

GENERATOR

Manifestation Guide

UNLEASH YOUR INNER WARRIOR: DISCOVER YOUR UNIQUE BLUEPRINT



**It's time to step into
authenticity.**



Dive deep into your unique
Human Design and unlock
the powerful insights
that make
you unstoppable.



**You're bold, courageous,
and destined for
greatness.**

**My Human Design reading gives you the clarity and validation you need to
channel your innate power into meaningful success.**

Feel seen, be empowered, and transform your energy into strategic action.

**Schedule your
session here...**



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YOU ARE A GENERATOR...

“ There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique.

MARTHA GRAHAM

”

Generator Manifestation Guide

As a Generator Energy Type you are here to magnetize and to create energy especially when you are doing things you love to do.

Generators embody the life force and you are here to dance with life and engage your energy to move your family or community forward in a way that is meaningful to YOU.

MANIFESTATION



and how to attract things in your life

- **The Universe is your personal shopper.** Be curious. Try something new. Surf the web for new ideas. Engage your 5 senses everyday. Pay attention to everything that is in front of you and be aware if something is exciting to you or not.
- **Say “Yes” to the projects, people, places, and things that make you feel lit up and energized.** Follow the “hell yes’s” ESPECIALLY when you aren’t sure why (what inspires you may not make sense logically).
- **Tune in and learn what your gut response feels like in your body.** When you encounter something that lights you up you may experience butterflies, you may sit up straighter, and you may make an exclamation through your voice. Pay attention to how your gut response speaks to you.

REST AND SELF CARE

- **Ensure you get a good night’s sleep by expending energy in the right way.** It is important for you to expend your energy by doing something you enjoy before you try to go to sleep each night. If you don’t, you may experience restlessness. (For example expend your energy by going for an evening walk or work on your favorite project or hobby.)
- **Alone time is important.** Try to find at least 15 minutes of alone time each day so you can experience your own unique design without the presence of another person’s aura. This will allow space for clarity in knowing your own true desires.
- **Honor your gut responses and your desires.** Do not say “yes” to things you feel you “should” do whenever possible. It is important for you to be truly inspired.

WORK, CAREER, AND BEING "IN FLOW"

- **Start the project or hobby you are excited about.** You don't need all of the answers to start a new project you are passionate about. don't let perfection or information gathering keep you from starting something new. You are designed to go fast or even skip steps if you need to.
- **Choose your job or career based on how much it inspires you.** Whenever possible, avoid making a choice solely based on things like money or time freedom. It is important that your work excites you and gives you energy. When you prioritize alignment the money, recognition and titles will come.
- **Burnout is a sign from the universe that you have many things on your plate that are out of alignment for you.** If you are experiencing "burnout" know that this is the universe's way of telling you that you have too many things on your plate that are NOT lighting you up. Take inventory of the projects, people, places and things that are on your plate and determine which still excite you and which need to go!

WHAT TO DO WHEN YOU ARE FEELING FRUSTRATED AND "STUCK"

- **Have you said "yes" to something out of a sense of "Duty"?** We all have to do things we don't enjoy and we have to make compromises. But when you have said "yes" to too many things that are not inspiring you or giving you energy, it can start dragging you down leaving you feeling uninspired, blah, or stagnant. When this happens, take inventory of things in your life. If something no longer inspires you, consider how you can delegate or remove it from your responsibilities. If you must do the thing consider ways you can make it fun for YOU.
- **You are here to be selfish...in a good way!** If honoring your desires feels like a selfish act to you may have conditioning around feeling selfish for doing the things you love. If this feels true to you consider exploring methods to counteract this conditioning through mantras, guided meditations. tapping, hypnotherapy or another professional service provider.