

(#197) The Magic of HUMAN DESIGN with Eden Carpenter

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SPEAKERS

Eden Carpenter, Kathrin Zenkina

K Kathrin Zenkina 00:14

Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and multiple seven-figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity, and success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do, and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development to help you maximize who you are and where you're going. Leave it to me to provide you with the tools, the resources, the strategies, and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So, thank you so much for pushing play today. And now, let's begin. Hello, my gorgeous souls, and welcome back to the Manifestation Babe Podcast. I am personally super ecstatic to finally bring some Human Design to the podcast today. So, in this episode, I am interviewing my teacher and guide, Eden Carpenter, whose certification I've actually been a part of over the last couple of months, learning all of the ins and outs of the super exciting system. You guys, this system goes so, so deep. And though this episode is 90 minutes long, we've barely touched on all of the incredible things that can come out of Human Design. However, don't fret. What you're going to learn in this 90-minute conversation is information that I have had over the last two years, long before I even

came into Eden's certification, that has drastically improved and changed my life, made things so much easier for me, where I have been able to run my business, be in my relationship, eat and exercise, hire, and do all the things according to my design. It's been such a blast, honestly, just looking back from where I was before, and kind of reflecting on what life was like living out of alignment, and how naturally when I was living my life out of alignment, I was actually going against my human design, and how, now, I'm living my life in alignment, and anytime I'm in flow, if I really look at it, I will notice that those are the moments that I have been living my life according to my human design. For two years, I've only known my strategy, my type, and my authority - which is what we're going to cover in this episode today - and that alone has been a game changer. So, you're going to learn a lot and you're going to have a whole experience in this episode. I think you're going to absolutely love it because Eden makes it so easy to understand and, more importantly, to implement. The way she expresses Human Design is through this very empowering, very positive light. So, I know that many people have had an experience where they're either confused, feeling disempowered, or feeling like Human Design doesn't necessarily resonate with them. I think that Eden is going to change your mind about this. So, if you don't know who Eden Carpenter is, she's a leading expert in Human Design for business, manifestation, and abundance. At 22 years old, she founded the Intuition Lifestyle brand as a platform to teach others how to create alignment in their lives and businesses. She managed to scale her business, teach herself human design, and create digital courses, all while going to nursing school. In two years, she has helped thousands of people start utilizing Human Design in their daily lives by making it simple, digestible, and actionable. Guys, as soon as Eden starts diving into all of the info on the different types, strategies, and authorities, definitely make sure to tag us on Instagram at @IntuitionLifestyle and @ManifestationBabe so we can see what you learned from this episode and get to learn you, your type, your strategy, your authority, and all the incredible things that will come out of this episode. So, alright. Without further ado, let's dive right in. Well, hello Eden, and welcome to the Manifestation Babe Podcast. How are you doing today?



Eden Carpenter 04:57

I'm doing amazing. I'm really excited to be here, and that's an understatement.



Kathrin Zenkina 05:03

Literally ever since this Zoom started, I've been just so lit up and so excited, which means that I'm living according to my design. It's so funny, you and I go way back into our Beachbody days. It's so bizarre how we came full circle, and just seeing how far you've come and how far I've come, and the fact that I'm now living my best life in your six-month certification for Human Design. It's so crazy. It's been really, really exciting and so

much fun. Just getting to know you in this other light of just really finding the thing that lights you up and bringing it out into the universe in such a unique way. I don't remember how I got into human design, I swear. It was like someone posted it on Instagram. No, no, actually, I do remember the day. The day I found out about Human Design was actually when I was having dinner with a friend. Actually, it was a client and she asked me what my human design is. I was like, "I don't - what? What do you mean 'Human Design?' What?" And she was like, "No, listen. I'm this. My son's a manifester. He can like manifest ANYTHING into reality. It's very powerful, you should look into it." I was like, "Okay." I look up my type and it says "Generator," and I'm like, "What the fuck is a Generator? This doesn't sound exciting at all." I thought it was so disempowering the way that it showed up in the place, wherever I read about Generators. I then just kind of forgot about it until I noticed that it just became a very hot topic. And now, it's a very hot topic. People know the generalities about Human Design, but they want to know all the specific things because they hear XYZ person talking about it, or they heard it on a podcast, or whatever. So, I'm really excited to bring this topic to the podcast because I'm learning from you, and I see you as this - just the way that you articulate Human Design is probably the most empowering way I've ever seen. There are so many people who get very disempowered - and we're gonna talk all about that - around Projectors or Reflectors. They feel so left behind and so disempowered by a lot of the descriptors of Human Design, and I found nothing but the opposite with you, which is why I wanted you to come on the podcast and you to speak on this because just the way that you share, it's so empowering. Anyway, now that I'm done blabbing, Eden, can you share how you got into Human Design? And what is Human Design in the first place?

E Eden Carpenter 05:16
We do! Oh, this is going to be a full circle moment, because I found Human Design because you posted your thing. So, it was like a question.

K Kathrin Zenkina 07:42
Shut up!

E Eden Carpenter 07:43
You posted on your story, like two years ago.

K Kathrin Zenkina 07:47
I have chills right now. This is crazy.

E

Eden Carpenter 07:50

Because I looked it up, I saw this whole thing with all these shapes and all these colors. And I was like, "That's too complicated. Nope, I'm not doing that." And so, I closed it out the window, and I'm back to scrolling through Instagram. And then it kept popping up everywhere. And so, when I finally took the sign from the universe to actually dive into it, was when I'm sitting in a nursing lecture. So, science, human resources - something. There was a glitch on a PowerPoint, and there was "human" and "design" right next to each other. I was like, "Okay, fine. I see you, I'm gonna go figure this out. I'll dive into this. I'll spend some time with it." So, I'm researching all of the things. I'm like, "Oh my god." Nothing's ever made more sense to me in my entire life. So, I'm like, "Where's Amazon? I need all of the books, I want all of the content, all of the courses." So, I had a small Instagram at the time where I was just talking about - I think primarily it was Myers-Briggs personality, manifestation - similar topics to what I talk about now, but in a very different light. So, I posted one day saying, "Hey, just DM me your birth time and your email address, and I'll do a free reading for you." Because that's how I learned is kind of decoding those charts. And so, I think I did 160 in about six weeks of these free readings while in nursing school. And then I was like, "Okay, I guess I can do coaching around this." So, that's how I got into doing what I'm doing today, which is responding to the things, following the signs, and just living by my design, actually.

K

Kathrin Zenkina 09:18

That is incredible. I will tell you that after the initial "This doesn't make sense. This is complicated. This is disempowering. I don't understand this. What does this mean?" Now, I, for sure, can't remember how exactly I actually got into it. That was the first time I heard about it. But ever since, I just learned the very basics. I'm a Generator, Generators need to respond. This is your authority, Sacral Authority. Just those things alone have been such a game changer for me. I've been following my human design in that way, not the specifics of everything else, but in that sense with my business in the last two years. It's just revolutionized everything. Before we get into - because I do have a question around Human Design and how it relates to personality types, because a lot of people see it as this limiting thing of "Oh, you're just gonna put me in another box, the energetic box this time." But before we get in there, for anyone who just has no idea what Human Design is, can you just share what is it? Where did it stem from? Where did it come from? What is it? How do we know what our Human Design is? As many details as you can possibly share.

E

Eden Carpenter 10:29

Well, as you know, I could talk about this for a full six months, so we'll keep it very short, very brief. Human Design is the synthesis of five other systems. We've got the I'ching,

which is thousands of years old. We have the Kabbalah Tree of Life. We have the Chakra system. We have astrology, astronomy, and then we have the biochemistry aspect. We've got all these different ancient sources of information, patterns, and understanding human behavior, and a man named Ra Uru Hu in the late 90s - or not late 90s. Wait. It was 30 years ago. Yeah, about 30 years ago. I don't remember specific dates or anything.

K

Kathrin Zenkina 11:08

Me neither.

E

Eden Carpenter 11:09

Alright, good. Perfect. He synthesized all of this information, brought it together, and created this Human Design chart. So, it's a combination of a bunch of other systems. It's based off of, essentially, the moment that you were born, what energetic traits you are pulling to you, you're going to consistently have over and over again, and you're going to consistently have access to. And then what things are you here to explore? What things are you here to learn about? So, you get this very complex-looking chart with symbols, shapes, colors, lines, and all sorts of things. It gives you this map of how you're designed to interact with the world. It shows you how you're going to give energy to other people, what they're going to sense when you're around them, what you are going to sense from other people, and what the patterns of conditioning that you're gonna pick up on based off of this interaction. So, that's my very short synthesis of what it is.

K

Kathrin Zenkina 11:55

Oh my god, I love that. So, I've heard Human Design being called the energetic Myers-Briggs, or the woo-woo Myers-Briggs, or whatever. I know some people in the Q&A box - because I always do a Q&A box, and I attract a lot of questions from a lot of people every time I do a podcast episode. One of the most common things is, "Listen, isn't manifestation just about being in alignment? Why do I need to live my life according to Human Design?" Or, for example, people being like, "I feel very limited by personality types. I feel like I've been put in a box my entire life being called an introvert, being called shy, or being called whatever. How is Human Design different from these personality type quizzes that we take on the internet that tell us these four -" ... what am I saying? Four... not words, not numbers...

E

Eden Carpenter 12:48

Letters.



Kathrin Zenkina 12:49

Letters! Thank you. How is it different?



Eden Carpenter 12:51

So, the first thing that's really different is that this is based off of not your answers, because you can take the same personality quiz three different days in a row and get very different answers based off of who you perceive yourself to be. So, this is more mechanics of what your energy is. And actually, this is going to be kind of controversial, but it's supposed to be limiting. Because when we limit ourselves, we're actually giving ourselves boundaries, we're giving ourselves consistency. That's masculine energy. Everything that's defined in your chart that's showing up consistently in one way, that's giving you structure. It says, "Hey, I'm going to make sure this is really solid. This is going to show up over and over again so you can explore that, so, you can play with that, so you can really be in your feminine in specific areas." Because if there were no rules, if there were no boundaries, everything would be chaos. We wouldn't be able to actually manifest anything, because there wouldn't be that consistent roles. So, the limitations that it gives you because, I mean, we have around 100 years in this particular lifetime. It says, "Hey, I'm gonna take care of all of these things. These things you've got, these things you're good at. Everything else? All of this other undefined energy? You get to explore that, you get to play with that, and you get to really experiment with how limitless that actually is."



Kathrin Zenkina 12:51

I love that. I do have to say that human design has not felt limiting at all, to me. It felt very similar to the co-creative process of manifesting. There are the things that you take care of, and there are the things that the universe takes care of. And as much as we want to get in our own way and get in the way of the "how," and worry about the "how." How much stress does that add to our lives? I found that by me learning how to manifest, live, eat, work, and everything according to my design, it's given me so much freedom to focus on the things that I actually want to focus, and I found that the way that I've been designed is very similar to how when I'm living in truest alignment, and when I'm in flow. This is what I found out. When I'm in true flow, I will notice - if I look back at moments when I'm in absolute flow in my life, I was living according to my human design. Whether I tried to or didn't, it just happened that way, because that's what came to me naturally. That's how the universe designed me to be. And whenever I am creating chaos, stress, or rigidity in my life, it's because I'm going against my human design. So, I love your answer, and I found that to be very, very true in actual experience. Eden, how is our Human Design actually determined? Can you share some of that, I want to call it scientific -? You talk about the neutrinos in the Human Design course. Can you just mention some of that? How

do we get imprinted when we're born? And for anybody who is like, "Okay, how can I Google what my human design is?" Where can people find out the best resources to find out what your chart is?

E

Eden Carpenter 15:47

Absolutely. So, if you Google "human design chart," there will be several things that are gonna pop up. We've got My Human Design - I think that one's by Jenna Zoe. My Body Graph is a great one as well. Jovian Archive is probably the first one that's going to pop up. Genetic Matrix. So, if you Google "human design chart," you will find a place to generate your free human design chart. So, you can do that for free, absolutely free. Super fun. You can get all this information about yourself, very instantaneously. You do need your birthday, your birth time and your birth location because based off of that location, we can kind of draw these lines of where you essentially drew in an information from. So, there are these things called neutrinos. Neutrinos are very, very tiny little particles. They're about the same size as - I'm thinking neutrons, is that what it is?

K

Kathrin Zenkina 16:35

I think so, yeah.

E

Eden Carpenter 16:37

I think it's neutrons. No... some sort of teeny tiny particles. What is it?

K

Kathrin Zenkina 16:41

I just call it subatomic particles.

E

Eden Carpenter 16:43

Subatomic.

K

Kathrin Zenkina 16:44

Yeah.

E

Eden Carpenter 16:44

There you go! Subatomic particles. Very little, tiny things. So, these are slightly bigger because they carry a certain amount of information and essentially, they come from the stars. They come from the different planets, and based off of where the planets are, they're going to illuminate certain parts of your DNA, and that's going to kind of collide. So, essentially, the stardust comes in, and when you become a conscious being, there's, some really magical things that are happening when you're born, because consciousness is essentially bending into the 3D reality. All sorts of weird scientific things that happen there. So, when that happens, you imprint, essentially, the moment that you become "you." The moment that you separate. You become you when there is separation. You separate from your mother, you become this individual person, and you imprint the energy from essentially what everyone is experiencing at that moment into your body and into yourself. And then you're going to carry that imprintation throughout your entire life.

K

Kathrin Zenkina 17:44

I love that. A very powerful shaman that I worked with, in my first session with him, he needs to know my birthday, my birth time. I was like, "Are you going to look at my human design? Is that what you're doing you for that?" Even though I totally know it's not. When I have conversations with him, he'll ask me a question, he'd be like, "You don't have to -" like if I'm thinking about it, sometimes he thinks I don't want to answer, and he's like, "You don't have to think about it. I can see it right here." Because he's a shaman, he can see everything. But it's just so funny how he works. It just shows me more and more how much influence the planets, the stars, and the universe has on... We ARE the planets, the stars, and the universe, guys! We are literally the universe in human form. For people who don't know what their time is, I know that's a big thing that comes up. Like, "I know where I was born. I know what my birthday is, but I don't know the time. I asked my mom, I can't find my birth certificate. Nobody knows. It's lost." What can people do? And can they still benefit from Human Design if they don't know the actual time?

E

Eden Carpenter 18:44

Yeah. So, there's a couple ways that you can get your time. One of my friends introduced me to getting birth times through a pendulum. And so, you can kind of ask yes/no questions. So, what I start with is, "Where they born before afternoon?" And so, I start with at noon, and so it'll say "Yes" for before, or I'll kind of have circling for "No," and then I can kind of bring it down again. "Okay, was it before or after 6:00 am?" Kind of cut it in half again. I've done this with a couple of my clients without actually remembering their birth times, and I've been able to get within two to three minutes. And so, that's a really fun way that you can do it. You can always try generating a couple of charts. If someone's really not sure and I'm not getting a clear answer from that, I'll generate charts in a similar

manner. I'll do one for noon, one for 6:00 am, one for 6:00 pm. I usually do about 12, so every two hours. I then look at the patterns so I can kind of see, "Okay, this planet moved at this time, this planet moved at this time." Because on my birthday - I've done mine with multiple times - there's maybe two gates that change, but every single time, I'm still that Manifesting Generator. So, you can look at the general themes. There are some people where I ran a chart and she was actually born at 12:30 am and she's a Reflector, but every other time that day, she's a Manifesting Generator. So, we can still benefit -

K

Kathrin Zenkina 20:05

That's a huge difference!

E

Eden Carpenter 20:06

HUGE difference! Just that one gate changes, and she's a Manifesting Generator. So, it is important to kind of get that time. You can always ask. I have a bunch of intuitive friends who do the pendulum things. You can also just kind of run a bunch of different charts and, say, read about those different elements that you change and say, "Does this resonate with me? Does this not?" If your authority is the same on all of them, that's a really amazing tool to use to kind of figure out, "Okay, this feels really good. This doesn't feel good. This feels like me, this doesn't feel like me."

K

Kathrin Zenkina 20:38

Hmm, okay. That is a way more effective strategy than what I was trying to figure out for my dad. Because I don't talk to my dad, but I want to see his chart. And so, I literally picked a random time. I generated five charts for my dad and I just saw the differences, and oh my God, it changes so much for him. I think he's the same type for 3/5, and then 25 he's a different type. Different profile each time, different - I mean, everything just changed so much. So, I've been trying to look at it and be like, "Which one sounds like my dad who I haven't talked to in five years, and never really had a relationship with?" So, it's not like I know what exactly resonates. I've been trying to figure it out. But I'm going to use the pendulum. I never even thought about the pendulum. That is genius. I know my mom actually didn't know her exact time until she did ayahuasca on her birthday this year. And ayahuasca, at the time, I think it was 9:45 pm and they started at 9:00 pm. So, right when it hit, ayahuasca said Happy Birthday to my mom, and my mom was like, "Oh yeah, by the way, can you tell me what time I was born?" And she was like, "9:45 pm." I was like, "Okay." She confirmed it with my grandma who said, "You were born somewhere around 9:00 pm." She didn't know exactly. And, of course, the human design that changes and stuff. And my grandma will try to create estimates, and I'm like, "No, I trust ayahuasca." So,

every time I do my mom's chart, I make sure to do at that time. Okay, so let's dive into the five big energy types of Human Design. So, I know I'm a Generator, you're a Manifesting Generator. Can you share what does that mean? What are the different types? And just some differences between each of them?

E

Eden Carpenter 22:20

Absolutely. So, let's start with Generators, since you're a Generator. Generators make up around 30% of the population. They're gonna have this sacral center defined, which is essentially this battery that says, "That's really exciting. That lights me up. It's going to feed my battery. And I'm going to have the energetic output to do all of the things." So, the Generators, I like to call them the action portion of the collective. Their initial step when they're faced with a problem is "What do I need to do? What can I do? How can I take action?" They're really ready to jump in and take action. So, then we have Projectors. Projectors make up around 20% of the population, and they don't have that "What can I do? How can I take action?" They're a little bit more on the sidelines. I like to call them almost like the midwives of the universe, because they're guiding that creation into this particular reality. They see systems really well. They're the people who are saying, "Okay yeah, I know, you want to dive in and jump into that, but is that the most effective way to get this done? Maybe we could do it this way. Let's just try this really quickly." So, their main goal with what they're wanting to do is, "How can I help you? How can I help you get this done? How can I help you see that this is a better way to be doing things?" Next, we have Manifesters. Manifesters are the cutting-edge of the collective. They are here to start things. They have this very deep connection to their intuition and to source. They're here to lead us in directions that we've never been led in before. When Manifesters speak, it's like, "I want to listen to anything that she is saying." Anything they are saying is very powerful. They have this voice that we call motorized. So, there's a specific center connected to their throat center for them. They have this powerful voice because they're here to lead us in new directions. They're going to start new things, they're going to get bored with it, and then they're going to move on, and then they're going to start something new. And so, they go through these cycles to help us expand. We have Manifesting Generators, which have both that motorized throat and that sacral center defined. These are the cutting-edge, and they do a lot of work. So, we tend to skip steps, occasionally, where we'll get really excited about something. I'm really into it, I'm all about it, and then I'm starting to get bored with it, but, really, I'm starting to get excited about the next thing that I want to jump into. So, I'm like, "Okay, how can I get this done really fast, so that I can move on to the next thing?" So, they're a little bit of a hybrid. They have both that Generator energy and that Manifester energy. And then we have Reflectors. Reflectors make up around 1% of the population and they have all nine centers undefined, and they are these karmic mirrors. They're really here to show us exactly

what's going on underneath the surface because the entire population is very productivity-oriented. "How can we get things done? How can we build things? How can we ascend? How can we do it the best way?" Reflectors are going to come in and say, "I know you're all looking towards the future, but this is what's going on right now." They're gonna say, "If you don't fix this pattern that's really deeply rooted in your collective, you're not going to be able to hit that next level." So, they are very rare, very deep, and they really pick up and amplify the energy of whoever they are within the community that they are serving. So, those are the five.

K

Kathrin Zenkina 25:24

I'm very surprised with how many Reflectors follow me because I had a lot of Reflectors being like, "We feel forgotten in the Human Design world. There's not enough good things said about us." So, speaking of that, can you just share the best things about each type? Make everyone, whoever, whatever type they are, feel really good about themselves. Because I'm all about empowerment. I'm all about you banking on your strengths, not focusing on your weaknesses. How can people feel really, really good no matter what type they are?

E

Eden Carpenter 25:54

Hmm, I love that. I mean, I think everything in your chart has a positive spin, and that's always my, "What's the best thing?"

K

Kathrin Zenkina 26:01

Yeah. Because at first, I was like, "(disappointed sound) I don't want to be the most common type. I don't like that." There are certain things where I was like, "I don't like being a 2/4 Profile. Uhh." So, it wasn't until, of course, I was in your certification where I was like, "Wow, every single person is designed to be successful." And that's the most empowering thing I've ever heard.

E

Eden Carpenter 26:23

Mm-hmm (affirmative). Yeah, I think it's absolutely amazing because that success looks so different for everybody. So yeah, let's do some empowerment talk. Generators, whenever you're excited, everyone else is excited about it, too. When you're really doing what you love, the world is a better place for it because you are so joyful, that joy is radiating, and everyone can feel it. It's such a warm energy to be around. Manifesting Generators are really here to push those boundaries. You do a lot of things, you're going to multitask a lot,

and give yourself permission to do all of the things you want to do. You're actually capable of a lot more than you're giving yourself credit for. Manifesters, you see things differently. You see the future, you have this vision that when you hold back, you're not serving the collective. When you share what's on your mind, even if it doesn't make sense or it isn't kosher. Whatever you want to say, if you're scared to share it, share it anyways because there are people who are literally waiting. Everyone is waiting for you to share those magical things that you see, that vision that you have. Projectors, you have this amazing ability to see people in a deeper level. You go deep, you're really intense. That intensity isn't for everybody and that's a good thing, because not everyone can handle it. You're really here to do that deep work with a select group of people, with a very specific niche of people, and you are going to be an expert once you nail that niche. You're here to really be that go-to expert for whatever it is that you're going to talk about. And then my dear Reflectors, since I do not want you to ever feel neglected or ever feel left out, recognize that space where you are watching and observing and almost feel like you're on the edge of the society, that's actually your superpower. If you felt like you were included in all of the energy, you wouldn't be able to see it the way that you do. And so, that feeling of "Oh, I feel so left out." No, you're very included. And actually, you're in the spotlight because you have so much power. You have so much ability to see us, help us, guide us, and do all of these amazing things with your energy. But you can't do that if you were really in the mix with all of the rest of us who are so focused on the future.

K

Kathrin Zenkina 28:34

Yeah. Can you name some successful Reflectors just off the top of your head? Because for some reason, I'm telling you, people just don't think there's such thing as a successful Reflector, and it drives me insane. So please, let's bust that myth right now.

E

Eden Carpenter 28:47

Yes! So, the three that come to mind: Sandra Bullock is a Reflector. Lauren Everett from The Skinny Confidential. She recently found human design and was like, "I'm a Reflector." I was like, "Yes! I love it."

K

Kathrin Zenkina 28:58

Yeah, she's awesome.

E

Eden Carpenter 29:00

And then The Balanced Blonde on Instagram. Those are all three Reflectors who are doing

amazing things and are doing - Teal Swan, also.

K Kathrin Zenkina 29:08
Oh really?

E Eden Carpenter 29:08
She's a Reflector.

K Kathrin Zenkina 29:09
That's cool.

E Eden Carpenter 29:09
Yeah. And you can see it in the work that she does with relationships and relationship psychology. It's so amazing.

K Kathrin Zenkina 29:18
They are so powerful when they're in their power. It's one of the most limitless types because you can be anything. You have full freedom to explore all of your nine open centers, which means that you can literally be a chameleon in this world and create whatever it is that you want. So, I see Reflectors as one of the most powerful types. I love that. Okay, there's a misconception that we need to bust right now, which is: I had a couple of people - it started even before I remember I got the hit. I responded to your certification, finally. It was right when my launch closed. The cart closed, and all of a sudden, I was like, "Cool, what do I do now?" Because right now, I'm in course creation mode. So, I'm going to be recreating the Manifestation Babe Academy into this whole 16-week course. I'm creating my own big thing, but initially, it's a four-week course and I have four Q&A's. It's pretty easy for me to handle because most of it is pre-recorded and whatever. I was like, "Great, what do I do with my time now, now that the launch is over?" And I was like, "I need to ask Eden if I can still sign up for her certification." And I just got so excited about that. And when I started talking about human design, I had a couple of people - it started first in the DMs, and then I noticed it continuously showed up in the Q&A boxes, which is, "I'm not a Manifester, so how do I manifest?" Or "I'm a Projector and I'm told that I can't manifest." There's this misconception that only certain types can manifest in this world, and I think it gets confusing when we call Manifesters, "manifesters" because then you're under this impression that only Manifesters are able to manifest. So,

can we just bust that myth right now? Can all types manifest, Eden?

E Eden Carpenter 31:00
Yes, all types can manifest.

K Kathrin Zenkina 31:04
Thank you.

E Eden Carpenter 31:04
You, as the Manifestation Babe, who is a Generator, should be living proof of that. But yes, all types are capable of manifesting literally anything that you desire.

K Kathrin Zenkina 31:15
Amazing. I think we should talk about, first, strategy and authority before we get into how the different types do manifest. Can you just talk a little bit about - there's this thing with Projectors being like, "What do you mean, wait for the invitation?" And then Generators are like, "What do you mean, wait to respond?" We think that it means we literally have to sit still, closed off in our houses and apartments, waiting for someone to knock at the door, which that's not how I manifest when I'm in alignment. That's not at all, now that I'm living proof of how Generators manifest. I know that's not how it works, but a lot of people get very confused. Can you just kind of dive in, wherever you want to go? Strategy, authority, how they connect, how you know which one, wherever you want to go with this.

E Eden Carpenter 31:58
Perfect. Let's start with strategy. So, there are five strategies - four. There are four strategies, and there are five types. I guess there are five if you count that Hybrid one, really. So, your strategy is going to be based off of your type. Those are going to kind of correlate. So, all Generators, their strategy is going to be to respond. And I hate the term "wait to respond" or "wait for the invitation" because it implies that you're not responding to something in every moment of every day, when really, you are responding to everything, every moment of every day. So, based off of your type, you're going to have this strategy. This strategy is essentially your go-to action. When you don't know what else to do, you do this, and you're going to find alignment. So, you are confused, you're in your head, you're like thinking about all these different ideas. Maybe you have 10,000 course ideas, and you're like, "I don't know which one to do." You're gonna follow that strategy,

and it's very literally your strategy for success, your strategy for how you're going to get to where you want to go. And so, it really plays into that manifestation process, because your strategy and your authority are actually the "How" of how you manifest. It's that "How" step. It's following that aligned action, and now, these are going to be those tools that you can utilize to actually show you and give you that confidence of "this is exactly how I'm supposed to be taking the action to manifest the thing that I want."

K Kathrin Zenkina 33:15
Hmm, yes.

E Eden Carpenter 33:16
Yeah. So, we can go through them. We have Generators and Manifesting Generators, which are here to respond. And to respond - because you are what we call "sacral beings" - that sacral center is defined in your chart. It's going to either light up or it's going to kind of dim out. I almost think of it as a flame. Does it go really big? Or does it like shrink in "I don't want to do that"? So, what's going to fuel you? Because you literally with that sacral center, you have the energy to do anything. You could do anything, but you're going to either steal an idea that's not actually meant for you, you're going to get into a contract with an idea that's not perfectly designed for you, or you're going to do something because you think you should. And if it's draining your energy, that's really the sign that you're not actually supposed to do it. This energy of "this feels really good, this is exciting, this is satisfying." That's actually your sign that you're in alignment. So, to respond is, "Does this light me up? Does this not light me up?" And so, instead of thinking, "I need to sit on the couch and wait until I see a commercial that tells me what I'm going to do and changes my life," or "I'm going to wait for someone to knock on the door and tell me how to manifest this thing," or "I'm going to wait for it to fall from the sky." Instead of waiting for that, you can respond with "Okay, I'm feeling a little bit confused right now." Ask yourself yes/no questions. Do I need to work out? Do I need to move my body? Should I shower? Do I need to clean up? Do I need to do this? Give yourself things to respond to. Have those little, tiny actions because maybe it's that idea that perfect thing is going to come tomorrow. Maybe it's not going to come right now, but you can still respond to what your body needs right now, what your energy needs right now. Instead of saying "I need to wait for this one big thing" because that strategy isn't necessarily just for your manifestation, it's for taking care of yourself. It's for taking care of your energy. It's for living in alignment, not just getting to where you want to go.

K Kathrin Zenkina 35:08

Hmm, yes.

E

Eden Carpenter 35:09

Yeah. So, ask yourself those yes/no questions. "Do I want to do this?" And wait for that physical response. I almost get - my energy comes up. It's like, "Ooh, that's exciting." You almost sit up straighter.

K

Kathrin Zenkina 35:24

Like this podcast.

E

Eden Carpenter 35:25

Yeah. Like, "Yes! I get to do this podcast interview. It's amazing."

K

Kathrin Zenkina 35:30

And just you guys know, if you're a Generator or a Mani-Gen, and your reaction is "Oh, fuck, I gotta do this thing." You are responding to the wrong thing.

E

Eden Carpenter 35:39

Yeah. If it's, "Oh, I really don't want to do that," it's pushing your energy down. Now, there is a little bit of context without responding because maybe you really have no desire to sit down and record that podcast episode, or you don't have the desire to make that website, or whatever it is. But you really have the desire and it really lights you up to have it done. So, you can use some context there. Say, "Okay, I really don't want to do this, but I really want to have it done." So, you can kind of find the energy to get it done, find the motivation to get it done because that "I really want to have it done" does light you up. So, you can play with the context a little bit there.

K

Kathrin Zenkina 36:17

I totally agree with that. That's the best answer to the question that I get of "Well, what about discipline?" And some things like you don't want to do the dishes, but they have to get done and you feel lit up by a clean kitchen. So yeah, of course, you can obviously kind of push yourself through that and then receive the desired result at the end. Another thing that I've implemented with my strategies, of course, the number one thing that most business owners are afraid of, which is delegation and hiring people. And I can't tell you

how much my team just helps me live according to my design because a lot of things I want - "I want this on the website, I want this made, I want this t-shirt." I want all these things, they light me up, but sitting there on Photoshop and sitting there on - I don't even know what we use for our website anymore, that's how much I've delegated. That's how long I've had a team, now. They've figure their shit out. That's another way for you to be like, "Well, I should be doing the website but maybe I can hire someone to help me so that I get the desired result, but I don't have to live through that process." It's just a couple of different ways of looking at it, depending on what your resources, abilities, capabilities, are, etc. So, I love that you mentioned that.

E

Eden Carpenter 37:37

Yeah, absolutely. To kind of jump off of that a little bit more, it's also if something's really not lighting you up, you can kind of ask yourself, "Yeah, I want this - but do I actually want it? Do I actually need it? What do I think I'm going to get out of it?" Because if what you think you're going to get out of it is probably some sort of nonself theme, like "Well, I need to have this perfect website so that I can prove that I'm a good enough coach." If it's anything like that, you say, "Oh, what I actually want is to prove that I'm a good enough coach, which isn't something I need to generate. That's just something I have naturally because I'm good enough because I decide I am. And so, I don't need to do this perfect website because I actually already have what I want to have."

K

Kathrin Zenkina 38:16

So powerful. Okay, so what about - we did Generators, what about Mani-Gens? Because they're a blend, right? So, how do you how do you blend the Mani and the Gen together with the - what is it? Strategy.

E

Eden Carpenter 38:29

Strategy. So, Manifesting Generators. You'll hear some mixed information based off of whatever resources you're going through. This is from my own personal experience as a Manifesting Generator. We are a subtype of Generator, but we still have that Manifester side of us. So, some people will tell you, "No, you just need to respond. You don't need to initiate. You don't need to inform." I need to inform. If I don't tell my husband what I'm doing, he gets very thrown off. He's like, "You did WHAT?" And so, I need to inform because especially as Mani-Gens, you're gonna respond first. So, my process is, I get an idea, I have a rule of three because I can get inspired by just about anything and jump into things, so I have a rule of three. If it shows up once, I'm going to kind of take a note of it, like "Cool, that's a good idea." If it shows up again, I might highlight it and kind of think of

it as more important. And if it shows up a third time, I'm going to check in with myself and say, "Okay, do I really want to do this? Is this really in alignment for me to do right now?" Yes, no, kind of checking with my strategy to figure that out. As soon as I'm in that process of "Hey, I'm thinking about doing this thing," I start informing. And so, informing is that kind of manifesting energy where you are telling the universe what you're doing. I don't say, "I'm going to do this." I say, "I'm thinking about doing this, but in order for me to do that, I would need this, this, and this, I would need these things to be in alignment. I would need it to look like this if I'm actually going to say 'yes' to this." You can kind of start to inform around "this is what I would need this to look like if I'm actually going to say yes to this" because we are the physical beings doing the actual work for the projects. And therefore, if the universe wants it done, if that idea wants to become physical, it's going to bring you whatever you desire. It's like, "Yes, do anything. I will give you anything just to become a physical idea." So, that's my process. It's kind of waiting for three and then informing the entire way. So, I will tell my husband, "Hey, I'm thinking about doing this." He's like, "Okay, cool." Just keeping you informed. And I will very literally say, "Just to inform you, I'm thinking about this," or "Just to inform you, that thing that I said I was thinking about, I decided to do it. I'm going to do it today." Just to kind of keep people updated because sometimes if I have an idea, maybe it's not actually for me. Maybe it's actually for somebody else, and so I say, "Hey, I'm thinking about doing this thing. It's a really cool idea." It's not actually for me, it kind of fizzles for me. Maybe I've transmitted it to somebody else and given them the idea that they needed. So, that's my process for that blend.



Kathrin Zenkina 41:04

That is powerful. Okay, so Manifesters, they have "Inform," but they also have - what?



Eden Carpenter 41:10

Initiate.



Kathrin Zenkina 41:12

Ooh. This is the thing that gets a lot of people caught up because I think everyone tries to be a Manifester. I know that sometimes I tried to be a Manifester or a Mani-Gen. And I found - I specifically remember this roundtable discussion that I was having with a group of people in a mastermind, and I shared with them a frustration that is hilarious that this is a frustration. You guys ready for this? I was like, "I never have to reach out to other people to be on their podcast, they always reach out to me first. Does that mean that there's something wrong with me? Am I too shy? Should I be reaching out to people? Should I be

initiating conversations?" And they're all looking at me like, "Kathrin, this is a problem, how?" And I realized that, "Wait a second. Ding dong, that's a gift for you." And I find that a lot of my - and this also comes in my 2/4 profile - like the 4 - a lot of opportunities come from my network, and I literally don't have to initiate anything except for the initiations that I'll have within myself, within me and the universe just kind of being like, "Oh, that's exciting. That's a great idea, I would want that. Universe, please give me that." And then I would just wait for the opportunities that would actually come about that, that would light me up. Because I could be like, "I want to be on these big podcasts. I want to be interviewed by these big people. I don't know exactly what that's gonna look like. And so, as people are reaching out to me, I can then be like, "Ooh, this person lights me up, and that one's not really my style." "Ooh, fuck yeah, I want to be on this podcast." And so, it's hilarious that they're like, "How is this a problem, Kathrin?" I do want to mention to anyone who's getting frustrated, bitter, or disappointed that they can't initiate, or that they're not here to initiate that you have whatever your strategy is. That is such a gift for you, and that is going to be the easiest thing for you if you just get out of the way of what traditional manifesting is about, or what society tells you need to do, like "You need to put yourself out there, you need to go out there and knock at that damn door," or whatever those motivational speakers say. So, it's just very interesting. But Manifesters are the type that do need to initiate. So, can you go into what that looks like for a Manifester?



Eden Carpenter 43:24

Yes, so, for Manifesters. essentially all of the marketing and motivational speaking and everything like that is directed towards Manifester. Can you think of Nike? Just do it.



Kathrin Zenkina 43:36

Yeah, just do it.



Eden Carpenter 43:37

Just do it! That is -



Kathrin Zenkina 43:39

Wait, what is the percent of them? Manifesters.



Eden Carpenter 43:41

They're around 9% of the population.



Kathrin Zenkina 43:43

So, all of the whole motivational speaking world is directed at 9% of the world.



Eden Carpenter 43:48

Yeah. Yep.



Kathrin Zenkina 43:50

Interesting. Okay, keep going.



Eden Carpenter 43:52

Yes. So, Manifesters have this really unique cycle. They're going to kind of go through four seasons. And this is something that's going to be much stronger for Manifesters, but it is something that everyone's going to have elements of cycles within their life because we are cyclical beings. We have cyclical nature, there's patterns in everything. So, Manifesters go through essentially this four-season cycle of, "I'm really excited about something. I'm just going to do it. I'm going to initiate it. I'm going to talk about it. People are going to get on board. All of the things that need to get done are going to get done. I'm going to work really hard at this while I have the energy." Then they're going to go through a phase of "Okay, I need to do anything I need to step away from this because I'm done." And so, they initiate the closing of the event - the closing, the handing off, whatever it is. They're going to go into kind of a reflective phase where they're going to go introspect. One of my amazing Manifester friends, she calls it her "inner winter." She says, "I'm just in my inner winter." I love it. So, she's going into her inner winter where she's going to reflect on that. She's going to see what went well, she's going to rest, she's going to recuperate, and then she's going to come back again with this new thing that needs to be birthed, this new direction that the collective needs to go in. So, this initiation and informing is one. Once you make up your mind, once you follow that authority and you make a decision, you move very quickly. And so, the rest of the world might be a little bit confused, might be a little bit thrown off, or kind of ajar with "You did, WHAT?" So, informing. Letting people know what you're up to because as soon as you inform, you say, "Hey, I'm thinking about moving here," one of the people that you've informed says, "Oh, I have a friend there. You can go stay with her. You can look at houses." So, you're saying, "Hey, I'm thinking about doing this." So, the universe around you that's being expressed through the people around you can show you the opportunities and can give you the resources that you need. All you need to do is talk about it. So, one thing I like to tell my Manifesters is overshare. You've been conditioned to keep yourself quiet. You've been conditioned to say that the things

inside of you, those urges that you have, those things that you want to do, "It's not right, you're crazy, you're out of your mind, why can't you be like anybody else?" There might be a lot of pent up anger. When you're informing from an unapologetic space of "I'm doing this no matter what" and you're kind of willing to be met with that rejection that you're so afraid of, you're actually telling the universe, "I am doing this." You're not asking for permission, you're actually informing "I am doing this." And when you inform in that space, when you're informing from that space of power and empowerment, the world around you is going to say, "Awesome, here's what I'm going to give you in order to do that." And that's going to show up through the people that you're going to be informing. And so, informing is, "I'm going to do this" and that is the start of your initiation, the start of you taking the action.

K

Kathrin Zenkina 46:35

I love what you mentioned in the course around Manifesters as children. They're like, "We're gonna go to the beach today!" And the parents are like, "No the hell you're not. Who let you go? You need to ask for permission." And how that can be often a struggle for Manifesters because they're conditioned, by the time they grow up, of "Wait a second, I have no desire to ask for permission, but I'm trained to ask for permission." And so, they really tone themselves down and Manifesters are way too powerful - all of us are way too powerful to be toned down and whatever design is. But I just thought that was so interesting. And so now, as I'm going into this new chapter of life of birthing an actual child, I'm like, "Hmm, if they're Manifesters, I gotta rethink things." I have to be like, "Yes, we're going to the beach today son! Yes, that's exactly what we're doing. Let's go." So, Projectors?

E

Eden Carpenter 47:27

Projectors are here to wait for the invitation. And I think that this is probably the most misunderstood of the different strategies because what the heck is an invitation? What? Am I waiting for something in the mail?

K

Kathrin Zenkina 47:41

I'm still trying to grasp it. Even being in the course, sometimes I go back to the Projector module constantly. I'm like, "I need to figure out these Projectors. What does it mean to wait for the invitation?" So please, go for it.

E

Eden Carpenter 47:52

Absolutely. So, Projectors are very intense. They're very intense. They have this really deep energy. I have a nephew that's a Projector. I was over there recently, and he's like on top of me and wants to be all in. He's intense. And so, sometimes if that intensity comes at you and you're not ready for it, you're like, "Whoa okay, what's going on?" And it ends up being rejection. It ends up being like, "Get off of me. I don't want you near me. Stop touching me," especially for a young child. Because all that child wants is to be included. It has this energy of, "Oh, I want to follow my energy and my energy wants to go deep and wants to be really connected with you." They have this cone-shaped energy. It's penetrating into someone else's aura. They want that deep connection. However, that deep connection needs permission. It needs an invitation because not everyone's available for that. There are some days where maybe if you have a Projector child, you just can't handle being touched that much, like I need some space. So, you can teach them to ask for permission so that when they are invited to show their affection, to show their love, to share their advice, to share what they see, to be intense, you're willing to receive it and you're ready to receive it, instead of them being met with rejection, because they're actually going to get that fulfillment and feel that success when they are fully invited to be in your energy. So, in a more adult standpoint, Projectors are here to help people. You see what everyone is doing wrong. One of the examples that I use is a Generator, if they're putting together some IKEA furniture, they're putting the pieces together and doing things. Another Generator coming by, "Here, let me help you. We can figure it out together." A Projector is going to look at them. They're kind of standing back and they're going to say, "Read the directions." And they're going to read the directions. They come in and they say, "You're doing that wrong." And, of course, if somebody says, "you're doing that wrong," we get offensive. "No, I'm not." Because there's that shame of, "No, you see me, you see I'm doing it wrong, you see the right thing, and we feel judged, we feel called out, we start to feel unsafe" is what happens. So, instead of saying, "You're doing that wrong," which is something that we see very commonly in business. In the whole business coaching industry, we have these coaches who are calling other people out. They say, "You're doing this wrong, you're doing this wrong, you're doing this wrong." It's so negative. That doesn't make people feel safe. And so, Projectors, really what it is, it's not necessarily waiting for an invitation. Make people feel safe to take your advice. Make people feel safe enough to invite you in, to show themselves to you, to be vulnerable with you so that you can actually help them. Not everyone's ready for that. Not everyone is ready for the amount of transformation that Projectors can provide. And it's a waste of your time and it's a waste of your energy to try and convince people. And so, you get to almost be this "I'm a servant of the universe, I'm going to help whoever is ready to help me, and their intuition is going to guide them to me. I'm going to focus on doing what I'm really good at, I'm going to focus on being who I am, I'm going to focus on taking care of my energy, and then whenever you're ready, whenever you want my attention, whenever you want my affection whenever you want all of the wisdom that I have inside of me, you're going to

call on me." So, back to that kind of example - you're going to sit there with your instruction manual, and when that person is frustrated enough to come ask for help, they're going to ask for help, and they're not going to feel like you called them out.

K

Kathrin Zenkina 51:23

Yeah, I love that. I love that you mentioned how Projectors are designed - that the way that the universe designed Projectors is so that their energy is protected. Because they are so powerful. They don't have a sacral center defined so they can exhaust themselves trying to help people that don't want to be helped. And oftentimes, the difference between solicited advice and unsolicited advice, Projectors, if they're not waiting for the invitation, they can be looked at as - their advice could be golden, amazing, incredible, and awesome - but if it comes unsolicited in your DM inbox, it can be seen as "I'm just nitpicking at whatever it is that you're saying or doing, or how you're showing up," versus being like, "Hey, what do you think of this? Can I get your guidance around this? Or can I ask you a question?" Or even if I have some Projector friends - really, really amazing, powerful people - and I noticed that they always say, "Hey, can I offer a suggestion? Can I offer another way of looking at this?" And every time we're like, "Yes" because we know what's going to come out of their mouths is genius. We know that. And so, of course. But we have to prepare ourselves to want to receive that, otherwise it's going to be taken the wrong way. So, that's a really empowering way of looking at it. The universe designed you this way to protect your energy because you are that powerful, which I love. One of the questions that's come up a lot is can Projectors create their own invitations? Do they always have to wait for someone to show up and be like, "Hey, I see you have the instruction manual, can I have it?" Can they put themselves in situations or can they manifest scenarios where they don't have to constantly wait? Specifically, what this reminds me of is Projectors on social media. It's not like they're waiting for someone to ask them to post. They have to make the post and put themselves out there. So, how do they interact waiting for an invitation?

E

Eden Carpenter 53:24

Yeah, absolutely. So, there are two things that I'm going to talk about, here. The first one is you can ask for an invitation. If you're not sure - I mean, going back to that putting a piece of furniture together, you can say, "Do you want some help with this? Or do you want to try and figure it out on your own?" "Do you want my opinion? Do you not want it?" Because that's very easily like, "No, I'm good. I don't want your opinion." If you're really in that Generator frustration of "No, I'm gonna figure this out." So, you can ask for it. You can say, "Hey, do you mind if I offer some feedback, here? Would you be willing to listen to my opinion on this? Do you want some outside feedback? Do you want an outside

perspective?" So, you can very easily ask for it, and then that gives people the opportunity to say, "Oh, am I ready for this? Am I not ready for this?" And so, that's a very easy way to really clarify the invitation and make sure that you're getting the invitation from your clients, your audience, or whatever it is. The other one, especially when it comes to social media, instead of calling out the problem, offer the solution. So, instead of saying "You're not listening to your intuition," you can empower the behavior that you want people to see because essentially, you're guiding them, and that's the whole point. You want to make sure that people feel safe being guided by you. So, instead of saying "you're not listening to your intuition," you can make something else that says, "I'm just a girl who listens to my intuition instead of the opinions of others." And so, you're empowering the behavior that you want your clients to be in because they're going to experience that transformation. They're going to have that reminder of "Yes, you see me. That IS actually who I am. This thing that I'm struggling with where I'm not listening to intuition, no. I'm gonna listen to my intuition." And that's going to be met so much better than "you're not listening to your intuition."

K

Kathrin Zenkina 55:06

Yeah, I love that. Okay, so now the strategy of the Reflector. What does that look like?

E

Eden Carpenter 55:13

Yes. So, traditionally, the strategy for Reflectors says wait 28 days... and we're like, "What?" So, because Reflectors are open in all of their centers, their energy is very sensitive to who they're around, their environment, and the transits. So, the transit is essentially the energetic weather. What's going on today? What influences are you under? So, how I like to teach Reflectors, instead of just saying, "Oh, just wait 28 days," I say "just wait a month." Yeah, just wait a month. Don't know what to wear to this wedding next week? Wait a month. That's part of the challenge. So instead, I really like to have Reflectors recognize the influence that they're under. So, start to get in tune with the cycle. Start to get in tune with your nature. Start to get in tune with how the lunar cycle affects you. There are amazing resources on Genetic Matrix and Jovian Archive that show you the chart for today. So, it literally shows you "Here's the energetic influence that you're under. This is going on for you." And so, you can recognize, like today, you might have your sacral center defined. You might feel like a Manifesting Generator. You're gonna say, "I'm a Manifesting Generator, I could do all the things!" You're gonna say yes to 20 different projects, you're gonna say yes to all of these different things, and then tomorrow or maybe in a week, once you're halfway through, you're gonna be like, "Oh my God, why did I say yes to this? What came over me?" So, instead of waiting 28 days to really make decisions - yes, that's going to be a little bit more for those big decisions, like you're supposed to wait 28 days.

Actually, give yourself that time and space. But really, it's just recognizing what influences you're under, because the 28 days is essentially going to make sure that you are under a different influence at the end of the 28 days than you are at the beginning. And that's going to say, "These particular gates, these particular transits affected me this way. Now that I'm no longer under that influence, I feel like this instead and this feels a lot more true to me than whatever I was feeling in the beginning." So, my advice for Reflectors is to actually get in tune with what energy you're under, recognize how people affect you, recognize how places affect you. That's going to be very important because where you are is going to affect you, and the people you're around are going to affect you. So, if you're around certain people, and you say "yes" to everything, and then you get home and you say, "I don't feel good," recognize that pattern and say, "Hey, let me wait till I get home. Give me a day to feel this through and think about it." You don't need to ask for a full month. Or you can say something like - if it's an event in two weeks - say, "Hey, it feels really good right now. Let me check back in with you closer to the event." So, just giving yourself time to be under different energy when you're thinking about the things you're thinking about.

K

Kathrin Zenkina 55:46

Eat, pick out your clothes. Is tracking things with the moon helpful for Reflectors? Because the lunar cycle is 28 days, which Reflectors are lunar beings. So, could you look and be like, "Oh, it's the new moon and the full moon" and kind of base -? I also recommend just in general stuff. When I do things around my menstrual cycle, I've learned, "Listen, I'm not doing jack shit this week." I'm doing a lot this week. And I've pretty much planned a lot of my launches, a lot of my podcasts, recordings and all that stuff around that, and that's been so helpful for me. So, I can see that also being helpful for Reflectors on a whole other level. And then also, for anyone who doesn't have a menstrual cycle, you could use the moon because that's the recommendation for people who are not menstruating or in menopause or whatever and want to get into that energy. Well, you can do it with the moon, because we all sync up somehow with the moon.

E

Eden Carpenter 59:02

Yeah, absolutely. So, if you aren't ready to dive into learning all of the different gates and design and figuring out all of the things, start to just recognize how you feel around the new moon and how you feel around the full moon. Very basic, very simple, because you're getting those polar opposites and then recognize, does your energy kind of amp up? Does it kind of slow down? Recognizing those ebbs and flows. I highly recommend a journal to kind of track this stuff, or some sort of planner. I know the Magic of I planner does have those lunar cycles within it, and that's a really good resource that you can track your

cycles to see how you're feeling and recognize those patterns.

K

Kathrin Zenkina 59:39

Can you just briefly go over - you've mentioned "nonsel" a couple of times. For anybody who is like, "Nonsel? What are you talking about?" Can you talk a little bit about the signature and theonsel for each type?

E

Eden Carpenter 59:50

Yes, absolutely. So, every type has aonsel theme, which is essentially, "Hey, you're doing something that's out of integrity." And then we have a signature which is essentially the energy that says, "Yes! you're doing it right. You're doing everything right. Here's your confirmation, just letting you know you're on track." So, we have the Generators. If you think about what they're here to do, you can recognize the shadow or thatonsel theme and that signature in each of these. So, Generators and Mani-Gens, you're supposed to do the work. You're here to take action. And so, if you're taking action and it's not working, you're gonna get frustrated. "I'm doing the things! I am doing my part, why am I not getting the results that I want?" So, maybe it's "I'm posting every day, I'm doing Reels, I'm doing this. Why is it not working?" So, that's where you can recognize, "Okay, what am I actually doing here? Because I probably didn't respond to something correctly, I probably didn't wait for the invitation, I probably didn't do something right." So, recognize that pattern, fix it, show up differently, actually respond, actually do what you're here to do. And then the signature is that sign that says, "Yes, you're doing everything correctly," and that's gonna be satisfaction. And so, for Generators and Manifesting Generators, when you are working on something and you're just like, "That feels so good, I'm so satisfied," that's essentially "I'm putting in the work and it's turning out really, really well." It's like that post idea that's writing itself, and that course creation that's just flowing really naturally. It's happening on its own, and you're kind of just letting it happen. You're in flow, and you're really satisfied. The end result is amazing. So, those are our Generators and Manifesting-Generators. For Manifester and Mani-Gens - because again, that hybrid type - it's gonna be peace and anger. So, anger is essentially "I'm telling people all of the things, I'm informing people, I'm trying to get this started, and they don't see it my way." So, it's this anger at other people for not being open to their ideas, for telling them that it's unrealistic. I really think of this rebellious teenager energy of "I'm just mad at the world. They don't get me, no one gets me, I'm different." It can also be self-directed of, "Why am I the way that I am? Why am I not like everybody else? Why do I not enjoy doing the things like everybody else?" It can be self-directed as well. And so, there's this anger, "I'm really mad, things are not going the way that I want them to go." And then on the flipside of that, we have peace. And so, peace is "everything is flowing, everything's working out, this

vision that I had is actually being fulfilled, it's flowing naturally. Everyone is supporting me." There's this peace that you have. So, if you're feeling angry, what can you inform around? Where's the source of anger? Likely you're trying to show up in that Generator energy - that's usually the theme for our Manifesters, that they're trying to do too much and they're angry that they don't have the energy to get everything done. So, having them scaled back, it's called a nonself theme because you're showing up an energy that's not yours. You're trying to be somebody who's not you. So, in that signature is yes, you're doing everything in alignment, you're really being yourself. Then we have Projectors, and we have bitterness and success. So, bitterness is, again, you're doing what you're supposed to do, which is sharing your advice and you're bitter because no one wants it. You're trying to help people and they don't want the answers. You're giving them the answers and they're not taking it. And then you get bitter. You're like, "I have the answers, I could help you, and you're not letting me help you. Why won't you let me help you?" So, you get this bitterness towards "I've tried. I tried. You're not listening to me. There is no point." And then that success or that recognition is a very similar theme that you're going to see. When you feel successful, you recognize that people are coming to you. People are coming to you. They're asking for your advice. They're taking your advice. It's working out really well for them. They're getting amazing results from the things that they are doing, from the advice that you're giving. You feel successful because you're getting this feedback that says "Thank you, the advice that you gave me is working. I want your advice." You're getting that feedback that says, "Here's an invitation. I see that you're powerful. I see you have the answers. Please help me." And you feel successful because it's almost as vicarious success, you get to give your advice, you get to do your part, and you get to watch that person fulfill their dreams, be satisfied, be successful, and doing whatever it is they're doing, but you played a part in it. And so, that's kind of this satisfaction for the Projector which is gonna be that successful feeling

K

Kathrin Zenkina 1:04:18

That's funny because sometimes when I talk about things - like when I read for other people's Human Design that isn't mine, I always relate it somehow to "and that feels satisfying." And I'm like, "Wait a second. To me, it feels satisfying." So, I love that.

E

Eden Carpenter 1:04:35

Who is this satisfaction for? For Projectors! Because yeah, just tapping into that feeling, I'm like, "Oh, that would feel really satisfying." Yeah, that's the initial reaction.

K

Kathrin Zenkina 1:04:48

So, Reflectors?

E

Eden Carpenter 1:04:49

Yes, then we have Reflectors. Reflectors are very - we've talked about they're kind of on the outside of society and they're working through other people. They're living through other people and very often they're reflecting that energy. So, because they're these karmic mirrors, they're almost this early warning system where they see these systems. They see this cycle. They see this pattern. They're like "this bad thing is gonna happen if you don't do this. That thing is gonna happen if you don't do this." So, they live in this energy of anticipation because they see that one step further, they see that if this pattern continues, this is what's going to happen. If this little tweak happens, then it'll go this direction. So, they're living in that anticipation to see that end result from other people. So, we're gonna have disappointment, which is essentially, "I warned you, and it turned out just as bad as I expected, I'm really disappointed that no one took my advice. I'm disappointed that no one heeded my warnings. I'm disappointed in society, because I know you're capable of more than this" is essentially that feeling of this is worse than I expected. Then we have the signature of surprise. And surprise is this pleasant surprise of "Oh my God, you did it! You did it, you changed the pattern, you change the collective energy, you did this amazing thing. I'm so surprised, and it turned out really, really well." So, we've got that anticipation energy, because they're always looking at these patterns. "If this doesn't happen, that's gonna happen. If this happens, that's going to happen." So, connecting those dots to the future. So, we have that energy of surprise, where you did what you did, which is where you gave those early warning systems, you shared those signs, you shared your insight, you helped people correct those patterns, you helped a collective change their patterns, and you're surprised that, one, they did it, two, it worked out so well, and three, you're being appreciated so much for your role in that collective experience. Hmm. This like signature nonself theme has been so crucial to my daily check-ins, or even moment-by-moment check-ins around things in my business, my relationship, with working out, with eating - everything. I'm always checking in with "is this satisfying to me? Or is this frustrating to me?" Anytime I feel frustration - and it's so funny because my husband, I didn't know he was a Sacral Generator like me, and our entire relationship, anytime he gets upset, the number one word that comes out of his mouth is always, "Ugh, so frustrated! This is so frustrating. That's frustrating." It's always been frustration, and then when I learned about the nonself theme of Generators, I'm like, "Oh yeah, this makes sense. You're a sacral generator, okay." And it's just been so helpful just knowing. I am so grateful to the universe for giving me these red flags of frustration and these green lights of satisfaction because I always know it's like being on the GPS of life. As I'm going down the street, I know that I'm still on the right street, and then if I feel frustration that I took a wrong turn and knowing that you're not stuck anywhere - it's not like you have to feel

frustrated for the rest of your life, but you have to course correct otherwise, you're going to keep going deeper and deeper into that nonself being. So that's really powerful stuff and Eden, honestly, I can talk to you forever. I have so many questions and so does the audience, but there is one more thing that we haven't talked about that I would love to briefly talk about, which is the authorities. Because I find that you guys asked a lot of very specific questions. And one thing, learning from Eden and being in this course, I learned that we don't have to know all of the things. You don't need to know every single gate and every single channel. In fact, I don't yet know every single gate and channel, and I've been able to apply Human Design to my life in such powerful ways. There are three things that I think make the biggest difference, which is type, strategy, and authority. So, if we can just talk about authority. Briefly share what authority is, and the different authorities so that people can actually leave this episode with actionable steps, like, "Oh, I can actually apply this. This is incredible," just from those three things. So, what is authority? And what are the different authorities? Yes. So, there are seven different authorities. Authority is how you make decisions. That's your decision-making process. And so, if you start applying your authority to small things, like "What do I want to eat today? And do I want to wear this shirt or this shirt today?" You can start to make decisions in a way where you're learning to trust yourself, when there's no consequences. If there's big consequences, we're going to get into our heads and say, "Oh, my God, is this the right thing?" And you're gonna weigh those pros and cons, which - here's just a fun little tidbit - the mind is never the authority. Even for mental Projectors, still not the authority. So, we have these specific centers that we're here to listen to that literally their job for you in your energy is to give you the most aligned decision, to help you make the most aligned decisions. I call them the energetic representative of your soul. They're the alignment police, essentially. They're going to make sure that you are on track and doing the things that you're wanting to do.

K

Kathrin Zenkina 1:09:47

And just so you guys know, this is everything that you can find in your chart. So, you can pull up your chart right now. Don't worry about all the pretty colors, the numbers, the planets, and all that stuff. Just look at your type, your strategy, and authority, and you will have this practical application that you could use. So yeah, let's go into the authorities.

E

Eden Carpenter 1:10:11

The most common and the kind of top of that hierarchy is the emotional authority. Around 50% of the population has this emotional authority - this is me included - and we need to feel things through. And so, essentially, I need to feel into all of the different options before I can figure something out. So, if someone asks you - we'll use ""Where do you want to go for dinner?" We'll use that as our continuous example, here.



Kathrin Zenkina 1:10:32

Yeah, love it.



Eden Carpenter 1:10:33

So, emotional authorities. "Where do you want to go to dinner?" "Hmm, I don't know. Let me feel it through. What are my options?" You need options. You can say, "Do I want Chinese? Do I want to go for Mexican food? Do I want tacos tonight? Do I want this? Do I want a style?" You can kind of feel into your different options. And so as soon as you can feel into your options - my husband makes fun of me because it's almost like I change my mind three times. He's like, "So, you want this?" I'm like, "Yeah, this sounds really good. Ooh, wait, no. This sounds good. Actually, no. This one. This one's good. This is where I want to go for dinner." So, you got to feel through those decisions. For small decisions, like what do you want for dinner, it's not gonna take you that long. Kind of lean back and forth into your different options. If it's a big decision, you actually want to ride your full emotional wave, which can take a couple of days. So, my motto is, when in doubt, wait it out. If I'm feeling confused, if I don't know the answer, I'm not making a decision. It'll figure itself out. I'll figure out the answer, eventually. It'll come to me at some point. You can kind of wait it out until you have that moment of clarity once you've gone through all of the highs and all of the lows of what are the potentials to make this decision. So, those are our emotional authorities. Then we have sacral authorities, which are only going to be Generators and Manifesting Generators. They're going to have this yes/no feeling. And so, it's a very visceral, very in-your-gut decision of "this lights me up, this doesn't light me up." And so, it's this yes/no thing. And so, whatever you're doing, you want to ask yourself yes or no questions so that you can actually respond. So, Kathrin, you're a sacral authority. If I said, "Where do you want to go for dinner?" You're like -



Kathrin Zenkina 1:12:06

I taught my husband this for the first time this weekend. We were deciding on different restaurants or whatever we were deciding on. I was like, "Brennan, you cannot ask me where I want to eat. You say, 'Do you want sushi?' And then I say yes or no." And it's funny because we're both sacral authorities, but it's just very interesting how he has more of a connection. You can throw different options at him and he kind of feels into it and will really quickly be like, "That lights me up." But for me, I'm just like, "They all light me up. Just ask me yes or no questions." And then it worked! Within two seconds, we figured out where we're gonna go for dinner because I'm like, "Yes, I want sushi. That sounds amazing." And I find myself all the time saying, "M-hmm (affirmative), mm-mmm (negative)." My whole life, I'm just the m-hmm (affirmative), mm-mmm (negative) girl, which is so fascinating because that's the voice of the sacral.

E

Eden Carpenter 1:13:06

Mm-hmm. Cause you're both - uh-huh. Yes, yeah. It does make those sacral sounds of like, "Mmm, mmm." And so, if you look at children with sacral centers defined, or even just sacral authorities, they tend to make a lot of gut sounds. Like what are you doing? Like, "mmm," or "ugh, that does not feel good." So yeah, it's a lot of sounds. But I love that you had that example. Like, "No, ask me yes/no questions." ...and it worked!

K

Kathrin Zenkina 1:13:34

It does, it does.

E

Eden Carpenter 1:13:36

Okay, so moving on to splenic authorities. When we're moving into splenic authorities, we're really narrowing down the population to only or nonsacral beings. Around 30% of the population from here on out. When you have a splenic authority, you're either gonna be a Manifester, or you're going to be a Projector. And so, the splenic intuition is very intuitive. It's this very deep, it's the oldest awareness center. And so essentially, it's this, "what's correct for me? what do I know is healthy for me?" And so, for this particular center, you're really going to need to get quiet. What I suggest for anybody who's not a sacral, or an emotional authority is to get away from other people while you're making these decisions. Because if they are higher in the hierarchy, essentially, you don't want to make a decision in my energy because my emotions are going to cloud your ability to make a decision and your ability to hear that aha, na-ah sound. So, give yourself some space. I mean, that's going to be a little bit different because yours is probably a little bit stronger. But for our Manifesters and our Projectors, it is going to be pretty loud, energetically, sometimes. So, you're around other people, you're picking up on a lot of their energy. Give yourself some time. Maybe step away to the restroom, anything like that. But the splenic center is designed to kind of know in the moment. So, kind of calm yourself down getting into your body and say, "What do I know for sure? Is this healthy for me or not?" Those are going to be questions that are going to allow yourself - allow your splenic center - to really speak to you and say, "This is what you need to do." And so, it's kind of this, "I know what to do and I don't know why I know it. I don't know how I know it. Just trust that. It's correct."

K

Kathrin Zenkina 1:15:14

I know a Splenic Projector who very easily gets affected health-wise by being out of

alignment. If she makes decisions based off of what everyone else wants to do, immediately, something will flare up and she instantly gets sick. It's right away. Stomachache, cramps, migraine, something comes up, and I'm like, "Oh my God, it's the thing. Girl, you need to start asking yourself 'What is healthy for me?' Because that's so connected. It's so connected to your health." And I love that question. And I share that with her, and she immediately went, "Oh my God, yeah, you're right. I need to start asking myself what is healthy for me." And then I told her, "You know in the moment. You need to step outside when we're together in a group. You need to literally go to the bedroom or outside and just be there by yourself and really listen to that Splenic Center."

E

Eden Carpenter 1:16:02

Yeah, I love that. Yes, it is so related to that physical - it's the physical awareness center. So, you're literally asking your body "what's healthy for my body right now?" That's where this question is coming from, so of course, health things are going to come up when you are not living in alignment with a Splenic authority. I love that. Amazing. Okay, so the next one is going to be the Ego Center. So, our ego authorities. We have Ego Projectors, and we have Ego Manifesters. And so, the Ego Center gets a - I feel like Ego in general has this bad rep of "Oh, it's gonna pull me out of my own self. It's selfish." All of these things. The Ego Center is desire driven. And so, the question that you need to ask yourself is very clearly, "What do I want? What do I desire? What is the most selfish thing that I can do in this situation?" Because the most selfish thing, if everyone's talking about how they want pizza, and you're like, "No, I really want to go to this particular restaurant, I really want sushi." You can say, "I really want sushi. So, if you guys are gonna get pizza, I'm still gonna get sushi." And everyone else will be like, "Oh yeah, sushi is a great idea. Let's do that." Whatever it is, asking, "What do you really want?" Your desires are connected to the universe. The things that you want are the things that the collective wants. And so, by denying yourself your desires, which is very literally screaming at you "I want this!" which is the universe screaming through you, "I want this! I want this outcome. I want this thing to happen." You are denying what the universe wants if you say no, if you kind of shove that down and let the group decide, and you are not allowing yourself to be selfish. So, let yourself be selfish. Let yourself go after the things that you want. Let yourself say, "This is what I want. I don't really care what you want."

K

Kathrin Zenkina 1:17:43

Yeah. I love your explanation of this. Especially in the course, you're the one who taught me this, which is if you're an ego authority, or even generally speaking, what is for the highest good of you at one is for the highest good of all involved, because we live in a win-win-win universe. The universe will never put a desire on your heart - which the Ego

Center is also the Heart Center - will never put a desire on your heart if it's going to destroy someone else, if it's going to be a negative thing for someone else. It's in the Heart/Ego Center for a reason. It's a desire for a reason because it is something that is genuinely going to make the world a better place, not just for you because you got your damn sushi, but for everyone else because they got their damn sushi too that they didn't even know that they wanted.

E

Eden Carpenter 1:18:33

Yes, yeah. I mean, it just doesn't make sense that what's aligned for you would throw a wrench in the plans of everyone else and ruin things. We make it feel like that sometimes, where I want this thing, but it's going to - "this person is going to be disappointed, and that person is going to be out -" if you're quitting a job, "they're going to be out an employee." You're making it all about everyone else, when really, if that's what you want, that's going to be what's aligned for everyone. There's no way that it's not.

K

Kathrin Zenkina 1:19:00

I'm not an Ego authority, but an example that comes up to mind of Ego examples where this is so true, is when I ended my relationship with my ex. He was happy in a relationship, but I wasn't. By me ending it, you could say that I broke his heart, destroyed his life and all these things. But he was able to find his soulmate. And so, by me staying in that relationship and doing what's incorrect for me, I'm also preventing him from finding his true soulmate. And by me ending things, even though it seems like in the moment it's going to throw a wrench in someone else's alignment, plans, or whatever, actually, it's just that they don't know that it's a thing that's going to lead them to their biggest dreams, their soulmate, or whatever it is that they want for themselves. So, even when it seems like that in the moment or you think like that in the moment, just know that a true honest desire is not going to do that. So, I love that. I love that you shared that.

E

Eden Carpenter 1:20:01

Good. Yeah, I love it too. So, now we have Self-projected Projectors. And so, Self-projected Projectors is where you're making your decisions from that Identity Center or that G Center. So, very clearly, what you need to be asking is, "Does this feel like me?" And so, what your authority is you gotta just do you. Do you, not thinking about what anybody else is doing. You don't need to compare yourself. You don't need to process. You don't need to do anything with anybody else. You don't need to run it by anyone else. You're very here to do what is best for you. And so, it's not as "this is what I desire." It's more of "this is just me. This is an expression of me. This is who I am." And so, you're projecting

yourself through your identity and through your decisions. And so, making sure that - you can even ask the question of "Am I the type of person who makes this decision? Am I the type of person who makes this decision?" And you can kind of see which ones feel the best for you, but it's really about your identity and who you want to be. We know an amazing Self-projected Projector, a friend of both of us.

K

Kathrin Zenkina 1:21:06

I literally am thinking of her right now. Her name is Lauren, if you guys didn't know who we're talking about. She bought a sweater when we were together that came in the mail when we were in Sedona. She kept asking everyone else - or hat, or sweater, whatever - she was asking everyone else, "Do we like it? Should she keep it?" And I literally said, "Lauren, you're a Self-projected Projector. You need to ask yourself, 'Does this sweater feel like me? Am I the type of person who would wear this hat?'" And she immediately was like, "Yeah, I am the type of person to wear this hat." And I went like, "There you go." She's like, "Wow, magic." Yes, it is. It's very magical, especially once they have that permission to just do them. Because, again, at this point, we're dealing with Projectors who have that "I just want to fit in with everybody else. I just want to be accepted." There's this bitterness energy that they might be carrying. They're waiting for that invitation. So, sometimes when you're asking, "Do you like this? Do you like this? Do you like this?" You're looking for that invitation of "is it safe for me to like this?" And so, that's a pattern that can show up there, for sure, especially with so many centers undefined at that point. Yeah, that makes so much sense. And then the next is Mental, right? Mental.

E

Eden Carpenter 1:22:18

Yes. So, we have Mental Projectors. And so, this environment authority is going to be probably what it's gonna say on your chart if you are a Mental Projector, or it might say Sounding Board Authority. It also might say No Inner Authority. So, depending on where you get your chart, but if you have a couple of centers at the very top that are colored and everything else is white, you're a Mental Projector.

K

Kathrin Zenkina 1:22:42

Mm-hmm (affirmative).

E

Eden Carpenter 1:22:43

So, as a Mental Projector, your mind is defined, and then everything else is open. Maybe your mind, your eyes down, and your throat. So, maybe two to three centers, here. And so,

really, we don't want our mind to make this decision. So, what we're going to do is we're going to put you in an environment that feels really good to you, and I want you to talk it out. I want you to very clearly bounce it off of somebody else, someone who is safe, someone who you trust, someone who's not going to try and give you the answers, but is going to give you the space to just talk it out, bounce your ideas off of them, talk at them, not to them, so that you can pick up on a kind of sense. What does this decision feel like outside of me? Because that's where most of your energy is, it's undefined. So, you can kind of sense what does this decision feel like and you're not in your head making the decision. So, I worked with a Mental Projector for several months, and that was the primary conversation - those are the conversations we had. She would talk at me in that safe space, that safe container that we were working in, so she could figure out what she actually wanted. And so, every once in a while, I would kind of guide her back to the conversation, the specific thing that she was trying to decide on, but it's really just giving her the space to hear it. Giving her the space to talk about it out loud. So, where you are is very important. If you like Zoom calls, if you want to be out in a restaurant, if you need to be in your living room, wherever it is, make sure you're in an environment that feels really good to you and then talking to a person who is very trustworthy and who honors your process. That's going to be important.

K Kathrin Zenkina 1:24:16
Love that. And the last authority is... remind me?

E Eden Carpenter 1:24:20
We have Reflectors, again. So, it's the Lunar Authority.

K Kathrin Zenkina 1:24:23
Lunar, okay. I was gonna say - so, Mental, you can say No Authority, right? No Inner Authority? Okay, because someone asked that and I immediately thought it was Reflector, but now that I remember, yeah, it's Mental. And then the Reflectors have Lunar Authority. So, what is Lunar Authority?

E Eden Carpenter 1:24:37
So, the Lunar Authority is essentially connecting back to that - it's a very similar strategy and authority for Reflectors. What's going on with the moon? What's going on around you? What energy are you influenced by? So, the authority is, again, that waiting 28 days to figure it out, because all of your centers, every single time you make a decision, you're

hearing nine new voices, essentially. You've got nine people who don't know your mission, don't know who you are. Nine voices who are confused about what's going on, trying to make a decision that's in alignment for you. And it can get very loud and very confusing. So, you want to kind of notice the themes. You want to notice "Does this feel good? Does this not feel good? Am I into this? Am I not into this? Am I hearing this weird voice that sounds really crazy?" Look for that surprise because you're in that energy of anticipation, look for that surprise. Look for that disappointment. Are you disappointed that you have to do this? Are you disappointed that you have to go to this event? If you're disappointed about possibly going to an event, please don't go. Just don't go.

K Kathrin Zenkina 1:25:41
Just don't go.

E Eden Carpenter 1:25:42
Yeah. So, recognize what the anticipation and energy is, and then giving yourself enough time. Also, giving yourself the permission to change your mind later on. I think everybody needs that permission slip. If something was a "yes" yesterday, it's okay if it's a "no" today.

K Kathrin Zenkina 1:25:58
Amen to that. Oh my god, Eden, I can talk to you for literally hours. I know that the DMs are gonna go off because there's so much goodness here for every single person. I know everyone can find their golden nuggets in here. We talked about type, strategy, and authority. You've been so generous with all the explanations. It's been so amazing talking all about this. You guys, tag us on Instagram. Take a screenshot right now, tag us on Instagram at @IntuitionLifestyle and @ManifestationBabe, and let us know what your type, strategy, and authority is, and what your biggest nugget and takeaway from this episode was. I would love to see those, and I know Eden would, too. Eden, where else can we find you, hang out with you, work with you, sign up for your certification, if that's what floats our boats and brings us satisfaction and peace and success? Where can we find all the things?

E Eden Carpenter 1:26:53
Yes, so I primarily hang out on Instagram. That is really the only place that I hang out, on Instagram, then in my certification program.



Kathrin Zenkina 1:27:02

Her Instagram is amazing, you guys. Go follow it. Oh my god.



Eden Carpenter 1:27:07

Thank you! Yeah, so it is @IntuitionLifestyle, and then the link in my bio there will lead you to - you can get on the waitlist for my certification. It will be opening again, next month in January. I'm very excited for that. And then you can get - I have a bunch of different courses and something I actually released the other day. I think it was yesterday.... Yeah, today's Wednesday. It was yesterday. If you're interested in really learning about your type, strategy, and authority, I made a free five-day challenge, so you can get emails sent directly to your inbox. I wrote over 20 pages of information about really going into your type, your strategy, your signature, your nonself theme, and your authority. So, you have an email every day and a specific challenge that's very actionable. So, it is actually playing with your authority, actually playing with your signature so you can start working with this instead of just cooling all this information. Because I think one of the biggest problems was you learn all this stuff, and you're like, "What do I do with this?" So, it's a fun challenge and that is linked in the bio of my Instagram.



Kathrin Zenkina 1:28:06

That's awesome. Is that a challenge that's always available? Or is there a certain timeframe? Okay, always available.



Everyday. It's just gonna be there.



Kathrin Zenkina 1:28:13

Yay! That is so exciting. Eden, I just wanted to thank you so much for coming on here and talking with me for a whole almost 90 minutes. We could have gone so much deeper. I don't even think I got into any of the more specific questions. But you know what, there's always an opportunity for part two if that's what brings you satisfaction. We can talk about that later. But anyway, I just want to thank you so much for bringing your light into the world and for bringing your perspective to Human Design. It's been very eye opening, empowering, and exciting. It's been a game changer for me, and I know it's going to be a game changer for a lot of people listening to this episode. So, thank you so much.



Eden Carpenter 1:28:53

I want to say thank you so much for having me. This has been a really fun and very satisfying conversation.



Kathrin Zenkina 1:28:58

Yes, all the satisfaction! Alright guys, to everybody listening, I will catch you in the next episode. Mwah! Bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by following @ManifestationBabe or visiting my website at ManifestationBabe.com. I love and adore you so much, and can't wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.