



Activating Your Divine Design Guide



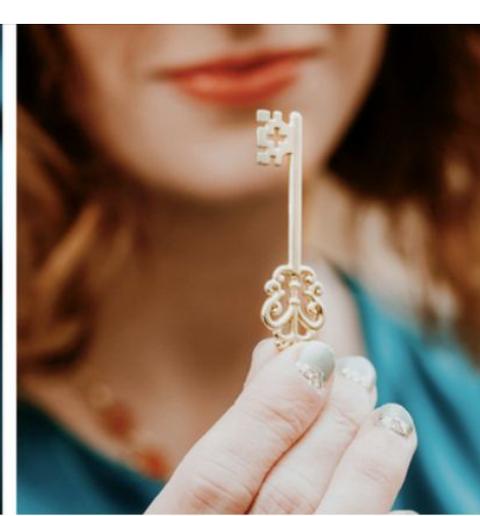
With Katie Fitzpatrick

This guide is designed to help you start to connect with your unique human design. If you haven't gone to run your chart yet, please do as you will need it for this worksheet. I personally like this free chart generator: <https://humandesignamerica.com/chart>

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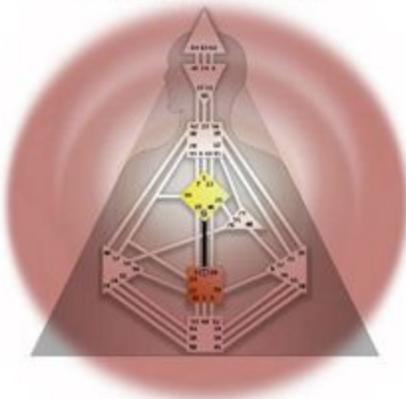
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Types Overview

Generator

GENERATOR



note: generators are actually broken into generators and manifesting generators - for the purposes of this guide we do not need to further break down this type.

Strategy: Sacral response

Authority: Varies (see personal chart)

Generators represent about 70% of the population and are defined by having their sacral centers defined. The sacred center is the energy center for life / work force energy. Having the sacred center defined simply means as a generator you have consistent access to work energy. The other 3 types in Human Design do not, which means they will need to honor a different cycle of rest and work.

Generators come to know themselves through mastery of work that is correct for them. They will know what work is correct for them by their gut response. Their gut response is essentially a yes or no signal, which often sounds more like an affirmative grunt or a negative grunt. The first task for a generator seeking to live in alignment with their Divine Design is starting to respond to their world with the sounds of their sacral.

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Generator

Journal Questions:

1. Think of a time when you were doing work that felt really good. What did it feel like in your body? How did you start this work? What were the results of this work? How was your sleep during this work?

2. Go to your bookshelf, or book store. Begin to place your hand or look at books and simply give a grunt yes or a grunt no to each of the books in front of you until you have a yes and no book. Read the yes book for 5 minutes or so. Then journal what the grunt yes felt like in your body and your experience of reading the book. Then with the no book, read it for 5 minutes or so and describe what the no felt like in your body and the experience of reading the no book. Did any other insights occur? Make note of those as well

Affirmations:

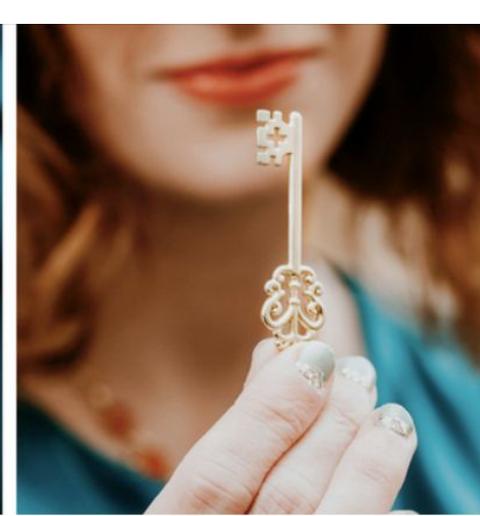
I always trust my gut

I am always doing the right work that is energizing and enlivening

What is correct for me always shows up

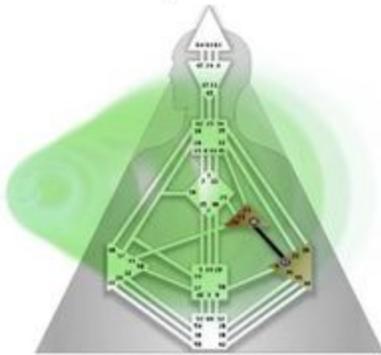
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Projector

PROJECTOR



Strategy: Wait for Recognition

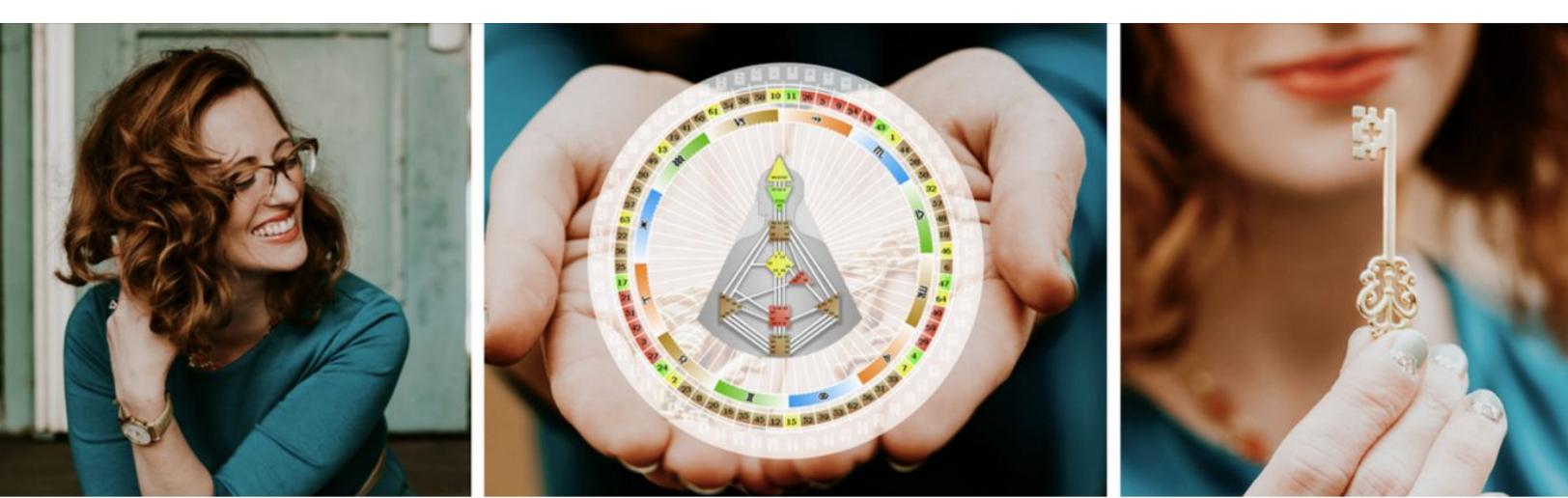
Authority: Varies (see personal chart)

Projectors represent about 21% of the population. A projector is defined by not having their sacral center defined and not having any motorized energy connecting directly to the throat. They are here to guide and direct the energy of others - only when sought out or recognized to do so. They are uniquely designed to hook into others individual designs and help them to find clarity, efficiency and self truth. It is this natural and intimate connection which makes recognition and invitation so important. When a projector is not

recognized and seeking recognition through ego, they will push away invitations and recognition. This is because the connection they make with others is so intimate and profound that it is necessary that a projector be in their natural state of wisdom and not driven by ego. The first task of the Projector is to practice being recognized before giving advice, guiding others, or trying to direct other's workflow.

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Projector

Journal Questions:

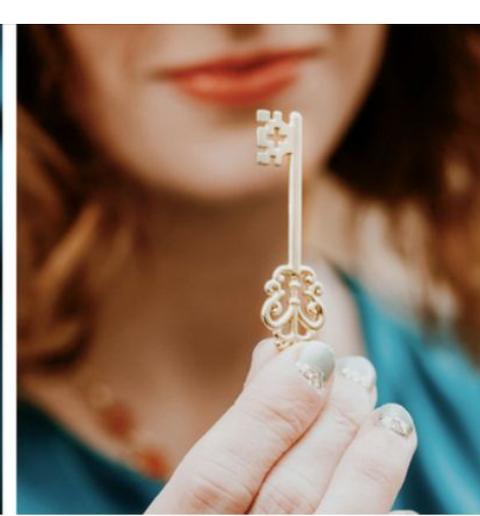
1. Think of a time when you felt really appreciated and recognized for your wisdom and guidance. What did it feel like in your body? How did you start this work? What were the results of this work? How was your sleep during this work?
2. Take a moment to reflect on your energy levels and work cycles. Are you taking enough time for rest and relaxation? Are you taking time to be alone on a regular basis? What is your history with burnout? Based on all of this, what do you see as your ideal

Affirmations:

I am a valuable resource for others
I follow my passions while waiting for recognition
I use my energy wisely

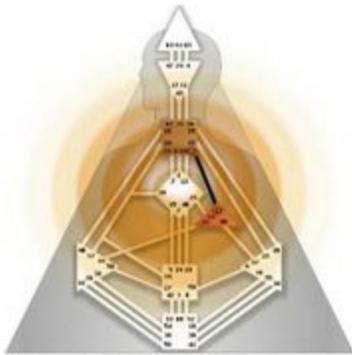
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Manifestors

MANIFESTOR



Strategy: Initiate

Authority: Varies (see personal chart)

Manifestors represent about 8% of the population, and are here to create from within. They are defined by having an undefined sacral center + having at least one other motor connected directly to their throat. Manifestors are here to initiate creation. They have enormous creative energy to put together the beginning foundation of a project. They are often seen as being able to accomplish great feats all on their own, and can sometimes become impatient and judgmental of those who lack such creative powers. However, while the Manifestor is uniquely designed to manifest great feats all on their own - to

create anything sustainable or to leave a legacy they require the help of projectors and generators. Manifestors are here to create, they are not here to facilitate like projectors or gain master like generators. The first task of the Manifestor to start living in alignment with their divine design is to begin to act out of their creative impulses while remembering to inform others around them of their upcoming actions. It's important to note, that informing does not mean asking permission - it's just about informing those around you who will be in your impact field of what's to come. Not only is this considerate, but it also helps you experience less resistance in your creation mode because you are giving others the opportunity to step out of the way so you can get a move on.

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Manifestors

Journal Questions:

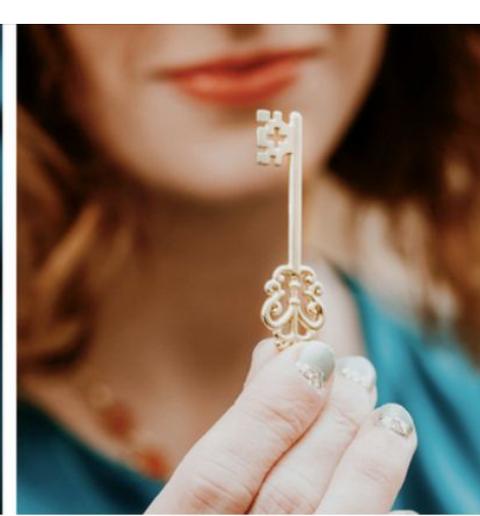
1. Think of a time when you felt powerful, on purpose, and energized. What did it feel like in your body? How did you start this work? How was your sleep during this work? Who was involved? How were you supported?
2. Think of a time you launched a business or project and then became bored and drained by it. How did you respond to your boredom? How long did you stay with the project after you knew you were done? Why didn't you leave sooner? How did you leave the project? In the future, how could you let go sooner and move on to your next creative impulse?

Affirmations:

- I am a powerful initiator
- I follow my creative impulses
- I always attract the right people to support my creative flow

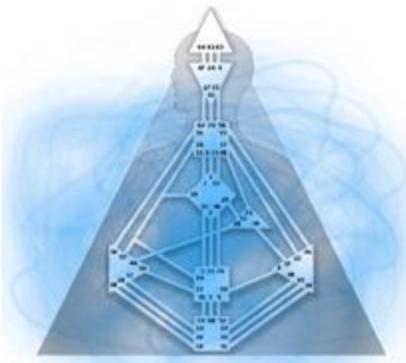
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Reflectors

REFLECTOR



Strategy: Wait a lunar cycle

Authority: Same as strategy

Reflectors represent about 1% of the population. They have no energy centers defined and the only consistent energies represented in gates. This type of energy creates the flavor of the personality of any single reflector. However, because they are reflectors with such little definition they will experience much more variation in their experience of self and it's relationship to the world than any other type. They are here to reflect what's going on in the collective and in the world that surrounds them. They know the health, vitality, and overall energetic themes going on within in a group of individuals. They are extremely wise and empathetic. They are extremely unique and will experience the world much differently than others, and it's important that they learn to accept and love this about themselves. The first step for a reflector to start living in alignment with their design is to get into a community and living space that feels really good to them. From that point opportunities to use their talents and wisdom will begin to show up. When they do, it's important that reflectors allow themselves the entire lunar cycle to enter into a new relationship or opportunity.

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Reflectors

Journal Questions:

1. Think of a time when you lived somewhere that felt really really good. What did it feel like in your body? How was your sleep living here? What kind of opportunities showed up? How were you supported? Are you living in a place that feels good now? If not, where would feel really good? Describe it.
2. What are you reflecting right now? What is happening in the collective? What is up for the world around you? What early warning signs might your community be missing that you've picked up on? If you're in a supportive community that values you, share these reflections.

Affirmations:

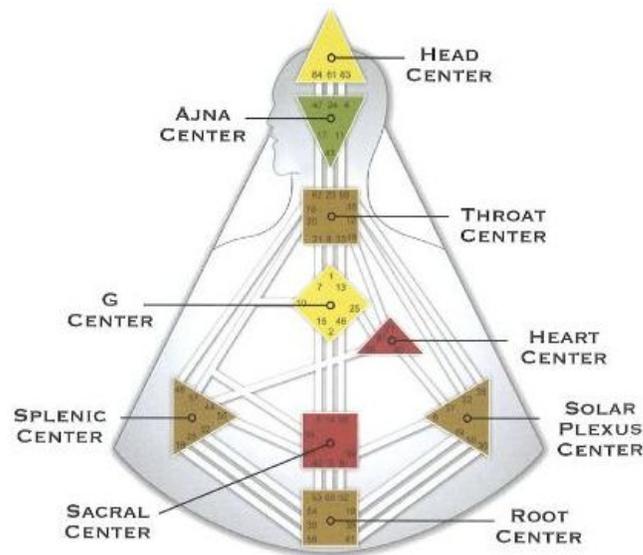
I am always in spaces and groups that feel great
I honor the cycles of the moon
I accept and love my very unique design

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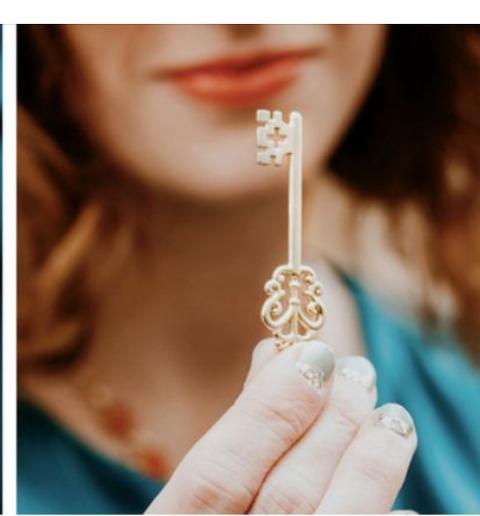
Chakras + Crystals with Human Design



In Human Design there are undefined and defined centers. An undefined center is colored white, and a defined center is colored in with the centers corresponding color. Below you'll find a list of the crystals + chakras I associate with the 9 energetic centers in Human Design. 7 of the centers are a 1:1 correlation with chakras and two of the centers are what's called whole body field so do not relate to specific chakras, but have themes that certain crystals can aid in. Whether your centers are defined or undefined you can benefit with crystal work or chakra energy work. However where your centers are undefined you are much more open to conditioning and holding on to energy that isn't yours - so these are worth paying special attention to.

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Note: If you have undefined Sacral, grounding stones can also be useful: Black Onyx, Black Tourmaline, Smoky Quartz

Head - Crown Chakra

Crystals: Clear Quartz, White Jade

Ajna - Third Eye Chakra

Crystals: Moonstone, Amethyst

Throat - Throat Chakra

Crystals: Turquoise, blue topaz

G Center - Heart Chakra

Crystals: Rose quartz, Jade

Heart -Solar Plexus Chakra

Crystals: Citrine, Topaz

Sacral - Sacral Chakra

Crystals: Ruby, Citrine

Root - Root Chakra

Crystals: Coral, Garnet

Solar Emotional Plexus (whole body field) -

Crystals: Clear quartz, selenite

Spleen (whole body field)

Crystals: Clear quartz, selenite

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