



Conversation on Human Design TYPES

Announcer: Are you ready to live boldly, full out and on your terms? It's time to wake up, overcome your fears, and embrace uncertainty. It's time to access your power and claim your dreams. It's time for "Tuck Talk With Tuck Self, the Rebel Belle and her Guests, Belles With Balls."

Join us now for inspiring conversation and bold self-expression, for living life full out and on your terms. Here is your host for today's podcast, the rebelicious Tuck Self.

Penny: I'm Penny Calcina. I have the most amazing honor tonight to guest host "Tuck Talk." I'm so excited to not only be the guest host for tonight's show, but also to be a part of "Tuck Talk" and introduce Tuck Self and the wonderful, amazing modality of human energy design.

I would like to tell you a little about who I am in relation to human energy design. I'm a manifestor. I did not know that until I met Tuck. There's a lot I didn't know about myself until I met Tuck and we

began to have conversations about energy design. It was the interplay of our ideas, blooming one on top of the other.

I began to find out an awful lot. It began to make sense. I began to get a different understanding of a lot of things that I felt about myself. It began to give a basis of where some of it was coming from. It's really just absolutely fascinating.

I'm the founder and owner of Earthstar Radiance, a company dedicated to changing the world one breath at a time. I do a lot of work around breath work and the meditative relationship to self. I do classes and workshops where breath work is a big component.

I work with self-exploration and the personal journey process. I also lead different meditation groups.

I have a CD out. It's available on my website www.EarthStarRadiance.com. It's called "Just Breathe." It's my first meditation CD. I'm very proud of it. It's also available on CD Baby. The link is on my website.

I also have the wonderful joy of being the host of "Your Inner Journey" talk radio. It is broadcast locally here on WOIC 1230AM from Columbia, South Carolina. It also streams live on the radio show's website, www.YourInnerJourney.com.

I have so much fun every week talking with amazing guests and listening to their stories. I have so much fun learning and exploring their modalities, the books they've written, and the different processes they use through their own self-discovery.

I also have the great fun of often having Tuck in the studio with me. She is a co-host on the show. We have a wonderful time.

We have a very special presentation tonight around human energy Design. I also want to acknowledge a few special guests that are on the call tonight.

Ann Seelye is here from Wise and Well Women.

Maggie Self is here from Children of Spirit. Maggie has been a guest on Your Inner Journey talk radio and is also radio sponsor, as is Tuck.

Larry Reed is here from Mortgage Advocate.

Tuck: A deep voice in the group sounds good.

Penny: It's nice to hear a manly voice.

I'm absolutely thrilled and honored to introduce the founder, star and creator of "Tuck Talk," the original Belle with Balls, Tuck Self. She is my dear friend.

Tuck and I have known each other in several different capacities over a large number of years. We have really reconnected during the past eight years. We've had a wonderful time discovering where each of us was and dreaming, brainstorming and creating new things to play with.

As Tuck will tell you herself, she really loves a day that is a boatload of play. She is Tuck Self, the Rebel Belle, a Southern voice for bold self-expression. She absolutely, deliciously is that. I love Tuck as a wonderful friend and a brilliant, insightful person. I'm so happy to have her in my life to play and create with, and to explore new ideas and ways of looking things.

Without further ado, I introduce to you, the original, one-and-only Rebel Belle, Ms. Tuck Self.

Tuck: I'd think I'm a projector, the way you're carrying on and recognizing me. Thank you, Penny, for giving me something to respond to.

As we move along and talk about types, I want to make sure that people will really get why you are hosting the call tonight. It has everything to do with you being a pure manifestor. You are here in the world to be proactive, to initiate and do things and be out in front and initiate other people. I was delighted to ask you to do that, and I thank you for being here.

I'm not sure who on the call has a history with human energy design and who doesn't. I want to spend a little time on what it is.

I always like to say that human energy design is a powerful, revealing tool of self-discovery and self-empowerment. It is new on the planet. It's a new energy that has come in.

It's a system of knowledge that's a synthesis and combination of a number of different esoteric and modern sciences. Those esoteric sciences specifically are the chakra system, the Kabbalah Tree of Life, astrology, and the Chinese I Ching.

The modern sciences include my favorite field, quantum physics. There is some biology and psychology in there. There is some chemistry, physiology, and even genetics.

It's all of those things rolled into this amazing visual map that basically reflects your highest human potential. When you look at this beautiful visual map, you get to see where your strengths, talents and skills lie. You also get to see where your vulnerabilities and patterns are.

Most importantly and excitingly, I say that human design gives us a life-creating strategy. Strategy is kind of a business term, so

sometimes I like to say it gives us a life code. It gives us a way of being in the world so that when we go with that way of being, life simply rocks. We get to create life, love and work that resonate with our soul.

I've had the pleasure of using this tool since 2003. I have used it delightfully with my children and siblings. One of those siblings happens to be Maggie. We have quite an interaction around human design and much learned experience.

I use it with my partner, Larry. That's been a boatload of fun. I get to use it with all my friends. I've used it in my work.

Any time I enter a community, I find it fun to get the design of the people in the community. When I hire coaches and other people I work with, it's been really fun to get their human design.

I've found that it's allowed me to rediscover myself. I've been able to go back and find that real, true me. I've been able to reacquaint myself quite humorously at times with who I am. It gives me a clear distinction and differentiation as to when I'm living from that highest, most glorious expression of who I am, as compared to living from conditioning.

It's given me the courage to make choices and decisions. It's given me the courage not to make choices and decisions.

Penny: I believe those last couple of sentences are a wonderful explanation of human energy design. It is an amazing freedom tool.

Tuck: That is the operative word. It unleashes and unplugs our energy. We came into this world basically having designed ourselves energetically. You and I have talked about this many times.

Most of us come to the planet and tend to live who we're not. We tend to hide who we are and wear the masks.

It is pure freedom to look at a sheet of paper and have the truth jump off the page and go into every cell of my body and unleash itself so I can live pure freedom. That's what it is.

If you've got your chart in front of you, human design can go really in depth. It can be challenging and difficult. It can get that draggy energy to it because there are many teachers teaching it many different ways. There are many levels and there is so much depth.

We are not going to do that. We're going to keep it very simple and talk about types. A type is something that explains your unique life code for making choices and decisions in life.

Another view when you look at your chart is something called definition. If you look at your chart, definition is about color. It's going to tell you how the energy within you and through your body. It's going to tell you where your talents and strengths are. Definition is important.

You'll hear people talk about authority, which is not what we're going to talk about tonight. That is the compass that will flavor how you make decisions.

You'll hear people talk about your profile, which has everything to do with helping you find your purpose and being on the planet.

We're going to talk about types. I'm going to talk just a little about myself, because this is "Tuck Talk." If you listen to my story, you'll get a really good feel for who and what a manifesting generator is, what that energy is like and what the life code is for the manifesting generator.

Remember, penny initiated this call and has a fabulous show called www.YourInnerJourney.com. Penny is a pure manifestor, and she's all about initiating. She's all about being proactive and being out in front. We'll talk about that in a minute when we talk about each specific, individual type.

I was born on March 11, 1953. I entered the world very reluctantly and full of resistance. I literally had to be pulled from my mother's tummy, as a single-definition, emotional manifesting generator with three energy motors flowing to my throat.

When you look at a chart, that box under the two triangles is your throat. Everything in human design works to get to the throat.

I've got three of these motors slamming to my throat. One of them is emotional, which gives an enormous potential to talk, communicate and emotionally express myself and manifest, as well as dance, move and laugh.

I entered a family where my dad was a manifesting generator but my mom and my older brother and sister were pure projectors. I brought a totally different energy dynamic into the family. I learned how to navigate my physical plane by expressing my oh-so-dynamic energy and sometimes extremely obstinate energy. I would get very angry and frustrated at times, which happen to be my themes when I am operating from who I am not.

I discovered very early on that the desire to express myself emotionally through sound and movement was not necessarily welcomed from the people around me. In fact, I met resistance quite often.

That didn't stop me. What I learned to do, because this emotionally manifesting generator had to get her energy out in some way,

shape or form, was to throw temper tantrums. That was pure freedom to me. I was unleashing my emotional energy when I got down on the floor to kick and scream.

However, I still met resistance. People left the room. They began throwing me in the shower. They would put me under a really cold shower to stop my emotional flow.

That was a defining moment for me in that it created a pattern in my life. The pattern was to stop my emotions and emotional flow. From that day forward, I lost who was. I began to live from who I was not.

I questioned every emotion and feeling I had. I questioned what I wanted to say. I questioned how I moved. I questioned sharing my emotional spirit with the world.

I became very moody. People told me to not be angry or moody or sad. They even told me not to be too happy. You can be too happy. They would tell me to sit down and be still and quiet.

I began to try to hide stuff and deny my feelings. I began to try to be an initiator like you and do things. That's what people wanted me to do. They wanted me to go "do." I began to be someone that I was not.

Anyone who knows me well like Maggie, Larry and Penny knows that it's not easy for me not to be an emotional person. It's certainly not easy for me to be still.

I had to look for ways to let my energy out. I danced. I tapped. I did ballet. I played tennis and basketball. I did aerobics. Then I started singing. I sang in the chorus of "The Messiah." I sang in the shower. I did whatever I could do to release my passion and spirit emotionally from my energy.

There was still this lingering environment around me that wanted to stop that emotional flow. It was where I met with resistance. There was a holdback for me. There was nervousness and fear of my emotions within my body and energy.

Fast forward to 2003 when true to form, my projector sister, Maggie Self, guide and director that she is, directed me toward human energy design. That is what projectors are here to do. They guide and direct energy.

My energy was unleashed and absolutely, totally unplugged. My life has not been the same since. I love to say, "I'm free at last! I'm free at last! Thank God almighty, I am free at last!"

My type is an emotional manifesting generator. That means I have the genetic code and capacity to go with my emotional flow and initiate and manifest whatever I want. But my life code and strategy in doing that requires that I live my life in response. You can say I'm a response mechanism.

I get the joy of enjoying what I'm doing, going with my flow and doing what I love to do. I get to wait, enjoying my flow, doing what it is I love to do, and trusting that the universe is going to bring something to me. I trust that my red sacral motor in my human energy design chart will attract things to me that are so brilliant that they blow my skirt up with such force that I cannot be held back.

It's at that point that I will initiate and manifest in all of my rebellious emotional manifesting generator energy.

That's what manifesting generators do. They get involved. They love what they do, and they wait for something fabulous to show up in their life. Then they envision it and go off and create it, just like Penny, as the pure manifestor.

Here's the question. What if life was as simple as trusting the flow and trusting the not doing of things you don't want to do? What if it was as simple as trusting the things you do want to do and waiting until something shows up in your life that just rocks you to the core, and then getting after it? What if life was that simple?

That's how simple life is for manifesting generators. It is that simple.

We're going to talk the types and the simplicity of life and the code, key or strategy that belongs to each one of you. This is based on how you've designed your energy. It's in the blueprint and instruction manual for the DNA that lives in every cell in your body. That is what has you create your life any way that you want it to be.

It's pretty cool. We're looking at the human design chart. I want to say a couple of things about it so that when we talk about the types, we know where we're coming from.

When we look at a chart, the first things we see are nine geometric shapes. Those relate to the chakra system.

Those nine geometric shapes, or centers as we call them, are hubs of information that function within us. In between those centers we have lines. We call those lines channels. They correspond to the Kabbalah Tree of Life. They're transforming agents. They're moving energy within our body around and around, from center to center.

On the ends of each one of these channels are what we call gates. You see that they are numbers. These numbers are your genetic codes. You can call them gates. There are 64 of them, and they correlate to the 64 hexagrams of the I Ching. That's how it is tied back to the esoteric sciences.

How we tie it to modern science is that those 64 hexagrams also correlate to the 64 codons in our genetic code. This is how you are encoded and imprinted genetically. When you see color in your chart by those numbers, you can say, "Oh my god! Where did that come from?"

Let me tell you. It came from this column of numbers over to the left. There are two columns. One is black and one is red. We get the black column from your birth date. We get the red column basically 90 days prior to that date.

So here's your database. Here's your genetic encoding. Here are the numbers, gates, and codes that go into your body graph, that light and color it up and make you.

It's important to tell you that that black column is who you think you are. The black numbers under the personality are who you think you are. Sometimes this can limit your expression because it's all you know that you are. It's consistent, reliable and true.

I think, as Caroline Jones and I talked about the other day, it's also a limitation sometimes in that we can be so powerful that people want us to stop being who we are.

The design red side is not conscious in us. It's in the body and just comes out. Folks, we don't know it's there. We say, "Oh my god! Where the heck did that come from?"

Our job is to marry, embrace and almost synthesize these two and be the full expression of who we are.

They go into this body graph. How this body graph gets colored in makes us each who we are.

There are five types of us. There's the pure manifestor. The pure manifestor is 8% of the population. That would be you, Penny.

There's the pure generator. I don't like to memorize the number. I just say it's somewhere in the low 30%. That would be Ann Seelye.

Then there's another 30% who become and are the manifesting generators. We had to create our own category so that we wouldn't be left out. We carry aspects of the generator and the manifestor. That would be Tuck and Larry.

Then there is the pure projector, or just the projector because the projector is pure anyway. Projectors are 20% of the population. That would be Maggie.

Then there is 1% of the population who are reflectors.

Before we say what makes each one of us those things, look at your chart. I'm going to go from head to toe and name each one of these centers. How these centers are connected has everything to do with your type. That will make sense as we talk about the type.

At the top, that's your head. It's a triangle pointed up. That's where we are inspired and where we get our ideas.

The triangle right under that is called your "ajna." Folks, that's where you get into your mind and think, conceptualize, analyze and go over and over it.

The square right underneath that is the throat. Remember that everything needs to get to the throat because the whole reason that I am running my mouth tonight is because I have a defined throat. Everything wants to get to the throat so it can talk and do.

Underneath that is a triangle. That's the identity center. It's your love and direction.

Directly under that is your sacral. If you happen to be a generator of any type, it's red. That's your vitality, sexuality and creativity. It's the sacral motor.

Underneath that is the root. It's the square at the very bottom of the chart. Your root is the stress and adrenaline. It's what powers and motors your entire human design chart.

To the left as you look at your chart, there's a triangle on its side. That's your spleen. Folks, that's where your health and wellbeing live. Your intuition and instinct are there.

Directly on the other side of the chart is the same kind of triangle, turned in. That's the emotional solar plexus. Guess what lives there. Your emotions do.

Then the only thing that's left is that teeny triangle. That happens to be your heart. It's the ego, the center for your willpower.

When you see color and filled-in centers, this is your strength, talent and skill. This is consistent and reliable. This is the truth of who you are.

When you see white centers or places, we call that "open and undefined." That means that you are vulnerable. I don't mean that to sound negative. It's where you can be influenced by the outside world because you're open and taking in the energy of the outside world.

Those of you who are on the phone who happen to have open centers and are taking in my motor right now are probably going to hang up the phone, 30 minutes from now, if not before, saying

“Good god almighty! I’m exhausted.” You’re taking my energy in and amplifying it. That’s what happens with open centers.

Think about a pure manifestor. That’s energy. What makes somebody a pure manifestor like Penny Calcina?

There are two things about a pure manifestor. First, they do not have a sacral motor. There’s no red square there. What that tells me about Penny is that she’s not here to generate energy or do prolonged hours of work. She’s not here to bring the same level of energetic commitment to a project the way that Larry, Ann Seelye and I would.

What Penny is here to do is be proactive, initiate and just do. My guess is that everybody on the phone has been conditioned all of their life to pull themselves up by their bootstraps, make it happen and do it, do it, do it.

Yet only 8% of the population is designed to be a Penny Calcina. We need Penny Calcinas because she’s here to initiate the rest of us. You’ll find that the rest of us have strategies that have everything to do with Penny interacting with us.

What makes her a pure manifestor is that a motor in this chart gets to the throat. In my case, my emotional solar plexus goes straight to my throat. In Penny’s case, that cute little ego, the will center, goes straight to her throat. Penny is what we call an “ego manifestor.” She’s a beautiful ego manifestor.

There are four motors in this chart. They are the root, solar plexus, sacral and ego. One of those has to go through the throat. We know it can’t be the sacral because her sacral is going to be open.

If you have any of those other centers going to the throat, you are pure manifestor. That means you're independent and unpredictable. It means that when you bounce your energy into a room, people say, "Whoa!"

Penny, in your life, how has manifesting energy felt to you?

Penny:

It used to be a very awkward feeling. I think I can relate to a lot of the times when you say you're told to just stuff it down and hold it in. I can definitely relate to that.

Somehow, all of that pop that I feel inside just feels like buoyancy and excitement to me. Somehow, it's perceived within my family as, "I'm on stage. Ha ha! Here I am!"

It wasn't really just to be up there exploding as me. It was just something to play with. It seemed like a little spring inside that always was ready to be a little sweet geyser and give me lots of buoyancy.

Now I have a different experience of it, but I think that's the way it was. When you went to do ballet, tap and all those other things that you did, I went to do plays outside for my imaginary friends. I was the teacher with all the imaginary students. We held class.

I just took it away from people and did all these imaginary things. I took it to the creek and played there. That's what I did with it.

Tuck:

It's interesting, too, because you are an ego manifestor. The ego is about I. There you were, the teacher. You were saying, "I am the teacher," or "I am." It's very interesting that you would say that.

What's important for people to know if they are manifestors is that they bring an enormous amount of energy to the table. I know that

Roz Adams, the Hormone Lady, in particular, is on the phone. She is a pure manifestor.

Remember, this is about strategy and codes. It's about knowing how to flow in the stream of life. You guys are going to impact the world and initiate the rest of us.

It's quite unexpected and independent for us. We can push responsibility onto you because we do see that you have it and can handle it.

However, when you get ready to do that, your code is to let people know you're getting ready to share that energy with the world. You're here to inform people before you do. For anybody who has a manifestor child, it's teaching them to ask permission.

This is so that we can all play together. If we expect it, we can invite it almost. We can say, "Yes, this is what I want to play with." You then don't meet the resistance that normally comes for a pure manifestor who has that great of an impact.

Penny: Sometimes it looks like a shock wave hits somebody. It's so much nicer if I give little bits and talk around things. Then there's suddenly almost an energy bridge there that really helps let that energy flow onto.

Tuck: It is important, if you know manifestors in your life, to know their power. Know that they are here to initiate things and they're just going to get up and go do what the frig they want to do. That's just the way they do it. It's not personal. They're not leaving you out. They just have energy that has to be proactive.

It's important for a manifestor to realize for the rest of the world that we all need something to initiate us and need to feel heard.

We'll leave the manifestor for the moment. Next is the pure generator.

When you look at a chart, generators and manifesting generators have a red sacral motor. It's an attraction magnet. That's the most important thing we need to know.

Larry and I are manifesting generators. Ann Seelye is a pure generator. We all live in a response field to life. We're riding in the boat. Think about it. The boat is going down the stream. We have the straw in our mouth and straw hat on the head, except that I don't wear hats. We are just waiting for something to come along that we can respond to.

Ann's response is going to be more fluid than mine and Larry's. Larry and I are going to say, "Yes!" and bang! We're gone. Ann is going to be more fluid and deliberate and bring more stability in her response.

I say that pure generators are here to anchor the planet. That's just my experience of their energy. They are very deliberate. Once they respond to something that's right on for them, they have it.

It's when they respond to stuff and are forced to do things that don't match their gut response that they are frustrated, and we begin to take that frustration in.

Ann, as the generator, what stands out for you? What has knowing your strategy done to support, change and transform your life?

Ann:

You just said the generators are slower. You used the word "fluid." I would think a manifesting generator is more fluid, with a quick-running stream. The generators are slower or more deliberate, as

you say. They are slower to make choices and decisions and carry them out.

Once I knew that, I was more accepting of myself being like that because that's how I am. I was thinking that it's not so effective compared to people who initiate, are quicker and can do things in what seems like a more effective way.

It was really helpful to learn that living with the generator strategy and rhythm is effective, too.

Tuck: It's a great word, "rhythm."

Penny: One of the main things human design has helped me do is accept myself as I am.

Some of the other aspects of my design also helped me do that, in addition to just knowing my type. I'm an emotional generator, and I'm learning that I need to sleep on things. Of course, that slows things down even more, when you have to wait out your emotional wave to find out what your guts are really saying.

As you say, once I'm given something to respond to and it clicks and feels right, I go to it. I'm excited and enjoy it.

Take, for instance, the whole study of human design. Once I was exposed to it by you, I was excited and took little steps. I said, "I'll take this free call." Then I said, "I'll take that free call." Then I jumped into some more sustained work, and it continues to this day.

I definitely relate to saying that once I respond to something that feels right, then there's just a flow with it. I'm excited about it and interested in it. I just keep going with it.

I definitely also experience the other side of the generator life, which is frustration. That frustration was not knowing what I'm doing. Now I have a much better sense, but I wondered, "What am I doing here?" I have an open identity center, so I asked, "What am I here for?"

Tuck: The classic theme for a generator is, "What am I doing here? What is my life purpose?" It's so important that we find it and do what we love to do.

Ann: Yes. I've definitely experienced that frustration and question. I ask less now, but I would ask you that all the time. "I'm doing things, but I don't know why I'm here."

The other thing about generators is that they have a defined sacral center. It's active. It has vitality, life and energy, so it's easy to be busy, but it's not always busy with a purpose that's moving me along my path.

Tuck: We're moving to Larry in a minute. "Busy" is my favorite word for him.

Ann: I don't fool myself anymore, but that sacral motor is going and going. I find the more clarity I have of intention, the more satisfying my activities are.

Tuck: I always say, "As a generator, I can shuffle papers forever."

Let me thank you very much, you stabilizing force in the world, resilient Ann Seelye. That would be classic generator.

I stole your thunder a little bit, Larry, as a manifesting generator. Can you speak a little bit from a man's perspective about what understanding about being a manifesting generator has meant to you and maybe changed the way you do your life?

Larry: I would say that more than anything else, it has answered the question, "Why do I do the things I do? Why do I react the way I react?"

I spent most of my working career in the corporate world. As I can see now, at the time, I was just doing because of that "busy" word that Ann was speaking about. That's very much a part of who I am.

I can generate and generate, be as busy as can be, and work long hours. I feel like I'm really doing something. When I have a moment to look back, I think, "Geez! I really didn't do much." I was busy. I felt pretty good about that.

In the corporate world, a lot of that goes on, to be very honest with you. Many of us have seen that.

The thing that was different that I see today is the part of the ego where I would feel different. I would feel the ego. I could tell when my ego was stepping out.

When I was doing it back then on an everyday basis, I couldn't see it. Today, when the ego comes back into play, I feel it. I say, "Oh man! The jerk is back. The ego is back."

Tuck: I thought that's what I said.

Larry: Maybe that's where I heard those words.

Tuck: I was just teasing you.

Larry: One of the parts that's really interesting to me is to feel the ego come back into play from time to time.

Tuck: I would think that for a man who, even more so than we women, was raised to make things happen and create things in the world,

discovering your manifesting generator energy and understanding that your primary code is to wait before you initiate might have been a little different and challenging for you.

Larry: It was very much a challenge to me, Tuck. Let me very briefly explain it by what I'm doing today. I'm now working, in terms of income, for commission only. I used to make a lot of money in the corporate world.

What's so interesting to me is when I first went on essentially commission-only income, man, was I in trouble! I was scared to death. The fears were overwhelming at times. I thought, "Where am I going to make it?"

What human energy design did for me in understanding that, as a manifesting generator, I need to wait to respond was almost debilitating, until I really understood and began to see that it really is the case. I don't have to chase it. It will come to me.

I've had to learn that. I'm still learning it. I'm to the point now where I see and feel that, watch it happen, and respond to it in a whole different way.

Tuck: It's amazing, isn't it?

Larry: It truly is.

Tuck: Brilliant. Thank you, Larry.

I have just one note if you have a chart and are wondering about the difference between the generator and manifesting generator. Both have that red square. The manifesting generator is also going to have a motor that gets to its throat. That's the initiating manifesting piece.

The pure generator, such as Ann, will not have a motor that gets to her throat. She may have a defined throat, but it will be a nonmotored center that's communicating to the throat, letting it talk. There's just no natural initiating capacity.

We have to hook up with someone else to make that happen.

Penny:

Could I just interject something very quickly? I love hearing in everyone's explanation so far the way that their awareness of themselves in some way internally is raised through the interplay with human design.

Ann was discovering her rhythm in a different way and being able to utilize it that way. Larry, as his awareness of his ego, was very astute in knowing when that was really coming back to the surface. His awareness of it was different because of the interplay of human energy design.

That is a brilliant part of that, raising that awareness to be partnered each moment with the core of you. I am excited because I'm hearing a pattern about that. You know me and my patterns. I love them.

Tuck:

See, that's another human design thing. You're all about the patterns.

There is so much here deeper in design. Type is just one small piece of it. However, it is so important because if we are not living the code for our type, none of the rest of the stuff that's there, the genetic coding, the expression of our genes, and the expression of our potential, will happen easily unless we are living our code.

We're going to move on to what you call a "non-energy type," but that doesn't mean this type doesn't have energy. It's just that when

you look at a chart for a projector, which is 20% of the population, it's not that big a piece. The generators have the planet.

The projectors do not have that red sacral motor, and a projector is not going to have a motor to the throat. They may have a defined throat, but it will not have a motor, so there's no power to generate and there's no power to manifest. Please don't hear me as if I'm saying that's a negative or a less than thing because it is not. It just means it's not built into them.

Projectors are here to integrate themselves in with the world, and they are here to guide and direct the world. They're here to look at people like me, Larry, Penny and Ann and say, "No. That is not the most effective and efficient use of your energy. This would be."

The thing for a projector, however, is that we can't hear that. We won't even listen to it, especially manifestors who don't want to be told what to do. We're not going to hear that unless we invite it. A projector has a strategy of having to wait until they are invited to share their absolute, over-the-top brilliance with the world. They're here to guide and direct the other types.

So if you have projectors in your life, ask them to guide and direct you. Before I ask Maggie to share what it's like to be a projector for her, I will say that the lady who did my website and the lady who is helping with my brand are both projectors, and I felt an amazing sense of being guided and directed through that whole process.

Projectors are brilliant people. They're all about recognition. They have to be recognized. That's how come the introduction sounded like I should be a projector.

I am going to turn the spotlight over to Maggie and let her share how she feels and how her life has changed in knowing that she is a projector. Maggie, are you asleep?

Maggie:

No, I'm not asleep. This has been great. Not having a defined throat, I don't know, but I've started coughing. Do you think that has something to do with it? I was going to have to speak and possibly be recognized.

For me, it's the recognition piece. I've seen how that's showed up so many different ways in my life and not in the positive way. I think in growing up, I so wanted to be recognized. Not feeling like I was recognized, I kind of shut down. If I didn't do that, then there was something I was always trying to do to prove myself to be recognized.

The other piece is wanting so much to be recognized, and I found that I'd moved into situations or been invited into thinking that I was going to be recognized, that I totally wasn't recognized for my gifts, which really are about being able to manage energy or workers.

I tend to see how things can be done so much simpler, easier and more effectively. I could say I've become frustrated, but now I can see where my bitterness has showed up.

Tuck:

That's the theme for a projector, right?

Maggie:

Yes. It's my theme. I think that's probably a piece of it too in growing up, that not being invited for your opinion is what defined head and ajna are all about, in my opinion. It's kind of like you. Where my gifts were, they were squashed.

What I'm learning too from all of this that you were just saying and what I said from my experience is that it is for me to wait. It's very

hard for me to wait to be invited because when I see something that I think needs to be changed or can be done simpler, I will just voice it, and I don't do it in such a nice voice sometimes. I think that's just a buildup of the frustration for me that creates the bitterness.

For me, it's just really just knowing what my gifts are, seeing them here, and waiting for that invitation.

Tuck: Projectors don't have the sacral motor, and they don't have that natural ability to initiate and manifest.

I know we were compared as sisters at times. I had a lot more energy and vitality than you did. It's not that Mother looked at you necessarily and called you lazy like I've called my projector daughter, but projectors can be referred to as somewhat lazy sometimes, right?

Maggie: Yes, they can. When you said that, it reminded me of what you said about the difference between the generator and the manifesting generator when you were talking about Ann Sealy kind of going with the flow. She's very deliberate. It's a different energy, more so than just to get up and go.

You and I have talked about how much you do, and I think, "Well, god dang, I am never going to be able to do all that." I really can't because that's just not who I am and how I'm supposed to be.

Tuck: I do think that's so important in relationships. Who can work on the relationship? The generator can. In a work environment, who's going to bring that stabilizing resilience to the table? Generators will. Who's going to hop in there and get it done? Probably the manifesting generator will.

Who's going to have the great ideas and initiate the impact? The manifestors will. Who's going to be able to guide and direct? It will be the projectors.

When we know that, we all interact with one another in such a different way.

I think about the fact that when we were working together, we were both told to go out, initiate, get contacts, and do cold calls. You made yourself do it, but it was a very uncomfortable thing. Finding out your projector strategy was a real freedom key in that you got why it felt so uncomfortable.

Maggie: Absolutely. And then I learned that I don't have to push my way into being recognized. I have to wait.

Tuck: It is so about being recognized for your gifts. You did say that when you allowed yourself to go into an interaction where your gifts weren't recognized, you got very bitter. For the projector, it is highly important that they have the right environment around them. Thank you, Maggie.

Let me speak about the reflector very quickly. They're only about 1% of the population. It's such a small percentage that I couldn't find one to come to the call.

A reflector, when you look at their chart, has no definition whatsoever. It's totally open and white. They are totally open to influences, to taking in the outside world and amplifying it. They are able to see the world with the awe and wonder of the openness of a child. They are open to taking in those influences, shutting down, holding onto the energy, and not allowing it to dissipate.

What is a reflector here to do for a group like ours? If we had a reflector here tonight, they would literally be reflecting the energy of the call and the room. For any community, if you have a reflector there, they basically let you know how they're doing. It's like the canary in the coal mine.

Penny: That's a great example.

Tuck: I had another one and it flew totally out of my head. I went to grab it and it was gone. It must be my open head ajna.

Rumor has it that Michael Jackson is a reflector. If that's true, it makes total sense because when he's on stage, he is pulling that energy in and reflecting it back, and he is an amazing performer.

Yet when he's offstage, he's very aloof. He travels with a very small entourage, the majority of whom are children. Imagine what that energy feels like as compared to the rest of the world.

When I sent out the reminder tonight for the call, I actually had a link to www.TheRebelBelle.com/podcast/guests. If you want to access that page on the website, you'll find a number of different examples for each of the types based on celebrities. I have a bunch of celebrity manifestors, manifesting generators, generators, projectors, and reflectors that you can find there.

Let's see if anybody has any questions for any of the different types.

Nan: I have a question. The manifesting generator has to wait to respond. The projector has to wait to be recognized. That's always confused me. So the recognition is different than responding, but yet in the recognition, isn't there a response?

Tuck: In an odd sort of way, of course there is. If you think about the projector, it is about integrating yourself with other people, and to do that, you have to respond. Life is a response of choices moment to moment to moment, so we are all responding. Larry and Ann, you all jump in with the generators and Maggie with the projectors.

For me, Nan, I am truly responding from my gut, from that place in my being that says, "Yes, I want to do this. It feels good to me to do this. I got it. I'm going." My teaching tells me that for you guys who are a projector, it's all about being seen and heard for your gifts, skills and talents.

Maggie or Ann, do either of you have a different take on that?

Maggie: My distinction between that is in waiting for the right thing to show up, to feel that I'm being recognized for those gifts. Then I am responding with a yes or a no, but here I'm being recognized for what my gifts are.

Nan: Our response comes from being recognized for our gifts, and the manifesting generators' come just from pure beingness.

Tuck: We can respond to sounds. We can respond to signs.

Nan: That's because you have the sacral.

Tuck: It's all about the sacral motor for us. Thank you.

Ann: I think as a projector don't you still get to feel that certain recognition is right and that you want to take the invitation or not. I don't think you have to take every invitation that comes along just because it's an invitation and it's recognition.

Maggie: I think that's what I was saying here that I had done, that in the beginning, it was taking anything just to be recognized.

Tuck: From what we have all been taught, the waiting period for projectors is probably much longer than it is for us as generators. Your invitations are so much larger, the invitations into love, a new environment or work, whereas I'm going to respond to going to dinner because it feels good.

Maggie: I think Nan's chart is very similar to mine. If you were just waiting to be recognized, Tuck, or waiting to respond to something, you're going to do it through your emotions. If I'm waiting to be recognized, one thing I have to look at is where my gifts in my chart are within my head and my ajna. I'm not going to come from my emotions to decide. If I do, then I know I'm not being recognized for who I am.

Penny: That's an excellent point.

Tuck: Does anybody else have a question they would like to throw out into the virtual room? Are there any comments?

Participant: It's fascinating, and I'm looking forward to individual attention.

Tuck: We are going to talk to the hormone lady tomorrow night, the pure manifestor that she is, and actually go over your chart.

I do want to say to people there was an offer in my newsletter this past month where you can get your PDF written overview and an hour consultation around your human energy design chart, along with *The Rebel Belle: 7 Steps to Outrageous Freedom Full Out and on Your Terms*, all for the lovely price of \$99.

If you go to www.TinyURL.com/RBYell, you can actually see that offer. I am delighted to be doing that with you tomorrow night, Roz, the hormone lady.

Penny: That's wonderful. I had that in my notes because that's such a terrific offer I wanted to make sure everybody heard about it tonight.

Carol Ann: I have a question. I'm looking at my chart. I'm a manifesting generator. What does it mean where it says "Definition: Single Definition"?

Tuck: I'm going to answer that in two different ways. If you put your pencil down on your chart and follow the color, you never have to pick your pencil up. The centers that are defined are colored in, and the channels that connect them are all colored in. There is a continuous flow of energy within your energy system, chart, energy signature and body.

Larry and Ann Sealy are both split definitions. Actually, I think, Roz, you are too.

Roz: I wondered about that.

Tuck: It means that there's more than one section that's connected which are not connected. Two centers may be connected over here and two centers may be connected over here, but they are not connected to one another.

What that means is that they will want to go out into the world and connect their energies with others or have planetary transits connect those energies for them to really get that, "Yes, I got it. It makes sense. It's here."

Those kinds of moments are where they can be conditioned, but it's also where they're going to move out into the world and attract those harmonic gates or channels that close and connect that up so that they, in that moment, are single definition with themselves or someone else.

For me, I don't really want to say that I don't need anybody, but I feel very self-contained sometimes. It doesn't mean I don't need the world to live out my life purpose, but I feel very connected.

Larry and Ann, since you are split definition, you might want to give an experience of that for you.

Ann: For me, I have my head, ajna and throat connected up above, and I have my sacral, root and emotional solar plexus connected down below. I have all those three motors connected to each other, but they are not connected to the throat.

I am an emotional being, but there is no connection between my emotions and my throat, so I don't have an easy way to talk about my feelings because they're not connected.

I can talk more about my ideas, my thoughts, what I'm learning, what I think is interesting, and all that kind of stuff, but it's harder for me to talk about my feelings. I definitely feel that split.

Tuck: Carol Ann, you should have seen Ann Sealy in a workshop that we were in. When she was in this group, her emotions had her hands on her hips and she was swiveling her hips. It was just beautiful.

I'm going to say this to you all, and then I'm going to let Penny wrap it up and say goodnight. If you have any questions about your chart, please feel free to email me at Tuck@TheRebelBelle.com.

I want to thank Larry, Ann, Maggie, and you, Penny, for sharing your conversation with the call, for putting your voices on this recording and out into the world so that we can share with people what an amazing tool this is and what it's like to be us as the types that we are. Thank you all so much.

Penny: You are so welcome.

Tuck, thank you for making this call possible, and thank you to everyone collectively who came on the call. Human design is so fascinating. When I hear you talk about it, it really brings it to life and helps me find the places in my life where I can really feel it, relate to it, and discover things about it.

Thank you so much, Tuck Self, you Rebel Belle. I love your freedom tool, and I love the way you love it. I love the excitement, the passion and the play that you bring to it. Thank you so much for sharing it.

Thank you, everyone, for coming on the call. I hope you will share the link, the information about human design, and the wonderful opportunity Tuck has out there right now about it with others.

Thank you so much, and goodnight, everybody.

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