

REFLECTOR

Alignment Guide

YOU ARE A REFLECTOR..

“
Keep no labels for
yourself. Recreate
yourself every day.

UNKNOWN
”

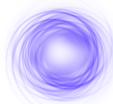
Reflector Alignment Guide

As a Reflector Energy Type, you are here to reflect to mirror and reveal. You reflect back to us how we are doing as a society. You show us the way by being open, fluid connected to all, and allowing yourself to flow with life and the people around you. Your power is that you can relate to other people and reflect their gifts back to them.

Because Reflectors are considered non-energy beings who have more of their energy centers filled in Human Design is different for you than it is for the other types. Though you are a non-energy being you do generate energy through connections with other people.

Each Reflector is very unique and their own complete individual and they are chameleons in relationship to their environment and the people they are around.

REST AND SELF CARE



- **Get enough alone time.** When you are trying to figure out what you want to do with your life - this is a good time to pull away from people. When you are around people who are really passionate about something it could be "catching". It is important to know when to pull away to get in touch with your own wants and where you want to go next.
- **Body awareness is the key.** It is important to be very in touch with your body and how you operate each day. If you feel like your health is suffering or you are feeling drained, experiment with being around other people or being in different environments. You will be pleasantly surprised by how different places and people can transform your body, mind and spirit.
- **Place is everything.** Environment or place is more important for you than any other energy type. Consider the environment, your home, places, and people as energetics that flow through you, and be aware of how they make you feel. You are here to understand, become wise, and be observant about the external world. When you walk into a new environment you can feel the physical, environmental, or spiritual health of this new place. When you feel things, be aware that it is coming from your environment and not from you. While you are not here to be judgmental, you ARE here to judge and be discerning about what is going on in your environment and assess if it is energetically correct for you or not.

MANIFESTATION

and how to attract things in your life

Attract what you want by honoring your energetic cycle. As a Reflector, you are a lunar being which means honoring a 28-day cycle for BIG decisions is ideal (whenever possible). To be clear, this does NOT apply to small decisions.

- **How to know if its a BIG decision?** Consider how important the thing is to you. When you allow yourself to be in flow over 28 lunar cycle, you will gain clarity on whether or not something is right for you.
- **How to know?** At the end of the 28 days, do an assessment and ask yourself if you feel expansive or contracted about the thing. Do you feel clear in your body? If you feel expansive and clear In your body, it's a YES. If you feel contracted and tense, it's a NO. For smaller decisions,
 - For smaller decisions, pay attention to synchronicity and lean into the things that surprise or delight you.
- **Empowered Surrender.** It can be hard because the world says we need to know ourselves or identify with certain labels or identities. The power of the Reflector is that they are here to remind us that when we let go and are in the present moment, we can receive information. You need to embrace being open, fluid, and surrendering to the flow of life. When you are disappointed, take a look at your life and figure out where you are trying to define yourself. When you say "This is who I am" - that is when you will be stuck.
- **Trust that synchronicities will guide you.** Expect that life is going to carry you more than it will carry the other energy types. When you allow for the flow of life and environment to guide you, you will learn new things, encounter new opportunities and meet new people that will take you to the next thing. This process can be very subtle. For example, it can look like walking down the street and seeing a poster which then takes you to an event where you meet someone who hires you for the job you always wanted.

WORK, CAREER AND BEING “IN FLOW”

- **Avoid focusing on your purpose.** You should feel free to be different in different situations. For a Reflector, the question is **NOT** “What is my purpose?” The question is **“Am I in the right places?”** because this is how life will lead you to your purpose. Find a job or career that allows you to be fluid and free to change as much as you want. Work environments and places where you feel healthy, flowing, and free are ideal.
- **Let the environment guide you.** When you are in an environment where you feel good, you should note that. When you are in an environment that feels negative or unhealthy you should note that too. And you should feel free to be different in different situations. Reflectors have varied careers and life paths - especially if they are listening to where their environment is leading them. When you learn to leverage other people’s energy and surround yourself with the right people and the right environment, you can be very successful in many areas.
- **Leverage role models.** Reflectors benefit from considering “who they want to become more like” and spending time with those individuals. Ideally your work or career puts you in the environment that feels good and healthy to you AND around the people who inspire you.

WHAT TO DO WHEN YOU ARE FEELING DISAPPOINTED

- **Remember NO Labels!** When you are feeling disappointed with life, take a look and identify where you are trying to define yourself. It is more energetically correct and healthy for you to identify yourself as a human experiencing life. You are a chameleon and there are many different aspects you can try on but none of these are truly YOU. You can try on all of these different flavors and continue to surprise yourself. Because of this, you can navigate the world more easily than others. You can keep life exciting by being anything or anyone you want. Try to let go of the need to know who you are. Instead ask, "Who am I today?" or "Who am I at this moment?" Embrace the flow.
- **Are you seeking advice from others?** When deciding things, remember that you are not here to seek advice from others. When talking to others, you are using them as a sounding board. As you speak, you will use your open centers to access your bodily information. This flow of energy from others as you talk will help you gain clarity and you will feel it in your body. It is more about living with your own set of rules and following the beat of your own drummer to leverage your open centers in environments and around people.
- **Resist the temptation to make decisions quickly.** It is important to resist the pressure to respond quickly to an email or question. Whenever possible, Reflectors should respond with decisions or requests that buy them time. And remember, you don't have to wait for the lunar cycle to create things, start projects, etc.
- **Are you in the right environment?** When you are struggling, you need to reflect on your current environment and remember that you have the power to leave the environment. Paying attention to how you feel in different environments is key and it can be hard because you have to be brutally honest about how different environments affect you. Always ask, "Does this environment feel good?" When you discover environments that don't feel good to you, it is not that you should never go to those places. Instead, you should be aware there is something wrong with that situation or scenario and not take in the negative energy. It is best if you can remain neutral to the experience of life. Try to see these experiences as different, interesting, and informative. They are a source of your wisdom.

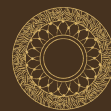
UNLEASH YOUR INNER WARRIOR: DISCOVER YOUR UNIQUE BLUEPRINT



**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.**

Your energy type is the doorway. Your full chart is the map.

If you are ready to understand how your Human Design actually works in real life, **Aligned by Design** walks you through your chart step by step – from type and strategy to authority, profile, centers, gates, and channels.

Go Deeper with
Aligned by Design



Want a simple next step? The **Free Human Design Decision Guide** will help you understand how your decision-making process works through the lens of Human Design.