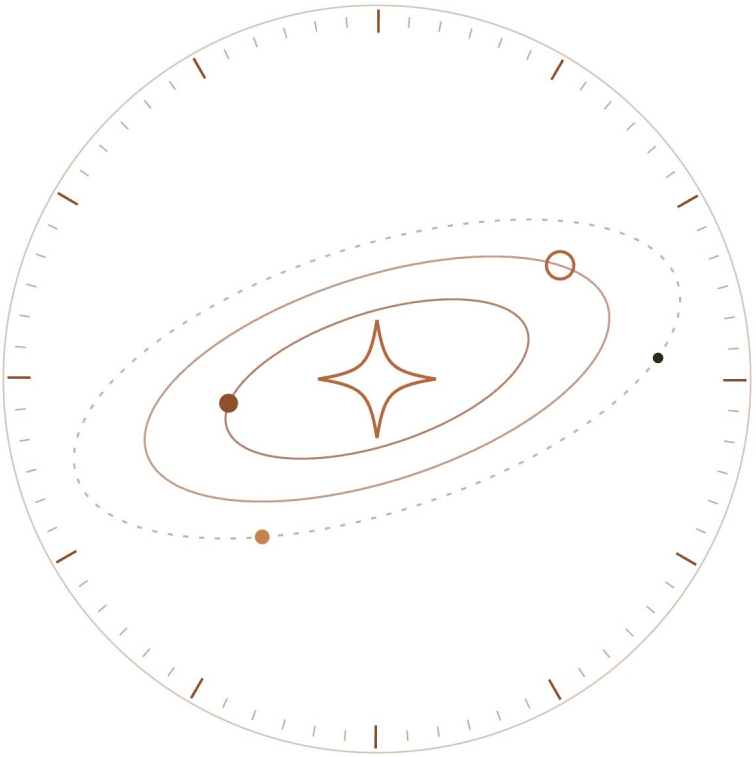


A COMPANION TO THE REVOLUTION WITHIN

# How You Meet the World

*see yourself with fresh eyes*

Your Rising sign and your human design Type, side by side. Fill this in before we gather, and have it with you when we go live.

This workbook belongs to _____

START HERE

# The ground has shifted

Every planet in the sky has changed signs recently. Even the slow-moving outer planets all moved into new signs within 229.5 days, from November 2024 to July 2025. The last time they shifted this close together was 1956, and look how quickly the world turned after that. Before that, the early 1700s. Pluto alone can stay in one sign for up to 30 years.

As above, so below. The heavens aren't causing what we're living through. They're a mirror, showing us symbolically what we're already experiencing. The last of those shifts settled in earlier this year, and most of us are still finding our footing.

This workbook is your first step toward seeing yourself clearly on new ground: one area of your life, through two lenses.

**What you need:** your natal chart (with your exact birth time), your human design Bodygraph, and about 20 quiet minutes. No charts yet? Get both free at **lightfilled.co/free-charts**

## My Snapshot

Fill in what you can. We'll unpack it live.

ASTROLOGY

**Rising sign** 1st House cusp, often marked ASC

**Chart ruler** key on page 3

**Chart ruler's sign and house**

**Planets in my 1st House** none is an answer too

HUMAN DESIGN

**Type** top of your Bodygraph

**Strategy** key on page 4

**Authority** how you decide

**Profile** two numbers, like 2/4

# Your Rising: the doorway

**The 1st House** is the doorway of your chart: your body, your presence, and your first instinct when you step into something new.

**Your Rising sign** sits on that doorway. It's the energy people meet before they really know you.

**Your chart ruler** is the planet that rules your Rising sign. Wherever it lives in your chart is where your sense of self gets built.

FIND YOUR CHART RULER

| | | | |
|---|---|---|---|
| Aries<br>Mars | Taurus<br>Venus | Gemini<br>Mercury | Cancer<br>Moon |
| Leo<br>Sun | Virgo<br>Mercury | Libra<br>Venus | Scorpio<br>Mars (Pluto) |
| Sagittarius<br>Jupiter | Capricorn<br>Saturn | Aquarius<br>Saturn (Uranus) | Pisces<br>Jupiter (Neptune) |

Modern rulers in parentheses. Your Rising depends on your exact birth time.

1 My Rising sign is _____, so my first instinct when I meet the world is to...

2 My chart ruler lives in my _____ House. That tells me my sense of self is built through...

3 When do I feel most like myself in my body? When do I feel like I'm wearing a mask?

# Your Type & Strategy: how you engage

**Your Type** describes the energy your aura carries into every room. **Your Strategy** is how that energy is designed to meet life, so things flow instead of push.

Your **Signature** tells you you're aligned. Your **Not-Self Theme** tells you you've drifted.

| TYPE | STRATEGY | SIGNATURE | NOT-SELF |
|---|---|---|---|
| **Generator** | To respond | Satisfaction | Frustration |
| **Manifesting Generator** | To respond, then inform | Satisfaction and peace | Frustration and anger |
| **Manifestor** | To inform | Peace | Anger |
| **Projector** | Wait for the invitation | Success | Bitterness |
| **Reflector** | Wait a lunar cycle | Surprise | Disappointment |

1 As a _____, my aura is designed to...

2 The last time I followed my Strategy, what happened? The last time I overrode it?

3 Where in my life am I pushing, performing, or forcing in a way my design never asked of me?

BOTH LENSES TOGETHER

# Where they meet

Sometimes your two charts say the same thing in different words. Sometimes they seem to pull against each other. Both are useful.

1 My Rising sign and my Type agree that I...

2 They seem to pull in different directions when...

Example: an Aries Rising may want to charge ahead while a Projector design asks them to wait for the invitation. Neither is wrong. Bring yours live.

In one sentence: I meet the world best when...

## fearfully and wonderfully made

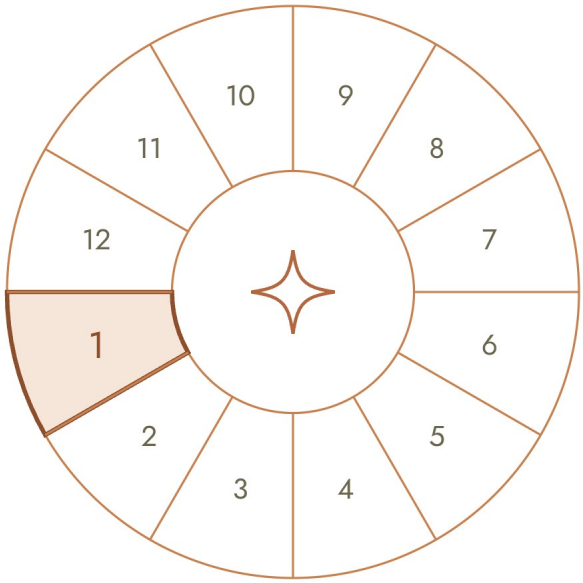
*"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well." Psalm 139:14*

Where have I been trying to be someone I wasn't made to be? Write your thoughts framed in gratitude for how you were wonderfully made:

WHAT'S NEXT

# One room open. Eleven more.

Today you stepped through one doorway: how you meet the world. Your chart has twelve rooms, and each one holds something true about who you are and how you were made. On November 20, you'll see what's behind them.




Bring this live: the one question I most want answered on November 20

The Revolution Within

Friday, November 20 · 11:00 AM MST · Live on Zoom

Your link is in your inbox. Giveaways and the reveal happen live.

*see you there*