



The  
Quantum  
ALIGNMENT SYSTEM  
master practitioners

# 2018 HUMAN DESIGN EVOLUTION GUIDE

USING THE SOLAR TRANSITS TO CREATE YOUR YEAR



Karen Curry Parker



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.

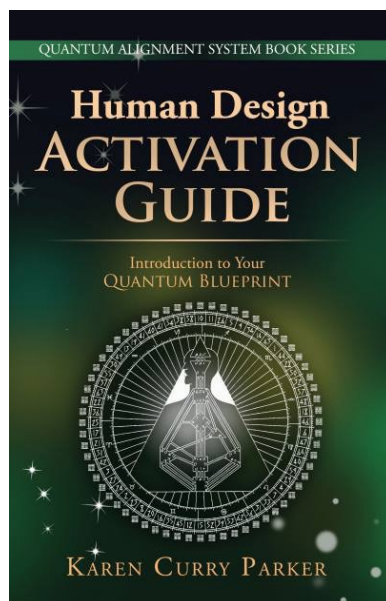
This unique combination of esoteric wisdom and science is a "rolodex" of archetypes. It's simply a way to organize all the potential human stories that we could be living.

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.

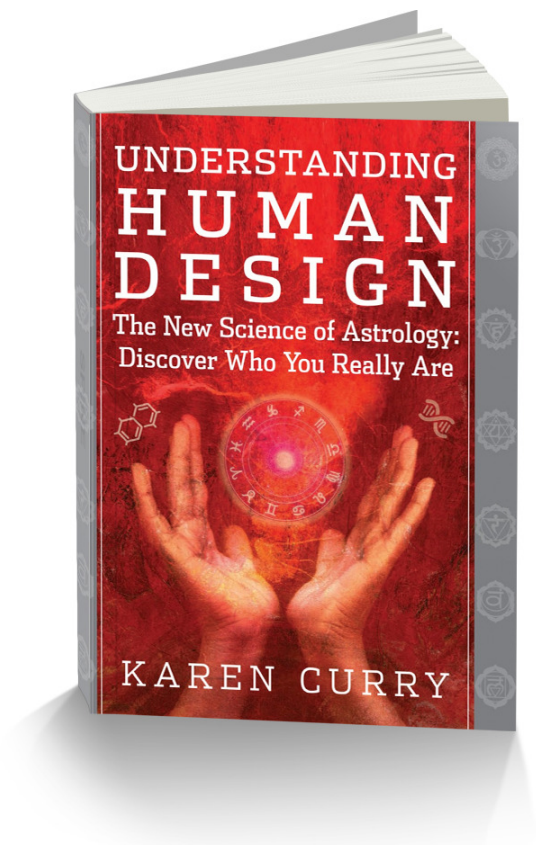
Your Human Design chart gives you powerful insights and clarity into which human archetypes and stories you are more inclined to be playing with and learning from in this lifetime. Knowing which archetypes you are designed to be learning from in life, helps you make more conscious and powerful choices 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](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](http://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](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



**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:

1. *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?*

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2. *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?*

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3. *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?*

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**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:

- 1. 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?*

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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 commitment. 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:**

*1. What actions do I need to take to make room for love in my life? What conversations do I need to have? What agreements in my partnerships do I need to change?*

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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?*

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3. *What actions do I 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?*

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**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:**

1. *What do I want in my life? What do I choose to experience in my finances, my health, my relationships, my creative fulfillment, my spiritual life and my lifestyle?*

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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:**

- 1. What do I need to do to release any worries and fears I may have about abundance in my life? What beliefs do I have about being fully supported and abundant? Do I need to align these beliefs with what I know is Truth?*

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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:**

*1. What areas of your life are in need of peace right now? How can you create a lifestyle that is more peaceful? Commit to five peace-enhancing activities to do for yourself today.*

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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:**

- 1. 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?*

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*2. What am I here to share with the world? What are my gifts and blessings? How deeply do I trust in the abundance and support of Spirit? How can I deepen my trust?*

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*3. Where do I create drama? How do I feel about my own emotional energy? Do I like it or do I avoid it? Do I wait for clarity or do I jump in and clean up afterwards?*

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**EFT Setup:**

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:**

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

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**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:**

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.

**Writing Assignment:**

*1. How much do you trust in Divine Order?*

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**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:**

*1. What do you do with ideas and inspirations that spark your enthusiasm? Are you good at holding on to ideas and allowing the right people to be drawn to the “germinating” phase of your creation?*

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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:**

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.

### **Writing Assignment:**

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

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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?*

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2. *What clarity have you gained since the beginning of the year? How has that clarity helped you define what you truly want? What action steps do you need to take to bring this into form?*

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**EFT Setup:**

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?*

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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?*

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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:**

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.

**Writing Assignment:**

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

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**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?*

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*2. How comfortable am I with the idea of “receiving”? Do I allow myself to be supported?*

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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 plan 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?*

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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?*

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**EFT Setup:**

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?*

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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:**

(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.

**Writing Exercise:**

1. *How do you feel about “not doing”?*

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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?*

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3. *Are there places in your life where you need to take leadership? Delegate?*

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4. *Define your personal power. Are you fully activating it?*

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**EFT Setup:**

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.

### Writing Assignments:

*1. What dreams are beginning to come to fruition? What is your experimentation teaching you? What are you needing to tweak?*

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2. *What beliefs may be part of creating the manifestation of your experiments? Are there any old beliefs that you need to release?*

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3. *Can you imagine the full enthusiastic expression of your unique gifts and talents?*

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**EFT Setup:**

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 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.

**Writing Assignment:**

1. *Where in my life do I need to assume a leadership role? How do I feel as a leader? Is it okay for me to be in charge, honor my creation and speak my truth?*

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2. *What do I need to do to attract the right people into my life to serve my manifestation and creation? Is my mindset aligned with being a “team player”? Or a King/Queen?*

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3. *The shadow side of the King/Queen is over-controlling and punitive. Are there places where I need to let go of my creation and allow it to evolve?*

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**EFT Setup:**

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:**

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.

**Writing Assignment:**

*1. Are you using will power or Divine Power to create?*

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*2. Do you feel stuck or at a standstill? If so, what do you need to do to keep moving forward?*

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3. *Is it time to continue sharing your thoughts, ideas and Divine Inspirations with others?*

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4. *What playful things can you do to inspire your creative energy?*

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**EFT Setup:**

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.





















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.

**Writing Assignment:**

*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 words. It is the power of our words that create things.*

Horizontal lines for writing.



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.

**Writing Assignment:**

*Continue tweaking this week but this week really let your imagination, dreaminess and playful expression show you all the possibilities of how your dreams may manifest. Allow yourself to stay open to limitless possibilities.*

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JULY 25, 2018



### **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.

**Writing Assignment:**

*1. If you have not seen the results in forward momentum in your life that you have intended for this year, what do you think is holding you back? What story line are you living? Write the story of your limitation or label.*

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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.

**Writing Assignment:**

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

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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.

**Writing Assignment:**

*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?*

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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:**

*1. What would an unlimited life look like to you? What would you do? What would your business look like? What new leaps of faith do you need to take? What new commitments do you need to make?*

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**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 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?*

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*2. Am I in full integrity when it comes to leading or influencing others? Do I walk my talk?*

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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.

**Writing Assignment:**

*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?*

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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.*

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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.

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**EFT Setup:**

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.



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**EFT Setup:**

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.







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**EFT Setup:**

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.















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.







