

⚡ PART 5 — YOUR ENERGY

🌀 What This Is: Human Design — How You're Designed to Move

So far, you've looked at:

- Your System
- Your Parts
- Your Stage
- Your Patterns

This section is different.

It is about your **natural energy** — how you move when you're not overriding yourself.

✦ Important

This is not something to get right. You don't need to understand your full chart.

We're just starting with one thing: 🖱️ your **Type**

🔍 Step 1 — Find Your Type

Go here: <https://app.mybodygraph.com/free-chart>

Enter your birth date, time, and location.

For now, just note your **Type**:

- Generator
 - Manifesting Generator
 - Manifestor
 - Projector
 - Reflector
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🌀 Step 2 — Understand Your Energy

Read the type you selected slowly. You may resonate immediately, or not at all. Just notice.

🟢 Generator

Energy is steady, responsive, and builds over time

You're designed to respond to what shows up, not force initiation

When out of alignment: frustration, pushing, forcing

When aligned: satisfaction, steady energy, grounded engagement

Manifesting Generator

Energy is fast, multi-directional, and responsive

You're designed to explore, pivot, and follow what lights you up

When out of alignment: frustration, scattered energy

When aligned: excitement, flow, creative momentum

Manifestor

Energy initiates and creates movement

You're designed to start things, not wait for permission

When out of alignment: anger, resistance, shutdown

When aligned: peace, clarity, impact

Projector

Energy is focused, perceptive, and guiding

You're designed to see clearly and guide others — not sustain constant output

When out of alignment: bitterness, exhaustion

When aligned: recognition, ease, insight

Reflector

Energy is sensitive, receptive, and reflective

You're designed to sample and reflect your environment

When out of alignment: disappointment, confusion

When aligned: surprise, clarity, alignment with environment

Reflection

What feels accurate about this?

What feels relieving or validating?

What feels confusing or unclear?

 **Step 3 — Try a Small Experiment**

Instead of trying to “be your type,” just try one small shift. Choose one:

- Pause before initiating
- Notice what I’m responding to
- Communicate before acting
- Rest instead of pushing
- Wait and observe

What experiment feels right for me this week?

✦ **Reflection**

What might change if I trusted my energy just a little more?

✦ **Closing Reminder**

You don’t need to force your way forward. Your system already knows how to move.

This is about learning to **listen instead of override.**

PART 6 — YOUR SOUL SIGNATURE

What This Is: Integration — Patterns × Energy × Stage

You've just learned your System • Parts • Stage • Patterns • Energy
This section brings those together.

❖ Important

This is not a fixed identity. It's not something you have to get exactly right.
Your Soul Signature is simply:

- 👉 a way of naming where you are,
 - 👉 so you can move forward with more awareness.
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Step 1 — Your Energy

From the last section, what is your Human Design energy type?

Step 2 — Your Stage

From the Heroine's Journey, where are you right now?

❖ Hold It Lightly

Before moving on, take a breath. You don't need certainty. You don't need precision.
Just notice what feels **most true right now**.

Step 3 — Read and Notice

Below is a list of Soul Signature archetypes. Each one combines energy and a stage.
Read slowly. You're not analyzing — you're noticing:

- what feels familiar
- what creates a small internal reaction
- what feels slightly uncomfortable, but true

SOUL SIGNATURE ARCHETYPES

GENERATOR

- G1 — The Tired Torchbearer: Showing up, but running on depletion instead of true energy
 - G2 — The Devoted Flame: Giving deeply while losing connection to your own needs
 - G3 — The Sacred Spark: Energy waking up, but still moving in bursts of chaos and truth
 - G4 — The Grounded Mystic: Learning to trust your rhythm and root into steady practice
 - G5 — The Embodied Flame: Consistent, alive energy expressed in a way that feels yours
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MANIFESTING GENERATOR

- MG1 — The Masked Multitasker: Doing a lot to stay ahead, but not all of it is aligned
 - MG2 — The Shapeshifting Seeker: Exploring many paths, searching for what truly fits
 - MG3 — The Chaotic Catalyst: Disrupting patterns with fast-moving, truth-driven energy
 - MG4 — The Discerning Devotee: Choosing what's truly yours and committing with clarity
 - MG5 — The Radiant Synthesizer: Bringing ideas/energy together into something powerful
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MANIFESTOR

- M1 — The Dormant Firestarter: Initiating energy is present, but held back or suppressed
 - M2 — The Disruptive Truth-Teller: Beginning to speak/act from truth, even if unsettling
 - M3 — The Untamed Firestarter: Powerful energy that moves before it's fully grounded
 - M4 — The Rested Revolutionary: Leading from alignment instead of force
 - M5 — The Liberated Leader: Initiating with clarity and trust
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PROJECTOR

- P1 — The Invisible Guide: Seeing clearly, but often feeling unseen or unrecognized
 - P2 — The Emerging Seer: Beginning to trust your insight and let yourself be seen
 - P3 — The Untamed Oracle: Speaking truth in ways that challenge expectations
 - P4 — The Discerning Dreamer: Learning what is truly worth your energy and attention
 - P5 — The Visionary Guide: Leading others with clarity without overextending yourself
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REFLECTOR

- R1 — The Shapeshifting Survivor: Adapting to stay safe, often losing your center
 - R2 — The Emerging Mirror: Beginning to see what's yours and what isn't
 - R3 — The Chaotic Channel: Feeling everything intensely and learning how to hold it
 - R4 — The Luminous Hermit: Cultivating space, clarity, and inner rhythm
 - R5 — The Mirror Priestess: Reflecting truth and wisdom from a grounded, centered place
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❖ **Your Soul Signature**

Write what feels most true:

❖ **What About This Feels Accurate?**

❖ **What Feels Slightly Uncomfortable (but true)?**

 **Living Your Signature**

This is where it becomes real. My energy, in 1–3 words:

The pattern I'm beginning to meet with compassion:

The gift that feels quietly present beneath the surface:

What helps me return to center:

 **Integration**

Not a big leap. Just one shift. If I trusted my energy 5% more this week:

One small, grounded next step:

✦ **Final Reflection**

This is not fixed. This is not final. You are not becoming someone new.
You are remembering who you are — without the patterns that protected you.

✦ **You Can Return to This Anytime**

Your answers may change. Your stage will shift. Your patterns will soften.
This is a snapshot. Not a definition.

CONTINUE YOUR JOURNEY

Phase 0 — Regaining Focus

You've just completed the onboarding. You've slowed down.

You've begun to notice your patterns. You've named where you are. That matters.

✦ **If You Want More Structure**

Inside the membership hub, this work continues in:

Phase 0 — Regaining Focus

A place to:

- move more slowly
 - stay connected to what you're noticing
 - return to center
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The Full Path

- Phase 0 — Regaining Focus
- Phase 1 — Clarifying What I Want
- Phase 2 — Surfacing Obstacles
- Phase 3 — Befriending Obstacles
- Phase 4 — Releasing Burdens & Inviting Gifts
- Phase 5 — Making it Safe to Explore Gifts
- Phase 6 — Embedding Intentions
- Phase 7 — Pursuing Goals Passionately
- Phase 8 — Releasing Expectations & Opening to Synchronicity

Each phase builds on the last — offering structure, containment, and optional support.

✦ **Closing**

You don't need to climb the whole mountain. You just began. And that's enough.
