flow; they are constantly in movement. Something you feel positive about how you might feel negatively towards with a bit more information. People with this trait in their design are asked to give themselves some time with decisions. Allow all your fears and hopes around a decision to surface and make space for this. Once this emotional wave has had space to express itself, there will be a settling. It is in these settled moments that your clarity for a decision will come through. Sometimes, if emotional clarity takes longer than you would like to spend on making a decision, it is helpful to make a decision and see how you feel about the results. People with this trait in their Human Design are likely to change their minds subtly over time; this is natural and healthy for you.

4. You may initiate only after you have responded.

The opposite of response is initiation. You have a great capacity to initiate, but your efforts will consistently fall flat if this initiation is not in response to something.

Let's say you are asked to give a talk. Planning something out beforehand and then sharing it with others has the energy of initiation: "I decide what we speak about, and then we speak about it." In the energy of response, you might structure the talk to allow people to come up and ask questions,

sharing your knowledge in response to where they are at. In response to their questions, you may take the talk wherever you want... This is where your initiation energy is best channelled.

A good metaphor for this is a running river. In this metaphor, the river represents life and the things that take place in it. You are not here to get the river started—to inspire people to start something you want to be a part of. You are here to direct a river that is already moving. This is where your initiation power is most powerful. You do well at improving on the information and tools that are presented to you.

In another example: let's say you own a candle-making business. If you wake up and decide the products need to go in a new direction, there will not be enough momentum in this desire of yours to create the improvement that feels satisfying. However, if you ask people what they think could be improved in your products, hearing what they say will inspire you and give you sustained energy to carry out the improvements. It is not like this for everyone. What is special about manifesting generators is that once they have received this insight from others, they can follow their guidance system to go their own way. While some Human Design types are here to take and follow the instructions of others, you are here to take in the instructions of others and alter them to fit you.

Your Relationship with Yourself

Your Personality

5. You love connecting with people and you are here to learn from your mistakes.

Your personality archetype is the Opportunist Role Model.

Opportunists see opportunities everywhere. They love connecting with people and collaborating toward a shared goal. They recognise that their connections with others are foundational to their success and joy in the world, and they deeply value their relationships.

Role Models spend the first 30 years of their lives making mistakes and learning from them—this is inevitable. Once they turn 30 they don't have the same energy to make mistakes and are more calculated, they spend the next 30 years enjoying the clarity these experiences have given them about what is possible in the world. At 60, Role Models become teachers of everything they have experienced, primarily teaching through example.

As a Role Model, you have a unique ability to give people permission. This archetype holds a certain authority, so when you tell someone, *"It makes sense that you feel that way; it's okay to feel that way,"* it impacts them deeply. This is a profound gift of validation and freedom for those who meet you.

6. You digest information best when you're in a calm space.

When you are wanting to learn something, it suits you to create an environment that is quiet and contained. Don't multitask, put headphones on and play calming music. The more relaxed you are when taking in information, the more you will retain.

This translates to how you digest food as well. Your body will find food digestion easiest when you are feeling relaxed and ideally when alone. Test this out and you will notice that stomach aches and indigestion fall away. Your design does not indicate a sensitivity to what you eat but rather the space you are in when you eat. Eating before everyone has woken up, for example, will suit your design.

7. Your strongest sense is taste.

This means that you have "good taste". Your most accurate information comes through assessing quality on a scale. This comes with the ability to assess people and situations quickly, easily identifying what is valuable and what isn't, as well as why. You take in the most accurate information from a situation when **evaluating** all the different aspects. For example, when you meet someone, you will easily be able to tell what their talents are, what they struggle with and what they really care about.

8. You can nourish yourself from the outside by being in spaces that are intimate and full of people you love.

You will feel most inspired in spaces that are protected, that are closed in to some extent - spaces where you can see who is entering and exiting. You can nourish yourself from the outside by honoring that you like a confined space where you know everyone that is in it or where there is a clear boundary around who is in it. A valley may be a movie theatre or restaurant, it may be your house when you have people over. It is not a mall or a beach where the limits of the space can't be seen. When you are looking for

inspiration or want to integrate what you have learnt, find a space that has clear boundaries for who is allowed in.

A visual example of this environment is a valley. A valley is surrounded by high hills. The depth of the valley is contained and protected. These are the spaces you will feel safest in.

9. Your purpose is to learn through experience.

Your purpose in human design is not a job, it is a trait. You can start living your purpose no matter what situation you are in because you can carry this trait out in all your activities.

Your purpose is to explore the depths of what it means to be human through experiential learning. Depth is important here, you are not here to explore surface-level problems that people are experiencing but the root, deep in the earth, of where these problems come from. You will have an intense drive to solve things from the bottom up because you know that solving the core will have a cascade on everything above.

At its foundation, this means that you are here to explore the depth of your own life, why you are the way you are and why you make the decisions you make. The information you get from this self-discovery will not be a book of knowledge but rather a well of wisdom. Wisdom is intuitive and objective. It can relate to and assist anyone because it is flexible and true. Knowledge on the other hand, is data that has worked and should logically for someone else (if they are in the same position you were in). Knowledge is therefore limited and guided by facts. Wisdom is unlimited and based on experience and feelings. You are here to accumulate and share wisdom.

10. Your greatest talent is processing the information of the past quickly and as a result, having a-ha moments.

Your greatest talent is effortlessly turning the vast and complicated past into precise and useful information for the future. You can handle taking in a lot of information at once and can easily assess what is useful and what is not. This makes sense concerning your strongest sense being taste as described above. When making decisions, you look at what really matters and don't get bogged down by insignificant details. You do not brush over the details but rather categorise them by significance. As a result of this great ability to process information, you have "a-ha" moments where you realise new truths.

11. Your role in society is to care about the details.

Your role in society is to show people the importance of the details. You are here to care about the intricate workings of systems rather than focusing only on the big picture. What others may pass over, you see as valuable. This may be something like how people sign in to work every day or the food they get served at work. To people who care solely about profit, this may seem insignificant, however, you are here to show them how these details impact the greater vision of the company. This translates to all areas of your life. For example, you may know that showering twice a day has a massive impact on your mental health while others looking from the outside won't understand the correlation.

12. Your greatest block and key to living your purpose is how you care about the details.

This is the same trait as above, highlighting its significance in your overall purpose. Your greatest block to living your purpose is losing sight of the big picture in situations. You may know something is important, and when it is not being improved on, you may become obsessed with fixing just this one detail, not seeing that in this obsession, another detail has come up that needs attention. On the other end, you will also be blocked from living your purpose if you become too attached to the big picture, the big plan and the long-term goal. This is not in your nature and will lead to frustration.

When you take things one step at a time, leaving room for stepping back and assessing, your purpose will be effortless. Be very aware of your relationship to look at things up close and then take a step back to see what effects this is having on the whole. When you are getting frustrated with one of these, it is an indication that it is time to do the other.

Not having black and white thinking about which is more important and introducing flexibility into this aspect of you will support a consistent, nourishing relationship with your life.

Your Relationship with Others

Your Energy

13. Your relationship to emotions, pressure, safety and expression are consistent. Your expression of ideas, concepts, direction and willpower are not.

In Human Design, our energy centres show us how we give and receive energy with others. In short, where we have consistent access we give to others and where we have inconsistent access we receive from others.

Emotions:

You consistently experience emotions throughout your day. You live an emotional life, and everything around you affects how you feel. You are here to release yourself to the push and pull of emotions—they aren't going anywhere, so don't fight them. When you are around people with inconsistent access to emotions, they will feed off of your consistent emotional energy, therefor heightening their own emotions. You may find that people say they are more in touch with their emotions when they are around you. However, when they are alone, this access will decrease.

Pressure, Safety, and Expression:

You consistently feel internal pressure and don't need others to push you to accomplish what you want to do. Your pressure is self-driven, so it's important for you to set your own deadlines based on what works best for you. People may feel more pressure to get things done when they are around you.

Your sense of safety is consistent. You are not often worried about your health and tend to feel in tune with your body and its current state. You feel safe in the world and around others, rarely perceiving your physical safety as threatened unless you are in a genuinely dangerous situation. Your sense of safety is grounded and realistic.

Your verbal expression is also consistent. You sound the same to everyone and don't alter the way you speak based on who you're talking to.

If you want to support someone in expressing their highest potential in these areas—whether in work or life—it's beneficial to do so in person as they will feed off of your energy.

Ideas, Concepts, Direction, and Willpower:

Because your access to these qualities is inconsistent, the way you express them will also vary. When you are around certain people, your capacity for ideation, inspiration, strategy, brainstorming, and willpower will be heightened. However, when you are alone or with someone who also has inconsistent access, this capacity may diminish.

Here, you are asked to be flexible and give yourself grace. You won't always know which direction you want your life to take or have the energy to make things happen. Your big plans are likely to change over the course of your life. It's wise to seek assistance from others in these areas when you need it as you can feed off of and heighten their energy. This ability to feed off of

others in these areas means, for example, that you make be the person with the most direction in a room at certain moments, but when you are alone, you will have less direction.

Thank you,

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