

## Reflector Bonus Report:

### Creating Your Sounding Board of Directors

Open centers absorb and amplify physical, emotional, mental and spiritual energy from the surrounding environment. Thus, individuals with many open centers often find their feelings and impressions in constant flux as they absorb and amplify this energy. This is especially true for Reflectors, as well as Projectors with Self-Projected or Mental-Projected Inner Authority.

With all or the majority of their centers undefined, it can be extremely difficult for these people to discern how they feel about a situation while they are within the influence of that situation. It also makes it nearly impossible for them to make a wise and unpolluted decision quickly while under that influence.

In order to determine how they truly feel about a decision, these people need time, they need distance and objectivity. They need a strategy for processing information and their own feelings.

Due to this fluctuating influence, the Reflector's strategy is very specific about waiting 28 days to talk their ideas over before making a decision. To facilitate this process, Reflectors benefit greatly by having a reliable and consistent Sounding Board of Directors, who will listen to their ideas and provide feedback, advice, or just plain gut responses – over that 28 day cycle.

This information gathering phase includes hearing other viewpoints and also listening to themselves talk about their idea. It is during this accumulation of feedback and self-awareness that the Reflector is able to ultimately discern how they feel truly about the situation.

Over my sixty-plus years I have made my fair share of disastrous decisions. When I discovered that I was a Reflector, I felt immense relief about some of those decisions, and quickly saw the value of creating a reliable group of people to go to for input. Below is information I have gathered about creating that group of people, who I call my Sounding Board of Directors.

#### Who do you want on your Sounding Board of Directors (SBoD)?

Your Sounding Board of Directors should include a minimum of three people, who you can depend upon to give you consistent perspective based on their knowledge, wisdom, and values. The number of these consultants depends on the complexity and specificity of your situation or decision. However, it is easy for the Reflector's open Head and Ajna to get lost in gathering and processing information, trying to figure out all the answers and possibilities. The time frame of 28-days provides a closed timeframe to keep us from dissolving into analysis paralysis.

Your SBoD can be a mix of personal and professional people.

Your professionals might be paid or not. They are your doctors, attorneys, financial planners, technical gurus, mentors, co-workers, etc. They will tend to provide conservative and consistent information and guidance based on their areas of expertise. Professionals will tend to address long term impacts on your finances, health, business decisions, etc. However, their perspective can be tainted by their own interests and/or limited by their own narrow area of knowledge. Still, they will give you recommendations based on that knowledge, provide referrals for further research, and ask questions requiring deep consideration.

Your personal support team might include spiritual teachers, personal coaches, mentors, friends, or family. They will be more open to brainstorming and playing "what if" with your ideas. They will tend to provide comments based on their knowledge of you personally, their past observations, and shared history. They will ask about how your relationships will be impacted by the situation, if your energy is up for this challenge, and if this is part of your heart's desire. They will love you and want the best for you.

The most important quality these people will have is that they consistently hold the same values and attitudes over time. As you become more familiar with the kind of energy generated by the defined Human Design centers, you may be able to make some assumptions about their defined centers. You might even ask them to have their chart done, so that you know what you are dealing with.

When you can discern the type of energy they generate consistently – based on their defined centers, it makes it easier for you to work with that energy – to absorb and amplify it while working with them – and then to deliberately shed it when you are no longer around them.

When selecting your Sounding Board of Directors, choose people who know and care about you. You will want to talk to several for any given decision you are considering. You will not just talk about a potential job change with your friend and your grandma; you will also discuss it with your mentor, and maybe even with your financial advisor or minister.

For example, your sister and financial advisor are both about the bottom line and how your idea will impact you financially long-term. A friend might be about the fun you'll have. Your mentor will look at how the idea affects future career directions. Your minister might ask how your idea will impact your relationships or your spiritual well-being.

#### How to set up your Sounding Board of Directors

When contacting potential Sounding Board members, explain that your strategy for reaching a decision includes talking your ideas over with a few select people. Let them know that you selected them specifically because you value and trust their consistent perspective. They will be honored by your trust, they will listen to you, and they will ask intelligent questions.

#### Conducting your interviews

Treat the members of your SBoD with respect. Honor their time. Book a specific time to for your conversation. Try to make it face-to-face. Come prepared with notes and key questions, yet also allow time to let yourself ramble a bit, so you can hear yourself talk. Bring a recorder so you can focus on the discussion itself, and listen to your own presentation later, as well as capturing their comments and any good ideas that come out of the conversation.

#### You do not have to take any of their advice.

As a Reflector, you are not obligated to take anyone else's advice. Their opinions are theirs. You are only seeking their response to your idea, to listen to how you talk about it, to hear their responses, so that you can then determine how you feel about their response.

They are not right or wrong. They are not gurus or prophets. They don't know what is correct for you. Only you know that. This is YOUR decision-making process.

#### Learn to say "I'll get back to you on that."

Be on guard that you are not swayed into making any decision during the conversation. They are not to interfere with your 28-day process.

Because the Reflector actually absorbs the emotional energy surrounding them, they can easily be swept up in the enthusiasm of sales people and motivational speakers. They can find themselves at the back of the room signing on the dotted line even when part of their brain is screaming No. No. NO!

The unaware Reflector can be energetically overwhelmed to the point they make disastrous choices - everything from financial blunders to moral or romantic entanglements. Practice saying the magic words, "I'll get back to you on that." If the opportunity is correct for you, it will come around again.

If at any time during your consultation you feel pressured to take their advice or make a decision, then fall back on a courtesy exit strategy. That means learn to use phrases like *I'll get back to you on that, I appreciate your thoughts, that's something to think about, or thank you for your opinion.*

Practice saying these things out loud so you can actually feel yourself close ranks against outside energetic influences.

### Do your research and prepare your presentation and list of questions

This interview is like giving a short speech with a question & answer period following it. Present the idea you are considering, present any research you have gathered, and then ask for their comments.

You can use this same set of questions for all of your interviews, or you can skew them toward their expertise. Every situation will have its own shape and feel, however by asking all of your people the same kinds of questions, you give them the opportunity to share ideas they have about areas outside of their expertise, which can turn up some interesting possibilities for you to consider when processing how you feel about the idea and the decision you want to make.

Keep an open mind. I often close my interviews with an old reporting technique; I ask them "Is there anything you want to share that we haven't talked about?" This can sometimes prompt the best information of all.

### Bringing your information into your own realm

It can be hard to track that sort of stuff when you are in the middle of a conversation, so I recommend that you to record your conversation to listen to it when you are no longer in the throes of your feelings. This tactic also lets you capture any brilliant ideas!

It is said that if you aren't at least a little nervous or scared about doing something, then you aren't taking a big enough step. That said, it is important is that you be aware of your feelings and language when you talk about your idea.

- Listen to how you sound. What is the tone of your voice? Is it upbeat and enthused, or is it weary and labored?
- What kind of language do you use? Is your mouth full of "shoulds" and "have-tos?"
- How are you feeling when you talk about your idea? Are you anxious, scared, or frustrated? Are you excited and enthused?

Use your 28 days. Gather information, consult with your SBoD, then sit with your feelings about the ideas you've gathered, and listen to how you talked about it.

And most important, consult your Human Design chart and make sure that this idea is in alignment with your type, profile, and incarnation cross.

### You are here to become wise

Your empathetic nature has probably caused you much confusion because you could not discern what energetic influences were bombarding you, as opposed to what constituted your natural energy.

Use your twenty-eight days to conduct conversations with your Sounding Board of Directors and create your own 360-degree perspective about the issue at hand. Feel the feelings of your sister, your friend, your mentor. Then when you are back in your own wavelength, you can discern which of those feelings you experienced still resonate with you. In this way you become wise about your issue. You can feel confident you are choosing correctly.

When you become aware and attuned to your Reflector nature, you can tap its power. Your ability to empathize lets you understand and respond to people quickly and intuitively. This expands compassion on the planet. Appreciate your fluid nature. Use your empathy to understand the world around you. Become a source of wisdom for others. Learn compassion and teach it to others.

#### Preparing for fast decisions in a fast-paced world

Sometimes my clients ask about making decisions under a short deadline. Because taking time seems to be some kind of flaw in today's fast-paced world, Reflectors are something's forced to make fast decisions. There are a few ways to prepare for this.

**Do your research before you need it.** For example, every business has development phases and requires executive decisions in specific areas. Challenges and opportunities present themselves periodically. It could have to do with human resource benefits and staffing, expansion and finances, product launches and marketing, policies for fulfillment and returns, etc. Anticipate some of the issues that might require quick decisions and do as much research as you can so you are prepared when the time comes. And always leave yourself a back door to change your mind after 28 days.

**Plead buyer's remorse before you buy.** If you must make a fast decision to gain some benefit, then read the fine print carefully for a return or reimbursement policy that allows you at least 30 days to confirm your decision. Make sure you are not on the hook in any way that harms you financially, emotionally, physically, or spiritually.

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