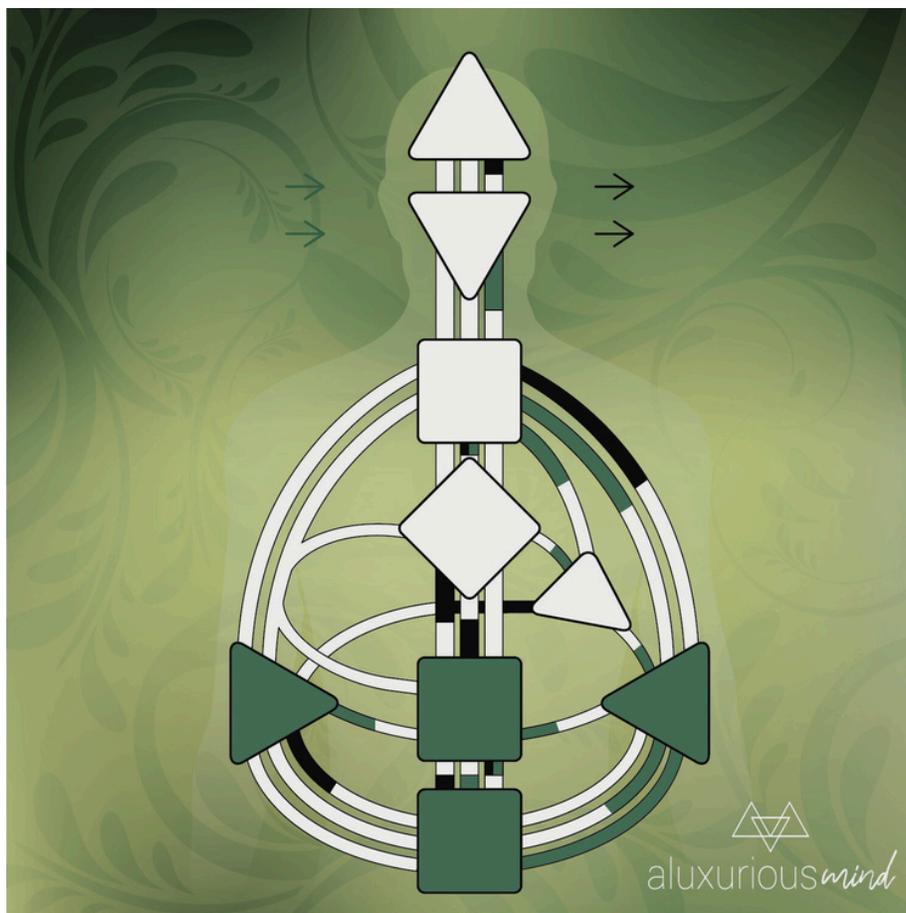


HUMAN DESIGN CHANNELS CHEAT SHEET

Includes Hyperlinks to Online Articles for each Channel



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CHANNELS CHEAT SHEET

Channel of Inspiration 1-8 (G-CENTER to THROAT)

- They are here to model what it means to be a self-expressed, creative individual. They inspire new directions in others and free them to express their uniqueness creatively, like the pianist whose extraordinary performance inspires others to take piano lessons.
- **Challenge aspect** - This channel lacks a built-in social adeptness, and they need to develop the skills needed to effectively communicate what they are here to contribute, which includes cultivating patience to wait for the correct timing to do so.

Channel of the Beat 2-14 (G-CENTER to SACRAL)

- This person is able to sustain their own creative efforts, or materially provide for and encourage others in their own creative direction.
- **Challenge aspect** - If they attempt to chase after their destiny, they may end up feeling lost and frustrated.

Channel of Mutation 3-60 (SACRAL to ROOT)

- This person is a force for change that depends on their ability to accept limitations and transcend the confusion of new beginnings.
- **Challenge aspect** - Being patient and understanding that the things that are not yet ready to come through will emerge when the time is right – this is the limitation that must be accepted.

Channel of Logic 4-63 (AJNA to CROWN)

- These individuals have a skepticism that must be resolved by a logical experimentation process that leads to proof. There is little room for unsubstantiated belief in this person. An answer is just an answer until a consistent reliable, practical, and provable pattern emerges from it.
- **Challenge aspect** - When their busy mind is unable to resolve a question and release mental pressure without meeting resistance, they may become anxious.

Channel of Rhythm 5-15 (SACRAL to G-CENTER)

- This energy is about aligning humanity with nature and creating flow in life. This archetype begs us to exert our free will but to remember that we are deeply tied to the natural world.
- **Challenge aspect** - If they live in a way that is not aligned with their innate timing, they may find themselves disrupting everyone's flow starting with their own.

CHANNELS CHEAT SHEET

Channel of Mating 6-59 (SOLAR PLEXUS to SACRAL)

- This person can facilitate closeness and can see the potential for connections between individuals.
- **Challenge aspect** - If conditioning (spontaneity) has occurred and they ignore their sacral response and do not wait to find clarity over time (emotional wave), it can create confusion and complicate their social interactions.

Channel of the Alpha 7-31 (G-CENTER to THROAT)

- They can be incredibly influential and have the potential to lead others from a place of earned trust. People want to know the way they do things.
- **Challenge aspect** - They may not see themselves as a leader and may need encouragement to step up as a leader. Are they afraid of seeing themselves that way? Do they have blocks here?

Channel of Concentration 9-52 (SACRAL to ROOT)

- This individual takes action that is well thought through. They do not act for the sake of it.
- **Challenge aspect** - This individual may find themselves restless or depressed if there is nothing worthwhile to concentrate on.

Channel of Exploration 10-34 (G-CENTER to SACRAL)

- They are here to live their unique life without interference or resistance from others they should follow their convictions no matter how unusual they are. The more they can individuate themselves the more they help society move forward.
- **Challenge aspect** - Not judging their natural charisma and truly trusting their inner convictions

Channel of Awakening 10-20 (G-CENTER to THROAT)

- They have a deep capacity for spiritual awareness, empowerment, and self-love. They are a voice for self-love in the world - love of life begins with a love of self; learning to love the self and their truth. This is an energy that requires awareness and often serves as the teacher of self-empowerment and enlightenment.
- **Challenge aspect** - The lessons they are here to share can only be shared when someone asks for it.

CHANNELS CHEAT SHEET

Channel of Perfected Form 10-57 (G-CENTER to SPLEEN)

- Here to create what they love and love what they create. They have the ability to survive in the now and think on their feet.
- **Challenge aspect** - They can be unapologetically selfish and self-absorbed in their own process.

Channel of Curiosity 11-56 (AJNA to THROAT)

- Their creativity and style of presentation become magical when they weave together ideas and stories from their reflections on what it means to be a human experiencing life. They have a gift for taking a sequence of ideas and creating a story that can teach or entertain an audience.
- **Challenge aspect** - They have to understand that the story is not for themselves and the stories they share need to be invited.

Channel of Openness 12-22 (THROAT to SOLAR PLEXUS)

- This person knows when to use their warmth and social skills to get people's attention, as well as how to get close enough to them for their words to be a catalyst for loving change in the lives of others.
- **Challenge aspect** - The key for these people is to wait until they feel like interacting socially. If forced into situations in the low ebb of their wave they may be misunderstood.

Channel of the Prodigal 13-33 (G-CENTER to THROAT)

- This person will guide others by listening to stories and processing or ruminating on them to turn them into wisdom.
- **Challenge aspect** - The challenge is timing. There may be a pressure to reveal their secrets before their time OR remain so private that no one will ever hear them.

Channel of Wavelength 16-48 (THROAT to SPLEEN)

- When their passion is combined with long-term dedication to refining their talents, the mastery of the pattern frees them to express their own unique wavelength.
- **Challenge aspect** - The talents in this channel are expressed through practice over time but there is a struggle for resources and money because they have to be seen to be supported.

CHANNELS CHEAT SHEET

Channel of Acceptance 17-62 (AJNA to THROAT)

- They have a highly sought-after gift for logically organizing things such as business processes, events, or projects yet they may not be particularly interested in keeping their own space neat and in order.
- **Challenge aspect** - There may be times when they speak to share without waiting to be invited which may increase the resistance of their audience to receive the information.

Channel of Judgment 18-58 (SPLEEN to ROOT)

- This person can spot what needs to be corrected and has a nose for how things can be a better version of themselves.
- **Challenge aspect** - They MUST wait for recognition if they have this channel. If they do not wait, then they run the risk of being perceived as critical by others and no one likes to be criticized.

Channel of Synthesis 19-49 (ROOT to SOLAR PLEXUS)

- Being sensitive to the spiritual needs of others.
- **Challenge aspect** - They want to be needed and they want to give support - this is critical to their happiness.

Channel of Charisma 20-34 (THROAT to SACRAL)

- This individual is designed to speak their truth in the now - without thinking about what it means or processing it. They should not question their truth. Just speak it.
- **Challenge aspect** - They may think they need to stay busy for the sake of it and then become frustrated with their sense of accomplishment or become exhausted.

Channel of the Brainwave 20-57 (THROAT to SPLEEN)

- They can think on their feet and may speak spontaneously by sharing intuitive knowledge about the core truths of a situation.
- **Challenge aspect** - Overcoming a fear of the unknown by learning to listen to, act on, and trust their intuitive impulses completely, moment by moment.

Channel of Money 21-45 (EGO to THROAT)

- This individual knows what needs to be done to have more money and innately has an instinct to create money for themselves and others. They know how and are satisfied by putting money to work.
- **Challenge aspect** - Having control and not being controlled is important for this individual and the secret to their success lies in attaining a level of independence. Even if they are not in control of everything around them they need to feel as if they are.

CHANNELS CHEAT SHEET

Channel of Structuring 23-43 (THROAT to AJNA)

- These individuals have come back with an agreement with the light to see the new way of doing things. They take the risk and they must learn the right time and the right audience. When they express ideas that are understood by others successfully they are considered geniuses, and if they are misunderstood, they seem like "freaks".
- **Challenge aspect** - They must learn two very important things: Speech skills and patience. Speech skills to reach the audience and the patience to wait for recognition so their audience is ready to hear what they have to say.

Channel of Awareness 24-61 (AJNA to CROWN)

- This individual will have sudden aha's about mysterious things and can make sense of these insights. It hits right into the core of their being.
- **Challenge aspect** - They cannot control their "knowing" and they must understand that the "knowing" just happens when it does.

Channel of Initiation 25-51 (G-CENTER to EGO)

- They can recognize a person's potential for individuation and, when invited, provide the "shock" that is needed to initiate and empower the other person toward it.
- **Challenge aspect** - Initiating individuation is a mystical process and cannot be controlled. It will be a by-product of living true to yourself. If you seek to initiate others without their invitation, they may fail, leaving you resentful and unfulfilled.

Channel of Surrender 26-44 (SPLEEN to EGO)

- This individual is incredibly sensitive to the material needs of others and will know what they need before they know they need it.
- **Challenge aspect** - This channel works best when they wait until the market (or their tribe/family) recognizes their gifts, pledges its support, and asks them to promote themselves or their product on behalf of the tribe/family.

Channel of Preservation 27-50 (SACRAL to SPLEEN)

- People with this channel are very in tune with what they and/or others need to feel good in the moment and they're willing and able to do something about it.
- **Challenge aspect** - This individual is capable of assuming a lot of responsibility and taking on too much. They should always lean on their strategy and authority to decide which responsibilities to take on.

CHANNELS CHEAT SHEET

Channel of Struggle 28-38 (SPLEEN to ROOT)

- This channel brings with it a change of direction that is away from the status quo. This person can stand up for what they feel is right.
- **Challenge aspect** - This path is not always comfortable or well received by others so rather than letting their mind choose their battles they need to lean on strategy and authority.

Channel of Discovery 29-46 (SACRAL to G-CENTER)

- They have an ability to see things through and succeed where others may fail.
- **Challenge aspect** - There is no "changing horses in the middle of the stream" for this person and there is no looking back, so a clear commitment through strategy and authority is vital to ensure an outcome that brings satisfaction.

Channel of Recognition 30-41 (SOLAR PLEXUS to ROOT)

- This channel is about divine inspiration in creativity. This person may feel very in touch with the divine when they are creating.
- **Challenge Aspect** - There may be a strong pressure to be recognized by intense or deep feelings. This can lead to the ability to leap from lack of experience into experience running full bore.

Channel of Transformation 32-54 (SPLEEN to ROOT)

- Ambition that is fueled by consistent effort and motivated by a desire to be recognized to better one's position in life.
- **Challenge aspect** - This channel knows that only a transformation that endures over time has value, and for the change to endure it must have the support of its tribe.

Channel of Power 34-57 (SACRAL to SPLEEN)

- When in their full power (self-empowered) this individual has a finely tuned to survival - independence, alive, acoustically alert, and physically fit.
- **Challenge aspect** - Allowing the mind to override their intuition and not leaning into their moment inner knowing.

Channel of Transitoriness 35-36 (THROAT to SOLAR PLEXUS)

- There is a need or drive to manifest change so this individual can inspire people towards emotional depth that will result in transformation.
- **Challenge aspect** - They may feel let down if a new experience doesn't meet their expectations.

CHANNELS CHEAT SHEET

Channel of Community 37-40 (Ego to SOLAR PLEXUS)

- This channel merges the willpower to provide for the family or tribe with the emotional need to give affection in return for resources. It's about working together to fulfill the demands of our communities.
- **Challenge aspect** - This person waits to see who asks them to be part of their organization or community, or not. They are also trying to discover where they belong or how they fit into the big picture spiritually.

Channel of Emoting 39-55 (ROOT to SOLAR PLEXUS)

- This person can see and discern the spiritual or energetic nature of an individual and group and they can tell who or which individuals are right for them.
- **Challenge aspect** - When they are not in the mood to socialize, they should spend time with their inner muse. It is very important for this person to NOT do things they aren't in the mood for.

Channel of Maturation 42-53 (SACRAL to ROOT)

- This is an individual who can pave the way for new things - starting with intention. They bring intentionality to the front.
- **Challenge aspect** - Because there is great pressure (a genetic imperative) to complete that which they have begun, they need to make sure that they enter into arrangements, relationships, projects, experiences, etc. correctly, by following their Strategy and authority.

Channel of Abstraction 47-64 (AJNA to CROWN)

- Shit just makes sense to this person and they can't explain why. There is a need to recognize they are wise just because and they don't need to justify it. This energy is about sticking their ground and owning it.
- **Challenge aspect** - They should remain patient with their discovery process, the gaps and spaces will be created and revealed. Their reward for patience, for waiting for clarity to emerge over time, is the uncovering of an inspiring story to tell, or a new perspective to share with others.