

HOW TO SUSTAIN YOUR RESOURCE

depending on Genetic Type
in HUMAN DESIGN

Tayna Potyomkina



Human Design is a system of knowledge that shows your potential for uniqueness and gives the practical tools to fulfill it. It teaches how to love yourself, free from illusions, mental fears and attempts to become someone else.

To know your Genetic Type, make your Rave-Chart via the link below:

https://jovianarchive.com/get_your_chart

<https://mybodygraph.com/>

Content

Acquaintance	3
Introduction	4
How to sustain your resource if you are	
▶ Generator	6
▶ Projector	8
▶ Manifestor	10
▶ Reflector	12

Hello, my name is Tayna Potyomkina.

I am a practitioner of the Human Design system, that describes the connection between genetic code and human behavior, and helps to find where we are losing resources.



Since 2009 I have been practicing living my Design and have lots of discoveries about me and others. I know from my own experience what life feels like when you are devoid of your inherent energy - it feels like suffering. But we can live without suffering.

Since 2013, as a Guide, I am privileged to have helped hundreds of people from 12 countries rediscover how to live their true nature.

Introduction

We are all unique.

We are designed differently, so our bodies work differently, which is revealed in completely different attributes, approaches, reactions.

Nevertheless, social propaganda imposes the same set of patterns, norms of behavior that people must conform so that they were accepted, appreciated, respected.



As a small child, receiving such guidelines, we accept it by faith, and, one way or another, try to comply. With what intensity and for how long we can bear it depends on our inherent properties (design).

But at some point in our lives, we discover that we are running out of resources. Burnouts can happen in early school years, or after the birth of children, and they are so common in the very midst of adult life.

Options vary, but it is all about the same: in some situations there is energy, inspiration, resource - just like that. In other situations, no matter what we think about it, we suffer from lack of energy, resource, inspiration.

In order to know where to find your resource and how to be in the give-and-take balance, you need to understand how your body works.

We are all very different, but people can be divided into 4 Genetic Types, depending on what energy is consistent, and how it works in the body of each particular person.

When we live in accordance with the laws of our body, we are in balance in terms of our resource.

When we invest our energy out of mental agenda, to correspond to what was imposed, we don't take into account how our body works, actually. It leads to resistance, and, sooner or later - to exhaustion, health problems, and depression.

In order to understand where you lose your resource, and how to replenish it, you need to:

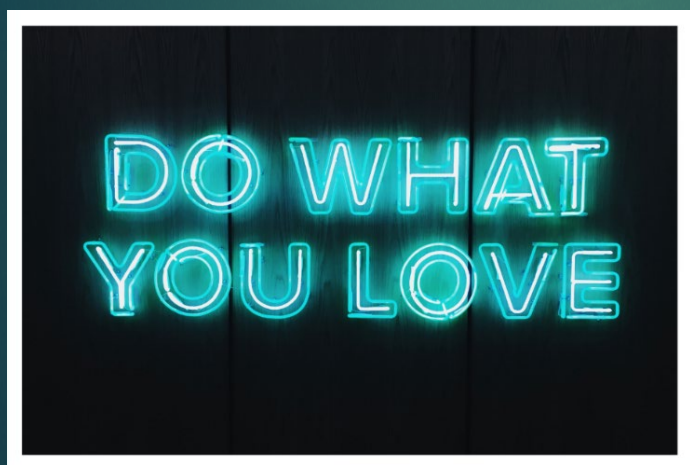
- ▶ Find out which is your Genetic Type
- ▶ Considering your Genetic Type Strategy, understand what behavior patterns deplete your resource
- ▶ Start to apply the Strategy of your Genetic Type in your every day life, observing what hinders to be in the resource state, and how it is experienced in your particular case.

Let's take a look at where we gain resource, and what is depriving, for each Type.

GENERATOR

To sustain your resource it is important:

- ▶ To stop initiating – stop engaging out of mental agenda
- ▶ To focus on yourself, on if and how you respond, not on others
- ▶ To let things and people come to you – not to chase them. Any changing circumstances of life are requests from the outside for your response: yes/no questions of others, everything we see or hear, etc.
- ▶ To allow yourself to respond to what came with a sound (grunts, hmmmms, a-ha, uh-huh, or short words for Manifesting Generators), or with feeling available to engage, or not. Notice this reaction and make a decision based on it.
- ▶ Where to invest your energy? To the activity on which there was a response. How to start? Of all the options, only the "yes/yeah/a-ha" response indicates that the entire energy system is ready to act.
- ▶ If there was a request and a response, to monitor limiting beliefs



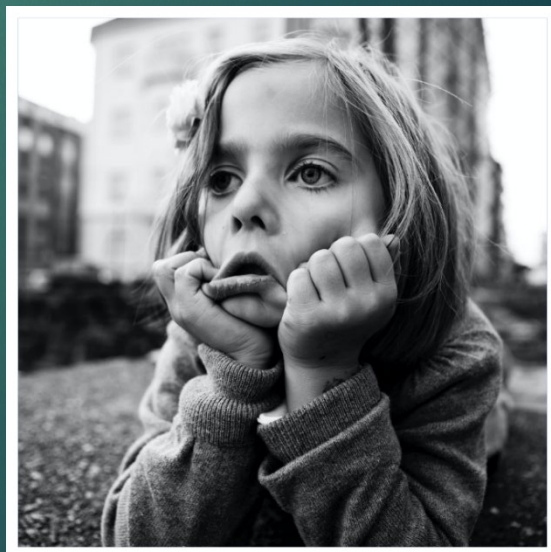
and reasoning of rational mind, that tries to control your decisions and explains why this should not be done.

Seeing these attitudes, still follow the energy of the response.

- ▶ To observe if there is resistance from circumstances or people when you are in action, and notice your response to what is happening outside
- ▶ To focus on the process, whether it brings satisfaction
- ▶ To enjoy not knowing what will happen until you respond (this is how we are open to what life has to give us)
- ▶ To get involved in any activity from "Who am I for myself through what I am doing?". Even helping others, do it, first of all, for yourself.

What depletes your resource:

- ▶ Any investment of energy out of mental agenda (from reasoning "to do it is good / bad because...", "If I do it, I will...") is literally violence, that ultimately leads to fatigue, burnout, and poor health
- ▶ Focus on others. Generators lose their centering, when they base their decision on reactions of others. This is what Not-Self Generator's mind is focused on
- ▶ Holding on to results
- ▶ Concerns about being appreciated by others and attempts to do anything to meet mentally imposed ideals
- ▶ Engaging in action out of mental calculations what choice is the best.



PROJECTOR

To sustain your resource it is important:

- ▶ To raise your level of awareness through:
 - conscious presence in every moment and recognizing what is going on by focusing on others and life around
 - mastering systems of knowledge, including self-education
- ▶ To remember that right people will themselves come to Projectors, and not to lose their value by trying to make their way to "right" people
- ▶ To take into account the peculiarities of their aura and the great importance of the energies - and therefore people - within 3 meters.



What depletes your resource:

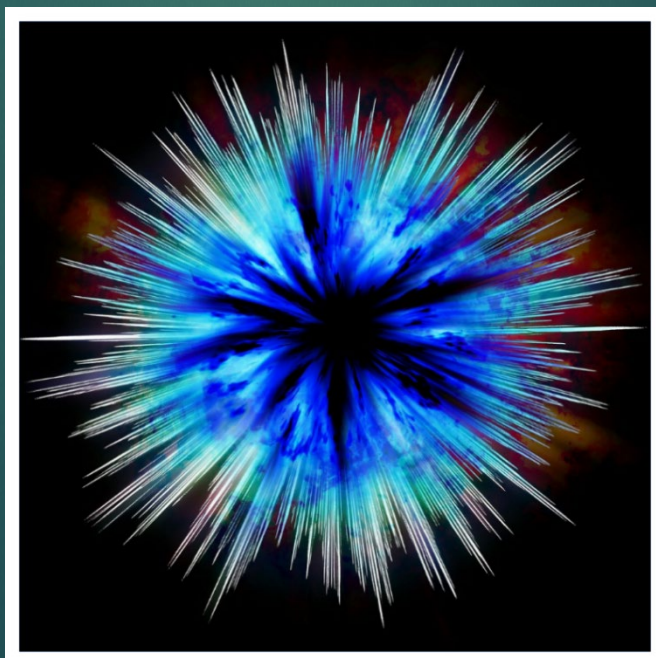
- ▶ Attempts to play Energy Type: initiating for the sake of results, or/and trying to earn success by conforming to the conventional ideals of good performance. Your potential awareness is lost when you identify yourself with a workhorse who needs to constantly work
- ▶ Pursuing those who you think can be allies, with whom success seems to be possible, which comes down to seeking the attention of the wrong people
- ▶ Attempts to manipulate others out of mental agenda with “best intentions”
- ▶ Accepting invitations without previous recognition, trying to help others without an invitation, which leads to the wrong people around.



MANIFESTOR

To sustain your resource it is important:

- ▶ To know that Manifestor is a power holder, and everything you say and do impact others
- ▶ To consider who will be impacted by Manifestor's decisions and inform everybody concerned before acting
- ▶ After informing, to initiate speaking and action, relying on your Inner Authority (it differs for different Manifestors), without waiting for a request or invitation from other people
- ▶ To do what your energy tells you to (through your Inner Authority), despite fears and expectation of resistance
- ▶ To observe your impact on others, which will give a sense of peace from the correct application of your powerful energy.



What depletes your resource:

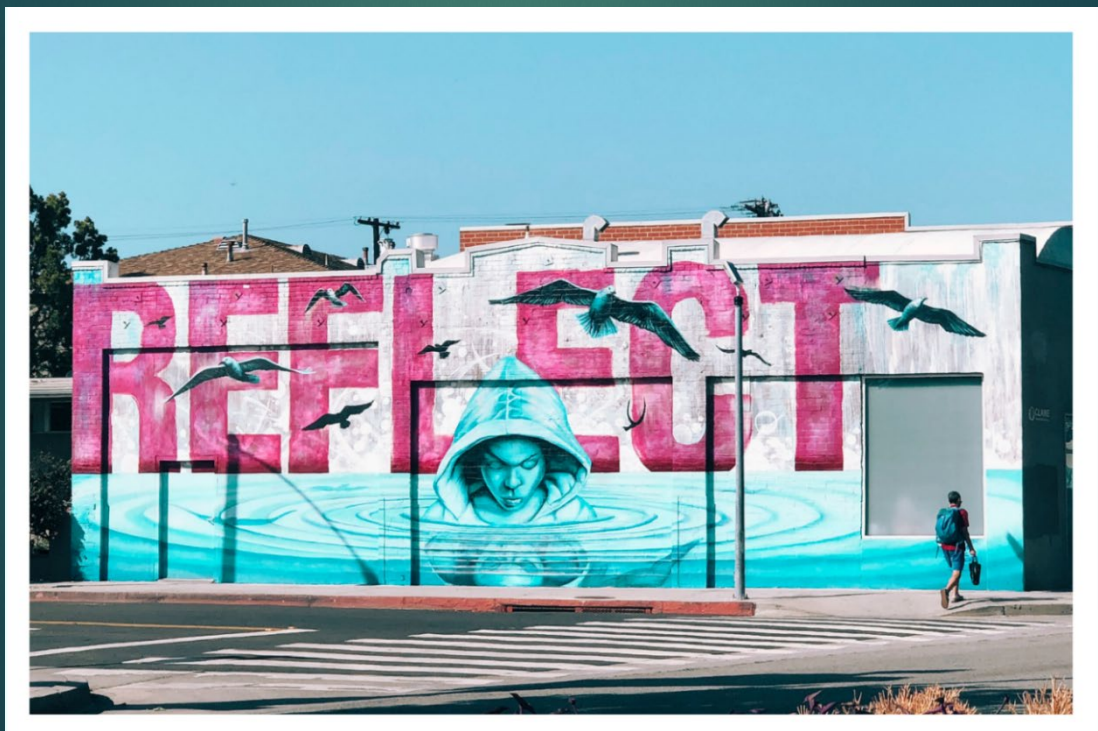
- ▶ The desire to be like the majority and work hard, which turns Manifestor into dependent and needy
- ▶ Lack of contact with your power, and being unaware of the impact your aura has on others
- ▶ Suppression of your power out of various mental reasoning
- ▶ Lack of contact with your anger and attempts to suppress it, instead of turning anger into creativity with informing before acting.



REFLECTOR

To sustain your resource it is important:

- ▶ To know your unique Lunar Cycle and how to rely on it when making decisions
- ▶ To give yourself time to feel the situation and the information you receive
- ▶ To be in the right place at the right time. This puts Reflector at the center of the community, qualities and patterns of which they will reflect
- ▶ From time to time to be in your own aura (with no one within 3 meters in all directions).



What depletes your resource:

- ▶ Trying to fix the sense of identity by identifying with stereotype roles, habits, manners of others, primarily through personal relationships
- ▶ The habit of acting out of ever-changing feelings and sensations, caused by other people's energies and transits, therefore, not representing your truth
- ▶ Making decisions without waiting for the Lunar Cycle (28-29 days), required for connecting with your truth
- ▶ Making mental decisions about their lives, Reflectors end up in the wrong places and out of the community.

Human Design can help you, too

KNOW YOURSELF



BE YOURSELF



LOVE YOURSELF

If you have questions about your life or the lives of your close people, sign up for a free discovery call, and together we will see how Human Design can help you:

BOOK A DISCOVERY CALL

