

2018 HUMAN DESIGN EVOLUTION GUIDE

USING THE SOLAR TRANSITS TO CREATE YOUR YEAR



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What is Human Design?

Human Design is a synthesis of Eastern and Western Astrology, the Chinese I'Ching, the Hindu Chakra System, the Judaic Kabbalah and Quantum Physics. Even though Human Design is a compilation of all these different esoteric sciences, it is, in and of itself, a unique system.

Human Design gives you information that helps you discover your Life Purpose, your Soul Purpose, your gifts and strengths and the places where you are more likely to be challenged to grow and evolve. It also gives you a concrete way to make decisions in your life so that you are choosing and deciding, in an empowered way, what is right and good for you. It teaches you how to create a life that is a reflection of your Authentic Self and supports you in living a life that is aligned with Who You Truly Are.

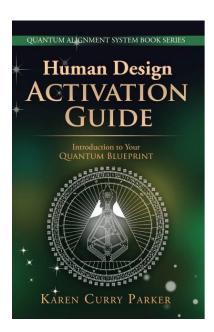
This unique combination of esoteric wisdom and science is a "rolodex" of archetypes. It's simply a way to organize all the potential human stories that we could be living.

Archetypes are stories and potential expressions of being human. Archetypes are neither good or bad, just a way to organize certain character qualities that we can identify with and experience. We all carry all of the human archetypes within us, but we, by design, tend to identify with certain archetypes more than others.

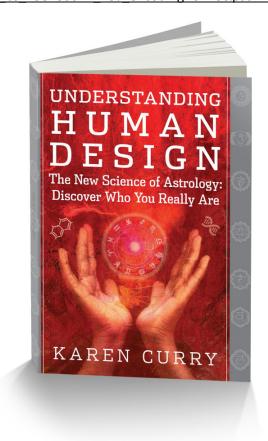
Your Human Design chart gives you powerful insights and clarity into which human archetypes and stories you are more inclined to be playing with and learning from in this lifetime. Knowing which archetypes you are designed to be learning from in life, helps you make more conscious and powerful choices about who you choose to be and how you choose to live.

If you want to learn more about your Human Design chart, check out the Human Design Activation Guide, a basic introduction to Human Design and your chart.

https://www.amazon.com/Understanding-Human-Design-Astrology-Discover/dp/1938289102/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=1516727325&sr=1-1



If you'd like to learn even more, you might enjoy Understanding Human Design, The New Science of Astrology, which is a great comprehensive, in-depth book to help you understand your Human Design chart.



How to Use this Guide

Just like in traditional astrology, Human Design works with the planetary transits. The position of the planets at the moment of your birth are a vital part of what determines your Design.

The planets also move each week, lighting up different Hexagrams (sometimes referred to as "Gates" in Human Design). There are 64 Hexagram energies, each representing an archetype or an aspect of your personality.

The movement of the Sun lights up a different Hexagram approximately every six days, bringing evolutionary themes to our collective experience, to our personal lives and even in our relationships. Knowing which Hexagrams are being activated by the planets, the sun in particular, gives us an opportunity to consciously explore how that theme may be playing out in your life and

what you can do to consciously evolve that energy so you can express the highest potential of that theme.

In this Guide, I've given you the dates and themes of each of the Solar Transits for the year. You will find that these themes get activated during these key times.

Each of the 64 Solar Transit Themes comes with a short description of the theme, an affirmation to work with during the week, writing exercises to help you get the most out of the week and an Emotional Freedom Technique setup to help you clear any low frequencies of energy of the Solar Transit Theme out of your conditioning field so that you can keep evolving and growing.

(If you are unfamiliar with the Emotional Freedom Techniques, check out this free class to help you learn more: courses.joyfulmission.com)

I gently encourage you to use these weekly themes to help you get the most out of your week and the most out of your life.

To bring more insights into the celestial weather in your week watch my weekly Human Design Evolution Report video. You can watch either on Facebook:

https://www.facebook.com/HumanDesignForEveryone/

(Also, be sure to catch my weekly Facebook Show, The Quantum Alignment Show with Karen Curry Parker where we talk about all kinds of topics related to Human Design, Quantum Physics and Well-Being, Deliberate Creation, Relationships, Creativity and more...)

Or on my YouTube Channel:

http://www.youtube.com/c/KarenCurryParker

If you'd like to experience an in-depth understanding of your Human Design, nothing can beat getting a full Human Design reading with a Human Design Specialist. To find a Human Design Specialist for you, please visit: http://www.humandesignforeveryone.com/human_design_specialists.html

2018 is a powerful year of transformation, re-structuring, grounded and disciplined energy. It is a great year to lay the foundation of what you'd like your life to look like. May this be the year you begin the journey home to the Truth of Who You Truly Are!

Happy New Year!

From my Heart to Yours, Karen

JANUARY 22, 2018



Hexagram 41 - Imagination

The ability to craft a vision of what else is possible. The initiating energy for inventiveness. The capacity to trust that your daydream will become a reality. Envisioning.

Affirmation:

In the stillness I surrender to the Great Mystery of Life and the Divine. I allow Divine Inspiration to wash over me and I listen with great attention and appreciation. I trust that I receive the perfect inspiration and I simply let the inspiration flow to me. I am grateful.

Writing Assignment:

bigger than yourself? Do you need to create a routine in your daily practice to stay centered and connected?						

EFT Setup: Even though I don't know all the answers, I now choose to surrender and trust that I am being loved, supported and nurtured by the Infinite Loving Source that is the Universe.

JANUARY 28, 2018



Hexagram 19 - Intimacy

The energy for intimacy. The sensitivity to perceive subtle changes and shifts in emotional energy and the physical environment.

Affirmation:

I am grateful for all that I have received. I honor my creative process and know that Divine Timing will open up the correct circumstances in the correct order to fulfill my creative desires and provide all the support and success I desire. I honor the nature of Divine Timing and trust that abundance works through me and my relationships at all times.

I know that the ending of cycles is always the beginning of the new. I honor the end of all creative cycles and anticipate the next new creative experiences awaiting me. I take the blessings and the lessons I have learned from this cycle and move forward courageously into the next.

I take great care of all my relationships, including my relationship with myself. I know that some relationships will serve me for a lifetime and some have a brief impact on my life before a new cycle begins. I begin and end all my relationships with love. I let go with ease. I allow with ease.

I trust in the cycles of Divine Order.

Writing Exercises:

I. What cycles in my life are coming to an end? Am I resisting or allowing these conclusions? Is there anything I need to do to create space for the beginning of a new cycle?							

	What lessons have I learned from this cycle? Which blessings am I taking with me into the new cycle?
	Where do I have new clarity?
_	
	What does intimacy mean to me? Are my needs being met? Am I meeting the needs of my partner? Am I asking clearly for what I want? Am I allowing my partner to give to me? Are there places where I need to master fulfilling my own intimacy needs?

EFT Setup: Even though it's scary to open my heart, I now choose to create space for deep, intimacy and love in my life and I deeply and completely love and accept myself.

FEBRUARY 2, 2018



Hexagram 13: The Listener

The capacity to listen and hold the secrets and stories of others. Through hearing and holding stories you have the ability to find the gifts in the story and reframe the story to better serve you and others.

Affirmation:

I am a servant to the Divine. In my quiet retreat, I align with my Higher Purpose and I take actions that are of service to the Greater Good.

Each day I ask that my mind, my eyes, my words, my heart, my hands, my body, my Light and my Being be used in Divine Service. I am grateful for all that has come before me and I ask that I take the lessons from my past and use them to be of service to others.

I listen carefully to the words and true meanings of others. I allow myself to see the truth behind all words so that I always know the Divine Meaning of each communication.

I am clear. I am present. I take my time to respond meaningfully. I speak words that open doors of opportunities to others. I hold a sacred space for humanity to come together to fulfill its Highest Purpose. I lead with love.

Writing Assignments:

. What is the status of my ego? Am I comfortable serving the Higher Good without recognition? Are there areas where I am still motivated by a need to prove something?						

That can I do to listen and truly hear others better? What do I need to do to hear and sten to my own guidance better?
m I taking the time for myself to allow for clarity? Do I see the Truth of my past? What ieces from the past do I still need to release?

Even though I'm afraid to speak my truth, I now share the truth from my heart and trust that I am safe and I deeply and completely love and accept myself.

FEBRUARY 8, 2018



Hexagram 49: Revolution

The ability to break relationship bonds and agreements if the rules of the relationship aren't honored.

Affirmation:

After contemplation and alignment, I now take guided actions to revolutionize my life. I am clear and I know exactly the actions to take to create lasting change and transformation in my life. I am empowered. My choice and actions are deliberate. I am ready to redefine and recreate all agreements in my life to align them with the Truth of my unlimited abundance.

My relationships are mutually respectful, loving, honoring and for the highest good of those involved. I am clear in my communication. I set good boundaries for myself and take actions that are unconditionally loving and respectful of my partners. I only make agreements that acknowledge my beauty, my strength, my value and my worth. My agreements bring me reward in accordance with these beliefs.

I recognize that honesty and transparency and clearing acting on what is correct for me creates true intimacy and the possibility for long-term committment. I stand fearlessly in the face of love, ready to give and receive love in all of its expressions.

I embrace the changes necessary to make room for Love in my life.

Writing Assignment:

ctions do I need Vhat agreement	v		rsations do I	need to

2. Are there actions that I need to take to express my love and appreciation more deeply? Are there places where I need to create more honoring, understanding and respect for my partners?
3. What actions to do need to take to start a transformational revolution in my life? What habits, intentions and desires need to be acted on to anchor them in form in my reality?
nabus, intentions and desires need to be deted on to anchor them in jorn in my reality.
EFT Setup: Even though I'm afraid to ask for what I need, I now boldly open the space for me to receive and create the love I desire and I deeply and completely love and accept myself.

FEBRUARY 13, 2018



Hexagram 30: Intensity

The intensity and passion to hold a vision until it becomes manifest.

Affirmation:

I am clear about my intentions and desires. I honor myself for creating the space to bring forth my dreams and intentions. My life is completely open to receive and I stand in a passionate place of anticipation for the manifestation of my desires. I only focus on what I want. My vision is true, my passion is fed by the fire of my heart. I am unwavering and powerfully focused.

Writing Exercises:

What dist	tractions do I need to remove in order to keep my focus sharp?
What am passion?	a I passionate about? Am I free to express my passion? What keeps me from my

Even though my excitement feels like fear, I now choose to go forward with my passion on fire, fully trusting the infinite abundance of the Universe and I deeply and completely love and accept myself.

FEBRUARY 19, 2018



Hexagram 55: Abundance

The faith to trust that you will be given all that you need to sustain yourself and manifest your dream.

Affirmation:

I am aware of the Abundance of Spirit within me. I know that when I am focused on this Abundance in Spirit that all my desires are fulfilled and it is impossible for me to experience lack or need. I am completely supported and fulfilled by this awareness. By letting go and letting God, I allow abundance in all aspects of my life to manifest fully for me. Abundance is my birthright and my natural state.

Writing Exercises:

What do I need What beliefs do with what I kno	I have about b	•	v		

2. What does being aware of the Abundance of Spirit within me feel like? What does it look like? H would being constantly aware of this fulfilling energy change my life? What do I need to do to be recfor this level of faith and trust?	

Even though in the past I let fear stop me, I now choose to act as if I'm fully supported and trust in the outcome and I deeply and completely love and accept myself.

FEBRUARY 24, 2018



Hexagram: 37 Harmony

The ability to stabilize relationships and the energy to find a peaceful and fair outcome.

Affirmation:

After the storm there is always calm. It is in the quietness that follows shift and change that I remember my bearings, breathe deep and realign my relationships with what is new. All agreements I make are clear and created with peace as the end goal. From the remnants of the past, I discover the blessings and I work with my friends, my family, my tribe, my community and my world to co-create a mutually respectful and deeply honoring peace. Peace is within me. I am peace. I breathe peace. I create peace and all is well.

Writing Assignment:

peaceful? Commit to	five peace-enha	ncing activities	to do for yours	elf today.	

2. What new kinds of agreements do you need to make with your partners? Are your agreements with your partner clear? Do all parties in your agreements have the same expectations? Are there any clarifying conversations you need to have to deepen the awareness and clarity of your agreements?

Spend some time just hanging out and being peaceful with your loved ones this week!

EFT Setup:

Even though sometimes it's hard to wait for the right time, I patiently trust that when the time is right, I'll take the right action to create harmony in my life and I deeply and completely love and accept myself.

MARCH 2, 2018



Hexagram 63 - Questioning

The power to use inquiry to think about new possibilities and to test out new theories.

Affirmation:

I trust myself. I trust the Divine. I trust that there is perfection in experimentation. I trust my insight and knowingness. I am discerning but not doubtful. I know that all questions have answers. I trust in the elegant solution and know that the answer will be mine in time and all is well.

Writing Assignments:

have shown me	es have I had that that my inner knov have I demonstrat	wingness is cor	rect? What are	e my gifts, my s	trengths and m	y

Even though I struggle with trusting myself, I now choose to relax and know that I know. I listen to my intuition. I abandon logic and let my Higher Knowing anchor my spirit in trust and I deeply and completely love and accept myself.

MARCH 8, 2018



Hexagram 22 - Grace

Surrender. Letting go and trusting that you will have all the resources you need to give what you seek to share with the world.

Affirmation:

I trust that when I let go and surrender to the Divine, I will be provided with all of the resources that I need to give service to the world. My words, my actions and my energy transform those around me. When I stay in a state of positive expectation and trust, I am fully supported. Others look to me as a model of faith.

Writing Exercises:

. When faced with the emotional energy and drama of others, what is my strategy to allow and be aware? What are my strategies for detaching?					

in the	am I here to share with the world? What are my gifts and blessings? How deeply do I trust abundance and support of Spirit? How can I deepen my trust?
	do I create drama? How do I feel about my own emotional energy? Do I like it or do I avoid I wait for clarity or do I jump in and clean up afterwards?

Even though it's hard to trust myself, I now choose to trust myself anyway and I deeply and completely love and accept myself.

MARCH 13, 2018



Hexagram 36 – Exploring

The energy to push beyond the limits of the current human story in order to shift the ideas about what we think is possible.

Affirmation:

I embrace the new. I watch and wait. I trust my intuition and my strategy knowing that I make clear, intentional choices. My actions are in alignment with my intentions and my desires. I am the eye of the storm. My head is clear, my heart is aligned and I only act for my highest good. I am immune to the appearances of my outer reality and I know that I am on my way to creating what I intend. My beliefs are unwavering and I am not swayed by outer circumstances. I trust in Divine Order

Writing Assignment:

. What is your strategy for coping with unexpected events, chaos and tragedy? How strong is your onnection to Source? What do you need to do to strengthen it?						
						

EFT Setup:

Even though it's scary to be out of my comfort zone, I now choose to push myself into something new and more aligned with my Truth and I deeply and completely love and accept myself.

MARCH 19, 2018



Hexagram 25 – Acceptance

The ability to find the spiritual blessing and connection in every aspect of life. Healing by remembering your connection to Spirit. Surrendering the personal self to the Higher Will.

Affirmation:

Writing Assignment:

I am perfectly prepared to take my place in Divine Order. I know that my intentions can and will be fulfilled according to Divine Mind and I relax and trust. I know that there are greater unexpected outcomes that are for my higher good and I trust completely that all is well. I turn a blind eye to how things look and I know that the Truth will be revealed to me when I need to know. The Spirit of God within me is the Source of all my good.

1. How much do you trust in Divine Order?					

EFT Setup:

Even though in the past, I was afraid to follow my heart, I now choose to do what is right for me and know that I am fully supported and I deeply and completely love and accept myself.

MARCH 25, 2018



Hexagram 17 - Opinions

The energy to think about possibilities and theories. Insights.

Affirmation:

I wait to offer my insights until I am asked. I am aware that what is Truth for me is not always Truth for others. Each one of us has our own unique journey and our perceptions create our understandings. I wait for the right people to ask me for my understandings. I know that when people ask, they will truly value my insights. My insights are valuable to those who seek them. In order to rule and be valued, I must first be of service. I serve the truth and wait for those who are aligned with my truth.

Writing Assignment:

on to ideas and a	•	 •	_	_

?. What does the ph ervice? Are you serv vithout guilt?	rase "to serve" mean ving yourself as the fo	n to you? Are you oundation of the .	n being of service? service you offer?	P Do you need to de Can you serve you	o more urself

Even though I have a lot of ideas and thoughts to share, I trust that the insights that I have to offer are too important to blurt out and I wait for the right people to ask and I deeply and completely love and accept myself.

MARCH 30, 2018



Hexagram 21 - Management

The ability to manage and allocate resources including money, information and material goods in such a way that they are distributed fairly and sustainably.

Affirmation:

Writing Assignment:

I control my thoughts and my actions. I release my need to control others. I trust that the Universe will provide all the serendipitous encounters and the magic necessary to create the manifestation of my desires so I can better serve the world. I use my energy to manage myself and my resources so that I have more to give. I trust that my mindset and my intentional actions will encourage the Universe to conspire with me. My inspiration is a source of inspiration for others. I lead by example.

1. W	1. What things in your life do you need to let go of control over?					
-						

2.	What do I need to do to allow others to express themselves and to hold a space for their freedom?
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_	
3.	What do I need to do to deepen my trust of Source? What old beliefs and fears need to be released so that I can move more deeply into Trust?
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aı	FT Setup: Even though in the past I felt like I had to control everything, I now surrender to Source and know that my abundance, my TRUE abundance, is available to me when I let go and let the niverse do the work and I deeply and completely love and accept myself.

APRIL 5, 2018



Hexagram 51 - Awakening

The energy to awaken others to their own connection to Spirit. The capacity to use your own shocking experiences to deepen your spiritual understanding and your service to the world.

Affirmation:

I have the inner strength to deflect all outer shock. I am the manifestation of Spirit in form. I am a courageous, steadfast and open to the expansion of Spirit within me. My faith and courage inspire and initiate others. My vibration is high and I lift others up with the Truth of Spirit within me.

Writing Exercise:

1. What are the lessons that I have learned from shock? How have I transformed shock into strength? How has shock initiated me into the Love of Spirit?				

l drama from i	been "shocked the shock do I n greater awaren	need to releas	se? How has	the shock re	evealed to me	a deeper tr	

Even though things aren't turning out like I expected, I now choose to embrace the unexpected and trust that the Universe is always serving my Greater Good and I deeply and completely love and accept myself.

APRIL 11, 2018



Hexagram 42 – Completion

The energy to create order out of chaos and to bring to completion things that need to end in order to create room for the new and for expansion.

Affirmation: I embrace all the change that has come before and I recognize that all endings are new beginnings. I open the door for the new and re-dream what is to come. I am fully prepared to lay down the physical manifestation of the foundations of what is new and to take the actions necessary to bring what is new into form.

Writing Exercise:

1.	What final steps do you need to take to release the energy of this first quarter? What doors do you see opening? Closing?

Even in though in the past I hesitated to finish what I needed to finish in order to make room for something new and better, I now choose to bring things to a powerful ending and know that I am taking strong action to create space for what I truly want to create in my life and I deeply and completely love and accept myself.

APRIL 16, 2018



Hexagram 3 - Mutation

The energy to see what else is possible and to innovate with new ideas.

Affirmation:

I accept and embrace change and love what is. I trust that what I am experiencing right now in this moment is the perfect experience to support me in creating what I intend and desire. Each step of the journey is absolutely perfect right now.

Writing Assignments:

1. How much do you trust the Universe? What do you need to release to deepen your trust?

wnai Big Drea lsetare you pr	ms are you ready epared? Or do y	vou need a mi	ction? What is ndset tune-up?	your first step?	Check in with	your

Even though it's scary to take the first step, I now trust the Universe and my ability to be innovative and know that I stand on the cusp of the fulfillment of my Big Dreams. I deeply and completely love and accept myself.

APRIL 22, 2018



Hexagram 27 - Nourishing

The energy to assume care, education and responsibility for the growth of others.

Affirmation:

I am responsible for aligning with what is. I trust that when faced with challenges, I will also know exactly what to do. I take care of myself and then others so that my energy is strong and my capacity to care is limitless and empowering.

Writing Exercises:

1. What are you taking responsibility for that you need to release? Is guilt helping you hold on to something that you need to let go? Can you release the guilt?				

t small acts of comp yourself permission		
the awareness that y reating your reality		

Even though it's hard to say no, I now choose to take the actions that are correct for me. I release my guilt and I deeply and completely love and accept myself.

APRIL 28, 2018



Hexagram 24 – Rationalizing

The ability to understand the vital and workable parts of a big idea and to be able to share it with others. The gift of finding the blessings in painful situations.

Affirmation:

Writing Assignment.

I give my attention to my progress and all that is good. I focus on what is working, what is aligning and I trust that all that is good will grow. I celebrate my successes and focus on creating more success by simply attending to that which is correct for me.

William Probagament				
1. Make a list of everything that feels good and is working in your life.				

EFT Setup:

Even though it's scary to start something new...I'm afraid I'm not ready...I now choose to courageously embrace the new and trust that everything is in Divine Order and I deeply and completely love and accept myself.

MAY 4, 2018



Hexagram 2 - Support

The energy to realize and align with being fully supported in all ways to fulfill your life purpose. Receiving and gratitude.

Affirmation:

I am always moving towards beauty. All of my challenges and struggles have given me the lessons to move me forward. My every step is perfect. My every movement moves me to growth and expansion and each moment of my journey is perfect.

writing	Assignment:	

1. What steps do I need to take to surrender to my destiny?
2. How comfortable am I with the idea of "receiving"? Do I allow myself to be supported?

3. Do I have clarity about my direction? What do I need to do to be clear?	
5. Do I have clarify about my direction: what do I heed to do to be clear:	
	-

Even though I'm scared because nothing looks like I thought it would, I now choose to relax, trust and receive the support that I am designed to receive. I know that I will be supported in expression my True Self and I deeply and completely love and accept myself.

MAY 10, 2018



Hexagram 23 - Explanation

The ability to take new ideas and paradigms, break them down into small pieces and explain the ideas clearly to others.

Affirmation:

My greatest strength is my ability to be still and wait to be asked to share the vision I hold. I stand with great confidence in my knowingness and I trust that I know and hold the intention to create dynamic change for my own good and for the greater good of the whole.

1. What do you do holding the ene	o to hold your visi ergy of your intent	of your daily p	ractice support	s you in	

2. How does it feel to you when you don't know "how" something will manifest? How long do you hold your intention? Do you have the patience to wait for the right thing? Can you let go of your back up tolan and trust the Divine Order? Are you preparing with small acts of faith that will show the Universe that you are prepared for the next step in your assignment?
3. Do you have the courage to hold onto a vision, even when no one else "gets" it or understands it at the moment? Is it okay for you to be on your own with your intention? How do you feel about "not fitting in"? Where do you quit? Where do you hold steady?

Even though in the past I shut down my voice, I now speak my truth and offer the contribution of my unique spirit to the world and I deeply and completely love and accept myself.

MAY 15, 2018



Hexagram 8 - Contribution

The ability to make a powerful contribution to the world by being the full expression of your authentic self. Your self-expression gives permission to others to do the same.

Affirmation:

My contribution to humanity is important. I commit myself to making my contribution by expressing my authenticity to its fullest extent. The world needs me to play the role I am intended to play and the greatest contribution I make is to share my Light, my Love, Myself with the world. I never hold back. I radiate. I am a crucial part of the Light of the Wholeness of Mankind.

Writing Assignment:					
1. If you could live an uncompromising life, what would it look like?					

	Do you dream of making a contribution to the world. What is it? What do you need to do to bring it forth? Is there anything stopping you?
_	
_	

Even though I question whether I have something of value to add to the world, I now choose to courageously follow the whispers of my soul and live a life that is a powerful expression of the truth of who I am. I speak my truth. I value my contribution. I know I am precious and I deeply and completely love and accept myself.

MAY 21, 2018



Hexagram 20 - Anticipation

The energy to be aware and ready to take action when the time is right. The awareness to know what skills and talents others have and to be able to bring the right people together to create conscious community.

Affirmation:

Writing Exercise:

(This week's affirmation is more of a mantra...enjoy!) Just because I can do it, doesn't mean that I have to or that I should. I use my strategy to determine my actions and I only do the things which are correct for me. I am a door to cosmic perfection and the entrance point for actions that create Divine Order. It is in my "not doing" that my doing becomes evident.

1. How do you feel about "not doing"?
2. Are there places in your life where you are busy without direction? Are you battling burn-out? Are you being as effective as you'd like to be?

D efine	your person	al power. A	Are you ful	lly activati	ing it?		
Define _.	your person	al power. A	Are you fui	lly activati	ing it?		
Define .	your persond	al power. A	Are you fui	lly activati	ing it?		
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Even though it's scary to not "do" anything and wait, I now choose to trust the infinite abundance of the Universe and I deeply and completely love and accept myself.

MAY 27, 2018



Hexagram 16 - Enthusiasm

The willingness to dive in and experiment with an idea. Versatility.

Affirmation:

I allow myself to create and experiment. Experimentation and exploration are a natural part of my creative self and allows me to find the correct pattern for the expression of my talents and my soul's journey. It is in the relentless pursuit of this journey that I live my joy.

1. What dreams are beginn are you needing to tweak	ition? What is yo	ur experimentatio	on teaching you	? What

3. Can you imagine the full enthusiastic expression of your unique gifts and talents?	old belie	t beliefs may be part of creating the manifestation of your experiments? Are there any ifs that you need to release?
3. Can you imagine the full enthusiastic expression of your unique gifts and talents?		
3. Can you imagine the full enthusiastic expression of your unique gifts and talents?		
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	3. Can	you imagine the full enthusiastic expression of your unique gifts and talents?

Even though I'm afraid that I'm not fulfilling my life purpose and I'm wasting my life, I now choose to relax and know that I am in the perfect place at the perfect time to fulfill my destiny and I deeply and completely love and accept myself.

JUNE 2, 2018



Hexagram 35 - Progress

The wisdom to hold back, watch and wait. The ability to choose deliberately, based on your own experiences and knowledge, whether to put your energy into something or not.

Affirmation:

Writing Exercises:

I choose the kinds of experiences I desire. My feelings about my experiences show me what is correct for me. I am responsible for my own choices and my own happiness and no one create experiences for me that I do not choose.

1. What is going on in your life right now that you would like to change?

2. In your current manifestations, what experiences wo that understanding help you get clear about your creationalign with?	uld you like to avoid duplicating? How can on? What experiences do you need to focus and
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Even though in the past I struggled to stay focused and move forward, I now trust myself to take the next steps on manifesting my dream. I am focused, clear and moving forward and I deeply and completely love and accept myself.

JUNE 8, 2018



Hexagram 45 - Gathering Together

The energy for natural leadership. The capacity to share your resources with others for the greater good of the whole. Teaching energy.

Affirmation:

I gather to me all the people necessary to support my manifestation in my life. I take leadership and honor my role as the King/Queen of my creation. I delegate, assert my power, manage resources effectively and act with benevolence.

. Where in my life do me to be in charge, i		feel as a leader?	Is it okay for

tide of the King/Queen is over-controlling and punitive. Are there places when my creation and allow it to evolve?	e I
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Even though I'm afraid to look at my finances, I now choose to take a real look at my financial numbers and know that awareness is the first step to increasing my financial status and I deeply and completely love and accept myself.

JUNE 14, 2018



Hexagram 12 - The Channel

The ability to articulate creative and transformative ideas when the timing and the energy is aligned. A natural connection with Source who often serves as a vehicle for Divine Wisdom.

Affirmation:

Writing Assignment:

In my expression of my intention, I stay open to the Voice and Words of the Divine. My words, my expression and my creation are Divinely Guided and I speak the perfect words to transmit the beauty of who I am and what I create. My voice is heard and valued and I continue to share my insights and my experiences as part of my creative process. My Divine perspective supports me in evolving my ideas and creations.

Are you using will po	ower or Divine Power to create?
<i>y y</i>	at a standstill? If so, what do you need to do to keep moving forward?

Tett P	layful things can			

Even though I'm afraid that I'm failing my life purpose and mission, I now choose to know that I am in the right place fulfilling my right purpose and that all I need to do is to follow my strategy, be deliberate and follow my heart and all will be exactly as it needs to be and I deeply and completely love and accept myself.

JUNE 20, 2018



Hexagram 15 – Compassion

Lover of humanity and nature. A deep desire to give to the world and an extreme force of nature. Not designed to be consistent. Is happiest when following the flow of natural order and when finding the place where it serves the greatest need.

Affirmation:

My life adds to the greatness of humanity. My work benefits the world. I accept unconditionally the broad spectrum of diversity and rhythm that makes up humanity and I surrender to the larger flow of life. I am awed by the magnificence of mankind and my awe inspires me to be of service to the greater good.

What contributions a Do you need or want			ou acknowledgin	g your service?	
Do you need or want	to acepen your co	mmument.			

2. What role does rhythm play in your life? Does your personal rhythm bring you joy? Enhance your creations? Fulfill your intentions? Do you need to experiment or change your rhythm?
EFT Setup: Even though I feel powerless to make a difference in the world, I now choose to follow my heart and my passion knowing that I am the greatest gift I can give the world and the more I show up as my true self, the more I empower others to do the same and I deeply and completely love and accept myself.

JUNE 25, 2018



Hexagram 52 - Perspective

The ability to see the "big" picture and to have a holistic viewpoint.

Affirmation:

The stillness of my concentration allows patterns and order to be revealed to me. My understanding of this order gives me the power to continue to create effectively.

The stillness of my concentration is the source of my power this week.

Writing Assignment: (it's a tw	reak week!)		
1. What do you need to do to cr	reate stillness this we	eek?	

you feel the alig	J			
				o, how? Do you
3. Define your pov feel good being				o, how? Do you
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3. Define your pov feel good being				o, how? Do you
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Even though it makes me nervous to stop "doing" and sit with the stillness, I now trust the process and know that my state of alignment and clarity with my intentions is the most powerful thing I can do to create effectively and powerfully in my life. I relax, I trust and let my abundance unfold and I deeply and completely love and accept myself.

JULY 1, 2018



Hexagram 39 - Provocation

The energy to tease, challenge and bring attention to things that are out of alignment with abundance. Activist.

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I wait for the right spirit of things before I progress forward. I take my time and allow the right doors to open to pathways that place me in the right place at the right time doing the right thing.

1. Describe a memory when the "spirit" felt right and a correct manifestation followed. Reconnect wit that feeling and anchor deep within your body and your consciousness.						

2. Do you push people and opportunities away? Is it correct for you? Do you need to find more constructive ways to allow yourself more time to make decisions? What can you do to create an energy that is "allowing"?								
3. What is your relationship with food like? Are you an emotional eater? Do you love your body? Are there changes you need to make in your relationship with food and your eating lifestyle?								

Even though I worry about money, having the right relationship, and creating abundance in every area of my life, I now trust Spirit and allow the abundant nature of the Universe to reveal itself to me. I stay open to the possibilities of miracles and trust that all I have to do is stay conscious of the abundance of Spirit unfolding within me and I deeply and completely love and accept myself.

JULY 7, 2018



Hexagram 53 - Development

The energy to start (not necessarily finish) things. The energy for expansion.

Affirmation:

I wait and start things according to my strategy. I allow for the energy of new beginnings and trust that when I live my strategy, all the key pieces to complete my creative process will magically align.

Stay tuned this week to the energy of new beginnings and starting things. Allow the ideas, revelations, inspirations and spurts of initiation energy to rev up your engines but wait according to your strategy to jump in! Make a list of your new ideas or your renewed inspirations.						

Even though I'm scared to believe that my big dreams could come true, I now choose to trust the infinite power of the Universe and know that I am never given a dream that can't be fulfilled.

JULY 13, 2018



Hexagram 62 - Planning

The awareness to know what might be needed to make an experience safe, valuable and worthwhile. Practical and organized.

Affirmation:

I use my words carefully. My words generate form for my dreams and ideas. My thoughts are clear and organized and I find and speak the truth with courage and consistency.

1. Time for tweaking again! We're almost half way through the year. Time to revisit our vision and renew our commitment in words to our dreams. Take time this week to write out your dream in word It is the power of our words that create things.							

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Even though I feel pressure to do something, I now choose to relax and trust the power of my dreams to call the right circumstance to me and I deeply and completely love and accept myself.

JULY 19, 2018



Hexagram 56 - The Wanderer

The creative ability to share new ideas and information in story form. Can share information well using allegory, simile and metaphors. Teaching energy. Natural storyteller.

Affirmation:

I share my ideas and my sacred stories when I am asked. I wait to share my ideas and stories with the right people who honor my inspiration and experience. Stories are the vehicle to growing the tapestry of humanity. My story is an important part of the human experience and I honor my experience by waiting for the right circumstances. My words and my dreams are valuable.

expression show you all the possibilities of how your dreams may manifest. Allow yourself to stay open to limitless possibilities.						

Even though I'm afraid to share my ideas, I now choose to take leadership with my inspirations and share my precious ideas with others and I deeply and completely love and accept myself.



Hexagram 31 - Influence

The ability to influence leadership and to be in tune with the needs of the people being led. Humble leadership/service.

Affirmation:

I assume my position of natural leadership when I am asked or invited to assume influence. My words, my thoughts, my ideas and my dream is important and worthy of sharing with the right people.

Writing Assignment:

No writing this week. Meditate on True Power and Influence and what that means to you. Notice where you feel power in your body and practice connecting with this physical magnetic feeling at least once a day.

EFT Setup:

Even though I'm afraid to be seen, I now choose to express myself and the magnificence that is me with gusto, courage and awareness of my own power and preciousness and I deeply and completely love and accept myself.

JULY 31, 2018



Hexagram 33 - Retreat

The ability to synthesize, through understanding the past, many stories and experiences in order to share the narrative of humanity. The record keeper.

Affirmation:

I continue my journey inward, working with the cycles of creation and repose. My focus now is on myself, my journey, my past and the evolution of my future. I relax and trust that what is hidden will be revealed, truth will be demonstrated and my greatest power is in Divine Timing. I trust. I wait. I know. I grow.

ot seen the resul you think is hold abel.			

2.	Re-write that story as if it weren't true for you anymore. What would change? What would be different? What would the end results be?					
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Even though my stories from my past have held me back, I now choose to rewrite the story of my life and tell it the way I choose, with forgiveness, embracing the gifts and honoring my courage and strength in my story and I deeply and completely love and accept myself.

AUGUST 6, 2018



Hexagram 7 - Leadership Support

The natural ability to support a leader in fulfilling their role to better serve the people they are leading. "Chief of staff".

Affirmation: I take leadership in my own life and know that I will be called out to share my influence with the world. I am empowered and I trust the geometry of the Universe to take me to exactly where I need to go to impress my authentic expression on the face of the world.

1. Where do you need to take action and leadership in your life? What do you need to do to lead your dream?	
	_

What kind of i u from recogniti	nfluence and recion in the past? I	ognition would s there anythin	d you like to b ng you need to	e experiencing change to inc	in your life? W rease your light	hat has ke _j ?

Even though I feel confused and conflicted about what to do, I trust the Divine Flow and let the Universe show me the right thing to do in the right time and I deeply and completely love, trust and accept myself.

AUGUST 12, 2018



Hexagram 4 - The Answer

The ability to hypothesize an answer to a question. A drive to figure things out.

Affirmation:

The culmination of my thoughts and experiences grant me knowledge about how I need to proceed confidently and faithfully into the future.

Writing Assignment:

1. What are the next steps I need to take in my creative processes? What new awarenesses, knowledg and insights do I have as a result of my thoughts, experiences and meditations?	e

EFT Setup:

Even though I don't know what to do, I allow my questions to seed the Universe and I trust and wait with great patience that the answers will be revealed to me and I deeply and completely love and accept myself.

AUGUST 17, 2018



Hexagram 29 - Commitment

The energy for devotion and endurance that can lead to an unusual level of success.

Affirmation:

As I prepare myself to emerge from my creative cocoon, I carefully examine my actions and make sure that my commitments are in alignment with my intentions. I only say "YES" to the things I know will bring me closer to fulfilling my dreams and I enter into my commitments according to my Human Design Strategy.

What are you committed to? What actions do you need to take to reflect and deepen that commitments	ıent?

Even though I'm afraid to invest all my effort into my dream...what if it fails...what if I'm crazy...what if I just need to buckle down and be "normal"...I now choose to do it anyway and I deeply and completely love and accept myself.

AUGUST 23, 2018



Hexagram 59 – Intimacy

The ability to disperse ideas and energy and to work to create resources to help sustain and nurture others.

Affirmation:

I radiate my desires into the Universe and impregnate the ethers with my dreams. My intentions influence the right people, the right places, the right circumstances and the right opportunities at the perfect time and I know that I am radiating pure joyful intention all the time.

Meditate (and journal) this week on what avenues of impact would best serve you, your intentions and your business. What is the next step in creating your intentions and your dreams. Where do you need to "get to work" to be ready for things to manifest?					

Even though I struggle to share my intentions, I now choose to boldly state my intentions and wait for the pieces of my creation to magically fall into place and I deeply and completely love and accept myself.

AUGUST 29, 2018



Hexagram 40 - Deliverance

The energy to use alone time to re-source, re-new and to integrate in order to re-emerge into the world, when needed, to give new ideas and create community with others.

Affirmation:

I relax in my knowingness that I am lovable and capable of allowing all the helping hands I need to make my dreams a reality. I seek out others and connect with an open heart and pure joy and love.

What is the nature of your relationships? Do you feel lonely? Do your relationships feel balanced?						

groups? Are you connecting with the Family of Man?	
2. Do you need to go out and make more connections with others? Network? Join social groups? Are you connecting with the Family of Man?	

Even though it's hard to let go of relationships obligations, I now choose to release all relationships that are draining and unsupportive and I deeply and completely love and accept myself.

SEPTEMBER 4, 2018



Hexagram 64 - The Big Idea

The tendency to get inspired by a giant idea in one big "download".

Affirmation:

I pay attention to inspiration and know that, when I wait with curious anticipation to see how my inspiration manifests. I am delighted and curious to see what the Universe brings.

1. What are your big dreams? Do you trust that they will manifest?					

ategies do you have			
me time away from l give you the answ			ature. Let
			nature. Let
			nature. Let
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Even though I don't know what's next, I wait and trust that the perfect right step will show up for me and I deeply and completely love and accept myself.

Even though I feel overwhelmed with ideas, I trust the Universe to reveal the next step to me. I relax and wait and I deeply and completely love and accept myself.

SEPTEMBER 10, 2018



Gate 47 - Epiphany

The energy to receive the information about "how" to implement an idea. Can't be forced. You have to wait for the instructions and answers to reveal themselves.

Affirmation:

I wait with delighted anticipation and marvel at the curious way the Universe manifests my desires. I keep my mindset joyful and positive and I only focus on the end result.

1.	What things will you do while you are waiting for your manifestation? What will you do to keep your vibration high while you wait? What is the status of your mindset? Do you need to take care of your thought patterns?
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Even though it's frustrating to not know how to make something happen, I now choose to wait for Divine Insight and I trust that the right information will be revealed to me at the perfect time and I deeply and completely love and accept myself.

SEPTEMBER 16, 2018



Hexagram 6 - Emotional Balance

The energy for diplomacy and the capacity to craft peace or fight for what's right.

Affirmation:

I surrender myself to life. I trust that when I wait, the elegant solution to the challenges I perceive will reveal themselves to me. I listen with my heart and wait until I am emotionally clear before I act.

Writing Assignment:

Are there situations in your life right now that require you to wait in order for you to craft a peaceful and loving solution? What do you need to do to bring out the highest expression of love, intimacy an peace in this situation?	

EFT Setup:

Even though I'm ready to leap into action, I now choose to take a breath, wait out my emotions and trust that the right timing will be revealed to me. I'm not missing out on anything. Divine Order is the rule of the day and I deeply and completely love and accept myself.

SEPTEMBER 21, 2018



Hexagram 46 - Embodiment

The recognition that the body is the vehicle for the soul and the ability to experience and express the full vitality of Spirit in form.

Affirmation:

Writing Assignment:

Physical reality is an expression of my consciousness. I look to my reality to mirror my mindset and my beliefs back to me. I am clear, conscious and awake. I am aware that I can adjust my mindset to create any physical experience I choose. I take guided actions that are in alignment with my beliefs and I celebrate this gift of being alive in a physical body!

1. What is my reality telling me? Are there messages I need to heed?					

intentions and actions an accure	te reflection of m	y True Hearts Des	ires?

Even though it's hard for me to love my body, I now choose to embrace my amazing physical form and honor it for all the good it brings me and I deeply and completely love and accept myself.

SEPTEMBER 27, 2018



Hexagram 18 - Improving

The drive to continue to practice, correct and repeat in the name of becoming masterful and experiencing the joy of perfecting. The natural ability to see patterns in others that need to be improved in order to create more joy.

Affirmation:

My entire life is a process of ever-expanding perfection. Where I am right now is the sum total of all of my experiences and as I learn and grow, so does my understanding and consciousness. I am perfect right now. My so-called mistakes are catalysts for my growth and I enjoy correcting patterns and bringing more and more alignment with my Divinity into my life! Each and every day offers me opportunities to grow and expand and I am grateful!

Writing Exercises:

1. What do you need to work on releasing? Judging? Forgiving?					

Even though I feel criticized and judged, I now choose to hear the wisdom of the correction and release my personal attachment and I deeply and completely love and accept myself.

OCTOBER 3, 2018



Hexagram 48 - Depth

The drive to study, learn and practice in order to become masterful. The thirst for knowledge.

Affirmation:

I trust that the skills I need will be expressed through me when I am ready. I study. I learn. I know that my knowledge will be beautifully expressed when the time and the circumstances are correct. I trust Divine Order.

1. What information do you need to deepen your knowledge base? What do	you need to learn?

Do you have the skills necessary to bring forth what to master?	god desirer if non mon we you need
FT Setup:	
ven though I'm afraid I'm not ready tove in and just do it and I deeply and completely love	, I now choose to courageously

OCTOBER 8, 2018



Hexagram 57 - Intuition

Clairaudience. Intuitive hearing and knowing that helps predict the future and gives the awareness of when the timing is right to act or organize.

Affirmation:

I trust myself. I trust my intuition. I trust the future.

Are ine	ere any intuit						
What a	o you need to	o do to dee _l	pen your int	uitive aware	ness?		
What a	o you need to	o do to deep	pen your int	uitive aware	ness?		
What c	o you need to	o do to deej	pen your int	uitive aware	ness?		
What c	o you need to	o do to deej	pen your int	uitive aware	ness?		
What c	o you need to	o do to deep	pen your int	uitive aware	ness?		
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What o	o you need to	o do to dee _l	pen your int	uitive aware	ness?		
What o	o you need to	o do to dee	pen your int	uitive aware	ness?		

Even though it's scary to trust my gut, I now choose to honor my awareness, quiet my mind and go with what feels right and I deeply and completely love and accept myself.

OCTOBER 14, 2018



Hexagram 32 - Endurance

The drive to wait, hold a vision, dream and build a foundation for an idea until the time is right.

Affirmation:

My dreams always come true. I would not be given an inspiration without also being given the capacity to realize it into form. I have everything I need to fulfill my dream.

Writing Assignment:

	life look like i s of faith do y		lo? What woul w commitmen	

EFT Setup:

Even though I've worked hard to make my dreams come true and nothing has happened yet, I trust in Divine Timing and keep tending to my vision and I deeply and completely love and accept myself.

OCTOBER 20, 2018



Hexagram 50 - Values

Nurturing energy that maintains an environment that supports the sharing of ideas and values. Teaching, cooking, taking care of. A Gate of Love.

Affirmation:

I establish the rules for my reality. I take care and nourish myself so that I may take care and nourish others. Everything I do for others, I do for myself first in order to sustain my energy and power. I rule with self-love and then love freely.

1. What new rules do y business, for my hed		l to create nev	v rules in my re	elationships, m	У

Do I love myself? Do freely? Do I feel safe	in love?	re myseij more	e! Do I have t	he strength and	l foundation to le	ove

EFT Setup: Even though it's hard for me to give and receive love, I now choose to be completely open to receiving and sharing deep and unconditional love starting first by deeply and completely loving and accepting myself first.

OCTOBER 25, 2018



Hexagram 28 - Tenacity

The ability to fight, endure and hold on to an idea until it proves it's worth and value. Evolution.

Affirmation:

I am fully alive and I am constantly present to the energy and possibility of Life.

Writing Assignment:

. We often ask ourselves what can we pursue that is worth dying for. This week, ask yourself what in your life is worth Living for?	n

EFT Setup:

Even though everything feels hard, I now trust that I am mastering what is truly important in my life. I trust the lessons the Universe brings me and I deeply and completely love and accept myself.

OCTOBER 31, 2018



Hexagram 44 - Patterns

The ability to, with right timing, transmit or share an idea or tangible good that can help heal the past and create greater value. The ability to sell an idea.

Affirmation:

I greet life full on. I move forward confidently into the future knowing that my past has been my greatest teacher. I am not limited but liberated from my past and realize that NOW is the most powerful moment of my life.

Writing Assignment:
1. Are there places where I limit myself because of things that have happened to me in the past?
2. Am I in full integrity when it comes to leading or influencing others? Do I walk my talk?

3. Are there places where I need support from others?
4. Imagine your perception of your life from your deathbed. What things would be important to you? What accomplishments would you be most proud of? Is your life today a good reflection of that perspective? Do you need to change your priorities?
EFT Setup:
I deeply and completely love and accept myself.
Even though I am afraid to repeat the past, I now move forward with confidence trusting that I have

Even though I am afraid to repeat the past, I now move forward with confidence trusting that I have learned what I needed to learn. I can create whatever future I desire and I deeply and completely love and accept myself.

NOVEMBER 6, 2018



Hexagram 1 - Creativity

The wisdom to recognize that the full expression of your unique potential IS the creative gift you give the world and the showing the world what that looks like.

Affirmation:

Every day is a new creation. My greatest contribution to the planet is to be the fullest expression of myself as myself. The fulfillment of my Divine Potential is important for the evolution of humanity.

you to step into your fullest expression?					
	-				

Are there limiting b	eliefs and experiences you need to release in order to more deeply express t do you need to do to release these beliefs and experiences?
Are there limiting be authenticity? Wha	eliefs and experiences you need to release in order to more deeply express t do you need to do to release these beliefs and experiences?
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Are there limiting b	eliefs and experiences you need to release in order to more deeply express to do you need to do to release these beliefs and experiences?

Even though I am afraid that I am failing my life mission, I now choose to relax and allow my life to unfold before me with ease and grace. I trust that every step I take is perfectly aligned with my soul purpose and I deeply and completely love and accept myself.

NOVEMBER 11, 2018



Hexagram 43 - Breakthrough

The ability to experience insights into new ideas, thoughts and inspirations.

Affirmation:

I take time to enjoy my thoughts. I allow myself to begin to formulate new ideas and inspirations that can create change in my life and in the life of others. I recognize and allow for my own brilliance and serve this brilliance by waiting for the right people to ask me for my insights. My thoughts and ideas are valuable and I trust that what I have to share is valuable to the right people. I attract the right support, circumstances and opportunities that align with my new ideas.

pattern of son	ne to "brain dun nething new eme s or your mindse	rging? Are you		

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Even though it's hard to wait for someone to ask me for my insights, I now choose to wait and know that my thoughts are valuable and precious. I only share them with people who value my insights and I deeply and completely love and accept myself.

NOVEMBER 17, 2018



The 14th Hexagram - Prosperity

The ability to know when to respond to bountiful opportunities. And awareness of which path, experiences and relationships would produce the greatest wealth and abundance.

Affirmation:

I respond to the things which bring me joy. I pay attention to my excitement and passion and allow myself to trust that the Universe is deliciously conspiring to find ways to support me in the pursuit of my passion. I do what I want to do. I do what feels correct. I honor my joy and excitement and commit to feeling good, knowing that this is the most important contribution I can make to the planet at this time.

1. Make a list of everything you are doing right now that you find inspiring and delicious. Make a commitment to yourself to follow at least one of these inspirations each day.					

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he Universe to sup an you do what you		make money doing
		make money doing

Even though I'm afraid that I can't do what I love and make money, I deeply and completely love and accept myself.

NOVEMBER 22, 2018



Hexagram 34 - Power

The ability to know when the time is right to act powerfully. The energy to use power to transform others. The need to withdraw and integrate before acting with power.

Affirmation:

I trust the Universe to deliver to me the perfect opportunities to fulfill my dreams and intentions. I watch and wait for signs that clearly show me the next step. I know that my true power is in co-creation with the Universe and I know that Divine Mind has the perfect path for me.

1. How are you leveraging your power and energy? Are you doing things that are not bringing you closer to your dreams? What things do you need to stop doing in order to create a space for what you truly want?				

	definition of power? Do you	ı feel powerful? What can	you do to be more
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What is your		ı feel powerful? What can	you do to be more
		ı feel powerful? What can	you do to be more

3.	What do you need to do to deepen your trust in the Universe? Are you showing up and doing your part in your life?
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Even though I'm afraid to be powerful, I now choose to fully step into my power and allow the Universe to serve me while I serve it and I deeply and completely love and accept myself.

NOVEMBER 28, 2018



Hexagram 9 - Focus

The ability to know what to focus on. The deep dive.

Affirmation:

I trust the Universe to provide me with everything I need to make my dreams come true. While I wait for the perfect unfoldment of my dreams, I take powerful steps and implement important details to prepare for the manifestation of my intentions. I relax knowing that I am a doing my part in co-creating my life.

Take a sheet of pape "Me". On top of the			t column write th	e word
	_			

2. In the left column make a list of all the things you need to do to make your dream come true. This is the practical 3-D things you need to take care of like write a book, test drive a car, build a website, take a class, etc.
3. In the right hand column make a list of all the things the Universe can do. These are the things that may feel beyond your control at the moment, such as attract the perfect clients, friends or lover, provide the perfect information and the support, etc.
Doing this exercise will help you discover what concrete, practical baby-steps you can take to make your dreams your reality.

Even though I've been frustrated with my lack of focus, I now choose to be clear, stay focused and take the actions necessary to create my intentions.

DECEMBER 4, 2018



Hexagram 5 - Rhythm

The drive and energy for consistency, ritual and habit. The ability to harmonize with nature and natural rhythm.

Affirmation:

I trust and wait. I know that the Universe will reveal the next step to me. I diligently prepare what I know to prepare and I eagerly anticipate what is coming next. I know that Divine Order provides for my abundance and I relax knowing that I'm on my way to creating what I want.

1. Are there any last details you need to take care of before you get ready for the next step in your life?
Is there information you need to master? Do you need to experiment or explore any new ideas or concepts? What habits do you need to cultivate or change while you're waiting?
2. Do you trust the Universe? Do you need to deepen your trust and connection? Do you need to cultivate petter habits to stay consistent with your connection to Source?

Even though I feel nervous/scared/worried about waiting for Divine Timing, I now choose to create habits that support my connection with Source while I wait and I deeply and completely love and accept myself.

DECEMBER 9, 2018



Hexagram 26 - Accumulation

The ability to transmit ideas and services that help people create more value in their life. Integrity and Truth. The ability to "close" a sale and increase value in the world.

Affirmation:

I speak and act with integrity. My actions and words are in alignment with my intentions. I take my time to speak the perfect words because I know that my words are representations of my heart and my inspirations. I care deeply about my impact and I listen with love to those around me. I take my time and act in alignment with my values and I share my heart freely with my loved ones.

1. Are your actions and w do to bring them into a		th your intentions?	What might you ne	ed to
	_			

Even though I am afraid to share my Truth, I now choose to speak my truth clearly and confidently and I deeply and completely love and accept myself.

DECEMBER 15, 2018



Hexagram 11 - Ideas

The ability to generate multiple possibilities that can lead to new experiences and the fulfillment of new stories and potentials.

Affirmation:

I honor my inner creative process. I am grateful for every lesson and adventure I have in life and I know that each story of my life experience adds beautiful, rich threads to the tapestry of my own Life Story and the Story of Humanity. I relax and enjoy the quest for Truth in my life, knowing that the more I learn, the more I grow and that the learning and growing never stops. I allow myself to savor every moment and serve as the creative vessel I am. I relax, breathe, trust and let the ideas flow!

Writing Assignment:
1. Evaluate your achievements and accomplishments of the last few weeks. What ideas do you have to improve what you've done? What did you learn?

nem with or whe ***Remember, t	ng list of ideas this week. You never know when you might find the right person to shan in you may hit upon the "million dollar idea" for your life! The 11 is the Gate of Ideas. You don't have to manifest all of themor any of them. If a fit for you, it will show up in your life correctly, according to your personal Human gy.

Even though I've got so many ideas, I now trust that I will know exactly what action to take and when to take it and I deeply and completely love and accept myself.

DECEMBER 20, 2018



Hexagram 10 - Self-Love

The energy to empower others by showing them their loveworthiness.

Affirmation:

I honor that miracle that I am. I am a unique Divine Creation and I know there is no one like me in this world. I make choices and take actions that are honoring of my Divine Magnificence and I surround myself with people who support me, nurture me, inspire me and lift me up. I am powerful and in charge of my Life Direction. I make choices that allow me to fulfill my Divine Potential and in being the fullest expression of myself as myself, I create the space for others to do the same.

1. What old energies and "victim stories" do I need to release?	

2. What does being powerful mean to me and what do I need to do to be more empowered?

Vhat choices an	d directions cou	ıld you take tl	aat would be ii	n alignment w	ith your self-l	love?
Vhat choices an	d directions cou	ıld you take th	aat would be ii	n alignment w	ith your self-l	love?
Vhat choices an	d directions cou	ıld you take th	at would be in	n alignment w	ith your self-l	love?
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Vhat choices an	d directions cou	uld you take th	nat would be in	n alignment w	ith your self-l	love?
What choices an	d directions cou	uld you take th	at would be in	n alignment w	ith your self-l	love?
What choices an	d directions cou	ıld you take th	at would be in	n alignment w	ith your self-l	love?
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What choices an	d directions cou	uld you take th	at would be in	n alignment w	ith your self-l	love?
Vhat choices an	d directions cou	uld you take th	nat would be in	n alignment w	ith your self-l	love?

DECEMBER 26, 2018



The Gate 58 - The Gate of the Joy of Life

The energy and the drive to continue to work towards improvement. The deep understanding that joy is in the process not in perfection.

Affirmation:

I am grateful for everything that I am, that I have and that I have experienced. I allow joy to permeate every cell of my being and I stand in awe of all of my blessings. I relax and know that the shower of blessings that is my life is part of my Divine Heritage and I relax knowing that an endless stream of good flows toward me.

Writing Exercise:

Make a list of everything you are grateful for. Take a few minutes to really stay in that place of lissful appreciation every day this week.

EFT Setup:

Even though it's hard to let go of the past, I now choose to release it and embrace all the joy that is available to me right now and I deeply and completely love and accept myself.

JANUARY 1, 2019



Hexagram 38 - Fight for Right

The energy to know what is truly worth fighting for.

Affirmation:

I have deep clarity about my Life Purpose and direction. Serving my Purpose inspires me and gives me the energy to take powerful steps forward in my life, no matter what comes my way. I am here for a unique purpose and I honor that purpose by setting clear intentions and taking actions that reflect that purpose.

Writing Exercise:

http://www.joyfulmission.com/lifepurposemeditation.html

EFT Setup:

Even though things seem hard and challenging, I now choose to use my challenges to help me get clear about what I really want and I deeply and completely love and accept myself.

JANUARY 6, 2019



Hexagram 54 - Ambition

The Divine Inspiration that inspires a dream or a vision. The energy to hold that dream or vision until it manifests.

Affirmation:

I am clear. I am focused. I am ready to do whatever it takes to make my dreams come true. I know that my clarity married with my aligned actions are the perfect energies necessary to create miracles in my world. I am noticed, heard, seen and recognized for what I have to offer and the Universe perfectly conspires with me to make magic happen and my dreams come true.

Writing Exercises:

What actions do you need to take that will show yourself and the Universe that yo What steps will you take forward towards your dreams?	ou are ready for action?

EFT Setup:

Even though I'm afraid my dreams won't come true, I now choose to dream wildly and trust that my dreams will come true. All I have to do is focus my mind, trust and know that all will unfold perfectly and I deeply and completely love and accept myself.

JANUARY 11, 2019



Hexagram 61 - Wonder

The energy to stay in a state of awe and wonder. The need to contemplate the wonders of the Universe and the world.

Affirmation:

In the stillness I surrender to the Great Mystery of Life and the Divine. I allow Divine Inspiration to wash over me and I listen with great attention and appreciation. I trust that I receive the perfect inspiration and I simply let the inspiration flow to me. I am grateful.

Writing Assignment:

bi	That do you need to do deepen your connection with Source? Do you feel aligned with something geger than yourself? Do you need to create a routine in your daily practice to stay centered and onnected?
-	

EFT Setup: Even though I don't know all the answers, I now choose to surrender and trust that I am being loved, supported and nurtured by the Infinite Loving Source that is the Universe.

JANUARY 17, 2019



Hexagram 60 - Resourcefulness

The ability to be inventive with whatever is at hand. The awareness of what works and the natural ability to focus on and grow what is working. Optimist.

Affirmation:

I am committed to creating a life that is in alignment with my dreams. I courageously release anything that no longer serves me and I conserve my resources wisely. I know that I am fully supported and that I have been given everything I need to move forward in a powerful way.

1.	What things might you need to "conserve" for the sake of the future? Do you need to change your financial, relationship, health, work or spiritual habits? If so, how?

2. Are there any old habits, circumstances or situations that you need to release to support you in aligning your energy?	
	o improve your focus in order to gain forward momentum? If so, what r daily habits do you need to make to improve your focus?

Even though it's hard to let go of things that didn't work, I now release all the clutter from the past and I deeply and completely love, accept and trust myself.