

Human Design

LIVING LIFE AS YOURSELF



Getting Started
Your guide to understanding your
chart

ANN MOLONEY

Hi, I'm Ann

So glad you're here!
You've just generated your Human Design chart, and if you're wondering "Okay, now what?"—this guide is for you.



I've been studying and living Human Design for over 12 years now, and it has genuinely changed everything for me. It's helped me understand why I operate the way I do, why certain approaches work for me while others never quite fit, and how to make decisions that actually feel right.

What I love about Human Design is how practical it is. It's not about changing who you are—it's about understanding how you're designed and working with that instead of against it.

This guide will walk you through the essentials: your Type and your Authority. These are the foundations. Everything else builds from here. Let's dive in.

“ *The privilege of a lifetime is to become who you truly are.* - C.G. Jung

Your Guide

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An introduction to your chart — what you're seeing, what's most useful to notice first, and how to begin exploring it in your own way.

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An overview of the five Human Design Types and how each is designed to engage with life. You'll begin to recognise the natural rhythm and flow of your own energy.

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01

So You've Got Your Chart

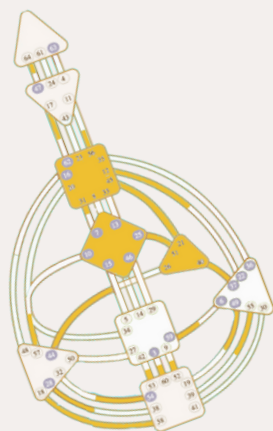
And you're probably thinking: "Okay... but what does all this mean?"

Your Human Design chart can look like a lot at first glance – it's a bit like being handed a map written in a language you don't speak yet. But you don't need to learn the whole language today.

Here's what's true: Human Design is a big system. There's a lot to explore, and it can become a lifelong journey of self-discovery. But here's what's also true: you don't need to understand everything today to get real value from it. You can learn the essentials right now—the pieces that will make an immediate difference in how you make decisions and use your energy.

First, let's quickly cover what Human Design actually is:

What is Human Design



Human Design is a system that maps how your energy naturally works—how you're built to make decisions, use your energy, and move through life with less resistance.

Your chart, called a bodygraph, is calculated from your birth date, time, and place. At the moment you were born, the planetary positions created a unique energetic imprint—your personal blueprint.

Human Design draws on astrology, the I Ching, the chakra system, and other traditions. What makes it practical is that it shows you how to work *with* your design in everyday life—understanding how your energy flows, how you're meant to make decisions, and where you're most vulnerable to outside influences.

How to Use This Guide

This guide walks you through the core components of Human Design—the pieces that make up your chart and what they tell you about how you're designed. We won't cover everything (Human Design is a vast system), but we will cover the foundations. These are the pieces that make an immediate difference.

This guide focuses on three core components of Human Design: your Type, your Authority, and your Energy Centres. These are the foundations.

Your Type and Authority are where you start, and the Energy Centres show you how your energy actually moves through your system.

Together, these three pieces give you a practical understanding of how you're designed to operate.



Start with the basics

Your Type

1

Your Type tells you how you're designed to use your energy and how you naturally interact with the world. It's practical information that shows up in how you work, how you engage with opportunities, and how you move through your day.

Your Authority

2

This is about decision-making. We're conditioned to make decisions with our minds, but Human Design shows that each of us has a more reliable inner compass. Your Authority is that compass—it's how your body and energy are designed to guide you toward what's correct for you.

The 9 Energy Centres

3

Each centre governs a specific area of life: emotional energy, decision-making, communication, intuition, life-force energy, and more. Together, these nine centres create your unique energetic map. Understanding them helps you see how different aspects of your energy work together.

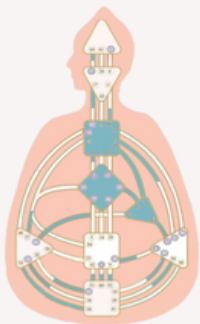
02

Your Type Navigating Your World

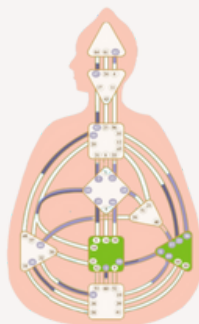
One of the most important things to learn in Human Design is your Type. This is how you are designed to interact with and navigate the world. It describes how best to use your energy to engage with others and move forward in the world. It shows you how to live in FLOW.

There are five types in Human Design, each with their own specific strategy: Manifestors, Generators, Manifesting Generators, Projectors and Reflectors. Your chart will always tell you which type you are.

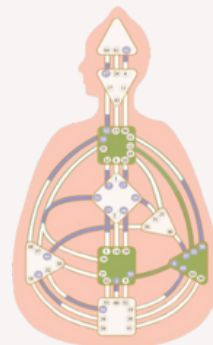
Manifestor



Generator



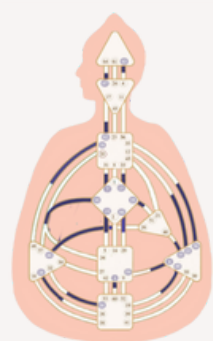
**Manifesting
Generator**



Projector



Reflector



Navigating Your World - The Types

Manifestors



Manifestors are the initiators of the world and get new things started. They are naturally innovative and future-oriented, thriving on freedom and autonomy. Their energy comes in bursts, so they're not here to finish everything they start; they need rest after a surge of creation.

Manifestors can feel frustrated or angry when they're controlled or restricted. Their power lies in making the first move, and their path to ease comes from informing others before they act — clearing resistance and creating flow.

Generators

Generators make up 75% of the world. They have unlimited access to life-force energy. They are the doers, the builders and problem solvers of the world. When Generators are doing what they love, connected to their values, and following their desires, they create more energy and life force within themselves and the world.

When a Generator is engaged in meaningful work or following their natural interests, they generate vitality for themselves and everyone around them. Generators naturally draw other people and opportunities into their energy field, so they never need to go out and look for life. Waiting can be hard for Generators, and they can feel frustrated, but life always comes to them if they wait.

The strategy for Generators is 'nothing to do' and simply to respond. Their only task is to say Yes or No to whatever life has put in front of them. This Yes/ No comes in the form of a primitive grunt from the gut, not from the mind.



Navigating Your World - The Types

Manifesting Generators



Roughly half of Generators are Manifesting Generators. They share the Generator's power to build and create but have an added capacity to initiate and make things happen.

Like pure Generators, they generate energy through doing what they love, but they tend to move faster and juggle multiple interests at once. They thrive when they have the freedom to follow their curiosity, explore new directions, and keep several things in motion.

Manifesting Generators can feel frustrated when they try to rush ahead or skip steps. Their strategy, like all Generators, is to respond — to wait for what life brings and trust their gut before acting.

Projectors

Projectors are highly attuned to the energy of the people and environments around them. They have a natural gift for seeing and understanding people and systems — for recognising how things can work more efficiently or harmoniously.

As a result, they are natural guides, leaders and teachers. However, people are not always ready to hear the wisdom of the Projector. To be heard, Projectors must wait to be recognized and invited to share their wisdom.

Projectors are non-energy types and are not designed for long-term, consistent work in the way Generators are. They thrive when they have space to rest, reflect, and use their energy in short, focused bursts.



Navigating Your World - The Types

Reflectors



The rarest of all the types, Reflectors are truth-tellers, and act as mirrors for the world around them, showing the rest of us how healthy and balanced our environment truly is.

With no defined centres, Reflectors are deeply receptive to their surroundings. They sample and reflect the energy of others and of the spaces they inhabit, so their well-being is closely linked to the people and places they're in.

Because they're so open, Reflectors need time to make decisions and space to recharge. They thrive when they're in the right environment and with people who feel good to them. When they follow what lights them up in the moment, life has a way of surprising and delighting them.

03

Your Authority

Making Aligned Decisions

Your Human Design Authority is the way you are designed to make decisions. We are all deeply unique and individual, and your Authority is how our body informs us that it knows what's best when making a decision.

Each of us has a unique way of knowing — a natural intelligence in the body that can be trusted more than the mind's reasoning. Your Authority is that inner compass, designed to lead you toward choices that are aligned with your true self.



Your Authority: Making Aligned Decisions:

Emotional Authority



Emotional Authority moves in waves. As an emotional authority, your most aligned decisions are made when you tune into your emotions and feelings. For you, there is no truth in the now and you may never have 100% clarity on the decision you're trying to make.

You experience life through emotional highs and lows, and your most aligned decisions happen when the wave settles. You're not meant to make big choices when you're caught in a feeling — whether excitement or disappointment.

Let yourself feel it all and wait until the emotion evens out. Then you'll sense what's truly right for you.

Sacral Authority

Sacral Authority belongs to Generators and Manifesting Generators. It's full-body wisdom — a deep, primal knowing, that responds to life in the moment.

Your sacral energy speaks through sounds, sensations, and gut responses — the instinctive uh-huh or uh-uh that rises before the mind has a chance to interfere.

Through this response, you know what's right for you, what boundaries to set, and which opportunities to commit your energy to. When you say yes to what truly excites you, your sacral energy grows stronger and sustains you over time.

But it's important you're responding to what excites you otherwise you won't be able to keep that energy up in the long run.



Your Authority: Making Aligned Decisions:

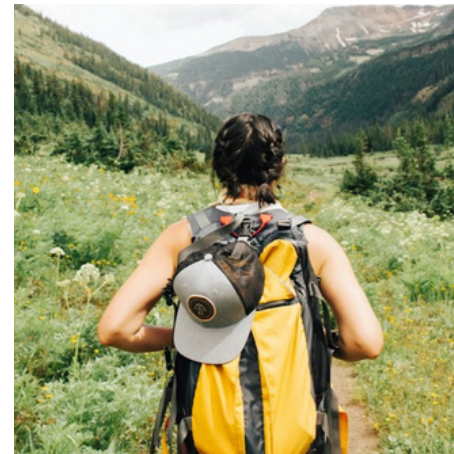
Splenic Authority



The Spleen is our oldest awareness centre — the home of instinct, intuition, and survival wisdom. If this is your authority, your body speaks to you in the moment through subtle signals: a quiet inner voice, a physical pull, or a fleeting sense of knowing. It's fast, instinctive, and cannot always be explained. You simply know what feels right or wrong for you — often before your mind has time to catch up.

Ego Authority

Ego Authority is about desire, willpower, and truth. When this is your authority, you are meant to make decisions from what you truly want — not what you think you should want. Listening to your own voice, speaking your desires out loud, helps you hear your truth clearly. The right decisions for you are the ones that come from genuine self-honouring.



Environment (Mental) Authority



If you have Environmental Authority (also known as Mental Projector), the space you're in — and the people around you — deeply affect your clarity. You're designed to make decisions by being in the right environment and talking things out with the right people. When the space feels wrong, it's a sign to move. When it feels right, your mind relaxes and clarity naturally emerges.

Your Authority: Making Aligned Decisions:

Self-Projected Authority

Self-Projected Authority is guided by your identity and truth. You find clarity by hearing your own voice as you talk things out. You are not asking for advice—it's about listening to what you say and noticing how it feels as it comes out.

Your words reveal your direction. When you speak from your true sense of self, you'll feel aligned and certain. If what you say feels heavy or disconnected, it's a sign that it's not right for you.



Lunar Authority



Reflectors have Lunar Authority, which follows the rhythm of the moon. Their clarity comes slowly, through time and reflection. A full lunar cycle—about 28 days—allows them to experience decisions from every perspective before knowing what feels right.

This doesn't mean waiting a month for everyday choices, but for the big ones—new jobs, moves, relationships—it's essential. Their process is about patience, sampling, and attuning to how life feels over time rather than rushing to decide.

No Authority

If you have no inner authority, your clarity comes from the outside world rather than from within. You find guidance by talking with trusted people in the right environment—not to be told what to do, but to hear your own truth as you speak it aloud.

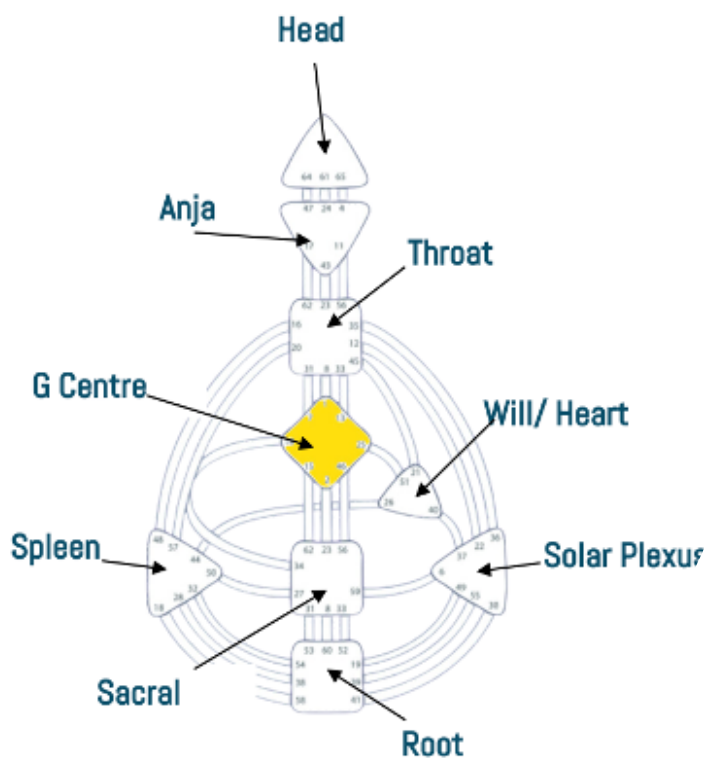
For you, the setting and company matter. When you're in a place that feels calm and with people who see you clearly, your decisions naturally become clearer too.



04

Your Energy Centres

The Architecture of Your Energy



If you look at your chart (or bodygraph) you will see that it is made up of 9 centres. They will appear as either white (open) or coloured (defined), each representing life force focal points or energy hubs.

Each centre represents a different kind of life force — from mental inspiration and communication to emotion, instinct, and vitality. Together, they form the energetic architecture of how you operate and experience life.

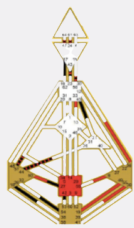
You can think of them as the body's conversation points — places where energy flows in, moves through, and expresses itself. Each centre holds a unique role — a facet of your design that shapes how you think, feel, connect, and act.

Defined Centres and Open Centres

When you look at your chart, you'll notice some centres are coloured in and some are white. The coloured centres are defined—this is where you have consistent, reliable energy. They are part of who you are all the time. This is who others recognise you to be. It's an energy you naturally project out and that has the ability to influence others. You can look on your defined centres as 'Who You Are' or your 'Self'

The white centres are undefined—these are the areas where you're open and take in energy from people and environments around you. This openness makes you perceptive and flexible, but it's also where you're most impressionable and vulnerable to conditioning.

This combination of definition and openness creates your unique energetic signature. Where you're defined is where you're consistent and reliable. Where you're open is where you're adaptable and where you take in the world around you.



Defined Centres

Areas where energy is stable & consistent.
They shape how you express yourself naturally.
Your strengths & reliable traits come from here.

Provides inner stability – you can rely on this energy.
Shapes how you influence others



Open Centres

Areas where you take in and amplify energy from others.
Flexible, sensitive, and shaped by external influences.
The source of deep wisdom – but also conditioning.

Great for learning, adapting, and experiencing variety..
Easily influenced—watch out for taking on what's not yours.

The Centres

Remember - a defined centre is coloured (any colour) and open centre is white (no colour)!

	Centre	Defined	Open
Head	The Head is the centre of inspiration and questions. It's where mental energy begins, pushing us to make sense of life's mysteries. This is where you wonder, question, and seek to understand	If it's defined, you tend to have your own way of thinking and questioning, often inspiring others with your perspective.	You may feel pressured to answer other people's questions or think about things that don't really matter to you.
Ajna	The Ajna is about processing, analysing, and forming opinions. It's the mind's engine room. This is where you process information and form your perspective.	You have a fixed way of thinking, and you're likely seen as someone with consistent mental clarity or a solid point of view	You can see things from many angles and change your mind often—which is a strength, not a flaw.
Throat	This is the centre of communication and action. It's how energy gets expressed into the world—through words, movement, or creation. This is your voice and how you manifest in the world.	If it's defined, you likely have a consistent way of expressing yourself or getting noticed.	Your voice may shift depending on who you're with. This isn't a weakness—it can make you deeply adaptable and powerful in the right context.
Heart/ Will	This is the centre of willpower, value, and material resources. It's where the push to prove and achieve lives. This governs your sense of worth and your drive to commit.	A defined Heart brings strong willpower and a desire to commit.	Willpower may come and go—you're not here to prove anything. You may thrive when you honour your own worth instead of trying to live up to expectations.
G Centre	The G Centre governs love, direction, and identity. It's about who you are and where you're going. This is your sense of self, your direction in life, and your capacity for love.	With a defined G, you may have a strong inner sense of self and direction.	Your sense of identity can change the environment you are in. You're here to explore love, purpose, and identity through others—and you become wise about what love really means.
Sacral	The Sacral is the powerhouse of life force, work, and sexual energy. This is your life-force energy and your capacity to sustain work over time.	If you have it defined, you're either a Generator or a Manifesting Generator—meant to respond to life with your gut and build things over time.	You may be more vulnerable to burnout if you try to keep up with the world around you. You're not here to do life the same way as energy types—rest is key.
Solar Plexus	This is the emotional centre, where waves of feeling rise and fall. This is where your emotions move—the source of emotional awareness and depth.	If it's defined, you have emotional authority—you're here to ride your emotional wave and take time before making decisions.	You can feel other people's emotions intensely, sometimes even amplifying them. Emotional clarity for you often comes through interaction with others.
Spleen	The Spleen governs instinct, intuition, and survival. It's the most ancient centre—quick, primal, and deeply attuned to the now. This is your instinctive knowing and your body's survival intelligence.	If it's defined, your instincts are consistent and reliable.	You are highly sensitive to fear or feel pressure to hold on to what's not healthy. But that same openness can also bring deep intuitive wisdom and finely tuned sensitivity.
Root	This is the pressure centre for action and evolution. It's like a motor that fuels movement and growth. This creates the pressure to get things done and move forward.	With a defined Root, you likely have a consistent drive to move through stress and take action.	You can feel pressured by external stress or timelines—but also have the potential to teach others how to move through pressure in a healthy way.

Your Next Step



You've learned the foundations of your design. Now it's about seeing how this shows up in your actual life.

Human Design is experiential. You'll understand it by living it, not by memorizing it. Start paying attention. Notice your energy patterns. Observe how you make decisions. See where your design is already guiding you—and where you might be overriding it.

Give yourself permission to experiment. Try following your Authority on small decisions and see what happens. Notice when you're using your energy in a way that feels sustainable versus when you're forcing something that doesn't fit. The insights come through lived experience.



If you'd like to explore your own Human Design chart in more depth, I offer 1:1 personal readings and small group sessions. These are a powerful way to gain deeper insight into how you are uniquely designed to move through the world.

You can also invite me to speak at your workplace or group event — from short talks to full-day workshops tailored to your needs.

Learn more at: www.annmoloney.com

Or get in touch directly: ann@annmoloney.com

Thank you for exploring Human Design
with me

