

YOUR HUMAN DESIGN REPORT

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An overview of what we will cover in your reading:

- Your type: Reflector
- Your decision making strategy : Wait 28 days
- Emotional theme: Disappointment; plus any activated spleen/fear gates
- Inner Authority:
- Your Profile
- Incarnation Cross

The 3 Key Elements In A Human Design Chart:

Think of your life as a Movie

- Your Type is the role you're here to play. In your case, you reflect or mirror your environment.
- Your Profile is your personality style or character style.
- The Incarnation Cross is the journey or plot line of your Heroic Story; your purpose, quest, destiny – your archetype plot.

We take Human Design apart when we study it, but it is the weaving together – the synthesis – the looking at the whole that is important. This synthesis is not just in the chart – but in the universal representation of humanity – and all the energies in the universe.

Each person contributes energy to the whole. Ideally they are living out the higher expression of their design, and their energy has a positive effect on the whole. Each person is a ripple on the pond – affecting every other person just by their energy. Each person has a role to play in advancing the evolution of the human species on this planet. That is their job on the planet.

It is my belief that there is a significant element of Divine Influence in our lives – directing the movement of all these puzzle pieces. I think this is what the philosophers would refer to as destiny or fate. Yet it is always our free will to listen to that influence or not, to live in the flow of our divine design, or resist portions of it and struggle.

Even if you don't think you have much to offer, that you have a small impact, a small life – you need to realize that every life is a sacred story – every life contributes to the whole picture.

THE REFLECTOR TYPE

Reflectors Are Here To Sample Life

Reflectors are the rarest Human Design Type and make up 1% of the population. Their aura is very dissipated; they absorb energy from their environment, amplify it, and reflect it back out.

Reflectors are not here to work and master a craft in the same way that the Generator is. That does not mean that they cannot master some craft, only that long-term, single-minded dedication is not their prime mode.

Reflectors are here to sample many experiences. They may switch careers, houses, cars, relationships, and their entire life direction periodically, earning the reputation of being a flighty failure unable to commit.

This pattern of sampling experiences is easier to appreciate when we understand that they are totally open to everything around them and that each experience is rich in texture. Their enthusiasm for life and their human experience makes them perpetually hopeful and optimistic.

Still, over their lifetime Reflectors can suffer low self-esteem due to their string of perceived failures. They need to develop self-compassion for their own delightful nature, and recognize that they disburse a kind of positive energy that is valuable in our chaotic and stressful world.

Reflectors Are Here for Other People.

- The Role of the Reflector is to reflect the health of community; they are truly here for others.
- Their spiritual path is to become wise and expand Love, Light, and Compassion into the world.
- The positive aspect of this role is that they can often detect issues within groups and even assist in dissolving those issues.
- The downside of this role is that their compassion and empathy for others can cause them to give their lives up to others. Reflectors often fall into endless positions of caretaking, second-in-command. They often defer their own self-interest to the interest of the family, or group.
- Reflectors are truly nice people, very compassionate and caring. Their nature is so accommodating that they can easily be exploited by strong personalities.

Reflectors Need To Be Around People.

- They are social and do not do well shut away like hermits.
- Part of this is because they need infusions of Sacral energy from other people.
- But it is also because they need emotional input to do their job of reflecting – without this input they can fall into self-absorbed rumination and even depression.

Reflectors Reflect Their Surroundings – People And Places.

- It is said that people most resemble or reflect the five people they spend the most time around. This is especially true of Reflectors, who absorb the energy around them and amplify it.
- Reflectors must choose their companions wisely.

Reflectors Need To Be In The Right Place To Thrive.

- When a Reflector enters a room, they instinctively take an energetic reading and determine if it feels good. If they don't like where they are they will want to quickly leave. That can mean simply changing their table at a restaurant or taking the next flight out of the country.
- If they don't like where they are they will be miserable. The right physical place includes the city or country, the elevation or access to mountains or oceans. It can be a brick Tudor or a sailboat; the variables are endless, but the feeling must be good.
- The right place includes the right people and communities, workplace, family, and social groups.

Reflectors Need To Monitor Their Energy And Sleep Cycles.

- Reflectors do not have sustainable energy. If the Reflector feels their energy fading, they can get recharged by mixing with people. With their undefined Sacral, they draw energy from Generators and Manifesting-Generators, who make up about 67% of the population.
- They must discharge the day's energy in order to fall asleep. They can do this by laying down for an hour or so before going to sleep.
- They can use this time for rituals like listening to meditation tapes, soft music, or doing light exercise like yoga, or sipping calming tea. They need to signal and train their bodies to release energy.
- They do best when they sleep alone away from electronic devices and the energy of other people.
- They need to choose where they sleep carefully They may have difficulty falling or staying asleep, aside from other reasons, due to energy seeping into their sleeping area.. Even apartment walls cannot block energy if it is intense or too close.

Reflectors Need To Be Vigilant About Their Own Health.

- Reflectors reflect the health of their community, which can mask their own health issues. They may not always recognize that they have actually become ill. They need people around them who recognize when they become ill.
- If a Reflector becomes ill, it may be due to an unhappy or stressful environment. Look around the community and see if there is discord or negative elements in the vicinity.

The Reflector Has No Consistent Inner Authority

- The Reflectors inner authority relies on doing what feels good. This means learning to distinguish between the fear-driven Spleen energy that drives you away from what you don't want - and the Solar Plexus feel-good energy that pulls you toward what you do want. You want to do more of what you like.
- The Incarnation Cross can also help by acting as a filter; if a situation aligns with the description of your cross, then it might be a good fit or choice. But still use your strategy.

The Reflector Decision-Making Strategy: Wait 28 Days.

- Each Human Design type has a unique decision-making strategy. This making strategy is a specific way of behaving and making a decisions. When you live your strategy, you align with what is correct of you and life gets easier. Living your strategy allows you to live authentically.

- Reflectors are lunar creatures. They need a full lunar cycle of 28 days to process major changes and decisions regarding money, relationships, jobs, etc.
- They should use this time to gather information, explore how they feel about the idea themselves, and talk over their ideas with people who can be relied upon to give consistent feedback. These people usually have at least some defined centers.

Have A List Of Questions To Ask Yourself About This Decision.

- Reflectors do not have sustainable energy. Ask yourself questions about the energy required for this decision. Does this choice demand more energy than you can maintain? Can you scale it to accommodate your inconsistent energy? Do you need outside support or co-workers?
- Without an Inner Authority, the Reflector can use their Incarnation Cross and Profile as a backdrop for their decisions. Does this choice align with the role of their Incarnation Cross? Does it fit well with the behavior of the profile lines?
- Use your “feel-good” barometer to assess how this choice will impact your well-being. Visit locations. Shadow your mentors. Try things on as much as possible to get a true reading of how it feels. What does this situation feel like? Is the environment harmonious or energizing? Are the people involved toxic or energizing? Does the whole picture look and feel good?
- Reflectors are a gauge of the health of their community. How does this decisions relate to your role in the community? Does it feel stressful? Is it an imposition? Is someone trying to exploit you in this situation? Do you feel pressured? Does it feel like a good fit

Reflectors Have No Inner Authority and Need A Sounding Board of Directors.

- The 28 days gives the Reflector the opportunity to hear themselves talk about the idea with others. To listen to their voice tone, enthusiasm, and general energy around the idea. It is not so much about seeking advice, although people with specific expertise may prompt the Reflector into thinking about new aspects of their idea.
- Reflectors may benefit from recording these conversations, so they can listen back when they are not in thunder the influence of the other person. Once away from other influences, they can objectively monitor their energy, enthusiasm, ideas and general mood. A recording helps them identify when they undergo a mood shift during the conversation; they might start out feeling one way, then shift toward how the other person is responding. An objective recording helps put this shift into perspective – educating the Reflector about how that person impacts them, and how they respond to that influence.

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Creating Your Sounding Board of Directors

- **Bonus:** [Creating Your Sounding Board of Directors.pdf](#)
- **Choose your Prospect:** Make a short list of people to bounce your ideas off. You want people with a consistent perspective that you can count on. They might be skeptical, practical, or protective. They might have expertise in certain areas like relationships, finances, spiritual values, health, etc. But within that expertise, you know they will be consistent . For example: A financial or business-minded person might ask about short and long-term financial impacts, but not put much attention on how your idea impacts your health. Another person might focus on how the idea impacts your relationships or health rather than monetary aspects.

- Vet your Prospect: Tell them what you are doing. Explain your need to consider your idea at least 28 days and to consult with people, who you can trust to provide consistent and wise input. Let them know that you value their wisdom, but that you are not specifically asking for advice or counsel. Explain your need for a safe place to bounce your idea around while you make your decision. They will likely feel honored and appreciated, and do their best to give you a safe place to sound out your idea.
- Keep your counsel, but invite theirs: Your intention is to use their input to help you create a balance sheet for the issue and make a decision based on what is important to you, not to them. That said, you can invite them to share feedback and input. You don't have to adopt their viewpoints or advice – but they can often provide valuable information and guidance to further your research.
- Reflect on what you have learned about how you feel about your idea. After you have completed each session, listen to your recording. Reflect on how you felt during the sessions and on your feelings about the topic now. The more times you revisit this topic with different people – the more you talk it out - the clearer you will become about what step to take. That step can include postponing making a decisions for another month and continuing your research. Some ideas need more than one 28 day cycle for you to fully process how you feel about it.

Reflectors Tend To Feel Overwhelmed And Pressured.

- The Head and Root are pressure centers. With both the Head and Root open Reflectors feel immense pressure to figure things out and get things done.
- The Head creates pressure to figure this out or to juggle every idea in their head. This creates overwhelm.
- The open Head is constantly bombarded by ideas, questions and possibilities from everywhere and everyone. The Open Head is challenged to separate their own ideas from the ideas coming from everywhere else. They can end up trying to figure out some problem that isn't even theirs to figure out.
- The open Head adds pressure to figure everything out before taking the first step, a perfect storm for endless procrastination and one more item to add to the to-do list.
- The Root is an adrenalin center and pushes us into action. It generates urgent pressure to get it all done. The open root has an endless to-do list that can carry over for months, even years.
- Left to their own devices, it can be difficult for Reflectors to prioritize or focus. In fact, they may need the outside pressure of deadlines in order to focus on what needs to be done now!

Reflectors possible mantra: It's just pressure; not everything is mine to solve or do.

- They must learn to ditch the unimportant stuff and release old projects and ideas – that were probably the influence of other people anyway! Then with the important stuff is identified, it helps for Reflectors to use an organic time frame to keep their momentum going.

Reflectors Benefit From Consist Structures, Routines and Rituals

- Reflectors are easily impacted and distracted by what is going on around them. Their wonky sense of time can make every day an adventure of discovery, which makes their day-to-day choices and activities very inconsistent.

- It is helpful for them to have specific time-related rituals to keep them anchored in the passage of time, and their own purpose and energy flow.

Reflectors Operate On A Wonky Sense of Time.

- **Bonus:** [Time Management: Using the Lunar Phases.pdf](#)

In addition to needing 28 days to make important decisions, Reflectors can require long transitions between tasks, and can take a long time to complete projects. This is partially a result of over-thinking, over-planning, and over-analyzing everything fifteen ways before deciding on an action.

But it is also just because many Reflectors operate in sort of a suspended dissociative fugue state where they are recreating themselves every nanosecond. And each new identity needs to rethink the whole thing again!

Then there is the whole idea of linear time, itself. I mean, does time even really exist? Maybe our whole existence is a split-second dream experienced by some creature living on that planet the scientists are still iffy about.

Okay, you get the idea. Left to their own devices, many Reflectors will make up their own sense of time. There is standardized time set by Greenwich Mean Time - most of the world agrees to use that measure. Then there is star time, or the more conceivable planetary time. And of course, we have the endlessly fluid fabric of time and its cousin, parallel time (and does chronology really matter, anyway?) Behind the whole gear train of evolution, we have the balance wheel of conscious desire. So, perspective is everything. That is why Reflectors often run chronically late.

The Head/Root bookend of pressure can completely overwhelm the Reflector and keep them endlessly figuring out how to do things in dozens of different ways and feeling overwhelmed because their to-do list never gets any shorter!

I have found it helpful to coordinate certain kinds of activities with the different moon phases and let my lunar nature help me maintain my momentum.

- NEW MOON = New Ideas, new starts, conceptualizing, planning first small steps
- FIRST QUARTER = crisis in action, push through obstacles, get those first steps done.
- FULL MOON = fruition of ideas, important decisions, issues come to light, benchmarks
- FOURTH QUARTER = Wrap up, assess for improvement, withdraw and bask in completion.

This Moon Phase Work Flow system helps them move through the process of conception and planning, initial steps with a clear benchmark, and a sense of completion and order.

Use this lunar phase system of flow for a few months and see if it doesn't make it easier to get through projects with less stress and a whole lot more fun.

The Reflectors Open Centers Do Not Filter Energy

- **Bonus:** [Learn to Discern Energy Influences.pdf](#)

Open Centers absorb and amplify the surrounding emotional, mental, physical and spiritual energy. Over time the open center develops wisdom about those experiences, but meanwhile, the bombardment of energy – mostly emotional – is distressing to the Reflector.

The Reflector feels all this surrounding energy as if it were their own. They are unable to filter or block this energy long enough to figure out how they really feel about a thing. This creates confusion and uncertainty about the validity of their own experience, and leads to them distrust their own judgment.

This unfiltered exposure also makes them especially sensitive and vulnerable to toxic environments, medications, and addictive substances.

Reflectors are Naturally Empathetic and Compassionate

With all their centers open, Reflectors are naturally empathic, intuitive, and tuned into people and places energetically and emotionally. People can be attracted to Reflectors because they are reflecting back their very own energy. Thus, Reflectors can find themselves providing comfort and support to others at a cost to themselves.

Reflectors need to learn that they cannot live the lives of others, nor can they fix them. Because Reflectors are sensitive to distressing emotions or thoughts around them, they often intuitively identify the underlying wounds and may offer valuable insights to aid healing those wounds. This compassionate understanding makes Reflectors susceptible to codependent relationships with people with high emotional needs.

The Reflector needs to set boundaries and use screening filters to maintain distance from needy energy. They need to define what they will or won't do in certain situations or relationships, and then be discriminating about who they let close through those filters.

The Reflector can help individual people while still maintaining distance. The professional counselors' practice of Active Listening was made for Reflectors. Active listening involves listening then repeating back what you heard with the question, "Is that what you meant?" The Reflector is literally reflecting that person's energy back at them.

Once the Reflector becomes aware of the porous their energy centers, they are poised to learn how to manage it. The physical quality of energy is that it cannot be destroyed, only transmuted. The energy cannot be totally blocked, so the Reflector must learn how to work with it; to use it, diffuse it, direct it, reflect it, or simply allow the energy to flow through them without adopting it as their own.

The Reflector benefits from consistent spiritual practice that connects them to a higher level of awareness. The Reflector is wide-open to spiritual energy. They can tap into the global consciousness and have mystical experiences.

The Reflector's Emotional Theme Is Disappointment

- Disappointment is the result of unmet expectations.
- Reflectors can experience disappointment over hasty decisions.
- They can fall into self-judgement over their results.
- Reflectors feel the disappointment other people direct toward them.
- Reflectors experience disappointment in other people not living up to their potential.
- Reflectors can become addicted to disappointment

Reflectors can often experience disappointment in the choices they make when they do not wait long enough for clarity. It is very difficult to wait 28 days in our fast-paced culture, but you must allow at least one full lunar cycle – sometimes more – to develop clarity about important choices. Reflectors are influenced by surrounding energy and can easily fall into the “Sucker born every minute” category. If a sales person is enthusiastic and really feels their product is the best, then the Reflector feels their enthusiasm and commitment as their own and it takes little to persuade them to sign on the dotted line and hand over their charge card. Reflectors buy vacation time-shares they never use, educational courses they never crack, multilevel marketing systems that languish, and inventory that they never sell and never use. They can become very disappointed in the products they purchase, and even more disappointed in themselves for being such a sucker.

They also can easily fall into self-judgement and experience disappointment over their results.

Reflectors are not here to work , to master some craft like the Generator, nor to lead teams to great accomplishment like Projectors, nor become entrepreneurs like Manifesting-Generators. Reflectors can do all those things, but they are more inclined to sample the experiences than to master them. They will often drift from thing to thing, collecting experience, gaining a reputation for being flaky and unable to commit. Yet, this sampling is exactly what they are here to do – it is one way that they become wise in the ways of being human. Due to this inclination to move from interest to interest - they can feel disappointment in themselves when they do not manifest the kind of success others do.

Reflectors feel the disappointment other people direct toward them. Our judgmental society is made up of 67% Generators or Manifesting Generators, who thrive on hard work toward some accomplishment. They are the worker bees of the world and they commonly do work that earns a regular paycheck. They believe this work ethic is correct for everyone. Against this social expectation, Reflectors can feel defeated, unworthy, unsuccessful, and just plain wrong. Over time they can suffer low self-esteem and ruminate over what flaw keeps them from being *normal*. They definitely feel the disapproval and disappointment directed at them by others.

Reflectors experience disappointment in other people not living up to their potential. Their open centers make Reflectors sensitive and deeply wise about the potential of other people. Because they can so often see the best possible part of people, they can be disappointed when people make choices that seem contrary to their highest good. They must come to terms with the fact that - no matter how much compassion they express, now badly they want things to work out, people will live their own lives and make their own decisions.

Reflectors need to remember that most people are not tuned into their divine potential. They are not aligned with their soul’s mission and their human purpose. They are not trained to use the decision-making strategy that is correct for their human design type. They see people attract problems and struggle with obstacles.

Plus, most people are deaf to well-intended advice. While Reflectors often find themselves providing comfort, counsel, advice, and support, one of their biggest lessons is that they cannot live the lives of others. They are so easily enmeshed in the emotional lives of the people around them, that they feel acute pain and disappointment when those people remain unhappy and unfulfilled. As a result, the Reflector experiences disappointment when partners, children, co-workers, friends, and clients fail to recognize their own divine nature, do not see – much less work toward - their own potential.

Reflectors can even become addicted to disappointment as a way to justify their lack of participation in life. They become chronically depressed and can drift into isolation, which is extremely harmful to them.

General Guidance For Reflectors

- Reflectors need to develop compassion for themselves, honor and respect their unique qualities. They need to cease judging themselves harshly for their string of perceived failures.
- They need to cease thinking they are somehow flawed because they operate differently from most people. They operate on their own time continuum for a reason; there is a part of them that is simply not of this world.
- Reflectors want to consciously monitor their environments for toxic energy, to ensure they are in a good place surrounded by the right people. They want to develop boundaries and strategies to protect invasive people and toxic situations. They need to train people how to treat them, how to recognize and honor their unique contribution, which is to add wisdom to the collective human consciousness and share that what is valuable with their communities.

A Word About Reflector Children ...

Because Reflector children are constantly bombarded by the energetic influences of the people that surround them, and the environments that they find themselves in, it helps if other aspects of their life are predictable and consistent. Provide them with routines and rituals for going to sleep and waking up, and create repeating routines around daily activities.

They benefit from plenty of warning and time to make transitions between different activities like meals, study, play times, etc. This buffer time allows them to disengage from the energy of the current company or environment, and prepare to engage with the next set of influences.

Reflector children can appear needy and clingy and suffer distressing separation anxiety. They may remain deeply connected with the consistent energy of their primary caretaker longer than other children, because they struggle to create their own identity amid all the surrounding influences.

They rely on the consistent and powerful people around them to help define themselves. Your Reflector child may need more one-on-one time with that key person while they establish their individual personality. In this light, you can see how separation anxiety can become a truly devastating event.