



ALIGN YOUR DESIGN

activate. integrate. emanate your genius.

Kris Prochaska, MA | Align Your Design, LLC

Human Design: An Energetic Map For Addressing Issues That Resist Treatment

Please download a free copy of your Human Design chart so you can follow along relative to your own personal design: www.jovianarchive.com (You will need your birth date/time/location)

Introduction

Objectives

- A) Describe how to recognize and transform practitioner bias based in traditional medical model of diagnosing what is 'wrong' and how this alone can improve client outcomes and impact marketing your services as a practitioner.
- B) Name at least 3 ways the mechanics of energy, emotions, beliefs, and interpersonal dynamics can be diagnosed (or treated) through the Human Design System.
- C) Identify 2 ways Human Design can be used clinically as an adjunct to Energy Psychology methods in the treatment of anxiety and as a diagnostic tool to determine what (if anything) to treat.

A) Identifying the potential "Fixing Bias"

B) Intro to Mechanics of Human Design (+ how Gene Keys fit in)

I. Synthesis of 6 Systems:

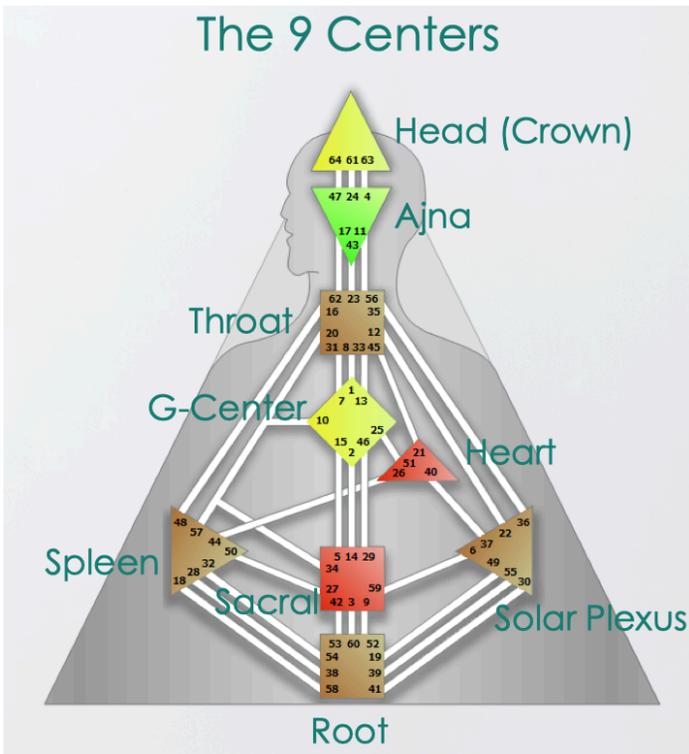
- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

What is the chart showing us - really?

Identifying key aspects of the chart for our discussion

The Art + Science of reading a chart

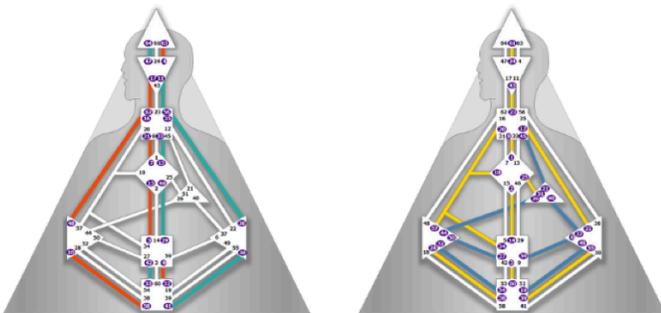
II. Energy Centers overview



III. Circuitry Keynotes

- 1) Individual
- 2) Tribal
- 3) Collective
- 4) How do the themes here inform the fears/issues/obstacles that may be intrinsic to the design?

Individual, Tribal, & Collective Circuitry



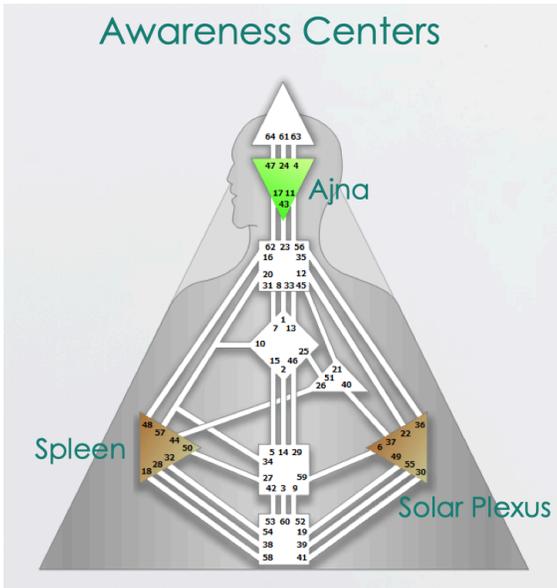
Collective Abstract
Collective Logic

Individual
Tribal

IV. Fears are built into the design

Awareness centers:

- 1) Spleen - survival
- 2) Ajna - anxiety
- 3) Solar Plexus - connection



C) Case Studies

- 1) How Human Design was used to 'diagnose' and understand the presenting issue and then apply practical intervention with no Energy Psychology technique needed.
- 2) How Human Design helped to pinpoint energetic pattern of anxiety inherent in client's design, and how EFT was then used to help client manage anxiety.

Thank you for joining me today!

For more information about Human Design for business and/or to learn how to read a chart and use Human Design as an adjunct to your own energy healing practice in *The Art of the Chart Program* visit www.krisprochaska.com