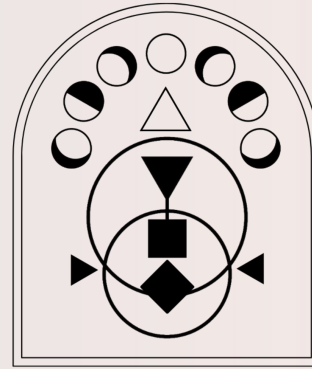


HD MASTERY



# PROGRAM OVERVIEW

# CURRICULUM OVERVIEW

## WEEK 1

**START: WELCOME**

**LESSON 1:** Introduction to HD

**LESSON 2:** The 5 Energy Types

## WEEK 2

**LESSON 3:** The 5 Strategies

**LESSON 4:** The 7 Authorities

**LESSON 5:** Alignment Themes

## WEEK 3

**LESSON 6:** The 6 Lines & 12 Profiles

**LESSON 7:** The 5 Definitions

**LESSON 8:** The 9 Centers

## WEEK 4

**LESSON 9:** The 64 Gates

**LESSON 10:** Incarnation Crosses

**LESSON 11:** The 36 Channels

## WEEK 5

**LESSON 12:** Circuitry

**LESSON 13:** The Variables

## WEEK 6

**LESSON 14:** Reading Charts

**LESSON 15:** Your HD Practice

**LESSON 16:** Bonus Lessons



WEEK 1

# WELCOME

## ***Drops week 1***

We kick off our journey by getting to know you, reviewing the program, and setting yourself up for success.

## LESSONS

- Welcome to HDM
- Program Overview
- Your Community Portal
- How you Learn Best by your HD

## MATERIALS

- Getting Started Checklist
- Flash Cards
- HDM Study Guide
- IG Social progress



# LESSON 1: INTRODUCTION TO HUMAN DESIGN

## *Drops week 1*

We begin with diving into what Human Design is, an overview of chart basics, the origins of the HD system, and how to share about HD with people unfamiliar.

## LESSONS

- What is Human Design?
- Human Design Origins
- Dissecting a HD Chart

## MATERIALS

- Chart Overview Quiz
- Neutrinos Video



# LESSON 2: THE 5 ENERGY TYPES

## *Drops week 1*

In this lesson, we discuss the core piece of HD: energy type. We review all five types, their gifts, challenges, misunderstandings, how to spot each type in a bodygraph, and how to support each type in all areas of life: at work, in relationships, as children, and as parents.

## LESSONS

- Overview of Energy Type
- Manifestors
- Generators
- Manifesting Generators
- Projectors
- Reflectors

## MATERIALS

- Energy Type Quiz
- Energy Type Cheat Sheet



WEEK 2

# LESSON 3: THE 5 STRATEGIES

## *Drops week 2*

In this lesson, we discuss each energy type's unique strategy and how to use it to optimize ones energy the best.

## LESSONS

- Strategy Overview
- Manifestor Strategy
- Generator Strategy
- Mani Gen Strategy
- Projector Strategy
- Reflector Strategy

## MATERIALS

- Strategy Quiz





# LESSON 4: THE 7 AUTHORITIES

## *Drops week 2*

In this lesson, we go through all 7 authorities in depth, explaining how to tap into yours to make decisions, how to support people with specific authorities, and more.

## LESSONS

- Authority Overview
- Emotional Authority
- Gut Feelings Authority
- Instinctual Authority
- Willpower Authority
- Voice Authority
- Environ(mental) Authority
- Lunar Cycles Authority

## MATERIALS

- Authority Quiz



# LESSON 5: ALIGNMENT THEMES

## *Drops week 2*

In this lesson, we go over alignment themes - which is how we know when we're on track or not. We discuss the bread and butter of Human Design: using your Strategy & Authority and how that leads to alignment.

## LESSONS

- Signature Themes
- Not-Self Themes
- The Art of S&A

## MATERIALS

- The Alignment Journal



WEEK 3

# LESSON 6: THE 6 LINES & 12 PROFILES

## ***Drops week 3***

In this lesson, we discuss the 6 lines and 12 profiles. We examine how to use this information for purpose, business, and daily life.

## LESSONS

- Profile Overview
- Lines 1-6
- All 12 Profiles

## MATERIALS

- Profiles Quiz



# LESSON 7: THE 5 DEFINITIONS

## *Drops week 3*

On this lesson, we discuss definition and how that shows up in work, relationships, and with taking in information.

## LESSONS

- Definition Overview
- Independent (Single) Definition
- Collaborative (Split) Definition
- Synthesizing (Triple Split) Definition
- Subjective (Quadruple Split) Definition
- Objective (None - Reflectors) Definition

## MATERIALS

- Definition Quiz



# LESSON 8: THE 9 CENTERS

## *Drops week 3*

In this lesson, we do a deep dive into all 9 centers (defined, open, and undefined) in Human Design, exploring their wisdom, shadows, misunderstandings, and alignment tools for each center.

## LESSONS

- Centers Overview
- Defined vs. Undefined
- Head Center
- Mind Center
- Throat Center
- Identity Center
- Heart Center
- Sacral Center
- Spleen Center
- Emotional Center
- Root Center

## MATERIALS

- Centers Quiz



WEEK 4

# LESSON 9: THE 64 GATES

## *Drops week 4*

In this lesson, we cover all 64 gates. We review each gate's high and low expression and the gift they carry. This is our most extensive lesson, as it covers gates, gate lines, and planetary themes.

## LESSONS

- Gates Overview
- Head Center Gates
- Mind Center Gates
- Throat Center Gates
- Identity Center Gates
- Heart Center Gates
- Emotional Center Gates
- Sacral Center Gates
- Spleen Center Gates
- Root Center Gates

## MATERIALS

- Gates Quiz
- Gates PDF
- Gate Lines PDF





# LESSON 10: THE 192 INCARNATION CROSSES

## *Drops week 4*

In this lesson, we discuss all 192 incarnation cross. We review profile and the differences between right angles, left angles, and juxtapositions, and all 192 incarnation crosses. We examine how to use this information for purpose, business, and daily life.

## LESSONS

- Incarnation Cross Overview
- Right Angles
- Juxtaposition Angles
- Left Angles

## MATERIALS

- Incarnation Cross Quiz
- IC Worksheet
- IC PDF Guide



# LESSON 11: THE 36 CHANNELS

## *Drops week 4*

In this lesson, we review the 36 channels and the high and low expression of the channel, channel types, emotional waves, format channels, energy between centers, and the channel's greatest lessons.

## LESSONS

- Channels Overview
- Emotional Waves
- All 36 Channels between Centers

## MATERIALS

- Channels Quiz
- Channels PDF



WEEK 5

# LESSON 12: CIRCUITRY

## *Drops week 5*

On this lesson, we discuss the bodygraph as a circuitry, reviewing how energy flows between centers and circuitry.

## LESSONS

- Circuitry Overview
- Collective Circuit Group
- Individual Circuit Group
- Tribal Circuit Group

## MATERIALS

- Circuitry Quiz



# LESSON 13: THE FOUR RADICAL TRANSFORMATIONS (VARIABLES)

## *Drops week 5*

In this lesson, we discuss the Primary Health System (aka variables, aka the four transformations, aka the arrows). We will explore digestion, food, information, exercise, movement, consistency, environment, perspective, view, and motivation.

## LESSONS

- Variables Overview
- Digestion Overview
- All 12 Digestions
- Strongest Sense Overview
- Environment Overview
- All 12 Environments
- Perspective Overview
- Motivation Overview

## MATERIALS

- Variables Quiz



WEEK 6

# LESSON 14: READING CHARTS

## *Drops week 6*

In this lesson, we discuss how to read charts for different types of readings and scenarios. This lesson is designed to set you up for success when it comes to performing a reading.

## LESSONS

- Structuring a Reading
- How to Read Every Aspect of a Chart
- Reading Someone Based on their HD
- Reading for Teams
- Reading for Families
- Reading for Couples
- Reading for Business Partners
- Reading for Friends

## MATERIALS

- Example Readings
- Case Studies



# LESSON 15: YOUR HD PRACTICE

## *Drops week 6*

This lesson is about setting your HD practice up for success. This I is designed to support your thriving HD business. It includes how to price your sessions, sharing about your new endeavor, becoming a reader under TDOY, and my favorite tools for a thriving HD business.

## LESSONS

- Good and Bad Reader Practices
- Marketing Yourself Based on Your HD
- Tools for your Practice
- Ethics and Responsibility

## MATERIALS

- Affiliate Codes





# BONUS LESSONS

## *Drops week 6*

I've created several bonus lessons on topics intertwined into HD, such as new paradigm, transits, connection charts, deconditioning, etc.

## LESSONS

- Deconditioning
- Connection Charts
- Embodying your Design
- New Paradigm
- Animal Charts
- Dreams
- Sleeping by Design
- Exercising by Design
- Parenting by Design
- Transits
- Biology of a HD Chart

## MATERIALS

- Center Meditations





# THE DESIGN OF YOU

HUMAN DESIGN READINGS