

HUMAN DESIGN FOR JAMIE L JENKINS

Jenna Zoe ([00:02](#)):

The starting point in human design is your energy type. We are actually all built to function very differently with different skills and different ways that our energy works, so we need to align with that rather than do things the way that the world tells us we need to do things. When we do, we create success and happiness with so much more ease and it's more enjoyable because it's the way our souls actually crave doing life. Your energy type tells you how you are built to operate and it's arguably the most important aspect of your design. Your energy type is a projector. Let's get into what that means. A projector has the gift of seeing things in a way that others can't. You are here to tweak, improve, and make things more efficient in the specific ways that only you are able to. Whether that's reading into people devising systems or designing new ways of doing things.

([00:50](#)):

Each projector has a special ability of their own. It's like being a bird up on a branch. You can see the lines and zebras trying to go from A to B, and because you have that vantage point, you can guide them to get to where they want to go in a better and more efficient way. You have the ability to gain a higher perspective and total clarity about certain specific parts of life and your purpose is to use that to improve and refine the way others do things. When your efforts are focused on guiding and making improvements, this is when you'll be your most successful and fulfilled. You'll be valued for what you see rather than what you do. Success comes from you sharing your insight with the world. The first step is to accept that your work looks different to the rest of the world's work.

([01:33](#)):

It's about seeing and not just doing. People won't value you based on how much or how hard you work. They'll value you based on how much you're adding to their lives. You are here to show, present, teach, consult, or guide others towards a new or better way no matter what your actual job title is. All projectors are experts at understanding systems and how they could work better. Every projector has a specific area or subjects that they see so clearly and those are the subjects they're meant to focus on and get so good at. If you're ever trying to figure out what those are, it's easy. They're the subjects that absolutely fascinate you. The universe made them fascinating to use specifically because they are tied to your purpose. Follow the areas of life you could learn about or talk about all day. Those are the areas you're meant to apply.

([02:19](#)):

Your seeing gifts to your fascinations are not random. They're completely divined. You are here to help us work and function better and it starts with you. Your system is built very efficiently so you can get done in three hours. What we've been taught takes us. Eight. You've been taught that overworking makes you important and successful, but you'll always feel depleted and unsatisfied if you fall into this belief. You can end up putting so much energy into something and not getting that much in return. You can have some level of success doing it that way, but still feel deep down that there's an easier way. You are here to unchain yourself from this obsession with productivity that we've all been conditioned with so that you can be a master at making the rest of the world more harmonious and efficient too. The more you're helping improve the way we live and work, the more successful you become.

([03:06](#)):

This is the formula you can rely on and bring yourself back to whenever you're trying to create your next level in life. Only share your gifts with people who want to receive them deep down, you know, have valuable advice and guidance that could help people and you've possibly felt this way since you were a child. However, you've probably also felt a time in your life when you've given someone advice you knew was valuable but felt it was unwelcome. When someone else doesn't have a desire or interest in what

you have to share, anything you say will literally bounce right off their energy instead of sinking in, so you may think you're helping, but if they're not open to it, it won't land. If you keep trying to get certain people to get it, you'll only deplete your own energy. Focus on sharing your guidance with the people who actually want what you've got because those will reap rewards effortlessly.

[\(03:51\)](#):

Make yourself available. Creating a successful career won't come from pushing and forcing. If you're ever trying to make stuff happen by reaching out, giving unsolicited advice, telling people what to do or controlling the circumstances, you'll only come up against resistance and blogs. Instead, you want to use your energy on creating a format for your gifts so that people can easily see and understand them. That way the right people who want them will come to you and ask you for them. Doing things this way will make success easy and effortless. Whenever you're feeling stuck, ask yourself, what can I do to make myself more available? Recognizing your own gifts and valuing them yourself is the first step to other people seeing them too. Think about your energy field as your billboard. When you are clear on your contribution and the value it has, it advertise you correctly no matter where you are, whether that's at the grocery store, at work or online, it's all the same as far as the universe is concerned.

[\(04:47\)](#):

Your battery may be smaller, but it's more efficient. Your energy level is perfectly built to help you with your purpose. Instead of being built to just output all day long, you are built to spend most of your time observing, learning, processing, refining and developing your genius. For this reason, life will require you to rest more often than you might have been told is normal or necessary for a successful life. You only need to share an output when there really is a need for it and when there really is a need, it will go a long way. You can be sharing all day when there isn't a need and it won't bring anyone any benefit. Pressuring yourself to keep up with others who you deem to be more powered up than you will only exhaust you and keep you out of your genius, which happens in the observing and processing times and when seeing is so on point, not only will more people recognize it in you, but when it comes to sharing it, it will bring so much more value and take you so much further.

[\(05:39\)](#):

Trust that whatever your skills and gifts are, the universe place them in you for a reason to make the world a better place. So just because you're seeing comes easy to you, don't ever doubt that it's worth its weight and gold if you share it higher mind intuition, you're a very rare type of projector called a mental projector. Your mind which governs ideas, opinions, and points of view is the dominant part of your chart and where your intuition lives. You have the capacity to transcend regular ways of processing our lives and to see things in a higher different way. Making decisions. You'll know something is the right thing to do when it makes sense to you, regardless of whether it makes sense to other people. When something is obvious or clear or feels like it just clicks into place for you, that's the right decision.

[\(06:23\)](#):

You resonate with that thing because that's the thing that's right for you. A big part of being a mental projector is backing yourself and what you see clear as day. Even if others don't get it or agree, you have a unique point of view on the world, which is not about right or wrong by anyone else's standards or relying on what the world tells you your viewpoint should be. You are here to form your very individualized opinion on things, so you need to hold strong to your unusual ways of seeing and understanding things. It's not about what makes sense, it's about what makes sense to you. Soaking up all the information. Your sensory perception is very strong because below your throat, your body is wide open, which means you easily pick up on other people's fears, desires drive their motivation, their emotions, loves and pressures.

[\(07:09\)](#):

It's like when you read the room except you are reading the whole of life. When faced with a decision or choice, take time to soak in and collect all the intel from the outside world that could influence a decision and go with the root. That seems like the natural progression to you. You have a unique way of seeing the world and the decisions you make have to be ones that demonstrate that even though you may recognize you're super strong in your mind, you may have undervalued your power of being sensitized. That is picking up on so many energies that others don't. This is because those energies are here to give you information so the feelings feed the mind. Don't discount either of them. It's not one or the other for you. Sensory perception and mind work together. Your strength is not to use your mind to predecide what is right, but to assimilate all the intel first that you can using your six senses and then use the mind to make decisions based on everything you've picked up on.

[\(08:04\)](#):

So this is not about making decisions based on preconceived notions, but gathering all the info first and letting it form the obvious conclusion to you. Your personality is exemplary human, also known as the six two. The first number describes the way you see yourself and the second number is the way others see you. It actually serves us to have our own internal world that's not so obvious to others and an external side of us for the physical world. Let's get into each one and how they come together to form your full personality. Six, the wise sage. The sage is someone who's born with innate wisdom. You come into this world already wise to life, but for your first 30 years, your connection to your inner wisdom takes a backseat. As you try to establish yourself, your goals and your direction in life, you experiment with putting your energy into lots of different places, people and opportunities, and this is an important process, but you come to the end of your twenties, you usually want to be more selective about what you put your energy into because you know what will reap the rewards you want and what won't.

[\(09:03\)](#):

You start to want to make things feel a little bit more peaceful and settle for yourself, keeping all the good parts of life that you acquired and getting rid of the rest, which is now just noise to you that pulls you out of yourself. It's usually at this time in your life that you realize, wow, I actually am really wise and intuitive and I don't need to look outside of myself so much as I used to. The path of this age is about not getting caught up in the external world and coming back to your relationship with yourself and relying on that as your source of wisdom from within rather than giving your power or validation to others. The journey of the sage is that others are meant to see you as a role model, but you must be the first person to see yourself that way in order for that to happen.

[\(09:40\)](#):

You will always feel insecure whenever you're placing too much focus on what others are doing and thinking, but when you feel settled in yourself and tune out the noise, you'll reestablish that connection to your natural wisdom. This wisdom is helpful of course for your own life, but it's also imperative for the way that you'll be guiding, sharing and showing up for others. As long as you create time and space to hear what you already know, you will naturally be seen as someone who others look up to for guidance and wisdom to the natural you come across as a natural, which means there are certain things you seem to be effortlessly good at without really knowing how you came to be good at those things or being able to describe to other people how you do it. There's a pressure in this world to validate or explain how you're qualified to do those things, but don't bend to that pressure.

[\(10:23\)](#):

In fact, the more people like you are honest about how it comes easy to you, the more we'll actually realize that we don't need to earn things. As much as our society's told us, coming into your genius is not

about learning from the outside world. It's already in you without you really knowing how it got there. When you're doing these things that come easy to you, you slip into this zone where your gifts just seem to come out of you. There's an unaware quality in doing what you do almost as if it happens without you consciously making it happen. In this way, doing your gifts is quite an unconscious process and takes care of itself as long as you've created the time and space we getting in the zone as possible. However, since it's an unaware process, it's usually easier for others to spot your genius than it is for you.

[\(11:05\)](#):

So naturals tend to require feedback from the outside world to figure out what they're good at. When you're in your zone doing your thing, you don't like to be disturbed or interrupted because you need to be fully devoting yourself to your craft without being thrown off track so there is a little bit of a hermit side to you as it's only through that that you can develop your gifts to their fullest. When you do find yourself feeling disturbed though, you can reframe it by remembering that people aren't usually trying to disturb you on purpose and also communicating clearly to them. When you do want to be in solo mode, when the six and the two come together, the six two is about becoming the kind of adult that your child self would've wished existed. You are born to become your dream human being instead of needing anyone else to be as a child, you are already an authority and super wise you have naturally high standards, big goals and beautiful ideals.

[\(11:53\)](#):

You stand above trivial things and have a gifted ability to just handle things. These all make you the perfect person to be an exemplary human. You like to focus on depth and meaning and when you own that, you get aligned, so don't let the trivial and irrelevant sides of life bog you down or waste any time judging them. Being a six two is about focusing your energy on seeing how high you can go. Don't let it be wasted on where you think others are falling short because this will only bring you into your not self. Remember this life is about really fully shining and being extraordinary in yourself, not compared to anything else around you, but compared to your inner ideals. Because you have very high standards since you were a child, you probably looked around you and thought they could be doing this better.

[\(12:35\)](#):

This life is about actualizing the excellence that your mind dreams of because you're so proficient, it can lead you to doing it all and wondering why others can't keep up. This will lead you to feeling frustrated or wondering why you even bother. Resist giving into these thoughts because this is the area of your life that you need to learn acceptance in. Instead of giving into frustration, realize that others are gifted in different areas. When you think why bother or what's the point? The point is not about other people's reactions. The point is about you meeting your own ideas of self regardless because you're so proficient and such a perfectionist, it's also important to resist feeling superior. The downside of being a perfectionist is that you can also be your worst critic, so on the one hand you know that you have the potential of being extraordinary, but on the other hand you can question it incessantly.

[\(13:22\)](#):

There's also a part of you that is resistant to fully allowing yourself greatness even though deep down you know have it. The first 30 years of your life can be particularly confusing because of the trial and error phase, which can make you question yourself unnecessarily. Remember that those trials and tribulations are only there to give you wisdom and not because you're flawed. Know that the questioning is simply a nudge from your soul to keep you raising your own standards higher and higher To go above and beyond, keep in mind that what reassures you is doing things that confirm to you that you actually are really capable and gifted rather than allowing your mind to think too much about them. It's in the doing and being that you feel good about yourself, not in the thinking and analyzing. There's a delicate

balance between taking on enough that you feel effective, inspired and powerful and taking on too much, which is when you'll start to feel like all these responsibilities you signed up for are burdensome.

[\(14:13\)](#):

Watch that you don't blame other people for pressuring you or needing you when it was a responsibility that you signed up for in the first place. There's a dichotomy between the two in you, which in you shows up as an unconscious uncertainty and the six which is eternally optimistic. You can tend towards micromanaging, which in itself is not a bad thing. It's just about using it in the right times and in the right ways. You find you can only delegate. Once you feel that person has shown you that they're trustworthy in relationships, it's important you don't focus on where others are falling short and don't make assumptions about why they're doing so. You might also try to be always improving others. Watch that you only do it from a place of love rather than a place of and control. You are here to become your vision of the best human you can be and in doing so, show us all how much better we can be too.

[\(15:00\)](#):

Your strategy is the way you make things happen in your life, how you go about making your dream life real. How you manifest the world has taught us that we have to push and force things to happen, but you have a unique way of drawing your dreams to you that will feel much more useful and fun. Plus, it will actually get you so much quicker results when you do it because you're doing it in the way that you're meant to be doing it. Your strategy is being invited. You are here to guide people towards good and better things, but first you have to make sure that the people you're about to share your guidance with actually want to hear it or receive it. You've probably given unsolicited advice before and found that it doesn't really lead to good things on either side. Maybe people shut you out, call you bossy or you're left feeling unappreciated and undervalued.

[\(15:42\)](#):

You wonder why other people just don't get it. You've probably been aware that you know things or see things in a certain way that could help other people since you were a child and it's normal to want to share these things, but not everybody wants to hear or is ready for it and it's not your job to make them. If you're here right now, there are plenty of people who do want to benefit from you guiding them. You just have to turn your light on so that they can see it before they ask for it. Turning your light on is about recognizing what it is you see so well that others don't. What specific take you have on something existing or what niche subject you understand so clearly that others don't. Being invited can be as over as an offer or request for your services, but it can also be more subtle like someone asking a question where underneath you can kind of sense the tone of being interested, but maybe they're too shy to ask you outright.

[\(16:27\)](#):

Either way. An invitation is when a person sees what you have to offer and genuinely wants to receive it, the number of invitations you receive is directly correlated to one, how much you recognize and own the value that you bring to the table. Others can't recognize that you know things unless you emit the vibe of a person who's secure in their gifts. Let's say you're an artist and you're wanting people to buy your art. You have to create your art first for people to see it and then buy it or at least have examples of what your art looks like. The same goes for being at the very beginning of a business. Say you're wanting to be a health and wellness expert. Start sharing your tips on Instagram to arouse people's interest. If this is an aligned career for you and you're bringing forth a new take on it, people will start asking you questions or wanting advice.

[\(17:08\)](#):

HUMAN DESIGN FOR JAMIE L JENKINS

This is an invitation two, how available you're making your gifts. You'll want to make sure you have a container or structure for the advice you're offering, whether that's a list of services or one-on-one session courses or creations. You have to make sure that you have open channels that people can receive your gifts and skills through so that it's clear to them what they could get. Your sign is the feeling you have when you're living a design. It's a NOFA way that the universe can signal to you that you're on the right track. When you're using your energy correctly, you will always feel your sign come up in your life so you never have to do any guesswork to know whether you're in alignment or not. Your sign will be there to show you. A projected sign is success because your purpose is to improve the way we live in your own unique way.

[\(17:52\)](#):

When you're doing that, there is no way you can't be brought success in your outside world because the more value you provide to the world, the more the universe will place you in positions where you can continue to guide and serve in an even bigger way. Projectors are obsessed with success and being successful, but that is your soul telling you that you know that's where you need to be. Don't ever judge your desire to be successful. Sure, there's a negative way this can look. For example, believing it makes us better than others or believing there's not enough to go round or believing. You have to take it from others, but there's also a positive way this can look wanting success because for you that's fun and that makes you feel like you're living life to the fullest more than anything else will the not self is the feeling we get whenever we are not living.

[\(18:39\)](#):

Our design life gives you this not self feeling so that you can always tell when you're getting off track so that you can then redirect quickly back to using your energy the way that you are meant to. A projectors not self theme is bitterness. This can show up as irritation or judgment over others. Spending too much time focusing on what's wrong harboring even low grade resentment, whether it's specific people or at life in the world in general. Here's how this can sound in your thoughts. Feeling jealous of other people's success, thinking well F them, I don't need them or like them anyway thinking they should be doing it this way thinking they're not getting it or they're dumb, could be a screw you or screw that kind of mentality. Thinking over and over about other people's thoughts and shortcomings, thinking about what you or others should have done instead, all these kind of thoughts are your condition thoughts which are not the real you when you indulge in them.

[\(19:34\)](#):

They literally pull you out of your lane because it's using those special seeing gifts but in the wrong way seeing with the need to feed your insecurities rather than seeing in a way that helps you serve and give you are living your purpose when you're bringing improvements to the world in the way you're designed to, the bitterness can creep up when you're focusing on too much other stuff such as all the things that displease you about life, all the things that feel wrong, all the things you can't change or control and shouldn't be concerning yourself with or things you think you can't change but actually you can. Noticing something negative is good when it can prompt you to come up with an improvement, but it will drain your energy levels, enjoyment of life and success when you spend too much time mulling in it. This is the bitterness, but if you take the information that it has to offer you and move on, you can redirect your way back right to success

Speaker 2 [\(20:25\)](#):

Gift five, marching to your own rhythm. People with this gift have a strong internal sense of their own rhythm so they can't fit into the world's timing and schedule. If they do, it's a disservice to everyone.

HUMAN DESIGN FOR JAMIE L JENKINS

Your body has its own sense of when it wants to do certain things. Even if that's unconventional, you have to honor it because making sure things happen in the best way is how you do them and when you do them. There is such a thing as divine timing, meaning if you listen to your internal clock, you'll do things at the best time. When you send the email at 10:00 PM because that's when it feels good to you, people will receive it at the time that elicits the best possible outcome for all. You activate the highest synchronicities and things lining up when you do and because of the little moments of hitting the bullseye with your precise actions, your life will line up so much more seamlessly than if you try to work from nine to five or sleep at 11 or anything else you've been told was right. Trust your body's internal clock gift 10 a

Jenna Zoe ([21:32](#)):

Love of life with this gift. You came here to fall in love with life and then to share that love of being alive with others. That could be overtly sharing it or it could be that you just let that Jo de ViV spill out of your pos in everything you do which brings others closer to theirs when they see it. Whatever it is you do in this life, it will be more successful if it's done with a joy of living with remembering that getting to be alive is the best gift of them all. You are here to be the ones who no matter how heavy or dull or hard or mundane life seems to be, you can see above the clouds and remember the truth and then bring a taste of that truth down into the mundane so that it becomes a little more special for you and everyone else.

([22:19](#)):

As with most gifts, you probably start off life feeling connected to this love of life, then lose that connection with it somewhere along the way and have to go on this journey of reconnecting to it in an even deeper, more intentional and more integrated way. It's a journey that you have to go on because it transforms you and that transformation that you go through is the thing that makes your love of life so magnetic and palpable. It is the thing that makes you truly appreciate life in such a true deep way, so don't ever feel like you're failing if you go in and out of loving life because every time you fall out of touch with it is life's way of bringing you to an even deeper love of life than you had before. There are always new heights you'll be able to reach. Give 13 listening and collecting stories With this gift you innately come across as a great listener and make other people want to open up to you and tell you things without even knowing why.

([23:16](#)):

This is because you're here to absorb all these tales of life experiences, glean insight from them and turn them into wisdom. We can learn from. When you're out in the world, you're naturally just collecting information about what people are doing thinking and going through these words and experiences teach you things and your gift is that you draw conclusions or patterns or life lessons out of them which you can then use in whatever roles you have in this lifetime. Your wisdom you create from this helps give people direction. It makes them smarter and wiser about who we are and what we could do or should do. It's important that you make time to actually process those stories because that's what your magic is, so don't ever feel bad about indulging in your love of analyzing all news and stories that come your way and pique your interest.

([24:02](#)):

You are built this way because it's part of your purpose. Gift 14, expanding the good in others' lives. People with Gift 14 have this expansive energy to them where they know how to create success and bigness for other people or increase what's already there. It's likely that everyone who spends time with you up close has either become wealthier, more successful, more spiritually conscious, or all three for you. Making others bigger in the parts of life you're passionate about is easy. Sometimes it even happens

without you trying to, you magnify everyone's potential. If you want success, focus on creating it in others, in making others well-equipped for a great life in any way or ways that you're gifted in and it will come back to you in spades. The more you expand the quality of life for others, the less you will ever have to worry about your own abundance and thriving.

[\(24:55\)](#):

Give 23, communicating with Clarity. With Give 23, you have an ability to explain things in a simple and cool headed way. It's not about outside facts nor about feelings. It's about your intuitive grasp on the truth of things and the fact that you know how to say it in a way that gets other people to get it too. To flex this gift to the max, cut the fluff both in your mind and your words. Take time to sort out your own thoughts first and then express the essentials in the simplest forms possible. Don't share when you are triggered or heightened or reactive and certainly don't ever add in any fluff to your conversation. Keep asking yourself what are the important parts here? Your communication shines best when you stay very clear, cut, unemotional and detached from feelings. The real gift is that when others are searching for clarity and answers around a certain subject, you provide it and land it within them and all of a sudden it seems so obvious.

[\(25:55\)](#):

It's a quantum leap of clarity and knowing that you provide gift 25, embracing life with childlike innocence. People with gift 25 are people who naturally know how to embrace life with a youthful attitude. Tapping into this gift is about getting rid of the conditioning that you need to come across as super grownup or that you've got it all handled and tapping back into the wisdom of a child's mind, looking at everything as if for the first time and therefore soaking up all the wonder and awe that you can feel when you do that. Knowing that nothing is the highest wisdom there is, there's a special kind of power and freedom in looking at a tree as if you've never seen a tree before. Not to mention it's an attitude that gives you so much levity to your life. You are here to show us that there's a way of moving through the world like everything is new without the baggage of the past and helping others remember that there is wisdom in not needing to know everything.

[\(26:51\)](#):

With Gift 25, there isn't anything for you to actively do. You are simply someone who when you're 70 years old, people are going to see you as moving through the world in a really youthful way. It's a gift that you may not be able to see so obviously in yourself but one that will show itself to you the more your life moves on. Just refuse to let life weigh you down at every turn. Choose levity, choose innocence and choose playfulness. Give 26 tailoring your message. Give 26 knows the right way to communicate something in a way the person hearing it will really get it. If you are telling 10 different people the same message, you have the ability to phrase it differently each time so it's best communicated for each person to receive it. This is salesmanship at its purest essence. The negative way to use this gift is to be a pushy salesperson and the correct way to use this gift is to say, if I have a sense that you need something, I'm going to actually help you get in touch with that sense that you need it yourself.

[\(27:50\)](#):

With the words that I use and the way that I express it, you have the ability to meet people at their energy and perspective and help them see something that they don't see yet that they need. Although you have the ability to sell something, the key is to focus on helping someone create the demand or feel the desire for that thing within themselves. Gift 41, seeing all the future outcomes. These are the people who can look at a situation and see every single potential outcome that could come out of it. Not everyone does that. You may think that they do, but it's a truly special thing about you. Don't let yourself get too irritated by the fact that other people just don't see what you can see. It's not that they're stupid,

they just don't have that gift that you have and so you having that is of huge value to others who don't and that's a way that you add value to their lives and because you have that gift, you're meant to lead us or point us towards the outcomes that are favorable and beneficial and away from the ones that aren't.

[\(28:47\)](#):

You steer the ships towards the desired direction because you can see all the roots and all the possible directions. Your mind is literally like a probability computer. Use it to your advantage to make every area of your life better. Gift 42 intentionality. Gift 42 is thoughtful and intentional. You are not the bull in a China shop when you need to get to a goal. You like to make sure every part of the mix is actually aligned and helpful to where you're headed. If it's not, you cut out the extra fluff that is superfluous to the process so that the process itself becomes tight, totally aligned and on purpose. You can tell what will actually reap rewards and what won't. If you're working in a company for example, you are someone who can be very good at if there's a room of people throwing around ideas, you can bring a bit of structure, order or understanding to what's actually going on.

[\(29:41\)](#):

You are the kind of person who steps up and says, we all want to solve this thing, but let's take a second and figure out why are we doing this? What's our motivation for doing this? Where are we headed? Gift 42 needs to know the intention behind something and where it's going in order to be incentivized to do it, so make sure that you always give that to yourself before you move forwards. Gift 43 Unique opinions and insights with Gift 43. You're someone who has unique opinions and insights. You have a very specific way of seeing things that comes to you easily. The way you see these things come so effortlessly to you that it's as if they're just blatantly obvious, but you having your specific points of view is necessary to your purpose. Formulate them, get strong in them and hold to them your flare on life, the flavor through which you see life is your value add.

[\(30:36\)](#):

Whenever you second guess your opinion, check where that's coming from. Is it from a fear that others won't like approve or get on board with it because ironically people will receive what you say the most when your resolute in your insights. Don't let the fact that others might not like it get it or agree with it, sway you from accepting it as valid and worth having gift 45, getting everybody on the same page when there's a common goal that benefits everyone. You are the person that can galvanize people and gather resources needed to get to that goal. It's an energy of being able to unify people's intentions and create the space for them to work harmoniously each one doing their perfect role so that everyone wins. You also see what's best for everyone involved, not just what benefits one person selfishly at a cost to others.

[\(31:25\)](#):

In this way, you're naturally here to ensure stability and peace between groups of people by reminding them of what's important and getting us all to go to towards it together. Gift 54, the drive to provide for yourself. With Gift 54, you are all about standing on your own two feet. You have a natural internal drive of wanting to provide a good life for yourself, wanting to be successful, wanting to do your thing. You have the drive to keep climbing the mountain towards the goal and to not give up and you enjoy the process of getting better at it and closer to it. You love the process of moving your life forward and all the little steps involved. This gift is not necessarily just about money or success, it's about taking care of yourself, doing the things that make you thrive, pulling your life up. The love of getting towards your goal is ingrained in you and it excites you to no end to you.

[\(32:17\)](#):

It feels like you're living in a movie and watching it unfold. This can also be drive to want to create children, to have a beautiful home environment, to create the life you imagine. You can lend your expertise on the process and the how to others as well to immense value because others aren't so gifted at it. In fact, most people are scared of a process. Tapping even more into gift and encouraging yourself to see the process as fun and exciting helps propel your life forward even more. Gift 60 intolerance for roadblocks, obstacles annoy you more than they do other people, and that's because you're the person who's built to not get discouraged by them, to not take no for an answer and to persist past them. It's actually great to let yourself feel fiery and intolerant when things appear to stand in your way. If you currently experience roadblocks and let them make you feel defeated or give up, it's only because you were conditioned to think that that's what you should do.

[\(33:13\)](#):

When you experience obstacles, they should make you feel powerless. You'll quickly remember though how resilient, gritty and powerful you are when you stand up to them and show up as if you are more in charge than the obstacles because you are, and this is a quality that can not only add so much value to any and every business or group endeavor, but also remind other people that there's nothing we can't conquer when we see that we don't have to give up Gift 63, a healthy dose of questioning and skepticism with this gift, you don't settle for taking things at face value. You have a healthy skepticism and are a questioner of the things we get told in life, whether that's conditioning, societal messaging or facts that come your way, so having doubts and needing an answer is a good thing because it pushes you to be the one that gets an answer for us all and also gets an answer for yourself and then you'll pull in something new.

[\(34:08\)](#):

Make sure that you're not using up all that questioning energy on questioning your own self abilities and worth. It's unhelpful there and can't produce anything good. That's not what it's there for. Divert it to the outside world and use it to push our world forward in the specific ways you're drawn to give 64. Concluding give 64 does not like to leave stones unturned or even turn up stones without then examining them. You are like the scientist who needs to see things through to the answer, to the end, to the conclusion just like we need people to start things, we also need people to conclude them or tie up the loose ends. This is what you do without even trying because not doing it is annoying to you. See that as a value because not everyone enjoys doing it much less knows how to. This could be tying up actual projects and creations, but also creating the conclusions in conversations and theories.

[\(35:03\)](#):

Most likely you're good at both and to be honest, when you are the completer, you are also the starter because every time you complete something properly, it sets the stage a great foundation for the next thing to begin. Every human lifetime has a different theme. Your life theme describes the main energy you're meant to bring into everything you do. It's called a theme because it's meant to run through all the areas of your life. The same mix of skills and essence will bring you success and alignment whether you're at home with friends at work, in the grocery store, when you live according to your life theme, that's when you know you're on the road to your purpose. So as far as the universe is concerned, your purpose isn't just achieved at work. The universe doesn't compartmentalize like that. It wants to see you sharing your specific essence everywhere you go.

[\(35:52\)](#):

When you bring your essence to the table, you signal to the universe and to people around you that you're being who you're meant to be. This is when people gravitate toward you the most when opportunities and synchronicities flood to you because you're simply being the person you came here to

be, so all the good things that are meant for you finally fit. Let's get into the theme of your life, the left angle cross of dominion to step in and take command. The big work you have to do in this lifetime is to claim your authority. There are things see and do really well and when you own them and use them, you will have opportunities open up to be in positions of authority in society, accept them, drop the resistance to stepping up. Others need you to do that because it also benefits them. Usually we think of authority as a bad thing because you've been taught to believe it makes us better, smarter or superior to others.

[\(36:44\)](#):

Reframe this and understand that if it's authentic to you, it's best for everybody else too. How your emotions function, your what we call a non-emotional in human design, being non-emotional means that your natural state is cool, calm and collected. You only feel things when something is happening around you that makes you feel a certain way. You might think, well, isn't this the case for everyone and the answer is no. 50% of the population live their lives on highs and lows that have nothing to do with what's actually going on in the world around them. It's like their background emotional setting goes up and down where yours is steady. Non emotionals are experts are picking up on what others are feeling because you don't have background emotions of your own and because you're naturally supposed to be a calm lake, you can easily sense emotional ripples from the outside world.

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Let's say someone walks into the room and they're sad at a level two out of 10, you'll easily pick up on this and it will feel like a six to you because it's such a contrast to your normal state. Ideally, you want to use this as your spidey sense because picking up on other people's emotions can give you so much information, make you so tuned into the situation and make you empathetic. You want to tune into what you're picking up on without taking it on yourself or letting it sway your own calmness, but often non emotionals either pick up on everything and take it on themselves or they shut themselves off from even picking up any emotions in the first place, so you either get called too emotional or not emotional enough. When a non-emotional is overly attached to feelings that come over them from the outside world, they mistake those feelings as being their own and end up coming across as very emotional themselves.

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So many non emotionals get called emotional by other people in their life because they're simply reflecting and magnifying everything that they're picking up on. The trick is to detach yourself from what you pick up on. There's always a reason why you might feel what you feel, so when you feel thrown off your calm, ask where or who did I pick this up from? This helps you use what you're picking up on to become wise about what's going on in the world around you whilst also creating some space between you and the emotion. Remember, you are not the emotion. In contrast, when a non-emotional has been taught to totally disconnect from feelings, it can make them feel very stoic and unemotional to be clear, non-emotional, still have emotions, so it's important that they recognize those and important that they tune into the emotions of others because it contains important information that's meant to make them wiser about life and about people.

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As a non-emotional, you can read people's states very well. Don't shut that gift off by believing that feeling is weak or bad. Sensing other people's emotions is a useful skill when you're able to clearly read other people's states, when is a good time to be around them or not say something or not bring up the thing you wanted to say or not, you can also help them become more aware of how they're feeling. Remember that if someone is feeling that two out of 10 anger, they might not even be aware of it,

whereas when you sense it in a six out of 10 way, you could be their mirror. Tuning into other people allows you to navigate relationships with those people in a much wiser way. Just to explain the contrast, emotionals often have poor visibility on how they're feeling, let alone how others are feeling.

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Because they're so mired in their own feelings, it's often difficult to step out of them. They need non emotionals like you to show them and help them navigate. Clarity is in the now. Since you are that clear lake, it's very easy for you to see things as they are. However, 50% of the world is emotional, meaning that their vision can be colored by the mood they're in so they can't always see so objectively with all the emotionals in your life, remember that they won't have clarity in the now moment. It's only when they've settled into a relatively neutral mood that they can see things as they are, so just remember that it takes them more time to be clear on their thoughts and feelings. Even though it's easy for you emptying out, you are a sonar picking up on so many things over the course of the day.

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In order to use this non-emotional gift properly, you need to be aware of all the signals you've absorbed from others over the course of the day so that you can flush them out and stay that clear sonar unencumbered by emotional interference from the outside world. Whenever you feel thrown into some emotion or reaction, whenever you get frustrated or down or overly swept up in any emotion, whether high or low, remind yourself that it's just what you're experiencing because of your circumstances. It's not you are either picking up on other people's emotions, in which case they're not yours to hold onto or you're feeling a certain way because a life situation has made you feel that, and that's completely normal. Either way, there's no need to attach yourself to those emotions so deeply. Create this separation in your mind of you and the feelings so that everything you pick up on doesn't stick around and continue to affect you.

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Let it wash over you and leave just as quickly as it came so that you can always return easily to your natural state without any extra stuff. We call this out. Your strongest sense in human design is taste, which means you're here to be a tastemaker of all the six senses. Each one of us has one that's dominant. It's a sense that when heightened makes you feel most alive. It's kind of like your love language with the world, with sense has its own language and when you speak your language, people receive your gifts the most deeply. It makes whatever you do more effective and valuable. You also absorb the information from the outside the best when you're taking it in through that sense, as the name suggests with taste, people want to hear your taste and things. You're a taste maker here to share your gift through the filter of the things you like and the things you don't like.

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What people unconsciously want from you is your curation of things. You sharing what you like, approve of and recommend with your gifts. There are so many ways this could look. Perhaps you just talk about what you like or you provide products and services to others that you enjoy yourself or you are the person consulting in someone's ear guiding their own creativity. It depends on your gifts and also what format you're drawn to, but the tastemaker energy behind it is what matters. If you're a big foodie, create a website where you recommend what to order at the restaurants in your city. If you're drawn to fashion, you could use that sense to forecast trends for a larger company or even share that online. If you work in product development, don't be afraid to make ones that you like because that will be the best way to serve your customers.

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If you work in art but there's a certain style you dislike, own that there's a reason behind it in your personal life. It's good to spend time getting crystal clear on the things you like and the things you don't. This is not silly and fluffy. It's the process of you developing a genius. If you spend hours browsing Pinterest for pretty pictures and feel guilty about it, it's time to reframe that. If you do it with the intention of refining your taste and celebrate that, it all of a sudden becomes a wonderful use of your time. Try not to be too flexible with your style and preferences. The more refined you can get, the better. There's no virtue in wearing what other people like you to wear or decorating your home in the way that's currently cool. Try to stay as individualized in your style and taste likes and dislikes as possible and find people who love and encourage that in you.

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Setting up your life, narrow down your definition of what in your life is a reflection of your taste and style. Anything that doesn't support that endeavor doesn't need to stay in your life because it isn't helping you live out your purpose. I'd even go so far as to say it's blocking you, whereas when you curate everything in your life so that it pleases you, it's like giving your body an energetic tuneup that will help you get in your zone of genius with so much ease because helping others create and have appealing things is your spidey sense. You have to do it for yourself first with food. On a literal level, taste is to do with food, so when it comes to eating one thing's for sure, it's bad for you to eat anything you don't enjoy the taste of. If you're ever trying to eat healthy, make a list of foods you believe to be healthy that you also enjoy the taste of and stick to that list.

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Don't try to eat things because you think you have that green smoothie for your health. Maybe you prefer to eat your greens cooked and that's actually a sign that it's a better way for you to eat them anyway. In short, you'll be most valued when you stand out from the crowd and share what you like and dislike. In doing this, you help connect people who feel the same way as you to towards things they didn't know were good or helpful for their own lives. When you dare to be individual, you're a beacon for others who are heading in the same direction, the right place for you. Your environment is simply an outside energy dynamic and essence that makes your inner essence shine. We all know that feeling when a certain place brings out the best in us. According to human design, each of us has a specific environment that enables our alignment.

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It's not that we have to spend all of our days there, but for sharing your gifts with the world. If you ever need to get yourself healthy again or are in a place, you really need to get back on the track of the universe's destiny for you. Honoring your environment makes you allow the universe's stream to come and carry you rather than you have to control the reigns all on your own. Putting yourself in your environment is getting the universe to work with you. If you are literally situated in an aligned way, you activate life's synchronicities. This is then what engages your gifts, which then helps you be in your genius. There's a sequence of things you are meant to notice in this world for the evolution of your own alignment and genius. Putting yourself in the right environment means you'll be in a place where you'll notice those things, so instead of stumbling into the right place at the right time, you can now put yourself in the right place and then watch the right time unfold before you.

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Right place, right time is important. Simply so that everything that is meant for you can find you. Life is already trying to make the very next thing you're meant to come across, come to you. Our work is to set ourselves up in places that make that a possibility. Your essence thrives in defined, contained spaces. Think of an enclosed space where you feel like you can truly be yourself. That's a cave. This could range

from your home to your favorite nook in your coworking space to always nabbing the corner booth. That's because with caves as your environment, you come to life when the spaces you are in make you feel protected, comforted, and there's a consistent vibe that you can settle into regardless of what's going on outside of those walls. Like many aspects of your chart, your environment is both literal and metaphorical. The literal is an actual enclosed space that you've cultivated or chosen for yourself.

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The metaphorical means if you are outdoors or in a place where there's a aware of activity, you'll want to choose the corner or nber spot where you feel able to get a lay of the land. You don't like to feel exposed and nor is it good for your system. So if you find yourself in a busy place, make your way to the area that feels the most settling to your system for you. A deep sense of safety and security translates into ultimate freedom, and this freedom makes your brain come fully online. Embrace solo time. Never let the world convince you that you need to put yourself out there or be more adventurous in order to thrive. In fact, when you feel exposed, vulnerable, or in places that feel way too open, your energy will likely contract or shut down. If that happens, just know it's not you.

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It's likely the environment you're in. Giving yourself permission to hermit a bit will open you up to synchronicity and seeing the right things, meeting the right people, and aligning with your highest path. You'll be shocked at how things literally come find you. Even when you're sitting still in a room. A blending of energies within your space is good for you. You are a blending caves person, which means as long as you're in a cave and you love the spot you're in, you don't mind who comes and goes. In fact, you might actually like the sense of coming and going because a blending of energies within your space is good for you. Consider hosting an open house or getting comfortable at your favorite table, in your favorite place and letting people come and go throughout the day.