

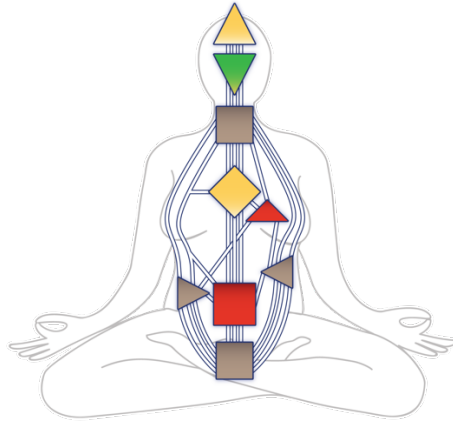
Deep Dive Journal

A Companion Volume to
Transform Your Life with Human Design



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**Find out more about my approach to Human Design
and to register for courses and readings at**

<https://SovereigntybyDesign.com>

References to Quantum Human Design (c) 2020 Karen Curry Parker

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Let's create a foundation for your evolutionary journey to your best YOU.

This *Deep Dive Journal* accompanies the eBook, *Transforming Your Life with Human Design*. Section One provides you with questions, prompts and space to reflect on why you're engaging with Human Design, and to encourage you to make a commitment to your own transformation.

My intention with this eBook and in all of my work is to support you to use Human Design and Quantum Human Design as tools and systems to transform and evolve yourself and your life into alignment with your authentic self, your longings and aspirations, your highest purpose and best contribution, your vibrant and radiant body, and your most satisfying relationships.

You have a couple of options as to how to work with this journal. This PDF is fillable, which means you can type right into this document if you choose. Or you may want to print it out and respond by hand, doodle, color – any way of responding that enables you to get in touch with what's true for you and then express it. I purposefully made this journal without photos and full color illustrations so that it will be easy to print out (and not use all of your printer ink!).

I do recommend that you write down or speak out loud your responses as this will engage your mind, body and emotions in a different way than just thinking about them.

Making the time to work with the prompts and suggestions provided in this journal will make all the difference between having Human Design be an interesting system over which you skim the surface, and having Human Design become one of the greatest allies you could ever have in freeing yourself from confining conditioning and stepping into your full potential.

Like everything in life, you'll get out of it what you put into it!!

Grab your Human Design chart, take my hand and let's begin together.

STEP ONE

Why Human Design?

What draws you to Human Design?

What have you heard about it so far?

What are you hoping it will reveal, affirm, or validate for you? What insight are you looking for?

What challenges are you hoping to transform and resolve as a result of learning your Human Design?

What desires do you think it may fulfill?

STEP TWO

Where Are You Right Now?

How are you feeling about yourself currently? Be honest *and kind*.

What were you taught about who you should be, what you should do, and how to have a successful life?

What values did you take in from your family, your community, and society growing up?

How do you think that has affected you?

What do you agree with? And what do you not?

What do you want to keep and expand and what do you want to let go of?

STEP THREE

What are you longing for?

What are you, in your heart of hearts, most desiring for yourself and your life right now?
(Let yourself imagine beyond limits that may typically arise when you consider this.)

What do you feel is in the way of that?

Make a list of beliefs about yourself and about what's possible in life that you would like to guide you on your journey.

How does writing this down (or mulling it over) make you feel? What's stirring inside?

STEP FOUR

What's possible?

What's been the impact of holding onto, even unconsciously, the beliefs you were taught that you don't actually agree with?

What's been the payoff for you of holding onto them? What are you getting out of that attachment? (We always have an attachment to something we still have – even if we don't consciously like or want it. Becoming aware of this can be very beneficial in freeing yourself from beliefs you no longer want.)

What would become possible if you were to incorporate your new beliefs into your life?

Are you willing to change your perspective, your way of being, and your assumptions and expectations in order to have the life you truly want?

What can you let go of right now as an affirmative step in the direction of what you truly want?

Now we'll be going section by section through *Transforming Your Life with Human Design*. These questions will help you digest and retain what you've learned. Have your chart handy for these sections.

FUNDAMENTALS

Can you name three of the fundamentals? Why are these important?

PARTS OF THE CHART

What are the main parts of the Human Design Chart?

DEFINITION AND OPENESS

What creates "definition" in the chart? Why is definition important?

What is “openness” in the chart? Why is openness important?

How does our definition and openness influence your interactions with other people?

HUMAN DESIGN ENERGY CENTERS

What are the centers in the body graph? Can you name any of their characteristics?

Based on what you’ve read about the centers, which of these do you feel most connected to or you’re most aware of?

Which centers are the motors/engines? Why is that significant?

Do you have a motor connected to your Throat? If so, which one? How do you think this influences you?

Which of the centers is defined (colored in) on your chart, and which are open (white)?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

Are you aware of any of the benefits or challenges of your defined and open centers? If so, what are they? Does it help to know this is part of your design and you can shift your experience of this energy?

QUANTUM/HUMAN DESIGN TYPE

Why is type important?

My type is _____.

Also known in Quantum HD as _____.

The main characteristics of my type are:

My superpowers by type are:

I recognize in myself this aspect of my type:

STRATEGY

Why is strategy important?

My strategy is _____.

This strategy means that I am designed to dance with life by:

This strategy is a superpower because:

I feel liberated knowing that:

I am uncomfortable with my strategy because:

My biggest obstacle to using this superpower (my strategy) is:

Once you've responded to these questions on type and strategy,
*go back and reread what you wrote above about what you're
longing for in your life.*

Then come back here and respond to these focus questions. This
will help you apply what you're learning to your own life. When
you do this, you create knowledge and understanding from
mere information.

How does understanding your type and strategy contribute to you moving forward
toward being the person and living the life you long for?

How can you apply what you've discovered to help you upgrade the way you think
about yourself and your way of being in the world?

What new perspective(s) has become available to you now?

What do you want to affirm/validate about yourself that you saw reflected back to you in your Human Design type and strategy?

*To do this, do your best to step outside of your old paradigm
and step into the new possibilities that
Human Design presents.*

Here are a couple of prompts to inspire you:

Now that I know my type and strategy, I can see that in the past I was working against my design by . . .

I'm a Generator, yet I've lived most of my life as if I was a Manifestor. I kept burning myself out by initiating until I discovered Human Design and learned my strategy and authority. Now I'm practicing responding and I feel different in my body and I'm using my energy differently. . .

Now that I know I'm a Projector, I can see why trying to follow the "make it happen" marketing strategies I was taught don't really work for me. I'm focusing my attention on my own energy now, and that's challenging for me. Still I'm hopeful that when I get this my life will become easier!

YOUR TURN

INNER AUTHORITY

What is inner authority and why is it so important? What does it help you do?

The printout of my Human Design chart says my inner authority is _____.

According to this ebook my inner authority may be _____.

And this means that I make decisions by:

How do you feel about your authority? Does it excite you, confuse you, annoy you, or liberate you? Write about your response to learning your authority.

Have you already been using this form of intuition in your life without knowing it was your Human Design authority, or is it entirely new to you?

If yes, then how have you used your authority in your life so far?

What decisions can you make to help you practice and get to know your authority?

You can start with simple things that don't have a lot of impact on your life, such as deciding what to buy at the grocery store or where to go camping. When you feel more comfortable, use your authority for more important decisions. The key is then to act on them, even if your mind has a different opinion. Keep track of what happens!

Once you've responded to the questions on your inner authority, go back and reread what you wrote above about what you're longing for in your life.

See if you can step outside of your old paradigm and step into the new possibilities that Human Design presents.

How does understanding your authority and how you're designed to make decisions contribute to you moving forward toward the self and life you long for?

What becomes possible when you come down from the "thinking tower" into your body and intuition, to guide you in making the best decisions for you?

How might your life change if you were to get really good at and comfortable with your inner authority?

INCARNATION CROSS

Why is the Incarnation Cross so important?

What are the gates of your Incarnation Cross?

Unconscious (red) Sun:

Unconscious (red) Earth:

Conscious (black) Sun:

Conscious (black) Earth:

Which of these gates is most significant? Why?

What do you see to be creative tension among the gates of your Incarnation Cross?

Here are a couple of resources you can tap to get information about the gates:

Understanding Human Design (traditional Human Design) by Karen Curry Parker.

Quantum Activation Cards Companion Book by Karen Curry Parker.

HANGING GATES AND ELECTROMAGNETICS

Why are hanging gates significant?

What are electromagnetics in the Human Design system?

What are your hanging gates?

What are the mates of your hanging gates?

What centers become defined when your hanging gates meet their mates?

What kind of energy would this give you access to?

Are you aware of anyone in your life who, when you come around them, you feel differently? Have you looked at their Human Design chart yet to see if you can figure out why?

HUMAN DESIGN MANDALA

What four ancient wisdom traditions does Human Design draw from? If you are familiar with any of them, what do you already know about them? What did you learn?

Where do the Gates in the Human Design system come from? Why is this important?

What influence does Astrology primarily have on Human Design?

Are the Human Design Centers the same as the Chakras? Why or why not?

Where do the channels in the Human Design chart come from?

PULLING IT ALL TOGETHER

How does learning these fundamentals about your Human Design influence your understanding of yourself?

Did you find any of this information disruptive? If so, how is that influencing you?

Are you shifting or evolving your self-concept? If so, in what way?

What may open for you as you begin to live your Human Design?

Are there behaviors, attitudes, or perceptions that you want to let go of or revise?

Are there agreements or dynamics with other people that you want to upgrade based on what you now know about yourself, even if it's challenging to do so?

What bold action could you take to affirm your new sense of self and of what's possible?

Are you committed to transforming your life with Human Design? If so, who can you share your commitment with so that it becomes even more real to you?

WANT TO TAKE ANOTHER STEP TOGETHER?

Keep your eyes on your inbox for an invitation from me to participate in a workshop during which we will together walk through the key points of this mini-course and go deeper in understanding the material. I will be available for questions and laser coaching. I will also have a few additional materials to enrich what you've already been learning. This will be a fun way to connect and help you integrate the best of this profound system.

NOTE: You do NOT have to have done all the work in this journal – in fact we'll do some of it together.

INTERESTED A FOUNDATIONAL HUMAN DESIGN READING?

At this point you may be intrigued but a bit overwhelmed, and you really want to a professional's interpretation of your chart. You can [find out more about my approach to readings and register here](#).

CURIOUS ABOUT LIVING YOUR DESIGN MENTOR-COACHING?

This may be for you if you're determined to upgrade your life and self concept, and you know that having ongoing support and guidance is what you need to make that possible. You can [explore the type of coaching I do and apply here](#). I don't always have space available for private clients, but you're always welcome to apply and I'll get right back to you.

YOUTUBE

Have you checked out my YouTube channel yet?
[Go here for trainings and musings on Human Design](#).