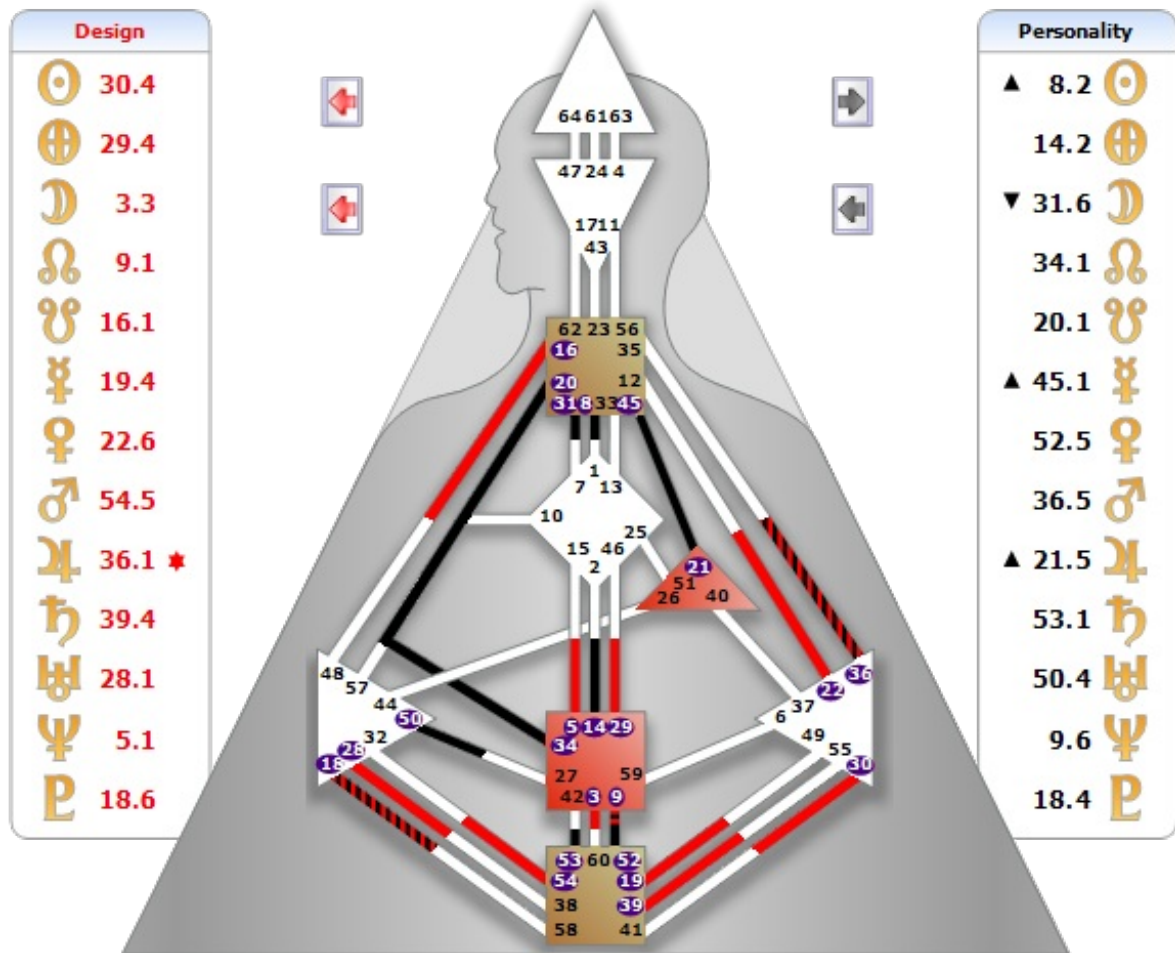


Bodygraph Report

for
Ellen Miller



Type: Manifesting Generator

Strategy: To Respond

Not-Self Theme: Frustration

Inner Authority: Sacral Authority

Born: May 16th 1975 20:59 in USA - Michigan, Midland

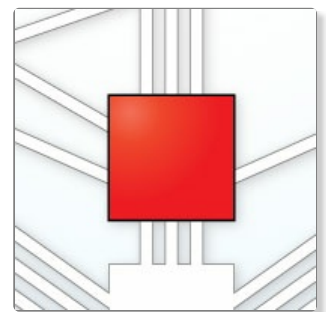
Hello Ellen Miller,

You are about to read an automatically generated interpretation of your Human Design Chart. This text provides practical information that you can apply to your own life. It outlines how your Type, Authority and Defined and Undefined Centers influence how you function in the world. Your Centers are the geometric shapes in your chart; they can either be colored-in (Defined) or white (open/Undefined). For more information about the Human Design terminology used, visit our "about the system" page at humandesignamerica.com.

Your report is divided into several sections. The first part introduces your Type, which represents your unique role in the world. Next, we cover the potential dilemmas of your Open Centers and how they can distort your Defined Centers. The third section gives solutions to those problems, talks about your gifts, and provides examples of how your chart works in a healthy functional state. When we talk about your dilemmas and potential, it is assumed that most of the time you experience some of both. The solutions in your Report are not meant to fix or change you, but rather to help strengthen your understanding of yourself as a unique being. Enjoy!

You are a Manifesting Generator, a person of activity and action. You can be naturally full of vigor and you have a direct expression of energy.

Your most powerful energy comes from your Defined Sacral Center. Your Sacral is an almost endless energy for work and dedication, and it can have powerful perseverance. You have a Defined Throat Center. The Throat represents communication and expression. The Throat is the primary bridge between internal energy systems and the outside world. As a Manifesting Generator you have a Motor connected to your Throat Center. With your energy and natural enthusiasm, it is easy to start new things and be good at them.



Your Sacral energy only has dedication when you are connected to what you are doing from deep within. With your natural enthusiasm, you can be vulnerable to getting locked into commitments that seemed like a good idea at the time, but that you don't want or like. Even though you might be skilled in these areas, if you don't have a deeper connection, at a certain point you will

lose power.

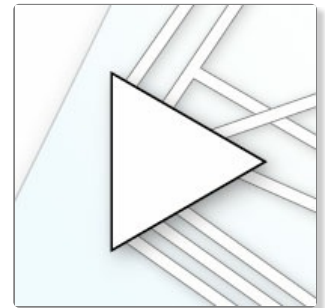
When your sacral energy is connected to what you are doing you can persevere in the face of difficulties and obstacles. Finding activities you have a natural Sacral connection to will help your power grow and be expressed in a healthy way. As you find and connect to your deeper passions, your dedication will lead to mastery, and your mastery will lead to success and satisfaction.

Doing things that you like to do seems simple enough, but there are many external influential forces pushing for other priorities; these affect your decisions. Learning to find and stand up for what feels true to you is a life long journey.

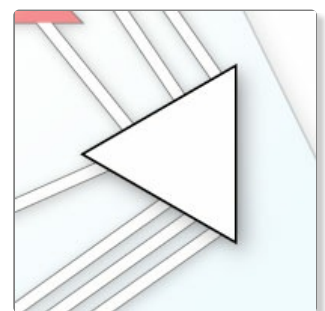
Within your process there is seduction and confusion, pulling you into behavior and interactions that compromise healthy commitments. Some of your most basic vulnerabilities can be seen through your open (white) Centers. Open Centers can represent ulterior motives: places you can be overwhelmed and driven away, or seduced into doing something other than what you truly want.

Chart Dilemmas

You have an open Spleen. The Spleen is your intuition, instincts and immune system. It keeps you safe and healthy. With an open Spleen, your health and well-being can be vulnerable. You may cling to patterns and habits that feel safe, holding on in order to maintain a sense of security. Certain people and situations bring a sense of safety and health. You can end up sacrificing much to maintain your sense of well being, or letting your need to feel safe compromise your ability to pursue your passions.

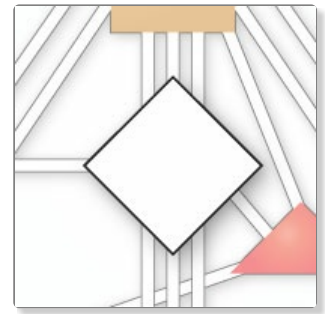


You have an open Solar Plexus Center. The Solar Plexus is an emotional Motor that generates an ever changing emotional perspective. You are receptive to the emotional energy coming from others, and it can sometimes be overwhelming. At times, taking in this energy can be an intense physical experience. You might tend to avoid interactions or commitments because you



don't want others to get upset, or to do things you don't want to do so that someone else will be happy.

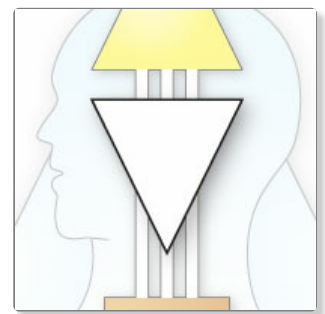
You have an open G Center. It represents an inherent sensitivity and vulnerability to the identities of others and groups. You have a lack of Definition within your identity which can be confusing, especially around others with strong identities.



Over the years, in an effort to cope with the inconsistency you experience in reaction to external pressure, you may have developed a rigid sense of identity. One of the gifts of the open G Center is having a flexible identity and being able to identify with many different kinds of people. When you hold onto a rigid and fixed identity because of a need to feel safe or fit in, your ability to make healthy decisions can become constricted.

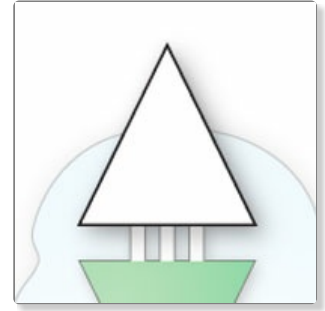
You may find yourself forcing certain interactions and situations to help reinforce who you think you need to be, while at the same time, rejecting other opportunities because they don't fit with your self image. If your identity struggle becomes a priority in your decisions and interactions, you can become lost in commitments that are not compatible with your energy, and reject opportunities and interactions that could bring you Satisfaction.

You have an Undefined Ajna Center. Your Ajna represents your conceptual mind. As an Undefined mind, your thoughts have the potential to be flexible and ever changing. You may have experienced pressure to "know what you think," and this can lead you to feel like you must solidify your thoughts. In an effort to establish your way of understanding the world, you might end up reading books and studying obsessively.



Under pressure, these self-established, self-enforced concepts can become rigid and constrictive to your decisions. Your energy is not always something you can understand, and making decisions based on a need to understand your life and be certain can lead to energetically incompatible interactions and commitments.

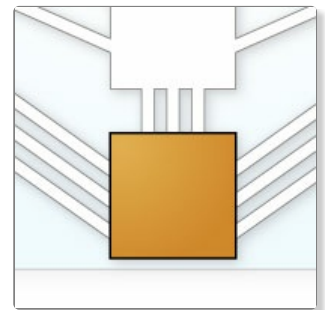
You have an Undefined Head Center, and can be open to inspiration coming from others. At times, this inspiration can be overwhelming, driving you to think constantly and compelling you to make sense of life, what is happening to you, or things that might take place in the future.



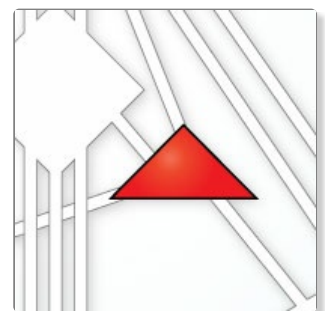
As you take in inspiration from others, you may become attached to the ideas sparked in you, leading you to make commitments based on these ideas at the expense of your energy. Despite how intriguing inspiration can be, it is not a direct path to healthy commitments or to discovering your passions. When over-prioritized, it can drive you into commitments that have little to do with your physical energy and passion, leaving you disconnected and stuck.

Your openness can negatively influence your decisions and behavior, leading to unhealthy commitments that do not serve you. Human beings are very specialized and function in a delicate balance. The Defined aspects of your chart are built to function in relationship to your Sacral energy. When you are stuck and frustrated, your Defined aspects can break down and function improperly.

You have a Defined Root Center. It is a powerful force, driving you to be active and evolve. Combined with your Defined Sacral, you have a lot of energy. When your Sacral is stuck and you lack momentum, your Defined Root can cause stress and put pressure on you to be active. If you cannot find a healthy outlet, it might push you to jump the gun and get into dysfunctional commitments in an attempt to release your energy.

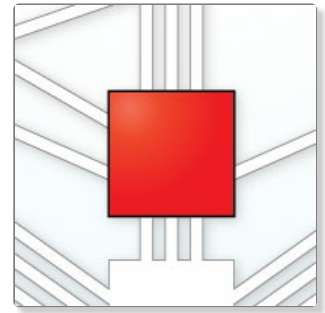


You have a Defined Heart Center. The Heart Center is a Motor driving competition and willpower. It is a supplementary energy system and does not have the consistency or staying power of the Sacral. When you cannot connect to what you are doing, and your Sacral retracts, you may end up relying on your willpower for energy. In dysfunctional situations, your willpower can become your primary energy source, which can be exhausting and wear you down over time.



Inner Authority

Inner Authority is the foundational energy or awareness that helps you find balance in your Design. Your inner Authority is the Sacral. By finding compatibility between your energy and commitments, you bring harmony to your Design as a whole. Sometimes it is easy to know what you want to do and what you don't; other times it may seem ambiguous, or external influences will confuse your ability to discern whether a specific opportunity is healthy for you or not. Your Sacral has natural reactions and responses to situations and experiences. Learning to feel and express these responses helps you gauge your energy's compatibility with various opportunities.

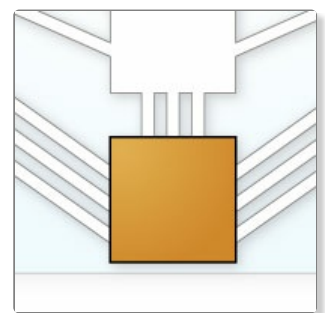


This Sacral Response happens primarily in reaction. The Sacral is not aware in a direct cognitive sense. It is an energy, and as it interacts, it fluctuates. During some activities, it will naturally surge forth, while with others, it retracts. If you are having a hard time knowing if you want to work a job, pick a school etc., getting a feel for the environment, people and activities can trigger your Sacral energy to react, giving you the information you need to make an informed decision.

Your Sacral energy functions in a cycle of expression and rejuvenation. The deeper it is expressed, the deeper it regenerates. It grows through use, and dwindles when it is stagnant. Each time you do something you can connect to, you get the chance to express your energy and your energy can grow stronger.

As your Sacral energy grows, it fills your body with vitality and provides fuel to meet challenges with strength and exhilaration. This gives you an energetic foundation that relieves pressure on your other Centers, allowing them to play their supplementary roles without stress and distortion.

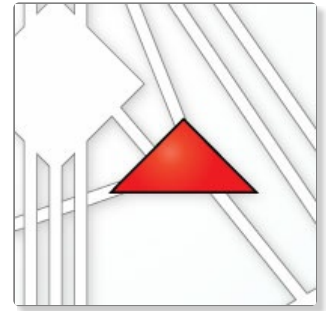
Your Defined Root Center is a powerful motivating force that fuels the movement of your Sacral energy and the rest of your Design. The energy from your Root Center can be difficult to express on its own. When you are stuck and frustrated, its pressure can build and become stressful. When your Sacral is connected to activity and



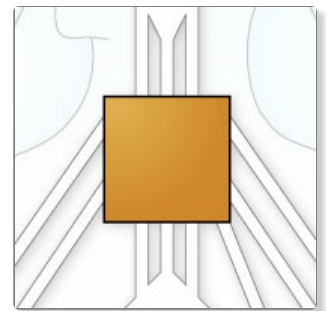
has a healthy outlet for its expression, it creates a pathway for your Root energy to find expression as well. As the root is expressed, it fills you with exhilaration and you can be permeated by a drive to evolve and grow.

When your Sacral acts as your primary energy system guiding your commitments, the pressure on your Heart Center is naturally relieved. You can then use your willpower as a supplement to your commitments.

Without being overly dependent on your Heart energy, you have the opportunity to follow the natural work and rest cycle of the Heart. With a Defined Heart, it is natural to exert willpower, but it is equally important to be able to let the Heart rest when it needs to. The Heart does not have the staying power of the Sacral. Relieving over-dependency on the Heart can be a tremendous relief for you and others in your life, and it allows the Tribal support system to function naturally.



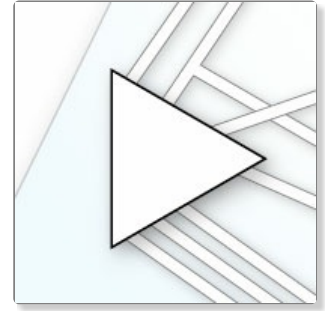
When you are connected to your Sacral's flow and expression, the articulation of your Throat Center has a foundation and context. Your voice and actions naturally express your passions. The involvement and transformations it brings supplements your Sacral commitments.



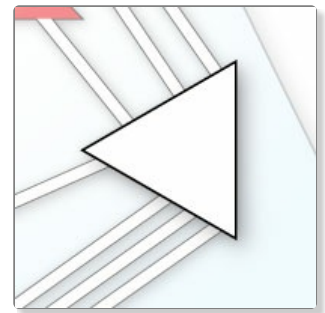
When your internal Definition is balanced and rooted in Sacral Commitment, your openness is no longer a vulnerability. You have a strong internal counterpoint, and the energy driving your life is coming from inside. The seduction and pull to identify with your openness is less present and you have internal strength to deal with outside pressure. The more you live as your unique passionate self, the more people will naturally accept you for who you are.

When you are not lost in confusion in your openness, it becomes a source of sensitivity, giving you a window to experience and feel others. When you take in others through your openness with objectivity and discernment, each open Center is a place of joy and excitement. Through experiencing the spectrum of others' feelings through your openness, you get to see and learn how these parts of life function with depth and nuance.

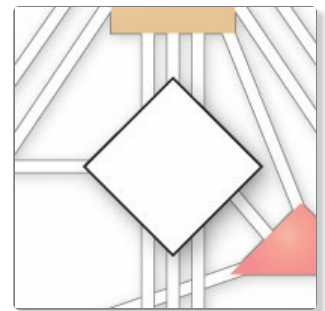
With your open Spleen, you experience the health and well-being of the people you interact with in the world around you. Rooted in your Sacral connection, you will naturally attract healthy interactions and people, bringing well-being into your life. With your sensitivity you can be a guide and healer by taking in and learning about the health of others.



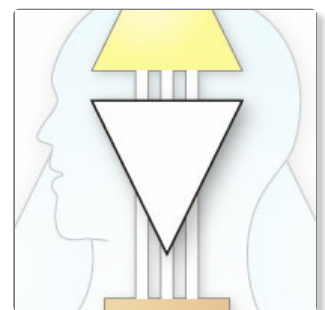
When you are in your Sacral power, emotional energy coming from others that might have been overwhelming can simply bounce off your energy. Your Sacral commitments can be a strong internal counterpoint to the emotional energy you take in from others. When you are not pushed around by the emotions of others, those feelings can be a joy to participate in. Through objective participation in the emotional experience of others you can find a healthy expression of your own feelings.



Your open G Center is a window into the identities of others. As you take in, observe, and experience various identities, you can find a healthy expression of your own identity. Groups of people can bring direction to you, and when their direction and love for who they are align with your Sacral commitments, they bring direction and meaning to your work. Your objectivity to the identities of others gives you flexibility, and through diverse experiences, you gain wisdom about the deeper nature of direction and love.

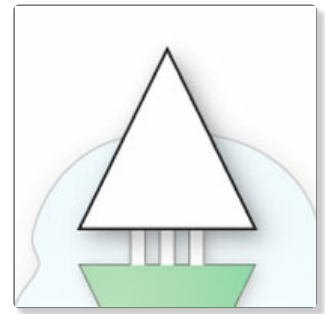


When you feel lost and can't find an outlet for your energy, there can be incredible pressure on your mind to understand your situation and find a solution. When you have a healthy Sacral connection, life becomes simpler; you experience consistent progress and a connection to your goals and passions fueled by a non-cognitive process. When your open Ajna is not under pressure, your thoughts can flow freely. Thinking is a joy and there is no need to be certain about anything. This free state of thinking naturally turns your focus outward, seeing the connections in life and the perspectives of others. The versatility of the open mind can allow you to create dynamic connections



in thought. When your thoughts flow naturally, your adaptive intelligence helps organize the framework of thought in the people around you.

With objectivity, you can let the Pressure of inspiration from your open Head Center come and go without chasing after it or being overwhelmed by it. Sometimes it is there and other times it is not. Without relying on it, you can choose what inspiration to take part in. As you experience a range of inspiration from others, you can begin to see what inspiration is valuable and what drives people into mental turmoil. You can help people with Defined Head Centers focus their inspirational drive in directions that are meaningful to others.



All the aspects of your chart can also work in harmony. As a Manifesting Generator, your primary focus point is your Sacral - your work and energy. When your Sacral has strength and momentum, the rest of your chart comes into balance in relationship to it.

Within each of us is incredible power. As your Sacral energy builds, it becomes an almost endless source of energy and dedication. It is the energy of vitality itself, and can fill you with life force, rejuvenating and exhilarating you and your body. It is pure passion in action, and can lead to the deepest mastery as its dedication perseveres year after year. Your Sacral power takes a lot of energy to express, and when you have finally reached a point of exhaustion, there is a deep satisfaction that permeates your body.

This Report only covers some of the most basic concepts of the Human Design System. If you would like to get a complete Human Design reading, find a certified analyst at humandesignamerica.com/professionals. For more information and resources visit our about the system page or web store at humandesignamerica.com.