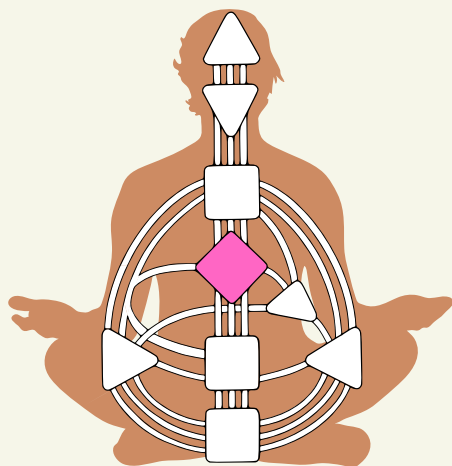


# Reignite Your Intuition

## With Human Design



Barbara Howlin

# WELCOME

Glad you're here for this expansive, damn fun, dive into your Human Design! I'm Barbara Howlin. I live at the intersection of flying out in fantasyland to The Neverending Story and sitting grounded, savoring being a creative human human-ing. Yep, from presence with a juicy raspberry to being grateful for feeling the grief of it all. Embracing that, I finally released either/or limiting thinking and fear. I let my inner kiddo imagination roam free again. While my adulting self re-parents them to know it's safe to come out and create. And actually finish the damn projects to share them and be seen in the world. This fantasy rebel in me bows to the fantasy rebel in you. I want to share on all of this and be your biggest cheerleader. So you embrace your wildest creations too. I feel - we were all born creative.

For all of you at a hazy crossroads in life and confused on which way to go. Feeling like you haven't been trusting that inner intuition or been delighted by things that used to light you up in life. But knowing that something inside of you has been brewing. So you want to get radical against the old systems, the limiting beliefs, They instilled in you that shut down your inner wisdom. To affirm yourself, reignite your inner fire and flow *\*your\** way. To reclaim the inherent gifts you had as a kiddo. I made my biz, The Howling Hive, and this book for you.

Guiding people in returning to their intuition and using the tools of Artist's Way, Reiki & Human Design leave me with a deep, relaxed breath into my 'Hell yes.' If you want to find your Yes, I'd love to meet you. See me as your Luck Dragon and let's get flying.

~Barbara

# HOW TO LIVE YOUR DESIGN

So what is Human Design? It's arcane sciences with modern integration. Think of it as the most modern personality test, past Myers-Briggs or the Enneagram. Human design incorporates the I Ching, the chakras of your body, astrology, and Kabbalah. It's your energy's blueprint for living as your most authentic self. It's about ways to get back to your embodied intuition, that deeper wisdom, and out of your head. It affirms your gifts, how your energy wants to flow and helps you claim your calling in life. With this information, you can release old conditioning, comparison or guilt. To embrace your strategy and hear intuition with greater ease. To feel lit up in your personal flow again. After readings, most people exclaim, 'I knew it.' or 'You mean I can relax and be myself?' Yes.

The great thing about Human Design is that you simply take this info and start experimenting with it in one intuition check-in, one new decision at a time. Can it be easier? Human Design affirms- Yes. Your way is easier.

Now, download your free chart at  
[www.jovianarchive.com](http://www.jovianarchive.com)

We all have inherited traits and we also have the reasons we chose to come here - our soul gifts. Consciousness is detected in the womb before we're born. Before familial imprinting happens.

Who was that tiny consciousness? Before anything else got thrown on it. Human Design looks at both sides of this and helps us find the balance of acceptance with self. From that balance and simple, day to day, tips to experiment with, you can reconnect to your embodied intuition. Invite that ease!

I'll guide you through the foundational info here. Your 'energy type' - aka how your energy wants to flow, to feel into your intuition. To feel lit up and delight in life again. Your 'strategy' on how to best make decisions, to feel (not think) your way back to self-trust. And your 'authority' - think the first spot that intuition pings for you. To check in there first.

Let's dive in!

# ENERGY TYPES

Each of our energies wants to flow in different ways. Your energy type in Human Design can help you understand and accept that stream for you. It helps us see the broader purpose for our life. And it's incredibly helpful to learn about all of them, to see how differently we each flow.

In many societies now, 'hustle' mode is the norm. We are drowning in productivity guilt or the need to prove ourselves. Rather than feeling, listening within to what truly lights us up.

Many energy types are trying to keep up with systems that never worked for them and they are now experiencing burnout. Whether that manifests as exhaustion, anxiety, gut issues, thyroid issues or anything else on the gamut of physical ailments.

Others still are often diagnosed with ADHD or ADD and made to feel that there is a deficit due to their inherent non-linear nature. Rather than question the larger constructs that try to make us stay on one path, conform, harden our focus and be more productive.

Below are each of the five energy types in Human Design. Dive into yours, or all, now. And start reading with an intention of an open heart and feeling into your intuition. What we call the de-conditioning process, of accepting our true flow and our Human Design, can take time. But it is always liberating. Gently we go.

# GENERATORS

What potent energy you have. It can be said that you hold all the life force energy here. You're here to have desires. And a lot of them! You want to raise others up with your exuberance and be of service. It doesn't really matter what you choose to do in this life - as long as you feel that excitement, that lit up about it.

That is where it may get sticky. Most Generators can be quickly manipulated by guilt. It takes doing the ongoing work, to have boundaries, honor your own path and see that that will be of service. When you do that, you have a sparkly magnetic energy that not only pulls the right things, people, opportunities to you - but you then spill that lit up energy of yours out to others. We call you an 'energy being.' You make more sparkly energy in the world for others to ride the waves of! What a gift.

While you have a big engine in there and could show up to get anything done. If you're not lit up about it and you do it out of guilt, you don't actually shine and spill that energy out to others.

That is how you are truly of service. It's a catch-22. Usually requiring saying a bunch of No's when you feel blocked, to open up to new Yes's. To see how you can be of service while also in the ease of your own flow.

Most often, Generators don't get to see first-hand the good they are doing. You show up and spill your energy out and others leave energized, happier. What they walk off to do once you have shared your light with them - you don't really experience it. This requires deep trust. You showing up in your light is service enough. By simply being there.

The generous gift given to you is that when you are excited and operating from that, you can go and go and go. Your engine seems infinite. There will be no negative burnout. No physical symptoms of fatigue. But only if it truly feels like a 'Hell yes' to you.

Generators are meant to stay out of the head for any and all decisions. It's like you have a battery that gets charged back to full every day. You are meant to move, move all that energy with what you're lit up by. And literally, physically release it. If you do not, the extra pent up energy goes to your head and people may spin up there. Or not be able to sleep. The energy simply has nowhere else to go. So when you feel that head start to spin during the day, I tell people to get up right away and move. Even if just around the house or a small space.

The how and what to do with all this sparkle you have are your strategy and authority. Dive into them when ready. Always be checking in with them to know what to best do with your Generator energy and to stay in your personal flow.

## Your Strategy: To Respond

Before making decisions, you're meant to check in with your gut, your sacral. Just below your navel. Does this thing excite you and give you energy? Yes or no?

You need binary questions or options as something to respond to. Asking a Generator, 'What do you want for dinner?' could lead to a 45 minute head spin. There's nothing specific to respond to there. It's helpful to communicate this to others and give yourself those options.

While Generators can go and go and go, this strategy requires more -trust. To sit back and check in. To look up and out in the world, like the Universe if your personal shopper constantly sending options your way. To respond to the thing, the next opportunity that lights you up and give you energy.

The exuberance you get responding to that thing is spontaneous and clear. If you go to your head or make a Pro's and Con's list, it's probably a No and some tricky guilt. Trust how illogical that is. Experiment with sitting back a little more to look up and out, then be in response with what lights you up.

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### Famous Generators:

Einstein, Robin Williams, Oprah, Ellen DeGeneres,  
Jennifer Lopez and The Dalai Lama

## Top Generator Tips:

- ~Look at and release old conditioning that has you operating from guilt.
- ~Trust that you showing up in your excitement is gift enough for all.
- ~Move that energy each day. To stay out of the head.
- ~Your excitement levels on things change. Check back in with them often. Am I excited about this thing? Yes or no?
- ~Follow whatever your desires are calling you to.

# Manifesting Generators

All your interests, all the things that make you feel 'all over the place' - that is your super power. It may not have felt like it for most of life because we're not living under systems that support it. You're here to help us change that.

Whatever next endeavor is calling to you, you're meant to follow it. None of it is a waste of time. It all has something to teach you and is guiding you forward. It will always feel, especially, non-linear for you. Embrace this.

You are here to live from this and show us all it can be done. You're a changemaker in that. An inspiration that will spill out to others and help us rise up from the outdated ways.

It can feel like there is a push and a pull here. You have the Generator part that some have and you also have the Manifestor part. The Generator in you probably resonates with the whole section above. Wanting to dance with the Universe in excitement and say Yes to what adds to that and No to what doesn't. The Manifestor part has a largesse to it's energy and can feel impulsive. It gets so exuberant that it wants what it wants - now.

Most Man Gens need to operate loosely with commitments. Many times you may say Yes to something on Monday and seem excited, only to get to the dinner you said yes to and realize you have zero exuberance about being there. Whenever possible start to communicate your need in this to others. You could say, “It feels like a yes, but can I let you know the day before?” That can feel vulnerable. But shedding hardened commitments helps you stay on the non-linear path. And gives you freedom - rather than feeling suffocated.

Many Man Gens have been diagnosed with ADD or ADHD. With this and your non-linear nature, you probably have a very different way of learning and unique flow. Own your own flow. Rather than beating yourself up that you should focus more, perhaps you always did well pulling an all-nighter or getting a whole paper done the day before it was due. We could savor the non-linear nature and what came to you savoring the 7 days before that - or we could beat ourselves up that we’re not flowing like everyone else.

You can also feel manipulated by guilt. Realize that when you are lit up and do something, you spill out that energy and light up others. When you’re not, you don’t. You actually have the largest engine out of all of us. It can come across to others like you can do it all. So there may be a lot of people pulling at your energy. Have boundaries. Communicate clearly and lovingly. Dive into your Strategy and Authority when ready, so that you can have a balance & practical application on that.

And don’t dim that largesse of your light. If there was conditioning that shut that down as a child, find affirmations to reclaim these inherent gifts now. Your energy will never be ‘too much’ for the right people. Embrace change with curiosity and not fear. You are here to help us all reclaim that freedom with change. Keep shining.

## Your Strategy: To Respond and then Inform

Before making decisions, you're meant to check in with your gut, your sacral. Just below your navel. Does this thing excite you and give you energy? Yes or no?

You need binary questions or options as something to respond to. Asking a Generator, 'What do you want for dinner?' could lead to a 45 minute head spin. There's nothing specific to respond to there. It's helpful to communicate this to others and give yourself those options.

While Generators can go and go and go, this strategy requires more -trust. To sit back and check in. To look up and out in the world, like the Universe if your personal shopper constantly sending options your way. To respond to the thing, the next opportunity that lights you up and give you energy.

The exuberance you get responding to that thing is spontaneous and clear. If you go to your head or make a Pro's and Con's list, it's a No. Trust how illogical that is. Experiment with sitting back a little more to look up and out, then be in response with what lights you up.

This first part is the same as Generators. But you have both Generator energy and Manifestor energy inside you.

To be clear, this is a loving act to share your excitement and let people know. This is not polling the audience. Stay clear in what is giving you that exuberance. You inform others of this because-

1. This is how help flows in to you.
2. Once you are lit up in response and then inform the Universe, 'I want that!' Boom - your train has left the station. It will move quite quickly and if people weren't informed, they may feel it's too late to jump in with it too.

This energy of informing is vocal, from your throat. Own the power there. Be aware to be impeccable with your word so that what you're sending out is clear.

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### Famous Man Gens:

Mother Teresa, Stephen King, Miley Cyrus,  
Dr. Martin Luther King, Jr., Beyoncé and Hillary Clinton

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### Top Manifesting Generator Tips:

- ~ Embrace your non-linear nature and your own flow.
- ~ Shine with the large energy you have. And have clear boundaries.
- ~ Check in with excitement levels often. They can change daily.
- ~ Communicate honestly to be more loose with commitments.
- ~ Trust that all of your interests are meant to be followed and are guiding you.

## Projectors

You are here to be a guide and tweak the flow for all. Unlike the majority of the population, it may not feel like your feet are running on the ground. You inherently float above and provide people a bird's eye view of systems. You can easily see where a shift needs to happen.

But people have to be ready to receive that information and your gift. Often Projectors share it and from a young age are called a know-it-all, bossy or something similar. You can stand at the door and invite people to a new threshold, a new flow. But you cannot yank them through it.

Unlike the majority of people, Projectors are not 'energy' beings. Even if excited and passionate on a project, you have a finite amount of energy each day. Projectors are only supposed to work about 2-3 hours a day. Why? Because you're especially efficient. You can get done in 3 hours what it would take someone else 8 hours to do. That does not mean to keep spinning and fill up 8 hours. Use your gift and then go rest.

While the current systems that be do not always support that, even small breaks are needed. You can slow down and trust your efficiency. With this, Projectors do well as project managers. Being the one for people to come to with questions on how to make something the best system for all.

Many Projectors becomes healers or guides with their gift. If becoming your own boss, this could also lead Projectors to over-work. Set clear time and energy boundaries with yourself. Slow down to trust your gift and see from your floating viewpoint. You are here to see and not to do, do, do.

With the other time you have open you are meant to follow whatever intrigues you. Always reading on it, taking a new class or experimenting. What do you want to keep learning and growing in? Follow it. Then when the next right invitations come, you will feel ready. Learn about your Strategy and Authority next, when ready, to have practical steps with intuition & boundaries check-ins.

Recognize your unique perception of things. Affirm yourself rather than seeking external validation. Follow what feels like your definition of success.

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### Your Strategy: Wait for the Invitation

This one can feel counter intuitive. Or that no one will ever invite you to anything! None of these strategies are mean to be passive. This is saying that your energy stays in your highest flow when you wait to share your gift, guidance, advice. The best collaborations come when people invite you to them, not from cold calling or emailing.

So how do those invitations come? By sharing and being seen. However that feels in alignment for you, keep sharing. Tell people what you're doing and creating and learning.

Do it while centered in your self-love, not from a space of trying to prove or needing external validation. Track and pay attention to the invitations that do come to you with ease then.

Can you invite someone else to coffee? Yes, of course. The invitations are not always neon flashing signs. This requires you to feel into where someone is energetically open to you, your energy or what you're doing. Save the gift and share there.

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#### Famous Projectors:

Taylor Swift, Ryan Gosling, Barack Obama, John F Kennedy, Nelson Mandela and Michael Jackson

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#### Top Projector Tips:

- ~ Set time and energy boundaries with yourself.
- ~ Save your gift for when people ask for it.
- ~ Follow what you're curious about to learn more.
- ~ Take time alone to release the energy of others.  
Nap when needed.
- ~ Define what success feels like to you and luxuriate in that.

# Manifestors

You are here to initiate in the world and flick the first domino for all of us. There's an inherent largesse to your energy when you walk in a room and you want to share. Share your desires, your point of view, all of it. Often the size of your inherent energy was shrunk as a child to fit in, feel normal or after being told it was 'too much.'

Let go of any old system, 'should' stories or box you felt put in. You are not here to people please, but to feel your own urges and then let us know where your train is headed. The trust is feeling that the right people will hop on your train then.

Most people have to sit back and wait in some sense- but not you. Feel into when your urges arrive, like a divine lightning bolt of inspiration, and then initiate with others & the Universe. Release the plan, the strategy and see that you're meant to be spontaneous.

Because these lightning bolts are super charged, you are not here to do, do, do as society may suggest. You need more rest than most.

Your energy feels like it comes in bursts and then it's off. Trust that is your flow. It's more unique than most, as you are 8% of the population. Because of that, the largesse of your energy will not be for everyone. It's not meant to be.

You are here to provide the bright spark and it will light up the right ones, while forcing the others who are not ready, to look away. The right people will jump on the path with you. Avoid letting others who are not a fit for where you are going make you start questioning yourself.

You do not need to poll or ask others opinions. Trust your urges. Learn about your Strategy and Authority next, to clarify ways to check in with yourself daily. When you do, the Manifestor's life wants to be one of freedom, play, exploration, rest and peace. Living your truth in this will be the fire starter for others to blaze their own trails too.

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### Your Strategy: To Inform

Unlike most of the energy types, you don't need to slow down and check in before making decisions. You are meant to feel into the spur of the moment urges that hit you like a lightning bolt. Yes, right then and there, trust them. Then you're meant to inform. Inform those around you that you may want to collaborate with or that will be affected by this new path.

This is a loving act to share your excitement and let people know. This is not polling the audience. Stay clear in what is giving you that exuberance. You inform others of this because-

1. This is how help flows in to you.
2. Once you are lit up in response and then inform the Universe, 'I want that!' Boom - your train has left the station. It will move quite quickly and if people weren't informed, they may feel it's too late to jump in with it too.

This energy of informing is vocal, from your throat. Own the power there. Be aware to be authentic & true with your word so that what you're sending out is clear.

Remember to be patient in times when it seems no lightning bolts, huge urges are coming. They always will again. Take time to rest and feel ready to receive them.

## Famous Manifestors:

Frida Kahlo, Maya Angelou, Gwen Stefani, Bruce Springsteen,  
Martha Stewart and Jennifer Aniston

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## Top Manifestor Tips:

- ~ Feel into and trust your divine urges when they come.
- ~ Release any codependency, people-pleasing and conformity.
- ~ Let the bigness of your energy shine and feel the people who lit up by it.
- ~ Avoid overthinking. Trust your feelings and flow with them.
- ~ Allow your flow to come in fits and starts. Make plenty of time for rest and savor your peace.

# Reflectors

You are a walking mirror for all. For the people around you, the energy of the room and the energy of the larger world. Reflectors are lunar beings, when all the rest above are solar beings. With that, you go through a different evolution with things in life every month - each lunar cycle.

You Reflectors don't have any energy centers of the body colored in on your chart. Meaning you are wide open in all areas of self. In that way, you unconsciously take in what is around you and amplify it. If you walk into a room and the vibes are happy at a 4, you will enhance them to a 10. If you walk into a frustrated event or group, you could amplify that too. In this way, you reflect back to us all the things that need to change in any given environment and in the larger world.

You probably feel quite unique in this world. You are. Reflectors are only about 2% of people. With that, there can be an ethereal quality to you. Reflectors are non-energy beings (like Projectors). You are not here to do and hustle and make. You are here to reflect back to the world how we are doing and what needs to shift.

With no energy centers colored in on your chart, it can feel like you have no energy of your own to lessen the impact of what others are dishing out. You can feel others quite deeply. Their fears, desires and perhaps even feel a bit psychic. Be mindful not to only shape-shift in situations though- getting lost fully in others feelings, opinions, etc. In that, you can be a chameleon. Take lots of time alone to feel baseline in your own energy. While also owning - this is your superpower. To reflect to us all. We need it.

Release any pressure on having a defined idea of self that others can easily digest. You're here to morph all the time so that you embrace your inherent, deep wisdom. Simple existing in a space with that - it will be felt.

Slowing down is key. Reject any rushing, urgency culture. You are meant to wait a cycle before making any big decisions. Like the 28 day cycle of the moon. Honor where in each cycle you feel best making changes. Check in and learn about your Strategy with that next, for practical application ideas.

When in alignment with embracing this gift, you can truly be anything in this life.

### Your Strategy: Wait a Lunar Cycle

Every other energy type is a solar being, but you are lunar. You need more time to make big decisions. It can be helpful to get a moon journal and track how you feel each month in that.

Feel into when it seems clear to best make decisions. You don't need to wait a \*whole\* lunar cycle before deciding on things. Feel into what times of that cycle you feel most clear though. And when other times you need to slow down or be alone.

Release any pressure from the world to be hurried or urgent.  
Communicate and be boundaried with the time you need to  
take.

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Famous Reflectors:

Sandra Bullock, Dusty Springfield, Rosalyn Carter,  
Yul Brynner and Teal Swan

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Top Reflector Tips:

- ~ Slow Down. Feel into each lunar cycle and where you feel in each phase of it. Wait to make decisions.
- ~ Release trying to define yourself. That is outside conditioning and doing it for others. Embrace your ethereal, wider nature.
- ~ Be in the environments and around the people that bring out the best in you. If you feel joyfully \*surprised\* in them and by life, you're right on track.
- ~ Your sensitivity is a superpower. Share what's coming up. But also take time alone to feel baseline and not burn out from others' energy.
- ~ Your sense of purpose will be revealed when in those environments and when reflecting to all.

# Authorities

How we all check in with our intuition can feel different. Our authority is that spot within, the energy center, to honor first. It's how we hear or feel past the brain spin. It's always an embodied sense. Check your human design chart to see which is yours.

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## Emotional/Solar Plexus

This energy center is often called the 'wait for clarity' space. If this is your authority, you have your own inherent feelings waves that come and go. Acceptance is key. Releasing any judgement of 'good' or 'bad' feelings. Ask yourself how you feel and reply kindly with grace for self.

It can feel like a fog rolls in when you're in a large emotional wave. Learn to spot that and know to not rush decisions in that time. Wait for clarity that comes when you feel baseline in your feelings again. Know that ALL your feelings are your super power. They are an engine of inspiration and creative energy, to be used when on the other side of big waves. They roll in to the shore and they always flow back out to the ocean.

If you are a Generator or Manifesting Generator, when you feel baseline in your waves, that is when you check in with your sacral, your gut to see how the response feels - a yes or a no.

## Sacral

If the sacral is your inner authority, you are meant to trust your gut.

Your intuition there will tell you when you are truly excited by something and have the energy to go after it - or not. It needs binary, Yes/No questions or options. It doesn't do well with open-ended questions and those can lead to the energy going to your head to spin, rather than the embodied feeling of your gut. If this is your authority, practice feeling into what energizes/excites you or when your energy goes to your head trying to rationalize what you 'should' do.

## Splenic/Intuitive

Fellow spleen authorities, we are meant to listen within for an intuitive voice. It can feel clairaudient. It speaks simply, often quietly and only once, in the moment. For me, that meant I ignored it for a long time. If we ignore this splenic voice within, it gets quieter and quieter until we may lose touch with it. Take time alone, in quiet, to listen within. If it has felt disconnected for some time, invite it back in and track when you hear it in the moment. Maybe jot it down. As we honor it and listen to it, it can get easier to hear and trust.

## Will/Ego/Heart

It can go by three names. If this is your authority, you are meant to follow what you want. And you may feel you want a lot. Yes, you can and you do. Release any notions of selfishness. You have a very clear sense of self and living from this empowers others.

Trust that when you follow what you want, you have consistent willpower to go after it and to get it. Only 30% of the population has this. Trust it.

### G Center/Self-Projected

If this is your authority, you are meant to share with others to feel your sense of direction. This does not mean you need to go seek advice. It can be as simple as asking a trusted person to be a sounding board while you talk through what's arising. You will speak your way to the feeling. The pull of the next step and which direction to go. Honor the ah-ha's that arise in that moment from talking through it.

### Mental

This authority is asking you to observe the world around you from a higher space. The opposite of using mental energy to think on things that do not matter. Use this energy you have to look up and out, to up the antennae to higher inspiration. You may often want to share with not one, but many people, to find what is then clear to you after talking it out with all of them. Trust the revelations that come when observing from this space.

### No Authority

Only Reflectors have this. With no energy centers on your chart colored in, we call this having no authority. It's key to honor taking a lunar cycle and as long as you need to make a decision. When ease is embraced, you will know when you know.

# REIGNITING SELF WITH ALL THIS

Is one top thing pinging your intuition after learning about yours?  
Is there a limiting belief that had shut down your trust this unique  
flow of yours?

To start experimenting with this info and your design, affirm for  
one week that you will - take a sacred pause.

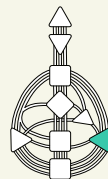
Before making any decisions this week, take a moment to think  
about the affirming info of your energy type, how you best make  
decisions and your authority. Give yourself that \*one\* spark of an  
embodied check in. They add up.

I suggest journaling on all of this to ground it now and ask your  
inner wisdom some new questions. Or, especially for you power-  
throated Manifestors or Man Gens, maybe go for a walk-and-talk to  
speak aloud on all this. Then listen to your intuition within.

And please email away anytime, to share or to book a future  
reading. This is the tip of the iceberg with your unique design.  
People return to me often with more specific questions on how  
you can feel most lit up in work, relationships, your deeper calling,  
money and trust, per your unique human design.

Everything you need is already inside of you. May we savor the  
journey of excavating our gifts, like a kiddo explorer. I'd love to  
hear what intuition pings for you and how the experiment goes.

[info@thehowlinghive.org](mailto:info@thehowlinghive.org)



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