

HUMAN DESIGN NETWORK NEWSLETTER

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Health and Human Design

1. Drive and Vitality

In the Human Design System the three energy formats have fundamental significance for understanding health and illness. They show which currents are operating in someone's design, either alone or in combination.

53-42 cyclical energy – wave pattern – expansive

52-9 focused energy – static pattern – concentrated

60-3 pulse energy – on-off pattern – mutative

Two centers are connected by these three channels, both motors, though entirely different in their functions.

Sacral – The center of vitality, the fire, the ardor

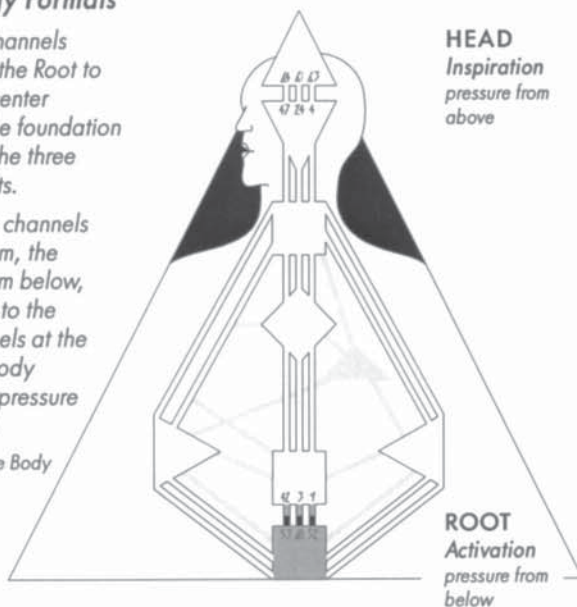
Root – The fuel. Toward Spleen and Solar Plexus as kinetic energy (drive); toward the Sacral, the three energy formats of vitality.

The Energy Formats

The three channels connecting the Root to the Sacral center represent the foundation energy for the three major circuits.

These three channels at the bottom, the pressure from below, correspond to the three channels at the top of the Body Graph, the pressure from above.

from "The Rave Body Graph Atlas"



Drive and vitality are often confused. People who have strong drive but less vitality in their designs are in danger of overestimating their life-power. Their vitality is also overestimated by others, including therapists. When those with strong drive overextend their vitality, it can lead to exhaustion

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With Ra's support he researches the medicinal/therapeutic aspects of the Human Design System with the intention to develop it as a tool for therapists and enhance the understanding of the mechanics of illness, therapy, and health.

On a deeper level, his work is about physiological contexts, the relation of the amino acids with the hexagrams, and the resulting significance for medicinal therapy.

It is our pleasure to present this new column "Health and Human Design" in the Human Design Network newsletter. Loosely structured, Martin will share some of his insights in this and future issues. The translations from German are done by Chaitanyo, edited by Zeno.

that sooner or later manifests as illnesses that even strong drive cannot avoid.

Confronted with Pluto's transit in gate 14, Possession in Great Measure, many people overestimate their vitality and their bodies will force them to slow down. Jupiter in gate 5 (mid-February through mid-May), Waiting, impaired the vitality of many by way of a disturbed rhythm (e.g. of the blood). Jupiter's retrograde movement into gate 9, Taming Power of the Small, might point out even more clearly that drive can't always push the body and it is wise to take only small steps.

For strong and healthy life energy, and the Sacral center as a motor of vitality, specific laws (frequently ignored) have to be followed. Enough sleep, activity, relaxation and balanced nutrition all contribute to the health. The rhythm of balancing is always individual, but is ruled by the rhythm of a day, morning to morning, the on-off switch of the vegetative nervous system.

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The Planetary Program June–July

June begins with the channel of Transitoriness defined by Saturn in gate 36, The Darkening of the Light, gate of crisis and Mercury retrograde in 35, Progress, gate of change until June 10. June 2 the Sun joins Mercury in gate 35 for six days, then Venus and Mercury will transit 35 from June 20 through June 30.

The Darkening of the Light is a Pisces hexagram in the Solar Plexus, center for emotional awareness and also a motor. It is important to note that everyone will be able to act out their emotions directly through this channel being defined, with or without awareness, and the expression of crisis will lead to change one way or the other. The Darkening of the Light, "there is no light at the end of the tunnel," reminds us that when we experience crisis, the pain cannot be avoided. But it is also a cycle, and there is a beginning, middle and end.

This awareness is fueled by the channel of Recognition, focused energy in the gate of the Clinging Fire, 30, potential of recognizing one's feelings, fueled by Decrease, 41, contraction. It is in the wave pattern of emotional awareness and part of the Sensing circuit, so know that while you are in the midst of the highs or lows that this too will pass. Change is inevitable.

Saturn begins June in direct motion going retrograde July 5, eventually retrograding into gate 22, Grace, at the end of August and remaining in this gate of emotional awareness until February 1996. When Saturn turns retrograde July 5, all the outer planets, Jupiter, Saturn, Uranus, Neptune and Pluto will be in retrograde motion. Retrograde motion is a time when the influences of the planets turn back inward, or are internalized rather than externalized. Saturn will return to direct motion November 21.

Saturn is always a lesson-giver. Transiting the Solar Plexus, therefore in awareness gates, is the possibility for emotional

awareness to be expressed. If you have 35 by design, meaning that Saturn's transit is giving you a definition to the Throat, know that until the end of August, Saturn's effect in your life will be noticeable. It is a time for discipline, restrictions, pain, the sense that there is no light at the end of the tunnel, yet is a cycle that brings Progress (35) and change.

Both channels 12–22 and 35–36 are Gemini-Pisces channels. Gemini and Pisces are both represented by dualities, Pisces the two fishes and Gemini the Twins. Both are mutable as well, so these two channels are ultimately about change and the recognition of the wave pattern of the Solar Plexus center. It is not fixed, not stable and with either channel defined it means that the emotions can act. It is important to note that it is a time to find the awareness before one acts. Saturn provides the necessary discipline and restraint when one uses Saturn's restrictions and accepts the rules it imposes.

June is dominated by the channel of Transitoriness being defined while July begins the month with a six-day definition of the Struggle channel defined by the Earth, where we get our grounding in 38, Opposition, gate of the fighter and the North Node, where we are going, in 28, Preponderance of the Great, gate of risk-taking. This is followed by the definition of Concentration, 9-52, the energy format for the Understanding circuit, by Jupiter-Venus for five days before our collective evolution will be powerfully altered by the channel of Mutation, 60–3, being defined.

From July 14 to November 10, everyone is going to be conditioned by this channel. It is very significant that this energy format of Knowing is going to be defined for the collective. It is an individual process of mutation no one will escape and those changes will have long lasting consequences in our evolution.

Uranus sitting in 60, Limitation, Root gate of acceptance is

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JUNE 1995

date planet	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
☉	16	35						45						12						15					52					
☽	9	5						26					11							10					58					
☾	check Rave Ephemeris or Pocket Calendar 1995																													
♋	28.4	R			28.3	D			28.4	R		28.3								D		R								28.2
♌	27.4	R			27.3	D			27.4	R		27.3								D		R								27.2
♍	35	R									16				D									35						
♎		23	D			8				20				16						35				45						12
♏	59	D				40														64										47
♐	R	9.5								9.4										9.3										9.2
♑	36.2	D																		36.3										
♒	60.5	R		60.4																										
♓	61.5	R																												
♈	14.5	R																												14.4

The Wheel

Each of the planets are shown here by their symbol and an arrow. The arrows represent the movement from June 1 to July 31. Clockwise arrows indicate retrograde, counter-clockwise arrows indicate direct motion. The arrows begin on June 1 and end on July 31.

The outer planets, moving slowly within one hexagram, indicate how powerful and long lasting their influences are. Find Saturn ♄ in gate 36 (left-middle). For these two months, it will begin direct, go retrograde, transiting just two lines, while Venus ♀ moves quickly through 13 gates in the same period.

Venus and Mercury are always in close proximity to the Sun, thereby creating a wave effect as they trigger gates in succession or conjunct each other. For June and July, the Sun, Mercury and Venus activate all the Throat gates, shown here shaded, beginning with Taurus gate 23, and ending with Leo gate 33.

The Throat is the center of manifesting, speaking, bringing into ac

tion. The Throat rules the thyroid and parathyroid glands, and is one of the body's main health centers. Depending on your design, this can be a time when you are able to express yourself with words or action or both.

The Sun's transit begins in gate 16 line 6, changing to 35 on June 2.

35, Progress, is the gate of change, a classic Gemini quality that is always enhanced by Mercury and Venus close by the Sun. This year the effect is particularly enhanced due to Saturn's transit in gate 36, making a definition with 35. If you look on the calendar, you can see the definitions underlined by gray shaded bars. For June the only channel defined is **Transitoriness**, by Saturn and the inner planets. Looking at the Venus field, you see Venus' direct motion as it quickly transits Throat gates in June and once again at the end of July, while Mercury's retrograde for two weeks in June in effect "slows down" Mercury's fast motion and gives its communication and message through the definition **Transitoriness** while in the gate of change.

Zeno ■

JULY 1995

Gate planet	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28	Sat 29	Sun 30	Mon 31	
☉	39							53					62												31						33	
♃	38							54					61												41						19	
☾	check Rave Ephemeris or Pocket Calendar 1995																															
♄	R 28.1				D		R								50.6				D	R						50.5					50.4	
♅	R 27.1				D		R								3.6				D	R						3.5					3.4	
♁	45 D					12				15			52			39			53					62		56		31			33	
♁	12 D		15						52				39				53						62				56				31	
♂	47 D									6								46													18	
♃	9.2 R					9.1																	34.6									
♄	36.3 D						R																		36.2							
♁	60.4 R							60.3																							60.2	
♁	61.5 R																															61.4
♁	14.4 R																															

For details see Rave Ephemeris 1995

D = Direct, R = Retrograde

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Santa Fe Indian School, booth #422 (near the food tent)

The Planetary Program continued from page 2

the cusp hexagram of Capricorn into Aquarius. For this definition with the South Node, where we are coming from, Uranus remains in Capricorn. Its Aquarius transit during April and May ends June 10 and it won't be in Aquarius again until January 15, 1996. Next year, it will transit into gate 41, then retrograde back into gate 60 for its final visit in this gate. Uranus, with its 84 year cycle, now conditions everyone to mutate.

The South Node transit in gate 3, Difficulty in the Beginning (cusp Aries/Taurus), is actually forming an astrological square to hexagram gate 60. There are two astrological squares that make definitions, the Struggle channel and Mutation channel. In normal astrological terms, squares give challenges, blocks, difficulties. Mutation is not necessarily comfortable. Evolution is also a culling process. That which does not adapt dies out. Difficulty in the Beginning, gate 3, is ordering. It sits in the Sacral center, where fertility, sexuality, reproduction take place. This channel is the pulse energy format for Knowing. Mutation happens first to the individual, then to the collective.

All children born between mid-July and next February will have this channel defined, and will therefore be conditioning the evolution for a long time to come. Recognize that we are all in a giant mechanic together, being conditioned to change, to accept limitation, to evolve.

Zeno ■

Health and Human Design continued from page 1

Since February and until next year, the Nodes emphasize the axis vitality-immunity (Sacral-Spleen), a whole year for the theme to cause global effects. Mid-July, when the South Node enters gate 3, Difficulty in the Beginning, ordering, it will be in definition with Uranus in gate 60, Limitation, the channel of Mutation, jerky, impulsive, unforeseen, sudden. This is the pulse energy format of the Knowing circuit. Mutation doesn't ask, it just happens. It wants the new and can therefore disrupt familiar patterns. Vitality and immunity of individuals as well as the whole Earth will make jumps, all the way down to the cellular level. When germs mutate, immune cells have to mutate as well: what is unable to go with evolution will perish. The immune system functions very simply, it is a binary: yes or no. No such thing as being a little pregnant. No Choice.

Martin Grassinger ■

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