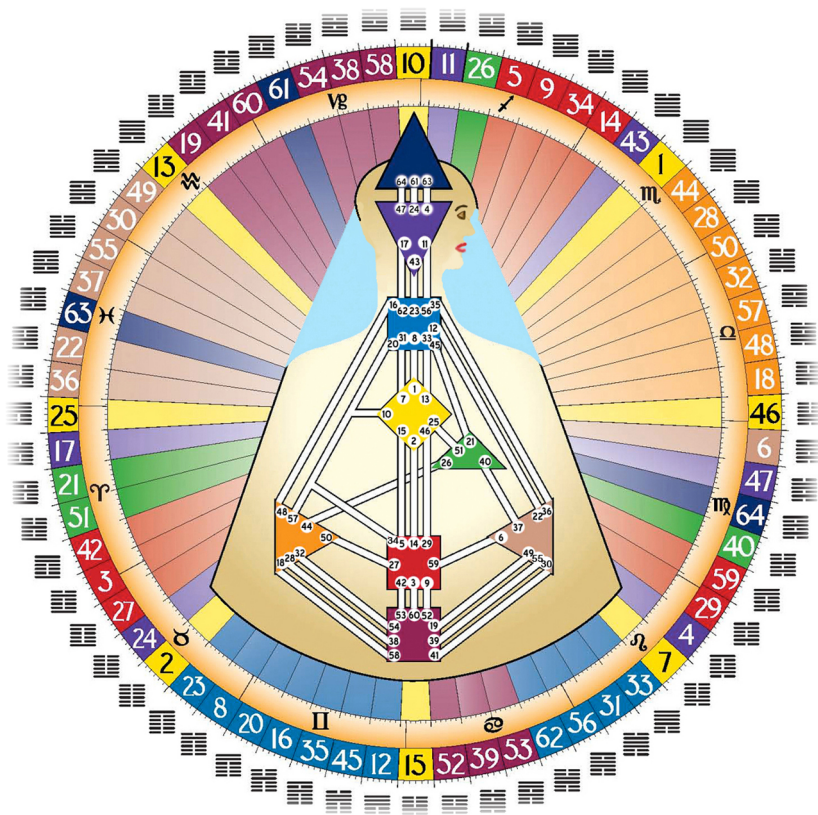




Using Human Design to Make Great Life and Business Decisions

Nancy Monson, MA, MBA, CPCC

Human Design Life and Leadership Coach

www.nancylynnmonson.com

WHAT WOULD IT BE LIKE TO...

- ◆ Know without a doubt who you were born to be and your life purpose?
- ◆ Consistently make decisions that support your success and fulfillment?
- ◆ Be yourself in all situations?
- ◆ Understand the dynamics between you and others and why you are drawn to certain people and repelled by others?
- ◆ Know who your children were born to be so you could confidently support their full unfoldment and minimize their conditioning?

Unfortunately, most of us never experience the incredible joy and success possible from the vision of life inspired by above questions. More often we live lives of great inner conflict, struggling between what we long to do and what we feel we have to do. The cost is a life of compromise, settling, inner turmoil and never experiencing our greatest joy and fulfillment.

The greatest source of pain is not living our fullest potential.

Most of us are blind to the opportunities that are right in front of us due to the conditioning of our thinking that has shaped our view of reality since our early childhood. This keeps us from taking full advantage of all that life has to offer. It's very likely **you are facing situations right now that could be easier** for you to successfully navigate if you had access to the potential and guidance that lives deep within you.

There is a better way...a way that allows you to **live your full potential** and create a life that brings deep joy, fulfillment and success in every area of your life.

The key is to break through your conditioning and finally accept and celebrate who you truly are!

You don't have to wait a moment longer.

HUMAN DESIGN: YOUR PERSONAL GPS SYSTEM FOR LIFE

The blueprint of your unique expression and best life was created within you the moment you were born. And now, there is a map that illuminates this blueprint and can lead you to living your full potential. It is your guide to your birthright of

living the full expression of your gifts, purpose, creativity and authentic power. Your **Human Design Chart** is your **personal GPS system** that guides you to fulfillment, joy, success and the gift of living the life you are designed to live.

Human Design is your GPS for living your best life.

The newest self-awareness tool available, Human Design is an amazingly accurate visual map illuminating:

- ◆ Your energy type
- ◆ Your innate talents and gifts
- ◆ How to consistently make decisions that are right for you and your life purpose
- ◆ Your life path and purpose
- ◆ The challenges you are here to resolve to experience joyous, fulfilling relationships and success in your life



Your specific combination is as unique to you as your fingerprints. The most accurate picture of **your greatest potential**, your Human Design Chart provides you this map. When you know your Human Design and how to interpret it, you'll be able to navigate your life with greater ease, grace and confidence.

Your Human Design reveals the two most important keys to accessing your potential: Type and Authority.

There are literally hundreds of actionable insights into your Human Design that help you understand yourself, your place in the world, and how you can most happily and successfully function in it. Below is an overview of the two most important keys. Just knowing and following these two keys in your design will launch you into greater success in every area of your life.

YOUR MOST IMPORTANT KEY: ENERGY TYPE

What **type** of person do you think you are?

If you had to describe your nature in just a few phrases that allowed you to be understood and recognized, what would you say?

The first and most important key is knowing your innate energy type. Human Design recognizes five basic Energy Types. Below is a brief description of each

type. Read through them. Which type resonates the most with how you experience your life?

MANIFESTOR: MANIFEST WHAT THEY ENVISION

As a born initiator, Manifestors are human dynamos, highly motivated to achieve. Less than 10% of the population, Manifestors find it hard to understand why others have such difficulty accomplishing things. If you are a Manifestor you catalyze action just by walking into a room. You are restless, and have a constant need for action. You are unpredictable as once you are motivated to create, you take off, rarely remembering to let others know. The **Strategy for a Manifestor is to INFORM others** before launching. This will keep you from getting angry, which can happen when Manifestors don't follow their Strategy.

GENERATOR: ENDLESS LIFE FORCE TO WORK HARD

Born with endless Life Force, Generators are workhorses, able to work for hours on end when using their amazing Generator energy for what brings them fulfillment. About 35% of the population, Generators are easy going, and will pick up their momentum as they start to implement. If you are a Generator your truth comes from a gut response of YES to opportunities and initiatives. The **Strategy for a Generator is to WAIT for a response**. You are not here to initiate. If a you do not follow your gut response, you can overthink decisions, leading to frustration and burnout when your life force is not used for what feeds you.

MANIFESTING GENERATOR: POWERHOUSE REQUIRED TO WAIT BEFORE ACTING

A combination of Generators with endless Life Force and Manifestors with the motivation to achieve, Manifesting Generators are impressive in action when following their design. Making up 35% of the population, like Generators, they need to WAIT for a clear gut YES and then INFORM others before launching their considerable ability to manifest. If you are a Manifesting Generator, like a Manifestor, you are restless, wanting to be in action, but unlike a Manifestor, your **Strategy is to wait for your gut's response and then inform others** before jumping to implementation. When you use your Life Force for the wrong initiatives, you can get burned out, frustrated or angry, particularly if your way forward is blocked.

PROJECTOR: WISE GUIDES THAT NEED TO BE RECOGNIZED AND INVITED

Unlike the three previous types, Projectors can often be observers, waiting to be asked to participate. Without consistent Life Force, Projectors, making up about 20% of the population, have an easygoing nature and are not meant to work long hours. If you are a Projector, your energy is inconsistent, requiring you to take breaks to recharge. A key for you is to recognize that you are not meant to live like the previous three types. Your life needs to be less about doing and more about being. If you try to keep up with Generators or Manifesting Generators, you will exhaust yourself. When working from a position of appreciation and invitation, you are a tremendous performer, contributor, director and manager. The **Strategy for a Projector is to wait to be recognized and INVITED**. When you do not follow your Strategy, you can become bitter.

REFLECTOR: A RARE BEING HERE TO REFLECT TRUTH

Less than 1% of the population, Reflectors are the rarest of all types. Reflectors live their life in novel ways, but others expect them to “fit in.” If you are a Reflector, you are a mirror to others, reflecting back who they are. You are incredibly empathic and extremely sensitive, experiencing all that surrounds you as you take in the energies of your environment. This makes you incredibly wise. As a Reflector, you need to retreat from influences to find your inner clarity and reflection. The **Strategy for a Reflector is to wait a full lunar cycle—29 days—**before making significant decisions. In that time, you will gather information from a myriad of directions, making you one of the wisest people.

Not knowing how your energy is meant to function frequently leads to exhaustion and disappointment. Initiating when you are not designed to initiate creates frustration and a lack of fulfillment. Doing when you are meant to guide leads to burnout.

Going with your energy type makes life easier, energizing and more satisfying. Recognizing and honoring your energy type creates opportunities that you likely would miss otherwise.

YOUR KEY TO DECISION MAKING: AUTHORITY

We each have a built-in consistent decision-making process that when we follow it, will lead to the most fulfilling and successful outcomes. Unfortunately, most of us either don't know or trust our innate "Authority."

Not knowing and trusting your Authority leaves you to hit-and-miss choosing what serves you best. You've likely been conditioned to make decisions in your mind, but your mind will never give a clear decision, leading to wasting time, deliberating and creating doubt.

Seeking out other people to assist in your decision-making may not be a good option either. Other people have different Authorities—what's "right" for them may not be "right" for you.

When you follow *your* Authority, **it leads to consistent success**, ease and greater confidence. It allows you to take charge of your life.

Knowing which of the six Human Design Authorities is your design helps you to make **consistent decisions that support your success**. Read through the following descriptions. Which Authority feels right to you?

EMOTIONAL AUTHORITY: BE EMOTIONALLY CLEAR

Emotional Authority operates as a wave traversing all the emotional highs and lows of life. Great ecstasy or joy are experienced at the "top" of an emotional wave, and great agony or disappointment at the "bottom." Delight is experienced when the wave goes up. Despair when the same wave goes down. It is a natural cycle, and if you have Emotional Authority you need to get used to that is how you are designed to function. Yours is a life of surfing your emotional waves.

Doing something when **you feel emotionally clear** brings lasting fulfillment. Feeling clear about anything in life requires patience because you need to experience the complete up and down cycle that any feeling brings. The key is to gain your feeling clarity before making an important decision.

- ◆ Over 50% of people have this authority
- ◆ On an emotional wave from birth to death
- ◆ Here to ride the emotions of being a human without attachment
- ◆ No clarity in the moment
- ◆ Wait for clarity—it can take moments or months
- ◆ Clarity is when it *feels* right with *no emotional attachment*

SACRAL AUTHORITY: TRUST YOUR GUT

Sacral Authority is connected with the gut response. A clear Sacral decision is made by a Sacral response in the moment. It only functions in a “yes, no or not now” response.

If you have Sacral Authority, pay attention and give priority to your gut response over all other input (including mental, emotional, adrenal or fear driven) then **you will have instantaneous clarity** from which you can move forward with assurance in your life. If you deny your Sacral, gut response, then you will continue to become more and more frustrated in your life as your endeavors bring greater effort, less fulfillment and more exhaustion.

This is the simplest Authority of all the Authorities. If you have this Authority and consistently follow it, your life will dramatically change.

- ◆ “uh-huh” (yes) or “uh-uh” (no or not now)
- ◆ Only effective in response; not proactive
- ◆ Wait until clear response
- ◆ Sensation of being drawn toward or away from something
- ◆ Energy rising or flat
- ◆ Applies to every decision
- ◆ No thinking
- ◆ Once committed, no stopping the Sacral’s momentum to carry forward

SPLENIC AUTHORITY: INSTANTANEOUS DECISIONS

Splenic Authority operates in present tense, in the “now.” It works through intuition (auditory), instinct (smell) and the sense of taste. If you have Splenic Authority, you have the ability to get “snapshot” views of life and make decisions literally in an instant.

Having Splenic Authority means you need to **trust completely in your spontaneous intuition, instinct or taste**, and not rely on mental or emotional input. The signals you get from this Authority can be easily overshadowed by thought or conditioned emotional input. Splenic Authority is always living in “here and now.” Always. Yours is a life of living in presence and alertness.

- ◆ Seize the now and decide instantaneously without hesitation
- ◆ Decisive in a snapshot moment
- ◆ Intuition senses whether something is right or wrong

- ◆ Based on the senses: taste, smell, sound, sight
- ◆ Naturally sharp senses
- ◆ Quiet, almost whispering and *only once*
- ◆ Tingly or buzzing pulse of energy radiating up

HEART AUTHORITY: DO WHAT YOU WANT

If you have this Authority, it is simply, “What you want is what *needs* to happen.”

Heart Authority is somewhat rare. If you have this Authority, you will **apply tremendous willpower or ego energy towards everything in your life**. It is important for you to recognize the power you exude and not to give your power away lightly.

It’s important for you to be aware of your need to inform others of your actions so that others have the chance to either get on board or get out of your way. When you give yourself fully to your Heart Authority to make happen what it wants, then it will carry you powerfully, and the results of its endeavors will be profound in your life.

- ◆ Attune to your heart’s desire
- ◆ Most straightforward and direct
- ◆ Direct connection between Heart and Throat
- ◆ A “look after number one” orientation
- ◆ Inform others of your intentions
- ◆ Heart draws you toward or pulls you away
- ◆ Personal, subjective process; extremely powerful

SELF AUTHORITY: BE TRUE TO YOURSELF

Self Authority is a bit mysterious, but if you have Self Authority you need to be **allowed and encouraged to go your own way**.

Self Authority is experienced as a silent “knowing” in the sternum or lower chest. It is very quiet and is only distinguishable by the person with that Authority. If you have this authority, it likely will feel like a delicate flower opening in your chest when you arrive at your clarity. On some level you just “know.” Your knowing is not necessarily going to find agreement with other people, at least not initially. Answering the question “Is this who I am?” will help lead you to your clarity when considering an issue.

If you have Self Authority you are a natural leader, and people will look to you naturally to provide direction when you walk into a room.

- ◆ Subtle inner guidance
- ◆ Delicate in alerting but robust in its execution
- ◆ Inner knowing
- ◆ Possibly the most difficult authority to grasp
- ◆ Arrives gently as a realization that should not be suppressed
- ◆ Innate sense of knowing that is not associated with any other authority
- ◆ Centered in the chest in the sternum area
- ◆ Like a flower gently opening to knowing
- ◆ Must have meaning
- ◆ Provide leadership

OUTER AUTHORITY: ACCESSING INTELLIGENCE

Outer Authority is extremely rare. It is a decision making process that involves much patience and inquiry. Patience is essential as if you have Outer Authority, **you need a 29-day period** (lunar orbit) before any important decisions can be finalized. During this time, you will be focused on inquiry because you will take the opportunity to ask others, read, watch and research into whatever is involved in coming to your decision. It is a decision path of *research to know*. Clarity is reached through gaining sufficient reflection from the world from every conceivable angle. The answer simply “arrives.”

With Outer Authority, as with the Self Authority, there is a degree of mystery in exactly how decisions and resolutions are made. If you have Outer Authority and you follow this 29-day process, you will come to understand how powerful your patient inquiry can be for you and everyone with whom you interact.

- ◆ Unique authority
- ◆ External process to discover inner truth
- ◆ Slow, deliberate, meticulous, measured
- ◆ Weighs and balances, researches, checks, double-checks before conclusion
- ◆ Great patience and take expanded, open view
- ◆ Open design allows access other’s perspectives, concepts, ideas and turn them into own wisdom
- ◆ Relies on consultation with other people; look outward
- ◆ 29-day period in accord with movements and phases of the moon

When we follow our Authority, it brings ease, effortlessness, confidence and fulfillment. Surprising events frequently unfold to bring clarity and ease.

While reading through these two keys—Type and Authority—can help you understand the differences in how we are designed and give insight to how you are uniquely designed, the only way to **truly know your design** is to obtain your specific Human Design Chart.

Each of us has undergone years of conditioning to conform to who we either think we need to be or who we have been told to be. It is only through utilizing Human Design that will reveal your innate combination of energy type and decision-making authority.

Human Design uses your birth data to determine your exact placement in time and space relative to the solar system and star fields around you at the precise moment of birth, thus revealing the accurate picture of the mechanics of your true nature, the person you were designed to be, providing you with your unique blueprint for your best life.

Want to know your design? Learn more and request your free Human Design chart on my website.

www.nancylynnmonson.com



*Human Design Life and Leadership Coach, Nancy Monson, MA, MBA, CPCC, is devoted to helping people live their best life every day. She brings a multitude of skills, talents, wisdom and a lifetime of transformative experiences to guide people who are ready to live their true potential and purpose. Working in corporate leadership consulting, life and executive coaching, and personal transformation for over twenty-five years, Nancy has a unique combination of experience helping hundreds of leaders and entrepreneurs using her strategic, intuitive, healing and pragmatic skills. Nancy's International Best-Selling book, *Midlife Rebirth: Awaken to the Wise Woman You Were Born to Be*, is a guide for women seeking a deeper, more meaningful life. She is an avid outdoor athlete, spending her free time mountain biking, trail running, hiking and cross-country skiing in the mountains around her home.*