



Your Cosmic Design



A Beginner's Guide to Human Design
Using the True Sky (Sidereal) Chart

by Jillyanne Evelyn
jillyanneevelynhd.com

Welcome

Human Design is a powerful tool for understanding how your energy is designed to move through the world — how you connect with others, make decisions, and stay true to your real self.

But not all Human Design charts are calculated the same.

Many traditional HD systems use Tropical Astrology, which is based on a fixed seasonal model that no longer matches the actual sky. Over thousands of years, the stars have shifted — and today, Tropical charts are nearly one full sign off from the visible sky.

This guide uses True Sidereal Astrology, which aligns with the real, visible constellations. It reflects the sky as it actually is — which makes your chart more grounded, more precise, and often, more resonant if you've ever felt something was "off" with your Tropical design.

We call this approach Cosmic Human Design, and it honors the same original system Ra Uru Hu taught — only now, using the updated sky to calculate your chart.



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Explore your energy, make aligned decisions, and start your experiment with the true sky.

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Introduction & How To Use This Guide

Welcome to your Cosmic Human Design journey — a self-discovery system that invites you to live according to your true energetic blueprint, not someone else's expectations.

This guide is here to help you understand your basics: your Aura, your Strategy, your Inner Authority, and the mechanics of your unique chart.

But most importantly, this guide isn't meant to be memorized — it's meant to be lived.

As Ra Uru Hu, the founder of Human Design, taught:

“It's about experimenting — not believing.”



You're not here to fit into a system. You're here to discover the system that fits you. Whether you're brand new or coming from a Tropical Human Design background that didn't quite resonate, this version — based on the True Sidereal Sky — may feel like a breath of fresh air. You might notice your chart looks different.

You might feel a deep “aha” moment. Or you might feel a little disoriented at first — and that's okay. You'll be guided step-by-step, with clarity, grounded language, and simple prompts so you can explore at your own pace. Let's begin by understanding what Human Design really is... and why the sky you use matters.



WHAT IS HUMAN DESIGN?

Human Design is a system that reveals how your energy is uniquely designed to move through the world.

It shows how you're built to:

- Make clear decisions (without pressure or confusion)
- Use your energy in the right way
- Connect with others with less resistance
- Live with more flow and less frustration

It's not a belief system.

It's not a personality test.

It's a mechanical map of your energy — and once you begin experimenting with it, your life starts to change.

A Fusion of Ancient + Modern Wisdom

Human Design combines four ancient systems:

- Astrology (for the placement of planets)
- The I Ching (64 hexagrams = 64 gates)
- The Chakra System (expanded into 9 Centers)
- The Kabbalistic Tree of Life (energetic pathways)





WHAT IS HUMAN DESIGN?

And it's blended with modern science:

- Quantum physics
- Genetics
- Neutrino theory


All of this comes together in your BodyGraph — your unique energetic map that shows your gifts, challenges, decision-making style, and more.

But before we get to the chart itself, there's something very important to understand:

True Sidereal vs. Tropical Astrology

Your Chart Is Only As Accurate as the Sky It's Based On

Most Human Design charts are calculated using Tropical astrology — a system that locks the zodiac into the seasons (spring = Aries, etc.). But here's the problem:

 The Earth's axis has shifted over the last ~2,000 years.

Tropical astrology no longer matches the actual position of the stars in the sky today.





TRUE SIDEREAL VS. TROPICAL ASTROLOGY

That's why Cosmic Human Design uses True Sidereal astrology — a sky-based system that calculates your chart based on the real, visible constellations as they appear right now.

When you look at a Cosmic Human Design chart, you're seeing:

- A map of your actual planetary imprint
- A more precise energetic signature
- A chart that may feel more accurate if the Tropical one never quite landed.

Ra Uru Hu emphasized that your birth time is a mechanical imprint — and your true energetic imprint only makes sense when it's based on true planetary positions.

If you've ever felt like your Tropical chart was close but still not quite right, the Sidereal chart may be the clarity you've been waiting for.

Next up, we'll look at the most important piece of Human Design to begin with: Strategy & Authority — how to make aligned decisions and move through life with less resistance.





STRATEGY & AUTHORITY – THE CORE OF THE EXPERIMENT

Strategy & Authority

The Core of the Experiment

Before diving into all the fascinating parts of your chart — like gates, channels, or advanced mechanics — there's one key Ra Uru Hu insisted on:

"If you do nothing else with Human Design, follow your Strategy and Inner Authority. That's enough."

These two elements are the foundation of Human Design.

They guide you in how to:

- Use your energy correctly
- Avoid resistance
- Make aligned decisions that come from within, not from mental pressure or outside influence



You don't need to memorize your chart to start living your design.

You only need to begin with these two pieces.

WHAT IS STRATEGY?

Your Strategy is based on your Aura Type

(Generator, Manifestor, Projector, Reflector)

Each type has its own unique way of interacting with the world — like a natural rhythm or pattern of how energy moves through you.

When you follow your Strategy, you stop pushing, initiating, or overthinking — and instead, you start moving in alignment with how you were meant to operate. You'll learn your Strategy in the next section.

What is Inner Authority?

Your Inner Authority is how your body knows what's right for you. It's the part of you that's always guiding you — when you're not stuck in your mind. There are different kinds of Authority, depending on which centers are defined in your chart:

- Emotional
- Sacral
- Splenic
- Ego/Will
- Self-Projected
- Mental/Environmental
- Lunar (Reflector)

Each Authority has its own timing and feeling — and learning to trust it is a process. But once you do, decisions feel easier, cleaner, and more true. You'll explore the different Authorities later in this guide.



Strategy + Authority = Your Real-Life Experiment

This isn't about figuring everything out right away.

This is about watching yourself in real time.

What happens when you try to force something versus when you follow your Strategy?

What shifts when you wait to respond or honor your emotions or follow your splenic nudges?

Strategy is how to enter life correctly.

Authority is how to make decisions correctly.

Together, they transform everything.



Your Aura Type

Your Aura is the electromagnetic field around your body — and it does a lot more than people realize. In Human Design, your aura is your strategy. It pulls in experiences, opportunities, and people according to how you're meant to interact with the world.

Ra Uru Hu taught that Aura Type is fixed at birth and cannot change — no matter what version of your chart you see.

Each of the four Aura Types has a very specific Strategy, and once you begin following it, life starts to flow with far less resistance.



1. Generator / Manifesting Generator

Aura: Open, enveloping, magnetic

Strategy: Wait to Respond

Role: To build and generate life force through satisfaction

Generators (and Manifesting Generators, a faster subtype) have a powerful, sustainable Sacral energy — but it only activates fully when they're engaged with things that light them up.

You're not here to chase. You're here to respond — to life, to people, to your gut reactions.

When you follow what excites you, you become magnetic. Your energy builds and energizes everyone around you.

Signature

*(alignment):
Satisfaction*

Not-Self

*(misalignment):
Frustration*

Key question:

"Am I responding or initiating?"



Your Aura Type

2. Projector

Aura: Focused and absorbing

Strategy: Wait for the Invitation

Role: To guide and direct energy with wisdom.

Projectors are designed to see deeply into others and into systems. Your energy is selective, efficient, and wise — but it works best when recognized and invited.

If you try to push advice without invitation, you may feel ignored or bitter. But when the right invitation comes, your guidance is transformative.

Signature: Success

Not-Self: Bitterness

Key question: “Have I been recognized and invited?”

3. Manifestor

Aura: Closed and initiating

Strategy: Inform before you act

Role: To spark action and begin new movements

Manifestors are here to initiate — to start things no one else can. You don't need to wait for permission, but you do need to inform the people your actions will affect. This helps reduce resistance and creates space for your power to move freely.



You're not built for constant output.

You work in powerful bursts — and then you rest. That's healthy

Signature:

Peace

Not-Self: Anger

Key question:

“Am I informing before I act?”



Your Aura Type



2. Reflector

Aura: Sampling and sensitive

Strategy: Wait a full lunar cycle (28 days)

Role: To reflect the environment and reveal what's healthy or not

Reflectors are rare and highly open — none of the nine centers are defined, which makes you deeply sensitive to your surroundings.

You absorb and mirror the energies around you. This makes your environment crucial and your decision-making slow and spacious.

Waiting 28 days allows clarity to surface through lunar transits, rather than mental pressure.

Signature: Surprise

Not-Self: Disappointment

Key question: "Am I in the right environment?"



Why Aura Strategy Works

When you honor your Type and follow your Strategy, you stop forcing life — and start dancing with it.

You'll begin to:

- ✓ Feel more aligned in your body.
- ✓ Experience less resistance and burnout
- ✓ Attract what's truly meant for you
- ✓ Move with the natural intelligence of your design.

"Strategy isn't something to believe in.

It's something to test — and feel in your own life."

Inner Authority

The Wisdom of Your Body

In Human Design, your Inner Authority is your personal decision-making mechanism.

- ✓ It's not the mind.
- ✓ It's not logic.
- ✓ It's not what others think is best for you.

As Ra Uru Hu said:

"The mind is never your Authority. Strategy and Authority is the end of your suffering."

Each Authority works differently, depending on which Centers are defined in your chart.

And learning to listen to your specific Authority is how you begin to make decisions that are truly correct for you.



The 7 Inner Authorities

1. Emotional Authority

(Defined Solar Plexus Center)

"Clarity comes with time."

You are not meant to make decisions in the moment. Your emotions move in waves — and riding those waves allows clarity to rise when the time is right.

Wait until you feel emotionally neutral before saying yes or no.

✓ **Key signs:** Emotional highs and lows, pressure to decide quickly.

✓ **Mantra:**
No truth in the now.

2. Sacral Authority

(Defined Sacral, Undefined Solar Plexus)

“Trust your gut response.”

Your Sacral speaks in the moment with yes/no sounds or sensations. If something energizes or excites you, that’s a yes.

If you feel drained or tight, that’s a no.

✓ **Key signs:**

Full-body response, verbal sounds (“uh-huh” / “uh-uh”).

✓ **Mantra:**

If it’s not a hell yes — it’s a no.



3. Splenic Authority

(Defined Spleen, Undefined Sacral & Solar Plexus)

“Your instincts speak softly.”

✓ **Key signs:** Sudden knowing, a quiet warning or signal

✓ **Mantra:**

The body knows before the mind does.

Your Splenic Authority is intuition in the now. It often speaks once.

As a quiet inner whisper, a sensation in the body, or a sudden clarity.

The challenge is ¹⁵ hearing it before the mind takes over.

4. Ego/Will Authority

(Defined Heart Center connected to the Self or Throat)

“Is this truly what I want?”

This Authority speaks from your heart’s desire — not from people-pleasing or obligation.

You’re designed to make decisions based on what’s good for you, not what others expect.

✓ **Key signs:**

Strong personal will, empowered desire

✓ **Mantra:**

Strong personal will, empowered desire



5. Self-Projected Authority

(Defined G Center connected to the Throat)

“Truth comes through your voice.”

You discover your truth by hearing yourself speak.

Talking things out (with a trusted listener) helps you hear the direction your body wants to move in.

There’s no rush — just space to express.

✓ **Key signs:** Identity-driven choices, direction-based speech

✓ **Mantra:** I speak my direction into clarity.

6. Mental / Environmental Authority

(Projector with no inner Authority — decision-making through external clarity)

“Clarity comes through trusted spaces and sounding boards.”

You're designed to make decisions by talking them out in the right environment with the right people.

Not to get advice, but to hear yourself reflect. Where you are (and who you're with) deeply influences your clarity.

✓ Key signs:

Sensitive to surroundings, needs time and reflection

✓ Mantra:

My clarity comes through resonance.



7. Lunar Authority (Reflectors only).

(No Centers defined)

“Your decisions follow the moon.”

As a Reflector, your clarity takes time — a full 28-day lunar cycle.

This process aligns you with the rhythm of the cosmos .

It allows life to reflect what is correct for you.

✓ Key signs:

No inner consistency, amplified environment

✓ Mantra:

I speak my direction into clarity.



Begin with Observation

You don't have to master your Authority all at once.

Just begin noticing:

- ✓ When decisions feel aligned vs. pressured.
- ✓ What happens when you wait or tune into your body.
- ✓ Where your mind tries to override your knowing.

Your Authority is always there — waiting for you to listen.

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Definition

How Your Energy Communicates Within You.

Definition in Human Design shows how your centers are connected, and whether or not you experience inner consistency and energetic self-connection.

It helps you understand:

- ✓ How you process life internally
- ✓ Whether you need others to feel “complete” in communication
- ✓ Why some people love alone time while others thrive in conversation

Ra Uru Hu said:

“Definition reveals your inner communication system. It shows how your energy talks to itself.”

- ✓ Defined centers are consistent and active. These are areas you broadcast from.
- ✓ Undefined or open centers are where you're receptive, amplify others, and can be more vulnerable to conditioning.

But Definition isn't about just one center — It's about how centers are linked together by channels.

Types of Definition

Single

All defined centers are connected in one single network.

You process things internally and independently.

You're often clear in your own timing and don't need others to complete your process.

Feels like: “I got this.”

Watch for:

Not realizing how much others may need processing time.



Split Definition

Defined centers form two separate islands that are not connected.

You naturally seek connection with others who bridge the gap.

Relationships can feel deeply impactful — especially when someone bridges your split.

✓ Feels like:

"I almost get it — but I need someone to help pull it all together."

✓ Watch for:

Thinking you need someone else to "complete" you.

✓ Defined centers are consistent and active. These are areas you broadcast from.

✓ Undefined or open centers are where you're receptive, amplify others, and can be more vulnerable to conditioning.

Triple Split Definition

Three separate groups of defined centers that don't connect. You may feel more ease in busy or varied environments because movement helps activate and bridge the splits.

You can process in pieces, often needing space between interactions.



Feels like: "I need to move through different spaces and people to feel whole."

Watch for:

Getting stuck in the wrong environment or stagnant patterns

Quadruple Split Definition

Four separate zones of definition — very rare and very fixed.

You process life in layers, slowly and thoroughly.

It can be difficult to access all your perspectives without a lot of external bridging.

You may benefit from routine and trustworthy people.

✓ Feels like:

"I process deeply, but on my own terms."

✓ Watch for:

Feeling misunderstood or pressured to be faster or more fluid.



Why Definition Matters

Understanding your Definition helps you:

✓ Understand your processing style.

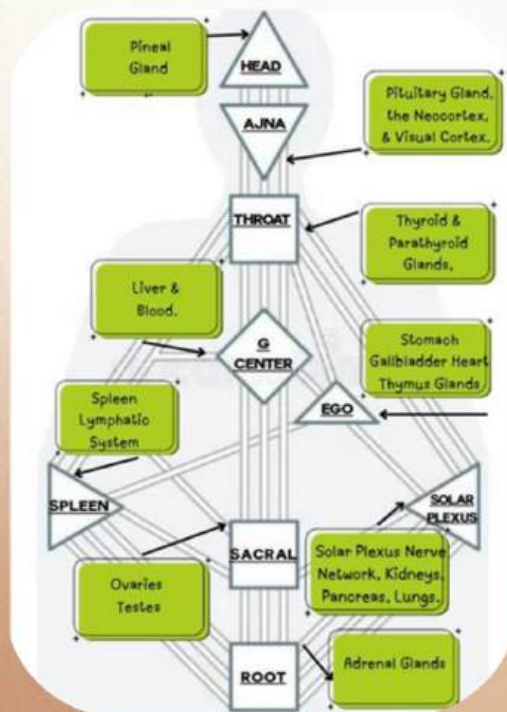
✓ Recognize when you're influenced or conditioned by others.

✓ Choose the right relationships and environments that support your natural flow.

It's not about changing your Definition.

It's about honoring it.

"You don't need to fix your chart. You need to live it."



◆ 1. Head Center (Top Triangle)

✓ **Function:**
Inspiration, questions, mental pressure.

✓ **Defined:**
A constant source of mental stimulation and questioning.

✓ **Undefined:**
Absorbs ideas from the outside, can feel pressured to have answers.

✓ **Watch for:**
Mental anxiety, overthinking questions that aren't yours.

🌍 Section 7: The 9 Centers

Your Inner Map of Energy Expression & Conditioning

The Human Design bodygraph includes 9 Centers, each one representing a specific function:

From communication to love, from survival instincts to willpower, from emotions to inspiration. Each center is either:

✓ **Defined (colored in):** Consistent and reliable within you.

✓ **Undefined or Open (white):** Inconsistent, receptive, and influenced by others

"Where you are defined is what you are.

Where you are open is what you are not — but what you're here to learn about."

◆ 2. Ajna Center (Below Head)

✓ Function:

Inspiration, questions, mental pressure.

✓ Defined:

A constant source of mental stimulation and questioning.

✓ Undefined:

Absorbs ideas from the outside, can feel pressured to have answers.

✓ Watch for:

Mental anxiety, overthinking questions that aren't yours.



💬 3. Throat Center (Center of the chart)

✓ Function:

Communication, manifestation, expression

✓ Defined:

Reliable way of speaking or doing

✓ Undefined:

Variable communication style, may feel pressure to speak or be heard

✓ Watch for:

Speaking to get attention or validation



4. G Center (Diamond in the middle)

✓ Function:

Identity, love, direction.

✓ Defined:

Consistent sense of self and purpose.

✓ Undefined:

Fluid identity, adapts based on environment and people.

✓ Watch for:

Feeling lost or trying to “find yourself” through others.



5. Heart / Ego / Will Center (Small triangle next to G Center)

✓ Function:

Willpower, ego, material drive.

✓ Defined:

Reliable willpower and value of self.

✓ Undefined:

Inconsistent willpower, vulnerable to proving or overpromising.

✓ Watch for:

Saying “yes” to prove your worth.



6. Solar Plexus Center (Bottom right triangle)

✓ Function:

Emotions, mood waves, intimacy.

✓ Defined:

Emotional waves, clarity over time.

✓ Undefined:

Amplifies others' emotions, avoids confrontation.

✓ Watch for:

People-pleasing, emotional overwhelm, or shutting down feelings.



7. Sacral Center (Bottom square)

✓ **Function:**

Life force energy, work, reproduction.

✓ **Defined:**

Reliable energy to work and create (Generators only).

✓ **Undefined:**

Inconsistent energy, not here to sustain work (non-Generators).

✓ **Watch for:**

Burnout from saying yes when your body says no.

8. Spleen Center (Bottom left triangle)

✓ **Function:**

Intuition, immune system, survival instincts.

✓ **Defined:**

Reliable instincts and bodily awareness.

✓ **Undefined:**

Sensitive to fear, clings to the familiar for safety.

✓ **Watch for:**

People-pleasing, emotional overwhelm, or shutting down feelings.



9. Root Center (Bottom square)

✓ **Function:**

Pressure to grow, stress, adrenaline.

✓ **Defined:**

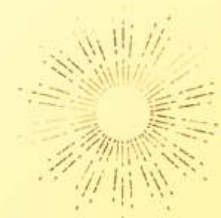
Consistent drive to get things done.

✓ **Undefined:**

Absorbs pressure, feels urgency or stress from others.

✓ **Watch for:**

Absorbs pressure, feels urgency or stress from others.



Why Understanding the Centers Matters

Each center shows you where you're naturally strong and where you're deeply influenced by others.

By observing how your defined and undefined centers play out, you'll:

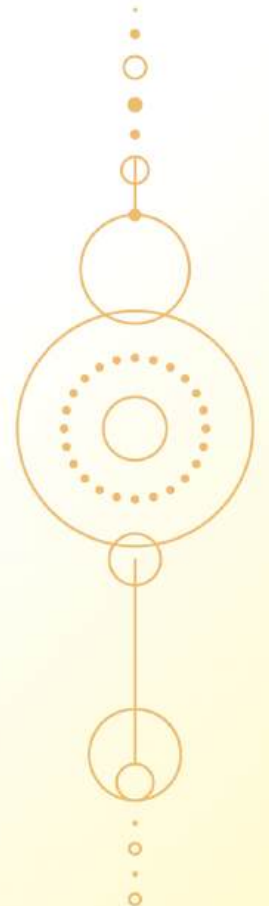
✓ Know when conditioning is pulling you out of alignment.

✓ Learn to stop chasing what you're not.

✓ Discover where your deepest wisdom lies (in your open centers).

“You are not here to fix your openness.”

You are here to become wise through it.”






Section 8: Sidereal vs. Tropical Astrology

Why Your Human Design Chart Must Reflect the Actual Sky

Human Design is built on the mechanics of astrology — but which astrology system you use matters deeply.

Most mainstream Human Design software uses Tropical astrology, a system based on the seasons, not the visible sky.

But seasons shift over time. The stars don't.

 **True Sidereal astrology** aligns your chart with the actual constellations as seen from Earth — using real astronomical data.

This means your Cosmic Human Design chart is based on the stars you can actually see, not an outdated seasonal model.



Tropical Astrology: Fixed to the Seasons

✓ Anchored to the Spring Equinox (March 21 = 0° Aries).

✓ Does not reflect the real-time movement of constellations.

✓ Over 2,000 years out of sync with the visible sky due to the precession of the equinoxes.

✓ Still used in traditional Western Human Design charts.

! The result:

Many people are given charts that don't reflect their actual birth imprint.

For example:

Someone might be told they're an Emotional Projector in Tropical...

...but in Sidereal, they're a Sacral Generator with a defined Solar Plexus.

True Sidereal Astrology: Fixed to the Stars

- ✓ Uses real-time astronomical placements.
- ✓ Reflects the actual location of planets and the sun at the moment of your birth.
- ✓ Chart shifts can be significant — type, authority, and definition may all change.
- ✓ Used in Cosmic Human Design, which aims to return to the raw mechanics of Ra Uru Hu's transmission.

"If Human Design is about aligning with your blueprint, then that blueprint must be based on what was actually imprinted in the sky when you were born."

Why This Matters

If you want to:

- ✓ Experiment with your real design
Follow your correct Strategy & Authority.
- ✓ Understand your body's mechanics accurately.
- ✓ Then your chart must match the true stellar imprint.
Otherwise, you're living someone else's design.

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How to Get Your True Chart

You can generate your True Sidereal Human Design chart through specific sidereal chart calculators like **Cosmic Human Design**

Your body knows when something feels right.

So does your aura.

If your Tropical chart never resonated fully... this may be the reason why.





Section 9: Putting It All Together

Now That You Know Your Design...
What Comes Next?

You've taken your first steps into Cosmic Human Design — learning about aura types, authority, definition, the 9 centers, and the difference between tropical vs sidereal astrology.

That's a powerful start.

But Human Design isn't about learning more.

It's about experimenting — living what you've discovered.

"Human Design is not a belief system. It's a decision-making tool. And it only works if you live it."

Your Next Step: Begin with Strategy & Authority

These two principles are the core of your experiment. They keep you aligned — no matter what else is going on in your chart.

1. Strategy

Your Strategy comes from your Aura Type, and it teaches you how to interact with the world.



Aura Type

Generator /
Manifesting
Generator

Strategy

Wait to Respond

Aura Type

Projector

Strategy

Wait for the
Invitation

Aura Type

Manifestor

Strategy

Inform Before
Acting

Aura Type

Reflector

Strategy

Wait a Full Lunar
Cycle



2. Inner Authority



This is how you make aligned decisions

from your body, not your mind. Whether
your authority is Emotional, Sacral, Splenic,
Ego, Self-Projected, Mental, or Lunar.

→ This is the voice you follow.

You don't need to figure everything out.

You just need to trust your Strategy +

Authority — and keep experimenting.

🌿 Honor Your Own Timing

This is not about rushing.

It's about deconditioning the places where
you've been living someone else's truth.

Take your time. Observe. Feel. Reflect.

You might begin noticing:

When your Sacral says "yes" or "no"

When you're forcing things vs waiting to
respond.

2. Inner Authority



How your undefined centers get pulled by others

Where you feel the most “yourself” when following your design.

Explore Further When Ready

Once you’ve grounded in the basics, you might explore:

Your Profile: How you move through life.

Your Cross of Incarnation: Your life’s trajectory.

The Variables (PHS, Cognition, Motivation):

Advanced insights into your unique design

Relationship dynamics by aura type

The mechanics of deconditioning and environment

But for now, let your body lead.



Final Reflection



"If all you ever do is follow your Strategy and Authority — you'll transform your life."

Cosmic Human Design doesn't give you answers. It gives you a map back to yourself.

And with your True Sidereal chart, you now have that map.

Welcome to your experiment.



Final Words

Thank you for walking this first step with me.

Cosmic Human Design is not about perfection — it's about remembering what's already inside you.

Your aura is speaking. Your body is wise. And now, with your true sidereal chart, you have a mirror that finally reflects what's real.

Take your time. Stay curious. And most of all... trust what resonates. Your experiment has already begun.



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