

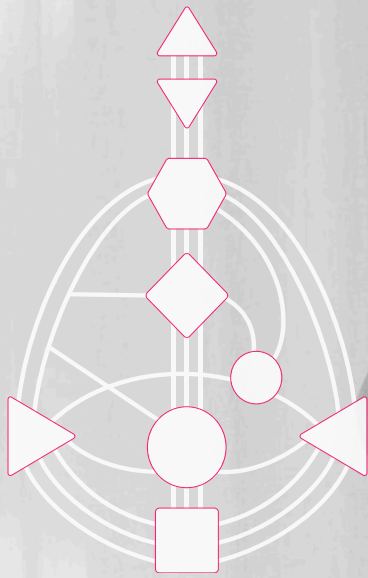


Your Human Design

the science of
your energy



www.xoalimortimer.com



TO CREATE YOUR CHART:
www.jovianarchive.com/Get_Your_Chart

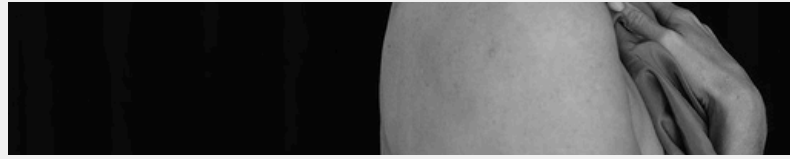
NAME: XX
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your energy type - XX
your strategy - XX
your authority - XX
your profile - X/X - XX
your definition - XX
your signature: XXX
your not self theme: XXX

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HD in a nutshell



First things first! Human Design was created by Alan Krakower – aka R URU Hu – published in 1992. HD is a concept, a tool that can teach us so much about ourselves, our children, our colleagues, our partners. Learning how we can all live together, work together and support each other.

Human design is simply your energetic DNA, how you operate in this world using the most authentic expression of you and living how you were designed to be. Human design is simply your energetic DNA, how you operate in this world using the most authentic expression of you and living how you were designed to be. This is by no means meant to limit you or define you, but a way for you to connect & understand yourself on a deeper level.

Human Design is science & spirituality coming together to inform you about how you can bring yourself home to your true essence. It can feel like an awakening; it is true empowerment and it is truly transformative. This is a celebration of your unique identity.

HD is a system based on your exact time, date & place of birth. It is your energetic blueprint – the neutrinos – little energetic particles that contain subatomic information are around us all the time following a supernova (death of a star causing a huge explosion). When we enter the world, the neutrinos imprint their energy, their information on us and this is how we can read and feel each others energy.

HD is the coming together & the mix of the Kabbalah, I'ching, Myers Brings, astrology, biochemistry genetics & the chakra system all in one.

I am not here to explain how or why it works, but to share with you that the understanding of my HD has changed my life and how it can for you, if you are open & willing to try it for yourself and embrace it in your life, work & relationships.

There are many layers to HD. And to go deep initially can be overwhelming, so I will start with the most important and then through the work we do ongoing, we can dive deeper.

Your Energy Type is your natural state of being, how you can interact in your truest natural form in the Energy of the Universe. Your Energy Type also denotes your Signature & Not Self Theme. Your Signature allows you to know when you are living in alignment with your HD energy type and your Not Self Theme which allows you to recognise when you are living out of alignment with your HD energy type.

Using your Authority & Strategy together is how you make wise, informed & aligned decisions.

Your Profile lines are your gifts; how you see yourself and how others see you.

Your Defined, Undefined & Open Centres – the chakras are energy centres which regulate the flow of life energy through your being and regulate your instincts & behaviours.

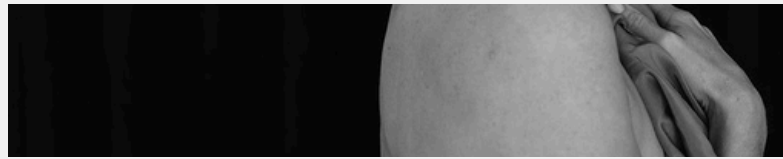
Your Gates & Channels through which the flow of life energy passes which therefore shapes, modifies and enhances the energy in to more precise qualities, traits and abilities.

It is really important to note that your Human Design is not right or wrong, better or worse than anyone else's design. This is not meant to limit you or define you in anyway. It is a set of principles & ideas and concepts and you can take what you need.

However, most people feel like it is a giant permission slip to be themselves; a true coming home to oneself.

You can use this to maximise your energy and understand and be aware of your blind spots so that you can live life to your fullest potential.

energy type - GENERATOR



Every single being has an aura. A magnetic field around us reaching around 3 ft that people can feel or sense from you. Our aura reflects our state of soul consciousness and is an incredible form of communication between beings without speaking.

When our soul consciousness is in alignment with who we are being in our human experience, we are vibrating on a high level of frequency, our aura is attractive and positive to others.

When our soul consciousness is out of alignment with who we are, our frequency shrinks to a lower frequency and we are less attractive to others. We can literally sense & feel their inauthenticity.

When we create unity between our soul desire, our inner feelings and our human behaviour our aura is magnetic. Our Energy Type, strategy & authority lead us on that path to alignment and how we can reconnect when we aren't.

Your Energy Type: Generator

70% of the population is a generator at the core meaning they have a chart with a defined sacral. The Generators are the life & soul of the party of life; so you are fun to be around and be warm when people know you, but can feel intimidating if you are acting out of alignment with your desires and passions, or perhaps working from need or greed.

With your defined sacral, you have your own source of energy from within. You can 'light yourself up' by doing what you love.

You are the fire that ignites everyone else. Your energy is dynamic and magic and have the power to move others when you allow your energy to move you. People will seek you out when they are looking for a boost of aliveness, goodness & light.

You are likely to have big dreams and will go after them; and will achieve them when the energy comes from a place of desire (sacral) and not out of need or lack. To achieve your dreams, you will not need to 'hussle', although you have the energy to do (just do it because you love it!); your lit up energy will attract to you all you need. With a lit up aura, an open aura, your magnetic energy will draw people, things & opportunities to you.

Your energy & zest for life is too big to be limited or put in a box; you are here to take up space & shine your light so that people can see you. The bigger you are, the more opportunities you and your sacral will receive to respond to.

You don't necessarily need lots of rest; when you are doing what lights you up, you will generate your own endless energy. You will experience burn out, if you give your energy to things or experiences that don't light you up or surround yourself with people who drain you of your sacral energy rather than help fuel it.

Always trust your sacral - your gut instinct and listen for your deep knowing and let this energy will lead you.

You will be in your highest vibrating frequency, with your most attractive aura when you are owning your 'too muchness', when you allow all your lights to shine brightly. You can have it all and you can desire to have more - more love, more abundance, more wealth, more joy, more fulfilment, more peace! By owning the desire for more, you will create more of it.

Points to be aware of, when you cloud your aura, shrink your energetic frequency:

- You may feel that you have to rush to get things done or rush to find the answers or to become the master of something. You can slow down; trust the answers you find in your sacral knowing. Keep asking the questions until you know for certain.
- You may find you doubt yourself; when this happens to back to your inner knowing, your sacral authority & your strategy to respond.
- You may feel frustrated when life goes quiet or find yourself in a lull; in these times you may feel that 'it isn't working'; trust that it is - trust that everything is working behind the scenes preparing the next thing for you to respond to and move with.
- You may find you feel you have to stay small & quiet, dim your light; you may have been conditioned through childhood to be conform, not speak up or show off. You can work through this!
- You may feel you have to stick at something! Just because you are good at something, when it stops 'lighting you up' or feeling good, it is ok to move on. Conditioning and the beliefs of others can make you 'stick' at something when you don't need to.
- Watch out for self sabotage or unnecessary suffering. Life can be this good! It can be this easy - don't make it hard.

energy type - MANIFESTING GENERATOR



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Your Energy Type: MANIFESTING GENERATOR

Part of the 70% of the population that is a generator at the core, but with your sacral connected to your throat chakra, which is a 'motor' centre, you are a manifesting generator.

You have a defined sacral and therefore have your own source of energy from within. You can 'light yourself up' by doing what you love.

You are the spark that ignites everyone else. Your energy is dynamic and magic and have the power to move us when you allow your energy to move you. You are Here to be too much! You are meant to be Multi passionate! Have lots of interests. You are your most vibrant when there is multiple things lighting you up!

You don't have to follow any logic!

Take what you need from each experience and run with it for as long as it feels good.

You don't have to read the whole book. Or the whole programme or stay to the end

Take what you need and move on with it.

The path for you isn't logical or orderly - you will dart all over the place! It will all make sense in the end.

Like a bee taking what you need, it will makes no sense to anyone watching but in the grand scheme of universe, it is pollination.

You move fast! Others may not be able to keep up. Don't worry - they will one day!

You may miss steps and sometimes that's ok - you don't need them. However, sometimes you may need to slow down and make sure you make informed decisions ... not because you are rushing.

Always trust your emotions move through them and then in the calm feel your sacral - your gut instinct and listen for the pings of inspiration and intuition from your spleen. And energy will lead you.

You will be in your highest vibration, with your most attractive aura when you are owning your 'too muchness', when you allow all your lights to shine brightly. You can have it all and you can desire to have more - more love, more abundance, more wealth, more joy, more fulfilment, more peace! By owning the desire for more, you will create more of it.

Points to note:

- You will be lit up by work and mastery but can get shiny object syndrome that can pull you off track - make sure you are living in alignment with your strategy & authority - move on when you feel 'satisfied' and not before, or just because someone else is doing it differently.
- Similarly, don't feel you have to finish something, you don't. Again - if you feel satisfied, know it is time to move on.
- Just because you are good at something, when it stops 'lighting you up' or feeling good, it is ok to move on. Conditioning and the beliefs of others can make you 'stick' at something when you don't need to.
- Look for role models who have changed paths - see it as gathering skills for your bigger life purpose.
- Watch out for self sabotage or unnecessary suffering. Life can be this good! It can be this easy - don't make it hard. For MG's it is meant to be fun and colourful. The rest of the world need you to be this way!

Your **Emotional Guidance System** is your **Strategy, Authority & Not Self Theme**. This **EGS** is your **GPS for Life!**



Strategy, Authority, Signature & Not Self Theme.

As a Generator, your Strategy is **TO RESPOND (yes/no)**

Let life unfold in-front of you and 'respond' to what you see. Respond using your authority - see below. Don't wait to respond. Just respond to everything around you - nature, books, Images, ideas, questions. Open your eyes and see to respond. No forcing. Trust the yes. Trust the no's. Responding in alignment with your energy type & strategy - your aura will pure and magnetic and life will feel good.

As a Generator, your Signature feeling is **SATISFACTION**

This is the feeling you will feel when you are living in alignment with your energy type. You feel 'satisfied', that all is good. This could also be feeling 'complete', feeling the fullness of life, nothing is missing. I like to use 'yummy' or delicious! This is so good!

As a Generator, your 'not self' feeling is **FRUSTRATION**

This is the feeling when you know when you are out of alignment with your true energy, your purpose & path because it all feels frustrating, not going well, not good. You know you are not living in alignment with being a Generator, who responds to life, follows their gut instincts, lights themselves up with things that feel good.

When you feel frustrated, blocked, stuck, annoyed; STOP what you are doing and re-align yourself with your energy, ask your Sacral questions until you can get yourself back on to your path; ask WHY are you doing what you are doing, why are you going there? How can you move your energy and move back into alignment? Ask would feel good, 'satisfying'.

Note: The importance of this is being aware of your emotions & feelings. Slow down and take notice. We can be so busy doing - we forget to feel and know if what we are doing is what we are meant to be doing.

Allow yourself to anchor in to your feelings. Start tracking your feelings; how often do you feel 'Satisfied'. What has lead to feeling this way? Allow yourself to ask - how will doing this make me feel? Satisfied & good or Frustrated & not good? Will it expand my aura, make my aura attractive, put the best energy in to what I am doing? You cannot be expanding your aura at the same time as shrinking it!

These first parts of your Human Design (Energy Type, Strategy, Authority) are the most important and valuable when it comes to living in alignment with your HD. Practice and understand these before moving on.



energy type - MENTAL PROJECTOR



Every single being has an aura. A magnetic field around us reaching around 3 ft that people can feel or sense from you. Our aura reflects our state of soul consciousness and is an incredible form of communication between beings without speaking.

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Your Energy Type: MENTAL PROJECTOR (DEFINED THROAT UPWARDS)

Projectors are the light houses, the visionaries, the 'seers', the observers. You have the ability to see what others cannot; you can see in to souls and really see them. You have a birds' eye view and can see in to the distance.

You are a very different breed to the majority of the world (generators or manifesting generators); You are not here to 'do', but more to see change, give guidance & influence the change. You will see processes, systems, efficiencies and how things work more easily than others from your standpoint. You are able to help others become their best selves by helping them tweak & change what they are doing with huge benefits.

You are a 'non energy' type; you have no life force energy within you and will find your energy through connecting through the energy of others. Your energy will come in bursts; short sprints which are highly efficient and then breaks. It isn't about working less, but your way of working may look different to that of the majority of the world (ie. generators who can keep going when they love what they do & their sacral life force energy lit up). Being a mental projector with your throat, mind & crown defined, your gifts are the ability to see specific points of view and articulate these very clearly. This is your super power.

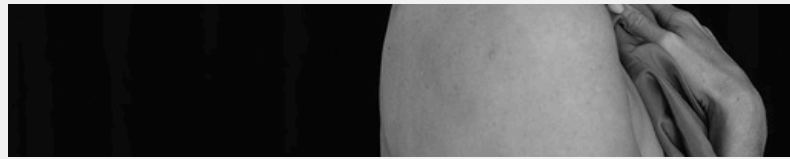
Projectors, you are the new age leaders, where strategy is how you survive by doing less! You are the advisors and all seeing souls; you can sense what needs to be done, even if you don't 'do' it yourselves.

You will be in your highest vibrating frequency, when you are honouring your projector energy; when you are owning your ability to see more and do less, when you conserve energy to bring more power to your projected efforts.

Points to be aware of, when you cloud your aura, shrink your energetic frequency or being out of alignment with your energy type:

- You may feel that you are second place, because you aren't always 'seen' or validated, but then sometimes don't want to be seen and in the limelight like other energy types.
- You may be conditioned in to thinking you have to work as a Generator, and find yourself burning out. Recognise you can do it in less time and more efficiently and have the same results. Don't compare yourself to other energy types, stay in your lane!
- You may feel you have to hold back in sharing what you see, you don't! Be the lighthouse, keep shining and speaking your truth, project what you see, people will listen as they will see the 'light' you speak of.
- You may feel 'limited' by being a projector and inconsistent energy; your 'sprints' will be more powerful, when you have conserved energy in between.
- You may find yourself overstimulated because of all you see & feel. Ensure you spend time alone and conserve your energy. (Particularly with all your open & undefined centres).

energy type - ENERGY PROJECTOR



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Your Energy Type: ENERGY PROJECTOR (DEFINED MOTOR - HEART / solar plexus / root)

Projectors are the light houses, the visionaries, the 'seers', the observers. You have the ability to see what others cannot; you can see in to souls and really see them. You have a birds' eye view and can see in to the distance. You are here to be fully self expressed and to be witnessed.

You are a very different breed to the majority of the world (generators or manifesting generators); You are not here to 'do', but more to see change, give guidance & influence the change. You will see processes, systems, efficiencies and how things work more easily than others from your standpoint. You are able to help others become their best selves by helping them tweak & change what they are doing with huge benefits.

You are a 'non energy' type; you have no life force energy within you and will find your energy through connecting through the energy of others. Your energy will come in bursts; short sprints which are highly efficient and then breaks. It isn't about working less, but your way of working may look different to that of the majority of the world (ie. generators who can keep going when they love what they do & their sacral life force energy lit up). With a defined motor centre (your heart) you do have some consistent flow energy to help you 'move' and do.

Projectors, you are the new age leaders, where strategy is how you survive by doing less! You are the advisors and all seeing souls; you can sense what needs to be done, even if you don't 'do' it yourselves.

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- You may feel 'limited' by being a projector and inconsistent energy; your 'sprints' will be more powerful, when you have conserved energy in between.
- You may find yourself overstimulated because of all you see & feel. Ensure you spend time alone and conserve your energy. (Particularly with all your open & undefined centres).

Your Emotional Guidance System is your Strategy, Authority & Not Self Theme. This EGS is your GPS for Life!



Strategy, Authority, Signature & Not Self Theme.

As a Projector, your Strategy is to **WAIT FOR THE INVITATION**

The 'waiting' can be misleading, meaning you have to sit around, your strategy is not passive. As a projector you are here to say what you see; you can be the lighthouse shining and sharing, but you do not need to wait for validation that others are listening or watching in order to shine your light. The invitations will be plentiful when live in alignment with this projector energy; you will be invited to go deeper, share more; you will be recognised and asked for guidance. Others will respond by inviting you when they see or feel your light. Live your design first and watch the 'invitations' flood in. Respond to the invitations that feel good and that are in alignment with your authority. When you live in alignment with your energy type & strategy - your aura will pure and magnetic and life will feel good.

As a Projector, your Signature feeling is **SUCCESS**

This is the feeling you will feel when you are living in alignment with your energy type. When you allow yourself to be fully seen and heard in your projector power, you will experience true freedom; when you feel your sense of success, you will feel free. Owning your truth is owning your magic and it is in this feeling you will be in your highest frequency.

You will feel that you are winning in life. It could mean that you have tangible, visible success but it could also be intangible, the feeling of success as freedom, abundance. You get to choose your definition of what 'Success' is for you personally. When you have the clarity of what Success means and feels to you, you will recognise when you are living in alignment. When do you feel that you are 'winning in life' the most?

As a Projector, your 'not self' feeling is **BITTERNESS**

This is the feeling when you know when you are out of alignment with your true energy, your purpose & path because you feel resentful, bitter, judgemental. Looking at others and rather than feeling happy for them, you can have a tendency to play the victim. You may feel a level of bitterness when you are holding back what you want to say, when you are hiding or playing small. You are here to be witnessed and to be seen.

When you recognise this in yourself, you now know you are not living in alignment with being a true projector, who is opening saying what they see, not needing the validation, shining their light and feeling success regardless.

When you feel bitter or resentful, unseen & feeling hard done by; STOP what you are doing and re-align yourself with your energy, ask your internal guidance systems (your defined centres, your authority) questions until you can get yourself back on to your path; ask WHY are you doing what you are doing, why are you going there, why do you feel this way? How can you move your energy and move back into alignment? Ask would feel good, 'successful'?

Note: The importance of this is being aware of your emotions & feelings.

Slow down and take notice. We can be so busy doing - we forget to feel and know if what we are doing is what we are meant to be doing.

Allow yourself to anchor in to your feelings. Start tracking your feelings; how often do you feel 'Satisfied'. What has lead to feeling this way?

Allow yourself to ask - how will doing this make me feel? Satisfied & good or Frustrated & not good?

Will it expand my aura, make my aura attractive, put the best energy in to what I am doing?

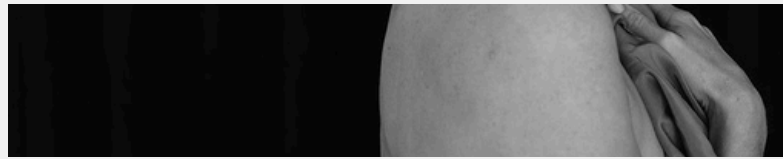
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energy type - MANIFESTOR



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Your Energy Type: MANIFESTOR

The second rarest of energy types with only 8-9% of the population. Manifestors are the innovators and the initiators. You are one of the trailblazers, with big passions, hugely spontaneous, very creative. You are a born doer and here to make things happen. You are here to PLAY BIG! You will thrive on freedom, without structure and rules; you create your own!

Manifestors can make incredible leaders & motivators with their energy. You are here to activate others, to initiate the way for others and for those who want to go where you are going. You are the train driver and other people will jump on board when they are ready.

You can experience huge urges, downloads that won't make sense to others but creates a tremendous drive and focus in yourself to make it happen.

You may feel that you 'don't fit in', because you want to and can see how things can be done differently, when others can't. Others may experience you as a 'whirlwind' of activity that they cannot keep up with. They aren't meant to; you are clearing the path for them to follow when they are ready. As a Manifestor, you may push people's buttons the wrong way, so it is so important to use your Strategy to Inform (see below).

Manifestors, you were born ready to lead and to change the world! You do not need to be led when you fully own who you are; it is your job to lead yourself, to give yourself the freedom to explore, to create, to follow your inner compass and urges.

You will be in your highest vibrating frequency, when you are sharing and living your truth unapologetically; when you are owning your uniqueness and living your own way.

Points to be aware of, when you cloud your aura, shrink your energetic frequency or being out of alignment with your energy type:

You will tell everyone to 'F off' and go your own way; you could end up being a loner with few / no friends or connections.

You shut down from your own power; you will become a people pleaser, follow the crowd, play small.

You ignore your intuition and look to others for approval. Your intuition is your magic. Others may not understand - trust yourself.

You are the only one who will limit you! You don't need to fit in, you are your own kind of weird! let go of the fear of judgement of others. This is who you are and who you were born to be, they just can't see it yet. Don't be afraid to own this gift!

You see rest as inconsistency; it isn't; you need rest, take it and see it as vital for your energy & creativity. In these down times, you will receive the next inspired idea. It is not laziness.

Feeling you have to complete projects; you are the initiators, the kickstarters. Start the project & hand it over to others to complete while you go for the next thing.

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Strategy, Authority, Signature & Not Self Theme.

As a Manifestor, your Strategy is to **TO INFORM**

As you receive the urge to do something or not, inform others of your decision, of what and why you are doing this.

The 'informing' will come after your decision has been made (using your authority).

Find freedom by informing others; keeping people in the loop of your thinking and knowing will help you be more understood.

As a Manifestor, your Signature feeling is **PEACE**

This is the feeling you will feel when you are living in alignment with your energy type.

You feel 'peace', that all is good. You are living authentically as you, in your truth of expression and experience, your uniqueness.

You are allowing yourself to dream & innovate & create and go for it.

As a Manifestor, your 'not self' feeling is **ANGER**

This is the feeling when you know when you are out of alignment with your true energy, your purpose & path because you feel angry; you are likely to be feeling caged, trapped, restricted and not able to be your true self. You know you are not living in alignment with being a Manifestor, who is born to go first, to lead, to experiment.

When you feel angry, blocked; STOP what you are doing and re-align yourself with your energy, ask your SPLEEN questions until you can get yourself back on to your path; what do you need? what do you feel is right? what do you know? How can you find peace?

Note: The importance of this is being aware of your emotions & feelings.

Slow down and take notice. We can be so busy doing - we forget to feel and know if what we are doing is what we are meant to be doing.

Allow yourself to anchor in to your feelings. Start tracking your feelings; how often do you feel 'Satisfied'. What has lead to feeling this way?

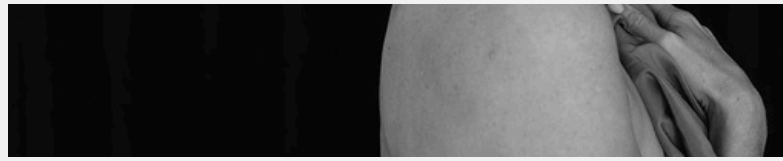
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energy type - REFLECTOR



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Your Energy Type: REFLECTOR

The most rare of the energy types, with a very small percentage of the population (1%) being a reflector this is because all your centres are open or undefined, meaning you will absorb all energies around you. Reflectors are literally the mirrors to us all, reflecting back the energy that they feel from us. You are the magical unicorn of this lifetime! This is why you may feel that you have always been different and unique and that is because you are. This is a giant permission slip to be different!

However, with all these undefined centres, it can mean you feel exhausted when around lots of people or just a few people with a lot of energy. When this power is used incorrectly or held on to, it can make you very ill.

Reflectors have the potential to be incredible leaders and visionaries from their intuition.

Awareness is critical, self awareness is crucial for your sanity, wellness and ability to thrive, so that you can filter out the energy you feel from others and release it so you can be true to your own senses, feelings, thoughts.

This is a real superpower when you are aware of it; to absorb & reflect back what you feel; connect & feel the wisdom from your intuition, share your insights as this can be transformative and karmic for those around you.

Be aware of your environments & circles, create them or find them. You are naturally gifted at 'holding space' for others. Allow yourself to be a chameleon. Honour this gift about you & allow yourself to keep changing.

Trust your inner knowing & sensitivities, turn on your spider senses, feel what you need, feel what others need.

While you take on the energies, feelings, thoughts of others, you still have the power to choose your own energy.

Be aware of your channels & gates and use these as your skills and insights in to your natural personality.

Time alone, rest & sleep will be very important to you, this is how you will recharge & release the energies you have taken on from those around you.

You will be in your highest vibrating frequency, when you use the energies you absorb for good and when you become a master at energy clearing, when you have clear boundaries and are able to uphold them.

Points to be aware of, when you cloud your aura, shrink your energetic frequency or being out of alignment with your energy type:

- You may find yourself comparing yourself to others. Become a master at filtration! Keep what feels good, release everything that doesn't.
- You may feel conflict as you feel you can do & be anything, a real chameleon as you absorb the energies of those around. Try it all on, follow your strategy to wait a lunar cycle to make informed decisions.
- Recognise who you spend time with will be important.
- You may feel overwhelm & even anxiety from not knowing who you are when you aren't around other people.
- You may find you get ill frequently, this is a sign you are not cleansing your energy efficiently.
- Be aware of when you are succumbing to outside pressure. You do not need to give yourself a timeline.

Your Emotional Guidance System is your Strategy, Authority & Not Self Theme. This EGS is your GPS for Life!



Strategy, Authority, Signature & Not Self Theme.

As a Reflector, your Strategy is to **TO WAIT A LUNAR CYCLE**

As a reflector, it is important you give yourself TIME when you are faced with big decisions. This is time to allow yourself to go through all the emotions, feelings, thought and energies and discover what really is your truth. Use your defined gates & channels to help you come to your decision. Let the answers 'reveal' themselves rather than you try to find them.

You do not need to give yourself a deadline or a timeline to make a decision. You may find that if you make impulse decisions that feel good in the moment, because of who you are with, you may find yourself in regret.

As a Reflector, your Signature feeling is **SURPRISE**

This is the feeling you will feel when you are living in alignment with your energy type.

You feel 'surprise', or delight or wonder, then all is good. You are living authentically as you, in your truth of expression and experience, your uniqueness.

You are allowing yourself to experience life, go with the flow and allowing the magic to reveal itself. Let the Universe blow your mind!

As a Reflector, your 'not self' feeling is **DISAPPOINTMENT**

This is the feeling when you know when you are out of alignment with your true energy, your purpose & path because you feel disappointed or let down; often when you have made rash decisions and not allowed yourself the space & time for the right answers to be revealed. You know you are not living in alignment with being a Reflector, who is born to absorb, take wisdom, lead from a place of deeper understanding.

When you feel disappointed; STOP what you are doing and re-align yourself with your energy, ask your self questions until you can get yourself back on to your path; what lead to this disappointment? have I been rash? do you need? what do you feel is right? what do you know? How can you find surprise again?

Note: The importance of this is being aware of your emotions & feelings.

Slow down and take notice. We can be so busy doing - we forget to feel and know if what we are doing is what we are meant to be doing.

Allow yourself to anchor in to your feelings. Start tracking your feelings; how often do you feel 'Satisfied'. What has lead to feeling this way?

Allow yourself to ask - how will doing this make me feel? Satisfied & good or Frustrated & not good?

Will it expand my aura, make my aura attractive, put the best energy in to what I am doing?

You cannot be expanding your aura at the same time as shrinking it!

These first parts of your Human Design (Energy Type, Strategy, Authority) are the most important and valuable when it comes to living in alignment with your HD. Practice and understand these before moving on.



enjoy your HD

There is no 'good or bad' , 'right or wrong' Human Design.

Your chart is no way meant to limit you, but here to expand you, allow you to live in alignment with your true energy, to live in integrity & authenticity of your very being. This is here to help you understand & utilise your gifts to maximise your potential.

Remember:

This is a reference point, a map to understand yourself. Try new ideas on, use your authority & strategy, your emotional guidance system to determine what feels true to you.

Enjoy your Energetic, spiritual journey with Human Design & if you would like me to do a full interpretation of your chart to amplify one or more areas of your life, please contact me ali@xoalimortimer.com

Hi! I'm Ali

As well as being the the founder of XOAliMortimer brand, Coach & Mentor, I am a mum to two teenage boys, wife to James, dog walker to a crazy little spaniel, property developer & luxury holiday home owner, a Human Design Generator with a sacral authority with more energy and creativity than I sometimes know what to do with!

I'm a mentor to the women who aren't afraid to want more from life and in life! And I will lovingly call you out on the BS stories that are stopping you access all the abundance & joy in your life!

I help women create their dream day and their dream life with flow, ease and fun, believing that joy is created on the foundations of peace, health and amplified by love & bigger dreams!

7 years ago, I sat with a blank sheet of paper in front of me with the words - *my definition of success is:*

A year before, I had been I sat numb in front of a doctor who diagnosed me with Clinical Depression, PTSD, insomnia and an eating disorder. A year later, having refused a cocktail of medication, I had healed myself happy through holistic methods and now here I was, living the most joyful life, one I thought would take a miracle!

I took a deep breath & wrote the following. Success is...
To love what I do. To love who I do it with. To love who I am when I do what I do and who I am with.

I began to walk the path of love every day, with intention. Every choice, every decision was passed through this filter of love. *Do I love doing this? Do I love being with this person? Do I love myself in this moment?* In walking the path of love, I found a new way of living I loved and a new version of me I loved.

And it is in our choices and the way we make decisions that leads us to a life of success, of joy, love, peace & happiness. It's all yours. Endless, abundance amounts of it. You just have to make the decision to choose it. You just have to choose to walk the path of it, every day.

So take your blank sheet & ask yourself - what is my definition of success?

Much love

