



The Velocity Method

Human Design

What is Human Design?

It is a personal development tool based on your birth information.

Where should I start in Human Design?

Start with your type. This will help you lean into how you operate, your gifts, and your needs.

Definitions-

- **Type**- A roadmap of your gifts, needs, and how you operate best.
- **Inner Authority**- A pathway of how you make decisions best.
- **Profile**- A sign of how the world sees you and how you see yourself.
- **Strategy**- A GPS to how you make things happen.
- **Not-Self Theme**- A warning sign when you are not aligned.
- **Signature**- A sign that you are living aligned and powerful!
- **Undefined Centers**- A guide to the gifts you can curate.
 - The white centers on your body graph chart.
 - You have between 1-9 open centers.
- **Defined Centers**- A guide to the gifts that you always have.
 - The colored centers on your body graph chart.
 - You have between 1-9 defined centers.
- **Cognition**- A strong sense that guides you to manifest more.
- **Specific or Non-Specific**- A guide to how you create abundance.

- **Gates**- A map of the gifts that you were born with. These are halfway color in lines starting from an energy center on the body graph.
 - The short lines on your body graph chart are gates.
 - Each episode is a gate.
 - Most people have 8-15 gates.
- **Channels**- A map of more gifts and strengths that you were born with. These are full colored in lines starting from an energy center on the body graph.
- **Emotions**- A measure of how you feel things.