

THE NATURAL GIFT OF A NEURODIVERSE BRAIN FROM A HUMAN DESIGN PERSPECTIVE



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Research Proposal

The term "neurodiversity" refers to the natural variation in human brains and cognitive functioning. It's a concept that challenges the idea that there's one 'normal' or 'correct' way for the brain to work.

Natural variation

Neurodiversity emphasizes that differences in brain function are a natural part of human diversity, just like differences in race, ethnicity, or sexual orientation. It acknowledges that people's brains process information, learn, and experience the world in diverse ways.

Neurodiversity is mostly linked to neurodevelopmental conditions such as, Autism spectrum disorder (ASD), Attention-deficit/hyperactivity disorder (ADHD), Dyslexia, Dyspraxia, Tourette syndrome.

However, it's important to understand that neurodiversity is not limited to these diagnoses. It encompasses all the variations of the human brain.

Shifting perspectives

Neurodiversity promotes a shift from viewing these differences as 'disorders' or 'deficits' to recognizing them as natural variations with unique strengths and challenges. It advocates for creating environments that are inclusive and supportive of neurodiverse individuals.

Key principles for this study

- Acceptance: Embracing neurological differences, which is also promoted by the Human Design Differentiation Degree point of view.
- Inclusion: Creating environments where neurodiverse individuals can thrive.
- Empowerment: Recognizing and celebrating the strengths of neurodiverse individuals.
- In essence, neurodiversity is about recognizing and respecting the wide range of human cognitive experiences.

Research question or problem statement

"How do neurodivergent individuals identify and utilize their unique strengths and talents in their daily lives and how can the use of the PHS internal, PHS external and Variable contribute in a positive way?"

Purpose

To frame this research, in essence it tests the statement of Ra Uru Hu (founder of the Human Design system) that ADHD (one of the neurodevelopmental conditions), mainly occurs in people with a PHS internal left brain/body system.

However the label 'ADHD' is not the main purpose of this study. People can participate in the study when they have been officially diagnosed with ADHD, but also when they feel that they live with distractibility, hyperactivity or a form of inattention which are considered symptoms of a ADHD neurodiverse brain.

The goal of the research is to contribute to the shifting perspective on neurodiversity as a 'problem' or 'disorder' to the idea that neurodiversity is an expression of neurological differences with its own strengths and challenges.

Human Design can contribute to the acknowledgement of neurodiverse brains and give people a tool to live with their diversity as a gift mediated by living correctly as themselves by following their Type, Strategy and Authority and following their correct dietary regimen and living in the correct environment for them specifically.

Research Design & Methodology

Nature of the study

To be able to frame the research on neurodiversity, the focus of this research is on ADHD as one of the known variations of a neurodevelopmental condition or neurodiverse brain. It is a quantitative analyses and the data are collected by a questionnaire.

The hypothesis of the research:

“Regular exercise and a stimulating environment lead to measurable improvements in executive functions and a reduction in symptoms of inattention in people with ADHD.”

This research has the following assumptions:

- ADHD is mainly seen in people with a PHS internal left brain/body (source: Ra Uru Hu: Interview on Ra.TV).
- It investigates how targeted interventions can influence neuroplasticity.
- It integrates lifestyle factors such as physical activity and environment that potentially influence ADHD symptoms.
- If the hypothesis is confirmed, this could lead to the use of Human Design as an additional non-drug treatment for ADHD.
- This type of research can provide valuable insights into how lifestyle interventions can influence the experience of neurodiversity and how people with ADHD in particular can better manage their symptoms / lives.

Delineation of the research

The research focuses on people (mainly adults) that are diagnosed and self-diagnosed with ADHD.

Defining the population and sampling methods

All people that consider themselves to be neurodivergent, with symptoms of ADHD can participate in this research. There does not have to be a diagnosed label of ADHD.

The research is conducted anonymously. The names of the participants are not included or used during the analyses of the data.

In the end 43 people are included in the research. The people with inaccurate birth data are excluded from the research.

Data collection method and procedure

The data collection is done by an online Google Forms questionnaire. The questionnaire is added to the appendix. The questionnaire asks for the birth data of the participants to be able to create the Human Design charts.

The questionnaire is send to the customer database of Human Design Coach and shared with relevant Facebook groups and LinkedIn. Most of the data is collected from Dutch speaking participants.

Data Analysis

The questionnaire mainly uses closed five-point Likert scale questions (1: never to 5: mostly). The responses of the questions are quantitatively analysed. The questionnaire also has an open question on the experienced advantages of ADHD.

The following is analysed:

- The assumption is that more than 50% of the participants have a PHS internal left brain/body and PHS external left environment (DLL).
- Variables division.
- The predominant Tone/Cognition and Colour/Determination (PHS internal).
- The level of physical activity.
- The predominant environment (PHS external).
- Magic square: Moon. Assumption: people with ADHD do not set up their own information flow, this gets conditioned or influenced by others.
- Magic Square. Assumption: people with ADHD do not have many diagnostic points.
- Control questions: Human Design Type, personal / transpersonal IC, number of motors activated, split definition yes/no, Root and Head center defined yes/no.

Introduction

This research on neurodiversity, with a focus on ADHD, aims to test the following hypothesis:

“Regular exercise and a stimulating environment lead to measurable improvements in executing functions and a reduction in symptoms of inattention in people with ADHD.”

The goal of the research is to contribute to the shifting perspective on neurodiversity as a ‘problem’ or ‘disorder’ to the idea that neurodiversity is an expression of neurological differences with its own strengths and challenges.

Human Design already contributes to the acknowledgement of neurodiverse brains. With the introduction of the Variables by Ra Uru Hu, he was able to show that there are differences in the functioning of the human brain. A PHS internal active left brain/body system for instance needs focus, needs high stimulation and is survival oriented, while a PHS passive right brain/body system is the opposite, it does not need focus, it is experience oriented and has a low energy consumption. The right brain/body system on the contrary to the left brain/body gets easily overwhelmed.

Active ←	Passive →
Focus	No Focus
Survival	Itness
Discrimination	Experience
High Stimulation	Calmness
High Energy Consumption	Low Energy Consumption
Low Water Retention	High Water Retention

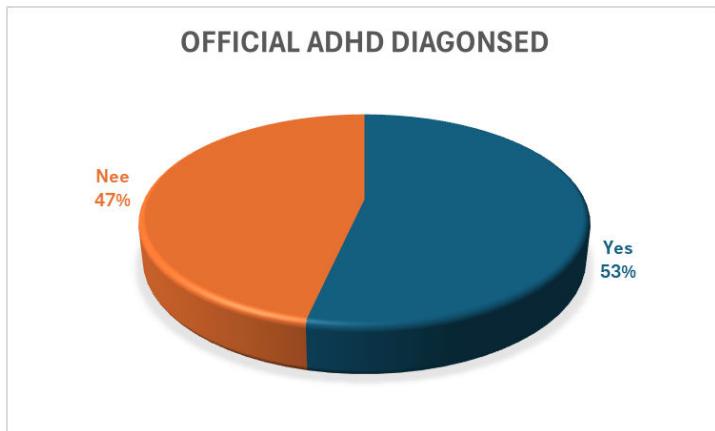
Therefor Ra Uru Hu mentioned in an interview that ADHD is mainly an issue for people with a PHS internal active left brain/body system that gets too little stimulation and with stimulation meaning too little physical activity (like sports) and too little mental activity. He would say: “*The left brain/body never goes on holiday*”. Meaning it works best when it is used on a regular basis.

To test the hypothesis the questionnaire was send to the customer database of Human Design Coach and shared with relevant Facebook groups and LinkedIn during the month of July. After the data collection of one month, 43 questionnaires were fully completed and usable for the analysis. All birth data were introduced in the Maia Mechanics Imaging software to be able to generate the charts. The collected charts together with the answers of the Google Forms questionnaires were put into Excel to do the actual analysis of the data.

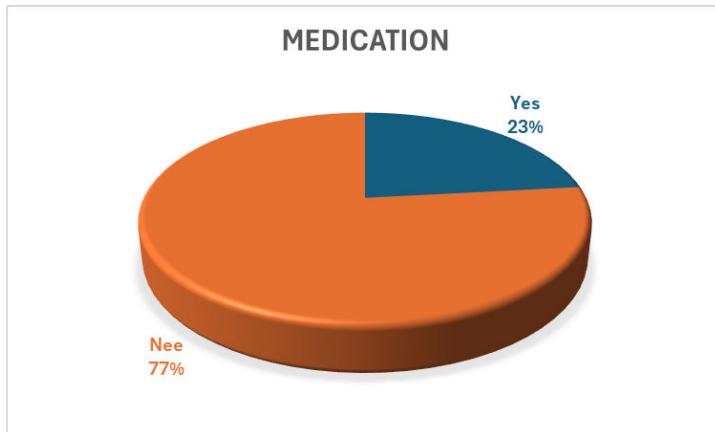
Data analysis

The Population

This research focuses on people with ADHD. Of the 43 participants of this study 53% are officially diagnosed with ADHD.

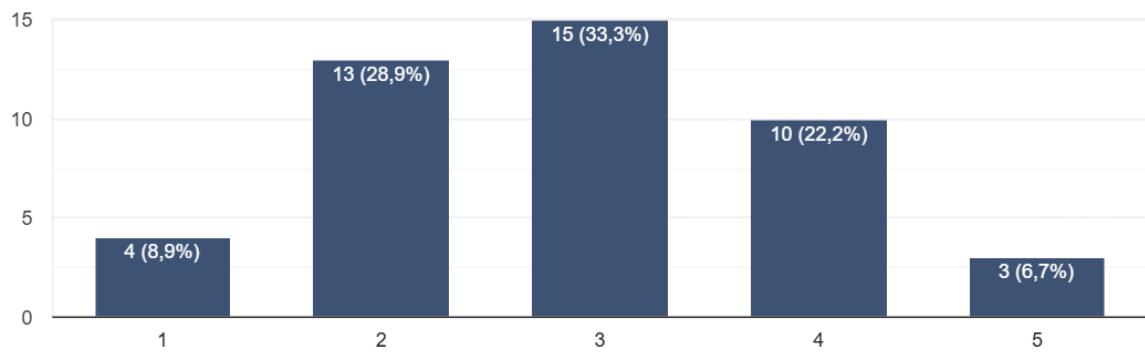


Only 23% of the participants use ADHD medication.



The average age of the participants is 48 years old, with 77 being the oldest participant and 14 years old the youngest. No information on gender was asked.

We asked: *Do you consider your neurodiverse brain to be a problem?* The answer to this question is spread, with 8,9% saying it never (1) is a problem and 6,7% (5) saying it mostly is considered to be a problem. For 33,3% of the people it sometimes is a problem and sometimes not.



We asked as well: *What do you consider the advantage of your neurodiverse brain?*

A summary of the perceived benefits of the participants of this study:

Based on the responses, the perceived benefits of ADHD are primarily described as the result of a brain that works quickly and unconventionally. Many people feel that this allows them to switch between tasks, concepts, or ideas quickly. This rapid thinking enables them to come up with "out-of-the-box" solutions and make connections that others might miss.

Creativity and a positive, energetic disposition are also frequently mentioned. The "chaos in the head" can lead to an abundance of ideas, resulting in a vibrant personality. Some people feel that their ADHD makes them more flexible and better able to respond to situations. A few mention the power of hyperfocus, which allows them to work on a task of interest for long periods with great effectiveness. Overall, many respondents see their ADHD not just as a challenge but as an integral part of who they are, with unique and valuable qualities.

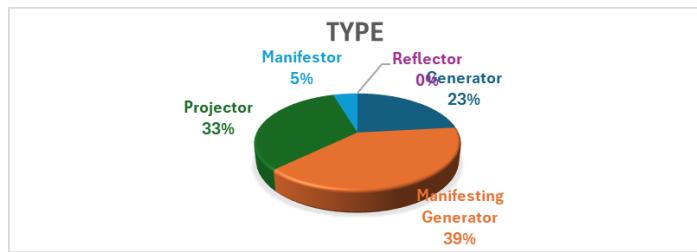
The 5 most mentioned qualities seen as benefits of ADHD, based on the provided answers:

1. **Ability to switch quickly:** This is by far the most mentioned quality. People state that they can rapidly move between tasks, ideas, or situations, which makes them flexible in their thinking and actions.
2. **Creativity:** Many people highlight their creativity and the ability to think "out of the box." This is seen as a direct result of the unconventional way their brain works.
3. **Problem-solving skills:** Tied to quick thinking and creativity, the ability to rapidly devise clever and original solutions to problems is often mentioned.
4. **High energy and enthusiasm:** A number of respondents describe themselves as energetic, spontaneous, and enthusiastic. This is seen as a positive trait that makes them lively and engaging people.
5. **Hyperfocus:** Although not mentioned by everyone, hyperfocus is seen by some as a significant benefit, allowing them to concentrate intensely on a subject of interest.

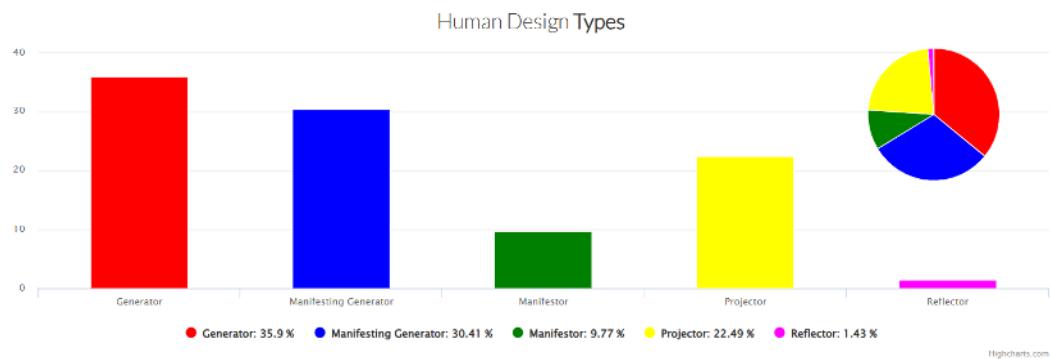
Type Analysis

The people that participated in this research that have ADHD (diagnosed and self diagnosed) are grouped by Type.

Type	Count
Generator	10
Manifesting Generator	17
Projector	14
Manifestor	2
Reflector	0
Total	43



On the website of Jovian Archive the Rave statistics are available. The statistics below are based on the charts created using the free online Rave Chart Service on the website of Jovian Archive which currently holds the results of 46,919,411 Rave calculations.



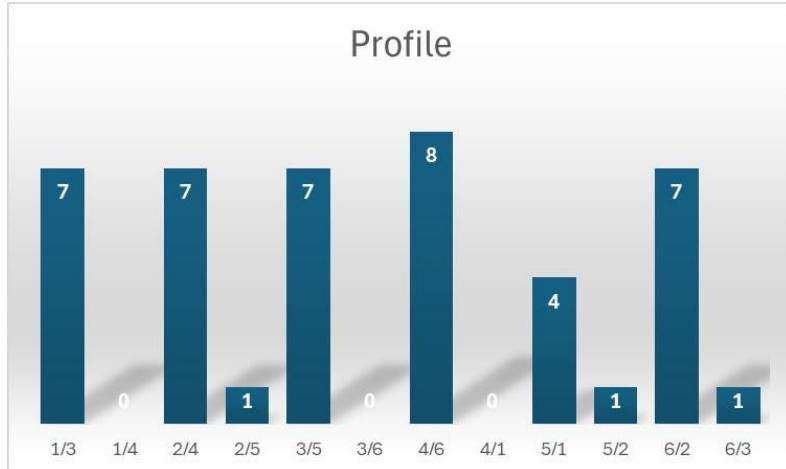
Based on the graphs above the following can be said:

- 33% of the participants of this research that have ADHD are Projector. This is a higher percentage than expected (considering that ADHD is based on leftness and not on Type), because the Jovian Archive website states a percentage of 22.49% of the people being a Projector.
- There is a noticeable difference between the number of Manifesting Generators participating in this study (39%) and the distribution on Jovian Archive (30.41%).
- Based on the Rave statistics it was assumed to have 35.9% of the people being Generator with ADHD, but in this research only 23% are Generator.
- Based on the statistics we expected to have 4 participants out of 43 to be a Manifestor, but only two participants are a Manifestor with ADHD.
- Based on the number of participants, as expected no Reflector participated in this research.

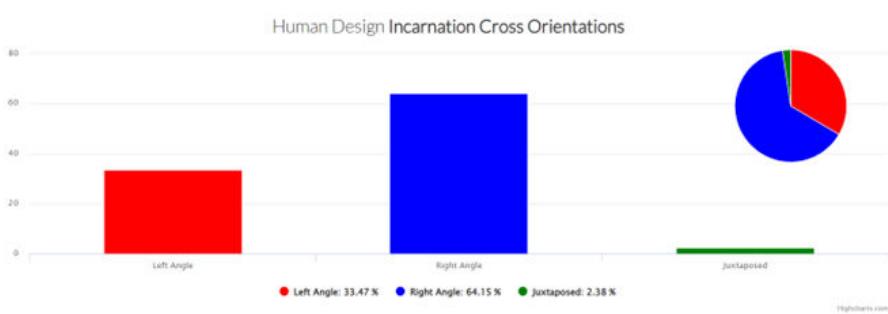
Profile Analysis

In below graph we see the distribution of the profiles of the population.

Profile	Count
1/3	7
1/4	0
2/4	7
2/5	1
3/5	7
3/6	0
4/6	8
4/1	0
5/1	4
5/2	1
6/2	7
6/3	1
Total	43



On the website of Jovian Archive the Rave statistics are available. The statistics below are based on the charts created using the free online Rave Chart Service on the website of Jovian Archive which currently holds the results of 46,919,411 Rave calculations.



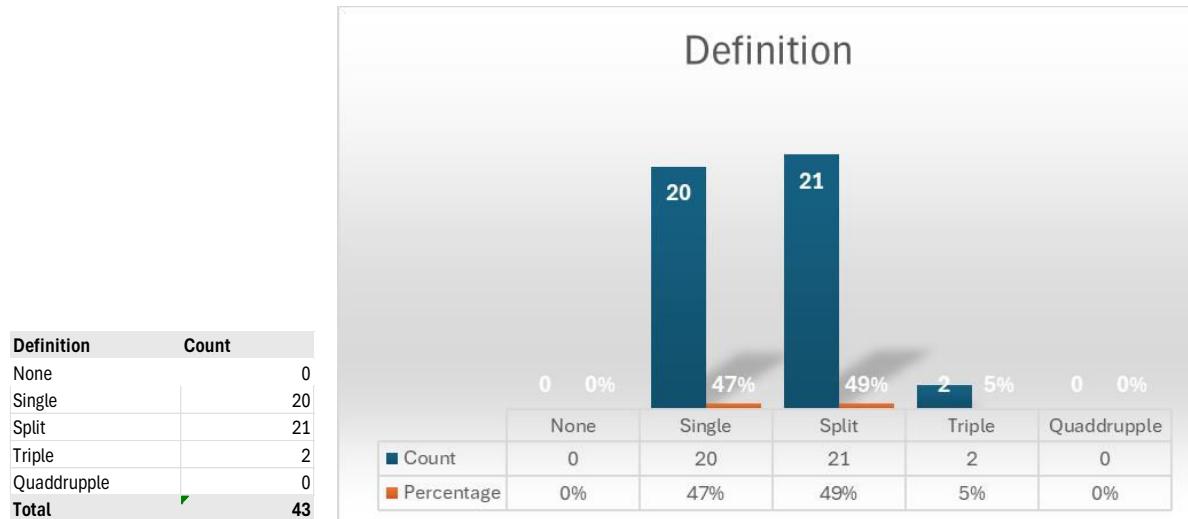
Based on the graphs above the following can be said:

- 13 (30%) people of the research population have a left angle cross incarnation cross and 30 (70%) of the people have a right angle incarnation cross.
- There is no person with a juxtaposition incarnation profile included in the study.

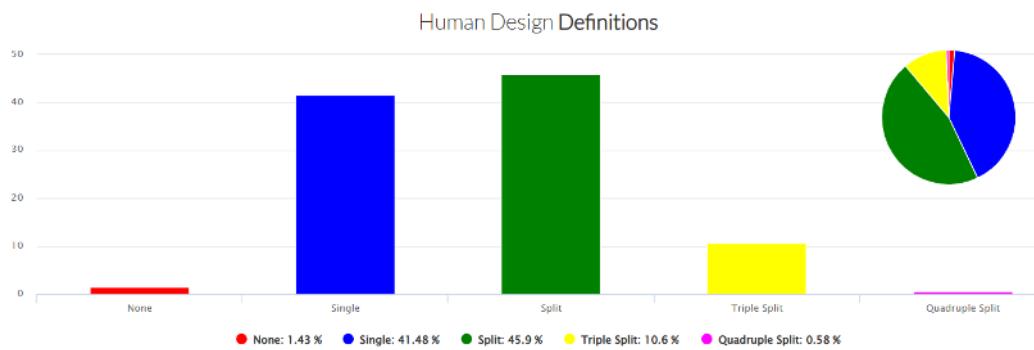
- The people with ADHD have a slightly higher percentage right angle incarnation cross than the Rave statistical information.
- People with a 5/1 profile statically have the least likelihood of having ADHD.

Definition Analysis

In below graph we see the distribution of the Definitions of the population.



On the website of Jovian Archive the Rave statistics are available. The statistics below are based on the charts created using the free online Rave Chart Service on the website of Jovian Archive which currently holds the results of 46,919,411 Rave calculations.

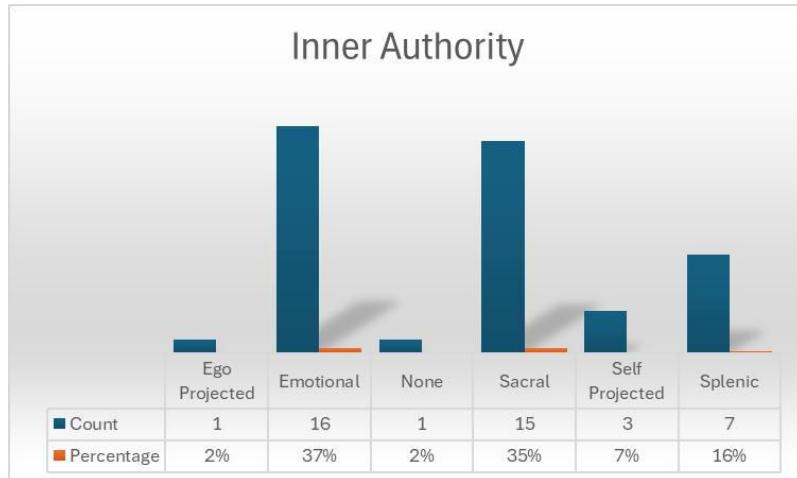


Based on the graphs above the following can be said:

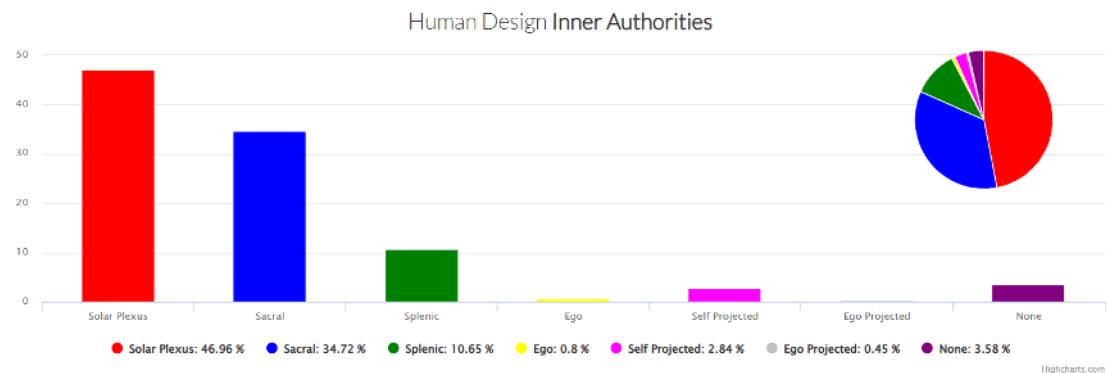
- 20 (47%) people of the research population have a single definition which is higher than in the Rave statistics (41%).
- 21 (49%) people of the research population have a split definition which is higher than in the Rave statistics (46%).
- 2 (5%) people of the research population have a triple split definition which is lower than in the Rave statistics (11%).

Inner Authorities Analysis

In below graph we see the distribution of the Inner Authorities of the population.



On the website of Jovian Archive the Rave statistics are available. The statistics below are based on the charts created using the free online Rave Chart Service on the website of Jovian Archive which currently holds the results of 46,919,411 Rave calculations.



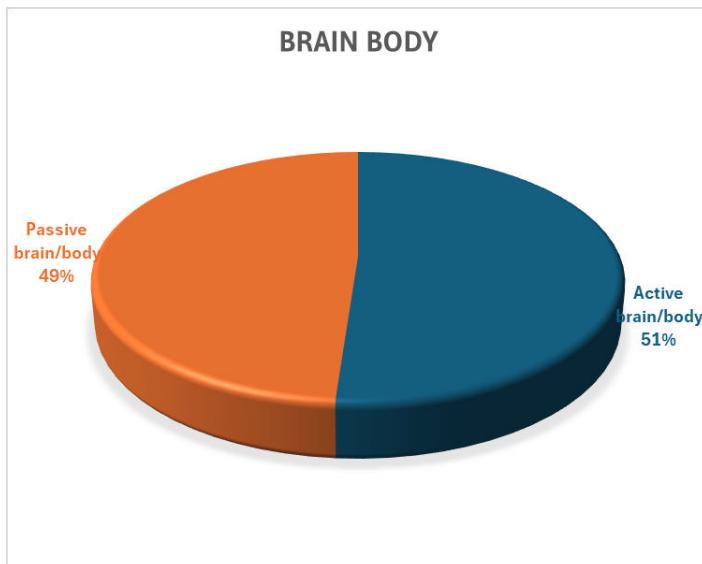
Based on the graphs above the following can be said:

- The percentage people with a Solar Plexus Inner Authority with ADHD is with 37% lower than the Rave Statistics (46,96%).
- The percentage people with a Splenic Inner Authority is with 16% higher than the Rave Statistics (10,65%).
- The percentage people with a Self Projected Inner Authority with ADHD is with 7% higher than the Rave Statistics (2,84%).
- The other Inner Authorities of the population are in line with the Rave Statistics.

PHS internal brain/body system

Ra Uru Hu stated that ADHD is mainly seen in people with a left brain/body system that gets too little stimulated.

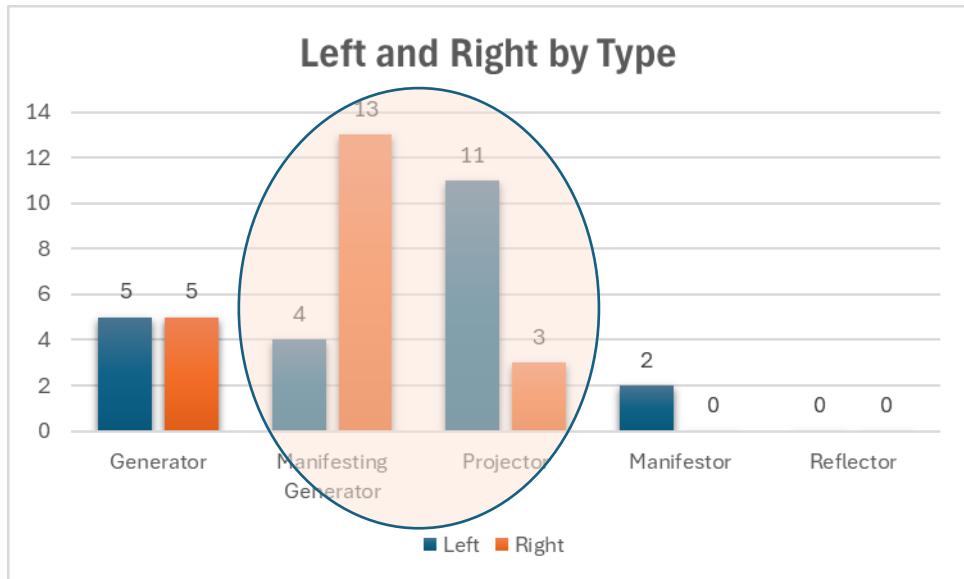
When looking at the data it is expected that more than 50% of the participants with ADHD have an active PHS internal left brain/body system. In fact the number of people with ADHD in this study are with 51% almost equally divided by an active left and 49% passive right brain body system. This could mean that having ADHD can be a result of a too little stimulated active left brain/body system. It could also be true that ADHD is a result of a too much stimulated passive right brain/body system.



PHS internal brain/body segmented by Type

When Type is added to the division between the left active and right passive PHS internal brain/body system an interesting nuance appears.

Type	Left	Right
Generator	5	5
Manifesting Generator	4	13
Projector	11	3
Manifestor	2	0
Reflector	0	0
Total	22	21

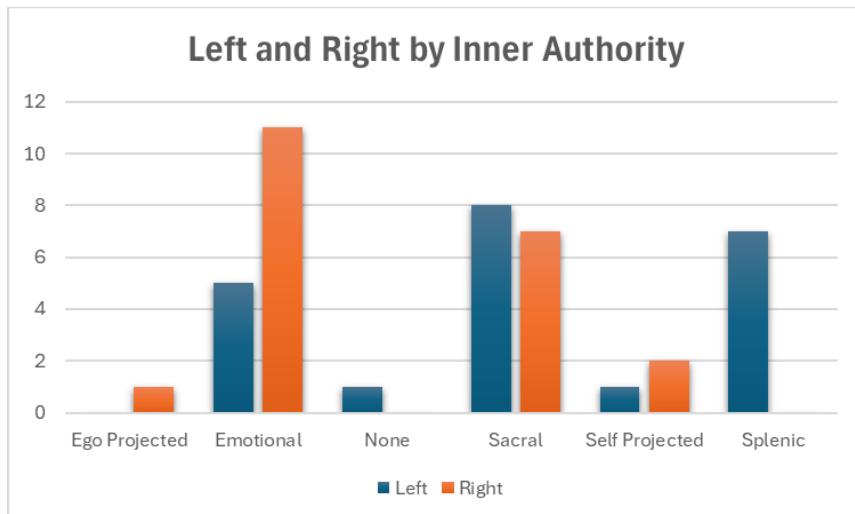


Based on the graph the following can be said:

- Off the Projectors with ADHD the majority has an active left brain/body system. This is interesting because the Projector is considered to be a non energetic type.
- Of the Manifesting Generators the majority has a passive right brain/body system. This is interesting because the Manifesting Generator is considered to be an energetic Type, with a motor connected to the Throat center.
- The two Manifestors with ADHD have a left brain/body system.
- This strengthens the assumption that having ADHD can be a result of a too little stimulated active left brain/body system and it could also be true that ADHD is a result of a too much stimulated passive right brain/body system.

Inner Authorities by Left and Right Tone

In below graph we see the distribution of the Inner Authorities of the population by left and right tonal fixing.

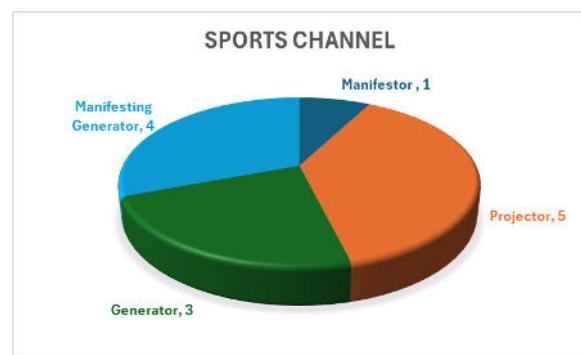


Based on the graph above the following can be said:

- All the seven Splenic left brain/body systems are non sacral beings, of which one Manifestor and six Projectors.
- The Emotional left brain/body systems are with 4 out of 5 mostly non sacral beings. The right Emotional brain/body system people are all eleven sacral beings, with a predominance of Manifesting Generators (10 of 11 people).

Drilling down on these findings, when we include the number of motor centers activated (Sacral, Root, Solar Plexus and Heart center) and the number of sports channels we see the following.

The Projectors have on average one motor defined and the Manifesting Generators have on average 2.5 centers defined. 5 out of the 14 Projectors have a sports channel defined (a channel between the Root center and the Spleen) and of the 17 Manifesting Generator only 4 participants have a sports channel defined.

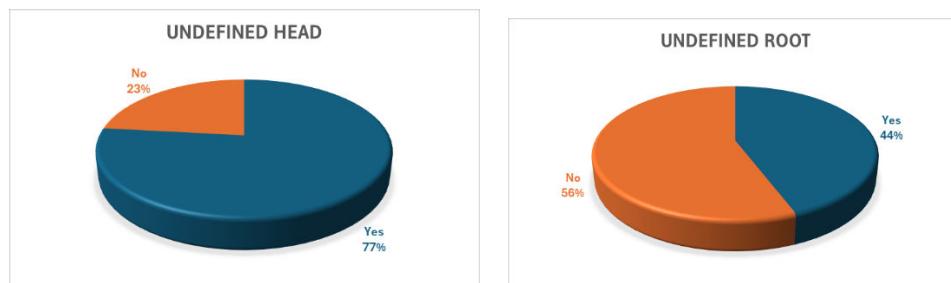


Undefined Head and Root center

ADHD is often related to an undefined Head center with symptoms like unfocused thinking and an/or undefined Root center with symptoms like being to active or hyperactive.

The research population shows:

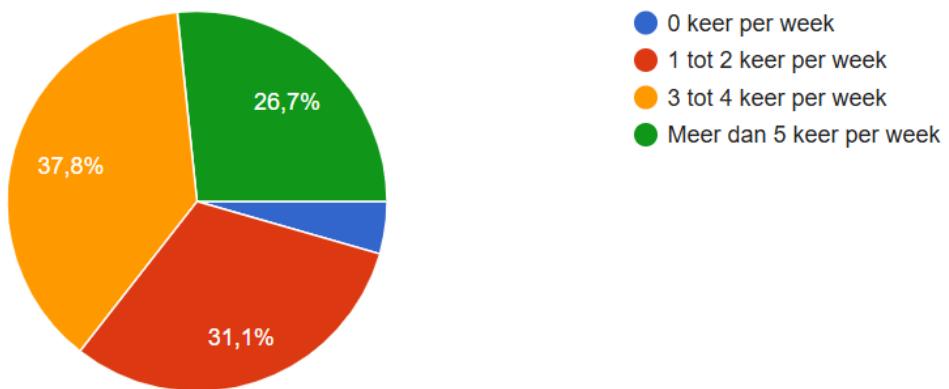
- 77% off the people with ADHD have an undefined Head center. In general 71% of the people have an undefined or open Head center.
- 44% off the people with ADHD have an undefined Root center. In general 40% have an undefined or open Root center.
- People with ADHD have a slight higher percentage of an undefined Head or Root center.



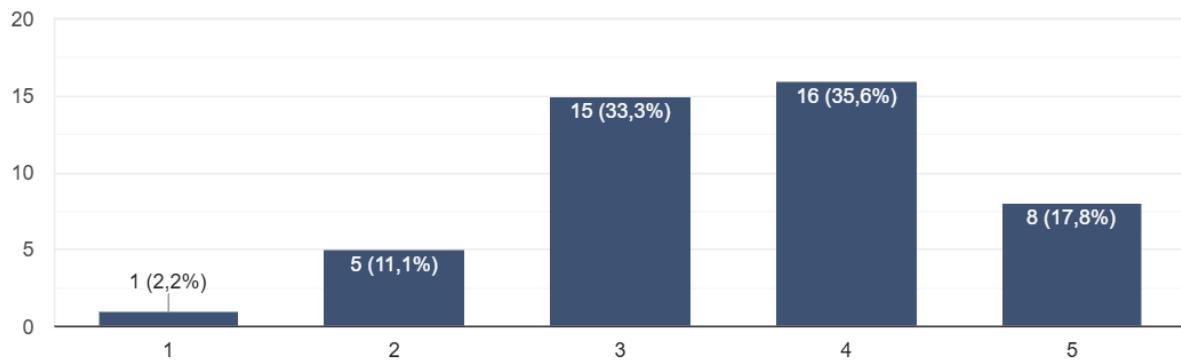
The level of Activity

In the questionnaire there is a question about the level of activity during the week: *'How often do you do sports or do you move (at least 30 minutes or longer) during the week?'*

The majority of the respondents have a physical activity or do a sports activity during the week. With a total of 64,5% of the people that have a physical activity on average of 3 times or more per week. Bicycling, walking (with the dog) and going to the gym are mentioned most.



On the question, *'Does exercise/physical activity have a positive effect on your inattention or hyperactivity? In other words, does it reduce your inattention or hyperactivity?'*, the majority (53,4%) says that the activity mediates the ADHD symptoms such as inattention and hyperactivity.

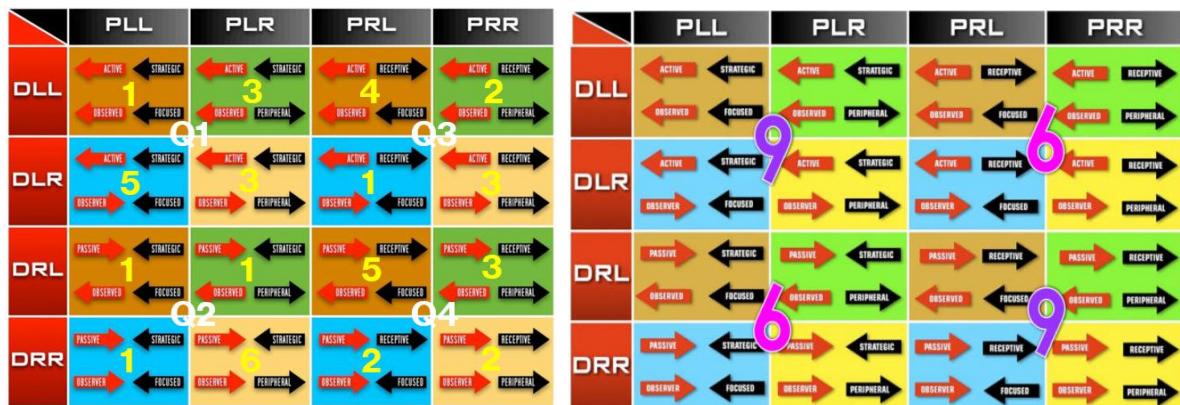


Variables

In below graph we see the distribution of the Variables of the sample population.

Quarter	Count
Quarter 1	12
Quarter 2	9
Quarter 3	10
Quarter 4	12

The graph on the left is the distribution of the Variables of the population and the graph on the right is the statistical distribution seen in general.

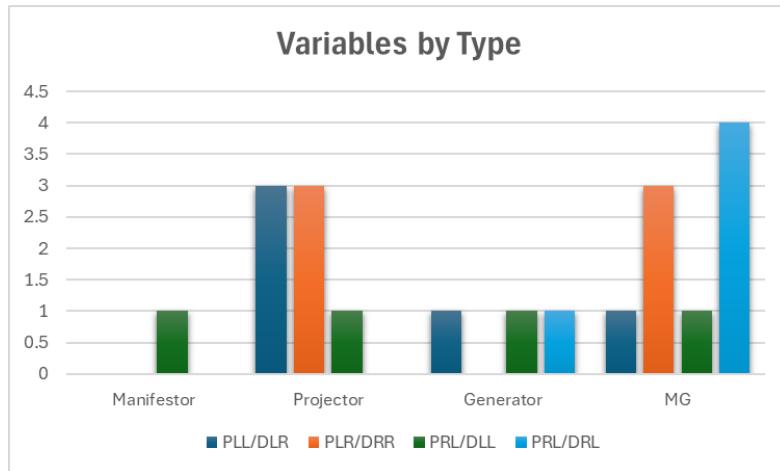


Based on the graphs above the following can be said:

- In general the distribution of the quarters of the sample population is in line with the statistical distribution seen in general.
- The following Variables are seen the most in people with ADHD: PLR/DRR (6), PLL/DLR (5), PRL/DRL (5) and PRL/DLL (4).
- The following Variables are seen the least in people with ADHD: PLL/DLL (1), PLL/DRL (1), PLL/DRR (1), PLR/DRL (1), PRL/DLR (1).
- The following Variables are lower and higher populated in relation to the statistical distribution:
 - Lower than expected: PLL/DLL (1)
 - Higher than expected : PLL/DLR (5, Quarter 1), PLR/DRR (6, Quarter 2), PRL/DLL (4, Quarter 3), PRL/DRL (5, Quarter 4)
- The Variable PLL/DLL is statistically the least likely related to ADHD.

Looking closer to the people with ADHD and a higher than expected Variable appearance by Type (graph on the next page):

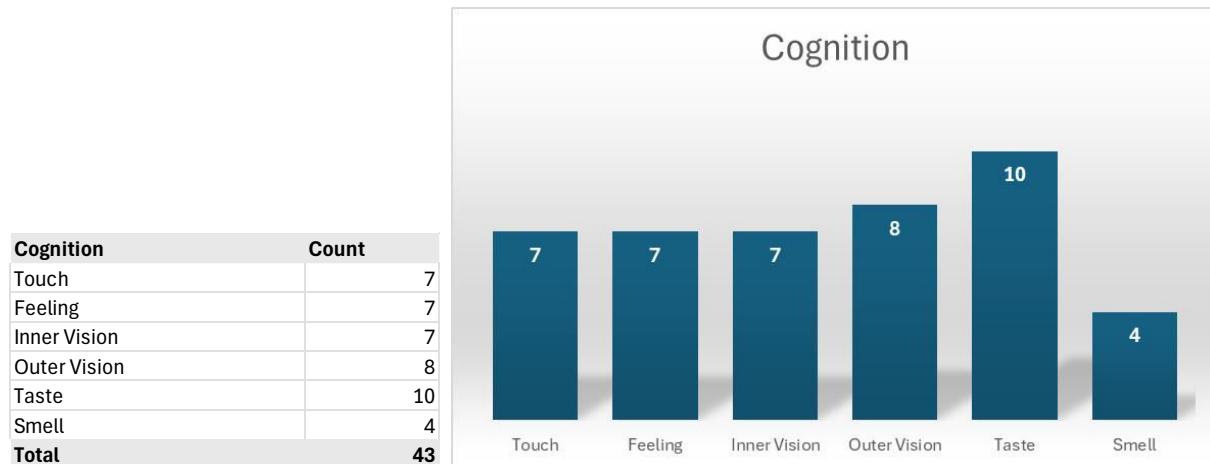
- All PRL/DRL (5, Quarter 4) are sacral beings. The question rises if the passive right brain/body system of this Variable does get overwhelmed by the environment?
- All other Variables are evenly distributed by sacral and non sacral beings.



PHS internal: Cognition

This study predominantly tests the hypothesis in general that ADHD is mostly seen in people with an active PHS internal left brain/body system. At this stage the hypothesis can not be conformed or rejected in general.

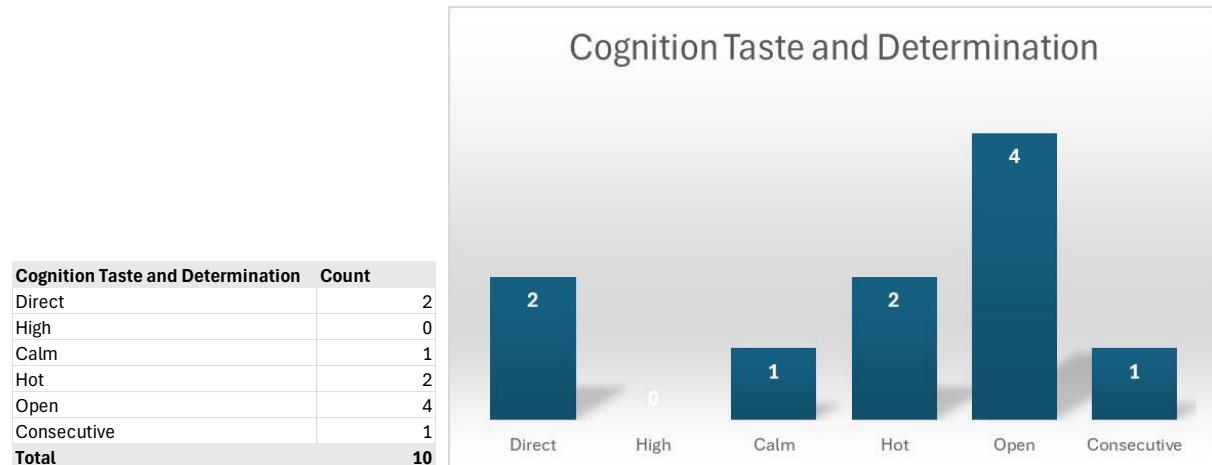
The leftness and rightness is associated with Cognition or Tone, with Cognitions 1, 2 and 3 indicating leftness and Cognitions 4, 5 and 6 indicating rightness. In below graph the actual Cognition levels are taken into account. Because the division in general is 50% left and 50% right we expect an even distribution over the six Cognitions.



- There is an even distribution of Cognitions on the right Cognitions (Tones 4, 5 and 6).
- There is no even distribution on the left Cognitions (Tones 1, 2 and 3).
- Especially the Cognitions 1 of **Smell** and 2 of **Taste** are unevenly distributed. Both 1 and 2 are part of the Splenic binary.

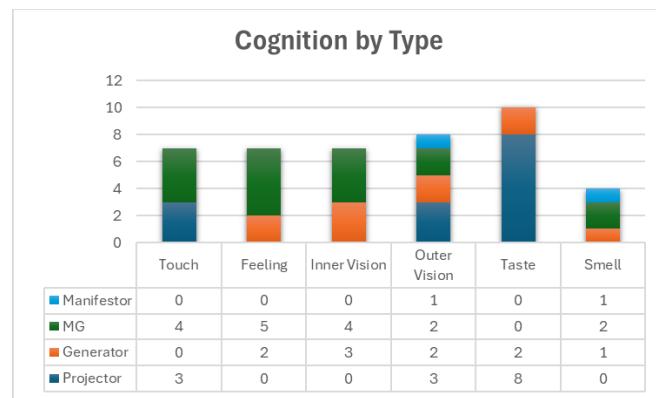
- People with ADHD and an active left brain/body system most likely have **Taste** as their cognition and **Smell** is least likely.
- The 10 people with ADHD and **Taste** as their Cognition are predominantly Projector (8 out of 10).

Looking closer into **Taste** in relation to Determination (dietary regimen). It is seen that Determination **Open** (4 out of 10) is most likely activated and **High** sound (0 out of 10) least likely.



PHS internal: Cognition by Type

In below graph we see the distribution of the Cognitions by Type.

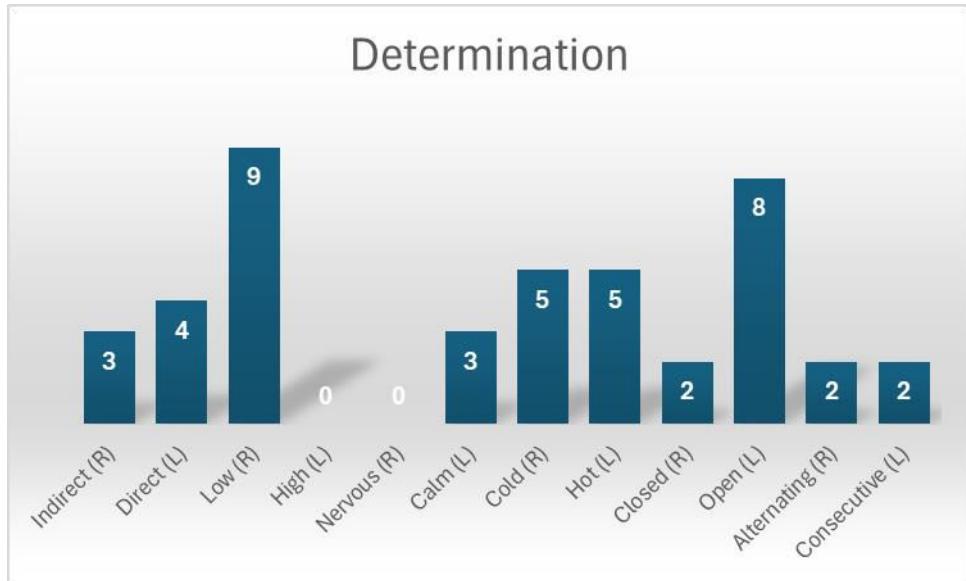


- The Manifestors have only lower left Cognitions activated.
- The Manifesting Generators with ADHD predominantly have upper right Cognitions activated, with the Cognition **Feeling** the most likely and **Taste** the least likely.
- The Generators have an even distribution of the Cognitions, with the Cognition of **Touch** the least likely.
- The Projectors most likely have a lower left Cognition activated, with the Cognition of **Taste** the most likely.

PHS internal: Determination

This study predominantly tests the hypothesis in general that ADHD is mostly seen in people with an active left brain/body system. At this stage the hypothesis can not be conformed or rejected in general.

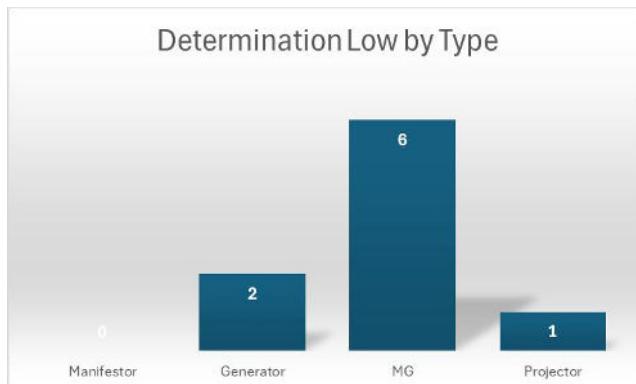
Below graph examines the distribution of the Colour, the Determination, of the people with ADHD. Taking leftness and rightness into account there are 12 different Determinations available.



- With 43 participants and 12 different Determinations and so far an even distribution in leftness and rightness an average of 3 to 4 people per Determination is expected.
- Looking at the graph the people with ADHD most likely have **Low** (right orientation) or **Open** (left orientation) Determination.
- High** (left orientation) and **Nervous** (right orientation) are the least likely Determinations in relation to ADHD.

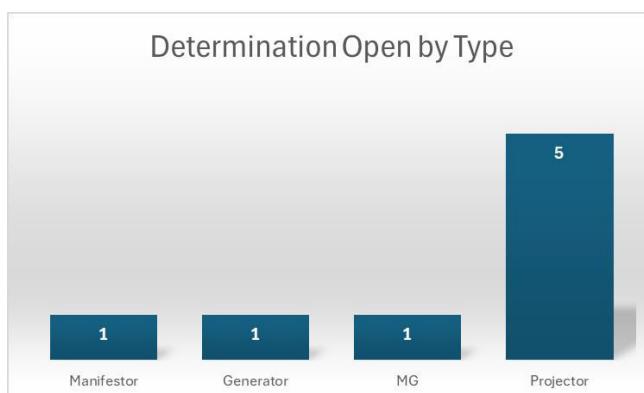
Determination Low by Type

Looking at the Determination **Low** it is mainly seen in the sacral beings (8 out of 9), with a predominance of Manifesting Generators (6 out of 10).

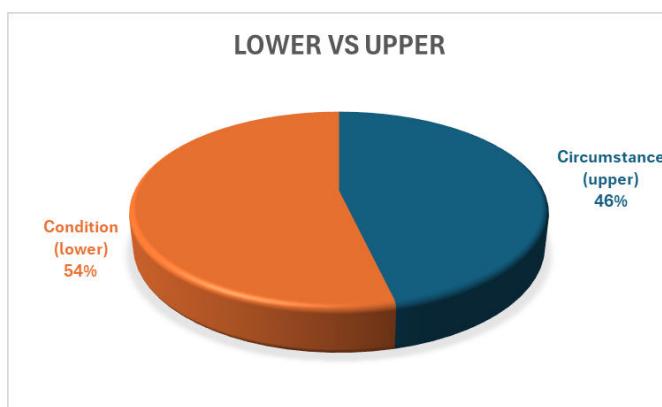


Determination Open by Type

Looking at the Determination **Open** it is mainly seen in the non sacral beings (6 out of 8), with a predominance of Projectors (5 out of 8).



When looking at the division between Condition (lower) and Circumstances (upper) of the Determinations, Condition is with 54% more likely than a Circumstance (46%). A food Condition means that the actual food intake is most likely of importance when looking at ADHD.

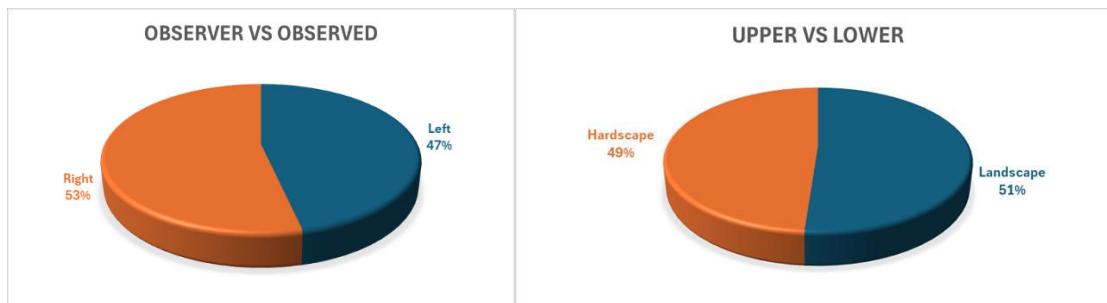


PHS external: Environment

This study predominantly tests the hypothesis in general that ADHD is mostly seen in people with an active PHS internal left brain/body system, but it is also interesting to look at the distribution of the environment. Is ADHD most likely seen in an active Observed (left) environment, an environment with lots of interactions or a passive Observer (right) environment, with less tension and interaction?

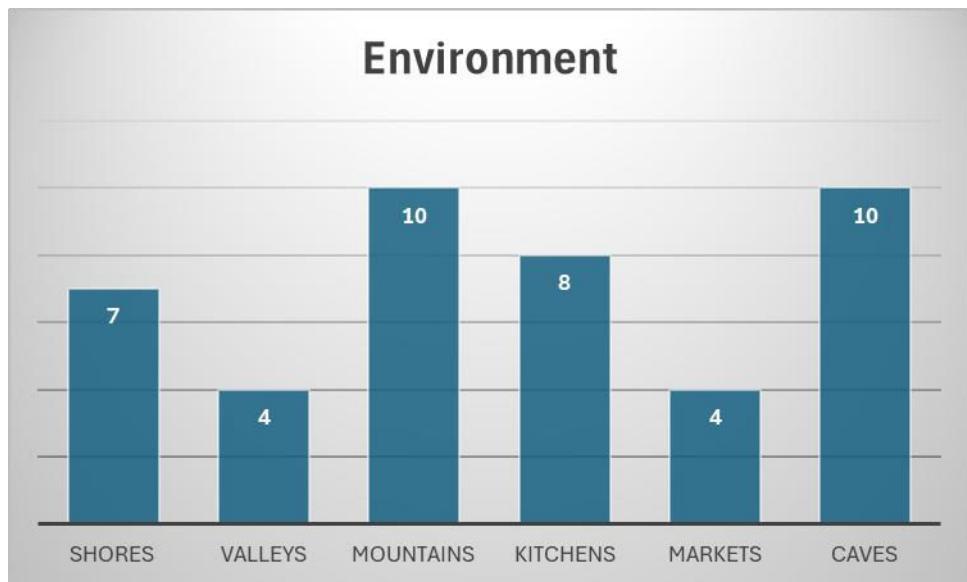
Observed ←	Observer →
Activity	Passivity
Busy	Unengaged
Take Advantage of the Environment	Be Part of the Environment
Participate	Observe
Interactive	Disengaged
Tense	Relaxed

In this research 53% of the people with ADHD have a Tonal right Observer environment, meaning the environment needs to be less stimulating and interactive than the people with a Tonal left Observed (47%) environment.



We see as well that in this sample the Upper (landscape) and Lower (hardscape) environmental colours are evenly distributed.

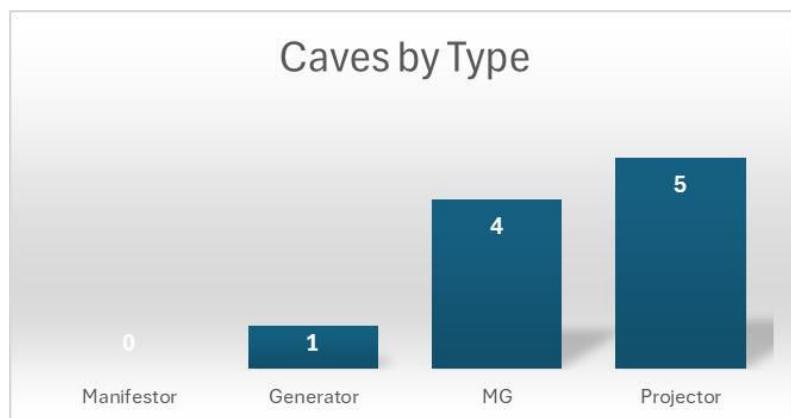
Below graph examines the distribution of the environmental colours of the people with ADHD.



- People with ADHD correlate with **Caves** (10 out of 43) and **Mountains** (10 out of 43) the most.
- The environments **Markets** (4 out of 43) and **Valleys** (4 out of 43) are the least likely environments.

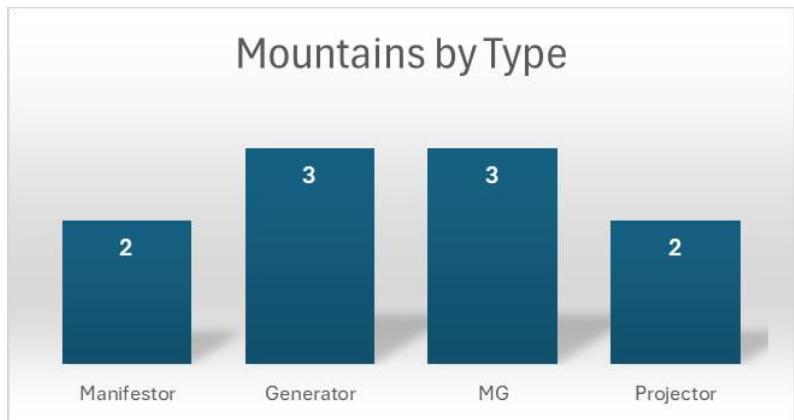
Environment Caves by Type

Looking at the Environment Caves it is mainly seen in the Projectors (5 out of 10) and Manifesting Generators (4 out of 10). The number of people with a sacral definition and non sacral definition is equal.



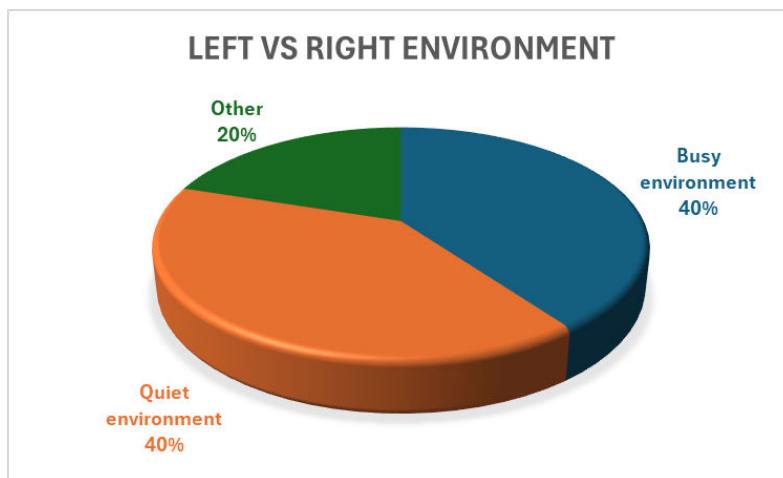
Environment Mountains by Type

Looking at the Determination Mountains it is evenly distributed. In total 6 out 10 have a sacral definition and 4 out of 10 are non sacral.



To investigate the importance of the environment for people with ADHD, the following question is included in the questionnaire: '*In what kind of environment do you mainly work?*':

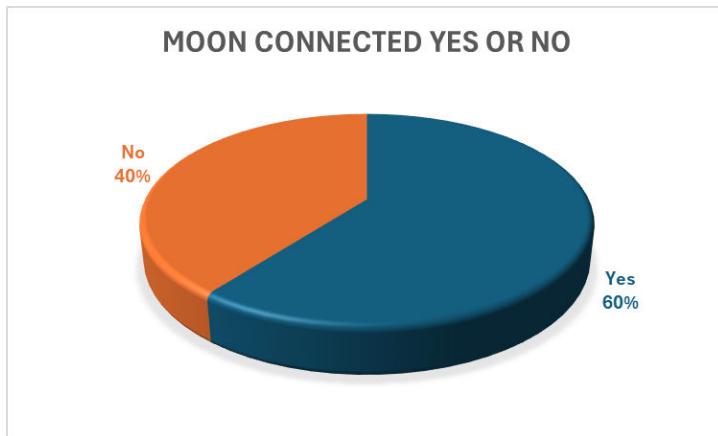
- *Busy environment (such as a busy office or a place with lots of interactions with others)*
- *Quiet environment (such as working from home, a calm environment with few interactions)*
- *Other*



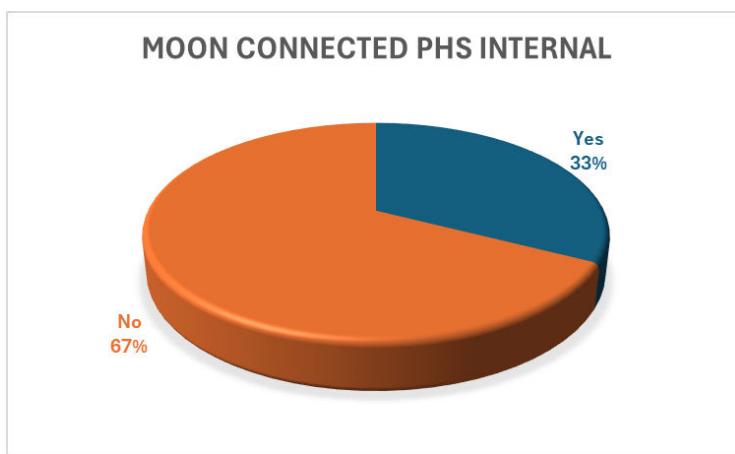
- The people that answered 'other', mainly have a mixed hybrid environment. Such as working two days a week in a busy office and 2 days from home.
- The people with ADHD and a left or right environment are equally divided.

Magic Square: The Moon

Another aspect of having ADHD could be related to the PHS Magic Square, assuming that people with ADHD in general do not set up their own information flow. This means that the colour of the moon is not in harmony or resonance with the PHS internal or external colour, people get influenced by others for their gravity and solidness. Based on the sample data, this assumption is not visible in general. 60% of the people with ADHD are able to set up their own information flow.



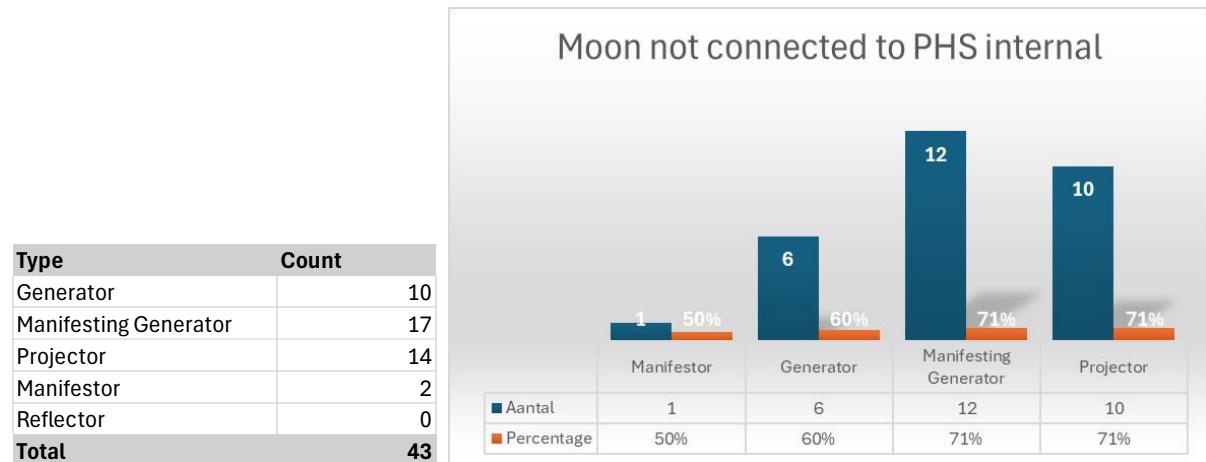
When investigating the PHS internal, we saw a significant differences between non sacral beings having a left active brain/body system and sacral beings having a right passive brain/body system. This significant difference is not seen when looked at the PHS external environment. Therefor it is also interesting to look at the connection between the colour of the Moon and the PHS internal only, excluding the connection between the colour of the Moon and the PHS external environment. Is there a significant difference present?



- When excluding the PHS external environment and only looking at the relation between the colour of the Moon and the PHS internal (harmony and resonance) an interesting difference occurs. Of all people with ADHD it shows that 67% do not have a connection between the colour of the Moon and their PHS internal colour (Determination).

Colour of the Moon and PHS internal by Type

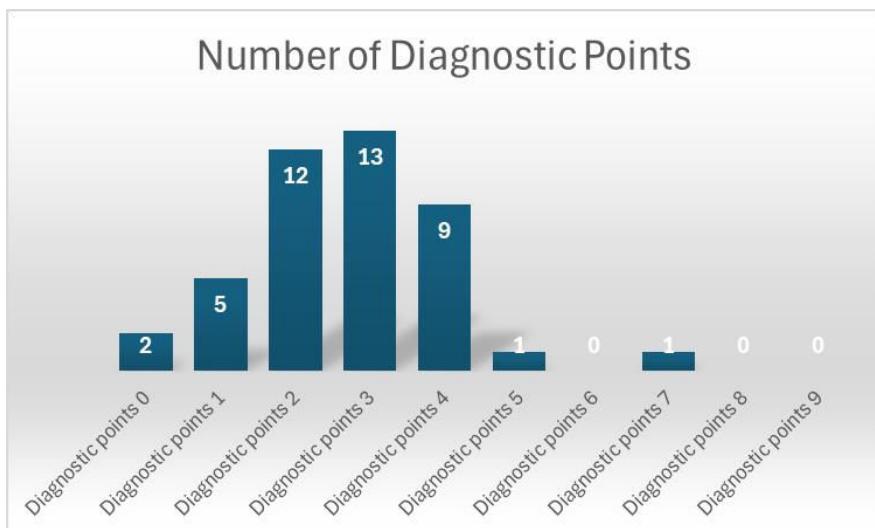
67% of the people with ADHD do not have a connection between the colour of the Moon and the PHS internal colour. Below graph differentiates this percentage by Type.



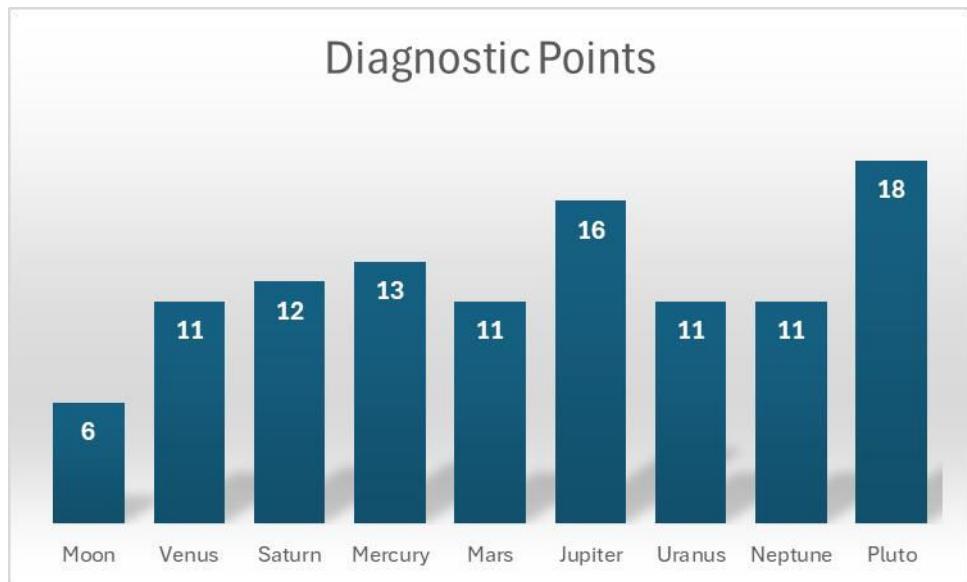
- The majority of the people with ADHD do not have a connection between the colour of the Moon and the PHS internal colour. This pattern is seen in all types. With 71% this is mainly seen within the Projectors (10 out of 14 Projectors) and Manifesting Generators (12 out of 17 Manifesting Generators).

Diagnostic Points in the Magic Square

The following interesting assumption could be that people with ADHD get influenced by others, meaning there are only a few (four or less out of a maximum of 9) diagnostic points in the Magic Square present linking the PHS internal and external colour to the planets (including the Moon). The data in below graph are in line with the assumption.



When looking at the distribution of the diagnostic points and planets, **Pluto** and **Jupiter** appear the most in the charts of the people with ADHD and the **Moon** the least.



In below graph the physical function of the planets is explained.

Planet	Function
Moon	Gravity, solidness, it holds the shape together
Mercury	Voice, timbre of the voice
Uranus	Movement, joints
Venus	Complexion, skin, hair
Mars	Temperature
Neptune	Hydration
Saturn	Exhalation, breath, what you give off (faeces, urine, sweat)
Jupiter	Aura, energetic field
Pluto	Inhalation, breathing in/taking in (gas, liquids, solids)

- People with ADHD can notice a relation between their way of breathing (**Pluto**) and their PHS internal and external colour. Most likely when experiencing a 'negative' aspect of ADHD (such as distractibility, hyperactivity or a form of inattention) the inhalation gets distorted.
- People with ADHD can notice a relation between their PHS internal and external colour and their energetic field or aura (**Jupiter**). When following their dietary regimen or being in the correct environment this can be noticed in their energetic field by others. Others could mention that they are experienced as more in tune with themselves and enjoying

their aliveness and creativity, the positive elements of having ADHD by the sample population.

- People with ADHD could get aware of the relation between the effect on their brain/body system and how it gets influenced by operating correct and incorrect people in their surrounding. Meaning that conditioned not-self people will influence their solidness (represented by the **Moon**), resulting in distractibility and inattention with conditioned people around and stability and focus with people around that are operating according to their unique differentiation.

Conclusions and Recommendations

The term "neurodiversity" refers to the natural variation in human brains and cognitive functioning. It's a concept that challenges the idea that there's one 'normal' or 'correct' way for the brain to work. Therefor this study investigates the following problem statement:

"How do neurodivergent individuals identify and utilize their unique strengths and talents in their daily lives and how can the use of the PHS internal, PHS external and Variable contribute in a positive way?"

To frame this research, in essence it tests the statement of Ra Uru Hu (founder of the Human Design system) that ADHD (one of the neurodevelopmental conditions), mainly occurs in people with a PHS internal left brain/body system.

It is a quantitative analyses and the data were collected by a questionnaire. In the end 43 participants are included in this research and the following hypothesis is tested:

"Regular exercise and a stimulating environment lead to measurable improvements in executing functions and a reduction in symptoms of inattention in people with ADHD."

Conclusions

The hypothesis that "regular exercise and a stimulating environment lead to measurable improvements in executing functions and a reduction in symptoms of inattention in people with ADHD" was partially supported. The majority of respondents (64.5%) engage in regular physical activity and more than half (53.4%) reported that exercise positively impacts their ADHD symptoms. However, the study did not definitively link this to a specific PHS internal or PHS external activation in the sample population with ADHD.

The assumption is that more than 50% of the participants have a PHS internal left brain/body system and a PHS external left environment (DLL):

The number of people with ADHD in this study are with 51% almost equally divided by an PHS internal active left and 49% passive right brain/body system. Therefor the general statement of Ra Uru Hu can not be confirmed based on the population of this study.

In this research 53% of the people with ADHD have a PHS external right Observer environment, meaning the environment needs to be less stimulating and interactive than the people with a left Observed (47%) environment. Therefor we can also not conclude that ADHD is mostly seen in people with an PHS external left Observed interactive environment. People with ADHD have a slightly higher chance to have a right Observer disengaged environment.

Only 10 out of 43 participants have a DLL PHS left internal and PHS left external activated.

- In general ADHD is not mostly seen in people with a PHS internal left orientation.
- When Type is taken into account we can conclude that Projectors with ADHD the majority has an active PHS internal left brain/body system and of the Manifesting Generators the majority has a passive PHS internal right brain/body system.
- The people with ADHD have a slightly higher percentage right angle incarnation cross than the Rave statistical information and people with a 5/1 profile have the least likelihood of having ADHD.
- The people with ADHD have a lower percentage Solar Plexus Inner Authority than the Rave Statistics. The percentage people with a Splenic Inner Authority and the people with a Self Projected Inner Authority have a higher likelihood of having ADHD.
- The above concludes that the general statement of Ra Uru Hu needs to be nuanced. Based on the sample it is better to say that having ADHD can be a result of a too little stimulated active PHS internal left brain/body system and it could also be true that ADHD is a result of a too much stimulated passive PHS internal right brain/body system.

Variables division:

In general the distribution of the quarters of the sample population is in line with the statistical distribution seen in general. The following Variables are seen the most in people with ADHD: PLR/DRR (6), PLL/DLR (5), PRL/DRL (5) and PRL/DLL (4).

The predominant PHS Internal Cognition/Tone and Determination/Colour:

The leftness and rightness is associated with Cognition/Tone. Tones 1, 2 and 3 indicating leftness and Tones 4, 5 and 6 indicating rightness. In this study there is an even distribution of the PHS internal right Cognitions (4, 5 and 6). There is no even distribution on the PHS internal left Cognitions (1, 2 and 3).

- People with ADHD most likely have **Taste** (2) as their Cognition/Tone and **Smell** (1) is least likely.
- The 10 people with ADHD and Taste as their Cognition are predominantly Projector (8 out of 10).
- **Taste** as the internal Cognition is that it provides a very specific and rigid system for discerning what is correct for the body to consume. This is a key aspect of the "Splenic Binary" which is rooted in survival and intelligence.

Taste is described as an "Open/Closed" system, which means the vehicle (body) learns to discriminate by trying a variety of things and then rejecting what is not correct for it.

The goal is to narrow the diet down to a very specific and repetitive rigid program. This is in contrast to individuals with "Closed" Taste who instinctively know what to reject without needing to try it first. A person with ADHD with Taste as their Cognition, when operating correctly, could develop a sophisticated sense of taste that allows them to

distinguish foods that should not be in their system, even if others cannot perceive the difference. This pattern discrimination leads to a higher level of awareness and intelligence which could emphasise the benefits of their neurodiverse brain, which is rooted in the body's instinct for survival. When a person with Taste is in "transference" (not following their correct Cognition), they may end up with digestive problems, such as gastric issues, by consuming foods that are not correct for their system, which could have a negative effect on them leading to distractibility, hyperactivity and/or inattention.

- When looking at the PHS internal distribution of the Determinations/Colours, we see that people with ADHD most likely have a **Low** (right fixation) or an **Open** (left fixation) Determination. **High** (left fixation) and **Nervous** (right fixation) are the least likely Determinations in relation to ADHD.
- The **Low** dietary regimen, a right fixation of the 5th Colour (sound), is about creating a low-frequency acoustic environment for eating. This means eating in quiet, silent surroundings to allow the digestive system to operate correctly. By following the Low dietary regimen, people with ADHD can enhance their well-being by ensuring their digestive process is supported by the correct acoustic circumstance.
- The **Open** dietary regimen, a left fixation of the 2nd Colour (taste), benefits the individual by allowing them to discover what foods are correct for their system. The goal is not to consume everything but to systematically narrow down the diet to a very specific and repetitive rigid program that is optimal for their health. The benefit lies in this process of discernment, which enhances the body's physical sensitivity and pattern discrimination - a creative intelligence to handle the unknown. This could stimulate the creativity the people with ADHD mention as one of the advantages of their neurodiverse brains.

The level of physical activity:

With the assumption that people with ADHD have an active PHS internal left brain/body system it is expected that people with ADHD need on average more physical activity than people without ADHD. Although the sample does not show a predominance of left active PHS internal brain/body systems, we do see that the majority of the people with ADHD need regular exercise (at least 3 times per week or more often).

The majority (53,4%) says that the activity mediates the ADHD symptoms such as inattention and hyperactivity. Only 13% says that the level of activity does not mediate ADHD symptoms.

The predominant PHS external environment:

Based on this study we can not conclude that a left Observed or right Observer environment corresponds significantly more or less to ADHD.

- For the PHS external it can be concluded that the people with ADHD correlate the most with a **Caves** (10 out of 43) and **Mountains** (10 out of 43) environment. The

environments **Markets** (4 out of 43) and **Valleys** (4 out of 43) are the least likely environments.

- The **Caves** environment is described as a specific and protective space. This environment offers a barrier against external influences and is seen as a healthy place for a person to be. A person with ADHD with this fixation might seek a home or workspace that has a sense of protection and is conducive to the individual's unique process of discrimination, where they can decide which external stimuli to allow in and which to reject.
- The **Mountains** environment is also a protective and specific space. It is a right fixation which means it relates to an environment that is less stimulating and interactive.
- All correct environments could offer an advantage to people with ADHD, to align to the correct environment in order to reduce resistance which offers protection from external conditioning and contributes to a state where the body can function optimally which in turn supports the development of a unique and healthy brain.

Magic square (The Moon):

On this subject the main assumption was that people with ADHD do not set up their own information flow, this gets conditioned or influenced by others. This means that the Colour of the Moon is not in harmony or resonance with the PHS internal or external colour.

In general this assumption does not turn out to be true. Of the people with ADHD 60% is able to set up their own information flow, but when excluding the PHS external and only looking at the relation between the Colour of the Moon and the PHS internal (harmony and resonance) an interesting difference occurs. Of all people with ADHD it shows that 67% does not have a connection between the Colour of the Moon and their PHS internal Colour (Determination).

It is the job of the Differentiation Degree Practitioner to guide people into their process of transformation to be able to live their potential to differentiate optimally. Step 1 is the guidance into the correct functioning based on Type, Strategy and Authority and experimenting with the correct dietary regimen. Step 1 can have a big influence on the correct functioning of the brain/body system. The process of transformation will be noticeable in the brain/body, with the Colour of the Moon as one of the important diagnostic points because it establishes gravity and solidness in the body and can be seen as the link between the Design Sun and Earth and the Magic Square. It opens up the information integration/flow.

Although people with ADHD most likely will benefit from experimenting with their own dietary regimen, unfortunately 67% of the people will not be able to check the effect within themselves. The Moon will mainly get influenced by others. Their shape will change based on the people they are with. But because in general 60% of the people with ADHD have a relation between the Colour of the Moon and the PHS external being in the correct environment can be an important indicator and non-drug related mediating element for people with ADHD. In their case being in

the correct environment could mean that having ADHD can be experienced as a benefit instead of a problem. It will support their creative brain.

Magic Square:

The main assumption was that people with ADHD do not have many diagnostic points. The participants in this study have on average two or three diagnostic points activated. When looking at the distribution of the diagnostic points and planets, **Pluto** and **Jupiter** appear the most in the charts of the people with ADHD and the **Moon** the least. People with ADHD could benefit from the relationship between their PHS internal and external and the influence of the planets on their experienced advantages and disadvantages of ADHD:

- **Jupiter** is associated with a beneficial and protective influence. Its energy field is described as an "aura" or an energetic field. Jupiter's diagnostic point indicate a potential relationship between a person's diet or environment and the quality of their aura, with the aura being perceived as more "in tune" with themselves when they follow their correct dietary regimen. This suggests a positive influence on a person's energetic field and overall well-being.
- **Pluto** is associated with breathing (inhalation). A person with a diagnostic point in Pluto can notice a relationship between their correct dietary regimen and their breathing. This implies that proper dietary alignment can positively influence a fundamental bodily function. Ra Uru Hu suggests in one of his PHS manuals that when a person experiences a negative aspect of ADHD, their inhalation can become "distorted". This highlights a potential physical vulnerability associated with Pluto's diagnostic point when an individual is not living in accordance with their design.
- The **Moon**'s diagnostic point is mainly seen as a significant disadvantage if there is no connection between a person's Moon colour and their PHS internal colour. This lack of connection means a person's "gravity and solidness" may be influenced or conditioned by others. According to Ra Uru Hu this pattern is observed in a large percentage of people with ADHD, suggesting it makes them susceptible to external influences and a less stable sense of self. This study supports this statement of Ra Uru Hu.

Overall conclusion

The statement that ADHD is mainly seen in people with a PHS internal left active brain/body system needs to be nuanced. It could be that having ADHD can be a result of a too little stimulated active left brain/body system, but based on the results it could also be true that ADHD is a result of a too much stimulated passive right brain/body system.

Recommendations

Despite the above interesting findings we have to be careful to draw a conclusion at this stage since the sample size of 43 participants might be too small to generalize the statements made.

Based on the conclusions and the limitations of the study, the following recommendations are made:

1. **Expand the Research:** Conduct a larger study with a more diverse and globally representative sample. A larger dataset would allow for more statistically significant findings and a deeper exploration of the correlations between Human Design Variables and ADHD. Future studies should also ask about gender and age for a more complete demographic picture.
2. **Focus on the Moon-PHS Internal Colour connection:** The finding that a large majority of participants lack a connection between their Moon colour and PHS internal colour is a powerful insight. Further research should specifically explore how this lack of connection manifests in daily life and whether living according to one's Type, Strategy and Authority and eating according to the correct dietary regimen can help mitigate this external influence. This could provide concrete, non-pharmaceutical guidance for neurodiverse individuals.
3. **Investigate Projectors and Manifesting Generators in relation to ADHD in detail:** The overrepresentation of Projectors and Manifesting Generators with ADHD in this study asks for a dedicated investigation. Future research could explore the specific challenges and strengths related to ADHD within these Human Design types. This could lead to more tailored guidance for these populations.
4. **Explore the left-right brain/body system difference:** The finding that ADHD is present in both left and right brain/body systems is crucial. Future research should investigate the specific symptomatic differences between these two groups. For instance, what does an "over-stimulated" right brain/body system look like in a neurodiverse person and how do their symptoms differ from an "under-stimulated" left brain/body system?
5. **Utilize a hybrid research approach:** Future research could benefit from a combination of quantitative and qualitative methods. While this study provides valuable quantitative data, qualitative interviews could offer a richer understanding of how individuals with ADHD experience their unique strengths, challenges, and the impact of lifestyle interventions like exercise and environment. This could provide more personalized insights into the application of Human Design Differentiation Degree principles.

My deepest gratitude goes to all participants. Their involvement was crucial in supporting the research on the relationship between the PHS internal brain/body system and ADHD, a key variation of the neurodiverse brain.

Appendix

Questionnaire

Human Design in relation to ADHD

Neurodiversity emphasises that differences in brain function are a natural part of human diversity, just like differences in race, ethnicity or sexual orientation. It recognises that people's brains process information, learn and experience the world in different ways.

For my graduation project (Human Design Differentiation Degree), I am conducting research on ADHD. The hypothesis is:

“Regular exercise and a stimulating environment lead to measurable improvements in executing functions and a reduction in symptoms of inattention in people with ADHD.”

This research tests the statement of Ra Uru Hu (founder of the Human Design system) that ADHD mainly occurs in people with a left brain/body system.

The label “ADHD” is not important to me in this study. You can participate in the study if you have been officially diagnosed with ADHD, but also if you feel that you live with **distractibility, hyperactivity or inattention**.

So you can participate in this study if you have been diagnosed with ADHD or if you suspect that you have a form of ADHD. The questionnaire takes about 5 minutes to complete.

Thank you for participating in this valuable study!

Kind regards,

Natasja Schijf

PS: Your data will of course be processed anonymously and will not be distributed without your consent.

What are your birth data (**date, time and place**)?*

Has ADHD officially been diagnosed?*

- Yes
- No

Please answer the following question if ADHD has not been officially diagnosed:

How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?

1 2 3 4 5

Please answer the following question if ADHD has not been officially diagnosed:

How often do you have difficulty getting things in order when you have to do a task that requires organization?

1 2 3 4 5

Please answer the following question if ADHD has not been officially diagnosed:

How often do you have problems remembering appointments or obligations?

1 2 3 4 5

Please answer the following question if ADHD has not been officially diagnosed:

When you have a task that requires a lot of thought, how often do you avoid or delay getting started?

1 2 3 4 5

Please answer the following question if ADHD has not been officially diagnosed:

How often do you fidget or squirm your hands or feet when you have to sit down for a long time?

1 2 3 4 5

Please answer the following question if ADHD has not been officially diagnosed:

How often do you feel overly active and compelled to do things, like you were driven by a motor?

1 2 3 4 5

Do you use ADHD medication?*

- Yes
- No

How often do you, on average, exercise or engage in physical activity each week? (Physical activity includes walking or cycling for 30 minutes or longer, for example.) *

- 0 times per week
- 1 or 2 times per week
- 3 or 4 times per week
- More than 5 times per week

What kind of sport or exercise do you do?

Does exercise/physical activity have a positive effect on your inattention or hyperactivity? In other words, does it reduce your inattention or hyperactivity? *

1 2 3 4 5

In what kind of environment do you work best? **C +**

- Busy environment (such as a busy office or a place with lots of interactions with others)
- Quiet environment (such as working from home, a calm environment with few interactions)
- Other

Do you consider your neurodiverse brain to be a problem?*

1 2 3 4 5

What do you consider the advantage of your neurodiverse brain?