

# Human Design Guided Journey

A series of 4 consecutive readings:  
to learn your personal Human Design at your own rhythm, scheduled as needed

You will:

- discover your true essence and purpose for this lifetime
- recognize and move past old limitations
- know how you best flow energy and the most efficient way for you to make decisions
- find out why and how your “difference” is your greatest asset and gift to others

## Reading 1

- **Your Energy Type:** Your energetic functioning and how you are meant to engage with the world
- **Your Strategy:** How to best make decisions and take actions that are right for you and aligned with your energy
- **Your Authority:** The energetic way you make decisions and direct your energy- How you best use your Strategy
- **Emotional Indicators:** are you are living in alignment or not?
- **Potential Challenges**

## Reading 2

- **Your Personality Profile:** your major life themes and how your personality interacts with the world
- **Your Energy Centers:** Defined or not. Which energies you consistently express
- **Your Definition:** how energy centers connect in your chart, and how you'll attract partners that bridge your potential splits
- **Your Channels of Expression:** the circuitry of your Design expressed through archetypes-Conscious and unconscious
- **Your 4 Main Gifts** - Based on your Incarnation Cross

## Reading 3

- **Your Incarnation Cross:** Your destiny in this lifetime. Represents about 70% of your personality expression
- **Your Other Gifts**

## Reading 4

**Your Variables:**

- **Digestion-** the best conditions and food for you to eat, and take in information
- **Environment-** where you feel most at ease and in flow
- **Strongest Sense-** the sense you are meant to share with the world
- **Manifestation-** your process for manifesting