

**NEX TOOLS**

FREE GUIDE 03 / 2026

**HD**

**HD Authority  
Decision Guide**

All seven Human Design authorities explained simply. Recognize yours, practice it, and make decisions your body can stand behind.

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## CONTENTS

# What Is Inside

One clear chapter for each of the seven Human Design authorities, plus a five-question identifier quiz, a how-to-recognize primer, and a short framing of the Pavaka authority-first teaching.

<b>01</b>	Authority-first, the core teaching	03
<b>02</b>	How to recognize your authority	04
<b>03</b>	Emotional Authority (50%)	05
<b>04</b>	Sacral Authority (35%)	07
<b>05</b>	Splenic Authority (11%)	09
<b>06</b>	Ego Authority (1%)	11
<b>07</b>	Self-Projected Authority (2%)	13
<b>08</b>	Mental / No Inner Authority (0.7%)	15
<b>09</b>	Lunar Authority (1%)	17
<b>10</b>	5-question identifier quiz	19
<b>11</b>	Your next step	20

# Authority—first, the core teaching

Pavaka Halel Katzir, a leading experiential Human Design educator, teaches that authority is the heart of the system, more important than type. Type shows you the energy pattern. Authority shows you how to actually decide.

## Why authority matters more than type

Most people new to Human Design fall in love with their type - Generator, Projector, Manifestor, Reflector, or Manifesting Generator. Type is the first thing you learn, and the easiest thing to share. But type is the shape of your energy, not the steering wheel of your life.

Your authority is the steering wheel. Authority is your body-level decision system. Seven authorities exist, and only one is yours. Once you know yours, you have access to a reliable inner guidance that the mental mind alone cannot produce.

## The mind is not your authority

This is the most important sentence in the Human Design system. Your mind is a useful tool, but it is not designed to make major decisions for you. It is designed to observe, synthesize, and communicate. When the mind runs your decisions, you tend to repeat patterns of regret. When your body-level authority runs your decisions, the patterns dissolve.

### THE PRACTICE

Whatever your authority, the practice is the same in shape: slow down enough to feel the body's signal, and let the body decide before the mind interprets. Each authority has its own flavor. The shape is universal.

# How to recognize your authority

Your authority is determined by your Human Design chart, which is calculated from your exact birth date, time, and place.

## The technical way

Use the free chart calculator at [mynextools.com/tools/human-design-calculator](https://mynextools.com/tools/human-design-calculator). Enter your birth data. The calculator returns your full chart and identifies your authority in plain English. This is the most reliable method.

## The quick directional way

If you do not have your chart yet, our HD Authority Finder quiz at [mynextools.com/tools/hd-authority-finder](https://mynextools.com/tools/hd-authority-finder) gives you a directional answer in under two minutes. It is not perfect, but it is a useful starting point while you work on getting your full chart.

## The authority hierarchy

The body uses a hierarchy to decide which authority runs your life. If multiple centers are defined, the higher-priority one wins. The hierarchy is:

1. Emotional Authority (Solar Plexus defined) - 50% of people
2. Sacral Authority (Sacral defined, Solar Plexus not) - 35% of people
3. Splenic Authority (Spleen defined, Sacral and Solar Plexus not) - 11% of people
4. Ego Authority (Heart defined, Sacral/Solar Plexus/Spleen not) - 1% of people
5. Self-Projected Authority (G Center defined through the throat, no lower defined) - 2% of people
6. Mental / No Inner Authority - 0.7% of people
7. Lunar Authority (Reflectors, no centers defined) - 1% of people

Percentages approximate and vary slightly by source.

# Emotional Authority

## Emotional

50%

Center: Solar Plexus (defined)

Your truth arrives over time, not in the moment. Your emotional wave cycles through highs, lows, and a quiet middle. The quiet middle holds your actual answer. Never decide at the peak or the valley.

### How to recognize it

- Your feelings about a decision shift significantly over hours or days.
- You have said yes while excited and regretted it once calm.
- You notice a rhythmic pattern to your moods.
- You feel pressure when forced to decide on someone else's timeline.
- Your Solar Plexus center is defined (colored) in your Human Design chart.

### How to use it

Never decide in the moment. Small decisions: 30 minutes to a few hours. Medium decisions: sleep on it overnight. Large decisions: wait weeks through multiple wave cycles. The clarity that emerges from the quiet middle is your actual truth.

If someone needs an immediate answer, say "let me sit with this" rather than a rushed yes. If you cannot wait, default to no. A rushed yes is harder to undo than a polite no.

## The shadow pattern

The not-self Emotional Authority decides in the moment and lives in chronic regret. They say yes at the peak of excitement, or no at the valley of despair, and then hate the decision once the wave moves on. They become known for overcommitting, flaking, or making dramatic yes-no-yes patterns. They tend toward anxiety because the nervous system knows the decisions are wrong, even when the mind justified them.

## Real-life examples

### AT WORK

Your boss asks if you can take on the new project by end of week. Mental instinct says yes. Body is flooded. Wait. Say "I will confirm tomorrow morning." Sleep on it. Decide from the quiet middle.

### IN LOVE

A new partner asks to move in after three months. Peak excitement says yes. Wait. Check how you feel two weeks later, when the wave has passed. That answer is the real one.

### IN FINANCES

A friend pitches you an investment opportunity. You feel the rush. Wait 72 hours minimum. If the opportunity still excites you from the calm middle of the wave, move. If not, let it go.

# Sacral Authority

## Sacral

35%

Center: Sacral (defined), Solar Plexus (undefined)

Your truth arrives in the moment as a gut sound - an internal "uh-huh" or "uh-uh" that lands before the mind has time to interpret. Trust the body's response.

### How to recognize it

- You are a Generator or Manifesting Generator.
- Your body responds to yes/no questions before you think.
- You notice your stomach, throat, or chest signals things your mind does not yet know.
- You feel drained when you override these signals.
- Your Sacral is defined, your Solar Plexus is not.

### How to use it

Ask yourself binary questions. "Should I take this job?" works. "What should I do about my career?" does not. The Sacral responds to yes/no, not to open-ended questions.

After you ask, notice the first body-level response. It arrives as a sound, a sensation, a lift, or a pull. The response is pre-verbal. Let the body signal land before the mind narrates.

## The shadow pattern

The not-self Sacral Authority uses the mind to override the body. They talk themselves into things the body said no to, or out of things the body said yes to. They become known for chronic fatigue, resentment, and restlessness. They push against their own body signal until the body protests through exhaustion.

## Real-life examples

### AT WORK

A new project is presented. Ask yourself out loud: "Do I want to work on this?" Notice the first body response. If it is a clear no, find a way to decline even if the mind thinks it should be yes.

### IN LOVE

A second date is offered. Ask: "Do I want to see this person again?" The body will tell you immediately. Resist the mental "they were nice, I should give them a chance" override if the body said no.

### DAILY LIFE

Someone invites you to an event. Ask quickly: "Do I want to go?" Trust the first sound. Save the mental reasoning for the polite response, not for overriding the body.

### THE FASTEST PRACTICE IN HD

Ask a trusted friend to ask you 20 yes/no questions this week. Respond with the first body signal, not the mental answer. Within days, you will feel the difference.

# Splenic Authority

## Splenic

11%

Center: Spleen (defined), Solar Plexus and Sacral (undefined)

Your truth arrives as a single quiet whisper, in the moment, only once. If you do not act on the first signal, it may not come again. The spleen does not repeat itself.

### How to recognize it

- You have sudden "knowings" that turn out to be right.
- You sense things about people or situations before evidence arrives.
- Your intuition feels immediate, quiet, and one-time.
- You are a Projector or Manifestor type.
- Your Spleen center is defined, Solar Plexus and Sacral are not.

### How to use it

Act on the first whisper. The spleen speaks quietly, in the moment, and does not repeat. If you ignore the initial signal, it is gone. Splenic Authority is the fastest and most under-trusted authority because our culture does not honor quiet, one-time knowings.

Practice: when you notice a subtle instinct, write it down immediately. Revisit your notes a week later. You will be surprised how often the spleen was right.

## SPLENIC AUTHORITY CONTINUED

### The shadow pattern

The not-self Splenic Authority doubts the first whisper and waits for evidence. By the time evidence arrives, the opportunity has passed or the situation has worsened. They become known for "I knew it" regret - the feeling of having sensed the truth early and then acted against their own knowing.

### Real-life examples

#### HEALTH

You feel something subtle in your body. Your mind says it is nothing. The spleen whispered. Book the doctor's appointment anyway. Splenic Authority is known for early health instincts that prove accurate.

#### IN RELATIONSHIPS

You meet someone new. A quiet sense says "no, not this one" in the first conversation. Trust that. Do not override with "I should give them a chance." Splenic no is fast and final.

#### IN OPPORTUNITIES

An offer arrives. A single quiet yes appears in your body. Act on it within 24 hours. Waiting will not clarify further and may close the window.

#### THE SPLENIC RULE

First whisper, first move. Do not wait for the second signal. It is not coming.

# Ego Authority

## Ego

1%

Center: Heart (defined), lower centers undefined

Your truth arrives through willpower - what you actually want, not what you think you should want. Ego Authority asks: "Do I want this?" and trusts the answer even when it seems selfish.

### How to recognize it

- You are a Projector or Manifestor.
- You know what you want and feel guilty about knowing it so clearly.
- You have a strong willpower that surprises others.
- You tire when you do things you do not truly want to do.
- Your Heart/Ego center is defined, but Sacral, Solar Plexus, and Spleen are not.

### How to use it

Ask yourself: "Do I truly want this?" Not "should I want this" or "will it make others happy" but "do I, from my gut, actually want this." The Ego's yes or no is your authority.

The Ego is also the only authority that speaks through promises. If you can commit to a promise wholeheartedly, it is aligned. If the promise feels heavy, it is not yours to make.

## The shadow pattern

The not-self Ego Authority uses the mind to override the Ego's honest wants, often out of fear of being called selfish. They end up overcommitting, saying yes to promises they cannot sustain, and then either burning out or becoming untrustworthy. The healing is learning that the Ego's honest "I want this" is not selfishness. It is self-knowledge.

## Real-life examples

### CAREER

A role is offered. Ask: "Do I want this role? The title? The work itself?" If the honest answer is no, decline even if the mind has reasons to accept.

### RELATIONSHIPS

A partner asks for a commitment. Ask: "Do I want to make this promise?" If you cannot commit with a full yes, do not commit. Half-promises damage Ego Authorities more than any other type.

### THE EGO RULE

Full yes or polite no. Half-yes is the shadow. Protect the power of your word by only giving it to what you truly want.

# Self-Projected Authority

## Self-Projected

2%

G Center connected to Throat, no motor defined

Your truth emerges when you speak it out loud. You discover what you think by talking through it with a trusted listener. The act of speaking brings your own truth to you.

### How to recognize it

- You are a Projector type.
- You figure things out by talking them through.
- Hearing your own voice helps you know your mind.
- You feel stuck when trying to decide in silence.
- Your G Center connects to your Throat Center through a channel.

### How to use it

Speak your decisions out loud, either to a trusted friend or to yourself. The listener does not need to have answers. They just need to listen. You will hear your own truth as you speak. Often mid-sentence, you will know.

If you journal, read your writing aloud. The spoken voice activates the authority in a way the silent mind cannot.

## The shadow pattern

The not-self Self-Projected Authority tries to figure things out in their head alone, gets stuck in mental loops, and then acts from mental pressure rather than embodied truth. They often feel isolated because they are trying to do alone what the authority is designed to do in dialogue.

## Real-life examples

### MAJOR DECISIONS

Call a friend who listens well. Say: "I am trying to decide whether to X. Let me think out loud for a few minutes." Talk. Listen to yourself. The truth surfaces as you speak.

### WHEN ALONE

Record a voice memo explaining your dilemma. Listen back. You will hear things in your own voice that you could not sense while thinking silently.

### THE SELF-PROJECTED RULE

Speak to discover. The mouth is your decision-making tool. Do not try to decide silently.

# Mental / No Inner Authority

## Mental

0.7%

No lower centers defined, Projector type only

You do not have an inner decision-maker. Your clarity comes from conversation with a trusted sounding board in the right physical environment. Outer authority, not inner authority.

### How to recognize it

- You are a Projector.
- You feel clearer in some physical spaces than others.
- Certain people bring out your wisdom, others cloud it.
- You get stuck in repetitive mental loops when deciding alone.
- No lower centers are defined in your chart.

### How to use it

Do not try to decide alone. Find trusted sounding boards - two or three people you can talk through decisions with. Notice which environments help you think clearly, and make major decisions in those environments, not in the middle of noise and stress.

Mental Authority is about waiting out the lunar cycle too. Projectors with mental authority often need at least a few days with a decision, in dialogue and in the right setting, before clarity arrives.

## MENTAL AUTHORITY CONTINUED

### The shadow pattern

The not-self Mental Authority tries to decide alone through sheer mental effort, gets overwhelmed, and then defaults to what is convenient or what others expect. They often feel flaky or indecisive when really they are using the wrong decision method for their design.

### Real-life examples

#### CAREER

Talk the decision through with three people. Notice what surfaces in each conversation. The decision will emerge over the three, not inside any single one.

#### ENVIRONMENT MATTERS

Try to make decisions in a place where you feel physically well. Decisions made in stressful or crowded environments tend to be inaccurate for Mental Authorities.

#### THE MENTAL RULE

Three conversations, right environment. No solo deciding. Let the outer authority mirror the truth back to you.

# Lunar Authority

## Lunar

1%

Reflector type, no centers defined

Your truth cycles with the moon. You need the full 28-day lunar cycle to gain clarity on major decisions. The moon is your authority, not the moment.

### How to recognize it

- You are a Reflector - rarest of the types.
- You feel your moods and clarity shift with the lunar cycle.
- You are deeply sensitive to the environments and people around you.
- You know you cannot rush clarity, and rushed decisions feel wrong.
- No centers are defined in your chart.

### How to use it

Wait 28 days for major decisions. Notice how the decision feels at different moon phases. Track the consistency of your feelings across the cycle. The answer that remains stable across the full cycle is your actual truth.

Small decisions can be made more quickly by leaning into who you are around and what environment you are in. Reflectors are deeply influenced by environment, so choose environments that bring out your clearest self.

## LUNAR AUTHORITY CONTINUED

### The shadow pattern

The not-self Lunar Authority tries to decide at the pace of others, who usually decide in minutes or days rather than months. This creates chronic disorientation, where the Reflector makes decisions they did not have time to feel into, and then discovers the decision was wrong when the full cycle completes.

### Real-life examples

#### CAREER

A job is offered. Ask for 28 days. Most employers will give it. Track how the offer feels across a full moon cycle. If it still resonates at the end, take it.

#### ENVIRONMENT

Choose where you live with unusual care. Reflectors often describe a difference between "my true self in this place" and "a blurred version of me in that place." Honor that signal.

#### THE LUNAR RULE

Twenty-eight days is not long for clarity of a lifetime decision. Protect your timeline. You know things across a cycle that no one else can know in a day.

## 5-question identifier quiz

This is a directional quiz, not a replacement for your full chart. Answer honestly. Count the letters. The most frequent letter indicates your probable authority. Confirm with the free calculator.

### Q1

When you have to make a decision, your first instinct is to:

- A Wait and feel how it sits over a few days.
- B Check my gut. The body knows right away.
- C Listen for a quiet inner whisper that is there or not there.
- D Ask myself what I truly want, honestly.
- E Talk it through with a trusted friend out loud.

### Q2

When you decide too fast, the common regret is:

- A I got excited at the peak and should have waited for the feeling to settle.
- B I overrode a clear body-level no with a mental yes.
- C I ignored the first whisper and waited for proof that never came.
- D I said yes to something I did not truly want because I felt I should.
- E I tried to decide alone without talking it out.

### Q3

**Your body most often communicates through:**

- A** Shifting feelings over time - peaks, valleys, quieter middles.
- B** An instant yes or no in the gut.
- C** Subtle one-time knowings that arrive out of nowhere.
- D** A strong sense of what I want versus what I do not.
- E** The clarity that comes through conversation.

### Q4

**Your chronic shadow pattern, when not aligned, is:**

- A** Anxiety from deciding too fast, then rewinding.
- B** Fatigue from saying yes when the body said no.
- C** Regret for having known early and not acted.
- D** Burnout from overcommitting to things I did not truly want.
- E** Mental loops that only break when I can finally talk it out.

### Q5

**You suspect you are probably:**

- A** A Generator or MG with emotional definition.
- B** A Generator or MG without emotional definition.
- C** A Projector or Manifestor with a quick intuitive knowing.
- D** A Projector or Manifestor with strong willpower.
- E** A Projector with talkative clarity.

A = Emotional | B = Sacral | C = Splenic | D = Ego | E = Self-Projected / Mental

## Your next step

You now understand the seven authorities, the shape of each practice, and a rough direction from the quiz. The next move is to confirm your chart and start practicing.

### Get your full HD chart free

Enter your birth date, time, and place. The calculator returns your type, authority, strategy, and profile in seconds.

[mynexttools.com/tools/human-design-calculator](https://mynexttools.com/tools/human-design-calculator)

### Run the faster finder quiz

Two minutes, five questions, one directional answer. Use this if you do not have your birth time yet.

[mynexttools.com/tools/hd-authority-finder](https://mynexttools.com/tools/hd-authority-finder)

### Learn each authority in depth

Full article-length explainers of every authority with Pavaka's teaching notes, compatibility guides, and practice protocols.

[mynexttools.com/hd-authorities](https://mynexttools.com/hd-authorities)

