

The purpose of this document is to help you identify your shadows

I like a term called "Stalking yourself". It is a concept from Carlos Castaneda's teachings of Don Juan.

It means to watch yourself—to observe your own behavior with awareness and curiosity. Notice how you react in different situations. Catch yourself in the act.

It can also be called shadow-work.

How do you act automatically?

What happens when you're confronted with something uncomfortable?

Do you avoid it?

(change the topic, distract yourself with something else, leave)

Do you lie or manipulate?

(distorting, bending, or misrepresenting the truth)

Do you people-please?

(crossing your own boundaries, leaving your needs and desires aside)

Observe. Watch. Track. Then ask yourself:

What's underneath this behavior? What's driving me to do this?

You might find answers in the undefined parts of your Human Design chart. You can take HD and Gene Keys as gps coordinates for these shadows.

I practice and teach these principles because i believe it is the kind of self-accountability and integrity that is deeply needed in today's world.

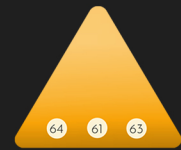
Hope you enjoy it and experience sustained growth through it.

-Luciano



1. Undefined Head

Avoids Silence → Overthinks, agrees to stop pressure, caves under mental noise.



2. Undefined Ajna

Avoids feelings of uncertainty → Adopts strong or dogmatic beliefs, pretends to know to appear smart.



3. Undefined Throat

Avoids being invisible → Says what others want to hear, exaggerates, attention-seeker.



4. Undefined G (Identity)

Avoids rejection or lack of direction → Changes personality to fit in, mimics others' values or style.



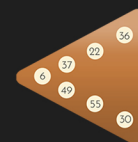
5. Undefined Ego (Will)

Avoids feeling unworthy → Over-promises, lies about abilities, people-pleases to prove worth, burns out or feels bitter.



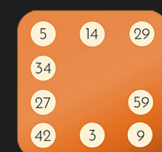
6. Undefined Emotional Solar Plexus

Avoids emotional waves → Walks on eggshells, lies to keep peace, withholds truth to avoid reactions.



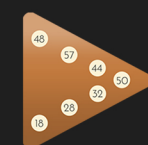
7. Undefined Sacral

Avoids pausing → Says yes to everything, fakes energy (often with stimulants) burns out. Fomo.



8. Undefined Spleen

Avoids anxiety or insecurity → Clings to things that aren't good for them to feel safe or gain false security.



9. Undefined Root

Avoids pressure to "get things done" → Rushes to please, takes on urgent tasks for validation, hides overwhelm. Burns out.

