



Your Human Design Love Note:

GENERATOR

Energy Type: Generator

Strategy: To Respond

Alignment Signature: Satisfaction

Misalignment Signature: Frustration





DEAR GENERATOR,

You have a beautiful, sparkly, magnetic energy about you; when you are living your design, you can't get enough of life and people can't get enough of you!

You are a "sacral" being, and much like the second or sacral chakra, you are led by DESIRE. How does that feel for you? There is a LOT of conditioning in our society that says following desire is "foolish" or "selfish" and that we must work ourselves to the bone and make everyone else happy in order to be "good" or "successful". Human design asks you to experiment with loosening your grip on needing to please everyone else and asks you to consider "what would you LOVE?"





It's not uncommon for the answer to the above question to be "... I don't actually know" or "REST!". Even though you have a defined sacral center, and thus, consistent access to life-force energy, if you are not living in alignment with what truly lights you up and brings you joy, you will find yourself burnt out and life can feel like pushing a boulder uphill.

Your first step to reconnecting to yourself, is to clear out anything that feels like a "NO". What do I mean by that? I mean anything that feels like your gut clenching, your body tightening, and perhaps even elicits a vocal "uhn uhn" for you.





By contrast, keep or bring in the things that feel expansive, that create a warm, bubbly, rising feeling in your body, and that elicit a “mmhmm!” for you.

I know, this can feel pretty “childish”; but simplicity is the key to connecting back to your primal sacral response. Unlike the mind, the gut will not lead you astray.

Once you’ve become clear on where you are allocating time/energy/resources to things that feel like a “NO”, ask yourself or better yet, have a trusted someone ask you yes/no questions to see what a “YES” actually feels like! Start with something simple like, “do I want water in the blue glass or the purple one?”; “do I want eggs or oatmeal for breakfast?”.





Becoming intimate with your desires and living from your “YES” is the key to unlocking your special spark that will continue to usher in more aligned opportunities.

Ready to Learn More?

Schedule your 1:1 Human

Design Reading:

<http://bit.ly/HDRead>

Questions?

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