

Design Keys
INTEGRATIVE
HUMAN DESIGN
MENTORING PROGRAM
Study Guide



Welcome to the program!

We are very happy to have you here.

In this document you will find several contemplations and exercises that will help you integrate the teachings of each week.

If you follow this dilligently until the end of the program, you will have a more practical, embodied experience of the system, that will benefit not just your own experiment but also your confidence in it and your expertise transmitting it to others.

We encourage you to keep a notebook with your answers (can do it digitally if you prefer). The practice of writing it down will really help cement the teachings!

See you inside!

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Week 1 - Introduction to the systems:

► **Find the Human Design Chart of at least 5 people you know (10 recommended).**

It can be friends, family, or anyone else.

You will be using these to start applying the theory during the program

The idea behind it is to start connecting your real world perception of these people, with how that feels within the system.

Make sure to keep all the charts in the same place because you will be accessing them frequently (take screenshots if necessary for easy access)

Week 2 - The 4 Aura Types:

► Review the charts you chose from friends and family:

Can you find common traits in people with the same aura type?

Are they more active, more relaxed, more introverted or extroverted, more bossy or submissive, are there any similarities between same types?

How does each of those auras feel to you?

If you don't have at least one of the most common types (generator, manifesting generator, manifestor, projector) make sure to add at least one from people you know.

(Reflectors are quite rare so it's ok if you do not know any yet.)

Week 3 - The 9 Centers part 1:

► **Take your practice charts and look now at the centers reviewed this week:**

Observe your dynamic with these people.

Do they influence your open centers with their definition?

Do you activate their open centers?

How do you feel about people who also have the same defined centers as you?

How do you feel about people with the same open centers?

Take some time to exchange charts with other students and compare your experience around similar patterns.

Some extra contemplation questions for this week:

Root:

- Are you pressuring people to go at your rhythm? (Defined root)
- -Do you feel a pressure to get “something” done everyday? Do you feel difficulty to just wait? (Defined root)
- -Do you feel pressure to act or go at a certain rhythm with a person with a defined root around you? (Open root)

Sacral:

- Do i listen to my body and follow the sacral impulses for Yes or No? (Defined Sacral)
- How do I feel when others around me keep going while I feel the need to stop? (Open sacral)
- When I'm around defined sacral energy, do I feel pressured to keep up even when I need to rest? How do i feel after if i push myself like this? (Open sacral)

Throat:

- Am I waiting for the right moment to speak or act, or do I feel pressured to initiate communication? (Defined throat)
- Do I notice myself seeking attention or validation through speaking or taking action? (Open throat)
- Do I trust that I will be heard when the timing is right, or do I find myself speaking out of turn? (Open throat)

Week 4 - The 9 Centers part 2:

Solar Plexus:

- How do I manage the intensity of my emotions without taking impulsive action? (Defined solar plexus)
- Do I give myself enough time to process emotions, or do I feel pressured to resolve them quickly? (Defined solar plexus)
- Am I influenced by the emotional waves of others? how do I process these emotions? (Open solar plexus)
- Do I avoid confrontation and uncomfortable emotions to keep the peace? (Open solar plexus)

Spleen:

- Do I trust my instincts and make decisions in the moment, or do I second-guess myself and use logic to make my decisions? (Defined spleen)
- Do i sometimes hold on to things that might not be good for me for too long? Do i stay with people because they make me feel safe? (Open Spleen)

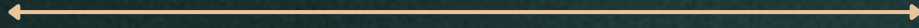
Ajna:

- Do I allow myself to be open to different perspectives, or do I try to stick to one way of thinking? (Defined ajna)
- Am I comfortable with uncertainty, or do I seek mental certainty and clarity at all costs? (Open ajna)
- How do I react when someone with a strong opinion or mental certainty is around me? (Open ajna)

Week 5 - The 9 Centers part 3:

Will (Ego):

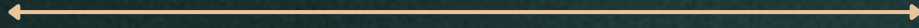
- Do i put pressure on others to show up in a certain way? (Defined Will/Ego)
- How do I feel when others expect me to compete or prove myself, especially in material or personal achievements? (Open Will/Ego)
- Am I comfortable with my level of self-worth, or do I seek external validation? (Open Will/Ego)



G:

- How do i feel about my sense of love, purpose, and direction in life? (Defined G)
- How do I respond when I'm in different environments—do I feel more grounded in some places and lost in others? (Open G)
- Am I comfortable with my changing sense of identity, or do I feel pressured to maintain a consistent sense of self? (Open G)





Head:

- Am I able to discern which thoughts and ideas are worth focusing on, or do I get stuck in mental loops? (Defined head)
- How do I handle mental pressure when I'm faced with uncertainty or doubt? (Defined head)
- Do I find myself overwhelmed by other people's questions or concerns, feeling the need to provide answers? (Open head)





Week 6 - The 7 Authorities:

► Go deep into contemplation regarding your authority:

- Do you follow your authority at all times? or do you use your mind when it is more convenient?
- Look back on your life experience, what happened when you listened to your authority and what were the consequences when you did not?
- Try to use your authority consciously when making decisions this week. What are your main challenges?

Week 7/8 - The 6 lines & 12 profiles:

► **Take some time to contemplate the conscious and unconscious lines of your profile:**

- Do you feel more identified with your conscious line, or your unconscious one?
- Do you manage to find a balance between both? or does one dominate?
- How does your body feel if your Conscious line dominates?

Some further contemplation questions for each line:

1st Line:

- How do I approach new information or experiences? Do I feel the need to deeply research before committing?
- Am I comfortable with my foundation of knowledge, or do I often seek validation from others about what I know?

2nd Line:

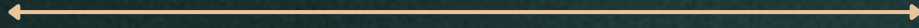
- Do I allow myself enough time for solitude and self-reflection, or do I feel pressured to engage with others?
- How do I balance my need for alone time with the expectations of being available to others?

3rd Line:

- How do I perceive failure or setbacks in my experiences? Do I see them as learning opportunities?
- Am I open to trying new approaches, or do I hold onto familiar methods out of fear of the unknown?

4th Line:

- How do my relationships impact my opportunities in life? Am I aware of the influence of my network on my personal growth?
- Do I actively cultivate connections that align with my values, or do I find myself in relationships out of convenience?



5th Line:

- How do I manage the expectations others place on me? Am I comfortable with being seen as a leader or authority figure?
- Do I feel pressure to meet the needs of others, or do I set healthy boundaries in my interactions?

6th Line:

- How do I embrace the transitions in my life? (life after 30, and after 50, if you are there already)
- Am I aware of the lessons I've learned from my experiences, and how do I share these insights with others?



Week 9/10 - Circuitry:

► Take some time to contemplate your channels:

- What kind of circuitry do you have in your chart? (Tribal, Individual, Collective)
- Can you see a pattern between the types of channels? Individual circuitry can be on and off, and very self centered, Tribal circuitry is all about others and the tribe, and collective circuitry is all about sharing your experience and expertise with others.
- Take some time to share with other students that share the same channels with you. This can bring incredible insights!



Week 11 - Variables:

► **Take a breath and rest/integrate.**

(it's been a lot of information the past weeks!)

As we mentioned in the videos, variables is an interesting topic but we feel its a subtle, easily misunderstood part of the teaching that can be left for later on in your journey.

If you feel like you are at your limit, you can take a break this week and pick this up later.

If you feel like you still have capacity for it, go ahead and compare with your fellow students, share your variable with us as well, and see if it aligns in your life!



Week 12 - Definitions & Incarnation crosses:

► Definitions bring interesting insights on our individuality, how we relate to others and also different parts of ourselves:

- Do I often seek connections with others to fill in the gaps of my understanding or to validate my experiences?
- In what ways do I experience a dynamic interplay of different identities or energies within me? How can I honor each aspect?