

# Karen's



# Human Design

# Your Energy Type

## MANIFESTING GENERATOR

*Just follow the fun! Like literally ALWAYS!*

Every energy type has a strategy, a not-self theme and a signature that is specific to that type.

- **Strategy** is how we most correctly interact with the outside world and use our energy.
- **Not-Self Theme** is an emotion that alerts us that we are out of alignment with our design.
- **Signature** is an emotion that confirms to us that we are in alignment with our design.

*The strategy for you, the Manifesting Generator, is to wait to respond and then inform in order to have satisfaction (your signature) and avoid frustration/anger (your not-self theme).*

Manifesting Generators are a hybrid of Manifestors and Generators. Their challenge is to balance this energy. MGs must do what lights them up, but this is rarely just one thing. MGs are not the people who choose a career, stay with one company until they retire & get the gold watch. MGs are multi-passionate, active multi-taskers. They have endless energy for what interests them and they are extremely fast learners. They are here to take in information, try things on & articulate (using their unique voice) what they have discovered.

Manifesting Generators move faster than everyone else. They can do the amount of work of two other non-MGs in half the time because they have the ability to see shortcuts, which makes them efficient. MGs move through things at warp speed, but can often miss steps and have to go back later to make corrections. They are the people that have several projects going at once, and MGs actually need to be doing more than one thing at a time. This is because MGs are actually more focused and productive when they are busy. MGs are naturally inclined towards journalism or blogging because it allows them to immerse themselves in a topic, move through it quickly & report on it using their distinct voice.

MGs are often told they should “stick to one thing” or “finish what they started.” MGs are also often told that they are “all over the place.” Because MGs get this messaging frequently, they can become convinced that being good at lots of things instead of the best at one thing makes them not good enough. They may compartmentalize, hiding their varying interests from others for fear of being judged. MGs have to give themselves permission to change directions, and recognize that their inherent capability at multiple things is their gift. If you look at the resume of an MG it will often include jobs that have nothing to do with one another.

MGs run into their not-self theme (frustration/anger) when they believe that they are pure Manifestors and try to initiate/force without waiting for something to respond to. MGs are Sacral beings, and because of this they must wait for a Sacral response before acting. Because MGs have their Sacral Center connected to the Throat, their gut responses may come through in words, and may find that part of their visualization process includes talking it out (literally saying out loud what they will say in response to something). MGs may also feel physically pulled toward or away from something when they need to respond. While this seems like a lot

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*(continued)*

to process, this messaging often occurs simultaneously, or in rapid succession. Once the Sacral response has come through and an MG has visualized an outcome, they need to inform those around them.

This strategy of response is really about paying attention. You will find that the universe will always provide you with things to respond to. The universe will provide you with these pushes or shoves, it's just about paying attention to synchronicities, coincidences and following those things. It doesn't mean that you have to wait for a formal invitation from someone or something in order to pursue it. It means you should be looking out for those things and responding instead of worrying about when and how something should happen and trying to force things. It's about trusting your gut, trusting your Sacral responses and their divine timing, trusting that what lights you up is what is correct for you. Trusting that the universe will provide you with the landmarks and signs along this path, all you have to do is look out for them. Consider your Sacral desires like little crushes that you have and are compelled to explore. Sometimes you might find that a little attraction doesn't mean you want to marry something. Other times you might get your heart broken. But as a MG, you're here to explore these things and to live your life passionately.

Because MGs have a lot of energy to move through every day, MGs may need to eat more, and tend to eat faster than others. MGs need to give themselves permission to eat as often or as much as they need to to maintain their energy. MGs also need regular exercise, and will often switch to whatever fitness program is trendy because they are always searching for the most efficient exercise plan. If an MG is stagnant and feels stuck in a job or situation that doesn't allow them to use up their creative energy, that energy can in turn get stuck in their bodies. MGs who try to contain, dim or stifle their bright energy may find their bodies literally slowing down (Thyroid issues are common for stagnant MGs).

Manifesting Generators show us all how to move through life with enthusiasm and passion!

# Your Profile

## 6/2 - THE SAGE & THE NATURAL

**Line 6** is your conscious personality (how you see yourself) often referred to as the Sage or the Role Model. You may be more aware of this side of yourself.

**Line 2** is your unconscious design (how others perceive you) and is often referred to as the Hermit or the Natural. You might not relate as easily to this description, but those that know you may see it.

The magic of your profile lies in harmoniously allowing both sides of your profile to express themselves. The Sage Natural (6/2) is here to show us all how to live authentically and to accept our own unique perfection.

The unconscious and naturally gifted Hermit/Natural (line 2) wants to be left alone to do its own thing, and the conscious Role Model/Sage (line 6) is most comfortable in observation mode, taking in a broader view. 6/2s like to be removed from the drama of life, can see the big picture, and are wise beyond their years.

Like all 6th lines, the first 30 years of the 6/2s life are a trial and error discovery process. The second stage (after age 30) is a time for retreat, healing of wounds, and a time to regain their optimism and watch the world from their rooftop perch. After the age of 50, 6/2s receive a calling to become true Role Models/Sages.

6/2s crave harmony, and do not respond to the agendas of others or the pressure to prove themselves. They have the ability to stay objective and removed from the insignificant and trivial dramas of life. 6/2s are a person that others listen to, and their advice carries a lot of weight. Role Model Hermits are idealists, and they are looking for the perfect life and perfect partner who can stand with them. It is important that 6/2s live their truth, and not attempt to change the truths of others. Trust is nourishing for the 6/2, and they cannot be intimate with anyone they cannot trust. 6/2s are here to show us how to live according to our own wisdom.

# Your Inner Authority

## SACRAL

*Your Inner Authority is your inner compass; how to most correctly make all of your decisions.*

Your correct decision-making process is about “following your gut” and trusting it. The Sacral Center responds through sounds- a vibration that rises to the throat from the gut. Sacral sounds are typically “uh-huh” (yes) or “unh-uh” (no). If there is any hesitation, such as “hmmmm” the answer is: “I don’t know right now - ask me again later or ask me in a different way.” If there is no response, this in itself implies a lack of interest at the time. Maybe it’s something to revisit at a later time.

Your sacral authority, through these responses, will show you what is correct for you, what your healthy boundaries are, who and what you currently have energy to support and engage with. You do best when you can respond to yes or no questions with those sounds. You can learn to tune into the Sacral response by having a close friend ask you yes or no questions and getting use to answering with the gut response of “uh-huh” or “unh-uh.” This is the most correct answer and you will have to learn not to analyze your Sacral responses. These sounds are your internal compass, guiding you to what is correct or incorrect for you. The Sacral Center holds all of the wisdom! Plus, you have the added bonus of a defined *Spleen Center* that serves as a more instinctual/survival awareness that backs up your Sacral response!

A very important thing for you to remember is that this inner guidance system is only effective when in response. It is not proactive, it cannot predict the future; it is responsive. Apply this authority to everything in your life! If you’re feeling influenced by others, sit and wait for your gut response to make its voice known. Practice getting out of the head/mind and moving into the gut in order to learn how to make wiser decisions. The more you practice, the clearer you will get on what is an emotional hasty reaction and what is an authentic guttural response. Once you start getting logical and over-analyzing, you’ll know you’ve ignored your gut response.

\*A great way to hone in on how you make correct and consistently better decisions is by analyzing some of your past experiences. Think of a time when you made a big important decision in your life that you wished you would have done differently. Now try to recall how you came to that decision - where you influenced by someone, did you start over-thinking and over-analyzing, were you somehow feeling obligated to commit? Now try to recall an important decision you made that went in your favor and brought you inner harmony. How did you make that decision? Did you maybe wait a moment, trust your gut instinct and then go for it? By exploring these scenarios as well as future scenarios, you will continue strengthening your inner authority.

# Your Definition

## **SPLIT DEFINITION**

*Your definition basically refers to how many “teams” of energy centers you have in your chart. The way these teams or clusters connect, influences our interactions with others and the coherence of our connection to ourselves.*

Split Definition means that there are two separate areas of defined centers within the chart that are disconnected from each other. Split Definitions are always looking for those who bring the defined channels that “bridge” their centers together. Often there are just one or two gates or channels that would bridge them, so Split Definitions are always looking for that other to “complete” them.

Split Definitions are responsible for the phenomena of monogamy or pair bonding, and much of the romantic ideals that are perpetuated through society about mating for life, soul mates and twin flames comes from Split Definitions. Split Definitions believe that there is something missing within them that they need a partner to provide. When they are with people who bring those missing channels or gates they have a sense of wholeness, and can become blinded by that bridging energy, always looking for what they think they need (if they could just find that perfect mate). Split Definitions are here for partnership, but they have to learn that there is nothing missing from them or wrong with them, and that no other person can fix or complete them. When Split Definitions enter into relationships using their Strategy & Authority instead of from a place of need or an idea of brokenness, they are capable of real intimacy and can find truly fulfilling relationships.

For comparison, some of the people in your life may be “single definition” where there is no interruption in the energy flow between their defined centers (just one team) or other may be “triple split” meaning they have 3 teams and benefit from being around large groups of people.

# Your Incarnation Cross

## **LEFT ANGLE CROSS OF INCARNATION**

*The Incarnation Cross ultimately defines our purpose on Earth. It comes more fully into play during your late 30's to early 40's, although it's likely that it will show up throughout your earlier years in more subtle ways. Left angles are empaths and more consciously aware of others. They put a lot of emphasis on deep connections with their community, the world, and themselves.*

Your Cross has the energy of the cycle. You are constantly reviewing things over and over again to see if they are right and to see if there is enough. Driven from the fear of not having enough, you will turn things over and over again. Your role is to let the others in the group, the family, the community or the company know when something is going wrong and then direct the rejuvenation of doing it right once again.

# *A Little Guidance For You*

**Things to think about if you're feeling in your "not self theme" (frustration/anger) or if you want to work on being more in alignment with your true self:**

1. I allow myself to explore many different interests and projects, even when others don't understand.
2. I know what lights me up in life (hobbies, career paths, relationships, foods, types of exercise, etc.) and I do my best to incorporate them.
3. I know what makes me feel drained in life (hobbies, career paths, relationships, foods, types of exercise, etc.) and I do my best to avoid them.
4. I have my own way of doing things, and I allow myself to skip steps and circle back if I feel like it.
5. I spend time doing what lights me up every day.
6. I wear out my energy in a healthy way before going to bed each night.
7. I am always tuning into my gut's response of YES or NO.
8. I let myself relax when I need to.
9. I allow myself to learn as I go.
10. I feel free.
11. I pay attention to the signs and synchronicities being sent to me by the Universe.
12. I am in tune with my body, and know its signals.
13. I care for my energy by getting the right amount of sleep (not too much, not too little), exercising, and eating foods that healthily fuel me.
14. I only say YES to a request or opportunity if it makes me feel lit up.
15. I allow myself to cancel plans and quit projects if they no longer light me up.
16. I keep myself stimulated and engaged.
17. I wait to respond (to questions, ideas, opportunities, suggestions, divine messages, etc.) rather than chase after things.
18. I inform people before I get to work, so that they know not to interrupt me.
19. If I'm feeling frustrated and/or angry, I make sure I'm doing enough of what lights me up, and letting opportunities come to me rather than trying to initiate.
20. I allow myself to multitask and move quickly.
21. I stand my ground when pressured by others to do things their way.

**\*Created by The Joyful Type\***