Tapping Into The Awesomeness of Who You Are
Through the Eyes of Human Design

Session Flipcharts/Notes
Intention for session: that we leave here feeling more appreciation for ourselves.

Human design is a map of our energy system. It's based on a synthesis of the I ching, astrology, tree of life, and the chakras.

Flip 1:
Explains to us why some folks might:

- have more ideas then they can act on
- need more time to make decisions
- walk into a room and make others mad
- when speaks up in a group, nobody hears
- why feelings aren't accurate for some of us a guidance system

Flip 2:
Human design helps us understand our:

- preferences for relating to each other
- ways of making decisions
- ways of accessing intuition
- sense of timing
- how we learn
- what about our energy is consistent
- what about our energy is susceptible to others

Flip 3:
Tapping on squashed part of ourselves:
Examples:

- rushed
- questioning
- bossy
- slow
- shy
- talkative
- quick
- quiet
- doubtful
- indecisive
- decisive
- unsure
- anxious
- confident

Flip 4:
Blank bodygraph

Flip 5:
Common misperceptions:

1. Timing
2. Intuition
3. Self value/life purpose

Flip 6: Inner knowing and authority

1. Immediate knowing then gone (edited to say: immediate knowing but sometimes act on it, sometimes don't)
2. Need time to feel into it
3. Sometimes I know, sometimes I don't
4. Talking with others brings into being what I do

Flip 7:
Timing:
Act immediately -------- Need time to know and act

Self-value:
clear sense ------ variable sense

Flip 8:
What if:

1. Who you are is perfect in the most unique way?
2. Your unique make-up of definition and openness is one expression of an infinite number of possibilities that are all amazing?
3. Your unanswerable questions are a gift to others?
4. It's much easier being you than you think?