Preliminary Research on the Human Design System and Health

by
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Abstract
Type, a key construct in Human Design System theory, was verified in 5 samples of 5000 birth records drawn at random from a general population. Type holds up as a highly significant differentiating variable in all groups far beyond the 99% level of confidence. Furthermore, all groups tested have consistent frequency of occurrence of each Type.

Introduction

The Human Design System (HDS) is a synthesis of astrology, the Hindu Chakra System, the Kabbalistic tree of life, and the I-Ching. It holds the promise of allowing people to see their basic energy design in a visual image and to follow that design in their lives.

The findings presented in this paper begin scientific documentation showing the reality and validity of the Human Design Body Graph matrix as well as the DreamRave Mammalian matrix. As far as we know, this paper represents the first time an esoteric system has this kind of scientific validation for mapping the structure of energy flow in the body.

Purpose of Study

As interdisciplinary scientists and interested professionals we have studied esoteric and astrological systems and their clinical applications for more than 20 years. The ease and the depth of insight that Design provides people is amazing. In the past year, we have begun research on Design to document it clinically and statistically in order to validate its truth.

Although the Human Design Body Graph seemed to be of value subjectively, any theoretical system holds up only when subjected to statistical analytic methods. The task of Rave Life Sciences has been the documentation and validation of the Human Design and associated systems and to prove that these systems can stand the rigors of testing. Only when so tested can we say with certainty that the Body Graph differentiates meaningful constructs in the general population.

One of the key concepts of Human Design is Type. According to the theory, based on birth time and place, individuals may be energetically classified from their Body Graph as: Manifestor, Generator, Projector, Reflector, or Manifesting Generator. The Manifesting Generator is a sub classification related to the Generator Type. Individuals find the knowledge of Type useful as a construct and helpful in knowing how to live their life in a way that makes them feel at ease within themselves. This concept is an important one in Design theory. Consequently, it is a key aspect to study and a crucial part of Design theory to validate.

Human Design Concepts and the Body Graph
Illustration 1 shows the Human Design Body Graph as it is mapped for an individual.
Two calculations are represented. The Black numbers and lines represent the Personality
(Conscious) calculation that is based on the exact time and place of a person's birth. The
Rave Life Sciences Software performs the astrological calculation and then converts the
zodiac degrees for each planet to the Hexagrams of the I-Ching which correspond to
specific astrological degrees.

The second calculation, shown in Red numbers and lines, represents a person's Design
(Unconscious) and is calculated astrologically at 88 Solar degrees (about 3 months)
before birth. This astrological calculation is similarly converted by zodiac
correspondences into the Hexagrams of the I-Ching and entered into the Body Graph.
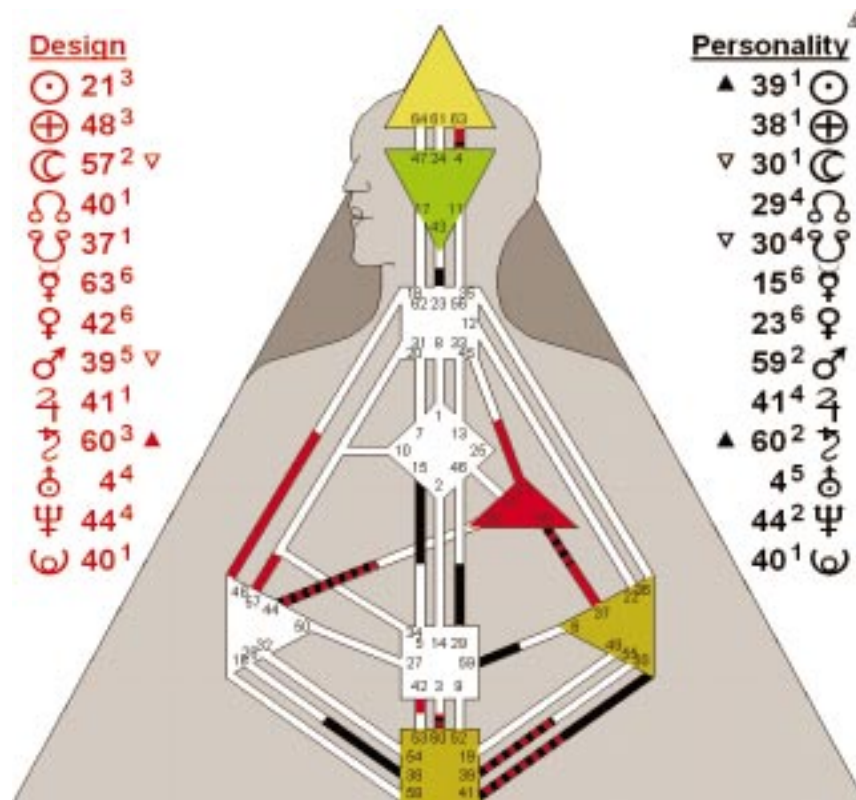The resulting Body Graph shows the pattern of energy flow in a person.

Illustration 1: Princess Diana

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Definition of Terms
Terminology is specific in design. This section explains some terminology to provide a
basic understanding so those unfamiliar with The HDS can comprehend the significance
of this research and put it into a conceptual framework.

The Body Graph shows areas defined, i.e., where two of the nine energy centers are connected; it also shows areas of activation, i.e., Gates that are colored but do not connect to the Gates on the other side and, thus, always seek connection. The term Centers refers in design to nine specific energy areas of the body. Centers may be defined or undefined depending on whether or not there are activated Gates connecting to them.
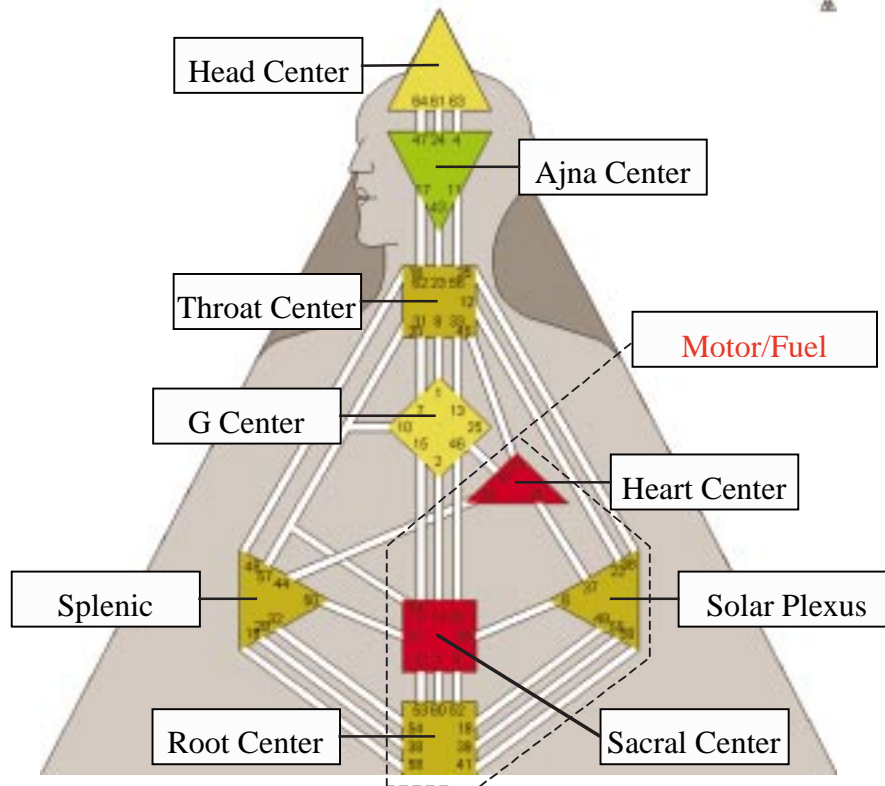

Illustration 2: Body Graph with Names of Centers

A Manifestor is an individual who has a Fuel or Motor Center connected directly or indirectly to the Throat Center and who does not have the Sacral Center defined. A Generator is an individual who has the Sacral Center defined but does not have a Motor or Fuel Center connected to the Throat Center. A Projector is an individual who has at least two centers connected, but who does not have the Sacral Center defined and no Motor or Fuel Center reaches the Throat Center. A Reflector has no definition in their design. A Mainifesting Generator is an individual who has the Sacral Center defined and who also has a Motor/Fuel Center (which may be the Sacral Center) connected directly or indirectly to the Throat Center. Illustration 3 shows Body Graph examples of each Type.
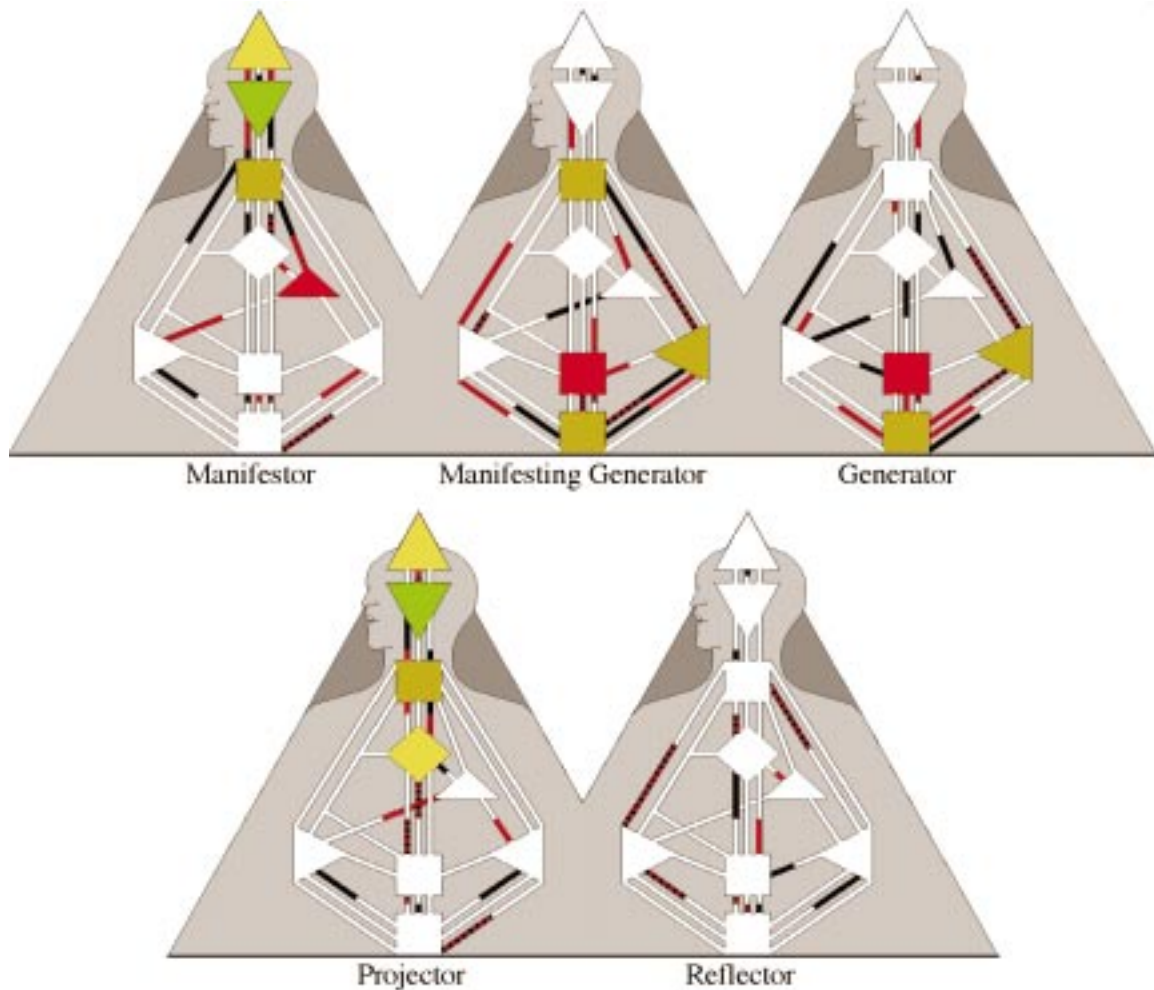
Illustration 3: Examples of Each Type

Research Design
Sampling is of critical importance in any scientific study. Preliminarily, a group of 5000 general population birth dates were randomly chosen by *Neutrinos for Rave Life Sciences* for the years of 1917 through 1975 to approximate the clinical subgroup populations with which we were working. Birth chart data was imported into the Statistical Package for the Social Sciences (SPSS) for analysis.
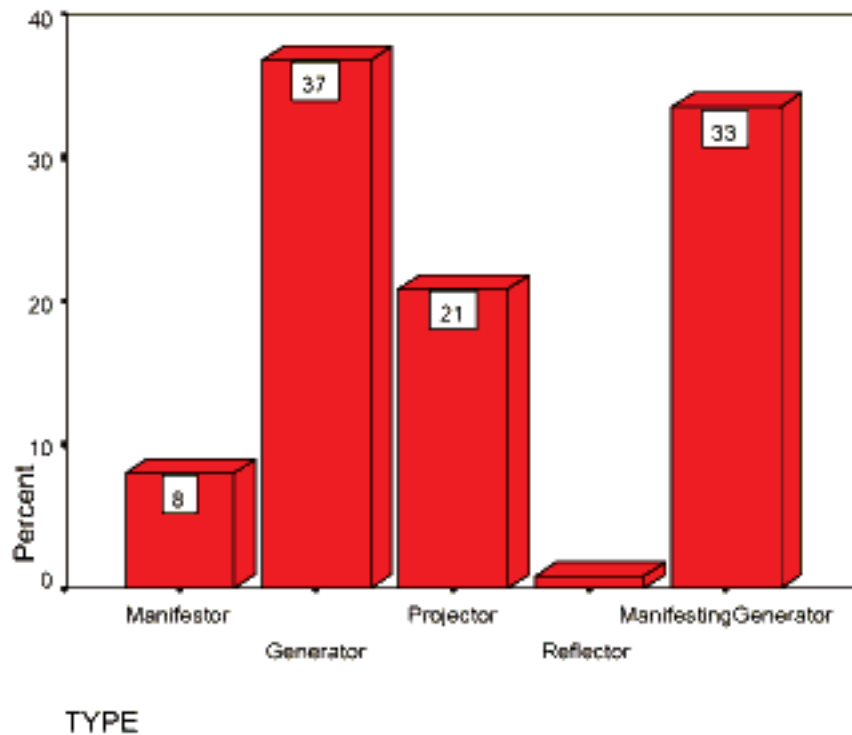
After initial frequency statistics were run, we replicated the results with two other groups of 5000 random birth dates also between 1917 and 1975. To further replicate the results, we ran two additional randomized groups of general population charts provided by Jigsaw, a different astrological program, for the years 1900 through 2000. Thus, we analyzed 5 general population samples of 5000 each and compared them for frequency of occurrence of Type.

Findings

Since all populations yield similar frequency distributions by Type, Table 1 and Graph 1 present the frequency distribution for Type in a representative sample of 5000. Z-Tests were run for differences between groups in occurrence of each of the Types, e.g., the frequency of occurrence of Manifestors in one group was compared to the frequency of occurrence of Manifestors in another group. All groups were compared to each other in this way. No significant differences were found in any of the general population groups, i.e., frequency of distribution of Type is consistent for all general populations tested.

Table 1
Type: Frequency and Percent Occurrence (N=5000)

TYPE	Frequency	Percent	Valid Percent	Cumulative Percent
Manifestor	401	8.0	8.0	8.0
Generator	1839	36.8	36.8	44.8
Projector	1043	20.9	20.9	65.7
Reflector	43	0.9	0.9	66.5
Manifesting Generator	1674	33.5	33.5	100.0
Total	5000	100.0	100.0	

Graph1: Percentage of Type Frequency in General Population (N=5000)

Table 1 and Graph 1 show that in a general population, 8% of the population are Manifestors, 36.8% of the population are Generators, 20.9% of the population are Projectors, 0.9% of the population are Reflectors and 33.5% of the population are Manifesting Generators.

Frequency percentages were analyzed using a Z-Test to determine that the differences between Type, i.e., the frequency of occurrence of each Type measured something that would not be due to chance alone. The Z-Test is a non parametric measurement, which tests for significant differences between two groups. Table 2 shows the results of the z tests.

Table 2
Z-Test Values for General Population of 5000 by Type

	Generator	Projector	Reflector	Man/Gen
Manifestor	-35.950	-16.050	8.950	-31.825
Generator		19.900	44.900	4.125
Projector			25.000	-15.775
Reflector				-40.775

C.V. = 3.29 @ 99% DF=9998

Note that in all cases the differences between each Type and every other Type to which it was compared show statistical significance far beyond the 99% level of confidence. Moreover, the significant values are considerably higher than one would expect at the 99% level of confidence. Table 2 reflects the similarity or differences and their significance in the frequency of occurrence of the Types. From Table 2 no conclusions can be drawn about the qualitative differences in Type only about the similarities and differences in occurrence of Type and whether Type actually differentiates something real between the groups.

Discussion
Type as defined by the HDS differentiates a real component that appears to be stable across many populations. It is based on birth time and place. Manifestors make up 8% of the population and Reflectors make up less than 0.9% of the population, making them a minority in the population. 70.3% of the population are Generators (Generators and Manifesting Generators). Projectors represent 20.9% of the population.

Verifying that Type represents a replicatable construct in so many populations is extremely important. Type helps people determine the coping strategies built into their Design that can be of use to them in how they live. In Design theory, Manifestors are those in the population who are able to take action because they have a Motor/Fuel Center which reaches the Throat Center, the Center of Manifestation. Since in Western culture, we tend to encourage and expect all individuals to "do" and to take action,

recognizing that people who are designed to manifest action easily are, in fact, a minority, can be extremely freeing to others who are not so designed.

Generators and Manifesting Generators together comprise about 70% of the population. Their design tunes them in to their Sacral response, which lets them know what is "correct" for them in terms of action in the world. Since their response is key, in this system we often emphasize that Generators and Manifesting Generators do well when they are asked if something is "correct" for them before they are expected to take action. Such a practice allows them to respond appropriately for themselves in situations.

Projectors have no motors defined to the Throat Center and thus have no way to manifest. They also have no way to respond from their Sacral Center (which is undefined). Thus, Projectors can neither manifest nor generate. They are a non energy Type in HDS theory. They need others to recognize them. The strategy of the Projector is to wait for the invitation. Once invited a Projector can gain secure and reliable access to the energy environment.

Reflectors have no definition in their design. Transiting planets, especially the Moon, affect Reflectors by giving them regularly cycling definition throughout their design in accord with their Body Graph configuration. Knowing they have a regular cycle through which they move can be very liberating for them.

Conclusion

Type as used in the HDS differentiates a significant construct in the general population. It provides knowledge for education in growth of self awareness that is groundbreaking and revolutionary. It helps people live according to their energy configuration. Since Type is determined at birth, it is not subjective or changeable. Unlike other assessments of Type, this differentiation does not depend on self report or on subjective experience. More research on subgroups and other distributions of Type within the Body Graph itself is underway to determine if Type is relevant in certain psychological and/or medical concerns.

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Eleanor Haspel-Portner, PhD received her degree from The University of Chicago, Committee on Human Development. She works as a Social Scientist and psychological/spiritual consultant. She currently leads the research team at Rave Life Sciences.

Ra Uru Hu was put in trust of the Human Design System and its associated information in 1987. He currently teaches in the U.S. and Europe and oversees the dissemination of all Design knowledge for its truth and integrity.

Marvin Portner, MD is a Board Certified Internist & Allergist in a private practice of holistic medicine. He has been involved in the application and clinical documentation of design knowledge.

Erik Memmert is a Computer Software developer who designed the Software programs for Human Design System and for Rave Life Sciences and has been instrumental in facilitating the research applications.

Charles Haspel is a Computer Scientist who has helped streamline the implementation of the Research design and information; he designed the Rave Life Sciences web site along with Ra Uru Hu.

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