



HUMAN DESIGN

Understanding Who You Truly Are and the Story
of Life You Were Meant To Live

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Learn more about Nancy and her work at: www.NancyOKeefeCoaching.com

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OVERVIEW

You are divinely designed to be unique, with a life purpose and set of natural gifts that support you in living your purpose. But, throughout our lives, we are taught by parents, teachers, and society what our role should be in life, what we should do, and how we should live. These teachings, although well-intentioned, do not lead most of us to our True Life Path. We are all different and one set of ideals cannot account for the richness of you, the richness that is your uniqueness.

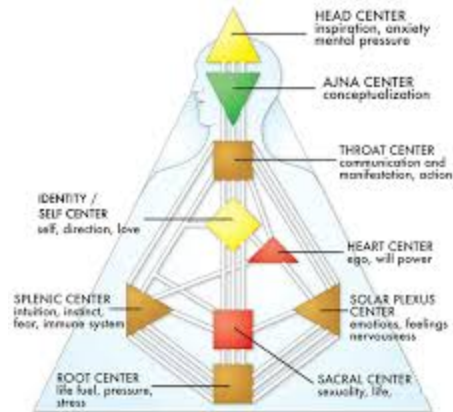
We embrace the ideas of others because we want to be accepted, we want to fit in, and we believe that if we do what we are told to do, we will achieve what we desire. We have been taught to conform and to hide the things about us that are different or not necessarily perceived as valuable.

You are designed with your own, unique energetic footprint, your own energetic DNA. To live your best life is to know your life purpose, how you are wired to achieve it, and how to live it. No one else can tell you what your path should be. There is only one of you and you are here at this time to be you and live in alignment with your purpose.

How do you know what your life purpose is, what your gifts are, and how you are meant to use them in the world? An understanding of your Human Design can give you that clarity and awareness.

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What is Human Design?



Human Design is a system that supports you in cultivating a deep understanding of the most authentic, aligned and high performing expression of who you are.

It is a personality instrument of sorts that contains the awareness of your unique purpose, your natural talents and your life challenges. It helps you understand how to make choices that help you live in alignment with who you truly are so you can live your life in a way that creates ease, flow and helps you achieve your individual brand of success, satisfaction and joy.

Human Design is a synthesis of Eastern and Western Astrology, the Chinese, I'Ching, The Kabbalah, the Hindu Chakra System and Quantum Physics. Your Human Design chart is calculated using your birth date, time and place.

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The 5 Human Design Energy Types And Why It Is Important to Know Yours

If you're going to create an authentic life – a life that is yours – you've got to start with knowing who you are and what you need to do to get started living the story you were born to live.

Knowing and understanding the 5 Human Design Energy Types helps you understand your energetic footprint and how you are wired to operate in the world. Knowing the other energy types can give you insight into your relationships, how others are wired, how people interact with each other and how it feels to be around other types of energy.

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The 5 Energy Types are:

1. The **MANIFESTOR** has initiating energy. Manifestors are here to get the ball rolling by inspiring others into action, to lead change and get things started. They can be driven, powerful and impulsive. They have bursts of energy, but their energy is not sustainable.
2. The **GENERATOR** has magnetic energy. Generators are here to respond to the right work and master it. They draw the ideas in and build them into reality. They are energetic, self-aware and have sustainable energy for work and life.
3. The **MANIFESTING GENERATOR** has fast acting energy. Like the Generators, they are the builders of the world and are here to work and become masters of their work. They are energetic multitaskers and have sustainable energy for work and life.
4. The **PROJECTOR** has penetrating energy. Projectors are here to guide and direct others. They intuitively see the potential and blocks in people and understand how to correct them. They are insightful, intuitive and need periods of rest as they do not have sustainable energy.
5. The **REFLECTORS** have mirror energy. Reflectors are wise observers and reflect back to humanity how we are doing. They are passionate, sensitive and unique making up less than 1% of the population.

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Your Human Design Chart Holds The Key To Making Aligned Choices In Your Life

We have all been taught to make decisions logically and rationally from our heads, to think it through, and to weigh the pros and cons. But making decisions from the head isn't the best way for any type to make aligned choices. Have you ever made a decision and had second thoughts a few days later or did something because it seemed like the decision you should make only to wish later that you made a different choice?

You have the gift of a decision center on your Human Design that guides you in making aligned choices and it is called your Authority. Depending on your type, your decision making authority may reside in the spleen center, the will center, the sacral center or the solarplexus center. When used with your energy type and your strategy, your authority will guide you to better and more aligned choices.

Unfortunately, most of us have lost touch with our authority because we have been trained to make decisions in our heads. Your Authority helps you tap into your natural intuition and perfect divine timing.

Making the right choices, choices that are aligned with who you are and your life purpose, is really about how the choice "feels" in your decision making center. There is a right timing element to aligned choices. Some types have access to quick decision making, others need to take their time especially for big life decisions. This timing element helps to ensure that what you choose stays consistently aligned and you aren't left second guessing, waffling or regretting your choice.

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Your Soul and Life Purpose

"Each person comes into this world with a specific destiny. He or she has something to fulfill, some message that has to be delivered, some work that has to be completed. You are not here accidentally – you are here meaningfully. There is purpose behind you. The whole intends to do something through you."~

OSHO

Your Human Design Chart can help you gain clarity around your Soul and Life Purpose. The place in your chart where the sun and earth were at the exact time of your birth shapes a large part of who you are. These elements create your Incarnation Cross or the role you are here to play in life. The Incarnation cross is the plot line or story line that the character plays out in their role. Your Profile is the personality or character you bring to your role. Coupled with your "profile" and other parts of the Human Design chart, it is possible to get a sense of direction and an understanding of your life purpose.

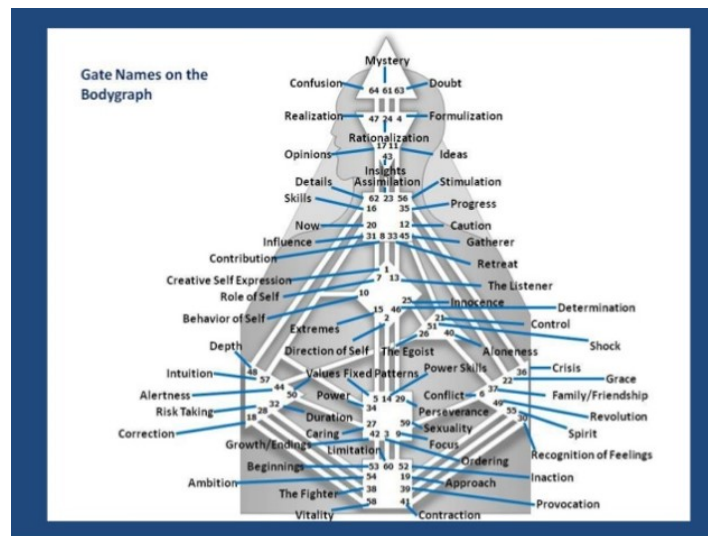
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Your Natural Skills and Talents

You came into the world with a set of characteristics, skills and talents to support you in living out your purpose. These characteristics are so natural to you that you may not see them as valuable skills. We all take these natural attributes for granted. We tend to put our focus only on the characteristics and skills that are valued in our society and in our work. We often discount and hide the rest of who we are.

It is important to uncover your natural skills and talents. You are unique and the world needs your distinct and unique blend of energies. Part of living a satisfying life is to increase your awareness of these energies, understand them, how they feel, and find a place where they are needed, valued and use them.

These attributes can be found throughout your Human Design in the Gates, Channels and Circuits that make up your specific energetic footprint. Using these energies feels natural, fulfilling, and supports you in living out the story of your life.



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The Unique Challenges of Each Human Design Type

Knowing the challenges for your type can help you navigate life and work with your energy instead of pushing against it and making life more difficult. It can also help you work with others.

Here is a common example. We are conditioned to work long hours. That is what is expected in our society today. That is fine for Generator Types because they are energy powerhouses with sustainable energy, but long hours don't work well for Manifestor or Projector types. They don't have sustainable energy and need rest periods to recharge. Unfortunately, most jobs in our world today don't account for this.

Another example is the way we are conditioned to do sales. Salespeople are taught to push and initiate. No one likes a pushy salesperson. Fewer of us want to *be* a pushy salesperson. Why? Because that takes initiating energy which works for Manifestor types but it isn't successful and doesn't feel good for the other types. Only 9% of the population is a Manifestor Type. The other 91% of the population doesn't have initiating energy. So you can see how trying to be or do things that we are not equipped to be or do just because someone else thought it was the right way to do it can make life hard to navigate.

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Here are some of the challenges each type might experience.

MANIFESTOR:

- Knowing when enough is enough and it is time to rest
- Overcoming the feeling that you are different. You are different. Only 9% of people are Manifestor types.
- Interpreting and managing your anger.
- Claiming your power and not shutting it down from fear.
- Trusting yourself and how you “know” things.
- Having patience for others who can’t keep up with you.

GENERATOR:

- Understanding your frustration and what it is telling you.
- Feeling stuck and quitting prematurely when it is really just a plateau.
- Understanding that Initiating doesn’t bear fruit. A generator must magnetize and respond to opportunities rather than initiate them.
- The importance of keeping busy and wearing yourself out every day for a good night’s sleep.
- Patience and waiting for the opportunity to respond and for divine timing.
- Finding the right work and mastering it.

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MANIFESTING GENERATOR:

- Finding the right work and mastering it.
- Understanding the need to multitask
- Understanding your anger and frustration and what it means.
- Having patience.
- Getting others people to understand your speed.
- Knowing that you may skip steps and have to go back and redo things because of your speed.

PROJECTOR:

- Managing your energy. Knowing when enough is enough and it is time to rest. You may feel as though you can push through but that will burn you out.
- Patience. You need to wait to be invited or recognized to contribute.
- You may question your self-worth.
- Learn to manage your bitterness.
- You may feel alone and disconnected.

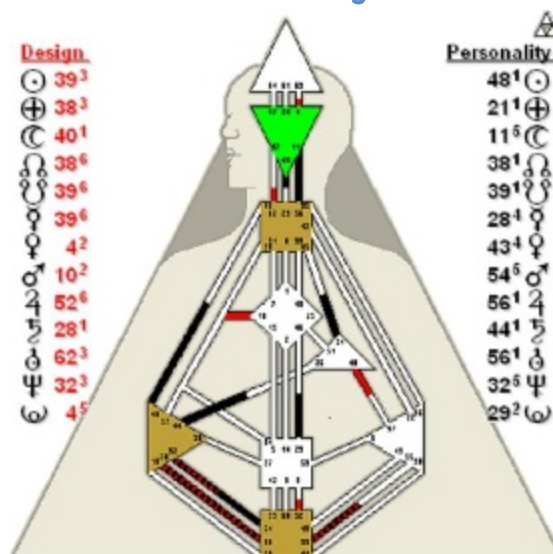
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REFLECTOR:

- Your energy is inconsistent.
- You need to be with the right people in the right places to feel good. Learn to recognize who and where that is.
- You feel different. You are different. Less than 1% of the population is a Reflector.
- Patience. You need an entire lunar cycle of 28 days to make a big decision.
- You may be slow to adapt. Practice patience with yourself.

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Understanding Where You Are Vulnerable to Conditioning From Others



There are 9 Centers in the chart. A center can be defined or colored in, meaning you have consistent and known energy in that center it can be open or not colored in. Open centers are centers where you pull in the energies of those around you. The energy varies based on who you are with. This energy is available to you only while you are with the other person so it is not consistent for you. In open centers you are vulnerable to conditioning from others as you experience their energy, thoughts and ideas. Open centers give you access to other wisdom you may not have in your energies. Being open is neither bad nor good. Understanding the wisdom you receive, learning from it and using you authority to make choices around it can help you discern whether to be conditioned by the information or simply experience and learn from it.

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I hope you enjoyed this Human Design primer. By now you are probably wondering what your Energy Type is and how you can learn more about who you truly are.

We offer a 4 week workshop entitled – *EMBRACE YOUR UNIQUENESS™* where we run your Human Design Chart and work with you to dive deep into the discovery of you and your life purpose. If you would like to register for the next workshop, follow the link to register. This group workshop meets virtually for 4 Wednesday evenings at 7:00 Eastern Time. We run the workshop most months so you are never more than a few weeks away from a start date. We limit enrollment to 10 so everyone gets the attention they need to understand their Human Design. Here is what you will experience in this workshop.

Join Me For [*Embrace Your Uniqueness- Understanding Your Human Design*](#)

Join Me In Our 4 Week Workshop

Embrace Your Uniqueness- Understanding Your Human Design

- We will provide you with your Human Design Chart and over the 4 weeks, dive deep into it so you have a thorough understanding of your energetic DNA. • You will get confirmation of your Energy Type and discover your Life Purpose and your Profile.
- You'll learn how to manage your energy for ease, flow, and living the highest expression of who you truly are in life.
- You'll learn how to use your Strategy and Authority to make choices from your sacred decision center that serve you and align with who you are.
- You'll learn how to navigate the challenges your type experiences in life and how to use them to spring board you to success in your endeavors.
- You'll discover your natural gifts, the ones you are aware of and using and the ones you are hiding.
- You'll learn about the fears that are present in your chart and how they might be blocking you.
- You'll discover where you are most vulnerable to others conditioning you and shaping who you are so you can stay on Your True Life Path™ and live a life of success, satisfaction and joy. And so much more. . .

To Register click this Link [Register For Embrace Your Uniqueness](#)

