

## Lunar biorhythm analysis for Reflectors and others

By Richard Rudd



Over the last six months, I have gradually been developing a new form of analysis based on the monthly cycles of the moon. This is an exciting and deeply profound kind of analysis. I first came across the lunar cycle in helping Reflectors understand their own cycles based on the movement of the moon. Having outlined several of these cycles, I soon became interested in the movement of the moon and its impact on my own Design. I drew up detailed lunar cycles for both my partner and myself and sat down to watch...

What happened next was a revelation. I noticed how different each individual monthly cycle really is. Like the movement of the tides, I noticed that I had my own inner biological cycle, and that it was completely different from my partner's. It really helped with the management of two different daily rhythms. To deepen my own study, I analysed the Lunar Designs of several other people close to me and watched their daily rhythms. Another revelation unfolded. I discovered that this analysis could be of no use to anyone unless they were already living their design. If you do not follow your type and authority, you are totally out of alignment with your own biorhythm, which means that the very rhythm of your breathing is out of kilter, opening your body up to the possibility of illness and disease.

The movement of the moon has a profound magnetic effect on the human aura and the way it ebbs and flows. In other words, your own lunar cycle dictates when your aura is open in the month, and when it is closed. This is something that can be seen clearly from tracking the movement of the moon through your Design. In the case of my partner, an individual, her aura opens and closes constantly in a kind of pulsing movement that reflects her Design. In my own case, I noticed that I have a very long spell in the middle of each month when I am introverted and working, followed by an equally long burst when all my tribal activations are activated. This is such a beautiful reflection of the split definition of my own Design.

The Lunar Biorhythm, as I have come to call it, is an extraordinary revelation about your life. It shows how deeply our closest celestial object affects each one of us, regardless of our gender or

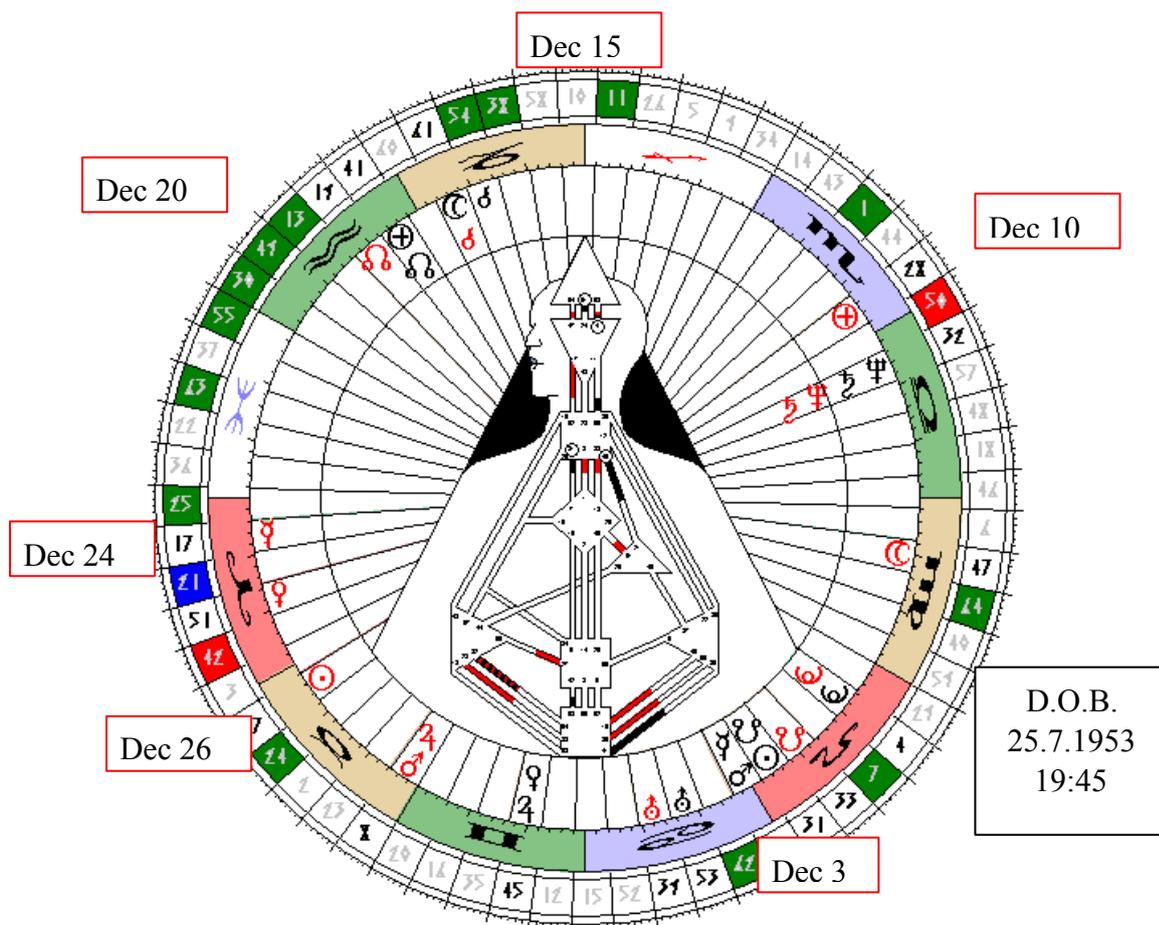
Type. It shows the hidden storyline of every month of the rest of your life, as the same sequential patterns unfold within your daily life.

Because this Analysis is such a revelation, I have decided to share it over the HD Update. Those who are versed in Human Design can fairly easily track their own lunar definitions using a Human Design ephemeris. The rules are simple:

Track every new definition made by the moon in your Design, write them down in sequence as the moon moves around the Wheel, with the time-gaps in between each one. Even though the moon only activates a gate in our Design for 8 hours, it leaves its thematic imprint in the Gate and Line that it activates until the time of the next definition, whether that be 8 hrs later or 8 days later (see Lunar Rhythm Chart below).

Having done this, you can begin to piece together your own monthly story. Below is the example of a Reflector's Lunar Biorhythm and the story of its unfolding. As I have said earlier, this analysis is of great relevance to all people, regardless of their Type. However, for all Reflectors it is absolutely essential.

### Lunar Biorhythm Analysis for a Reflector (DECEMBER 2001)



## CYCLE OF DEFINITIONS

50	Generator	Lunar Birthday: Cycle Begins	Sacral	(1 day)
1	Projector	Creative Burst	G Centre	(3 days)
11	Projector	Ideas/Caution	Ajna	(1 1/2 days)
38	Projector	Struggle	Spleen	(1/2 day)
54	Projector	Transformation	Spleen	(2 1/2 days)
13	Projector	Retreat	G Centre	(1/2 day)
49	Projector	Material needs	Emotional	(1/2 day)
30	Projector	Desire/Fantasy/Expectation	Emotional	(1/2 day)
55	Projector	Low Spirit/High Spirit	Emotional	(1 day)
63	Projector	Doubt	Ajna	(1 1/2 days)
25	Projector	Initiation	Ego	(1 day)
21	Manifestor	The Peak	Ego	(1 day)
42	Generator	Closing of Cycle	Sacral	(1 1/2 days)
24	Projector	Inspiration	Head	(5 1/2 days)
62	Projector	Organisation/Service	Ajna	(2 days)
7	Projector	Leadership	G Centre	(2 days)
64	Projector	Taking Stock	Head	(3 days)

Reflector Lunar Biorhythm;The Storyline

Your monthly cycle is clearly divided into 2 phases - an introverted 'study' phase and an extroverted 'communication' phase. Now when I say that, it doesn't mean you can't communicate in the first phase or that you can't study in the second. These are simply general patterns.

The cycle begins each month with the moon in the 50. This activates your unconscious sun in the 27.3, Greed. It is also when you have generative energy, so it's a major point in your month. It's like a mini birthday in each month when it comes round, so it begins your monthly process of figuring out what you are going to care about that month and what is of value to you within the community (50). It's about providing for yourself, NOT others. It's funny that you will have to keep coming back to this every month. It says that you can only help others when you put yourself first. It sets the tone of each lunar cycle with 'OK, what do I want for ME this month?'

You then have about 16 days as a projector, which is basically about your study period. Here's the storyline:

Once the tone of the month is set by the 50, you have a creative burst when the moon goes into the 1. This yang energy gets the ball rolling. Again, this is creativity that is inward facing rather than outward. The fact that there is no further lunar definition for the next 3 days means that this creative energy lasts for that long as a theme.

Next the moon defines the channel of Curiosity by going into the 11th gate of ideas. Out of the creative energy flow new ideas. Be careful not to get overexcited at this point. The ideas are not grounded. They are the beginning of a process. This activates your personality mercury in the line of caution. Be careful what you communicate. This phase lasts until the next definition about 1 and a half days later.

Now the moon goes into the 38 and activates your design earth in the 28, (now you have several days with a defined spleen because the moon follows by going into the 54). This is when the ideas have to be grounded. You have to struggle at this point, and if there is a point in the month when

you may get ill, it is here. This is when you have to take the thing that you are studying and ground it in the material realm (channel of transformation 32/54). You have to transform your mental ideas into something lasting and practical.

Then the moon goes into the 13 and takes you deeper into retreat. This is a natural time for you to be alone and reflect on the struggle you've just gone through. You will also need this little pause in order to deal with the next 2 days, which mark your emotional cycle. You will have 3 definitions, all in different streams: the 49, when you have to figure out your material needs, the 30 when you are moved by desires, fantasies and dreams and the 55 when the emotions may or may not begin to clear so that you can make sense of what is happening to you. These 2 days are always going to be foggy for you because you cannot yet see clearly what process you are in. You are still in the introverted half of the month. This is not a good time to make any decisions because you may feel nervous. On the other hand this can be a very rich time as well. The 55 is the gate of spirit, so it can give you a real sense of depth.

The emotional period is immediately followed by doubt. Funny huh? You doubt whether what you are feeling is really the truth. The doubt really tells you to wait until things are clearer. Also, this activates both your Pluto's, which means this is a real key moment in your cycle. This is when you have to come up with an excuse to go back indoors (4.3 detriment).

Next you have your only 2 days of ego definition. The 25 is a real test for you every month. This is the channel of initiation. All the inward energy of the month is about to turn into outward energy so there is great pressure in this particular moment in your cycle. The test is to hold out from releasing the energy and the ideas unless they are called out or invited. All your projector days say just this, in fact. Don't do anything unless someone calls on you first. If you can hold out for this one day, then you will always get your reward when the moon goes into the 21 because then is the natural time for manifestation. It is the peak of your month. This is a day you always need to know. Put it in your diary because you will see that all the energy of your cycle is moving towards it. It is the natural time for you to reach others with all that you have worked on inwardly in the month.

After the manifesting peak, you get a little rest. For the next 11 days or so, the energy is going outwards and it is the natural time for you to be invited out and recognised. If you wait, you should see this. The 21 is followed by the 42, which is the gate that ends your lunar cycle. It is the gate of completion. It gives you this power to follow through with your process until the end of the month.

Then the 24 comes and brings out your natural brilliance in the 61 line 2. This is a time of inspiration for you and for how you impact others. It is the best time to communicate your inspiration (again it needs to be invited).

The next 4 days of your cycle are essentially your most transpersonal time of the month. You finish with 2 logical definitions, which point you towards the future. For the first 2 days, you have the 17/62, which is the design of an organisational being. So you get everything together at this time. You sort out what the month has brought you and you get ready for the next beginning. It is also when you can best communicate with others. It is when your Bodhisattva line gets defined, so it is a natural time of service in the world. This is the time at the end of your month energetically, so if you have been waiting out an important decision (your strategy) for the month, it is here, with the moon in the 62, that you get all the details (gate of detail) so that the decision can be made.

The penultimate 2 days are marked by the 7/31, the design of Leadership. Your organisational capacity opens up your greatest opportunity to influence and guide others.

Finally, and rather neatly, your month finishes with the 64/47, activating your design moon in the 47.1 - the line of 'Taking Stock'. This is all about you finding inspiration from your own past. In other words, it is your time to sit back and take stock of your month and all that it has brought you. This is a quiet time that is really all about you clearing out your aura and turning inwards once again. The fact that your lunar cycle ends with your design moon in this gate and line is a wonderful piece of Reflector choreography!

Then you are back to good old greed! "OK, this bodhisattva stuff is fine, now I've got to have time to myself again to clear out all these auras I have been taking in". Ah, such a sacrifice it is to be a reflector!

So you can see how your energy diary should be laid out. It begins with generative power in the 50 and peaks with manifesting power in the 21. Before the 21 is about YOU, after the 21 is about OTHERS. In the middle you have to deal with a lot of mundane struggle and emotion. After the 42 closes the cycle, it's basically a cruise back down the other side of the mountain (the only potential difficulty here could be the moon in the 24 since those next 5 and a half days can be irritating if no one shows up to listen to your inspiration!) However, if you wait, it will naturally be the time when you are around others.

Now, you have the pattern, you can watch for it. You may not see it all immediately, but given a year or so, you should be clearly able to fall into the rhythm of it. It can provide you with an incredible stability in life. This is where I tell you that a Reflector honouring their cycle is in fact the most stable human being of all the 4 types, despite having no definition.

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