

THE SCHOOL OF
manifestation

*A Comprehensive Guide
To Designing a Unique and Aligned
Ritual Practice for Your Design*

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*About Human Design +
Ritual Practice*

Intro



When I found Human Design I was met with an insatiable hunger to learn more and more about this mystical system that just seemed to deeply resonate with my soul. The system is complex. It combines ancient (and in their own right expansive) modalities like the Chinese I'Ching, the Hindu-Brahmin Chakra System, the Sephirot of the Kabbalah, and Western Astrology and then layers them with modern sciences like Biochemistry, Genetics, Quantum Mechanics, and Astronomy. This composite system in its magnitude can be off-putting and confusing for some and so as someone who finds the learning magnetic and inspiring, I've made it MY work, to share this system and to make it relatable so that others can benefit from its sheer force and power, without being bogged down in the confusing display of lines, colors, shapes, numbers, and arrows. It's my goal to make it not only palatable, but impactful. As with any personality system or practice, I urge you to take what you need and what resonates from this system and leave the rest. You will find some things land immediately, and some things take a lot of introspective digging and that's okay! It's a complex and infinite practice and all answers need not be uncovered immediately.



How to Use This Guide



Ritual practices create an isolated time for you to play and experiment in your own energy. Because of this, it's important to choose rituals that actually *SERVE* the most unique aspects of yourself, not just things you think you "should" do, based on how you show up in society.

Rituals need not be the 5am grueling wake up call that the internet makes it out to be. The secret is that even though there are many people who have had success from their *own* rituals and 5am wake up calls and workouts and hours on the meditation cushion-- not everyone will get the same results. The more we tailor our rituals to our own unique energetic frequencies, the better our chances are of getting aligned output.

So, here's your permission slip-- you don't need to do it like that guy you follow on twitter, or your hot yoga teacher, or the way your parents taught you when you were younger. All you need to do, is make sure you are nourished by what *you* choose.

My mission is to show you how to take parts of your Human Design chart and create a life perfect for your own unique energetic rhythms. Ritual practice need not happen first thing in the morning. It need not look the same for everyone. You can take magical elements from everything you've learned and curate your own practices, inviting new ideas in for an experiment, and releasing ideas and practices that are no longer serving you in the moment. For some of us, consistency is helpful and pushes us forward, for others of us, we don't have consistent and reliable energy and aiming for consistency makes us feel like we're not enough.

Human Design reminds us that duality is not only possible, it's inevitable. It shows us first hands where we are contradictions of ourselves. It shows us that we have contradicting energy patterns, strengths, and ideal methods. Give yourself space to explore those contradictions, and allow them to show up in your rituals as well.

P.S. A reminder: there's no wrong way to ritual. If making your morning cup of coffee/matcha/cacao/etc brings your flow and joy, that's great. Let go of the need to white-knuckle yourself through your rituals. All they need to do, is bring you (and you alone) joy.



*What chart elements we can
look at to reflect on aligned
ritual practices...*

Arrows

VARIABLE OVERVIEW

The arrows on either side of your Head and Ajna centers (red on the left side, and black on the right side), are what we call VARIABLE. They are extremely sensitive to birth time differences, so it's important to make sure you have your birth time correct, or experiment with how these move inside of a time window and feel for you if you don't have your exact birth time. They each correspond to a different part of how we show up in the world.

The arrows on the left are representative of your design and your unconscious mind, or your body. The arrows on the right are representative of your personality and your conscious mind. When these arrows point to the left they represent more masculine energy (rigidity, structure, consistency), and when they point the the right, they represent more feminine energy (flow, inconsistency, creativity).

Understanding the mix that exists in your chart and removing any conditioning that contradicts what your chart says and what you experience in your life, will help you get to the heart of how to stay, work, play, and live inside your own unique zone of genius and which rituals will help you lean into a life of deeper flow.



Digestion

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Left side, upper arrow

The upper arrow on the left side has to do with DIGESTION of food, knowledge, information, energy. When this arrow points to the LEFT on our charts, we actively digest which translates into needing consistency, structure, repetitiveness, routine, and the predictability of our next step. People with this might enjoy ritualizing meal times or the way they consume news or reading materials.

When this arrow points to the RIGHT on our charts, we passively digest, which translates into needing freedom from routine, craving and experiencing variety and absorbing the nuances of information that we take in. People with this might prefer to create a sort of "ritual grab bag" allowing them to flow into/eat/read whatever works and feels best in that moment.



Environment

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Left side, lower arrow

The lower arrow on the left side represents ENVIRONMENT. When this arrow points to the LEFT on our charts we are meant to be observed. This translates into being part of a consistent and predictable habitat that can be worked in and improved. An alter or sacred space is important for you if you have this, and when you are away from your consistent environment, your rituals will keep you grounded.

When this arrow points to the RIGHT on our charts we find more inspiration, creativity, and flow in new places. It also means that our thoughts are a fluid ecosystem.

The new space itself is the lesson itself that is to be learned and explored. If you have this, try each ritual practice you choose in a new location or setting to see how it feels.



Awareness

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Right side, upper arrow

The upper arrow on the right side represents AWARENESS. When this arrow points to the LEFT on our charts we are dominated by a logical mind. We recall specific bits of information easily, and enjoy looking at facts, numbers, statistics, and patterns. Our thinking is sometimes limited to factual thoughts. Finding proof of the efficacy of rituals will be important for people with this arrow pointing left.

When this arrow points to the RIGHT on our charts we are creative thinkers motivated by concepts, art, fantasy, beauty, and hidden meanings. Recalling the specifics of facts is not a strength. Brainstorming and exploring our creative consciousness will be important for people with this arrow pointing right.



Manifestation

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Right side, lower arrow

The lower arrow on the right side represents MANIFESTATION. When this arrow points to the LEFT it means that we are specific manifestors. When calling in what we desire, our favorite tools are lists, visualization, and mood boards. Just voicing the specificity of the desire creates excitement. And saying "No" to things that are not precisely what you desire, is highly effective.

When this arrow points to the RIGHT on our charts we are non-specific manifestors and feel that sharing general themes of what we're looking to manifest is more effective. For non-specific manifestors, letting the universe answer to a larger theme lends to a higher vibe experience.



A FEW OF THE 9 CENTERS TO CONSIDER
AS YOU CREATE YOUR RITUALS

Head Center

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Take a look at your chart and look at the shape at the top— a triangle called the Head center.

If it's DEFINED (or the color yellow) you have consistent and reliable access to inner inspiration. You are inspired by things within you, and you are meant to share that inspiration with others in a fixed and reliable way. If it's UNDEFINED (or the color white) you have inconsistent and unreliable access to innate inspirational energy, but you are incredibly open-minded and have the innate ability to be inspired by everything around you. It means that some of us are meant to engage with the world by offering inspiration and some of us are meant to engage with the world by being inspired.

Neither is better or worse. It just is. And if you're sitting there thinking, "but I have an undefined Head center and I really WANT to be inspiring to others..." I'm here to tell you that being inspired by infinite things is a superpower in itself. You have the ability to tell everyone around you why they inspire you (hi coaches and leaders!), you have an innate ability to be open-minded and judicious, and best of all your BEING inspired is electric and contagious and magnetizing! If you're sitting there thinking, "but I have a defined Head center and I really don't love the spotlight or the pressure of having to inspire others...", I'm here to tell you that the stage of inspiration need not be a Tony Robbins event with blaring music and jumping fans. The stage of inspiration can be 1:1 and even more subtly can be the INNER inspiration that happens only inside yourself.

In terms of your ritual practices...If you have an open head center, create allowances if you tend towards more strict and consistent rituals, to be inspired by other activities, people, and opportunities. If you have a closed head center, turn inwards to understand what inspires you to create and manifest each day.



A FEW OF THE 9 CENTERS TO CONSIDER
AS YOU CREATE YOUR RITUALS

Heart Center

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The smaller triangle in the mid-right side of your chart is called the Heart center. The Heart center governs consistency, willpower, and competitiveness.

If your HEART center is DEFINED: You like to be in control of what you have and how you live your life. You have consistent access to willpower and unless conditioned otherwise, are able to make and keep promises easily. It is energetically aligned for you to keep and maintain consistent ritual practices.

If your HEART center is UNDEFINED: You are not designed to be willful and competitive which can be tough in a world that constantly urges us to be better and do better! An undefined heart's power and wisdom comes from understanding that they have nothing to prove to the outside world (or themselves!) Rituals should be nurturing and internally healing with minimal focus on consistency or competitiveness. Rituals should feel easy and come with a natural sense of flow.



A FEW OF THE 9 CENTERS TO CONSIDER
AS YOU CREATE YOUR RITUALS

Root Center

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The square shape at the base of the Human Design chart is called the Root center. The Root center is the center of momentum.

If your ROOT center is DEFINED: You have a fixed way of dealing with stress and moving ahead in the world. How you do execute these progressions depends on whether your Root is defined (attached to by a channel) to the Sacral, Spleen, and/or Solar Plexus Centers. With the Root and Sacral centers defined to one another, movement is often a good basis for ritual. With the Root defined to the Spleen, any activity that ignites your intuitive capabilities will be nourishing. When the Root is defined to the Solar Plexus, journaling, or speaking about your emotions is a great ritual to adopt.

If your ROOT center is UNDEFINED: You absorb and magnify stress and momentum from your environments. Once you are able to dial into your chart and understand that the stress or momentum you feel is likely not your own, you can avoid being affected or moved by it. Ritual practice that calls you to look inward will be best done alone and in quiet spaces where you can be certain you aren't stressed or moved by the energy of those around you.



*Mapping out our
ritual practices*

Rituals I personally love, and you might consider include...

but are not limited to:

Journaling

Meditation

Breathwork

Ecstatic Dance

Nature Walks

Voice Note Vents

Grounding

Salt Baths

Truly anything that makes my heart light



Journal Prompts

How do any current ritual practices support your energy according to what you've learned about your chart?

How do any current ritual practices detract from your energy according to what you've learned about your chart?



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Lined writing area containing 20 horizontal lines for text input.



Ready for More?

Follow @theschoolofmanifestation on Instagram for daily prompts to enhance your ritual practice

If you want to learn more about how to use your unique Human Design to manifest, join us in the School of Manifestation.

It's not about hoping and praying and wishing life to be the way you're dreaming. It's about understanding exactly who you are and aligning *that* with exactly what you want.

JOIN ME ON THIS PATH TOWARDS EASEFUL MANIFESTATION

THE SCHOOL OF
manifestation

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