

Booklet description

Human Design and Essential Oils Overview

Welcome to the interface between Human Design and Plant Prana Essential Oils. We are combining these two extraordinary modalities which, each, in their own way, guide us to align more closely with ourselves, and naturally empower our lives.

Both Human Design and Plant Prana Essential Oils are energetic in nature. They are working with the meeting point between the physical world and the quantum world. The meeting point between the world of matter and the world of spirit. Both are energetic modalities that engage, impact, and upgrade our frequencies. As we clear and dissolve the inflammation and distortions that are a product of conditioning, poor habits, and entanglements, we live freer, more aligned lives. We allow our light to shine.

For this process you will need your birth time, date, and place to get your Human Design body graph.

To Get Your Free Chart:

<https://clientsandhumandesign.com/free-chart/>

You will also need the Human Design Essential Oils for the aspect of the chart you are working:

<https://plantpranaoils.com/human-design-oils/>

With both the oils and your chart in hand you are ready to begin a transformational exploration.

What is Human Design?

Simply put, Human Design is a path and a tool to help humanity evolve. It offers a window of understanding into our lives that enables us to align more closely with our true self.

Human Design is a synthesis of astrology, the Judaic Kabbalah, the Chinese I Ching, the Hindu chakra system, and quantum physics. Using the placement of the planets at the time of our birth to create a bodygraph, Human Design offers an uncanny reflection of our operating system.

The basic premise is that we are each a piece of the larger puzzle of humanity. Each one of us is a perfectly designed, multidimensional galactic presence, crucial to the whole of humanity.

When we live our puzzle piece we bring our gifts to humanity. We live our dharma. When we believe we should be other than who we are, or that we are somehow intrinsically deficient, when we try to live someone else's puzzle piece, we suffer, and humanity loses out.

I said Human Design is a tool. In truth, Human Design is so much more than a tool. It is an esoteric teaching made for our times. It is the light showing the way forward. Both at an individual and a collective level, Human Design reveals the necessity and the utility of living our differentiation. It ushers in a new understanding and a higher level of coherence.

Ultimately, the call in Human Design is to align with our entelechy, our unique potential.

What are Essential Oils?

Essential oils are highly concentrated compounds derived from the natural oils in plants. In our modern world, essential oils are used for aromatherapy, in personal care products, household cleaners and much more. Essential oils have been used throughout history in many cultures for their medicinal and therapeutic benefits.

How are essential oils created?

The process of obtaining oils is called distillation, which is most commonly done with steam or water. Many parts of the plants can be used: leaves, stems, flowers, bark, and roots.

The essential oil portion contains the life force or prana of the plant. They also contain the therapeutic properties of the plant. Characteristics of the plant include scent and healing properties.

When working with essential oils we are connecting with the plant essence frequency by smelling the oil fragrance, by applying the oils to our skin, or by taking the oils internally.

For the Human Design Essential Oils, Greg Toews, Founder of Plant Prana, has used his 30-plus years of experience as a master healer and essential oil practitioner to create blends that interact with and optimize our Human Design bodygraphs.

Plant Prana Essential Oils offers education and quality essential oils. The goal is to educate, inspire and awaken.

Plant Prana uses organic, bio-dynamic, and wild-crafted oils to make our single oils and blends. They are a private label available to their students in order to maintain quality and availability. Their products are bottled and blended based on the teachings of Master Choa Kok Sui.

The Human Design Essential Oils are available as single oils or in kits. The oils typically come in a rollerball bottle with a mixture of jojoba oil and the Human Design Essential oil. Jojoba is technically a wax, so it doesn't injure the skin when applied topically, nor will it go rancid.

You can also purchase the pure oils (without Jojoba), in which case they can be defused.

The Human Design Profiles

The Profiles are one aspect of the Human Design chart. They give us the key to how to effectively do what we're here to do.

SEP The Profiles are derived from the six lines of the I Ching, an ancient divination system.



Each line tells a story. Each line emits an energy. Each line holds essential information to help us unlock our entelechy.

In pairs, the lines create the Profiles. Bringing two lines together to form your Profile creates a dynamic, powerful energy that shows you how to best navigate your life and unleash your potential.

In Human Design there are 12 Profiles:

1/3, 1/4, 2/4, 2/5, 3/5, 3/6, 4/6, 4/1, 5/1, 5/2, 6/2, and 6/3.

You will need your Human Design chart to get your personal profile.

Entelechy

“Entelechy is a Greek word meaning *the realization of potential*. An acorn realizes its potential when it becomes an oak tree. That is its entelechy. Each of us has a unique entelechy. As we live this entelechy, we bring the gifts we were designed to give. There is no hierarchy – just as there is no hierarchy in nature. A redwood tree isn’t more valuable than an oak tree. A rose isn’t more valuable than a daffodil. Though we might assign more value to something, the inherent value is equal. Each of our puzzle pieces combine to create the wonder and magnificence of the whole. Problems arise when:

- we don’t know our puzzle piece
- we don’t understand our inherent value
- we are conditioned to believe there are hierarchies of value
- we attempt to live puzzle pieces other than our own to establish value
- we fail and blame ourselves, believing we are deficient.

This could look something like: *I don’t know my purpose. I don’t have anything to offer. I’ve got to do it the way they’re telling me to, even though it doesn’t feel right. I can’t get it right. There’s something wrong with me.* Unless you’re living in alignment with yourself, you will be caught in the web of some version of this misunderstanding.

The devastating result is that we suffer, and all humanity loses out. We don’t bring our gifts. Our unique light stays hidden. We don’t realize our entelechy. Our potential lies dormant. Our purpose is un-lived.

To fully embody and live our entelechy and to bring our unique gifts to humanity, we need our Profile to be activated and engaged. The Human Design Essential oils facilitate this process.”

—From **Understanding the Profiles in Human Design, The Facilitator’s Guide to Unleashing Potential**, by Robin Winn, MFT.

To learn more about the Profiles go to Amazon and read Robin’s book on the Profiles:
[not sure about how to do this link...]

https://www.amazon.com/Understanding-Profiles-Human-Design-Facilitators-ebook/dp/B09WJRW51Q/ref=sr_1_1?crid=37N603HCLX5E7&keywords=robin+winn%2C+human+design&qid=1650859018&prefix=Robin+winn%2Caps%2C172&sr=8-1

Combining the Human Design Essential Oils and the Profiles

When we combine the Human Design Essential Oils and the Profiles we are making a conscious choice to impact our lives. How you approach your chart and the oils will impact the outcome.

Think of this a sacred journey. An exploration. An inquiry. A meditation.

You will be calling on your focused awareness to increase the potency of the practice and to activate the frequencies.

We begin by calling our attention particles back to ourselves. We bring ourselves into the present moment.

Imagine you are sitting with two close friends you have not seen for some time. Feel how happy you are to be with them. How present you are to what they have to say.

It is from this listening place that the alchemy is ignited.

You will be connecting at a heart level to each of these “friends”:

Connecting to the oil and the plant spirit.

Connecting to the specific aspect of your bodygraph.

Then you are ready to direct the energy of the plant to the Lines/Profile from your energy blueprint, your bodygraph.

When you access the nervous system through the sense of smell you have opportunity to impact the mind/body unit. You have the possibility to shift, to align, and to transform your experience on the earth plane.

By regulating the breath, thus moving some of the chemistry from the oils into the blood stream, you have the opportunity to clear patterns of conditioning that have pulled you away from yourselves and caused you to live a puzzle piece that is not in alignment.

There are three important keys to successfully align with your entelechy as you combine the Human Design Essential Oils and your Bodygraph:

1. Intention.

When you intend to align you set the waves in motion to support your desire.

2. Focused awareness.

Focused awareness is like a magnifying glass that brings everything into clarity. It requires being present, and calls on your witnessing capacity. It is here that the ego has no voice and true shifts are available.

3. Perception of difference.

When you take the time to notice your experience before you begin, during the process, and at the end, your brain registers difference. This anchors your experience and allows shifts to stabilize.

Using the Oils

As we mentioned about, Plant Prana uses only the highest quality oils.

Each of the oils is attuned to the Lines and the Profile to bring the greatest alignment.

Using the oils is a therapeutic process, and can be a meditation onto itself.

When you focus on the single Lines you activate the heart chakra.

When you focus on the Profiles with the oils you activate the crown chakra.

The potential is to connect the incarnated soul with the higher soul.

As you follow the process you may experience conditioning, life pain, difficulty, and challenging situations drop away.

You may at some point choose to diffuse the Human Design Essential oils or burn the Human Design Essential Oil incense to work with the Profiles.

In this segment we are addressing the use of the oils through smelling the oils from the bottle and applying the oils to the skin.

Protocols for the Profiles

There are three ways you can work with the oils:

1. To get more aligned with your own Profile.
2. To get more aligned with someone else's Profile
3. To use the oils by proxy for someone (client, family member/friend) to help them become more aligned with their Profile.

We provide a protocol here that takes you through a process:

- preparing you to work with the Profile oils
- working with each Line of your Profile
- working with the combination of the Lines which form your Profile.
- completion by clearing any leftover energies

You can follow the protocol, or you may be guided to work with a single Line or with the Profile itself.

We suggest you start with your own Lines and Profile. Some of you will be called to explore Lines or Profiles other than your own, If you do this you will be freed to see everyone as patterns, rather than getting stuck in the story of the person.

You are your wisest authority. This is an exploration. Allow yourself to experiment to and discover the transformation that awaits you.

Note: if you are going to use the oils with other people we suggest you add the application of focusing on the front and back solar plexus for the Lines and the Profile.

For example, with the 1/3 Profile when you are asked to inhale the oil for the Line 1 or Line 3 or for the 1/3 Profile, in addition to breathing the oil in you will bring your focused awareness to first your solar plexus (just below your breastbone) then your back solar plexus (directly opposite your front solar plexus). Do this a number of times.

The 1/3 Profile

To Begin

Take a moment to prepare your space to connect deeply to yourself, the oils, and your Profile.

Create a space conducive to supporting focused awareness. Consider lighting a candle, or getting a cozy blanket or pillow to sit on. Are you in a place that is free from distractions?

Consider this a meditation, a connection with yourSelf. An opportunity to transform your life as you've known it.

Contemplate your relationship to your Profile. How do you feel about it? Are you aligned with it? Do you use it as an anchor? Or is it unclear to you? Just notice.

Write a few reflections.

Set an intention to align with your Profile. Then let that go.

Step 1: Preparation - The Mugwort Process

Oil: Mugwort

Mugwort helps energy flow so we don't have congestion, so things don't get stuck.

Application:

- a) To begin hold the bottle of **Mugwort** to your heart. Take a moment to connect with it.
- b) When you are ready shake the bottle then gently apply it to:
armpit area, inner elbows, inside of the wrists, palms, side of hips, back of knees, ankles,
soles of the feet.
- c) Now simply smell the Mugwort oil. Inhaling through you nose, exhaling through your
mouth.
- d) Be still. Call on your awareness.
- e) Now take a moment to check in with yourself. What do you notice?

Step 2: Line 1

Oil: HD Line 1

Line 1 in Human Design is called the Investigator.

Themes:

- Engaged in the study of life
- Insecurity – get safety and ground through gathering information
- Need details to understand the big picture
- Their genius is awakened as they stabilize on knowledge and become an authority

***Entelechy:** To provide a solid foundation through investigation.*

Application:

- a) Take a moment to contemplate your Line 1. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 1. Then let all thoughts of it go.
- b) Hold the bottle of the **HD Line 1** oil to your heart. Take a moment to connect with the essence of the oil. Open to it.
- c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.
- d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 3: Line 3

Oil: HD Line 3

Line 3 in Human Design is called the Martyr or The Experimenter

Themes

- Learns by trial and error
- Must embody things to know if they work
- Learns through experience
- Bonds made and broken
- Catalysts of change

Entelechy: *To determine the next level of possibility on the material plane through experience and experimentation.*

Application:

a) Take a moment to contemplate your Line 3. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 3. Then let all thoughts of it go.

b) Hold the **HD Line 3** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 4: The 1/3 Profile

Oil: HD 1/3 Profile

The 1/3 Profile in Human Design is called the Investigator/Martyr or The Investigator/Experimenter

Themes

- Need information to feel secure enough to explore
- Trial and error approach to discover what does or doesn't work
- Independent
- Focused on Self
- Gather information, then become the authority

Entelechy: *The 1/3's passion for research and willingness to discover through exploration ignites a mutative process that ultimately brings an evolving foundational ground to humanity*

Application:

a) Take a moment to contemplate your 1/3 Profile. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your 1/3 Profile. Then let all thoughts of it go.

b) Hold the bottle of the **HD 1/3 Profile** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 5: Completion:

Oil: Palo Santo

Palo Santo helps flush out any left over issues or debris in the mind/body energetic field.

Application:

a) To begin hold the bottle of the **Palo Santo** oil to your heart. Take a moment to connect with it.

b) Bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

c) Do this for 3 to 15 breathing cycles or longer.

d) Pause, be still. What do you notice?

e) Take a time to reflect. What do you feel now? Do you perceive any differences when you contemplate your Profile?

f) Journal. Put your reflections on paper.

g) In closing, take a moment to appreciate the Profiles, the oils, the process, your efforts, and what you have received. Offer anything you have received for the benefit of all beings.

The 1/4 Profile

To Begin

Take a moment to prepare your space to connect deeply to yourself, the oils, and your Profile.

Create a space conducive to supporting focused awareness. Consider lighting a candle, or getting a cozy blanket or pillow to sit on. Are you in a place that is free from distractions?

Consider this a meditation, a connection with yourSelf. An opportunity to transform your life as you've known it.

Contemplate your relationship to your Profile. How do you feel about it? Are you aligned with it? Do you use it as an anchor? Or is it unclear to you? Just notice.

Write a few reflections.

Set an intention to align with your Profile. Then let that go.

Step 1: Preparation - The Mugwort Process

Oil: Mugwort

Mugwort helps energy flow so we don't have congestion, so things don't get stuck.

Application:

- a) To begin hold the bottle of **Mugwort** to your heart. Take a moment to connect with it.
- b) When you are ready shake the bottle then gently apply it to:
armpit area, inner elbows, inside of the wrists, palms, side of hips, back of knees, ankles, soles of the feet.
- c) Now simply smell the Mugwort oil. Inhaling through you nose, exhaling through your mouth.
- d) Be still. Call on your awareness.
- e) Now take a moment to check in with yourself. What do you notice?

Step 2: Line 1

Oil: HD Line 1

Line 1 in Human Design is called the Investigator.

Themes:

- Engaged in the study of life
- Insecurity – get safety and ground through gathering information
- Need details to understand the big picture
- Their genius is awakened as they stabilize on knowledge and become an authority

***Entelechy:** To provide a solid foundation through investigation.*

Application:

a) Take a moment to contemplate your Line 1. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 1. Then let all thoughts of it go.

b) Hold the bottle of the **HD Line 1** oil to your heart. Take a moment to connect with the essence of the oil. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 3: Line 4

Oil: HD Line 4

Line 4 in Human Design is called The Opportunist or The Connector

Themes

- Foundation of the interpersonal lines
- Here to investigate relationships
- Here to impact people they know
- Insecurity around change
- Deeply influential
- Friendly nature
- Ultimate networker

Entelechy: *To enrich communities with their ideas and to transform people's lives through their insight.*

Application:

- a) Take a moment to contemplate your Line 4. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 4. Then let all thoughts of it go.
- b) Hold the **HD Line 4** oil to your heart. Take a moment to connect with it. Open to it.
- c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.
- d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

- e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 4: The 1/4 Profile**Oil: HD 1/4 Profile**

The 1/4 Profile in Human Design is called the Investigator/Opportunist or The Investigator/Connector

Themes

- Introspection/connection
- Insecurity/security
- Drive for knowledge to create a foundation then share
- Network is everything
- Here to impact people on a personal level^[1]_[SEP]

Entelechy: *The 1/4 genius lies in their insatiable curiosity to understand the world coupled with their capacity to share what they discover with humanity.*

Application:

a) Take a moment to contemplate your 1/4 Profile. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your 1/4 Profile. Then let all thoughts of it go.

b) Hold the bottle of the **HD 1/4 Profile** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 5: Completion:

Oil: Palo Santo

Palo Santo helps flush out any left over issues or debris in the mind/body energetic field.

Application:

a) To begin hold the bottle of the **Palo Santo** oil to your heart. Take a moment to connect with it.

b) Bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

c) Do this for 3 to 15 breathing cycles or longer.

d) Pause, be still. What do you notice?

e) Take a time to reflect. What do you feel now? Do you perceive any differences when you contemplate your Profile?

f) Journal. Put your reflections on paper.

g) In closing, take a moment to appreciate the Profiles, the oils, the process, your efforts, and what you have received. Offer anything you have received for the benefit of all beings.

The 2/4 Profile

To Begin

Take a moment to prepare your space to connect deeply to yourself, the oils, and your Profile.

Create a space conducive to supporting focused awareness. Consider lighting a candle, or getting a cozy blanket or pillow to sit on. Are you in a place that is free from distractions?

Consider this a meditation, a connection with yourSelf. An opportunity to transform your life as you've known it.

Contemplate your relationship to your Profile. How do you feel about it? Are you aligned with it? Do you use it as an anchor? Or is it unclear to you? Just notice.

Write a few reflections.

Set an intention to align with your Profile. Then let that go.

Step 1: Preparation - The Mugwort Process

Oil: Mugwort

Mugwort helps energy flow so we don't have congestion, so things don't get stuck.

Application:

a) To begin hold the bottle of **Mugwort** to your heart. Take a moment to connect with it.

b) When you are ready shake the bottle then gently apply it to:

armpit area, inside the inner elbows, inner wrists, palms, side of hips, back of knees, ankles, soles of the feet

c) Now simply smell the Mugwort oil. Inhaling through your nose, exhaling through your mouth.

d) Be still. Call on your awareness.

e) Now take a moment to check in with yourself. What do you notice?

Step 2: Line 2

Oil: HD Line 2

Line 2 in Human Design is called the Hermit.

Themes:

- Need their down time away from people
- Insecure
- Unique, natural inborn genius
- Talent is recognized and called out
- Self-contained – don't like interference

***Entelechy:** To allow their natural genius to emerge, be seen, and come to fruition.*

Application:

a) Take a moment to contemplate your Line 2. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 2. Then let all thoughts of it go.

b) Hold the bottle of the **HD Line 2** oil to your heart. Take a moment to connect with the essence of the oil. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 3: Line 4

Oil: HD Line 4

Line 4 in Human Design is called The Opportunist or The Connector

Themes

- Foundation of the interpersonal lines
- Here to investigate relationships
- Here to impact people they know
- Insecurity around change
- Deeply influential
- Friendly nature
- Ultimate networker

Entelechy: *To enrich communities with their ideas and to transform people's lives through their insight.*

Application:

a) Take a moment to contemplate your Line 4. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 4. Then let all thoughts of it go.

b) Hold the **HD Line 4** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 4: The 2/4 Profile

Oil: HD 2/4 Profile

The 2/4 Profile in Human Design is called the Hermit/Opportunist or the Hermit/Connector
Themes

- Shy and bold
- Need to balance *hermit* time with social time
- Innate gifts are seen and called out when *hermitting*
- Network is key to success
- Here to impact people on a personal level

Entelechy: *The 2/4 Profile has the enviable capacity to connect with their innate talents then share them with the world in the right time and place. In this way they bless and transform the world.*

Application:

a) Take a moment to contemplate your 2/4 Profile. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your 2/4 Profile. Then let all thoughts of it go.

b) Hold the bottle of the **HD 2/4 Profile** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 5: Completion:

Oil: Palo Santo

Palo Santo helps flush out any left over issues or debris in the mind/body energetic field.

Application:

a) To begin hold the bottle of the **Palo Santo** oil to your heart. Take a moment to connect with it.

b) Bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

c) Do this for 3 to 15 breathing cycles or longer.

d) Pause, be still. What do you notice?

e) Take a time to reflect. What do you feel now? Do you perceive any differences when you contemplate your Profile?

f) Journal. Put your reflections on paper.

g) In closing, take a moment to appreciate the Profiles, the oils, the process, your efforts, and what you have received. Offer anything you have received for the benefit of all beings.

The 2/5 Profile

To Begin

Take a moment to prepare your space to connect deeply to yourself, the oils, and your Profile.

Create a space conducive to supporting focused awareness. Consider lighting a candle, or getting a cozy blanket or pillow to sit on. Are you in a place that is free from distractions?

Consider this a meditation, a connection with yourSelf. An opportunity to transform your life as you've known it.

Contemplate your relationship to your Profile. How do you feel about it? Are you aligned with it? Do you use it as an anchor? Or is it unclear to you? Just notice.

Write a few reflections.

Set an intention to align with your Profile. Then let that go.

Step 1: Preparation - The Mugwort Process

Oil: Mugwort

Mugwort helps energy flow so we don't have congestion, so things don't get stuck.

Application:

- a) To begin hold the bottle of **Mugwort** to your heart. Take a moment to connect with it.
- b) When you are ready shake the bottle then gently apply it to:
armpit area, inside of the elbows, inside of the wrists, palms, side of hips, back of knees, ankles, soles of the feet.
- c) Now simply smell the Mugwort oil. Inhaling through you nose, exhaling through your mouth.
- d) Be still. Call on your awareness.
- e) Now take a moment to check in with yourself. What do you notice?

Step 2: Line 2

Oil: HD Line 2

Line 2 in Human Design is called the Hermit.

Themes:

- Need their down time away from people
- Insecure
- Unique, natural inborn genius

- Talent is recognized and called out
- Self-contained – don't like interference

Entelechy: To allow their natural genius to emerge, be seen, and come to fruition.

Application:

a) Take a moment to contemplate your Line 2. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 2. Then let all thoughts of it go.

b) Hold the bottle of the **HD Line 2** oil to your heart. Take a moment to connect with the essence of the oil. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 3: Line 5

Oil: HD Line 5

Line 5 in Human Design is called the Heretic or The Illuminator. Also known for Crazy Wisdom

Themes

- Highest Line—universalizes their message
- Harmonic with Line 2
- Here to save humanity
- Luminary – lighting the world with their new solutions

- Transpersonal
- Projected on positively and negatively
- Here to influence strangers
- Karmic relationships
- Draw people in need of solutions

***Entelechy:** To take humanity to the next level of possibility by bringing new solutions.*

Application:

a) Take a moment to contemplate your Line 5. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 5. Then let all thoughts of it go.

b) Hold the **HD Line 5** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 4: The 2/5 Profile

Oil: HD 2/5 Profile

The 2/5 Profile in Human Design is called the Hermit/Heretic or the Hermit/Illuminator

Themes

- Shy
- Need time alone
- Can neglect themselves to help others

- Projected on (positively & negatively)
- Here to lead in crisis with practical solutions
- Innate genius: People look to them as someone who can help them
- Here to impact strangers of consequence

***Entelechy:** The 2/5 Profile has the remarkable potential to bring their genius to the world and solve universal problems with pragmatic solutions.*

Application:

a) Take a moment to contemplate your 2/5 Profile. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your 2/5 Profile. Then let all thoughts of it go.

b) Hold the bottle of the **HD 2/5 Profile** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 5: Completion:

Oil: Palo Santo

Palo Santo helps flush out any left over issues or debris in the mind/body energetic field.

Application:

- a) To begin hold the bottle of the **Palo Santo** oil to your heart. Take a moment to connect with it.
- b) Bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.
- c) Do this for 3 to 15 breathing cycles or longer.
- d) Pause, be still. What do you notice?
- e) Take a time to reflect. What do you feel now? Do you perceive any differences when you contemplate your Profile?
- f) Journal. Put your reflections on paper.
- g) In closing, take a moment to appreciate the Profiles, the oils, the process, your efforts, and what you have received. Offer anything you have received for the benefit of all beings.

The 3/5 Profile

To Begin

Take a moment to prepare your space to connect deeply to yourself, the oils, and your Profile.

Create a space conducive to supporting focused awareness. Consider lighting a candle, or getting a cozy blanket or pillow to sit on. Are you in a place that is free from distractions?

Consider this a meditation, a connection with yourSelf. An opportunity to transform your life as you've known it.

Contemplate your relationship to your Profile. How do you feel about it? Are you aligned with it? Do you use it as an anchor? Or is it unclear to you? Just notice.

Write a few reflections.

Set an intention to align with your Profile. Then let that go.

Step 1: Preparation - The Mugwort Process

Oil: Mugwort

Mugwort helps energy flow so we don't have congestion, so things don't get stuck.

Application:

- a) To begin hold the bottle of **Mugwort** to your heart. Take a moment to connect with it.
- b) When you are ready shake the bottle then gently apply it to:
armpit area, inside of the elbows, inside of the wrists, palms, side of hips, back of knees, ankles, soles of the feet.
- c) Now simply smell the Mugwort oil. Inhaling through you nose, exhaling through your mouth.
- d) Be still. Call on your awareness.
- e) Now take a moment to check in with yourself. What do you notice?

Step 2: Line 3

Oil: HD Line 3

Line 3 in Human Design is called the Martyr or The Experimenter

Themes

- Learns by trial and error
- Must embody things to know if they work
- Learns through experience
- Bonds made and broken
- Catalysts of change

Entelechy: To determine the next level of possibility on the material plane through experience and experimentation.

Application:

- a) Take a moment to contemplate your Line 3. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 3. Then let all thoughts of it go.
- b) Hold the **HD Line 3** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 3: Line 5

Oil: HD Line 5

Line 5 in Human Design is called the Heretic or The Illuminator. Also known for Crazy Wisdom

Themes

- Highest Line—universalizes their message
- Harmonic with Line 2
- Here to save humanity
- Luminary – lighting the world with their new solutions
- Transpersonal
- Projected on positively and negatively
- Here to influence strangers
- Karmic relationships
- Draw people in need of solutions

Entelechy: *To take humanity to the next level of possibility by bringing new solutions.*

Application:

a) Take a moment to contemplate your Line 5. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 5. Then let all thoughts of it go.

b) Hold the **HD Line 5** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 4: The 3/5 Profile

Oil: HD 3/5 Profile

The 3/5 Profile in Human Design is called the Martyr/Heretic or the Experimenter/Illuminator

Themes

- The great fixers
- Innovative solutions
- Can sustain trial-and-error process
- Bonds made and broken pattern
- Projected on
- Can become pessimistic
- Need non-repetitive work
- Here to influence strangers of consequence

Entelechy: *Through their intrepid trial-and-error exploration, the 3/5 Profile has the challenge and capacity to discover new solutions to humanity's problems. Innovative and influential, they use their charm and seductive powers for the greater good.*

Application:

a) Take a moment to contemplate your 3/5 Profile. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your 3/5 Profile. Then let all thoughts of it go.

b) Hold the bottle of the **HD 3/5 Profile** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 5: Completion:

Oil: Palo Santo

Palo Santo helps flush out any left over issues or debris in the mind/body energetic field.

Application:

a) To begin hold the bottle of the **Palo Santo** oil to your heart. Take a moment to connect with it.

b) Bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

c) Do this for 3 to 15 breathing cycles or longer.

d) Pause, be still. What do you notice?

e) Take a time to reflect. What do you feel now? Do you perceive any differences when you contemplate your Profile?

f) Journal. Put your reflections on paper.

g) In closing, take a moment to appreciate the Profiles, the oils, the process, your efforts, and what you have received. Offer anything you have received for the benefit of all beings.

The 3/6 Profile

To Begin

Take a moment to prepare your space to connect deeply to yourself, the oils, and your Profile.

Create a space conducive to supporting focused awareness. Consider lighting a candle, or getting a cozy blanket or pillow to sit on. Are you in a place that is free from distractions?

Consider this a meditation, a connection with yourSelf. An opportunity to transform your life as you've known it.

Contemplate your relationship to your Profile. How do you feel about it? Are you aligned with it? Do you use it as an anchor? Or is it unclear to you? Just notice.

Write a few reflections.

Set an intention to align with your Profile. Then let that go.

Step 1: Preparation - The Mugwort Process

Oil: Mugwort

Mugwort helps energy flow so we don't have congestion, so things don't get stuck.

Application:

a) To begin hold the bottle of **Mugwort** to your heart. Take a moment to connect with it.

b) When you are ready shake the bottle then gently apply it to:
armpit area, inside the inner elbows, inner wrists, palms, side of hips, back of knees, ankles, soles of the feet

c) Now simply smell the Mugwort oil. Inhaling through your nose, exhaling through your mouth.

d) Be still. Call on your awareness.

e) Now take a moment to check in with yourself. What do you notice?

Step 2: Line 3

Oil: HD Line 3

Line 3 in Human Design is called The Martyr or The Experimenter

Themes

Themes

- Learns by trial and error
- Must embody things to know if they work
- Learns through experience
- Bonds made and broken
- Catalysts of change

Entelechy: *To determine the next level of possibility on the material plane through experience and experimentation.*

Application:

a) Take a moment to contemplate your Line 3. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 3. Then let all thoughts of it go.

b) Hold the **HD Line 3** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 3: Line 6

Oil: HD Line 6

Line 6 in Human Design is called the Role Model

Themes

- Harmonic with Line 3
- Has the long view - the eagle's view of life
- Can see ahead, and can't understand why others can't see what they see
- Wise souls/old souls
- Stay on the outskirts of a group
- Karmic relationships
- Here to impact strangers of consequence
- Looking for their soulmate
- Triphasic
- From birth to thirty, they act like 3rd Lines, learning by trial and error
- From thirty to fifty, they step back and learn by witnessing
- From fifty onward, they become the *Role Model*

Entelechy: *To embody, witness, and live the highest potential of what it means to be human as the Role Model of possibility for others. To claim and live by their inner authority.*

Application:

a) Take a moment to contemplate your Line 6. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 6. Then let all thoughts of it go.

b) Hold the **HD Line 6** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 4: The 3/6 Profile

Oil: HD 3/6 Profile

The 3/6 Profile in Human Design is called the Martyr/Role Model or the Experimenter/Role Model

Themes

- Triphasic
- Engage in trial-and-error process to embody wisdom
- Trust, perfection, and indecision are big issues
- Bonds-made-and-broken pattern
- Looking for their soulmate
- Here to impact strangers of consequence

Entelechy: *The highly mutative 3/6 Profile brings powerful transformation through experience. With tenacious resilience, they compost negative experiences into wisdom. As the Role Models of living true to one's inner authority, they inspire humanity to embrace authenticity.*

Application:

a) Take a moment to contemplate your 3/6 Profile. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your 3/6 Profile. Then let all thoughts of it go.

b) Hold the bottle of the **HD 3/6 Profile** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 5: Completion:

Oil: Palo Santo

Palo Santo helps flush out any left over issues or debris in the mind/body energetic field.

Application:

a) To begin hold the bottle of the **Palo Santo** oil to your heart. Take a moment to connect with it.

b) Bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

c) Do this for 3 to 15 breathing cycles or longer.

d) Pause, be still. What do you notice?

e) Take a time to reflect. What do you feel now? Do you perceive any differences when you contemplate your Profile?

f) Journal. Put your reflections on paper.

g) In closing, take a moment to appreciate the Profiles, the oils, the process, your efforts, and what you have received. Offer anything you have received for the benefit of all beings.

The 4/6 Profile

To Begin

Take a moment to prepare your space to connect deeply to yourself, the oils, and your Profile.

Create a space conducive to supporting focused awareness. Consider lighting a candle, or getting a cozy blanket or pillow to sit on. Are you in a place that is free from distractions?

Consider this a meditation, a connection with yourSelf. An opportunity to transform your life as you've known it.

Contemplate your relationship to your Profile. How do you feel about it? Are you aligned with it? Do you use it as an anchor? Or is it unclear to you? Just notice.

Write a few reflections.

Set an intention to align with your Profile. Then let that go.

Step 1: Preparation - The Mugwort Process

Oil: Mugwort

Mugwort helps energy flow so we don't have congestion, so things don't get stuck.

Application:

- a) To begin hold the bottle of **Mugwort** to your heart. Take a moment to connect with it.
- b) When you are ready shake the bottle then gently apply it to:
armpit area, inside the inner elbows, inner wrists, palms, side of hips, back of knees, ankles, soles of the feet
- c) Now simply smell the Mugwort oil. Inhaling through you nose, exhaling through your mouth.
- d) Be still. Call on your awareness.
- e) Now take a moment to check in with yourself. What do you notice?

Step 2: Line 4

Oil: HD Line 4

Line 4 in Human Design is called The Opportunist or The Connector

Themes

- Foundation of the interpersonal lines
- Here to investigate relationships
- Here to impact people they know
- Insecurity around change
- Deeply influential
- Friendly nature
- Ultimate networker

Entelechy: To enrich communities with their ideas and to transform people's lives through their insight.

Application:

a) Take a moment to contemplate your Line 4. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 4. Then let all thoughts of it go.

b) Hold the **HD Line 4** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 3: Line 6

Oil: HD Line 6

Line 6 in Human Design is called the Role Model

Themes

- Harmonic with Line 3
- Has the long view - the eagle's view of life
- Can see ahead, and can't understand why others can't see what they see
- Wise souls/old souls
- Stay on the outskirts of a group
- Karmic relationships
- Here to impact strangers of consequence
- Looking for their soulmate
- Triphasic
- From birth to thirty, they act like 3rd Lines, learning by trial and error
- From thirty to fifty, they step back and learn by witnessing
- From fifty onward, they become the *Role Model*

***Entelechy:** To embody, witness, and live the highest potential of what it means to be human as the Role Model of possibility for others. To claim and live by their inner authority.*

Application:

- a) Take a moment to contemplate your Line 6. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 6. Then let all thoughts of it go.
- b) Hold the **HD Line 6** oil to your heart. Take a moment to connect with it. Open to it.
- c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.
- d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

- e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 4: The 4/6 Profile

Oil: HD 4/6 Profile

The 4/6 Profile in Human Design is called the Opportunist/Role Model or the Connector/Role Model

Themes

- The only profile with both lines in the upper, transpersonal trigram
- Line 4 is in tension with the Line 6 – Line 4 is social and engaged while Line 6 stands back with the larger view
- Has the 6th Line triphasic experience of life
- Can get exhausted by being around people and must step back at times
- Friendships are important – 4/6 Profiles have the capacity to develop genuine authentic intimate relationships
- Not necessarily here to be impacted by people but are waiting to impact people

***Entelechy:** The remarkable 4/6 Profile has the possibility to be a role model and leader that impacts a large network of people by living true to themselves. Friendly and generous, their wisdom opens vistas and alters people's thinking.*

Application:

a) Take a moment to contemplate your 4/6 Profile. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your 4/6 Profile. Then let all thoughts of it go.

b) Hold the bottle of the **HD 4/6 Profile** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 5: Completion:

Oil: Palo Santo

Palo Santo helps flush out any left over issues or debris in the mind/body energetic field.

Application:

a) To begin hold the bottle of the **Palo Santo** oil to your heart. Take a moment to connect with it.

b) Bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

c) Do this for 3 to 15 breathing cycles or longer.

d) Pause, be still. What do you notice?

e) Take a time to reflect. What do you feel now? Do you perceive any differences when you contemplate your Profile?

f) Journal. Put your reflections on paper.

g) In closing, take a moment to appreciate the Profiles, the oils, the process, your efforts, and what you have received. Offer anything you have received for the benefit of all beings.

The 4/1 Profile

To Begin

Take a moment to prepare your space to connect deeply to yourself, the oils, and your Profile.

Create a space conducive to supporting focused awareness. Consider lighting a candle, or getting a cozy blanket or pillow to sit on. Are you in a place that is free from distractions?

Consider this a meditation, a connection with yourSelf. An opportunity to transform your life as you've known it.

Contemplate your relationship to your Profile. How do you feel about it? Are you aligned with it? Do you use it as an anchor? Or is it unclear to you? Just notice.

Write a few reflections.

Set an intention to align with your Profile. Then let that go.

Step 1: Preparation - The Mugwort Process

Oil: Mugwort

Mugwort helps energy flow so we don't have congestion, so things don't get stuck.

Application:

- a) To begin hold the bottle of **Mugwort** to your heart. Take a moment to connect with it.
- b) When you are ready shake the bottle then gently apply it to:
armpit area, inner elbows, inside of the wrists, palms, side of hips, back of knees, ankles, soles of the feet.
- c) Now simply smell the Mugwort oil. Inhaling through you nose, exhaling through your mouth.
- d) Be still. Call on your awareness.
- e) Now take a moment to check in with yourself. What do you notice?

Step 2: Line 4

Oil: HD Line 4

Line 4 in Human Design is called The Opportunist or The Connector
Themes

- Foundation of the interpersonal lines
- Here to investigate relationships
- Here to impact people they know
- Insecurity around change

- Deeply influential
- Friendly nature
- Ultimate networker

***Entelechy:** To enrich communities with their ideas and to transform people's lives through their insight.*

Application:

a) Take a moment to contemplate your Line 4. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 4. Then let all thoughts of it go.

b) Hold the **HD Line 4** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 3: Line 1

Oil: HD Line 1

Line 1 in Human Design is called the Investigator.

Themes:

- Engaged in the study of life
- Insecurity – get safety and ground through gathering information
- Need details to understand the big picture
- Their genius is awakened as they stabilize on knowledge and become an authority

***Entelechy:** To provide a solid foundation through investigation.*

Application:

a) Take a moment to contemplate your Line 1. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 1. Then let all thoughts of it go.

b) Hold the bottle of the **HD Line 1** oil to your heart. Take a moment to connect with the essence of the oil. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 4: The 4/1 Profile

Oil: HD 4/1 Profile

The 4/1 Profile in Human Design is called the Opportunist/Investigator or the Connector/Investigator

Themes

- Two percent of the population
- Connected and extroverted versus introspective and introverted
- Security and insecurity
- Fixed fate
- Study and knowledge with intent to share
- Network is everything
- Here to impact people on a personal level^[SEP]

***Entelechy:** The rare 4/1 jewel has the gift of being themselves regardless of the situation they're in. They bring the stability of the oak tree to humanity coupled with a deep desire to share their discoveries of life.*

Application:

- a) Take a moment to contemplate your 4/1 Profile. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your 4/1 Profile. Then let all thoughts of it go.
- b) Hold the bottle of the **HD 4/1 Profile** oil to your heart. Take a moment to connect with it. Open to it.
- c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.
- d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

- e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 5: Completion:

Oil: Palo Santo

Palo Santo helps flush out any left over issues or debris in the mind/body energetic field.

Application:

- a) To begin hold the bottle of the **Palo Santo** oil to your heart. Take a moment to connect with it.
- b) Bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

- c) Do this for 3 to 15 breathing cycles or longer.
- d) Pause, be still. What do you notice?
- e) Take a time to reflect. What do you feel now? Do you perceive any differences when you contemplate your Profile?
- f) Journal. Put your reflections on paper.
- g) In closing, take a moment to appreciate the Profiles, the oils, the process, your efforts, and what you have received. Offer anything you have received for the benefit of all beings.

The 5/1 Profile

To Begin

Take a moment to prepare your space to connect deeply to yourself, the oils, and your Profile.

Create a space conducive to supporting focused awareness. Consider lighting a candle, or getting a cozy blanket or pillow to sit on. Are you in a place that is free from distractions?

Consider this a meditation, a connection with yourSelf. An opportunity to transform your life as you've known it.

Contemplate your relationship to your Profile. How do you feel about it? Are you aligned with it? Do you use it as an anchor? Or is it unclear to you? Just notice.

Write a few reflections.

Set an intention to align with your Profile. Then let that go.

Step 1: Preparation - The Mugwort Process

Oil: Mugwort

Mugwort helps energy flow so we don't have congestion, so things don't get stuck.

Application:

- a) To begin hold the bottle of **Mugwort** to your heart. Take a moment to connect with it.

b) When you are ready shake the bottle then gently apply it to:
armpit area, inner elbows, inside of the wrists, palms, side of hips, back of knees, ankles,
soles of the feet.

c) Now simply smell the Mugwort oil. Inhaling through you nose, exhaling through your
mouth.

d) Be still. Call on your awareness.

e) Now take a moment to check in with yourself. What do you notice?

Step 2: Line 5

Oil: HD Line 5

Line 5 in Human Design is called the Heretic or The Illuminator. Also known for Crazy
Wisdom

Themes

- Highest Line—universalizes their message
- Harmonic with Line 2
- Here to save humanity
- Luminary – lighting the world with their new solutions
- Transpersonal
- Projected on positively and negatively
- Here to influence strangers
- Karmic relationships
- Draw people in need of solutions

Entelechy: *To take humanity to the next level of possibility by bringing new solutions.*

Application:

a) Take a moment to contemplate your Line 5. How does it show up in your life? Where are
you aligned with it? Are you allowing its full support? Set an intention for working with
your Line 5. Then let all thoughts of it go.

b) Hold the **HD Line 5** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose,
exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 3: Line 1

Oil: HD Line 1

Line 1 in Human Design is called the Investigator.

Themes:

- Engaged in the study of life
- Insecurity – get safety and ground through gathering information
- Need details to understand the big picture
- Their genius is awakened as they stabilize on knowledge and become an authority

***Entelechy:** To provide a solid foundation through investigation.*

Application:

a) Take a moment to contemplate your Line 1. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 1. Then let all thoughts of it go.

b) Hold the bottle of the **HD Line 1** oil to your heart. Take a moment to connect with the essence of the oil. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 4: The 5/1 Profile

Oil: HD 5/1 Profile

The 5/1 Profile in Human Design is called the Heretic/Investigator or the Illuminator/Investigator

Themes

- Most transpersonal with the highest universalizing potential
- Projected on (positively and negatively)
- Seductive/hidden
- Insecurities and vulnerabilities
- Here to lead in crisis with practical solutions
- Karmic relationships
- Here to impact strangers of consequence

Entelechy: True alchemists, this extraordinary Profile takes knowledge they have garnered and transmutes it, bringing high-level practical solutions that serve all humanity.

Application:

a) Take a moment to contemplate your 5/1 Profile. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your 5/1 Profile. Then let all thoughts of it go.

b) Hold the bottle of the **HD 5/1 Profile** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 5: Completion:

Oil: Palo Santo

Palo Santo helps flush out any left over issues or debris in the mind/body energetic field.

Application:

a) To begin hold the bottle of the **Palo Santo** oil to your heart. Take a moment to connect with it.

b) Bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

c) Do this for 3 to 15 breathing cycles or longer.

d) Pause, be still. What do you notice?

e) Take a time to reflect. What do you feel now? Do you perceive any differences when you contemplate your Profile?

f) Journal. Put your reflections on paper.

g) In closing, take a moment to appreciate the Profiles, the oils, the process, your efforts, and what you have received. Offer anything you have received for the benefit of all beings.

The 5/2 Profile

To Begin

Take a moment to prepare your space to connect deeply to yourself, the oils, and your Profile.

Create a space conducive to supporting focused awareness. Consider lighting a candle, or getting a cozy blanket or pillow to sit on. Are you in a place that is free from distractions?

Consider this a meditation, a connection with yourself. An opportunity to transform your life as you've known it.

Contemplate your relationship to your Profile. How do you feel about it? Are you aligned with it? Do you use it as an anchor? Or is it unclear to you? Just notice.

Write a few reflections.

Set an intention to align with your Profile. Then let that go.

Step 1: Preparation - The Mugwort Process

Oil: Mugwort

Mugwort helps energy flow so we don't have congestion, so things don't get stuck.

Application:

a) To begin hold the bottle of **Mugwort** to your heart. Take a moment to connect with it.

b) When you are ready shake the bottle then gently apply it to:
armpit area, inside of the elbows, inside of the wrists, palms, side of hips, back of knees, ankles, soles of the feet.

c) Now simply smell the Mugwort oil. Inhaling through your nose, exhaling through your mouth.

d) Be still. Call on your awareness.

e) Now take a moment to check in with yourself. What do you notice?

Step 2: Line 5

Oil: HD Line 5

Line 5 in Human Design is called the Heretic or The Illuminator. Also known for Crazy Wisdom

Themes

- Highest Line—universalizes their message
- Harmonic with Line 2
- Here to save humanity
- Luminary – lighting the world with their new solutions
- Transpersonal
- Projected on positively and negatively
- Here to influence strangers
- Karmic relationships
- Draw people in need of solutions

Entelechy: *To take humanity to the next level of possibility by bringing new solutions.*

Application:

a) Take a moment to contemplate your Line 5. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 5. Then let all thoughts of it go.

b) Hold the **HD Line 5** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 3: Line 2

Oil: HD Line 2

Line 2 in Human Design is called the Hermit.

Themes:

- Need their down time away from people
- Insecure
- Unique, natural inborn genius
- Talent is recognized and called out
- Self-contained – don't like interference

Entelechy: To allow their natural genius to emerge, be seen, and come to fruition.

Application:

a) Take a moment to contemplate your Line 2. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 2. Then let all thoughts of it go.

b) Hold the bottle of the **HD Line 2** oil to your heart. Take a moment to connect with the essence of the oil. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 4: The 5/ 2 Profile

Oil: HD 5/2 Profile

The 5/2 Profile in Human Design is called the Heretic/Hermit or the Illuminator/Hermit

Themes

- Luminaries

- Don't like being or feeling pressured
- Challenge to know what the right call to respond to is
- Deeply gifted, yet vulnerable to accessing and bringing their gifts into the world
- Need to come out in their own timing in their own way
- Even so, they can be reluctant to step out
- Projected on (positively and negatively)
- Here to impact strangers of consequence

Application:

a) Take a moment to contemplate your 5/2 Profile. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your 5/2 Profile. Then let all thoughts of it go.

b) Hold the bottle of the **HD 5/2 Profile** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 5: Completion:

Oil: Palo Santo

Palo Santo helps flush out any left over issues or debris in the mind/body energetic field.

Application:

- a) To begin hold the bottle of the **Palo Santo** oil to your heart. Take a moment to connect with it.
- b) Bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.
- c) Do this for 3 to 15 breathing cycles or longer.
- d) Pause, be still. What do you notice?
- e) Take a time to reflect. What do you feel now? Do you perceive any differences when you contemplate your Profile?
- f) Journal. Put your reflections on paper.
- g) In closing, take a moment to appreciate the Profiles, the oils, the process, your efforts, and what you have received. Offer anything you have received for the benefit of all beings.

The 6/2 Profile

To Begin

Take a moment to prepare your space to connect deeply to yourself, the oils, and your Profile.

Create a space conducive to supporting focused awareness. Consider lighting a candle, or getting a cozy blanket or pillow to sit on. Are you in a place that is free from distractions?

Consider this a meditation, a connection with yourSelf. An opportunity to transform your life as you've known it.

Contemplate your relationship to your Profile. How do you feel about it? Are you aligned with it? Do you use it as an anchor? Or is it unclear to you? Just notice.

Write a few reflections.

Set an intention to align with your Profile. Then let that go.

Step 1: Preparation - The Mugwort Process

Oil: Mugwort

Mugwort helps energy flow so we don't have congestion, so things don't get stuck.

Application:

- a) To begin hold the bottle of **Mugwort** to your heart. Take a moment to connect with it.

- b) When you are ready shake the bottle then gently apply it to:
armpit area, inside the inner elbows, inner wrists, palms, side of hips, back of knees, ankles, soles of the feet

- c) Now simply smell the Mugwort oil. Inhaling through you nose, exhaling through your mouth.

- d) Be still. Call on your awareness.

- e) Now take a moment to check in with yourself. What do you notice?

Step 2: Line 6

Oil: HD Line 6

Line 6 in Human Design is called the Role Model

Themes

- Harmonic with Line 3
- Has the long view - the eagle's view of life
- Can see ahead, and can't understand why others can't see what they see
- Wise souls/old souls
- Stay on the outskirts of a group
- Karmic relationships
- Here to impact strangers of consequence
- Looking for their soulmate
- Triphasic
- From birth to thirty, they act like 3rd Lines, learning by trial and error
- From thirty to fifty, they step back and learn by witnessing
- From fifty onward, they become the *Role Model*

Entelechy: To embody, witness, and live the highest potential of what it means to be human as the Role Model of possibility for others. To claim and live by their inner authority.

Application:

a) Take a moment to contemplate your Line 6. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 6. Then let all thoughts of it go.

b) Hold the **HD Line 6** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 3: Line 2

Oil: HD Line 2

Line 2 in Human Design is called the Hermit.

Themes:

- Need their down time away from people
- Insecure
- Unique, natural inborn genius
- Talent is recognized and called out
- Self-contained – don't like interference

***Entelechy:** To allow their natural genius to emerge, be seen, and come to fruition.*

Application:

a) Take a moment to contemplate your Line 2. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 2. Then let all thoughts of it go.

b) Hold the bottle of the **HD Line 2** oil to your heart. Take a moment to connect with the essence of the oil. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 4: The 6/2 Profile

Oil: HD 6/2 Profile

The 6/2 Profile in Human Design is called the Role Model/Hermit

Themes

- Triphasic
- Detached
- Old souls, wise guides
- Perfectionists
- Trust is crucial
- Unique gifts must be called out
- Looking for soulmate
- Here to impact strangers of consequence

Entelechy: *The 6/2 Profiles carry the gift of wisdom. These old souls bring the capacity to live their truth from an internal authority. Acting as role models, they show humanity an alternative to the propensity to abandon oneself for an outer authority.*

Application:

a) Take a moment to contemplate your 6/2 Profile. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your 6/2 Profile. Then let all thoughts of it go.

b) Hold the bottle of the **HD 6/2 Profile** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 5: Completion:

Oil: Palo Santo

Palo Santo helps flush out any left over issues or debris in the mind/body energetic field.

Application:

a) To begin hold the bottle of the **Palo Santo** oil to your heart. Take a moment to connect with it.

b) Bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

c) Do this for 3 to 15 breathing cycles or longer.

d) Pause, be still. What do you notice?

e) Take a time to reflect. What do you feel now? Do you perceive any differences when you contemplate your Profile?

f) Journal. Put your reflections on paper.

g) In closing, take a moment to appreciate the Profiles, the oils, the process, your efforts, and what you have received. Offer anything you have received for the benefit of all beings.

The 6/3 Profile

To Begin

Take a moment to prepare your space to connect deeply to yourself, the oils, and your Profile.

Create a space conducive to supporting focused awareness. Consider lighting a candle, or getting a cozy blanket or pillow to sit on. Are you in a place that is free from distractions?

Consider this a meditation, a connection with yourSelf. An opportunity to transform your life as you've known it.

Contemplate your relationship to your Profile. How do you feel about it? Are you aligned with it? Do you use it as an anchor? Or is it unclear to you? Just notice.

Write a few reflections.

Set an intention to align with your Profile. Then let that go.

Step 1: Preparation - The Mugwort Process

Oil: Mugwort

Mugwort helps energy flow so we don't have congestion, so things don't get stuck.

Application:

a) To begin hold the bottle of **Mugwort** to your heart. Take a moment to connect with it.

b) When you are ready shake the bottle then gently apply it to:
armpit area, inside the inner elbows, inner wrists, palms, side of hips, back of knees, ankles, soles of the feet

c) Now simply smell the Mugwort oil. Inhaling through you nose, exhaling through your mouth.

d) Be still. Call on your awareness.

e) Now take a moment to check in with yourself. What do you notice?

Step 2: Line 6

Oil: HD Line 6

Line 6 in Human Design is called the Role Model

Themes

- Harmonic with Line 3
- Has the long view - the eagle's view of life
- Can see ahead, and can't understand why others can't see what they see
- Wise souls/old souls
- Stay on the outskirts of a group
- Karmic relationships
- Here to impact strangers of consequence
- Looking for their soulmate
- Triphasic
- From birth to thirty, they act like 3rd Lines, learning by trial and error
- From thirty to fifty, they step back and learn by witnessing
- From fifty onward, they become the *Role Model*

Entelechy: *To embody, witness, and live the highest potential of what it means to be human as the Role Model of possibility for others. To claim and live by their inner authority.*

Application:

a) Take a moment to contemplate your Line 6. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 6. Then let all thoughts of it go.

b) Hold the **HD Line 6** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 3: Line 3

Oil: HD Line 3

Line 3 in Human Design is called The Martyr or The Experimenter

Themes

Themes

- Learns by trial and error
- Must embody things to know if they work
- Learns through experience
- Bonds made and broken
- Catalysts of change

Entelechy: *To determine the next level of possibility on the material plane through experience and experimentation.*

Application:

a) Take a moment to contemplate your Line 3. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your Line 3. Then let all thoughts of it go.

b) Hold the **HD Line 3** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 4: The 6/3 Profile

Oil: HD 6/3 Profile

The 6/3 Profile in Human Design is called the Role Model/Martyr or the Role Model/Experimenter

Themes

- Triphasic
- Engage in trial-and-error process to embody wisdom
- Trust, perfection, and indecision are big issues
- Bonds-made-and-broken pattern
- Looking for their soulmate
- Here to impact strangers of consequence

Entelechy: *The highly mutative 3/6 Profile brings powerful transformation through experience. With tenacious resilience, they compost negative experiences into wisdom. As the Role Models of living true to one's inner authority, they inspire humanity to embrace authenticity.*

Application:

a) Take a moment to contemplate your 6/3 Profile. How does it show up in your life? Where are you aligned with it? Are you allowing its full support? Set an intention for working with your 6/3 Profile. Then let all thoughts of it go.

b) Hold the bottle of the **HD 6/3 Profile** oil to your heart. Take a moment to connect with it. Open to it.

c) Shake the bottle, then bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

d) Do this for a minimum of 3 to 15 breathing cycles.

If you have time for a deeper exploration, pause, for a moment rest. Take a break from inhaling. Be still.

When you are ready, begin inhaling again.

You may be called to do this cycle of inhalation and rest several times.

You may fall into meditation with it. Open and allow your experience.

e) When you are ready, pause. Be still. Allow yourself to feel the impact of the oil-if there is one. What do you notice?

Step 5: Completion:

Oil: Palo Santo

Palo Santo helps flush out any left over issues or debris in the mind/body energetic field.

Application:

a) To begin hold the bottle of the **Palo Santo** oil to your heart. Take a moment to connect with it.

b) Bring the oil to your nose and breathe in deeply through your nose, exhaling through your mouth.

c) Do this for 3 to 15 breathing cycles or longer.

d) Pause, be still. What do you notice?

e) Take a time to reflect. What do you feel now? Do you perceive any differences when you contemplate your Profile?

f) Journal. Put your reflections on paper.

g) In closing, take a moment to appreciate the Profiles, the oils, the process, your efforts, and what you have received. Offer anything you have received for the benefit of all beings.