

Reflector Bonus Report:  
Learn to Discern Energy Influences

By Leslie vanWinkle

As Reflectors, we are challenged to learn how to discern energy that is impacting us. To help establish a baseline of our normal energy I've developed a journaling process that is useful for Reflectors and Projectors with Self-Projected or Mental-Projected Inner Authority.

When our energy centers are open, we absorb then amplify energy surrounding us. This energy is both physical and emotional. It comes from our environment and the people we encounter.

This journaling exercise takes about a week and gives you a sense of how you are experiencing your environment and human contacts.

**The first part of this report is an exercise to help you monitor the fluxes in your energy throughout the day.**

**Create Your Energy Journal**

- Get yourself a small notebook that you can carry with you, or use your iPhone or iPad.
- Pick a day to start and upon waking, log your emotional mood and physical energy level.
- Every 2-3 hours jot down how you are feeling, where you are and who you are with.
- Use the grid below as a sample.

With their open Head and Ajna, Reflectors will want to analyze this information a dozen ways, it is best to just keep it simple. Below is a sample grid you can create to collect your data.

Date & time	Location & people around	Physical	Emotional/Mood

- You are monitoring emotional fluctuations – fearful/anxious, calm/happy, angry/agitated.
- You are monitoring changes in physical energy – tired/fatigued/ apathetic, energized/active.
- At the end of a week analyze your findings. Write up a brief summary about how you are reacting in repeating situations like work, around your family, etc.
- Be aware of other variables such as low-blood sugar, fatigue, etc.

**Forewarned is forearmed.**

Now when you enter these situations you are prepared to experience particular types of energy and feelings. You become more able to discern what is yours and what is impacting you from outside.

For example, you expect to feel energized around two of your co-workers with their defined Sacral. You feel content and confident and just a little lazy around your little brother with his defined Solar Plexus and G-Center, and open Sacral. You expect to feel edgy and upset around your neighbor with her defined, fear-entrenched Spleen.

You do not need to know their human design or how they are energy their feelings. You just want to be able to discern how you typically feel in their presence, in that environment, so that you can shed it as

“not yours” when you leave. As you become more skilled at discerning what is “not yours” you can let these energies and feelings pass through you like wind through a screen door.

Remember you are absorbing and amplifying these energies. Some people are aware of how they impact you and know how to push your buttons. Others are unaware and can be blindsided by your extreme responses. You are here to become wise, not to become battered nor a doormat.

The beauty of this new state of awareness is that as you become more and more objective about the behavior around you, you can guard your responses. You also become wise in a way that others notice and learn to respect. You are beginning to function like the Reflector you are here to be.

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