

Scott Britton (00:00.788)

Erin, it's great to see you.

Erin Claire Jones (00:02.85)

So good to see you, so happy to be here.

Scott Britton (00:05.58)

Well, man, I'm excited to talk about human design. This is something that I have heard about quite often in my own journey of self understanding. I've even taken the assessment once, but the problem was I never did anything with it. So today we're going to dive in and we're going to talk about human design and, yeah, maybe everyone will even learn a little thing or two about themselves. So why don't we just start by answering the question? What is human design?

Erin Claire Jones (00:36.11)

So human design is a system based on your time, date, and place of birth like astrology that reveals how you are uniquely wired to operate in every area of your life from business to career to parenting to relationships to decision-making. And I think what I love so much about human design is that it feels like it's equal parts mystical and practical. It's mystical of course, and that it comes from our birth information and it's incredibly practical because it gives us all these day-to-day things that we can actually use to transform

every aspect of our lives and it's so specific to us.

Scott Britton (01:10.55)

I love that. And I know there's a lot of people out there that are like, all right, I'm an ENTJ or I'm an Enneagram six or I'm a, you know, Gene Key, blah, blah, blah. Like what is, what is so unique or differentiated about human design?

Erin Claire Jones (01:19.212)

Yeah.

Erin Claire Jones (01:24.334)

Well, one, it is so hyper-personalized. There are five types in human design. You start with this broader umbrella of these archetypes, but it keeps drilling down. Nobody's going to really have the same design. We have these hyper-personalized guides we create for people, and they don't even go into every aspect of the chart. We have 400,000 possible variations of that. It is really wild, that we don't really have the same design.

But also I do think what makes it really distinct, and I know that this wasn't your experience with human design, but is that it really gives you something to do. I feel like so often I would experience assessment tools and I would feel really seen by the information, but then I would have no idea what to do with it. And then I kind of fell out of my brain the next day. So I think because human design is so rooted in decision-making, which is something that we are all

doing every day in big and small ways, I think there's like a stickiness to it, where it's like, I can actually integrate this into my day-to-day tonight.

you know, in terms of how I make this decision. So I find that it gives people this like operating manual to guide their day to day in a way that I haven't, I haven't seen as much with other systems. It's not to say it doesn't exist. It's just that I haven't had that experience yet.

Scott Britton (02:33.314)

And I think one distinction I've heard you talk about is this is kind of like telling you about your energetic blueprint. It's like not a personality test. It's quite different. Could you talk about that a little bit?

Erin Claire Jones (02:42.158)

Mm-mm.

Erin Claire Jones (02:46.356)

Yeah, yeah. So, you know, human design is not predictive. You know, it's not going to tell you that you are going to meet somebody at this age or you're going to move to this city. It really just helps you understand your mechanics. You know, like how are you meant to move through the world with the most flow and the least resistance? And obviously, you don't have to adhere to that. You can choose to do it another way. But, you know, just to give a practical example, one aspect of my design is that I really do well when I'm invited into opportunities.

So I'm not somebody who's meant to kind of chase after and forth, but really see who kind of invites me in, sees my value and kind of creates a platform for me to share. And as much as I often resist this part of my design, every massive opportunity in my life has started that way, even when I've tried to do it another way, you know? And so think when we know these pieces about ourselves, we can actually just decide to like go with them and life tends to get a lot better, you know? Both opportunities I think are better, but I also think it feels better because it feels truer to us.

Scott Britton (03:47.316)

I love that. you know, I've been someone who's been a long time student of of Taoism and a lot of those types of, East Asian practices. And yeah, I mean, essentially it's all about like, once we understand the laws or the way, then we can align to it and life just gets better. And, and so I think there's this idea of, you know, that, that paradigm and, and positioning

not only exists for like the universe, but also yourself, right? Like you have certain laws, you have certain things about you and the more that you understand them and move into alignment with them, your life just gets better, makes total sense.

Erin Claire Jones (04:18.848)

Exactly.

Erin Claire Jones (04:27.744)

Yeah, yeah. And I mean, I've I've seen it now, you know, and I think also I'm not very dogmatic about human design. I always say what matters most to me is not whether it's true, but whether it's useful. So letting people experiment with it in their own lives and see what happens.

Scott Britton (04:42.176)

Now, I think we got to, you know, one of the elephants in the room with this is I remember the first time I encountered any system, it was like birthday time of birth. This was, was I was in San Diego, my twenties and some guy was like, let me see if this person's a good fit, good match for you that I was dating and they did that whole thing. And, and I was like, okay, this is total bullshit. But what's so funny is that months later, the exact information that was shared with me about why we were or were not.

Erin Claire Jones (04:59.576)

Yeah.

Erin Claire Jones (05:03.501)

Yeah.

Scott Britton (05:11.81)

compatible ended up being true, which was crazy. And I think there's just a lot of general curiosity around the background of these systems where it's like, well, how could it possibly know this about me based on that very basic information? So I think it would be interesting to just share what you know about the origin story of it. And if there is a metaphysical component that is kind of pairing with that origin story, that would also be fun to explore.

Erin Claire Jones (05:14.606)

So annoying.

Erin Claire Jones (05:27.544)

Yeah.

Erin Claire Jones (05:40.174)

Yeah, of course. you know, human design does have very mystical origins. You know, it does draw from a lot of different systems. So it's only been around since 1987. So it's relatively new, but it pulls from the chakra system, from the I Ching, from astrology, from the Kabbalah. Like you can kind of see all these elements in the chart, but the way they express in human design is really unique. But the founder was a man named Ra Uhuru, who and he basically was walking home one night in 1987 in Ibiza.

and heard a voice and the voice said it's time to work. And for basically eight days at eight nights he channeled the system as you know, just receiving all this information. And then he spent the next 20 years building it out. And so, you know, and there are a lot of like scientific, know, like quantum physics and all these things, but like those things aren't proven. So it is still

like, you know, again, this is not a proven system. It's a mystical system, but it does pull from elements that have been around for thousands and thousands of years.

But I think something I actually really appreciated about human design is that when I started listening to recordings of Ra back in 2015, I was kind of expecting like this really like spiritual woo woo teacher. was like ready to find, yeah, totally. It used to be Alan. But he, I started listening and he was just like so like, you know, just like pretty jaded and like really funny. And it was just like a very unexpected recipient. And so it was actually so fun learning from him.

Scott Britton (06:47.446)

His name is Ra, right?

Erin Claire Jones (07:05.656)

But I think that, yeah, he was kind of an unexpected recipient of this information. He was an advertising executive in Canada that had moved to a visa. And this obviously changed a lot of things. But I will also say that I think he communicated about human design in a way that appealed to like these really people that were very excited, but also didn't really allow it to reach the mainstream. And so I think probably in the last four years, there have been a number of people, me being one of them, that have really kind of communicated about it in ways that I think

are a little bit less dogmatic and a little bit more empowering, a little bit more open that I think has allowed it to reach a broader audience.

Scott Britton (07:42.018)

I love that. if someone wants, I want to get into the particular types. Actually, I have one other question. So, you know, I've, I've had a lot of different, explanations about how like the time and date and positionality within the cosmos is kind of predictive. And one of my guests, Hans Wilhelm talked about how our karma is like stored into the stars and

Erin Claire Jones (07:46.892)

Yeah.

Erin Claire Jones (07:58.318)

Mm.

Scott Britton (08:10.966)

I'm just curious, like, have you looked into like the metaphysical explanation of this and are beyond just the channeling? is there? Yeah, well, this is how this system the system knows this because of X.

Erin Claire Jones (08:11.608)

Yeah.

Erin Claire Jones (08:20.77)

Yeah.

Erin Claire Jones (08:25.982)

I have and I still don't think that we can really explain it. You know, the idea is that when we are born, like basically based on where the planets are, like it kind of creates our imprint and it's based on these things called neutrinos and kind of how they're passing through our body at that moment. And then it kind of like locks it and that's our blueprint. And again, it's not going to define necessarily where you'll be in your life, but it is around like, this is your operating system. This is how you're meant to move. So basically it's like a snapshot, you know, that is kind of like, that's your, those are your mechanics.

But it is hard because I feel like when I go deeper, it's don't, I don't, it's still crazy to me, honestly, that we could ever know this much information based on our birth information. So I'm always a little bit hesitant to be like, I'm gonna try to prove it to you because like, I don't think we can prove it. Like maybe we can in a couple of years, maybe we'll learn more. And some people will call human design a science, but it's not a science in ways that things traditionally are. And so I kind of actually just love the like, just like, I don't know, is it true? I don't know.

Is it useful? To me, I feel like that question's so much more interesting, especially because I work with so many skeptics and I work with so many teams that I feel like I've had this experience over the past 10 years of sharing this with people that really don't want to believe it. And then they're just like, undeniably, I've never felt more seen. And they're like, I don't want to believe you, and yet I need to know everything about everyone in my life because this is so useful. So I kind of actually love the mystique about it of just like, how could we know this? But I also...

It's so funny because my human design is very much like, it works, it works. I don't need to know why. like your design or say my husband's design is very much like, I want to understand why, you know? So I also like kind of appreciate that. like, I don't know, it just works. But, you know, I also don't necessarily like feel the need to understand why, but I understand why people do.

Scott Britton (10:14.186)

Yeah, well, I think I think with anything what I found is that like

posture of experimentation is incredibly useful. Try something out, see if it works. And by the way, life gets so much more magical when you learn to suspend disbelief. Because our belief structures are so fundamental to our reality experience. yeah, it's just way more fun when you believe in magic and you believe in cool mystical stuff. And at the end of the day, like you said, if it's useful.

Erin Claire Jones (10:23.436)

Yes.

Erin Claire Jones (10:31.981)

Yes.

Erin Claire Jones (10:39.918)

You

Erin Claire Jones (10:47.351)

I know.

Scott Britton (10:50.242)

great, I don't care that we can't measure it using a microscope or whatever, you know, whatever we do. so, and maybe we will be able to soon, right? That's the thing is things are constantly evolving. Um, so I think a starting place for people is, is if they can find their birth information and date and location, all that, is there a place that people can plug in, plug this in and kind of start to explore this?

Erin Claire Jones (10:51.192)

Right. Right. You know? And maybe we can later, you know? Yeah.

Erin Claire Jones (11:17.802)

Yes, so you can look up your chart at [humandesignblueprint.com](http://humandesignblueprint.com). You can plug in that information. If you don't know the exact time, I would use the closest approximate you know. And when you plug it in, you're going to see a wild looking chart, you know? And so this, I don't know what your experience was the first time you discovered human design, but it can turn people off a little bit because it's like, what is that wild thing? I don't quite understand it. So there's no need to understand that. What you want to look at is the qualities that are listed next to it. And the first piece that I recommend looking at is your type.

And there are five types in human design, manifesting generators, generators, projectors, reflectors, and manifestors. Do you want me to talk about them?

Scott Britton (11:53.25)

Cool, well, let's talk about a little bit of the types and I'm curious. I know mine is manifesting generator and when I heard that I was like, yeah, that sounds bad ass. Like can manifest stuff and I generate stuff but I actually don't really know what it means.

Erin Claire Jones (12:07.47)

Fun, okay. Well, I want your real-time reactions, you know? So I always, please do. You know, I always remind people and for the listeners too that I'm never trying to convince people of anything. You know, I think the magic of human design is that it just sparks a really interesting conversation about who we are and how we choose. And that alone I think is useful. So I'm gonna start with generators. So generators in human design are very natural doers. These are people that have boundless energy when they feel genuinely excited by what they're doing.

Scott Britton (12:11.138)

I'll tell you whether it's on the money or not.

Erin Claire Jones (12:37.826)

So a big lesson for them is really learning how to prioritize their own satisfaction in a day-to-day kind of way and not seeing that as a selfish choice with the most generous thing they can do. These people tend to struggle with boundaries because they're so naturally capable, a lot can be put on them. And so really learning how to feel in the kind of their gut and what they actually feel available for. And the last piece that I would share is I would say an ideal day for them is one where they kind of wake up energized and excited.

They use up their energy throughout the day in ways that feel deeply satisfying and they drop into bed delightfully spent. They're like, I left it all on the field and now I can sleep well. So kind of using their energy well and fully is the key to a satisfying life. Clear? Yeah. Yeah.

Scott Britton (13:17.066)

Yeah, yeah, definitely know some of those.

Erin Claire Jones (13:20.706)

So then we've got manifesting generators, which are similar in many ways. Some people group these types together, you know, similar and that also have boundless energy when they feel genuinely excited. Also can like have a lot piled on them because they are so capable. You know, some distinctions here are that manifesting generators tend to be quite multi-passionate. It's really impossible to put them into a box.

These are my clients that are like, I'm a coach. I'm also practicing law on this side. I'm considering opening a juice bar. Like I might do this next. Like they just like meant to, are meant to have quite nonlinear career paths and they're meant to like try things on and let things go and pivot and change and evolve. And so often they've been made to feel scattered or like they're doing too much when like they need that variety. They need that freshness. They need days to kind of look different. I will also say, and I might say this is especially true in your design, but manifesting generators tend to be very fast.

Once they're clear that something is right, they can make it happen faster than anyone else, which is obviously an incredible gift. But sometimes they can be a little bit disappointed in the comparatively low capacity of others because others are not moving as fast or doing as much. so really, you know, appreciating that others kind of carry their own gifts. I'd like to share something else about those two types, but I'm curious how and if that lands for you.

Scott Britton (14:35.21)

Yeah, I got a bajillion things going on. I'm constantly starting shit. You know, I also gotten better but in my in my professional career as a leader, like I Yeah, I think one of my challenges has been incredibly high expectations for prolificness. And being disappointed, as you said, when that's not met. And that's something I've, you know, had that's been a growth area for me. So

Erin Claire Jones (15:02.925)

Yeah.

Scott Britton (15:04.446)

Everything you said reigns true, Erin.

Erin Claire Jones (15:08.629)

So, you know, this is just a quick little tangent. This is that part of your design. For those that are familiar with human design, this is Scott's defined ego. I know that means nothing to most of you, but I see this in a lot of leaders, and it is exactly what you said, where it's like they're so capable, and like there is this disappointment. So their job is like, how can I maintain really high standards but not be unrealistic in my expectations? How can I allow...

people that kind of do things differently than me and not feel like I've got to do it all myself because I could do it better. And like, how can I still get myself permission to delegate? it's such, it's one I see so often. The other piece I want to share about both these types quickly generators and manifesting generators is that every type in human design will have a strategy, which speaks to how we can best engage with the world, how we can best find opportunities. Your strategy as, you know, boundless as your energy is, you're really meant to let things come to you.

and just see if they spark a natural gut response. If you feel like this tug and pull towards it. So for you, you're not really meant to sit and be like, what is the next thing I'm gonna do? I'm gonna come up with it out of thin air. It's more like what's showing up in your world and what lights up your gut. And how can you trust those pulls you feel, even if they're unexpected, even if you do not know where they're gonna take you.

Scott Britton (16:20.838)

That so resonates. I was just at this venture capital summit and these guys were talking about the formation of their fund where they like went through this exercise of like, what is the existential problems the world is facing? And then let's create a matrix on like how well suited we are. And then let's create a computation that spits out like what our venture capital firm should be. And I was just sitting there and I'm like, this is so not how I decide things. You know, I'm more and more like this current business that I'm

Erin Claire Jones (16:45.884)

Scott Britton (16:49.428)

about to launch it like fell in my lap, you know, and that's just kind of like, I like just like to go where my energy is, and what feels alive and inspiration and a big part of my journey has been learning to see that as a source of intelligence and trust it and it in many ways and I know we'll talk about this like, I think one of the cool things about these systems is it gives you permission to just say that's okay and lean into it.



Erin Claire Jones (16:51.98)

Yeah, it's meant to.

Erin Claire Jones (17:06.882)

Yes.

Erin Claire Jones (17:17.483)

Yeah

Scott Britton (17:18.454)

because like so often I'll look at somebody like that person who does things a certain way that is highly successful and prolific and then start to be like, well, maybe I should be creating matrices for world existential problems and prioritizing my time like that. You know, you'll, you'll that pattern of comparison. And I think there's just so much permission in, in these type of information that you're sharing.

Erin Claire Jones (17:30.968)

Totally.

Erin Claire Jones (17:38.092)

Yeah.

Erin Claire Jones (17:47.406)

I mean, I think that's the most fundamental thing it offers us is just like permission to do things in a way that genuinely works for us. And I think to your point, I see this so often people like hire a coach who like did something successfully and they're like, I'm going to emulate that. And then they do it and they're like, oh, it didn't work for me. And it's like, not because that person's wrong. It's just like, because they're wired differently, you know, and that obviously extends to every area of our lives. And, and I also, you know, love the example of like an opportunity falling in your lap because often people can be like, oh, I feel guilty for that. Like, I feel like I need to go chase, but like,

there's something about aligning with your mechanics where it's like, it's meant to just show up. And you articulated it so beautifully. Your job is just like, where does the energy want to go? What do I actually have the energy for? And yeah, it might be unexpected, but you've got so much energy. So your job is to just direct it in the right places.

Scott Britton (18:33.474)

That's really cool. Yeah. And I also, think there's something there too, for this type of persona is like, you know, working on that capacity to receive, like receive, like it doesn't have to be all hard and it doesn't all have to be grit, grit me, I'm doing it. I'm the one. And it's just like, you know, that's been a big, really big aha for me is to recognize it. Like there's actually this like infinite abundance that's here to help you create and

But you need to be in a place of openness to receiving. Or there's friction there.

Erin Claire Jones (19:08.29)

Well, it-

Well, I'm so glad you say that because I would say one of the biggest challenges for these two types is sometimes they become so fixated on a certain outcome that they become blind to everything else that's coming their way. And so one of the ways to make yourself available for more opportunities is to actually just like widen the aperture, like widen your perspective and just be like, am I actually like paying attention to what's in my world? Am I paying attention to what I actually feel drawn to? So I think it is easy to be like so focused on one thing that you actually lose.

the ability to see all the things that are actually coming your way. Okay, then we've got projectors. Projectors in human design are meant to not be these consistent doers. know, projectors are very natural leaders, guides, coaches, counselors, therapists, teachers. They're so good at seeing others, deeply stewarding other people's energy, really good at asking the right questions. I would say one of their biggest gifts is making people feel really seen and understood. I'm a projector and I think, you know,

Big learning for me has been around the fact that our energy ebbs and flows. And so it's not about expending my energy well throughout the day, but really building in moments of pause and space and rest and knowing that only makes me more efficient and creative and inspired. And I think as projectors, we can get really lost in this doing of trying to keep up with everyone around us. So really trusting that rest is the pathway to success for us and not expecting consistent momentum.

know, part of being a projector and I referenced this earlier is that we're here to be invited into things. So we can of course put ourselves out there and share and do all the things, but you know, a big thing to pay attention to is like, where do you feel like genuinely like seen and valued and like really invited into share and all my, you know, even the way I was brought into human design, I met a stranger who read my human design chart and he ended that conversation by saying, Erin, I think you're meant to do this. I want to be your teacher. That's like how my life has unfolded.

Scott Britton (21:03.073)

Whoa.

Erin Claire Jones (21:03.342)

So for me, even this book, I talked to a lot of publishers, but there was one that had reached out before that had pitched me. So that's just kind of been my journey. so similar to you in many ways, it's like, I'm just going to let that be. I don't need to force all these other ways when I know that's how things best start for me.

Scott Britton (21:22.838)

Yeah, that's a, that's, that's interesting. And yeah, I could see two for the projector where if rest and, and like, again, just like being let our culture really, really does not make that. Okay. Is what I found a lot of guilt around it. A lot of even shame and yeah, just knowing that that actually aligning to that is actually an unlock. Actually things will go better. mean, that's,

Erin Claire Jones (21:37.742)

Totally, there's a lot of guilt around it, yeah.

Erin Claire Jones (21:49.134)

Thank

It's so much better. Yeah. It is. And also, projectors should know, like, they're 20 % of the population. So, like, generators and manifesting generators collectively make up about 70%. There are so many more nuances underneath there. But, like, we live in a world of a lot of powerful doers. So, as projectors, we can get really lost in that. like, oh, we've got to do that, too. That's where we offer the most value. But it's not where we offer the most value. And so, I think part of being a projector is really disentangling our worth from how much we're working, how hard we're working, and really...

Scott Britton (21:52.63)

totally counter to the programming.

Erin Claire Jones (22:21.24)

trusting it's really in our perspective and how we see.

Scott Britton (22:24.587)

Nice.

Erin Claire Jones (22:25.538)

Then we've got manifestors. Manifestors are very innovative people. These are people, and you might resonate with parts of this one as a manifesting generator, but these are people that are really good at getting things started. Like not always here to kind of do all the doing to keep the thing alive, but really good at like getting a thing off the ground. They tend to not do things in ways that others have done. They feel more comfortable kind of treading their own path and just going their own way. These are people that value freedom, feeling free to kind of do what they want, when they want, how they want. So really building a life that allows that.

They also have energy that's very bursty. What I mean by that is they might have a couple days, hours, weeks where they're totally on fire, followed by days, hours, weeks where they have to kind of pull back and be alone, which is so important because that's often kind of where the next idea comes up for them. And they are people that are here to initiate. When they have any kind of urge or rise within them, they're here to just make the first move and kind of get the things started.

Scott Britton (23:18.166)

I definitely know some of those as well.

Erin Claire Jones (23:20.074)

Yeah, they're so, it's a type that I feel very clearly whenever I meet them. It's just like there's an intensity and a power and a force there that's so amazing. The final type is a reflector. This is the rarest type, just 1 % of the population. And these are people that basically like are our mirrors. They are so incredibly sensitive to their space and kind of always taking it and magnifying the energy that they're around. So they have to be very ruthless about where they're spending time and who they're spending time with.

They're also very fluid. They're going to kind of like have different sides of them pulled out every day. And so really allowing kind of this very vast full expression instead of trying to put themselves into a box. These are also people that need a lot of time to make decisions. So making sure they're choosing from a very unhurried place. And they're just very wise, objective people. They just kind of always offer the perspective that we need.

I'm curious actually hearing all those. I know we talked about yours early on. Like now that you hear all the types, do you still feel like manifesting generator is the one that you resonate most with?

Scott Britton (24:09.986)

Mmm.

Scott Britton (24:20.47)

I think so. I think so. think, think, yeah, there's from the little that I know, you know, there is definitely that, that like energy and like loves getting shit done. But I also, some of those distinctions resonate resonated with me about like the activation energy and the multi-passionate like that. That's, that's really true. And, and also in some ways it's kind of frustrating because

Erin Claire Jones (24:38.861)

Yeah.

Scott Britton (24:49.972)

every five to 10 years, I'm totally reinventing myself. Like I'm doing a new career. I'm living in somewhere new. I'm doing, you know, and, and in some ways I look at a lot of these specifically entrepreneurs who it's like, they build a company and then they build in this space and then they build another company in that space and then they build another thing. And it's like, wow, they have this like compounding interest on their value that they've created. And I'm over here like, okay, I'm a

Erin Claire Jones (24:53.076)

I know.

Erin Claire Jones (24:58.424)

Yeah.

Erin Claire Jones (25:09.88)

Bye.

Scott Britton (25:18.154)

I'm a SaaS entrepreneur. Now I'm like a consciousness dude, like maybe I'll be a gardener in 10 years. Like, you know, and I'm like, shit man, like, I know there's not that same compounding effect, but I think again, back to the permission component, like, Hey, you just got to be authentic and true to what's that what's what feels aligned to you. Cause like, who cares about the outcomes if it doesn't feel good. And if it doesn't feel like you're in flow, it doesn't matter.

Erin Claire Jones (25:26.05)

You

Erin Claire Jones (25:43.246)

Totally.

And like, I think there is something for manifesting generators that like every experience like is giving them a thing for the next one, even if it's hard to see what it is. You know, it's like, it's not like a direct correlation of like, yes, that was a linear progression, but it's more like, like this thing did inspire this. And one thing I also recommend manifesting generators to do is like not force all the things to be connected. Like they don't need to force the fact that like they're this and this and this to like all make sense together. It's like the fact that they're excited about it and it feels good is like enough reason to do it.

Scott Britton (26:07.692)

Hmm.

Scott Britton (26:16.064)

That's 100%. There's a quote in another episode that you did, which I love, which is, productivity is not about doing more. It's about doing what's energetically right for you.

Erin Claire Jones (26:25.922)

This is...

Scott Britton (26:27.838)

And that I mean, that's just like, what I've seen in my own evolution, and also just like a lot of people I'm around, is there's this idea of moving from this like, societal construct of success, or even passion, right? Like, and, and replacing that and evolving it to alignment.

Erin Claire Jones (26:48.888)

Yeah. Yeah.

Scott Britton (26:50.07)

because that is like really, it's like when we're in alignment, we're in flow, we feel good, things come easily, like life just works. And that is a more, that is a higher return for me than like meeting some definition or like even forcing myself to feel passionate about something, like it just is alignment is the word that really resonates.

Erin Claire Jones (27:13.514)

Yeah, I love that because I also think, you know, I always say that human design isn't meant to limit like what we can do. It's not meant to tell you like you can't be a coach or an entrepreneur, but it just lets us know how like we can do that thing best. Like how can we actually be an entrepreneur in a way that feels sustainable to us? How can we be a coach in a way that feels aligned for us? And so I think it really drops us into that because I'm sure you've met and I know so many people that like can build businesses that, you know, look very successful, are very successful, but it feels awful.

Scott Britton (27:26.365)

Mmm.

Erin Claire Jones (27:42.134)

And so think human design really helps us know like how can we actually create things that mean something to us and that we're really excited about and that are successful, but also that feels really good.

Scott Britton (27:42.518)

Yeah.

Scott Britton (27:51.774)

One question I've always had about this stuff, and I know that I had this about the Enneagram specifically, which I know is a different system, but I had this experience of being an ENTJ and then an INTJ, and I've changed a lot. And one of the things that's fascinating is when I real, I'm like, okay, the system is in many ways telling me about my conditioning. The system is like, I'm this way because I was...

Erin Claire Jones (28:06.815)

Yeah.

Erin Claire Jones (28:15.438)

Totally.

Scott Britton (28:17.504)

raised by these type of parents and this type of school. And so like, of course I would be this way. But as I've done a lot of the healing and transformation work, I've kind of removed those layers and stepped into a deeper natural essence, right? That is actually more aligned with my true nature. yeah, I just wonder how you think about that with this system, because, you know, it's like,

Erin Claire Jones (28:44.526)  
in

Scott Britton (28:46.368)

Yeah, I'm a generator because I'm an immigrant and I need to get shit done to pay for stuff. You know, there's like, there's like this other element of lived experience that is such a huge contributor. And there's often something deeper behind that.

Erin Claire Jones (28:53.675)  
Right.

Erin Claire Jones (28:57.613)  
Yeah.

Erin Claire Jones (29:01.006)  
Totally.

There is. mean, I think it's interesting. I feel like with Myers-Briggs, I too have taken the test many times and gotten different things because I often am answering the questions differently based on why I'm answering them, who I'm answering them for. And I remember even doing an Enneagram workshop, like a whole workshop for like three days. And I left and I was like, I have to be a three. But then I learned I was a projector. And I was like, I think that I just think I'm supposed to be a three. So I think that us mentally assessing these things, they're not bad because I think these systems are amazing.

Scott Britton (29:27.33)  
Mmm.

Erin Claire Jones (29:32.93)

But I actually always struggled with that because it didn't feel like it really like got to who I was underneath it all. And I think there's something about human design that does kind of get to like what's underneath all the conditioning. Like how are you like most naturally wired? And then there's going to be a lot of conditioning piled on top of that that we kind of have to decondition and unwind to kind of come back into alignment. you know, I think that people often have two experiences when they discover their human design. It's either incredibly affirming. Like I feel like for you, it's kind of validating choices you've made and

how you're living your life already. It can also be really confronting. And that was actually my experience with it, where I was articulated a way of living that was opposite what I'd chosen. And so it was really powerful. Like, there's another way. But like, I didn't even think that that was possible. So I think that like, there's going to be a lot of conditioning. think human design gives us a lot of tools to begin to unwind some of that. But it does speak to what's underneath it all. And also, honestly, just to go on one more quick tangent.

Scott Britton (30:12.354)

Mmm.

Erin Claire Jones (30:30.83)

I have two young kids and I think that I love doing human design with families because often kids are expressing their design so purely. I have a seven month old and I already see her manifest her energy so much and so I think that there is something really nice around, this is before the world tells us who we're supposed to be. So think there's something really powerful about understanding young people because you can give them lot of permission to kind of be who they are without all these ideas of be like me or you might like this because I like this.

Scott Britton (30:47.01)

Mmm.

Scott Britton (30:58.412)

Can you talk about the confrontation that you experienced? I think it would be useful for a lot of people and then like how you kind of worked through that.

Erin Claire Jones (31:03.171)

Yeah.

Erin Claire Jones (31:07.598)

Well, there were three pieces that my first teacher shared with me that night in 2015. The first was that I was a projector, you know, that I wasn't really here to be this consistent doer. And I was much better suited to kind of just be a teacher, guide. And like that made sense to me. You my parents always thought I'd be a therapist. Like I just like love people. I love asking questions. That was like where I'd always found myself. But I grew up in a very entrepreneurial scene in New York City. And so I felt like relentless effort was like the only path, you know? And so like I was just like,

really burning myself out and like, while I sought working for others, it honestly was not working for me. And so I think that was very confronting because I was like, my path to success is like working so hard and like it just, I wasn't very effective. I wasn't very good at it. I think another piece that he shared that night was that I was here to be invited into things and that was not a practice that I had played with. You know, I was just like chasing after everything often to no avail, but so that.



Honestly, I didn't even get that. That didn't even make sense that like that was really a possible thing. Like things could really start that way. And then the third piece he shared wasn't about a piece that we've dug into yet. It's in the book, but it's around how we make decisions. And he told me that I was meant to sleep on things and feel into things and kind of give myself a couple of days to mull over potential decisions. And I had historically been very rash and super fast and basically always regretted my decisions. So he basically like presented these three pillars that I was like, I haven't chosen any of those things.

But I also know that what I'm doing is not working. And so I think the ways that I began to integrate that in were slow. First was that I started to build a little bit more space into my days. I allowed moments to not be productive. I feel like I used to feel like every moment had to be productive. was like even when I wasn't working, I was like listening to a podcast and taking a course, and like, just you get it. And like there was just something like pretty revolutionary to be like, I'm actually gonna read fiction.

Scott Britton (32:35.138)

Mmm.

Scott Britton (32:50.465)

Yeah.

Scott Britton (32:53.769)

I get it.

Erin Claire Jones (33:00.622)

Like I'm actually not going to read another human design book. I'm going to like read fiction or like I'm going to just like sit here without my phone and drink a cup of tea. I don't know whatever the thing is. And then I also started to pay attention to like where I felt really seen by people and not like, you know, where I was chasing after things. And I think that really transformed my community, you know, because I realized that as good as I was at seeing people, felt seen by very few in return. And I started to kind of build in a 24 to 48 hour buffer period when I started to make decisions.

So it just kind of beginning to play with those three pieces, I started to see pretty immediate tangible shifts.

Scott Britton (33:35.298)

That's awesome. And you know, one thing I'm curious about now is like, you've been on this path, right? You've for a long time, you're teaching it, you're supporting others with it. How does the journey evolve? Like, you know, how what is your growth edge today of you know, this about yourself? Life's constantly, you know, giving you feedback on on yourself in reality, like, how do you how do you work with or deepen this practice? Where does it go?

Erin Claire Jones (34:04.042)

Yeah. Well, I feel like it's honestly like a constant awareness system. you know, you would think that, you know, I've been studying this for 10 years and teaching it and sharing it that like I would have a nail, but like that's not really how it works. You know, like we're always kind of in a stance of like being in alignment and then being pulled out and coming back. And so at this moment in my life, human design is basically the tool that just continues to bring me back to myself. And something that was really fun about writing my book is like, I've obviously read my book now a thousand times, but like

I'll open to these chapters that I wrote about my design and I will realize new things. be like, that's why that friendship felt so hard. like, that's why I'm having this hard time with my husband and this is how I could support him better. it's just constantly unveiling new layers and new things. And I don't really know how to explain it besides the fact that it just keeps bringing me back to myself over and over again in every single decision that I make. And you know becoming a parent is a whole thing. And so I think I've had to really be confronted with

being a projector as a mother and how I can still create moments for myself and pockets for myself even when I have two really young kids. And I guess I would actually say that I think the coolest part of human design right now is less about me and more that it's such an incredible tool to understand the people closest to me. To understand my kids, to understand my husband, to understand my parents, to understand my friends. And so that's very much a next level of human design of how can we use this to bring more compassion into our relationships.

Scott Britton (35:32.65)

Yeah, it was a question that I had when you mentioned working with teams. I'm like, how would you apply this, you know, in a setting of like the parents thing, that's pretty straightforward. I get it. It's like, okay, my kids this way, I'm going to like, allow them to truly be authentic. But I'm thinking about a work context where I'm like, all right, I'm a team of four people, you know, and I guess I know this is I can know some things about people like how do you see the this being effectively implemented within

Erin Claire Jones (35:47.384)

Yeah.

Erin Claire Jones (35:52.898)

Yeah.

Scott Britton (36:01.954)

collaboration.

Erin Claire Jones (36:03.308)

Yeah. I think that, you know, similar to parenting in so many ways and similar to, you know, couples, I think it really gives people a very specific way to like interact with somebody in a way that will pull the best out of them. You know, like, and in a way that's very tactical, like, here's some things. If I was sitting with a team, you know, these are a few things I would tell them

about you, you know, and I'd basically give you a chance to be like, this feels good or it doesn't. But like, one thing I would say is that like,

You are somebody, and we haven't talked about this yet, you are somebody who responds well to specific questions when making a decision. So that means if you're trying to choose something, if somebody's like, what do you want to do? You might have endless ideas, you're such a thinker, but if somebody asks you, do you want to do this or this? You might actually have a pretty clear visceral gut response. So some people respond well to specificity, whereas others kind of love the open-ended. I might say that you're somebody who needs a lot of freedom in your day-to-day. You're not really meant to be chained to a desk or to one thing.

you got to move your energy around lots of different spaces. You know, there are some people that like want to like have space to be in their own flow. Some people want like a lot of meetings, like some people make decisions really fast, some make decisions slow. So my goal in sitting with teams is to really kind of give them a sense of like how they can best support each person. And honestly, it just sparks a conversation. I kind of do everything and then I'm like, how does it feel? Does that actually feel true to you? But

I feel like it allows us to really understand kind of the interpersonal dynamics on such a deeper level that we can just like work together so much more harmoniously, you know, because I think it just is like, these are just like mechanics at play and we're just different. And this has been hard because I wanted you to be like me. And now that I know you're not like me, I can support you in being like you and things are gonna change from there.

Scott Britton (37:45.066)

Yeah, I could see this being incredibly useful with your partner.

Erin Claire Jones (37:49.049)

my god, it's next level, yeah.

Scott Britton (37:51.17)

I'm like, all right, I'm gonna get my wife to take this test after this.

Erin Claire Jones (37:54.878)

Yeah, it just, think that honestly, there's a lot of things can be really hard. Often when couples come to me or honestly when teams come to me, like the friction is not because there's like an inherent problem. It's just because they don't understand each other. You know, there's a story that I tell in my book of a couple that was trying to decide whether or not to move to the East coast. And one of them was super fast and her decision making, she knew immediately that it was the right move for them.

And she came to me and she's like, my husband is waffling. He's so slow. Like he's so indecisive. This is so annoying. And like what she perceived as waffling was the fact that he needed a month to reach clarity. So like he was just like sampling all the options before he

landed in his truth. So it was just like, they just didn't understand each other. And so there's just like a bajillion examples like that where it's just like, they're just different and how can they create space for that?

Scott Britton (38:44.172)

So it strikes me that this system has depth. you kind of start off with your, okay, there's these five things, but then there's like, I think you said 400,000 unique permutations that you could be one of probably more. How, I mean, is the chart the core asset that helps you discover that depth? Like, where do you go after these kind of basic, okay, you're multifaceted, you like multifaceted things, you you do this, you do that.

Erin Claire Jones (38:47.907)

Yeah.

Erin Claire Jones (38:57.9)

Yeah, more, yeah.

Erin Claire Jones (39:11.32)

Yeah. Yeah.

Scott Britton (39:13.91)

And it's like, all right, well, like, how do I keep keep learning more?

Erin Claire Jones (39:17.198)

Yeah, so where I would start is with your type, strategy, and authority. The type is kind of what we talked about how you best use your energy. Your strategy is around how you can create opportunities and authority, which we haven't talked about, but it's around how you make decisions. So I would start with those three pieces. Like knowing those three pieces can honestly just transform your day to day. The book is really focused on how those things apply to relationships and career. And then if you want to go deeper, honestly, it's pretty endless. I would not worry about looking at the chart.

because that takes a while to learn how to read. I would look at the list of qualities. They're like, I'm a 1-3 profile. This is kind of the sign that I'm on track or off track. We sell hyper-personalized guides that go through all the aspects and kind of explain it in really layman language. And we have a discount code evolution for that. So that's a really great place to go. I just want to understand what all these things mean about me. But it really is endless.

Erin Claire Jones (40:10.304)

You know, but I think my goal, both through the book and through the guides, is really like, how can I make this really tangible and accessible and relatable for people? So it's not like, what does it mean to have gate six? But it's more like, I process best this way. You my biggest challenges will be this, according to my design. These are going to be my gifts, according to my

design. But it really goes to a level of, and that can turn people off immediately if they're like, need to understand it all immediately. So again, I would start with type strategy and authority.

Scott Britton (40:10.498)

guys.

Scott Britton (40:39.138)

Cool. Do you have any like epic stories of someone not knowing about this, learning about this and like, whoa, their life changed in this epic way once they kind of got in tune with themselves.

Erin Claire Jones (40:54.24)

Yeah, I mean, think that one that comes to mind, one I tell in the book too, is a woman who I met years ago now. And she was like you, she was a manifesting generator who's meant to let things come to her. And when I sat with her, she had just started a job that had been on her vision board. It was very much a job that she had pursued. She was like, this is what I think that I should have. And then when she landed at that job, it felt awful.

And so when I sat with her and I kind of talked about her design, it was just so clear that the way she'd approach it, and it just wasn't the right fit for her. And she literally quit her job the next week, which was a little bit shocking for me. was like, but she quit her job because she knew. It was just validated what she already knew. And she just kind of employed this strategy of being open and seeing where she was naturally drawn. it's just been really fun to watch her whole career unfold. She got pulled into a health care startup. I then helped kind of build that team.

or help kind of read all the people on the team as she did that. And then she left that when it was time. She was a manifesting generator and then kind of became a coach. And so like, I've just kind of loved watching this career journey unfold because it feels like it's very much driven by what you shared of like, what feels right? What do I have the energy for? And that had been the opposite of her career before, you know? And so, and then also like her son has a totally different design than her. And so it really shaped the way that she was able to parent him. So like, I think she was such a cool example because I watched it weave into every part of her life.

you know, inform how she did things and it still is the compass that she kind of, the prism through which she makes her decisions.

Scott Britton (42:23.778)

That's cool. I love that. Yeah. Again, just that permission factor just keeps coming up for me. You know how, how critical that is.

Erin Claire Jones (42:28.77)

Yeah.

Erin Claire Jones (42:33.046)

And also I'll say something that I love about human design is that like it allows for me to kind of be in the moment. It's like, it's like, okay, I'm in the right place right now, but like that could change. Like maybe I'm not doing human design in two years. Maybe I'm doing something different. It's like, because I feel anchored in my design, I also feel very open to like how the path is going to unfold. And that feels really liberating.

Scott Britton (42:53.782)

I love that. Well, Erin, I know that you got an amazing book that just came out and I'm sure you have all other types of cool things that you do. I want to give you the opportunity to share that with people that are listening that want to go a little bit deeper here.

Erin Claire Jones (43:08.238)

Yeah. So again, you can look up your chart for free and there are also a lot of insights that you can get on our website, [humandesignblueprint.com](https://humandesignblueprint.com), totally for free to kind of give you a taste and see if it's your vibe and if it feels helpful. The book is the result of sitting with many thousands of people in sessions over the past 10 years and really considering how human design can actually be used in really practical ways in your relationships and your career. So if you want to just be like, how do I actually use this system in my life? The book is for that. It's called

How do you choose a human design guide to what's best for you at work and love and in life? And my hope with the book is that you not only read the chapters about you, but you also read the chapters about your daughters and your partners and your colleagues and your friends and your parents. We also sell hyper-personalized guides that kind of dive into all the pieces of your design, and you can use that code evolution. And then I teach if you're just like, give me all the juice. I wanna go into all the details and crevices of this system.

Scott Britton (44:03.028)

Epic. Well, yeah, I'm definitely going to be going back into the book after this conversation and diving in deep on my loved ones as well. So I appreciate your inspiration and for you sharing your wisdom today, It's been it's been really awesome.

Erin Claire Jones (44:16.78)

Yeah. Thanks for having me. Such a pleasure.