

[00:00:00] You know, when you first learn your design, you might not necessarily be living that out, but it gives you something to strive for and to say, okay, well, what would it look like to have a lot of rest in my schedule? What would that life be like? And then to begin to imagine that, or what would it be like to position myself, to start receiving all these invitations?

[00:00:19] Or, you know, what would it be like to just feel so satisfied at the end of the day? So it gives you these benchmarks and it gives you, um, something to strive for and to be guided toward, but not in a way that's arbitrary, not in a way that's based on personality tests or multiple choice. But something that's already imprinted into youth.

[00:00:38] Welcome to the multi-passionate mastery podcast, the podcast where creatives come to embrace their talents as a gift, not a burden. I'm your host, Deanna joy together. We'll explore how to finally make friends with focus, ditching, overwhelm, and idea of fatigue once in for all and how to be unapologetic.

[00:00:58] Who you are as a multi passionate, but I'm not just going to pump you up with a bunch of empowerment content. I'm going to give you tools and practices that you can implement starting today. It's time to unlock your multi passionate mastery. Let's begin. Welcome back to the show you are in for such a treat.

[00:01:19] Today. We have one of my favorite human beings ever on the podcast. Crystal woods, crystal woods is a mother of two human design specialists, speaker and coach for creative entrepreneurs. She is the creative of the embodied by design practitioner certification, which certifies coaches and healers of how to.

[00:01:38] Human design in their work with clients. She's also the host of the under the surface podcast and the featured human design mentor inside of my signature group coaching program, prioritize and thrive. Crystal, welcome to the show. Thank you, joy. I'm so happy to be here. And you're one of my favorite human beings too.

[00:01:58] Yay. Crystal and I met because I. First year client, I was in your program and it was, so it was interesting for me. I remember kind of having a lot of resistance to it and kind of being dipping in and out, but feeling almost for the first time, like I had found a coach who really accepted that and could just see me for who I was.

[00:02:22] And there was no judgment. There was so much grace and that kind of just made me like a lifelong. Fan of yours and now I really consider you a close friend. So I'm so excited. Then you get to chat and on a personal note, it's just good to catch up and to see your face. I know you guys can't see crystal, but we're just like smiling at each other.

[00:02:38] So happy to be in each other's presence today. So crystal, I start every interview with the icebreaker question. So I would love to know, do you consider yourself multi passionate? And if so, what does that mean to. yes. I would say that, I think just at my core, I'm a passionate person, you know? And so for me, also an emotional, manifestor also a one three profile in my human design, which we'll probably touch on today.

[00:03:11] There's a lot of trying things out and I don't typically half face it, you know, I really am like, okay, this seems fun for me. Let's learn everything there is to know about it. Let's dive all in, you know, let's learn everything the hard way about it. And you know, as far as the things that I actually am passionate about, definitely dancing, I was a lifelong dancer.

[00:03:37] Competitively professionally. Um, and then I also am passionate about human design. I'm passionate about coaching and healing. I'm passionate about cooking and food and beauty and luxury. There's so many things that I'm passionate about and I just feel like. We're entering the new paradigm. And that's why I love your work so much because I think most of us are multi passionate.

[00:04:04] We've just shut it down inside of ourselves. So yes, I definitely consider myself a multi-passionate. Thank you for sharing that. I love that, that definition. And also hearing about some of the passions of yours that come to mind when you think about being multi passionate. So a follow up to that is, you know, I, I have this thing where I always.

[00:04:26] Your passions and your interests. Aren't just frivolous things that you just happen upon. They're really representatives for values that you hold. So when you talk about, you know, your love of dance and your love of luxury and your love of healing, what values do you think are tied to some of those passions for you?

[00:04:47] I think I'm really rooted on the material plane. Um, very, I'm also a TA son. I'm very grounded, um, while also being extremely chaotic. But part of what grounds me is material the material plain. So what actually happens here that we can see and touch and taste and smells so much of what I'm passionate about has to do with the senses.

[00:05:13] Mm. And I am a very, very sensitive person. So it feels very nourishing for me to sit down and enjoy a beautifully prepared nourishing meal. Like that brings me so much joy. I'm really passionate about creating that and also being on the other end of that and for dance. having being so sensitive and being so emotional and having so much passion and such a tiny body.

[00:05:40] I think dance has always been where I can express myself without fear of people not liking what I have to say. Mm-hmm . So I can say things with my body and I can almost take on a different character. And I can, I can, I can speak without speaking. And so that has always been very cathartic and therapeutic for me.

[00:06:05] And, you know, from just being in my world for such a long time movement and connection to body and embodiment is like it for me. And so I think I love what you said about how it's not just sort of like a random frivolous thing. To me, all these things are bread crumbs, you know, and it's, I'm just being guided home.

[00:06:23] And so when you allow yourself to follow those breadcrumbs recently, for me, it's been poetry and I recently returned from a poetry retreat in Tuscan. And that was just a very, people were like, you're doing what you're going there. What, like, this is so unexpected. And I'm just like, it's a bread crumb. I don't know when I'm gonna get out of it.

[00:06:45] I don't I'm don't really have any expectations going into it. It's just, it's a bread crumb for me. So I think those things that light you up inside those things that you feel passion for, they are they're bread crumbs. They're clue. Showing you who you are showing you, who you are authentically really deep down.

[00:07:06] Yes. Ugh. Thank you so much. So everyone listening. So I wanna just remind you. Crystal is a human design practitioner by trade, right? That is what her business has built on. And that is what she does and what she's known for. But I just want you to hear how willing she is as a multi-passionate person to pour her heart and her soul into other areas of her life.

[00:07:30] Other areas of her creativity. And I want you to take that as an example, that you can have a specialized business and still be a deeply multi passion. Person. So thank you so much for sharing that crystal. I'm so grateful that you pointed that out because this has been a huge revelation for me now that I've been in business for a couple of years and it's, it feels stable.

[00:07:53] It feels it's profitable. And I'm in a state of calm with my business right now. And I've realized that. I think when we start out, a lot of what we're doing is we're trying to put everything into the business and then let that bleed out into the other areas of our life and, and ask ourselves, okay, how is this gonna help my business?

[00:08:17] How is this gonna help my business? When in reality, it's the best way to do it is the complete opposite. How is this gonna nourish me? How is this gonna be exciting to me? How is this gonna make my life feel more full? And so you just keep filling that cup and filling that cup and filling that cup and it spills over into every area of your life.

[00:08:35] It makes your work more deep and delicious and authentic. Frankly, very unique and more fun. Right? It's more fun and more fun. It's more fun because I actually get to live a, a real life. Can I swear on here? Yes. Please let them off. I just censored myself. I can live a real fucking juicy life. Yeah. And then I can go into my business and ask myself how does what I just learned, relate to what I do with my clients.

[00:09:11] And, is the key. I mean, that is like, if there is a key, if there is a secret, I think that might be it. Yeah. Live your life and then integrate. Yeah. Amazing. Okay. So I guess we should talk about human design. So, we'll do a little pivot here. And for anyone listening, who is kind of like, I don't even know what human design is or I've heard the word, but I haven't really dove into that.

[00:09:37] Can you give us a brief definition or description of what human design. So human design is this system that was built from a few different ancient modalities, like the Chinese I Ching, which is an Oracle text, the Kabbala tree of life, the Hindu Brahman chakra system, and Western astrology. And it's combined with a lot of modern sciences, too.

[00:10:05] To create this map of your energy. So it takes your time and place of birth. And at that time and place of your birth, you know, the planets and stars were aligned in such a way. And what's happening actually is that there's information. That's passing through all of these celestial bodies and also passing through you at that time.

[00:10:32] So there's all this influence. Onto your energy. It also takes into consideration genetics as well. So it's basically this very layered system, this very layered map of your energy, of, of what's your path of least resistance of really what makes you you. So this is. Behavior. This is the way that you think the way that you process, the way that you are perceived by others, the way you interact with others.

[00:11:06] And so there's like this map of your energy and then how that energy is expressed, depends on you and your environment, how you were raised, who you're around currently. So there's all of this. It's like your baseline energy. Being able to read this can really help you to see yourself authentically in ways that you've never been able to do before.

[00:11:34] And I think that's really what drew me in and what draws a lot of us into human design is that it's the most complex, but also specific system to understand yourself on a deeper level. Thank you for that definition. And I wanted to. Make sure that I got your definition of that because I don't wanna butcher it.

[00:11:57] and that's also why I'm so grateful to have you as the practitioner inside of prioritize and thrive, which is my significant group poetry program, because I personally feel that there's not a single person on the planet who won't benefit from knowing their design. Um, in my personal experience, I'm sure in yours as well, and in my clients and your clients as.

[00:12:21] Yes. There are moments where you learn your human design and it feels like you are being hit over the head with something that maybe doesn't feel like you at first, or you figure out that there's a lot to unpack, but that journey is so profound as you continue to go on it. So I'm curious, crystal, how did human design come into your life?

[00:12:42] Where, where were you at in your life? How did it come into your life? And. Do you kind of have like a snapshot of before, you know, your human design and after, and sort of how your life changed? Yeah. I'll try to distill that down to what's most essential. Cause I feel like I could talk about that one question all day prior to finding human design.

[00:13:08] I was a new mom. I had a baby. I was working in an MLM, so I was trying to make a multi-level marketing business work for me. I did not wanna go back to work. I did not want to really do anything, but stay home with my child, but also I wanted to have a life and some stability of my own separate from my partner, not separate, but you know how it is.

[00:13:37] And so. I'm trying to make this stuff work. And it just wasn't really happening for me. And I would have some good months and some not so good months. Like it really wasn't bringing in anything. I was working a lot on it and just not really seeing a whole lot of return. And I started to wonder what was wrong with me.

[00:13:57] You know, like I had always been told how smart I was and how much potential I had my entire life. And I felt like this was such an opportunity for me to explore that potential in new ways. And it was extremely discouraging that it wasn't not only was it not working, but I was really burning out from it.

[00:14:15] And I remember I had started to do some healing work, uh, with the subconscious mind. And I was listening to a podcast episode and they were talking about human design and I had never heard of it ever, but I just played this podcast episode cuz I felt drawn to it. I was like shaking and crying in my car, listening to this episode.

[00:14:41] And I, I couldn't even tell you why it wasn't like they said anything that I'm like, wow, that really resonated it. Just, I had this full body visceral reaction as I was listening. And it was like, I knew that the trajectory of my life had changed at that moment. And I got home and I looked up the books and the classes and all the things, and I started learning right away.

[00:15:05] and I decided to branch out on my own and start my own business and create a self care course for women before I knew what an online course was. And I did, and it, and it sold right away without really having any experience in marketing or what, apart from my multi-level marketing. And I felt so. and I felt so validated in the way that I was showing up and the way that I was managing my energy and it just changed everything for me.

[00:15:39] And I basically have built my business on this system, you know, for myself, but also this is all the work that I do with clients, because I, I was thinking about it today. I was thinking about our interview and I was thinking, what would I do with clients if I didn't have human design? And it. It's like, I would need like four more sessions with people and it would take so much longer and it would take so much work.

[00:16:05] And so many other modalities to be able to pinpoint what was what's going on with my clients and to be able to help them effectively for who they are and to be able to meet them exactly where they are. You know, I've worked with psych. Psych a psychology student. You know, I have a degree in psychology, all these other things that I've learned about the behavior of people.

[00:16:28] Cause I've always been fascinated by that human design just took it to outer space. You know what I mean? I mean, human design just really solidified everything, but it took everything to the next level and it simplifies everything, you know? So like, it's just, I cannot imagine. Working with clients and not knowing their human design.

[00:16:55] I, I wouldn't wanna do it. I would not wanna do it. Yeah, totally agree. Because human design, and maybe we should go over the types and kind of briefly talk about each type signature. But, you know, as coastal was saying, you get kind of this map of your energy. and how you exchange energy with others and also how you respond to things happening in your environment, in your world and how opportunities might come to you or how they might not.

[00:17:22] And what I have found with human design is it really helps to know what's actually correct for you. So that you're not chasing an arbitrary version of success, but you start to identify, okay, what does my version of success look like? So for someone who is, let's say a manifestor or reflector or a projector, their version of success might look like copious amounts of white space on their calendar so that they have so much time to rest, whereas a manifesting generator or a generator, their idea of, of success might be a very.

[00:17:58] Calendar where they have a lot of things to do and a lot of things to respond to, and that feels really good and satisfying for them. So it's so true when you meet someone and you're talking to a client, this is exactly why when someone joins, prioritize and thrive, the first thing they do is get a deep dive human design lesson from you because.

[00:18:18] it's important. Not only for me as a coach to have that information. So anytime we're on a coaching call, my clients have their chart, I have their chart and I can make sure I'm speaking directly to who they are as a person. But it's also important in my coaching container that we start off with you getting to know who you are first, before I ever advise you.

[00:18:38] because we wanna create an empowering environment where yes, I'm gonna help you. Yes. I'm there to coach you and support you, but it's not about codependency and it's not about me telling you what's right for you. It's about me introducing you to a guidance system that's already inherent in you that you can tap into long after our coaching is finished.

[00:18:58] Right. It's a lifelong process. Let's briefly just go over the human design types. And then I would love to kind of talk about how someone can get started. So if someone's kind of

new to human design, like what does it look like to follow your strategy and follow your authority and kind of just break it down for any beginners who might be listening.

[00:19:20] So would you mind giving us a little mini, a mini intro lesson on the different human design types and kind of what they mean? Yes. So I'll start with manifestors since you and I are both manifestors and manifestors also operate really differently than any of the other types. And what, when joy says types, there are five human design types.

[00:19:42] This is the most broad element of your human design. And also it's an integral part integral part as well. And so it is important to know. I also wanna say. Listening. You may resonate with all the types or two or three of the types. And that is 100% normal. Like I said, this is more general part of your human design.

[00:20:06] And as you begin to experiment with, with it, which is what I'll talk about as well as you start to actually experiment with this information in your life, as you start to try out different things. You will start to get a feel for what it is like to be your type. And so I'm gonna talk about that now. So manifestors, what is it like to be a manifestor a manifestor is here to initiate a manifestor is here to act to have visions ideas that are followed by a big burst of energy to manifest them to.

[00:20:43] and manifestors like I said, they're the initiators. They have, the way that manifestor energy works is a big burst of energy to start something. And then basically just absolutely no energy at all. And so what I find a lot of times is that manifestors are conditioned to need to see things through conditioned, to do things like everybody.

[00:21:12] Conditioned to work like everybody else, all like sustained steady periods of time where they're working and none of those things are signature for the manifestor. And so this is there's a lot of deconditioning work that goes on fun fact. I did not resonate with the manifestor type. When I first learned about human design, it took me a little while to understand why that was me, because I was so deeply conditioned.

[00:21:41] To not act on my crazy ideas to work all the time, to wait for other people to invite me or give me permission. Um, none of these things are very manifesting. right. Manifestors are sort of like, okay, Like a bolt of lightning. I have a vision for something and it's unpredictable and it's kind of weird, but I have all this energy to bring it to the world.

[00:22:08] And so I'm gonna trust it and I'm gonna go with it and I'm gonna let everybody know around me what's going on so that they don't have whiplash from this big burst of energy that I have. Right. So when manifestors can do that and feel like they have the freedom to do that, whether it be freedom of.

[00:22:26] Freedom in their schedule to actually act on these ideas or freedom from the people around them, like judging them, whatever freedom they require to surrender to those ideas and to surrender to their big bursts of energy and then rest deeply afterwards, creating space for the next crazy idea. This is when manifestors embody this deep sense of peace and it's not peace like sitting quietly on a mountaintop.

[00:22:53] It's peace. Acceptance. Yes. Freedom, freedom, and peace to be who I am and move when and how I see fit. Right. And when manifestors feel boxed in, when they feel tired, when they feel like people are trying to control them or whatever the case may be, where they're out of alignment in whatever way, manifestors are gonna be super angry, they're gonna be pissed.

[00:23:21] There, and this could be, this could manifest as extremely rebellious and, and outwardly angry. It could also manifest as the complete opposite, which is extreme passivity people pleasing, um, just kind of really shutting themselves down. Next we have the projector type projectors make up about 20% of the population.

[00:23:44] Uh, so a little more common than manifestors, but still a minority type and projectors are here to be the guides. Their energy is also very unpredictable. And it really does depend what else is going on in the chart to be able to predict what the projector energy is like? Uh, it does depend on the projector, but I'll say that projectors are here to be in this state of and watching, seeing, feeling.

[00:24:19] Other people because they, they have the ability to see other people in ways that they can't even see themselves sometimes. And so projectors are here to offer up their guidance based on what they're seeing and feeling from the other person. The thing about that though, is that a lot of times the person on the other end.

[00:24:40] Isn't ready for what the projector sees. And so a lot of times the projector will not wait to be invited to share whatever guidance they have for that person. And when they don't wait to be invited to share that guidance, or if they don't wait to be invited to share their work in a room full of people, or they don't wait to be invited to whatever the case may be.

[00:25:07] They can end up feeling really undervalued and end up really bitter about that because they feel like other people aren't appreciating the gifts that they have, the guidance that they have to offer. And so for a lot of projectors, it's. Taking the time to recognize themselves to recognize their own value and their own gifts and what they bring to the world and also honing and, and conserving their energy, keeping it close until they feel this very strong pull or this very strong invitation to.

[00:25:44] And so a lot of that for projectors is clearing a lot of stuff off of their plate and clearing a lot of people out of their life as well. People who have maybe taken advantage of their



guidance or whatever. Um, that's a lot of the work that I see projectors doing when they start their human design experiment is realizing all the different ways in which they've been giving away their energy to people, projects, places, things that are truly misalign.

[00:26:12] you know, um, and when they can do that, when they can really conserve their energy and save it for the things that they're really meant for projectors will embody success, they just will. And I see this a lot, a lot of human design practitioners are projectors and they're, they see others so deeply. And in turn they are seen and they are recognized and they are successful just by doing what they wanna do.

[00:26:39] And it's beautiful. Um, And then next we have our, our generator type. I just have to say, I'm gonna interject for one second because I just want everyone to already listen already. We've only gone over two of the types and how different of an experience. Are they having, like, manifestors get these lightning bolt ideas.

[00:26:58] They're kind of usually off the cuff, something new that might not even exist yet. And the manifestor just has to bring it forward and then inform people that it's happening, but never ask for permission. Whereas the projector is here to guide and see and observe, and then create what they wanna create, but wait for the invitation and wait for the right setting to share that work.

[00:27:20] It's already. So, so different. So I just want anyone listening who maybe is like, not convinced that human design is something that they need or something that's important. I want you to just hear how different as you continue to listen to the rest of the three types, listen for how different each of these types operate.

[00:27:37] And it's not that one's better than the other. They're all beautiful, but listen for the nuances of what different experiences each type, um, each type is having. And then we have the generators, generators are a bit more common. They make up about 35% of the population. And we really are kind of living in this generator world where there's this sustained steady life force, energy flowing through them.

[00:28:06] And also, I wanna say if you're a generator and you're like, no, I'm exhausted all of the time. Here's why. Generators have these open auras and they're like these little magnets in the world and they're, they're attracting. They're attracting everything to them. And so their job generator's job is to respond accordingly and the response lives in the body.

[00:28:29] And obviously most of the world, you know, is disconnected from our bodies. And so this is where it gets tough for generators, because a lot of times you're spending your energy on things that you feel obligated to do, or that someone expects you to do, or that. You're following some path that you've decided on that maybe isn't aligned for you anymore.

[00:28:52] Whatever the case may be, a lot of generators are using their energy on things that are misaligned. And when this happens, your energy becomes degenerative. It's like poking a hole in your aura and your energy is leaking out and you're gonna be exhausted and you're gonna be extremely frustrated and you're gonna feel stuck creatively blocked.

[00:29:13] So your challenge is to come back to the body. and to get to know your body's response and what that feels like, and really it's like an expansion or a contraction, your full body. Yes. Is expanding toward the thing, moving toward the thing, feeling excited about the thing. And when, when you surrender to the yes.

[00:29:33] When you honor the yes, and you go into it, this is where your energy's Regener. You can keep going and going and going and going and going like an Energizer bunny. And because of that, generators are really the builders of the world because, uh, for instance, a manifestor might initiate a generator, Hey, I've got this really good idea.

[00:29:54] Look at this project, I'm starting, you know, do you wanna help me with this? And so the manifestor gets, it started the manifestor sort of activates the generator who's then like, oh yeah, that is a full body. Yes. For me, I totally wanna work on that. And then the manifestor is like, okay, Here you go and the generator's like, okay, I'm working on it, I'm working on it.

[00:30:14] I'm working on it, I'm working on it. And they're finding joy in it and they're finding excitement in it. And that energy is really what energizes the entire world. We're all, we're all living off of the generator energy. And so it's so, so, so important for generators to realize their energy is not just for them.

[00:30:34] Their energy is infectious and contagious. And so, you know, you have to kind of ask yourself what kind of energy am I emitting because other people are picking up what I'm putting down energetically. Right. And then we have, oh, and also their signature. So when the generators really following the yes and honoring the no, they're going to embody.

[00:31:00] So they're gonna work all day long and go to bed exhausted, but so satisfied. So in love with what they've just done and by work, I don't just mean, you know, sitting at a desk and working, it could also be maybe you're a musician and you're full body. Yes. For the day is playing guitar. You're gonna play guitar probably all the damn day long.

[00:31:22] And then you're gonna go to bed feeling like, oh yes, that was so good. I feel so good. And then you're gonna charge up your battery and start again the next day and then manifesting generators. Very similar. So manifesting generators and generators they're aura operates in the same way where it's very open and welcoming and magnetizing.

[00:31:43] And so there, there. They're magnetic and they're bringing things to them and they're responding, but manifesting generators have a little nuance. That's different from generators in that they have some energy center connected to their throat, which provides this extra pressure and this extra sort of speed to, to do something.

[00:32:09] So. It almost is a combination between the manifestor and the generator. And so they have this sustained energy, just like the generator, but then a manifesting generator might see something shiny over there and they've got a full body. Yes. And it feels really exciting and they just go, they move very, very quickly and they tend to change direction very quickly as well.

[00:32:33] So where a generator tends to be more slow and steady wins the. A manifesting generator is like, okay, sprint jog, sprint jog, sprint jog, you know, and their sprint might end up going east, west, north, south, like who knows with the manifesting generator sometimes. Um, And so a lot of times manifesting generators have to do the work to decondition from this idea of being flaky or unreliable or, um, you know, they, they have too many interests, too many passions, too many, this too many that, and really ask themselves, how do I really integrate everything?

[00:33:16] How do all of these shiny things that light me up and make me feel so good and excited and energized? How do they all. Play together, kind of like what you were asking me right at the beginning of this, you know, how are all these passions? Like, they're not just frivolous things. Like how are they actually meaningful to who you are?

[00:33:37] And so I think that's the challenge for manifesting generators. And I love watching this in business. I love watching mgs in business because they do some really cool, innovative things. Um, And their energy again, just like generators is so infectious and contagious. It feels so good to be around a generator or an mg when they're in that energy.

[00:33:59] And then lastly, we have reflectors. I always save reflectors for last because they are the unicorns of the world. They make up only 1% of the population. And they're so very unique. They are shapeshifters they're. If you look at a reflector chart, it's just completely open. And when I say open, I mean, They're absorbing and reflecting energy back from everything and everyone in their environment.

[00:34:25] And they're also deeply, deeply connected to the lunar cycle as well as the transits. And what this means for a reflector is that their energy is going to change drastically with the lunar cycle. Their energy's also gonna change drastically depending on their environment and who they're around. And so the reflector.

[00:34:45] Brings with them inherent truth everywhere they go. You can't hide from, from the truth when a reflector is around, because they're literally reflecting it back to you. So, um, it's

really interesting. I don't know a lot of reflectors in real life, but I love watching how there are almost these different versions of.

[00:35:08] Within the reflector. Um, and so a lot of the work for reflectors is deconditioning from the idea that their, their one identity deconditioning from the idea that they have one consistent, reliable self, because they have lots of different versions of them and their energy changes so frequently. Really tuning back into their own energy tuning into the lunar cycle and also paying very, very close attention to their environment and who they're surrounding themselves with that is the work because reflectors are so hypersensitive to that energy.

[00:35:45] But when they find themselves in those nourishing communities where their reflections, their truth, their value as a reflector is revered. Um, and they can relax and enjoy what life has to bring them today and who they get to be today. They'll experience their signature of surprise. It's like they're being delightfully surprised by life.

[00:36:12] And when they're not, when they're trying to shove themselves into a box or they're very disconnected from themselves, or they're surrounded by the wrong people. they're going to end up very disappointed by life, by people by themselves. So again, reflector is very important to understand that you are a reflector, understand that you are.

[00:36:36] So like a unicorn, honestly, like so unique, um, and you operate comp completely differently than anybody else. So, yeah, those are the five types in a nutshell, and also just little tidbits on a lot of the common conditioning I see with those types and how to come back into that alignment. and for everyone listening, if you are a fan of the podcast, and if you've been listening recently, we had a reflector here on the show, Chelsea rice, who was my former podcast coach is a reflector.

[00:37:10] And we talked about how podcasting is such a great medium, because it could grow and evolve with you. And she spoke about how, when she first started podcasting, she was really heavy into the wellness industry and like, you know, things that had to do with the body and anatomy. Then she transitioned into a lot of travel.

[00:37:27] Cause she started traveling a lot. Then she started talking about her entrepreneurial journey. So you can see right there that Chelsea's really living her design. She is shape shifting into these different. People into these different personalities and kind of being completely absorbed by them at the time.

[00:37:42] So that's just a little bit of human design in real life. And crystal, I wanna talk to you about, so I know it's kind of, it sounds a little esoteric as we're talking about, you know, the types. So it might even sound a little academic to some of you, depending on how you're hearing this, but let's talk about what this looks.

[00:38:00] In real life. I can give some examples from my life. I'd love to hear some from yours as well. Of course you are listening to two manifestors. So our examples may not apply to you depending on what your type is. And also if you're like, this is great. I don't know how to figure this out. I don't know how to look up my type.

[00:38:16] Don't worry. I'll put a link, um, in the show notes, but you do need your birth time, date and location as accurate as you can get them. But I'll put a link in the show notes. If you wanna look up your. And then maybe re-listen to this episode. So an example that I can give of human design kind of in my day to day life and how it has impacted me is before I found out that I was, um, like I'm a manifestor I thought I had a terrible work ethic.

[00:38:42] I thought that I was just so lazy and I could not understand why, especially being a highly multi, passionate person. It was so frustrating because I would be so excited about something in the beginning. When I was initiating, of course I didn't have that language at the time, but when I was initiating something and getting something started, I would be so on fire about it.

[00:39:03] And then as it kind of neared needing to complete the thing, I would start to lose interest and it would be like a balloon deflating. And I would find that I just wanted to rest or not look at my computer for a whole day. And I would beat myself up about that because. We live in a world that is predominantly full of generators.

[00:39:25] And the way that the generator works is the exact way that our workforce was designed because most people are generators. So that nine to five work schedule where you just get an hour break in your day and that's supposed to be sufficient. That really is not for everyone, but I was operating under the conditioning that if I can't work that way, I'm super lazy and there's something wrong with me.

[00:39:46] There's so there's got my work ethic. I just must be lazy. And how am I ever gonna be successful if I can't finish anything in all of these stories? So when I found out that I'm a manifestor and I started reading about the manifestor and going down the human design rabbit hole, I was like, Oh, I, I have to rest after I have these big ideas I need to rest and it's okay if I don't feel as on fire about the completion of it, because that's not the part of it that says natural to me.

[00:40:18] And it's a bonus. If I can find someone to help me complete it, who maybe is a generator, who's really gonna enjoy it. So the first assistant that I hired, I was like, I need to see your chart. um, and you know, she's a generator. Our relationship was just so perfect because she got so much pleasure out of completing things.

[00:40:37] For me, she got so much satisfaction, but I realized that I wasn't lazy at all. That really I'm a visionary and I have these big ideas. And once I. Kind of find that bravery in me to put them out into the world. It requires rest. So that's probably the, the number one example that I can give. There are a lot of others, especially as we get into like profile and other parts of, um, of the chart that you can start to look at.

[00:41:05] But that's one of the main, like most profound ways that human design really started to heal me. And now I'm at a place in my life where I rest unapologetically and it's just a part of my process. I don't rest so that I can be more productive. I don't rest so that anything I rest because it's required.

[00:41:24] It's a part of my process creation rest. It's just, it's a cycle that I'm now, um, living in my day to day life and also. Finding out that I was a, manifestor really kind of put the nail in the coffin for me, that I had to get out my nine to five and work for myself because I don't like being around a lot of people every day, because I would absorb that, uh, SAC energy and the manifestor manifestos reflectors projectors.

[00:41:51] We have these open SACS and the defined SACL is that motor that Crystal's talking about. That's like, okay, I'm gonna build, I'm gonna. And so when I would be around people who have that energy, I would sort of latch on to them and think I was like that. And then come home and feel like, whoa, what just happened?

[00:42:11] And it would take me so long just to decompress from my day job that I wouldn't have a lot of energy to put into this business that I was so passionate about on the side. So learning about my human design type and. Really wanting to live. My design also really changed the trajectory of me deciding that working for myself was the only path for me.

[00:42:33] So that's human design kind of in real life and how it can just totally transform the way you approach the choices that you're making. And like I mentioned before, what does success look like for you? Not for anyone else, but for you and learning your human decide and give you so much clarity around that.

[00:42:51] Crystal. I know that, you know, you kind of learned human design and started your business at the same time. So was it similar for you was learning your human design, something that made you feel like, okay, I have to create my version of what it looks like to work or be in business, or what did it shift in you?

[00:43:10] What are some real life applications that kind of came up for you as you were learning your design? So one of the biggest things around that time was this was probably in the first year or so of having my own business where it really landed for me that I'm here to initiate. I'm not here to wait.

[00:43:32] Manifests are the only type that are not designed to wait. And I realized, and you know, fun fact, my mother is a project. And I've always, I've always really, really looked up to her and really admired her. And I think I'm a, I'm a lot like her in a lot of ways, but one way where I'm not like her is that I am a manifestor and she is a projector.

[00:43:58] And also I think being in the more spiritual healing business space at that time, there was a lot of language around, you know, If it's meant for you it'll come or whatever. And so I think I was really waiting a lot. I was waiting for people to see me and to invite me, you know, like how come no one invites me to be on their podcast?

[00:44:26] How come no one invites me to collaborate with them? How come no one reaches out to me and asks me to be their coach or, you know, and I realize like, why am I waiting? Why am I waiting around for anybody else? You know? after that clicked. I remember I was watching gala darling stories and anyone who's listening to this who has been following me for really any amount of time knows how much I love gala darling.

[00:44:51] I like, I'm not, I'm not a fan of many people, but I am of hers. And she had posted something about human design in her stories. And I had this thought like it, it was an urge. It was this urge because I was like, oh my God, she's gonna get into human design. Someone else is gonna introduce her to human design and.

[00:45:09] I have to be that person, you know? And so I reached out to her and I was like, listen, I love your work. I have gotten so much out of the free content that you provide. I would love to give you a free human design reading. She's like, okay. Yeah. How about today? And I'm over there, like peeing my pants. Like, so I'm like, oh my God.

[00:45:31] And so I did, I gave her this reading and she loved it. And fast forward a couple of years. You know, I've, I've been in her pro I'm, I've been in her program several times. Um, and, and from there I've gotten some of my favorite clients that have been with me since then, you know what I mean? And it's just those little urges.

[00:45:54] You never know what's gonna come from them, but I feel like I was blocking myself so much. I would be like, oh, I really wanna work with them. Or, oh, I really wanna tell them about my program. It's like so perfect for them. Like I was waiting for people to ask me, I was waiting for people to invite me. And when I finally finally embodied the knowledge that I'm not here to.

[00:46:19] it just changed everything. It changed everything. I have so many, so many, so many examples of human design in real life and human design in business. But that, that was, that was huge for me personally. Yeah. Yeah. And I, and I really like, as you're talking, I'm really hearing.

So much clarity, you know, and the module that you teach inside of my program is called cultivating clarity.

[00:46:47] And it really should be called cultivating clarity by learning your human design, because that's the number one tool that is provided for my clients through your teachings. So I would love to just touch on a little bit, and I know we've talked about this before, but what do you feel. Like human design provides that maybe other modalities don't when it comes to having clarity, when it comes to having clarity about decision making, when it comes to having clarity about the choices that you're making for yourself, what you say yes to what you say no to and things like that, what do you feel human design has to offer?

[00:47:25] That's really hard to find anywhere else. What I have noticed is everyone basically teaches. What they have to offer. We teach what we know. Right. And so when it comes to decision making, for instance, someone will say, okay, get into your body. Is it a hell? Yes. Or is it a hell? No. And I immediately, in my mind, I'm like, that's a SAC generator.

[00:47:51] Right. And I also know that doesn't work for me. I'm not a SAC generator. That's not how my that's not my decision making process. And so I feel like it, when you're in this online world where there's so much information, what human design does that other modalities do not do, is it just eliminates so much of the noise because you immediately know so many of the things that won't work for you or that don't resonate with you because.

[00:48:27] Know how you operate on like this cellular level. It's not your personality, we're not talking about personality. Right? So for instance, I know people love the Enneagram. It's cool. I love reading about it. Like it's fun. Um, I personally get a different result every single time I take that test and I attribute that in part to the fact that I have a, a undefined G center.

[00:48:53] So I'm like, I don't know, like my answer's gonna change all the time. Cause I'm gonna change all the time. But with any Agram you are taking a test about yourself. Same thing with the M B T I with human design. You're not taking a test. You're not taking a quiz. It's nothing. It's just here. Here's the map of your energy.

[00:49:10] How's this playing out for? That's it, you know, so it's like much more simple, but also layered, you know? Um, and I think it's really important to know, like I said, when someone's speaking and they're giving you advice, but you can filter it through your knowledge of how you operate energetically, not how, not your behavior, not your patterns, not your personality, but how you.

[00:49:39] Energetically, I'll give you another quick example. When I hired my money coach last year, she asked me this question, which every freaking coach should ask. She was like, what do you really need from a coach? How do you need to be coached? And I was like, thank you for



asking that because I need something very different than most people need, because I am an emotional manifestor.

[00:50:01] So I am extremely averse to being told what to do. So when you are providing. Options guidance, whatever it's important that you show me what the options are and what the likely outcomes are. And you allow me to take the initiative of which path I wanna take. Instead of saying based on what you're telling me, I think this is the best option for you.

[00:50:25] I'm immediately like, well, that's literally the last thing that I'm gonna do now, you know? And it's, it's it, it's not even. I can hear it happening in my mind. It's not, it's not even happening in my mind. It's happening. Like in my body, I feel my body recoil when someone tells me what to do. And so it's just those little things.

[00:50:48] It's like, you, you understand how you operate on a level that goes so much deeper than your conditioning and your personality. Absolutely. And you know, when I'm coaching clients, We are able to come from a human design foundation. Like you said, I think you said it would take like four more sessions. If you didn't know someone's chart.

[00:51:10] I will say that it is so much easier to get to the heart of something. When you already have this roadmap in front of you. So everyone listening, you know, we don't have enough time in one episode. Maybe I'll bring crystal back for a part two, because we really don't have enough time in one episode to go.

[00:51:28] All the nuances of human design. It is quite the rabbit hole, but I will say it's one of those things where as you begin to learn it, you're having so much fun because you're really learning about yourself. And I do wanna also mention that it does kind of give you a north star and something to strive for.

[00:51:46] You know, when you first learn your design, you might not necessarily be living that out, but it gives you something to strive for and to say, okay, well, what would it look like to have a lot of rest in my schedule? What would that life be like? And then to begin to imagine that, or what would it be like to position myself, to start receiving all these.

[00:52:06] Or, you know, what would it be like to just feel so satisfied at the end of the day? So it gives you these benchmarks and it gives you, um, something to strive for and to be guided toward, but not in a way that's arbitrary, not in a way that's based on personality tests or multiple choice. But something that's already imprinted into you.

[00:52:24] So I hope everyone listening. If you have not heard of human design, I hope that this can be a catalyst to manifestos initiating you into the beautiful world that is human design. If you

are a human design enthusiast like myself, then I just hope that you gain some new perspective and maybe got to hear us talk about your type in a new.

[00:52:44] And if you want to learn all about human design from crystal, and what I love about the way that crystal showed up in my program is that she's teaching for multi passionate. So if you wanna learn from crystal and hear her talk about how the user human design for clarity as a multi-passionate, you've gotta join, prioritize, and thrive, and you gotta just start in module.

[00:53:05] Where you will get to learn from crystal all about how to read your chart, how to learn your human desire and how to apply this to your decision making process as a multi-passionate who's ready to prioritize and thrive. So the link to that program is gonna be in the show notes and trust me, my clients cannot get enough of that first module.

[00:53:24] So thank you so much for being a part of my program. And thank you for coming on the show crystal, before we wrap. Can you let everyone know how they can keep in touch with you and where they can find you. Thank you. Joy. I also just wanted to note that I loved what you said about having a north star with your human design.

[00:53:40] I love that so much. I wanna like steal that clip and share it with the world. Um, Yeah. Find me over on Instagram. I do this really fun thing every week called mini reading Monday. So if you're new to human design, and maybe you have a question about how this applies to your business or some aspect of your life, you can send me a screenshot of your chart on a Monday with your question.

[00:54:04] And I pick one or two people every week. And I actually, um, answer your question, provide a little bit of coaching in Instagram. and you can even just send me a DM and say, Hey, I listened to this episode and I loved it. Cause I love getting those messages. Um, and beyond that I also have on my website, I'm sure you're gonna put the link in the show notes for a essential guide to human design.

[00:54:28] It's free. It's 12 pages. It's a really great intro to human design. Um, and you'll get your free human design chart and you'll be able to go through and look at some of the major elements and really see how it applies to you. And your life. So I would say that's a really great place to start, but any other info you need about my offers and who I am, you can find on my website.

[00:54:52] Perfect. And yes, all that will be linked below in the show note. So make sure you check that out, send this to a friend who you want to get into human design so you guys can nerd out together. Thank you crystal, for coming onto the show. I love you so much. Thank you, joy.