

# Rick's



# Human Design

# Your Energy Type

## REFLECTOR

As a Reflector you are extremely unique! You are not meant to be or behave like others. You take in, magnify and reflect energy wherever you are. You are like a receiving disk or a mirror, constantly reflecting back to others who they are, what they're about and what life is about. You are talkative, passionate and sensitive. You have an openness to life and can see things others miss, but may at times fear being invisible. You're highly adaptable and designed to sample and move through different energies. Even though the openness can be overwhelming, it's also your superpower. You may likely find it challenging to get grounded with all the openness, but you are the most resilient type! Your aura has a resistant quality where you're able to release energy more easily compared to any other type, which is important so that you do not become an exaggerated version of someone else. Open centers spaces we are susceptible to conditioning and amplify the energy of others, but they have the deepest potential for wisdom. Allow yourself to be fluid in your expression, doing and being! You are designed for the unexpected.

You have the ability to be one with nature. To be in the flow of the Universe. You have a special and unique attunement to your environment and can reflect the quality of the environment wherever you go. This is also true with people. You can easily read others and sense who is living authentically. You are here to judge what's working well and what's not.

In the midst of uncertainty, detach from expectations and find ways to ground yourself while remaining flexible. Be a screen, not a sponge. Sample and experience the world with freshness and excitement. Each type has emotional indicators that are like guideposts to check-in or an invitation to see if we've honored our strategy and authority. These are known as the not-self and signature themes. Your **not-self theme** is Disappointment and your **signature** is Surprise. What do these words mean to you?

You're not meant to be fixed in your way of being. It's very important for you to notice how you feel about:

- ✧ Where you live and who you live with
- ✧ Where you work and who you work with
- ✧ What places bring out parts of you that you enjoy
- ✧ Who are the people you can rely on and connect with

Your energy comes in bursts. What are some ways you can release the excessive energies you've amplified throughout the day? How can you connect to your inner self? Think of ways to surround yourself with what feels nourishing and grounding. Remember to make space for rest and alone time to clear out your centers to avoid over stimulation and depletion. Let these things guide you, but be open to them changing. Open yourself up to receive as much as you give and guard your time and space as if they are the most precious things in the world.

**Ultimately, you can be whoever you want to be.** Human Design just gives you a little insight on how your energies support you.

## Your Energy Type

(continued)

1. I give myself 28-29 days before making a major decision, despite any pressure that may be projected onto me.
2. I get plenty of rest, and go to bed before I'm fully tired.
3. I take time to relax and wind down alone before going to bed each night.
4. I allow myself to experiment in life, in order to see what feels good.
5. I protect my personal space, setting healthy boundaries between myself and those around me.
6. I care for my energy by getting plenty of sleep, exercising, and eating foods that make me feel good.
7. If something doesn't feel right (hobbies, career paths, relationships, foods, types of exercise, etc.) I remove myself from the situation.
8. I allow myself to try on many different interests and identities, even when others don't understand.
9. I'm comfortable with not needing to label myself or "nail myself down".
10. I embrace my sensitive and empathetic nature.
11. I regularly take time to release the energies of others.
12. I give myself plenty of time off, and take regular breaks.
13. I allow myself to move at a slower, gentler pace than others.
14. I allow myself to cancel or say no to plans if I don't have the energy.
15. I take time to be alone and connect with nature.
16. For day-to-day decisions, I follow what feels good in the moment.
17. I allow myself to feel whole, exactly as I am.
18. I'm very discerning about who I let into my life; I take care to only surround myself with high-vibe people.
19. I'm involved in my community, in some capacity.
20. I process my emotions in a healthy way.
21. If I'm feeling disappointed, I make sure I'm regularly releasing the energies of others and spending plenty of time in nature.

# Your Inner Authority

## LUNAR

*Authority is how you are designed to make aligned decisions and therefore create aligned circumstances in your life. Specifically, your authority describes how you connect to your intuition or experience your intuition in order to gain clarity around your truth and what is aligned for you.*

Your **strategy** as a Reflector is to **wait a Lunar cycle** before making big life decisions. Without the consistency of defined (colored in) centers, the most consistent thing in your design is your openness and the Moon. The Moon moves through the 64 gates in the span of 28-29 days. As you sample different energies you gain insights, clarity and different perspectives to help you make your decision.

One of the first steps in connecting to your inner self is moving away from the mind to make decisions that come from within. As a Reflector your openness allows you to savor the different energetic definitions and authorities. And through each one of them you gain insight until you reach the end of the Lunar cycle and repeat. It's like wearing a different hat everyday and seeing what comes up. Your task is simply observe.

- ✧ What is each phase of the Lunar cycle telling you?
- ✧ What requires more simmering?
- ✧ Where are you feeling pulled towards?

It might be super helpful to keep track of your rhythms and natural cycles. Remember you experience time differently and you may feel slightly different everyday. Write down and record what comes up. Reflect, observe and notice any patterns. Make note of anyone else's aura you come in contact with, as that will likely affect your cycle. The ultimate experiment would be taking a solo trip for an entire lunar cycle to observe your undisturbed aura as it moves throughout your unique cycle.

# Your Profile

## 5/2 - THE UNIVERSAL PROBLEM SOLVER & THE NATURAL

**Line 5** is your conscious personality (how you see yourself) often referred to as the Universal Problem Solver or the Heretic.

**Line 2** is your unconscious design (how others perceive you) and is often referred to as the Hermit or the Natural.

5/2s are people who are the focal point of many expectations, although they would prefer to just be left alone. They must find their own motivation within themselves.

You are both sociable and inaccessible. You quickly become the center of attention and just as quickly leave the party. You come up with bright ideas and interesting projects, but don't bother starting to work on them. Two principles are fighting within you: a craving for socialization and the desire to hide in the corner. You always draw other people into your world, but then you don't know what to do with them. Other people aren't meant to fully understand you. Make your peace with this fact. They will always see someone else in you.

No matter how much you try to open up and be yourself, your deep inner fear doesn't rest. You always worry about what "they" think of you. As a result, you create an amazing artistic likeness for yourself – a beautiful mask, or even several. You write the scripts, play the roles in them, and faithfully believe in what you're doing. You are endowed with a generously high level of acting talent and the ability to captivate others' attention. Everything you get involved in leaves an imprint of your unusual nature; you simply can't be forgotten.

Many people admire you, but for you it's never enough. You are very careful when it comes to trust. It is always difficult for you to completely immerse yourself in a relationship and accept the reality that you are truly needed by someone. The pest inside you doubts whether these people really, truly, utterly need you right here and right now. It literally closes your eyes to possible development paths.

You are always looking for some kind of answer – a clue, a key. If you trust your inner voice, the clue will come to you on its own. Your talent needs to be recognized, so that you can show yourself in all of your splendor. In a friendly and safe atmosphere, you are able to create brilliantly creative concepts and notice important details that are often overlooked by others. Attention to detail is your talent, and it is far from being the only one...

## Your Definition

### NO DEFINITION

You are designed to be sampling and moving through different energies, reflecting them back as you go. Your aura is often described as having a Teflon quality, you amplify and release energy easier than other types.

With that many centers open you need time to assimilate and process as well. You are designed to be fluid and adaptable. Being in places where you feel good will support that. Public spaces can help you bridge your gates with neutral aura. You're here to gain wisdom as you move through different energies and connect to others. What places do you find yourself gravitating towards? What relationships makes you feel supported and at ease?

## Your Incarnation Cross

### LEFT ANGLE CROSS OF UPHEAVAL

*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.*

You are here to stir things up. Your Cross brings the energy to turn things over in an effort to make things better. This is practical energy that understands that if nothing is going to change, it's not worth the effort. You are like the meek kid suddenly rising up to take on the playground bully to make a change for everyone's benefit. That is what you are here to do.

**BONUS:** *Your cross is Left Angle because it is created using your profile numbers. Since the first number in your profile (5) is bigger than the second (2), it means you are here to learn about yourself by observing the way their actions affect others. People with the reverse order (smaller number followed by a bigger number), are here to learn about themselves through the way they are affected by their own actions.*