

# (#284) Hack the alignment game... Design with Erin Claire Jones

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## SUMMARY KEYWORDS

design, feel, people, human, erin, energy, manifestation, blueprint, chart, generator, meant, projector, reflectors, astrology, life, gift, create, share, birth, work

## SPEAKERS

Kathrin Zenkina, Erin Claire

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Kathrin Zenkina 00:14

Welcome to The Manifestation Babe podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach and multiple seven figure entrepreneur, I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity and success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are, and where you're going. Leave it to me to provide you with the tools, the resources, the strategies and teachings that you need to manifest the reality wilder than your wildest dreams. I know we're about to have so much fun together. So thank you so much for pushing play today, and now let's begin. Hello, my beautiful souls, and welcome back to another episode of The Manifestation Babe podcast. Can I just tell you how much I appreciate you tuning in? Like I'm so happy to be back after a long summer sabbatical? And just with all the episodes that I've dropped so far, the feedback you're giving me, the reviews you're leaving, the suggestions you are giving me for future episodes. Like you are the magic that is this podcast, and this podcast would not exist without you. So thank you. Thank you. Thank you. I'm feeling really sappy with appreciation and gratitude today. I mean, for real, like I have endless amounts of gratitude for you. Okay, let's get to the point. today. I have human design expert. We love human design, right? Human Design expert, Erin Claire Jones on the podcast today talking about Well, I mean, you guessed it, Human Design. I'm obsessed with Erin. She has this angelic presence about her if you know her, if you've seen her social media before, if you just see a video of her, there's just something about her that is angelic. Like I can't put my finger on it. But it's just the aura she radiates, and I've known Erin in the online space now for a while but we finally got to meet and connect at a mastermind that we're both in for mamas called cel mama, and she's even more amazing in person like she is the real deal. So in this episode, I'm going to be asking all the questions that you submitted for Erin, like, you know, the basics, like what is human design? What are all the different human design types? And then more specific things like? Are there certain types that are incompatible with one another? What does it mean, if you have a defined center in your chart, but still struggle in that area? How to create invitations as a

projector? What about reflectors? You know, reflectors are just 1% of the population, and they often get forgotten. So I wanted to make sure Erin talked about them here. What do you do if you don't know your birth time? And how do you understand all the complexity of your own chart, and we're also going to get into a reading of my own chart, plus so much more, and I told you before, I've been teasing this for a while now that I have a special announcement for all of my human design lovers. So Erin and I are collaborating together to make all of your holiday gift giving so ridiculously easy this year. I can't think of a better gift, a more meaningful gift, a more life changing gift to give to someone than a full on blueprint to living their most aligned life. Erin and I came together to give you a beautiful manifestation babe a co branded 55 Plus page, customized unique and in depth PDF Human Design blueprints that you can purchase for yourself. Definitely get one for yourself but also for every family member, all of your friends for the holiday season. This blueprint is a guidebook that not only gives you your own personalized human design, reading, decoding, all of the complexity of the stuff that's found online, but also very practical and actionable steps on how to live a life that's in alignment with your design. When I tell you that my manifestation superpowers amplified when I discovered human design, it changed everything for me. That's why I'm so obsessed with it and I actually teach a little bit on it inside of @manifestationbabe Academy because it's been such a game changer, which is why also as a bonus to the CO branded guides, I'm including a masterclass on exactly how I created my dream life using human design over the last few years. So you're gonna get that for free, while you wait for your human design blueprint to be made customized, fully unique, personalized for you. And as an added bonus through the end of the year, so through the whole holiday season, Erin is so generous to offer a 10% limited time discount code using the code manifest 2023. So you can get your guide right now by going to [human.design/blueprint.com/manifestation](https://human.design/blueprint.com/manifestation) Bam, so it's officially launched today with the launch of this episode. Again, that's [human.design/blueprint.com/manifestation](https://human.design/blueprint.com/manifestation), babe, use code, manifest 2023 for 10% off, I'm also always going to include these links in the show notes, so don't you worry. And you can even pull up your chart for free using the site as well. So as we talk about human design and certain elements of human design, as Erin goes through my chart, I encourage you to pull up your chart as well. And you can do so with the same website. So [human.design/blueprint.com/](https://human.design/blueprint.com/) @manifestationbabe, whether or not you choose to purchase a guide, you can still check your own human design there for free. Okay, so without further ado, let's get into human design with Erin, Claire Jones. All right, everyone, I got the human design expert, Erin Claire Jones in the house. And before we dive in Erin, I just wanted to share what a genius you are, and how much I've enjoyed getting to know you this year, getting your human design blueprint book for myself to review I've been I think you sent it to me like years ago. And I find myself every few months referring back to it. And just finding something new about myself. And just really redefining how I use human design in my life and human design has just completely changed the game for me in terms of manifestation. So I thought what better expert to bring onto the podcast than you. Welcome to the show.

E

Erin Claire 07:20

Oh my gosh, thanks so much for having me. I'm so happy to be here.

K

Kathrin Zenkina 07:23

Oh my gosh. Okay, so for anyone who is like, I keep hearing about this trending thing on Instagram where people are spitting out generator projector 5113. This and that, like, What the hell is human design? For anyone who's who doesn't know what it is? Can you just kind of give

like a brief description, of

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Erin Claire 07:45

course. So human design is a system based on your time, date and place of birth, that reveals your energetic blueprint and how you're uniquely wired to thrive, whether it's in how you work, build a business manifest, cultivate your relationships, parent, eat all the things, it really gives us each our own roadmap to finding flow. And I think so often in life, we get a little bit taken off track because we try to emulate others or do what we think we're supposed to do. And I think human design reminds us in a very specific way, what will uniquely work for us and gives us all the tools to step into it.

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Kathrin Zenkina 08:15

I will say that human design has been like such an alignment hack for me. And every time life is not flowing, or I feel stuck, or it's just not going in my favor. I'm like, What the hell is going on? I swear to you, it's because I'm not following my human design chart. And just going back to my chart and just being like, Alright, where are you out of alignment? Like, you're really leaning into frustration right now, Catherine, which is you're not self as a generator, which we'll talk more about. So for anyone who's like, What the hell does that mean? Trust me, Erin's got you. And I just make a couple tweaks, I follow my chart, and everything works out. For me, it's like magic.

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Erin Claire 08:53

So simple. I know, it's so true. And I just love that you brought that up. Because I think especially in moments of resistance or challenge, looking back at our design saying with me, you know, I teach this stuff, and I look back and like, Oh, I see what happened there. You know, and like, let me come back. So it is such an alignment hack.

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Kathrin Zenkina 09:08

How did you get into it?

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Erin Claire 09:10

So serendipitously, it was definitely not the plan. I was living in New York City and went to a friend's gathering in 2015. And I sat next to a stranger who asked to read my human design chart. I had never heard of human design, nor had anyone I knew it was so fringe at the time. But I was like, Okay, tell me everything about myself. You know, I want to know it all. And he gave me this mini reading that was the most accurate, insightful and confronting thing I'd ever heard, confronting, because I wasn't living any of it. And so he basically just introduced an entirely new way of showing up to life. And I was like, is that really allowed? And then he actually ended that conversation by saying, Erin, I think you're meant to do this. And I think we're meant to do this together. And it was just this massive invitation in my life to study

human design and learn with him and build my first business around it. I don't know if I would have jumped into it. You know, if I hadn't received that invitation And, but I think human design just made sense to me in a way that no other system had. I think it gave me so much juicy information that was so specific and so insightful. And then it paired that with all these practical tools that I could actually use to apply that information to my relationships, my career and everything else.

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Kathrin Zenkina 10:16

What is that? So you mentioned birth time birthday, location and that's very similar to astrology, right? When we pull up a natal chart Shakeology, what is the difference between astrology and human design,

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Erin Claire 10:29

you know, at the simplest level, they're just different systems, but astrology does feed into human design. So astrology pulls from human design, and sorry, human design follows from astrology and the Kabbalah and the I Ching, and the chakra system, all that kind of give us this blueprint of how we operate at our best, but, you know, they are very different. As you know, astrologers will not look at a human design chart and have any idea what it means. And I cannot look at a natal chart and have any idea what it means, you know, and they're incredibly complimentary. You know, I do a lot of readings for astrologers, and it's so useful, but they are very different. Hmm, what has been your experience of the difference? I'm just curious, because I feel like you're very familiar with astrology.

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Kathrin Zenkina 11:02

I so it's funny, because I've been into astrology my whole life. And there's so many moments in my life where I'm like, Alright, I'm going to sit down and really learn what a moon sign is where I'm gonna sit down and learn what a bla bla bla is. And it just would never stick. Like I could listen to a chart about myself. And it makes sense. And it's like, super, super, just systematize like the way that the person describes it. And it's like, wow, this makes so much sense. But when it comes down to me, like learning the actual, like, key pieces, and like this is going over my head, like I just don't know how to my mind will retain it for whatever reason, maybe I just wasn't meant to maybe I'm not supposed to, at that time. And it wasn't until this summer that I started diving into some astrology courses. And I find a lot of similarities. I think that human design is very specific to like, the, it's a lot more in my personal opinion actionable. Like it's a lot more geared towards like, this is how you make decisions. This is how, blah, blah, blah, and with astrology, it's and I don't want any astrologist coming at me or human design. I don't I don't know, I don't know how to describe it, I just know that both systems are incredible. But with human design, I find myself retaining a lot more information I find myself just like really take knowing how to take action. And then when I read other people, like when I look at someone else's chart, I can instantly go oh, this makes sense. With astrology, I kind of have to like piece things together. Because they're like things that come at different angles and things in different houses. And it's just a lot more effort for me to read them. So I know people are gonna ask like, what's the difference? I wanted to? I wanted you to touch on that. When someone so when someone's hearing about human design, you know, they they learn about all

the different types like generator projector reflector? Can you just kind of go into like, if someone is looking up their chart for the very first time? What are some of the basic key items, you think that they should learn about their chart? I'm assuming like, type is obviously one of the key foundations of your chart? Like what are some of the most important pieces that you feel that people need to learn from the get go?

**E** Erin Claire 13:10

Yeah, great question. And also, just so people know, human design is so specific, it's not the kind of system where like, oh my god, we have the same design, you know, it's just like, there's so much nuance there, like bajillions of configurations. So the pieces that I would start with, and it's hard because I want to say everything, but the pieces I would start with, definitely include type because tight really speaks to how you can use your energy in the most productive way. Strategy is a really important piece as well, because it helps you know how to actually create opportunities in a way that isn't full of resistance. Like you said, authority is so important because it's how you make decisions. Profiles Oh is a fan favorite, you know, profile is so useful, because it honestly it speaks to our needs and relationships, how to align with our purpose, how to market ourselves, all of that. And then also, I would say if I could add what just one more piece, I would say the undefined and open centers. I know that might sound like jargon for some, but it basically will represent your biggest challenges, but also your biggest source of wisdom. And so understanding those things allows you to navigate your challenges so much more gracefully.

**K** Kathrin Zenkina 14:12

If someone's like, I want to read my chart, and as they're listening to this episode, they want to go look it up right away, like where where can people do this?

**E** Erin Claire 14:20

You can go to [human.design/blueprint.com/](https://human.design/blueprint.com/) @manifestationbabe, and you can look up your chart there. Ooh,

**K** Kathrin Zenkina 14:25

and that's hinting at something coming up in this episode, just FYI. Okay, I feel like the way to experience human design is to hear a chart reading. And I thought it'd be a great idea for us to dive into my chart and just kind of share like yeah, just like just do a little chart reading and just get give people a taste of what it's like to have their human design read. And then I can kind of like confirm things or share any insights as I feel like across the way so people can just really see it as like a living being a living document like oh, this is what it is and this is how it works. And this is how It can be used in life. Yeah,

**E** Erin Claire 15:02

I love it. Okay. So Kathrin is a reporter in human design. So as you reference, there are five

I love it. Okay. So Kathrin is a generator in human design. So as you reference, there are five possible types, that is your type. So what it means to be a generator is that you are somebody that has such capacity to go, go go. And you have such powerful energy when you are genuinely lit up and satisfied by what you're doing. Like when you're excited about what you're doing, literally, no one can stop you. And also, when you're excited by what you're doing, like you feel the best to be around, you become so magnetic, you give everyone energy, your partner energy, your sun energy, your entire team energy. And so I would say one of your biggest life lessons is to prioritize your own satisfaction and see that not as a selfish choice. But actually as the most, you know, giving generous choice you can ever make. And I would say an ideal day for you as a generator is often one where you wake up excited and inspired use of your energy throughout the day in ways that feel deeply satisfying, whether it's what you're working on, or who you're spending time with. And then you drop into bed just delightfully spent, you're like I have used it all up. And now I can sleep so soundly, and then you kind of wake up with that energy again, there.

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Kathrin Zenkina 16:03

And before we can continue, can you just give like a brief description the way that you just described generator, but all the different types?

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Erin Claire 16:10

Yeah, of course, we I'm curious, how's that land for you?

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Kathrin Zenkina 16:13

It's so lands, I was just gonna say when my team even knows. They know a lot about human design. And they, they use it in their own capacities. And they know my human design. And it's very often that they keep me in check. Where if I'm not getting to a task or a project, like I'm just I just, it's like, they have to remind me a million times like Katherine, we're taking off your plate, because it's clearly not in alignment with you. And if it was, if it was actually lighting you up, you would have already gotten it to us, like you would have endless energy to complete this task. And so obviously, it's on alignment, we don't do anything out of alignment. So therefore, it's just like, forget it, take it off your plate, like let us figure it out. And I so appreciate that. Because it's like it's such a beautiful checkpoint for me to constantly check in with myself of like, all right, if I find myself ignoring something, or not getting it to it or anything like that, or feeling dread or feeling drained by something I foundationally. And I'm not following my human design, because type is the foundation. So if I'm being a bad generator, like forget the rest of the, like, we're not gonna get anywhere, right. So it's so accurate, endless energy for the things that I want to do. When I started manifestation made when the idea downloaded into my brain, I did not eat for a week, I did not sleep for a week until the website was up until my first course is up. It was insane. It's like I forgot that there is such thing as oxygen and food and nourishment and the bathroom and just it was just me and my computer going boo, very generator.

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Erin Claire 17:51

Oh God, such a good example. Okay, so the other types, we have manifesting generators, which are very similar to generators, in some ways, I think, what distinguishes them as they're often quite multi passionate, they're often people that love moving their energy in between many different things. These are my clients that are like, Okay, I'm a practicing lawyer, I also just open a cafe, I'm considering this coaching program, and like, they just need that kind of very nature to their career and lives, like things gonna stay fresh and exciting. They also are incredibly fast, their gift is finding the fastest way to make something happen, and often will skip kind of unnecessary steps along the way. But often, they've been made to feel scattered or doing too much when they're actually meant to do that much. And they really do have that superhuman capacity. So then we got projectors, projectors, right. I'm a projector. Yeah. projectors are really here to be leaders, guides, advisors, teachers, and not here to do all the doing. And so if I was sitting here trying to keep up with Katherine, I probably would be very disappointed in myself, you know, because like, that's just not my gift. And so, projectors are often so tuned into and so sensitive to people. So they make very natural coaches, managers, leaders, like I said, and they're really going to ask him any questions. As projectors, our energy really ebbs and flows. So instead of, you know, booking things back to back, it's really good to create moments of pause and rest in the in between your days and in your days, because that often will give you the fuel to keep going. But I think one of our biggest shadows as projectors is just not knowing when to stop. And so really learning how to rest is such an important part of our design. Then we've got manifests manifest errs are very innovative, disruptive forces, they're really here to kind of get things started and get new ideas off the ground, they are not going to do all the doing to keep an idea alive, really just gotta kind of like get it started. And their energy can be a little bit bursty. And what I mean by that is they can have days, weeks or hours where they're like totally on fire, and then days, weeks or hours where they're just like in their little nest and in total solitude. And so it's so important for them to kind of honor those ebbs and flows as well. I would say for manifest errs, it is so important for them to feel free for them to feel free to do what they want when they want and so they're building a business to kind of craft a business that gives them that freedom. It's

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Kathrin Zenkina 19:55

funny this description of manifestos I can so relate to but I think it's because it's The two four profile where it's,

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Erin Claire 20:03

like also have the gift of cycles. Okay, there

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Kathrin Zenkina 20:06

we go because I'm every time I hear a manifest cycle, I'm like, huh, are we sure my human design is correct. But I so resonate with generator the most. And then it took me learning about which you'll talk about, you know, profiles and other aspects and channels and gates. I mean, there's so much nuance here, that can have you resonate with other types or resonate with other components. So it's very important that you learn your own chart and not just read like a

generic description on the internet and be like, I don't get it. This doesn't describe me. So this isn't accurate. No, it is accurate, but layered with other elements, it's going to change and tweak how you express that energy.

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Erin Claire 20:43

Yes, and I'm just so glad you said that, because you know, our designs are complex, and there's so many pieces to it. And so it's so good. And we'll explore a way for you to do this later on, but to get the full picture of your design, because when I look at your chart, like you have to give to beginning things, so it makes a lot of sense, you know that you would resonate with a manifest energy. And so there's just again, there's so much that can really shed light on the whole picture. Okay, yeah, final type. They are the reflectors, the most rare type. And these people are often so tune in into their environment, and they just see and sense and feel things that most people miss. And so they often thrive when they're in a position of evaluating and just kind of witnessing things and offering their perspective on what's happening. They are very fluid, they will have days where they feel like generators, like manifesting generators, like projectors, like manifest errs, their job is not to kind of be just one thing, but show up to however feels authentic that day, knowing that they are meant to be very kind of vast and how they express themselves into the world.

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Kathrin Zenkina 21:35

reflectors are like, What 1% of the population or population? Yeah, it's really cute. Because every time I have like, every time I put up something about human design, or there's an opportunity to ask an expert on human design, you know, questions people always like, ask about reflectors, we're so forgotten. It's so cute. And they really are such a special type

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Erin Claire 21:56

go special, you know, and they just honestly, they see the world differently than most. And so whenever I'm around reflectors, I'm like, tell me everything like what are you think about this? And what do you see about this because they just feel things that the rest of us don't,

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Kathrin Zenkina 22:07

it's so true. Lauren Bostick from skinny confidential, she's a reflector and she's such an incredible like if a reflector. I know a lot of reflectors that I've talked to, which are very few of them, because there are very few of them, but they're always like, I don't know, I don't think I'm designed to be like an influencer or successful or have this big brand or big business even though I want to create one. And I'm always like, go look at Lauren Bostick. She's killing the game. She's incredible. And she's a reflector. So if you need an expander for that type, like, go follow her, check her out, see what she's up to. I mean, she's such an incredible expression of that, that energy and so tuned into trends, so tuned into community, like knows what her audience wants, and that's why it's so her business is so incredibly successful.



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Erin Claire 22:55

What a cool example. And that's so the gift of a reflector.

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Kathrin Zenkina 22:58

Yes. Okay. So okay, down the chart, we go. Okay,

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Erin Claire 23:02

so let's keep talking about you. So okay, so let's talk about something called strategy. So like I said, we all have a strategy, which speaks to how we best create opportunities. And so your strategy as a generator is to respond, it means that you are very naturally magnetic, and you're actually not meant to chase after anything, you are meant to kind of see what shows up in your world and sparks your gut. And then when you get that full bodied gut, yes, that is a signal to pursue it. And you've got this very, like active powerful, always thinking mind and your design. And as much as you kind of might get in your head of what you think you should do your work is to just trust what you naturally are lit up by, not what you think you should.

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Kathrin Zenkina 23:36

I started smiling so big the moment I said, like, you're supposed to just magnetize things to because this goes back to the very first mastermind I ever joined, it was the year 2018. So baby Katherine and her baby business. And I was sitting at a round table, and we were just doing hot seats. And I remember, you know, you come you come with like a celebration. And then you come with like a struggle, and then everyone at the table can give you advice. And so I, you know, everyone went around the table when I was the last person I said, guys, I have this problem. And they're like, Okay, and I'm like, every, you know, I don't feel I forgot how I phrased it. But basically, my problem was that I wasn't reaching out actively, to invite people onto my podcast, people were coming to me, like everyone that I wanted to interview would eventually DM me, or send me an email and pitch themselves or just somehow connect in person like we connected in person. And of course, we knew we knew each other through the online space beforehand, but we got to physically meet the summer. So somehow, it'll it'll happen like that. And I remember being like, I want to be more initiative like I want to, I want to have more outreach. And my problem is that it just comes to me and I just magnetize it and I just remember the more I'm talking about I'm like, is this actually problem and the whole day I was looking at me like, I wish I had this problem. And this was before I learned about human design. And when I learned about human design, I went, Oh, okay, I'm not the girl to go out and DM people. I'm the girl who magnetizes. Coincidentally, synchronistically, bumping into the right person at the right time, like, I'm the girl that people come to me. And then I can decide whether I want to pursue something or not, as it's in my orbit. And that's it. Like, that's how simple gets to be. It

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Erin Claire 25:30

is. And it's not until a thing shows up, and you actually know it's for you or not, you know, and so then the thing shows up, and you're like, oh, yeah, we're like, oh, no, but maybe later. And I

also love that you share that this was all before you discovered human design, because the magic of human design is that it often gives us a language for things we've always felt and known to be true. Yeah. But it just gives us a framework. We're like, oh, yeah, that is how it works. And now that I know it, I can actually use it. You

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Kathrin Zenkina 25:54

know? So true. So cool. Okay,

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Erin Claire 25:57

so to go a layer deeper. So there's a piece of our design called authority, which speaks to how we best make decisions. So I referenced this briefly, but your authority is all about trusting your gut feeling in the moment. You know, there's so much talk out there, like follow your gut, listen to your gut, but not all of us have that immediate gut visceral response, but you absolutely do. And I will say for you anything that is not a full bodied? Yes, it's either not yet or you know, not ever. And so you're waiting for that visceral Yes. And honestly, as soon as it hits, you can pursue it, there's no need to wait, there's no need to sleep on it. Like it is just truth. One thing I would say for that authority is that it responds really well to specific questions. So instead of having somebody I know you know, this, but instead of having somebody asked you like a super open ended question of like, Kathrin, like, do you think, what do you mean, we should do about this? Or where do you wanna go for dinner? It would probably be far more effective. Do we have Catherine? Do you like Option A or Option B? So you want to go out for dinner, cook at home, because then you're just speaking straight to your gut and kind of bypassing your mind? It's

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Kathrin Zenkina 26:54

so funny and problem solving. I know the answer. When you give me options. I know which of the two are going to work? I just know, like, this one's going to work. This one's not going to work. But if you never present them to me, and you just say, What do you think we should do? I'm like, oh, yeah, tell me and then people will tell me their ideas. And I'm like, oh, boom, boom, boom, boom, boom, boom, this will work. This will not work. And it's just always so accurate. But and this is also like, so many people, this authority can definitely relate to like when people ask you, where should we eat tonight, right? Like, what do you think? Where should we go to dinner? And you're like, I don't know. Don't ask me that question. And then they go, Okay, are you in the mood for sushi? Yes or no? And it's like, oh, yes, I want sushi. You want Italian? No, I don't want Italian. And it just, it just becomes so just concrete and simplified. I don't know how similar

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Erin Claire 27:48

they are. And I feel better. Yeah, I think in moments like that, like when people ask you to really open it away. Again, it's not that you don't know you're just not being asked in the proper way. And so I think one of the tools human design gives us is like, how do you actually communicate with people in a way that's gonna work for them? And like, while we're talking about you

responding well to specific questions, some people really love open ended questions. Some people don't actually want to be peppered with questions at all. So you can kind of start to see that, like, there are such simple practical things that can transform a dynamic. Yes. Okay. So let's talk about your profile. So profile is there 12 possible profiles in human design. And so Katherine has a two, four. So I love this profile, in particular, because it can feel like there are two seemingly opposite parts of you. But they're actually both parts of you. And the work is to just find balance. And so there's one part of you that to, which is around the fact that you have a very naturally hermetic nature, this does not mean that you must be alone all the time. But you having space to just like be in your own flow uninterrupted. I'm curious how this is set up as a mother, in your own flow doing your thing is so healthy for you. And also it comes with the two and I see this so much in you is that you just bring this like innate genius to what you do in a way that can't be explained. Like you can study all the things and learn all the things but like, you're still gonna have like the Kathrin way of doing it that you actually cannot teach. And so you are very much meant to lean into, like what comes most easily and naturally, even in the way that you talked about learning human design, where you're like, oh, this actually just like make sense to me. Like, you're just meant to really follow that because what comes easily and what comes naturally, is exactly where you create value and what you're meant to get paid for and what you're meant to share with the world.

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Kathrin Zenkina 29:21

I struggle so much when people ask me, okay, how specifically did you do this? Like, take me back to the year 2017 When @manifestationbabe was exploding and growing and like, what specifically did you do to the law? And it's like, I don't know, I just did it. My answer is literally, I don't know. I just did it. And as soon as I learned about my profile, I'm like, oh, okay, this makes so much sense. As a mother it my number one challenge is finding alone time, like I took for granted how much hermetic time I used to do. It's like it's um, I would, I would need At least two to three hours by myself in my own little cave. You know, in those shorter cycles of my human design, it would be like on a daily basis, I would have my socializing hours, which is typically like team meetings, my team asking me questions, having more meetings, talking to Brennan, blah, blah, blah, like going out to dinner with friends. And then the other hours of the day, I'm by myself in my bedroom, doing my own thing. As a mom, it's like, I finally reached this breaking point one day this summer, where I'm like, I think, you know, I realized what my what my issue here is, is I need at least you know, as a mom, it's a lot less than a few hours a day, it's like half an hour to an hour like Brendan, can you just be with the baby, I need to be alone in the bedroom, watch a TV show, research something, do something, create something tech, someone call a friend doesn't matter. Just just I need to be alone, like, without stimulation. And that's been a game changer in my motherhood journey that allowed me to enjoy it so much more. Because then when I come out of my hermetic nature, when I come out of my room, I all of a sudden have all this energy for my son. And it's like, Okay, let's go on a walk. Let's go to the park. Let's go here. Let's go there.

E

Erin Claire 31:10

Totally. And it's just it's such an important thing to integrate into your life, wherever and however you can. And obviously, it will look different as a new mom, I feel the same. I'm like, Yeah, well, it's not as long as it used to be, but I'll take whatever I can get. But then the other piece of your profile of four is around the fact that community is such an essential part to your

design. And when I say that, I mean, your opportunities are meant to come through your community, you know, you are meant to even through our conversations, you know, it's like, oh, we like connected. And then like this emerges, like, that's how like life is meant to happen for you. It's not about like, working with strangers or kind of reaching out to people out of the blue, like you were bringing up at that mastermind. It's like you work best with people that you feel deeply connected to. And that will extend to your team like, it is best to hire people that you're like, I want to be friends with you, I really want to invest in you because like I just like you. And so really continuing to invest in your community and nourishing it is so important. One thing I want to just say here is this is not about having a huge community. This is just about having the right community and then I want to hear your thoughts on that. And no, I do want to talk briefly about just the balance of the hermit and the community.

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Kathrin Zenkina 32:10

Yeah, absolutely. I remember in our mastermind over the summer, where everyone around the table were like, Katherine, you are the connector, like we see you as the connector, you're so good at connecting people to products, people to services, people to people. And it's funny, because I've never seen myself that way. Because I thought my whole life that the key to success, you know, they say your net worth is in your network. So I thought I had to like go out there and go to networking parties and, and meet strangers. And it's just like, I literally was like, well, then success is not for me, I guess because I will never freakin do that. And of course, the opposite is true. Like, I've found massive success through my close network through my close friends through people. I just serendipitously meet people who I synchronistically meet, like, just, it's been so effortless and so easy. And it's so true that all of my most incredible opportunities have come from like, oh my god, I'm going to ask my friend Zack about this. And maybe we can connect about this, or, oh my god, Erin. And I can do this. And it's just like, I know the I already know these people, these people are already in my community, it gets to be so much simpler than going against your design and going to a networking party and meeting all these strangers. Like for some people, that's definitely the thing to do for you. That's more in alignment for you. But for me, hell to the no,

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Erin Claire 33:33

no. And I think what's also associated with us for is like this very kind of warm, friendly nature. And I feel like you do this so well that like on your podcast, like you just like make people feel connected to you like you make them feel like they're friends with you, you know. And so like, it is this really cool thing that I think you also bring into your community are kind of like making them feel like they really know you and giving them access to you. Yeah, so the two for you know, let's just talk about that together briefly, because I just said you were hermit and you desperately need community and or Knox? Yeah, I just want to say that the work here is to find balance, like your work is to not spend so much time alone, that you feel isolated and that you're hiding your gifts from the world. But you also do not want to spend so much time with people that you get totally fatigued because you're super sensitive. And so it's just about knowing like when to pull away to kind of recharge and then when you're gonna be out in the world sharing your gifts. Yeah,

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Kathrin Zenkina 34:20

only took my whole life to learn that, but I'm so glad I did. Totally.

E

Erin Claire 34:25

And I feel like even you know, I know you just went on sabbatical. Like I feel like also you might have hit a point where like, Oh, I'm like, I really need that and more time now. It's like time to be in my own flow. And then I'll be inspired to share my gifts again. Yeah, so

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Kathrin Zenkina 34:35

far summer of this year was my two. And now fall is my four because I'm most loving nonstop, so many options. Yeah, it's just like I know I'll hit like it's it's been an expression of a longer cycle because before it'd be like two days of two, two days a four or like whatever right much shorter cycle and I feel like I gave myself a much longer period to really be in the two. And now I'm like really? I have so much energy for the for I have so much to say so much to share so much to speak on. I want people to interview me like, I'm just so excited about it. And I know at some point, I'm going to be like, Alright, everyone shut up. How do I leave my space? Yeah, back to the to.

E

Erin Claire 35:17

Yeah. And I love it because you're also not going like, oh, I should like carve out more time to do that. It's like, No, I let me just enjoy it because it's what I have the energy for right now. And that's such an important piece. Amen. Okay. Oh, my gosh. So let me talk about do you want to hear about your channels next, or the undefined centers, let's go into the centers. Okay. So there's a piece of our design that speaks to references earlier areas that can be really deeply challenging, but also areas of powerful learning. So I want to talk about something called your open emotional center. So you are somebody who is deeply sensitive to other people's emotions. And I mean, sensitive in the way that like somebody's feeling a thing, and you actually amplify that feeling within your own body, and you're like, I am not feeling what you're feeling and even more intensely than you might be. And so it's such an extraordinary gift. But it often can be quite overwhelming, especially at first. And so I would say a big lesson for you in life is that as much as you feel like you're not really here to fix everybody else's feelings, you're here to just like, have a really healthy boundary, observe it mirror things back to them, but knock it take it on as your own. And so cultivating a strong boundary around that is key. And then one other quick piece I would add is that another big life lesson, I feel like you're good at this from afar, is really kind of speaking your truth and saying the hard thing. And because you feel so much that there might sometimes be a temptation to just sugarcoat and not want to rock the boat, because you're like, I don't want to deal with the aftermath here. But like, you're really here to be like, I'm gonna say the hard thing. And like, I'm gonna, like, move through this comfort, and I'm gonna inspire others to do it, too.

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Kathrin Zenkina 36:40

Oh, that's so true. I love how you describe that. Because I find myself, you know, having that battle of like, yeah, I have this thing to say. But if I want this person to be mad at me

afterwards, or reel triggered by me, or like, I'm just apparently very good at triggering people on the internet. And it's like, ooh, do I want it to want to? Do I want to grow those numbers this week? Like, do I really want to expand on the haters this week? But at the same time, it's like, no, I have to say what I have to say, because if I don't say I get physically uncomfortable, I've realized that after my sabbatical towards the end of the sabbatical, I didn't have a timeframe for the sabbatical. But what ended up happening is I ended up growing this, this like discomfort in my body just started to expand and grow and grow bigger and grow bigger and grow bigger. And I remember telling Brennan, like, I've never felt this uncomfortable. I don't know what's going on. Like, what, Where's this coming from. And I realize it's all this stuff that I want to share. Now. It's my voice, this expression that needs to come through, like it's time for me to open my mouth and share things. And that's when I was getting ready for a q&a session with my students and 10 minutes before my entire program, the manifestation reset just downloaded into my brain. And I started taking notes on it, I started working on the outline, and I look at the clock, and I'm already three minutes late to the q&a. And I'm like, Oh, my God, I'm so sorry, you guys. And then they started asking questions that really inspired even more of the content, through their frustrations and struggles with blockages that they had around manifestations that were just taking a really long time to manifest. And so everything just came together. And I was like, I think my sabbatical is over. Like, it's done. Like, let's go.

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Erin Claire 38:25

And also just like your energy was there. Yeah, you know, and I love that. And also, I'm like looking at your chart. And it's funny because we, you have a really powerful voice in your design. And we all have kind of different ways of speaking. But your voice is directly connected to your identity, which means like, the most natural way for you to speak is like, this is me, like you just like speak from the truth of who you are in such a direct way. And it is so powerful, but also quite vulnerable. Because if people don't get it, they just don't get you. But I also like when I hear you talk there just feels like it's so coming from that place. And love that. The other voice is just like sharing really new, weird freaky ideas into the world, which I think we know you know, very naturally. I would say one other big lesson for you is around self worth. You know, you have an open ego center is what is called the Human Design. It means that you have a vacillating sense of self esteem and even motivation. So you might have some days where you're like I am the freakin best. And then the next day you're like, I don't know, like, Am I really and it's just so natural. And I would just say a big lesson for you is like, you have gotten nothing to prove. And the minute you are choosing something out of a desire to prove yourself the minute it's the wrong thing for you. Number

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Kathrin Zenkina 39:29

is my whole life.

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Erin Claire 39:31

Isn't that annoying? Yeah.

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Kathrin Zenkina 39:33

It's so accurate though. Like that. Yeah. It's almost like a entrepreneurial roller coaster. I don't know if you've seen like the memes of like one day you're like, oh my god, I'm killing it. Oh, no, no, I'm signing up. Oh, my God. People are signing up. No, no one's signing up. And it's like this constant. So what you just described it like I'm the best. Oh my god. I don't know what I'm doing. I'm trying the best. I don't know what I'm doing. It's so accurate. It's just like it's just honoring on my life lesson. It's just honoring the cycles. Right, hold

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Erin Claire 40:00

on, there it is. And I think that as somebody that shares this in my design, I feel like my lesson is like just witnessing it with it without getting lost in it. It's like when I'm like doubtful, it's not like, Oh, I got it, I don't have to go prove more. And we just sit and like, let the wave keep moving. But also, what I really love about this for you is that it's a lesson for you to learn. But it's a lesson you're here to teach. Like, one of the areas that you're really here to share wisdom around is around worthiness and enoughness. And cultivating self belief and self trust and supporting people and really improving themselves. And like, it just feels like so much of your work revolves around that. So again, our shadows become our gifts, so it can be useful to know what they are. So

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Kathrin Zenkina 40:34

those are the open or undefined centers, right? What is the reference when people look at their chart, and they see the colored in triangles and squares and circles? And all the all these shapes? Right in the human design chart? Like what is what is the difference between defined and undefined or slash open?

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Erin Claire 40:51

Yeah, great question. So the ones that are white and your design, these are open or undefined. It basically is where you are the most sensitive to other people's energy, and where you have a lot of lessons to learn. So the two pieces I share, they're not all your open centers is that you're really kind of sensitive around like self esteem, self worth, and also around emotions. The areas that are colored and undefined are basically where energy operates more consistently within you, and where you are impacting others with your energy. So let me do an example for you of what that looks like in your desire. So you have a defined mind. Have you dug into this much?

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Kathrin Zenkina 41:24

Um, yes. Okay. Yeah. Okay, great.

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Erin Claire 41:28

So having a defined mind basically means like, you're here to like, have an opinion on things. And like, you just like, have a perspective. And you really are here to share and empower others. It's with your perspective and how you see things which is just the different and

others, like with your perspective, and now you see things, which is just like different and unique and new. I think what is potentially challenging with a center, and I have it too, so I feel it is like trying to use all this powerful mental energy, you have to try to figure out your own mind. And like, that's not the job of your mind, like your mind is here to be a source of inspiration and insight for other people. Whereas your gut, your authority, which we talked about earlier, is meant to kind of be your own compass, in terms of guiding what you say yes to, but so you have this very kind of active, consistent, always moving energy in your mind. And you're really here to use it to inspire others with your opinions.

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Kathrin Zenkina 42:08

I'm so good. Because I feel like I'm constantly trying to figure out my life, other people's lives, everyone's lives, like, my life's work is just like, Okay, how do I frame something in this way? What is a new framework I can create for to solve this problem? And what am I going to do next year? And how am I going to accomplish this goal and it's like a constant mind chatter that I have going on. I've just like, and and I think that's also, you know, the gift of what I do is all about manifestation and creating the future. And so I feel like my mind is really good at honing in on the future and trying to figure out, alright, how are we going to, okay, this is what I want, okay, how are we going to get there. But also allowing all the other aspects of human design help me with manifestation, not just like the busyness of the mind chatter?

E

Erin Claire 42:57

Totally, totally. And it's honestly just knowing how to use it. It's like, you just have an incredibly powerful mind. And I always say the shadow of it is like really obsessive, you're just like, obsessing about, like what you said, or what you think you should do. And the wisdom is creative, like you're in that flow, where you're like, I'm building this program, I have so many ideas, I can't wait to share them. So it's just again, knowing how to use your mind in a really productive inspiring way.

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Kathrin Zenkina 43:17

And mind is different from head, right, because I have an underactive head center, and it just went in mind.

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Erin Claire 43:23

Exactly. So the difference there with a undefined head center for you is, you are really open to kind of inspirations and ideas that are coming from all directions. It's one of the areas where you're gonna have the most sense of as well, like somebody around, you might talk about a thing they're really excited about, and you kind of take on their excitement, you're like, I'm super excited, and then you might walk away and like, I'm actually not that excited, but their excitement was super infectious. And so like, true, you just and I always say that, like you just have, oh my god, you also have, without getting into all the details, like you're just gonna have way more ideas than you ever know what to do with. And like, you're here to be incredibly inspired, but also incredibly discerning. And I think where you can get a little bit taken off track



with that part of your design is just like feeling like your mind is a pinball machine and kind of ending the day being like, so much inspiration would have no idea what I just did. And it's about kind of like learning how to work with that inspiration, in a productive way where you're like, Okay, I'm inspired by a lot, but like, what ideas are actually worthy of my energy? And how can I use my gut to really assess that,

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Kathrin Zenkina 44:16

going back to the differences are talking about astrology and human design that actually shows up in I had an amazing reading over the summer of my natal chart. And that also showed up what you just described in my natal chart as well where I can so easily embody like other people's excitement about something and then think it's my own idea or like think like, oh, I genuinely want to do that. But it's only in their energy that I wanted to do that and the moment I you know, a couple days pass or just even physically leaving that person, I go, What am I doing, I don't really care about this, or I don't really want to learn this or I don't want to wear this or I don't want to buy it's like it's like something that now that I know that this part of me exists this in my design. Now I actually take a moment to be like, alright, is this actually mine? And was this actually my dear? Do I need this hair product? Or is it just because my friend was so excited about this friend product? That I think I need to buy it? Is it something that I genuinely like Kathrin, like, please think two weeks from now, would you be glad to have bought this hair product? No, then don't buy it. And and it's great because it gives me a positive reflection. And it's really helped with my finances to where I'm like, Oh, sure. I'm unconsciously spending a lot of money like, how do I, you know, just just being able to tone back and be like, Alright, what do I actually want to invest in? What do I actually want to buy? What do I actually want to sign up for? Do I actually want to sign up for this course or not? Right? So it's so freakin helpful? Well, I

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Erin Claire 45:48

love that because again, these two areas that we just talked about is like, you're really sensitive to other people's excitement about their ideas, and also like their emotions about a thing. And so again, if you're in their energy, and they're excited, and they're feeling a lot of things, it's so easy for you to amplify that. And like, I'm so freaking excited. And exactly, as you said, you walk out of their energy, and you're like, Oh, I'm actually not excited, like, but their excitement, again, was infectious. So I just love the awareness. Because yes, you're meant to trust your gut response in the moment, but sometimes that will require walking away to ask for a meditator guide. Yeah.

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Kathrin Zenkina 46:17

Also, I just wanted to quickly share because I think of like, for example, Tony Robbins has a defined ego center. So he's really good at motivating people. And in His presence, everyone feels motivated. And it's just a matter of like, okay, when you go home, and Tony Robbins is no longer in the same room as you, and you're not tapping into his motivational energy, like, how can you keep that going for yourself? Right. And I also think, hold on the thought just left me but it's going to come back motivation, motivation. Oh, this is why I love group exercise classes. I've realized when I go to the gym by myself, Yes, I can get a good workout like yes,

but it just depends on the day to pet like, the stars need to align perfectly for me to have a great workout by myself. But if I go to a group, exercise class, so a group Pilates class, rather than one on one, or by myself, like if I go to a reformer class that I've been loving lately, and it's a group there is at least, you know, there are people there are other people who find you go Yeah, once someone has a defined ego senator that I can borrow for that hour and I find that regardless whether I feel like going to class or don't feel like class, I know that once I get there, I'll borrow someone else's energy and I'll get through well what is zoom doing right now zoom as you guys can't see this, but Zoom is zooms with fireworks for me. Zoom

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Erin Claire 47:37

is giving you fireworks you literally were shaking with excitement and fireworks exploded

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Kathrin Zenkina 47:42

that was happening on a podcast recording yesterday. At the very end, I went I gave a peace sign for a picture. And for whatever reason balloons started popping up. And I'm like, What is zoom doing right now? It just created fireworks. I guess it really likes what I just said. So anyway, for anyone who has an undefined ego, go to a group exercise class, you'll find the motivation to do your workout.

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Erin Claire 48:03

It is so wise to say that and because I think also and Tony Robbins is always such a good example of that. But so many exercise teachers I've worked with all have a fine ego. And so basically, when you're in their energy that Kathrin talking about, you're kind of like tapping into their willpower. I'm the same, I go to my like group Pilates classes. I'm like, I can do anything and then I leave. Okay, you know, and so it's just so useful to understand all these nuances of our design because again, then you just know how to work with it. Yeah, again, Tony Robbins, like you can be in his energy and like, I can do anything, but when you exit, it might be a little bit harder to sustain that thing. So just becoming aware of that, like, Oh, I gotta really craft a plan once I'm outside of its energy, so

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Kathrin Zenkina 48:39

many amazing hacks in human design. And I know people are just dying to get their own reading done for human design. And we actually have an exciting announcement to share. Do you want to kind of share what we're launching actually, at the time that this episode is out, it's already out like you can you can purchase this this is you guys this is an incredible holiday gift to like if you already first of all buy one for yourself, but if you already own it, buy one for everyone and your family all your friends I can't think of a better holiday gift like something that is just I don't know like a mascara like that eventually that mascara is gonna run out okay like grain the person it'll bring the person excitement for like a month but then the excitement is gone with a human design blueprint guide. That's something that just it's such a celebration of that person. It's such a great gift to receive and it's something that can be referred to for a lifetime. So what is it that we're launching our and oh my gosh, this is

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Erin Claire 49:45

so exciting. So Kathrin and I are coming together to create the manifestation babe guide to your human design. And it basically is a guide all about your unique design. You know everything we talked about today and so much more. It is like With accessible insights and practical tools, so

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Kathrin Zenkina 50:02

actionable, there's practical suggestions for every single aspect that Erin just described for myself, you get that for yourself. And there's like, she tells you exactly the suggestions to make, like this center, if you have a defined or undefined or whatever, like, how can you put it into practice into your day to day life?

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Erin Claire 50:24

Which Yeah, and I think that's how human design can be useful. And it really is just like a book all about you. And just so you guys know, it is so hyper personalized to your unique design, they're hundreds of 1000s of possible blueprints. And so you'll get one that's all about you. And I love what you said about holiday gifts. Because it's so amazing when the holidays come around, because people are getting them for their kids and our partners and our colleagues and our teams. And they like, print them all out and have them on our bedside table and like review them with their entire team together. So it's such a beautiful way to not only really understand yourself, and how to find more flow in every area of your life, but how to really understand the people close to you and how to really support them in a way that is actually going to work for them.

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Kathrin Zenkina 51:00

Yes. And it's cobranded has manifestation Bay pink, it's beautiful. It's gorgeous. I need to get one for Ryan. But Erin sent me mine a couple years ago, like I said, and to this day, I refer back to it. And I just think it's the greatest thing on this planet. And for anyone who purchases the manifestation babe, blueprint collaboration guide, you will also get a bonus masterclass that I am creating, where I will show you like the stuff that Erin described about me and my chart, I will show you exactly how I've taken action on all those pieces in creating my dream life. So you can also see like, oh, okay, I can see how this is not just information about myself, but I can actually make it tangible, actionable, where I'll be diving into like specific centers and channels and gates and arrows that I've used and throwing in some manifestation related aspects that you can also apply to your own chart, which you will get. And the link for that is [human.design/blueprint.com/@manifestationbabe](https://human.design/blueprint.com/@manifestationbabe), where you can also use the same link just to get your chart. So whether you buy a guidebook or not, you can just pull up your chart and kind of follow along with this episode. And then there'll be an option there to purchase your guide. And like you said, Erin, it's like 55 Plus pages, right? Super customized, super personalized, no guide book is the same. And every person I know that owns it is obsessed with it. So very exciting stuff.

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Erin Claire 52:26

I'm so excited.

K

Kathrin Zenkina 52:27

I'll also drop the link in the show notes for anyone who's like that's a really long way. And Kathrin, can you just give me something I can click? Absolutely. Erin, I was thinking can we just do like a little rapid fire q&a, I had some people ask some questions. And just like however long you want to take it, take it but I was thinking it'd be on the quicker side. So someone asked like, what do the connecting parts between the centers mean? And they're asking is that what a channel is? And what what is a channel? Yeah,

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Erin Claire 52:57

great question. So between the shapes, there are lines if a line is fully colored, and it means that you have a channel, which basically means you have a consistent gift that's always present within you. If it's a half line, it means that you have an energy that sometimes present but not always active, and it's kind of meant to be drawn out in your relationships. Can I give a super, super quick example for you? Okay, yeah, so an example for Catherine like one of the channels, she has many one of the gifts she has is the freak to genius channel, which I'm obsessed with. And it basically just means to write I have it too. Yeah, well, your two favorite ones are the ones I have to I'm like, I love those channels. But you're just here to bring all these like freaky new weird insights into the world and you have such a gift for really kind of simplifying things in a way that actually makes sense to others. And you're actually also meant to kind of be on the cutting edge of things and see things like lightyears ahead of others and so it also feels like even in the world of manifestation you know I think that you are in it so early and so you're really just gonna kind of make all these freaky things makes sense in a way that actually land for others.

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Kathrin Zenkina 53:54

I will tell you when I started manifestation babe I first of all the name came to me I did not choose the name a came to me and I remember being like, it's kind of a stupid name. Like are people gonna like this name? Right? Like if it's kind of weird, I don't know. But it just stuck with me. And then when I started talking about manifestation on my old fitness profile, there's a lot of people who were like, I don't know This feels weird. Like what are you talking about? Katherine and then of course I had people who were like, oh yes, this is what I want to learn more about. But it was so like fringe it was so new. It was like people just associated it with Oh, it's from the book The Secret like no, the law of attraction manifestation is as ancient like more ancient than Earth, okay? It's the oldest frigging universal principle universal laws like it's existed since the beginning of time. And so it's been so amazing to see like rap. rappers are talking about manifestation, their music, and there's in shows and movies people are talking about manifestation like this is so cool. It's mainstream and like I'm seeing Human Design explode in the same way and I know that you were on kind of like The cusp and the beginning of the trend of human design, right? Again, if

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Erin Claire 55:05

this were meant to be on the cusp, you know, and so it's just so amazing to then watch it explode. So yes, go ahead.

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Kathrin Zenkina 55:10

Amazing. So those are channels. Someone's asking about, like definitions. What does it mean to be a split definition? I know I'm a split definition. And also, I feel like I'm still a little unclear about this. So this is also a question for me. Like, yeah, definitions and like, what, how do I make my split definition practical and action? Yeah.

E

Erin Claire 55:29

And also, just so you guys know, all the pieces we're talking about are all exploring your blueprint, you know, the channels, the centers, the definition, like the type of strategy, the authority, all of it. So your split definition, me too. It basically means that when you're around others, so many new things emerge. And so in moments where you start to feel stuck, and like things aren't really happening, or maybe you feel incomplete in some way, being around other people's energy is such an amazing solution for that. And it's like going for a walk going to Pilates class working out of a coffee shop, like there's just something about being around others where like things just like Link up and connecting, like, oh my god, there it is. And even in that conversation, where you're doing the q&a, ooh, now it's clear. One thing that I think is really interesting with your definition in particular, is basically there are two parts of your design that are totally separate, you've got this like super active mind and voice and then totally separate is like your gut down here. And so it's again, just knowing like how to work with both parts of you, because they are both very powerful, but also quite distinct. And

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Kathrin Zenkina 56:26

there's like such thing as Triple Split, does that mean, you just need to be around more people, like bigger groups are, what

E

Erin Claire 56:32

less about more people, if you are a triple split, and I call this one synthesizing it basically means that like, you really need to move your energy around every day, like you didn't need to kind of like multiple spaces and people. And you might feel a little bit trapped or confined, if you're like with the same person in the same group all day, every day. And so like, you've got to just like keep things really interesting. I had a client with this, where he was the CEO to three separate companies within one space. And it was just like the perfect situation for him, because he could just like flow in between all of them without kind of being locked into just one. Whereas with a split definition, like we need time alone, for sure. But like, being with a person that really gives us that sense of wholeness can be a really nice, man.

K

Kathrin Zenkina 57:07

So good. Okay, if someone doesn't have access to the birth time, what do they do?

E

Erin Claire 57:12

So my recommendation is, if you don't know your precise birth time, I would look up different times within the range that you do know. So if you are, if you know that you're born in the morning, like, check 7am 738, and just see how much things shifts. You know, it's so case by case I was talking to somebody yesterday, where it was really consistent for a while, so she felt good about it. Sometimes it changes a lot. And if it is throughout that same whole day, same thing, just you know, look time by time and see kind of what shifts, because then you can start to see, okay, I'm definitely a generator. These are two possible profiles, you can kind of start to narrow things down.

K

Kathrin Zenkina 57:42

So I have a hack for anyone because I feel like this question comes up so much, if you know how to use a pendulum, which if you don't, you can go on YouTube, and learn how to use a pendulum. And basically a pendulum is like a crystal on a string, where you can like hang it over your hand. And if it swings a certain direction, you ask it like show me show me no and it literally swing up and down or side to side or to the left or to the to the right, depending on if the answer is yes or no. And I have found so much success with people asking like, was I born after 9pm? Yes or No? Was I born before 10pm. And they could literally use a pendulum to help them nail down the minute and then bring up their human design based off that and then find like, okay, is this accurate? Right, like confirming and double checking, of course. Okay, is what are in incarnation crosses, I feel like there's a million bazillion of them and someone just wants to learn a little bit more about incarnation crosses. So

E

Erin Claire 58:41

there are 192 of them. So we're definitely not gonna go through them all. But I think what I would say me it's a million bazillion. Apparently, a million bazillion is definitely feels true as well, I think that it really speaks to kind of our larger purpose in life, I think what's really interesting about our incarnation cross is that it's not actionable. So I often don't recommend diving into it at first because you'll look at it and if you're not aligned with it immediately, it's like, oh, I don't even resonate, and it can feel great. And so it's the thing that I would actually recommend diving into a little bit into your human design journey, not as a way to understand how to get there but as a way to kind of validate that you're on the right path. Like for example, a big part of your purpose is really around having such a strong nose for like what will be successful and what won't and you even share that earlier, you know of like being very driven and ambitious, but also just being like, I know what's gonna really sustainably successful well won't and like how can I really bring that into my life in many ways,

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Kathrin Zenkina 59:30

so good. Okay. Someone says they have a defined throat center, but they still struggle with communication.

E

Erin Claire 59:37

Oh my god. Of course, having like, a defined throat does not mean that like you're going to just be an excellent communicator, because as an adult, I wish you know, as somebody with a defined grow, but as with all parts of our design, like there's a shadow and a wisdom and so what I would recommend that again, your blueprint will dive into this, I would look at the channels around your throat because that will give you the strategy around like how to communicate in the most effective way. Like if I'm going to use Kathrin as an example around Communication like Katherine has all these like freaky, weird, amazing ideas and just knows things in ways that she can't explain. If she could please correct me if I'm wrong, but like if you try to share those ideas before you actually know how to simplify them. And if you try to share those ideas with people that are not actually receptive and ready, like it can just go over their head, and it can actually be so frustrating for you. Yeah. And so you actually are really meant to be invited into share and just kind of pay attention to the receptivity of your audience to see if they're really ready. And that's a way for you to kind of really communicate in a way that feels good and energizing for you. And also really useful for other people

K

Kathrin Zenkina 1:00:31

for my ultimate woowoo theories and philosophies and spiritual things. I'm like, I really feel that people out. I'm like, I don't know if these people are ready. And then like, week seven of @manifestationbabe Academy q&a, I'm like, Alright, they're ready now. Like, I'm gonna share this piece of information, and they're so receptive to it. Whereas before, they're like, oh, no, no, this is a little too out there. So it's a really cool skill set to know like when to when to bring out the freak flag. How to create invitations as a projector. So it doesn't always feel like you're always waiting. I feel like with projectors, you know, when they say wait for the invitation, they then feel like they need to sit in a room until someone invites them out of the room. Like it's just they take it too literally. And I've always heard that like as a projector, which I don't know what it feels like to be a projector. But what I hear from other projectors is like you can create your own invitations. Can you kind of distinguish like the differences and what that means?

E

Erin Claire 1:01:26

Yeah, it's a great question. And I think this is why it felt so important to kind of create the blueprint, because I think there's so much disempowering stuff out there. And people like don't know how to work with it in a productive way. And I think there's just so many amazing tools to use. So the invitation is a strategy projectors are meant to use to know who to work with and who to date and all the things they're really meant to be invited into things. waiting for an invitation and waiting to be invited is not a passive strategy. You're not here to like sit on the couch. A few ways to work with that strategy limitations. One is, you know, consider what you want to be recognized for and like really master your craft because the more you see yourself, and the more you recognize yourself, the easier you make it for others to see you. If it's a projector, it's where they're like, Oh, I actually don't feel like I know what I'm talking about yet. And maybe like, that's why the invitations aren't coming yet. Another big piece is making

yourself visible. People cannot invite you if they do not know that you exist. And so for me, a big strategy has been just been sharing not because I assume I resonate with everyone, because I absolutely will not. But if I just like let the world know that exists, whether it's through conversations like this or on Instagram or newsletters, then people can kind of invite me in to share. And so I think really allowing yourself to be seen even when it's scary is one of the most powerful ways to kind of magnetize the right invitations to you. Someone

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Kathrin Zenkina 1:02:36

asks, How do you start to understand your own chart? It feels so overwhelming. I recommend the blueprint guide.

E

Erin Claire 1:02:42

I mean, we have the perfect answer. But I think that was the that's why we created it. You know, it's just like, people need a really accessible way to understand how to actually work with their design and live their best life. And it's funny because we have total newbies who get their blueprint that get them for their whole teams, but we also have so many human design readers that have their blueprints because they're like, I just want everything in one space in a way that I can just like keep returning to every month to kind of see if I'm in alignment. So you know, wherever you're on the spectrum, it can be really useful.

K

Kathrin Zenkina 1:03:10

What design is your partner? Generator, generator, so projector Okay, so someone's asking like romantic relationships between design types, like how do you how do you mitigate that? How do you like if you're a generator and your partner is a projector or vice versa or you're a mani tan with a reflector? Like are there relationships that are incompatible? Are there specific things that people need to keep in mind or do or not do and how to create like the most success in a relationship with a different type I feel very lucky because I have I my so my partner is a generator and then our COO @manifestationbabe also a generator so when the three of us in a room like we really get each other we're just generator on top of generator and top generator energy. Yeah, and then my mom and my son are both Mani gens but there's still that generator element right yeah, so totally someone who's like living with complete opposite types. Yeah, yeah.

E

Erin Claire 1:04:05

So I would say like you know, everything is just different I'm definitely never gonna be one to say like, oh my god you are these two different types you're doomed you know, that's just like so not useful for anyone I would say that what I would I would really recommend learning to design to the people close to you I think that's the magic of human design because I think so often friction emerges in relationships because you are expecting someone to be like you or to be something they are and I think human design helps you know, how are they meant to operate so I think if you have two really different designs my husband's design is utterly opposite to mine. So as my daughter's like I could imagine that it could be really challenging if I



tried to keep up with him but like, I don't we like know our roles as CO parents as business partners as best friends. You know, and so I think because we don't try to be the same that's how we find the success so I think what I would say is use human design not as a tool to find the right partner as in like, I need a one three generator partner but more like once you know that something's to put on your Tinder profile totally, but once somebody feels right to you then look at their design and like, oh my god, like, I see why this hasn't been working because I've been asking you questions in the wrong way or like, I wanted you to be as like independent as me, I think like human design is, I cannot emphasize enough how powerful it is in relationships. It brings so much compassionate understanding into relationships, because you just like, give each other permission to be who you are. And I just like you feel so much closer because of it.

**K** Kathrin Zenkina 1:05:25

So good. Okay, as a mama, Human Design teacher, how fast after your daughter's birth? Did you look up her chart?

**E** Erin Claire 1:05:33

My husband told me within 12 minutes I didn't even look it up. You know, I was like in this just hey, you

**K** Kathrin Zenkina 1:05:39

had a home birth, right?

**E** Erin Claire 1:05:41

I didn't have a home birth, I gave birth at a birth center birth at a birth center. And it was I was so lucky. It was like an amazing birth. But I just I was definitely in a total haze. And also, like, I don't know about you, but like when my daughter came out, like she was screaming and they put her on my chest and she screamed for an hour straight. And then And then my favorite part is then my husband's like, do I like get a holder? Like, do I get a meter? And we handed her to him? And then she just quieted down and just stared in his eyes for an hour. And I was like, come on, you know, but it was it was amazing. It was so amazing. And they have like a lot of similar similarity in our designs, which he knew. But he looked it up within 12 minutes.

**K** Kathrin Zenkina 1:06:18

Did you was your partner always in human design? Like when you know, it was you first right and then when you introduced it to him like what were his thoughts and opinions? Was he like this is weird Erin Shut up. Or was he like this is interesting air and

**E** Erin Claire 1:06:31

E Erin Claire 1:00:51

I love you. I think that you know my partner does many things. I think he has really helped me share human design I really grounded way because I think I've been able to kind of work with kinds of corporations and people that are so skeptical. Yeah. And like he's really allowed me to do that. Because he's just like, he's kind of been I'm like on a Whoop. And and he's been the other end of the spectrum in a way that I think has been really effective in our business. of polarity. The

K Kathrin Zenkina 1:06:56

best. Yeah, it's it's funny because, um, I gave birth to Orion I had him on my chest for like that hour, that golden hour. And then it was Brennan's turn the moment I handed off the baby to Brennan. I haven't seen my Labor's 43 hours long. So I haven't seen my phone in two days. And I'm like, Is my phone even in the hospital with me right now? Because I was a home birth turn hospital birth. Yeah. And I, you know, at the point where I was like, Okay, take me to the hospital. Like, I could have gone to the hospital naked. Like I had no sense of reality. Like I just I don't know, I don't know where my phone is. And so I'm like, Is my phone in here and someone hands me my phone. And I open up my phone. And there's like, I see for my Doula Laurie who's been with me for the last 50 hours. There's like 96 It says 96 images and I'm like What the frick so I open up the the text train and she sends me all these incredible candid moments through my whole labor through my whole birth like best every doula should, should do this. Like every single doula should do. This article

E Erin Claire 1:07:58

did the same. And like she sent us, like, all in portrait mode, and they were unbelievable. But I one thing I'll say, and I don't know what your experience was, is like, I don't remember her taking any of them. No, but I was just so blown away. And like, there were so many things that have happened in my labor where I was like, I'm sorry, there are people in the room. Like I just said, I had a videographer,

K Kathrin Zenkina 1:08:16

professional and photographer and I barely noticed them. I did not know when they were in the room. And when they weren't. It's like alone in the shower. I was alone in the shower. And I have pictures of me alone in the shower, but I don't remember anyone being in the bathroom with me.

E Erin Claire 1:08:29

I just I have such a similar experience. I was so blown away. I was like, Thank God for these photos. And also like how in the world but the photos this? I did not know you were ever around us. Yeah.

K Kathrin Zenkina 1:08:39

So the first thing I did, of course, human design, what is your human design? Astrology. And initially, I got the natal chart correctly. And then I pulled up the human design chart and I just like I was I read it and it said I think there's like a one to three Gen. At first when I saw it. And I was like, Huh, interesting. Okay, cool. And then someone texts me like, an hour later. And they're like, Oh, my God, he's a two four Mani Chinese a two for like, Yo, like, What are you talking about? And so I put I flipped the am and a PM. So I put to 45 minutes. Especially in the urine. Yeah. But it's funny I had to ask because it's like, it's like now my friends give birth and I'm immediately like, Okay, what time What time do they work? I need to look at their human design as well.

E

Erin Claire 1:09:24

You know, it's so crazy is that I went into labor at 5pm and we looked up her potential design then and she was gonna be a manifestor. And she was born at 12:12am. And I think it was at 12am that it shifted the manifesting generator. So like it was within 12 minutes that like the whole thing changed, like,

K

Kathrin Zenkina 1:09:42

well, Erin, I could talk to you forever. So we'll stop right here. Anyone who wants to get the best holiday gift give the best holiday gift wants to dive deep into their human design is tired of piecing all the pieces because I know there's the DIY version where you can go and scour the internet pieced things together and try to figure out human design chart or you can just get it all in one place. 55 Plus pages dedicated to you and your design alone. So go to human design. [blueprint.com/ @manifestationbabe](http://blueprint.com/@manifestationbabe). And then Erin, you have the most incredible Instagram accounts. I know you have to you have your Erin Claire Jones and your Amazon blueprint. Yeah. So is that where people who move the freaking balloon? Do you see what Zoom is doing either? Let's go ahead. So where can people go to find your Instagrams that I see them correctly?

E

Erin Claire 1:10:31

You said I'm perfectly So Erin, Claire Jones and also human design blueprint. Okay, I'll

K

Kathrin Zenkina 1:10:34

link them as well, because you have some incredible information on there as well. Erin, thank you so much for being here. I'm so excited about our launch right now. And it's live for I don't know, indefinitely a while however long doing it. Yeah. So get your blueprint. And Erin, thank you so much for being here. Of course. Thank

E

Erin Claire 1:10:53

you for having me.



Kathrin Zenkina 1:10:54

Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media. Come soak up the extra inspiration on Instagram by following @manifestationbabe or visiting my website @manifestationbabe dot com. I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic