



# PLAYBOOK , The Magazine,



*A free resource offering some insights into Human Design, Gene Keys, go-to tools that offer precious insights into you.*

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# A note from Sue

## PLAYBOOK MAGAZINE

When you work on a movement like the #playbookrevolution, the question you ask yourself most often is, "What feels right? How can I offer more?". The inspiration of a quarterly magazine offering insights into Human Design, Gene Keys and to share those who have received their "Playbooks" has been percolating for a while. Much like the "Playbooks" themselves, and as an emotional authority, I waited to move through my emotional wave before making a decision and gifting them to the world. Precision in what I offer, asking "what is correct for me?" "what brings me satisfaction?" is what allows me to bring things to fruition in my signature theme.

Everything is changing all the time. I want you to learn, accept and embrace that. I remind myself every day that not can change happen, but that it will - it must. When you learn you, your flow state and live life in accordance with that then you move through life with self-acceptance and a certainty in who you are. This is how you remove resistance.

This is my desire. To introduce you to Human Design, Gene Keys and, of course, myself. To teach, inspire and motivate you to learn YOU - your true self. To choose to change and live the life you came here for.

Welcome to the "Playbook" magazine. A free resource for you as an introduction to my world. This is the first edition. There will be one every quarter dropping in your inbox for you to dive into.

Much love,

*Sue*

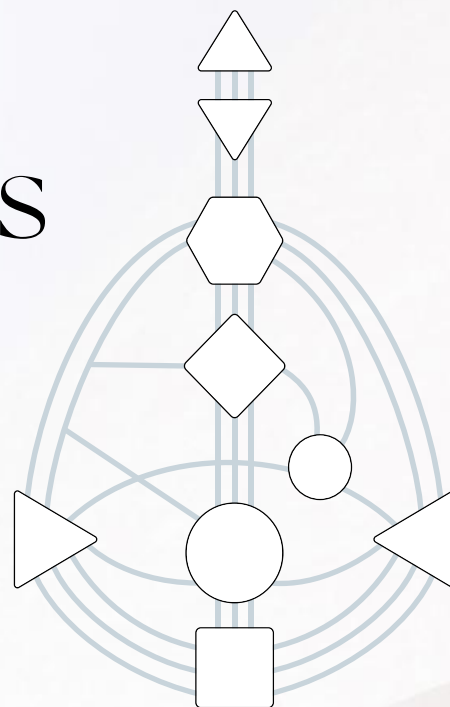


### In this issue

We're talking the mechanics of Human Design. So much focus is on type, strategy, authority and profile and yet there is so much more.

We also look at your Gene Keys Genius Sequence and, as usual, we have our Playbook Feature and The Transits coming up.

# Human Design is your destiny, literally.



Human Design is the tool to remind you of your talents, gifts, strengths and learn your natural flow of energy.

It is a synthesis of ancient and modern sciences. A fundamental aspect of Human Design is based on what is scientifically known as Neutrinos.

Neutrinos have an infinitesimally small amount of mass. This small amount of mass is manufactured in the stars. As this passes through us it leaves information. At the moment of birth we are imprinted by the information carried in the neutrino stream via the planets.

This is the information contained in the Human Design bodygraph.

Your destiny.  
Your energetic intelligence.

The information that is the gateway to understanding your nature, your potential and how you are here to interact with the world.

The reason I love Human Design so much is because of the ethos of the system. It is called 'The Science of Differentiation' for a reason.

"One size does not fit all" - learning you, your true self, what is correct for you, your natural energy and learning 'how' you interact in the world is what creates your magnetism.

It is no longer the era of removing, it is now about remembering.

When you learn, and live, by design you are able to,

**1** Identify your openness to unlearn your programming and conditioning (your not self) and come back to you. (Mind)

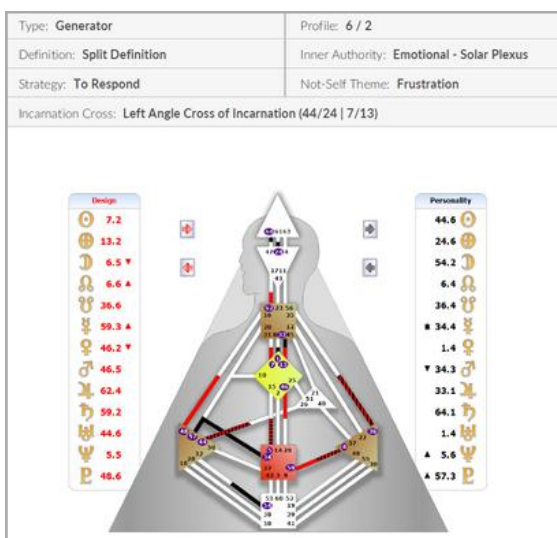
**2** Make tweaks, shifts and changes in how you are living (in life & business) to match your natural flow of energy - learn to build your way. (Body)

**3** Identify your definition and remember your gifts, strengths and talents. - your true self. (Soul)

[To get your free Human Design chart click here](#)

# THE MECHANICS OF HUMAN DESIGN

By Sue Jones-Miranda



There are many - and I mean MANY - different layers to you, and therefore many - and I mean MANY - different layers to your chart.

I have been on my experiment for 7 years now, and I am still learning.

There is a lot of focus on type, strategy, authority and profile and whilst these are important parts of your puzzle, without the knowledge, information and integration of the other pieces you are not whole.

I see these parts the surface layer, and absolutely the place to start if you are new to your experiment.

Your Type is your aura, strategy is how you interact with outside stimulus, authority determines what is correct for you and your profile is the archetypal roles of your personal polarity.

Follow me on social media to learn more about these.

What about the other parts of the puzzle though?

Your definition, your themes (the self and not self), incarnation cross. What about the gates and channels?

Your variables (you know, those 4 arrows), the centres, the lines, the planetary placements?

What is your motivation? What is your predominant circuitry, your colours, tones and bases? What is the difference between personality and design (the black and the red)?

You see, you are so much more. Your chart contains so much more energetic intelligence about you.

Let's see what some of these other parts of the chart mean for you....



## YOUR THEMES

Your theme relates to your type.

Each type has a signature theme (your true self) and a not self theme (um, your not self). You use these themes as a sign post to discern if something is correct for you, or not.

For example, as a Generator my signature theme is satisfaction and my not self theme is frustration. If I am feeling frustrated about something then that is my clue that in that moment in time what I am doing is not correct for me. It is my sign post to change. When I feel satisfied then I know that something is correct for me.

You will attract in the correct way for you when operating from your signature theme.

Profile: 6 / 2

Inner Authority: Emotional - Solar Plexus

Not-Self Theme: Frustration

ation (44/24 | 7/13)

**Generator & Manifesting Generators:**  
Frustration and Satisfaction.

**Projectors:**  
Bitterness and Success.

**Manifestors:**  
Anger and Peace.

**Reflectors:**  
Disappointment and Awe / Surprise.

Type: Generator

Definition: Split Definition

Strategy: To Respond

Incarnation Cross: Left Angle Cross of Incarnation

No definition

Single definition

Split definition

Triple-split definition

Quadruple split definition

## YOUR DEFINITION

Your definition shows you how you are designed to interact with others,

There are 5 different definitions, no definition, single definition, split definition, triple-split definition and quadruple split definition.

Your definition is determined by your defined gates and centres. These determine your flow of energy and if you require a 'bridge' to connect two centres.

A 'bridge' is essentially another person who has the gate, or channel, you require. This is what you may look for in others.

Your definition determines how important it is for you to interact and be with others, or not.

## INCARNATION CROSS

This is what (along with your profile) defines your purpose here on Earth. It is the theme for your life.

It is a combination of the themes of your Sun and Earth, and also what forms your Genius Sequence in Gene Keys. (Turn to page 08 to read about your Genius Sequence in Gene Keys.).

With 70% of you being that of your Sun and Earth you can see the importance of these gates in remembering who you are.

It is your what, and how, you are designed to do 'life'.

There are different ways you can fulfill this, the what and how though are imprinted in you - it is what you already are.

Type: **Generator**

Definition: **Split Definition**

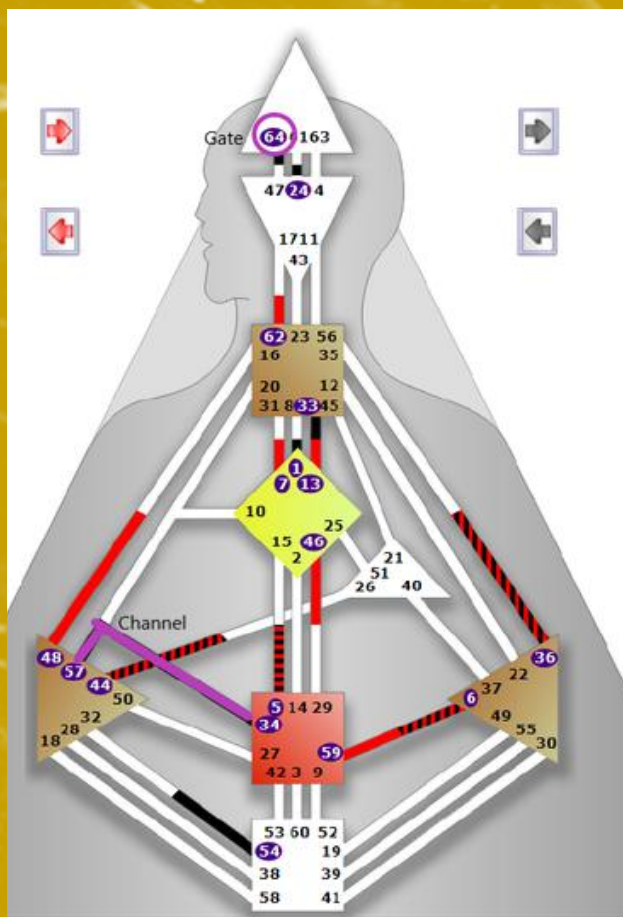
Strategy: **To Respond**

Incarnation Cross: **Left Angle Cross of Incarnat**

Right angle crosses have a personal destiny.

Left angle crosses have a transpersonal destiny.

Juxtaposition crosses have a fixed fate.



## GATES & CHANNELS

Your Gates are all the numbers you see on your chart. They are the entry and exit point between your centres.

Your defined gates (those coloured in) show you your strengths, and gifts.

It is your natural energy, the archetypal energy you chose to play as in this lifetime.

There are 64 potential gates that can be used to define you. Your "Playbook" focuses on your defined gates.

When you have two gates defined opposite each other this then gives you a channel. This channel forms a direct relationship between the two energy centres. This relationship has its own energetic definition. Your channels show you your talents.



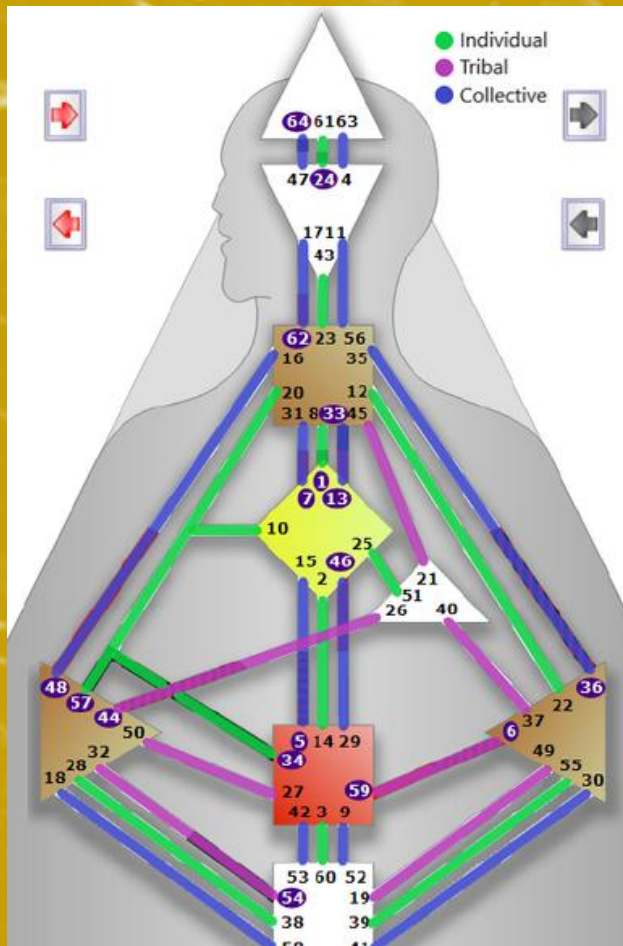
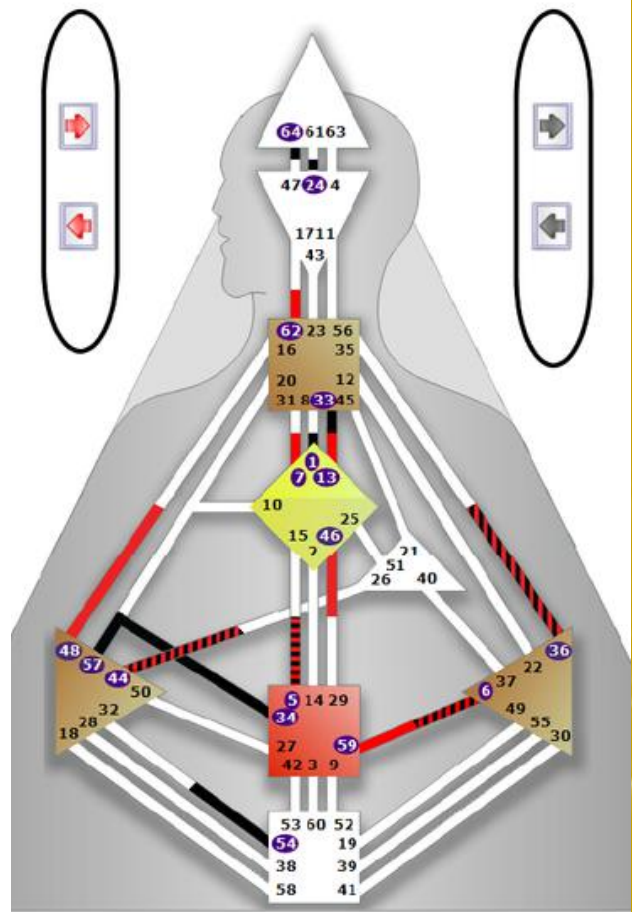
## VARIABLES

These are the 4 arrows on your charts.

This is an advanced area of your system. It provides a clear and practical map to shift your awareness, and therefore transform how you are experiencing life.

They are calculated using your Nodes and your Personality Sun and Earth.

Each arrow represents a different aspect - you have the top left arrow which is around you and your digestion, your top right arrow is awareness, bottom left arrow is your optimum environment, and then you have bottom right which is perspective.



## CIRCUITRY

Your circuitry helps you to understand how you best relate to others.

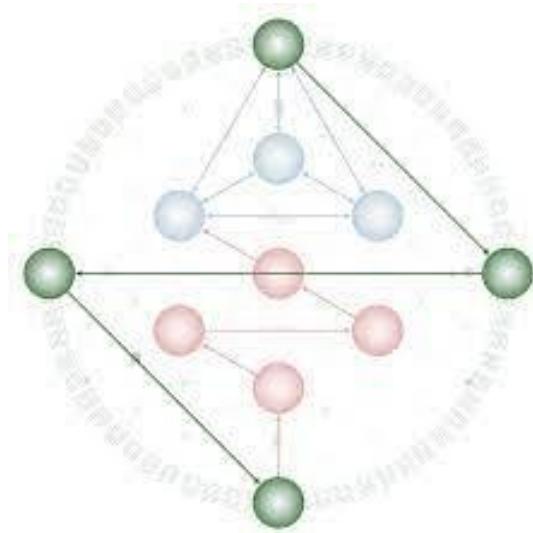
There are three different circuits in Human Design and each one has its own theme (there are sub circuits too, that's for another time).

There is individual circuitry and the theme of empowerment. Tribal circuitry and the theme of support and, finally, collective circuitry and the theme of telling / sharing.

These themes are how you are aligned to interact with others. Are you here to empower, support or share / tell them your wisdom?

When you know your predominant circuitry this will help you create spaces and containers aligned with how you are naturally designed to interact.





# YOUR GENIUS SEQUENCE

## Life's Work



Your Life's Work is where you, and your purpose, meet the outside world.

In Human Design this sphere is your Personality Sun, the line of this sphere forms the first line of your profile.

## Evolution



Both your Evolution and Life's Work are the challenges you will face throughout your life. Your wisdom lies in these challenges.

In Human Design this sphere is your Personality Earth.

## Radiance



Your radiance dictates your health and vitality. It is what will attract the right people and experiences for you.

In Human Design this sphere is your Design Sun, the line of this sphere forms the second line in your profile.

## Purpose



Your purpose is a state of consciousness. For me, your purpose is to fill your physical body with this state of consciousness.

In Human Design this sphere is your Design Earth.

By Sue Jones-Miranda

The Genius Sequence is your foundation. These are the green spheres on your chart.

I like to think of you as a tree, and the 4 spheres in the genius sequence form the trunk of your tree. It is the activation of these that provides you with a strong sense of clarity and worth. You truly know who you are.

The 4 spheres are Life's Work, Evolution, Radiance and Purpose.

Your Genius sequence is your Incarnation Cross in Human Design (refer to page 6 for more on Incarnation Cross).

### What does this mean?

It is your most prominent energy.

They represent the primary masculine and feminine energies in your blueprint. My belief is your Life's Work and Evolution are your masculine energy - what you are here to give (once you have learned the lessons yourself.) Your radiance and purpose being your feminine energy - what you are here to receive (who you are here to be).

# YOUR GENIUS SEQUENCE CONTINUED...

When you contemplate and play with these they provide so many clues about your purpose here on Earth. It is YOUR foundation, it is what anchors you here in this physical world so you can then build - in business and life.

This is why, when moving through the activation sequences in Gene Keys, this is first. Without this foundation life & business will collapse. This is the solid trunk of your tree.

A lot of the work I do revolves around this sequence. Clarity on you, and what you came here to do. I mean, who does not want that right?

My suggestion is to get your free Gene Keys chart (if you do not already have it then [click here](#)).

Have a look at your Genius Sequence - remember these are green spheres on your chart, they are the 4 around the outside. Life's Work, Evolution, Radiance and Purpose.

Be mindful of the shadow of each sphere and allow space to contemplate the patterns in your habits and behaviour this may play out.

The shadow of your Gene Keys may be 'blocking' your gifts, strengths and talents (the definition in your Human Design chart) - this is your personal trauma, and an opportunity for you to heal and activate the Universal Truth coded within you.

I would also write down the gifts of all 4 spheres on a post-it note to remind yourself of these - it is this perception which is the truth you are coded with. This shift in perception will shift you to your true self.

Your gift is what I ask you to focus on, the shadow is the activation (trigger) back to our true self - you need awareness of your shadow, however it is not something to focus on!

What about the Siddhi I hear you ask? Well, you are not here to be the Siddhi, you will have moments of this deep realisation of this Universal truth. Complete understanding and enlightenment will move through you providing this Siddhic state. Then it's a return to your human form to dive deeper.

To get your free Gene Keys profile [click here](#)

## The Lines:

One thing you will notice is that next to your Gene Key there is a number, for example, if you look at the chart below the Gene Key is 44 and the line is 6.



These lines add flavour to your Gene Key, they provide the archetypal lens to view your Gene Key through.

When contemplating your Genius Sequence these lines certainly play a role. The specific keynote of these 6 lines will change depending on the sphere. However, their energetic flavour remains consistent throughout.

Here are the 6 lines and their consistent energetic flavour, look at the lines in the spheres of your Genius sequence and contemplate how these archetypal lens play out:

### Line 1

The investigator > Introspection  
Frequency moves to certainty

### Line 2

The Hermit > Projection  
Frequency moves to expression

### Line 3

The Martyr > Adaptation  
Frequency moves to humble

### Line 4

The Opportunist > Externalisation  
Frequency moves to open

### Line 5

The Heretic > Universalisation  
Frequency moves to leadership

### Line 6

The Role Model > Transition  
Frequency moves to wisdom

# GET YOUR PLAYBOOK

and be part of the  
**#playbookrevolution**

There are things you can see, understand and do in a way that  
no one else can.

My Playbooks are a hyper-personalised BOOK, using both your  
human design and gene keys charts, that teach you this.

Whether you are a beginner or someone already acquainted  
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# PLAYBOOK FEATURE



Here are ways you can follow and connect with Jessica:-

[Hellohappyceo.com](https://www.hellohappyceo.com)

[Drjessicaemery.com](https://www.drjessicaemery.com)

[Dentalsoiree.com](https://www.dentalsoiree.com)

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[@smilesandsitups](https://www.instagram.com/smilesandsitups)

Dr. Jessica Emery is a former dentist turned thought leader, speaker, brand builder, content creator, and coach.

She is all about designing the life you love and, for her, that has meant having complete confidence in her intuition and what her Soul is calling her to do. In 2020, Jessica received undeniable signs to step away from dentistry and into the world of coaching. Her whole life changed in a matter of months, from selling her dental practice via DM on Instagram, selling her house at the full asking price and having a dream and moving to Charleston, which is where she not lives.

Jessica reached out in April 2022 to get a “Playbook” created as a gift for her dad’s 80th birthday, she has also received her own “Playbook” and recently bought one as a Christmas gift for one of her team members. Jessica is obsessed with opening people’s minds and hearts to the opportunities that are out there for them so they can start writing their own Life Playbook.

You will love Jessica and her energy. I channelled her words ‘The Light’ for a reason, this is her essence... passion, possibility and power are her vibes.

## JESSICA EMERY

*If you have your "Playbook" and wish to be featured then let me know.*

# THE TRANSITS

It's written in the stars

By Sue Jones-Miranda

As I mentioned on page 03, Human Design is based on neutrinos. The stream of information we are imprinted with at the time of our birth via the planets. This stream of information is constant and changing, What this means is that the stream of information we have access to is constant and changing.

In Human Design, a Transit refers to the movement of planets through the 64 Gates. In Gene Keys, the Gates are referred to as Spheres.

This means that, for all of us, depending on the transit we are currently in we have access to energy in that gate / sphere. Remember the 'bridge' I spoke about in Definition (page 05), well the daily transit can act as a bridge and create definition in a Gate and, potentially, create a channel for you.

When you map the transits you will observe what appears to be a collective theme happening. There is no coincidence, simply put 'we' all have access at that moment in time regardless of our individual chart and that means the energy of that gate / sphere (particularly the shadow) will be coming up for all of us.

I have observed people speak of what is in the collective at each moment in time, then I go and see the transit we are in, et voila, the answer as to why we have all been moving through the same thing is there - seriously, it's written in the stars.

How can you use this information?

You can use this to help you when planning, particularly in your business. What are we moving through over the next few weeks that you can take advantage of, what bridges are going to be created so you know when to 'move'.

Here is where you can follow the transits - <https://genekeys.com/the-pulse>



Written and created by

# Sue Jones-Miranda

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