

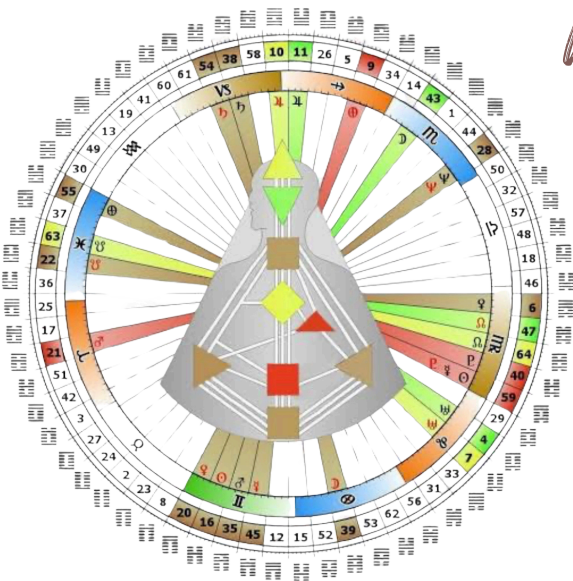


# Human Design

## MASTERCLASS



*Supporting you and your kids to live with more flow and expression*



### *What is Human Design?*

Human Design is a combination of

- Astrology
- Gene Keys
- Kaballah Tree of Life
- Hindu Chakra System
- Chinese I'Ching

It gives you an amazing blueprint of your energy type, strengths, challenges and themes that will come up in your lifetime.

### *Why is it important?*

Human Design is like an instruction manual for your life.

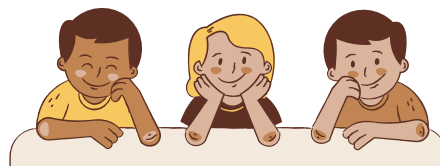
When you know how you are designed, you can move through this life with more flow and less resistance.



# How can knowing my kids Human Design Help ?

"I just don't know what makes them tick! They are so different to me/us/their siblings"

This is because we are all designed differently and uniquely. We have all been given the themes, gifts and talents to live out our purpose. If we were all the same, how dull it would be!



When you understand all 5 Human Design Energy Types, you can understand the role you and your children have in the cosmic plan.

When you understand your child's Human Design, you can better support them to be the best and brightest version of themselves.

They can be their fully expressed selves with less resistance and more flow.

## Understanding the Energy types



- Are here to get things started.
- Their strategy is to rest, allow the downloads or creative urges to come, inform and initiate.
- They are the only type who can initiate and it will work out *most* of the time.
- Resisting their urges can get them out of alignment.

## Parenting the Manifestor Child...

- Manifestor children are designed to get urges/downloads and go for it. They are naturally self directed.
- This is challenging for parents as this can seem dangerous and frightening, and they will want to control to keep them safe.
- They are little energetic hurricanes when their creative urges hit and won't like being disturbed.

## Manifestors cont...

### Challenges of Parenting a Manifestor child...

- They may lie about what they are doing out of fear of thinking you'll stop them.
- Anger is their not-self theme. Help them to process this in resourceful ways.
- They want to do what they want to do and this can feel dangerous.

### How to Support your Manifestor Child...

- Teach them to inform really early. This will take time as it will not come naturally to them, but positive reinforcement of informing will help them immensely in the future.
- Encourage their creativity and allow them to act on their urges. They are made for greatness and impact!

## Generators

- They are here to build, work and create in RESPONSE.
- They become the masters of their focus.
- They will have energy to burn when their sacral is lit.
- Important they find the right work for them.

### Parenting the Generator Child...

- They are creative and will have energy! Encourage them to use it!
- If an emotional Authority, give time and space between responding and the doing.
- Nurture their hobbies and what lights them up. This is what they are here for.
- Encourage sacral sounds.

### Challenges of Parenting the Generator Child...

- Pushing them to respond to things they don't want to (eg, the math test)
- Bedtimes can be challenging. They are designed to wear out their energy. If they're not tired, they won't sleep. Alternatively, if they are sleep deprived, they can act out as well.

### How to support your Generator child

- Ask them yes or no questions, allow their sacral sounds.
- Nurture their hobbies and what lights them up. This is what they are here for. If Emotional Authority, time and space before investing is best.
- Encourage sacral sounds.
- Make sure they are tired when it's bed time. Try to find their rhythm and work around that.



## Manifesting Generators



- These kids are multi-passionate and have sustained energy in RESPONSE.
- They change direction quickly, and are not designed to finish everything they start.
- Here to be inventive/creative and find the quickest way to get things done.

### Parenting the Mani Gen Child...

- These kids are busy busy busy! They will be creative and start lots of things but not always finish them.
- Allow them to respond to things, but don't be too invested in them finishing it.
- Get them to start with the end in mind.
- Physical activity will help them burn off their sacral energy.

### Challenges of parenting the Mani Gen Child...

- Attachment/pressure to finish things. Know that they will stick to the right thing for them.
- Their creative process is sometimes difficult to articulate, causing anger.
- Teaching them to inform like a Manifestor and Respond like a Generator. It's a tricky balance .

### How to Support your Mani Gen Child...

- Physical activity, burning off their sacral energy and going to bed when tired.
- Allow them to not follow through on everything they start. They should not finish what doesn't light them up.
- Allow them to do many things. They may seem like they lack attention to detail, but they are here to find the quickest way to do things. Don't over correct and be curious about their process.



## Projectors

- Here to guide and manage others.
- Needs to wait for the invitation to share their knowledge.
- They can see the potential in others really well.
- Intuitive and insightful.
- Energetically sensitive and prone to burnout.



## Projectors cont...



### Parenting the Projector Child

- The Projector child will always be wanting to tell you their ideas and pushing their opinions, sometimes at inappropriate times.
- Know that they do not have sustainable energy and will need more rest. Tune into them and pick up on cues when they are over tired or over stimulated.
- They may need the energy of others to get started.

### Challenges of Parenting the Projector Child

- Managing friendships can be tricky for projector kids. They can fall in love with people's potential, not for who they are being. Teaching them to like people for where they are at is important.
- Teaching them to wait to be asked for their opinion and insights can be difficult for a child, but this will help them to be seen, heard and recognised later.

### How to support your Projector Child...

- The best thing you can do for a projector child is to recognise and acknowledge them.
- Practise asking for their opinion because they will probably have some amazing insights.
- When you ask for their insights and opinions often, they will not feel the need to force it on others. They will feel seen and heard.
- Flat time before they are tired. A good routine around this will help.

## Reflectors

- Reflectors are 1% of the population
- They are rare and special, with the gift of reflecting back the health of the community they're in.
- They are very sensitive to their environment, so is important they surround themselves with people in places that feel good for them.

### Parenting the Reflector Child

- Reflectors are lunar beings and are very effected by the moon, earth and planetary transitions.
- They need to wait a full 28 days before committing to decisions. Allow them the time and space to do so.
- They will be very chatty, as they need to talk things out to reach their best decisions.
- It is important that they feel good where they are.
- Can be clingy due to all their open centres, especially their G and Spleen.

## Challenges of Parenting the Reflector Child

- Their clinginess. Just know that they are so effected by planetary, lunar and earthly transitions, they will cling to you for stability.
- Talkative. This helps them to work things out but may not always be at the appropriate time.

## How to Support your Reflector Child

- Stability and consistency is important for them to feel safe.
- Feeling good is their authority, so it's important to take their feelings into consideration when making big moves, eg schools, houses, neighbourhoods etc.
- Reflector kids are going to reflect whatever is going on around them. If they don't feel good in a peer group, gently navigate them away to one that feels better for them.

## Understand The Profile Lines



### Line 1 - The Investigator

- Feel safe when they know ALL THE THINGS
- Need to give them time to investigate but don't let it take over.
- They need to feel prepared (truth is they're probably over prepared!)
- People will come to them for their investigator skills.

### How to support your line 1 child...

- Give them the time they need to investigate and research. This is their natural skill set.
- Make sure that they don't get too bogged down in the details. Give them what they need to feel safe but then get them to be present in the moment and have fun!

### Line 2 - The Hermit

- Naturally good at certain things.
- They need alone time to intergrate their experiences and learnings to feel vibrant and energised.
- The right people will call them out for their talents.

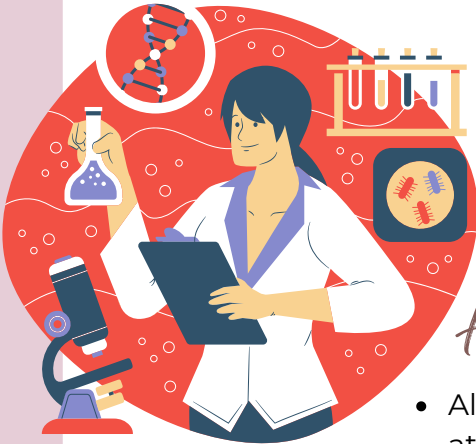
### How to Support your line 2 child...

- Natural gifts - keep your eyes peeled
- Allow them time alone to integrate.
- Don't let them get too shut in.



## Line 3 - The Experimenter

Anyone with a line 6 child also take note



- They learn from experience and experimentation.
- A lot seems to happen to them.
- There are no mistakes with this line.
- They might be afraid to start new things. This is an important part of who they are and how they learn.

### *How to support your Line 3 child...*

- Allow them to make mistakes, and don't add any extra attachment to outcomes.
- Try not to step in and "fix" things for them. Allow the trial and error process.

## Line 4 - The Networker

- They are very good at networking and getting to know people.
- They are designed to impact and get ROI on their community.
- They don't take to change very readily.
- They can be sensitive to criticism and fear of rejection.



### *How to support your Line 4 child...*

- Teach them reciprocity
- Let them know that rejection or criticism is not to be feared. Change their perspectives around this.

## Line 5 - The Influencer

- Very high energy, influential, forward thinking aura.
- They have a seductive quality they can turn on and off at will.
- They can be seen as a problem solver and a saviour.
- Highly projected line, meaning people project their "stuff" onto them.

### *How to support your Line 5 child...*

- Get them to use their seduction for good, not evil... lol
- Make sure they are allowed to set clear boundaries. This will help them later in life with some of the the projections that may come their way.
- Let them know it is not their job to "fix" people.
- Them being their own unique self is going to attract the right people to them.



# Line 6 - The Role Model

- 3 distinct but necessary phases.
- Birth - 28 like the experimenter
- 28-50 - What's it all about?
- 50-onwards - Living your best life and everyone is looking up to you to learn how you did it.
- Have a fairly strong sense of who they are and where they're going.



## How to support your Line 6 Child...

- Very wise and worldly
- Understand the 3 phases.
- See line 3.



## This really is the tip of the iceberg...

- AUTHORITY - How you make decisions.
- THE CENTRES - Defined and undefined. What energy you have consistent access to.
- Gates, Channels, Circuitry, Arrows, environments you thrive in etc etc...

## Let's be friends...

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The Expansion Project FB Group

Thanks for coming!



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