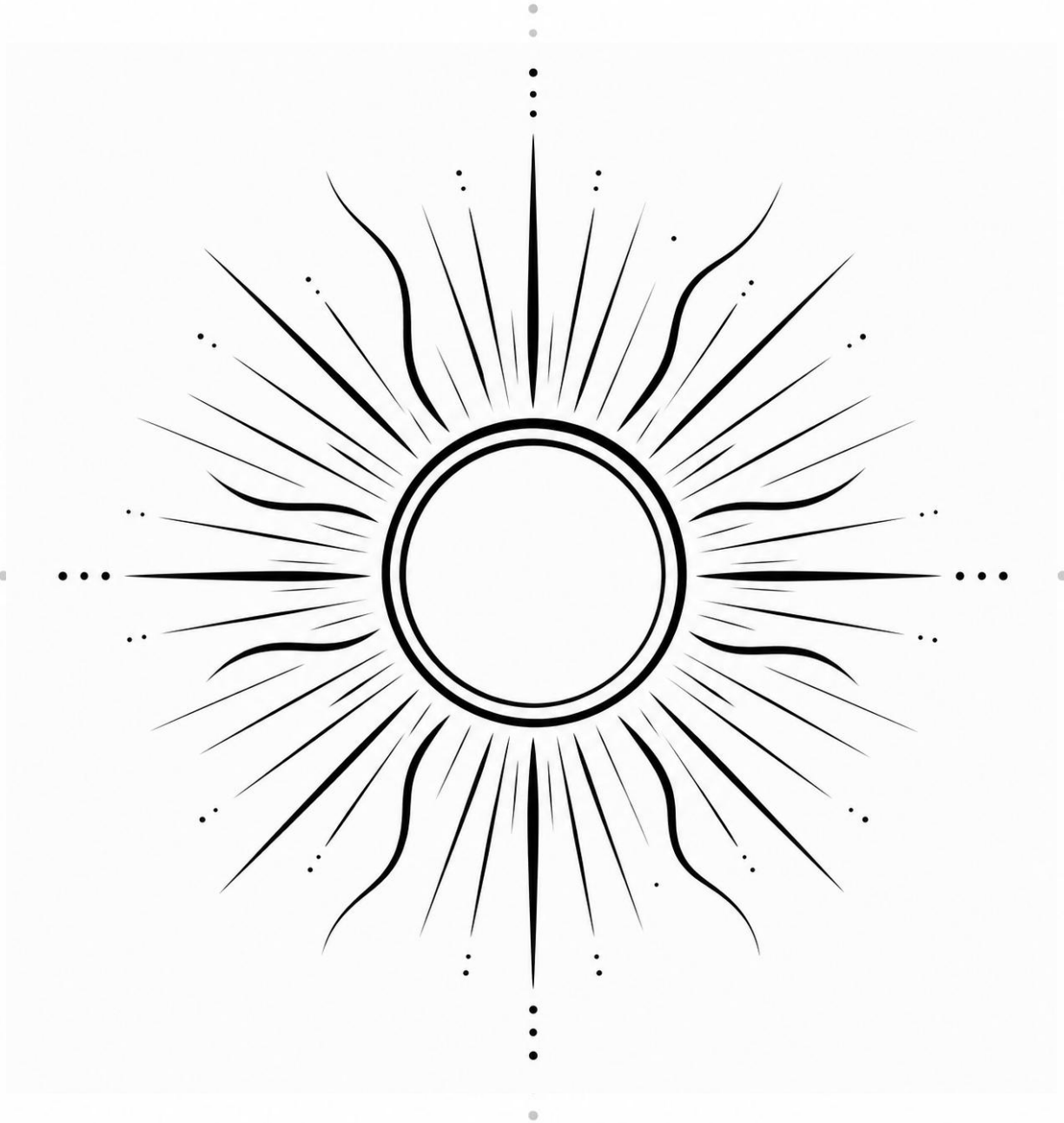


Family Dynamics Blueprint

Elly (mother) – Koko (child 1) – Reya (child 2).



Welcome

Your Soul Blueprint is not meant to place you in a box. It is meant to help you recognize the patterns, gifts, challenges, and inner movements that have shaped your life so far.

Why this report was created

This report was created as a mirror: a clear, grounded reflection of your energetic design, emotional patterns, life themes, and potential for growth. It brings together symbolic, intuitive, and practical tools so you can understand yourself with more compassion and direction.

How to read it

Read this report slowly. Do not treat it as a fixed label or final truth. Notice what resonates, what challenges you, and what gives language to something you may have felt for a long time. The most valuable parts are often the parts that create recognition in the body, not only agreement in the mind.

What this report focuses on

This report focuses on your natural strengths, recurring life challenges, emotional and relational patterns, identity themes, and the deeper invitation behind them. The purpose is not prediction, but self-understanding, integration, and a more conscious way of living your life.

About Human Design

Throughout this blueprint, we may refer to Human Design centers, gates, and channels. These elements are used as supportive language for understanding energy, patterns, and life themes. You do not need specific Human Design knowledge to read this report. Everything is interpreted in an integrative and practical way, and whenever a gate, channel, or center is important for your blueprint, the relevant meaning will be explained in clear language.

Human Design is one of the tools used in this report. It combines elements from several systems, including astrology, the I Ching, the chakra system, Kabbalah, and personality archetyping. In this report, Human Design is used as a reflective framework: a way to explore your energetic tendencies, decision-making style, sensitivities, strengths, and possible conditioning patterns.

Use what feels true. Question what does not. Let this report support your return to the real you.

IMPORTANT NOTE:

Mother Elly has already received her personal Soul Blueprint AND the Life Challenge Deep Dive Blueprint (see Elly's Life Challenge Deep Dive as example blueprint on our website) This blueprint is specifically about the family dynamics and composite blueprint involved her single-mother parenthood and 2 adolescent daughters.

Since Elly's design and blueprint have already been done in 2 previous blueprints, we start this blueprint with bringing in her 2 children and we look at the family patterns.

Welcome

Families are not collections of separate individuals.

They are living systems.

Each person brings unique gifts, challenges, sensitivities and ways of experiencing life. Together, these differences create a dynamic field that is constantly seeking balance, growth and deeper connection.

This Family Dynamics Blueprint is not about identifying who is right or wrong, or who needs fixing. Rather, it is an invitation to understand the hidden strengths, roles and patterns that naturally emerge within your family.

The relationship between Elly (mother), Koko (child 1) and Reya (child 2) reveals a system rich in love, resilience, individuality and transformative potential. Each member contributes something essential to the whole. Their differences are not obstacles to overcome, but invitations to greater understanding and compassion.

Within this family lives a remarkable combination of creativity, emotional depth, strength, intuition and leadership. Although periods of stress, transition and uncertainty may temporarily create imbalance, the underlying potential of this family system is one of mutual growth and profound support.

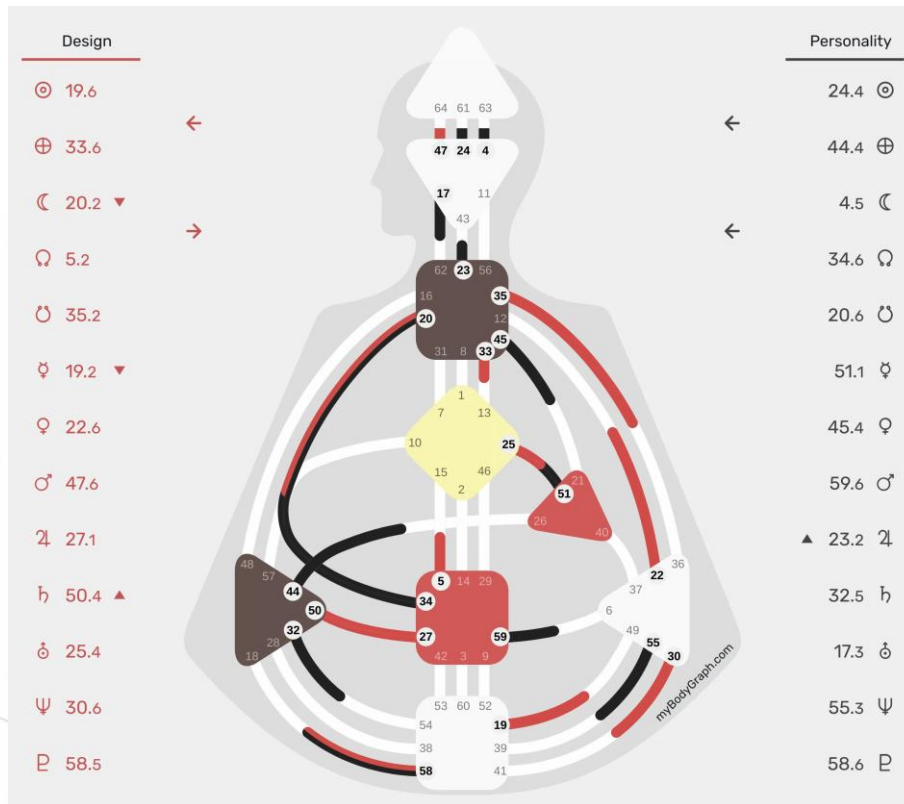
This report was created to help illuminate these dynamics and to provide practical guidance for nurturing each individual while strengthening the family as a whole.

May these insights serve not only as a map for understanding, but also as a reminder that beneath every challenge lies the possibility for deeper connection, greater trust and a more harmonious expression of the love that already exists between you.

Because families are not meant to be perfect.

They are meant to grow together.

Perhaps this chapter of life is not showing you what is broken within your family, but revealing the extraordinary strength, love and wisdom that already lives within it.



Soul Blueprint – Koko

Type: Manifesting Generator

Profile: 4/6 – Networker / Role Model

Definition: Split

Incarnation Cross: Right Angle Cross of the Four Ways (24/44 | 19/33)

Core Architecture

Split Definition – two separate energy islands.

Island 1 — Identity / Will

- G
- Heart

Who I am + what I want / prove

Island 2 — Action / Instinct

- Throat
- Sacral
- Spleen

Doing, reacting, survival, expression

Internal Experience

Koko lives in a split between:

- ◆ **“I act fast and instinctively”**

(20–34, Sacral, Spleen)

AND

- ◆ **“Who am I? What do I prove? What matters?”**

(G + Heart).

This creates a child who:

- acts before thinking
- tests boundaries
- seeks identity through action
- wants recognition for who they are

Core Channels

20–34 — Instant Action

This is raw Manifesting Generator (MG) G energy.

- acts NOW
- speaks NOW
- does NOW

Shadow:

impulsive behavior
ignoring consequences

27–50 — Care / Responsibility

Deep nurturing instinct.

- cares strongly
- protects
- needs structure

Shadow:

overgiving OR rejecting care

25–51 — Shock / Initiation

Very important.

This channel brings:

- intensity
- shock events
- emotional impact
- need to “feel alive”

Shadow:

creating chaos to feel something

Light:

courage, awakening, breakthroughs

Open Mind + Open Emotional System

Koko has:

- undefined Head/Ajna → no fixed thinking
- undefined Solar Plexus → absorbs emotions

She feels emotional environments deeply
but doesn't know how to regulate them

Koko's Core Childhood Pattern

Koko is:

fast + sensitive + identity-seeking

Without structure, this becomes:

- acting out
- testing limits
- creating intensity
- seeking reaction
- pulling energy from environment

Now — The Integration with mother Elly

This is where it gets real.

The Core Dynamic

Elly:

- overloaded
- trying to create stability
- emotionally overwhelmed
- overgiving

Koko:

- fast acting
- emotionally absorbing
- identity testing
- needs structure

What happens?

Loop:

1. Elly feels instability
2. Koko senses it (open emotional system)
3. Koko amplifies through behavior
4. Elly reacts emotionally or over-functions
5. Structure drops further
6. Koko escalates

This is NOT misbehavior.

This is **field dynamics**.

Koko's "Taking Over the Energy"

This fits perfectly with real life situations as experienced by Elly

Koko is not just:

“causing problems”

She is:

filling the missing Stability Field (missing structure due to absent Father Field Energy)

Children do this unconsciously.

Specific Trigger Points

20–34 vs Elly's 34–20

Same energy.

They mirror each other

This creates:

- fast reactions
- clashes
- escalation

25–51 (Shock Channel)

Koko carries shock energy.

This can show as:

- sudden behavior shifts
- intensity
- emotional spikes
- disruptive actions

Especially in unstable environments.

27–50 vs Elly’s 37–40

Both are tribal.

But:

- Elly → “I hold the family together”
- Koko → “I need structure and care”

If Elly overgives without structure:

Koko feels unsafe → escalates

The Real Relationship Dynamic

This is the truth:

Elly tries to stabilize through care

Koko needs stabilization through structure

Mismatch.

What Koko Actually Needs

Not:

- more emotional care
- more talking
- more fixing

But:

clear, calm, consistent structure.

Integration Strategy (Mother–Child)

1. Ella must become Stability, not Safety

Shift from:

emotional responder

To:

calm authority

2. Short, clear communication

Not:

- long explanations
- emotional talks

But:

“This is how we do it.”

3. Slow the reaction cycle

Koko acts fast.

Elly must NOT match speed.

She slows the field.

4. Remove emotional charge

Koko feeds on:

emotional intensity

Elly responds with:

neutrality

5. Structure over negotiation

Examples:

- fixed routines
- clear consequences
- predictable structure

The Big Trap

Elly may think:

“I need to understand her better”

But Koko doesn’t need understanding first.

She needs:

Containment

The Healing Potential

When aligned:

- Koko becomes powerful, creative, alive
- Elly becomes grounded, stable, leading

Together:

they can form a **very strong, dynamic bond.**

Final Truth

Koko is not the problem.

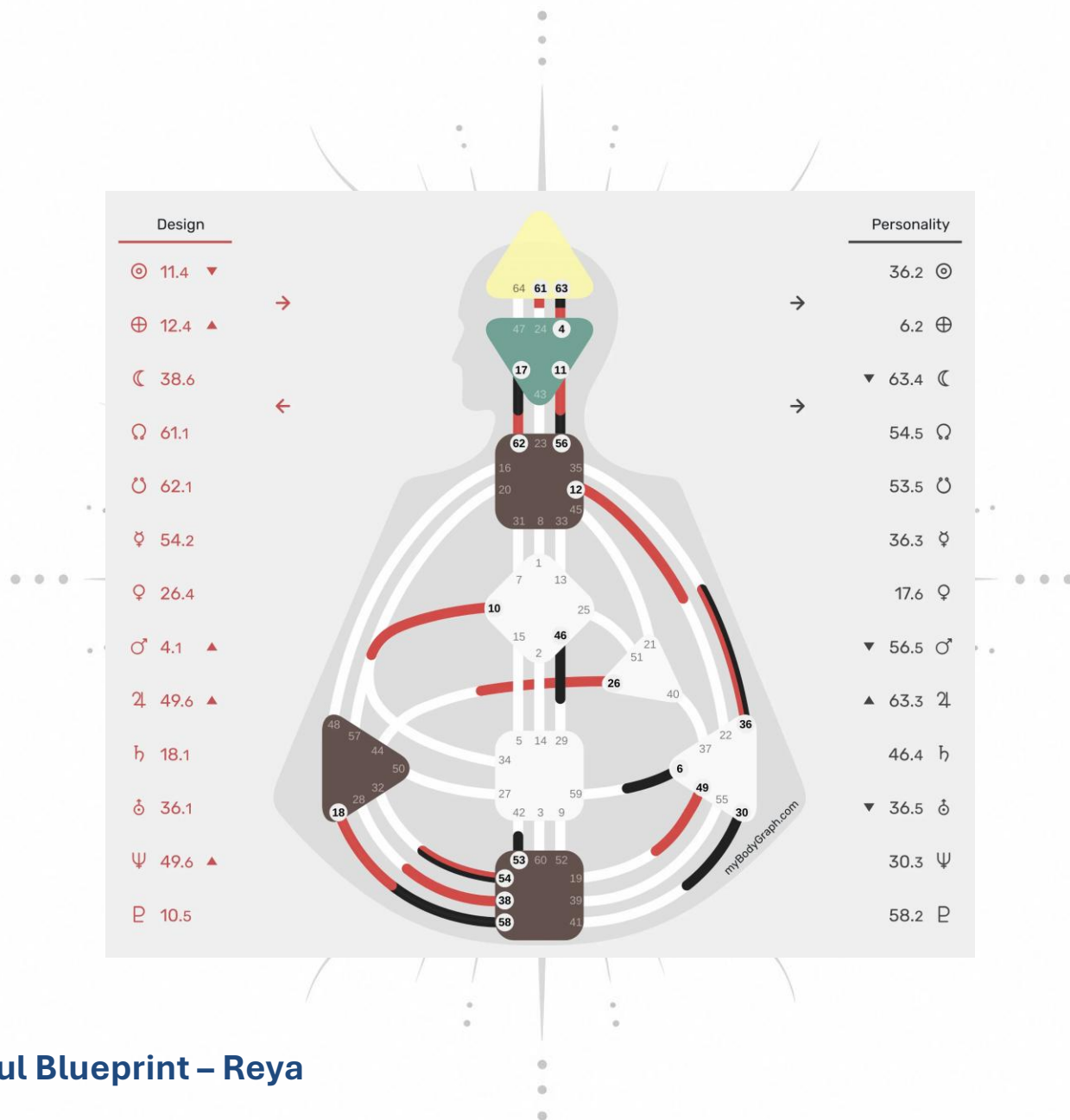
She is: the amplifier of what is missing in the system

One Line for Elly

“I don’t react to her energy. I set the field.”

NOW:

We bring in child number 2 Reya.. Again we will first do Reya ´s individual soul blueprint and secondly the pairing with her mother Elly.



Soul Blueprint – Reya

Type: Projector

Authority: Splenic (instinct) + mental awareness (via defined Head/Ajna)

Profile: 2/4 – Hermit / Networker

Definition: Split

Incarnation Cross: Right Angle Cross of Eden (36/6 – 11/12)

Core Architecture

Split Definition – 2 energy ‘islands.’

Island 1 — Mental Expression

- Head
- Ajna
- Throat

thinking, analyzing, expressing, explaining

Island 2 — Instinct + Pressure

- Spleen
- Root

survival, tension, correction, instinct

Internal Experience

Reya lives between:

“I see, understand, and explain things”

(logic + opinions + patterns)

AND

“I feel what’s wrong and want to correct it”

(instinct + pressure)

This creates:

- sharp perception
- sensitivity to flaws
- mental clarity + inner tension
- need to withdraw (2-line)

Defined Channels

63-4 — Doubt → Logic

- questions everything
- needs answers
- mental pressure

Shadow:

overthinking / doubt loops

Light:

clear logical understanding

17-62 — Opinions → Expression

- structured thinking
- expressing ideas clearly

Shadow:

criticism / rigid opinions

Light:

precise, valuable insights

18-58 — Correction

- sees what's wrong instantly
- wants to improve

Shadow:

critical, dissatisfied

Light:

refinement, mastery

11-56 — Storytelling

- imagination
- meaning-making
- expression through stories

Shadow:

mental escape / over-talking

Light:

inspiring communication

Projector Nature (Very Important)

Reya is NOT here to:

- keep up with Manifesting Generator energy
- do constantly
- respond fast

She is here to:

observe → understand → guide

If forced into “doing mode”

She becomes:

- overwhelmed
 - tired
 - withdrawn
 - resistant
 - critical
-

If supported correctly

She becomes:

- insightful
- calm
- wise beyond her age
- a natural guide

Emotional Layer (Open Solar Plexus)

She:

- absorbs emotions from others
- especially from Elly

She feels the emotional instability
but doesn't know it's not hers

Core Childhood Pattern

Reya is:

sensitive + perceptive + easily overwhelmed

So she may:

- withdraw
- become critical
- overthink
- avoid situations
- feel “too much” internally

Family Dynamic Map

Now everything falls into place.

The Three Roles

Elly — The Stabilizer (still learning)

- Manifesting Generator
- emotional
- tribal

sets the field (when aligned)

Koko — The Amplifier

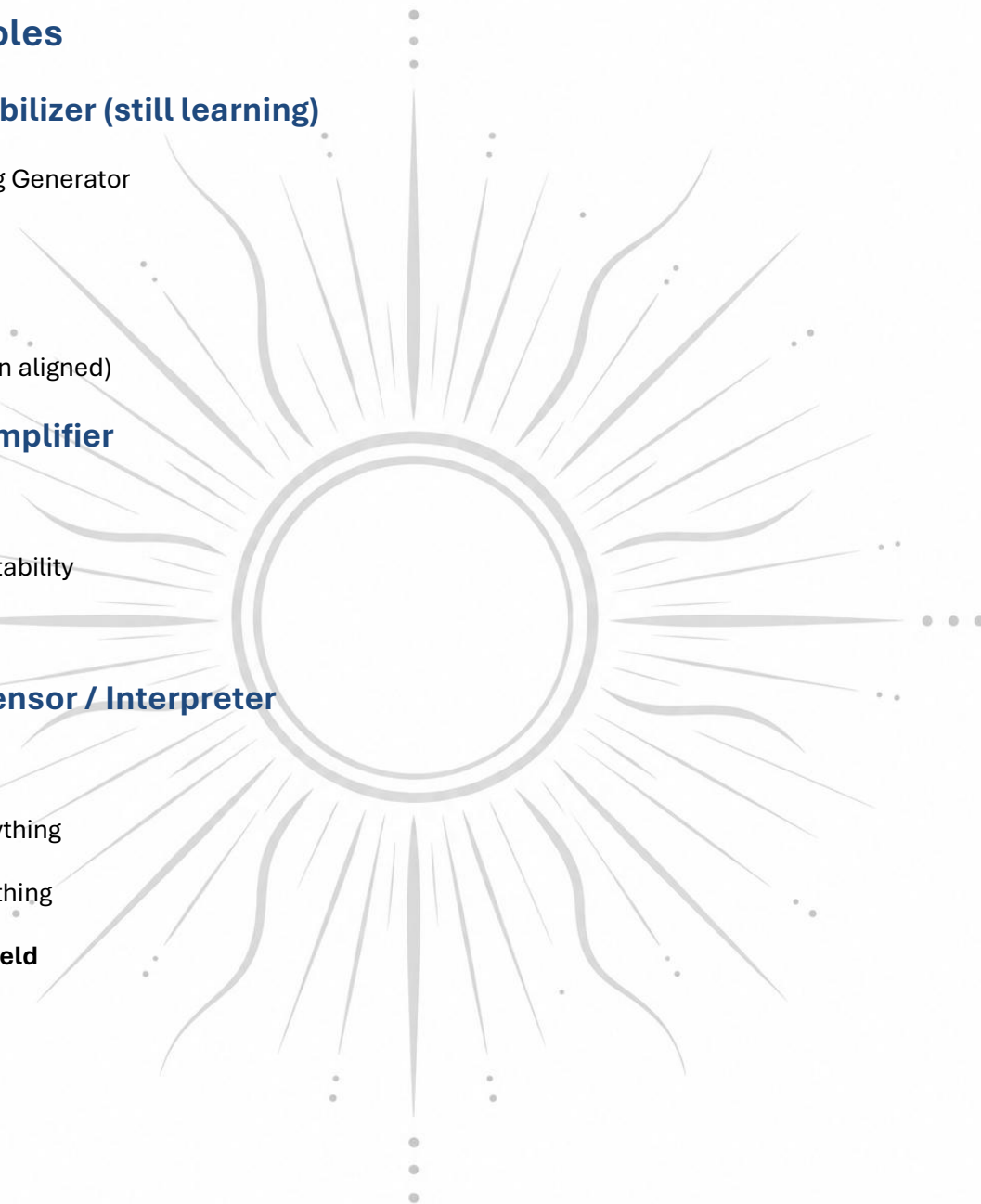
- reacts fast
- mirrors instability

shows the chaos

Reya — The Sensor / Interpreter

- Projector
- reads everything
- feels everything

internalizes the field



The Family Loop Now.

Step 1 — Instability in Elly

- stress
- emotion
- pressure

Step 2 — Koko Amplifies

- acts out
- increases noise

Step 3 — Reya Absorbs

- feels everything
- gets overwhelmed
- withdraws or becomes critical

Step 4 — Elly Reacts

- splits attention
- emotional response
- loses structure

Loop continues.

Now you have:

- one amplifier (Koko)
- one **absorber (Reya)**

This makes the system **sensitive, not more explosive.**

Reya's Hidden Role

She is:

the nervous system of the family

She tells you:

- when things are too much
- when energy is off
- when structure is missing

But she doesn't express it directly.

She shows it through:

- withdrawal
- resistance
- mental tension
- criticism

How Elly can Lead BOTH Children

Now the strategy changes significantly compared to the old situation.

Step 1 — One Field (Still the Same)

Elly must be:

calm + structured + consistent

Step 2 — Koko (

Still needs:

containment

Step 3 — Reya

She does NOT need:

- control
- pressure
- constant direction

She needs:

space + recognition + calm guidance

How Elly Responds to Reya

When Reya withdraws

Don't push.

Say: . . .

“You can take your space. I’m here when you’re ready.”

When she becomes critical

Don't correct immediately.

Say:

“I hear what you’re seeing.”

(acknowledges her perception)

When she feels overwhelmed

Simplify.

remove pressure

reduce input

When she engages

THEN guide.

Projectors need **invitation**.

Real-Time Dual Parenting

Situation: Chaos in the house

Koko:

- loud, reactive

Reya:

- withdrawn, tense

Elly responds:

Step 1 — Stabilize

(calm tone)

“I’m slowing this down.”

Step 2 — Koko (Contain)

“Koko, sit down. We pause.”

Step 3 — Reya (Space)

“Reya, you can step away if you need.”

Same moment

Two completely different responses

Biggest Mistake Now

Elly treating Reya like:

- a Generator
- or like Koko

That will:

- overwhelm her
- shut her down
- increase inner tension

The New Leadership Formula for Elly

With Koko:

Structure first

With Reya:

Space first

With both:

Calm authority always

Hidden Gift of This New Dynamic

Now the system becomes:

- Koko → energy
- Reya → awareness
- Elly → structure

That's actually a **very powerful combination**. If stabilized.

Final Truth

Before:

Elly was dealing with chaos

Now:

she is dealing with **chaos + sensitivity**

Additional support for Elly in creating more Stability

Elly's life force is active... but not self-directed
Her emotional truth is present... but not honored
Her willpower is engaged... but not aligned

That combination creates **chronic misalignment → resentment loops → external stagnation**

1. The Core Design Conflict in Elly

She has three powerful forces:

34–20 (Action Power)

“I move. I do. I respond fast.”

Emotional Authority

“I need time to feel what is right.”

37–40 (Tribal Contract)

“I give, I commit, I hold others.”

When aligned:

- she creates
- she builds
- she leads

When misaligned:

- she works hard for the wrong things
- she commits before clarity
- she gives without return

2. What Actually Happened (Pattern)

Let's translate her life situation into design dynamics.

Money Struggles

Not a "financial issue" first.

It's:

misdirected sacral energy

- working from pressure
- not from aligned response
- inconsistent structure

Living with her mother (6 years)

This is big.

Energetically:

her Stability Field never fully formed

So she stayed in:

- dependency field
 - adaptation mode
 - suppressed authority
-

No Creative Flow

This is not lack of talent.

It's:

34–20 blocked by emotional misalignment

She either:

- doesn't start
- or starts from pressure
- or stops due to emotional conflict

No Relationship (but longing)

Classic 37–40 distortion.

She wants:

- connection
- partnership
- reciprocity

But unconsciously:

- overgives
- commits too early
- attracts imbalance
- withdraws after disappointment

Issue with Aging

This one cuts deeper.

She feels:

“I'm not where I should be.”

Which translates to:

“I didn’t use my energy correctly.”

That’s not shame.

That’s **sacral frustration becoming identity**

3. The Resentment Loop (This is the key)

Elly doesn’t just feel frustrated.

She cycles.

Step 1 — Pressure

- money
- kids
- life situation

“I need to fix this”

Step 2 — Action (too fast)

- takes on work
- says yes
- gives energy

before emotional clarity

Step 3 — Overgiving

- gives more than she receives
 - holds everything together
-

Step 4 — Emotional Realization

Later...

“This doesn’t feel right”

Step 5 — Resentment

- toward situation
- toward others
- toward herself

Step 6 — Withdrawal or Exhaustion

- stops creating
- stops moving
- loses energy

Step 7 — Pressure returns

“I need to fix this”

Loop repeats.

4. The Real Suppression (Deeper Layer)

It’s not just creativity.

It’s this:

She suppresses her authority as the one who decides direction

Because:

- she adapted to environment
- she prioritized others
- she lost trust in her own timing

So instead of:

“I choose where my energy goes”

She lives:

“I respond to what life throws at me”

5. Why This Creates Stagnation

Her design needs:

- aligned response
- emotional clarity
- self-directed action

But she's living:

- reactive
- pressured
- externally driven

Result:

- energy spent
- nothing builds

6. The Real Correction (Not Surface-Level)

This is where we go deeper than “be creative.”

1. Reclaim Direction (G Center Theme)

She must shift from:

reacting to life

to:

choosing direction first

Even small.

2. Emotional Authority Before Commitment

This is non-negotiable.

No immediate yes to:

- work
 - people
 - responsibility
-

3. Stop Proving Through Giving (37–40)

She must drop:

“I earn connection by giving”

Replace with:

“I participate where there is mutual exchange”

4. Structured Creativity

Her creativity won't come from:

inspiration

But from:

container + repetition (16–48)

5. Stability Before Expansion

Money, structure, routine:

FIRST

Expression, relationships:

SECOND

7. The Real Truth (No Sugarcoating)

Elly is not stuck because life is unfair.

She is stuck because:

her power is active, but not directed

“My energy is not the problem. My direction is.”

Elly's Core Identity Conflict

This is not about behavior.

This is about **who she believes she has to be to be loved and safe.**

1. The “Nice Woman / Overgiver” Identity

This identity was built early.

It runs on one hidden rule:

“If I give enough... I will be loved, safe, and chosen.”

How it shows up in her life

- over-supporting others
- taking responsibility too quickly
- saying yes before clarity
- adapting to others' needs
- avoiding conflict
- proving she is “good enough”

The payoff (short-term)

- approval
- connection
- feeling needed

The cost (long-term)

- exhaustion
- lack of direction
- imbalance in relationships
- financial instability
- suppressed creativity

And eventually: **resentment**

2. The Hidden Emotional Mechanism

This identity is not random.

It protects a deeper belief:

“If I don’t give... I might be rejected.”

So she chooses:

self-betrayal over perceived abandonment

3. Why This Identity Breaks Her Design

Let’s connect it directly.

34–20 (Power)

This wants:

direct, self-led action

But the Nice Woman uses it for:

others

Emotional Authority

This needs:

time before commitment

But the Nice Woman says:

“Yes” immediately

37–40 (Tribal)

This wants:

fair exchange

But the Nice Woman gives:

without receiving

Result:

Her entire design is **working against itself**

4. The Resentment Truth

Here's the uncomfortable part:

She doesn't resent others first.

She resents herself for abandoning herself.

Because deep down she knows:

"I said yes when I meant no."

"I gave when I didn't want to."

"I stayed when I should have moved."

5. The Real Identity She Is Avoiding

This is the shift.

From:

Nice Woman

To:

Self-led Woman (Authority)

The Self-Led Identity

This woman:

- chooses before she gives
- waits before she commits
- says no without over-explaining
- values her energy as currency
- creates direction instead of reacting

Why it feels scary

Because it triggers:

- fear of rejection
- fear of being “too much”
- fear of being seen as selfish

But here’s the truth:

She is already experiencing the consequence of NOT doing it.

6. The Transition Phase (Important)

She will not jump from one to the other.

There is a phase where she feels:

- uncomfortable
- guilty
- uncertain
- “not herself”

That is not failure.

That is identity withdrawal.

7. Practical Identity Shifts

Shift 1 — Delay Giving

Old:

“Yes, I’ll do it”

New:

“I’ll get back to you”

Shift 2 — Micro-No

Practice small:

- “Not today”
 - “That doesn’t work for me”
-

Shift 3 — Energy Awareness

Ask:

“Do I actually want this... or am I trying to be liked?”

Shift 4 — Receive First

Before giving:

check if there is space for reciprocity

Shift 5 — Accept Discomfort

When she feels:

- guilt
- tension

She reminds herself:

“This is growth, not danger”

8. The Deeper Truth

Elly's problem is not that she gives too much.

It's that:

she gives from fear instead of choice

Final Integration

When she shifts:

- her work stabilizes
- her money stabilizes
- her relationships change
- her creativity returns

Not because life changes first...

but because **her identity changes first**

“I am not here to be chosen. I am here to choose.”