

# Ep #139: Human Design Immersion: Generators and Manifesting Generators



## Full Episode Transcript

With Your Host

**Kim Guillory**

[More Than Mindset](#)

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

Welcome to *More Than Mindset*, the only podcast that bridges the gap between spirituality and success. Go beyond the mind with clarity and confidence coach Kim Guillory and learn how to integrate your passion to serve with your skills and experience to create a business you love. Let's get started.

Kim: All right guys, we are here live today talking about Human Design generators and manifesting generators, so there's a combination of us here. So I'm just going to kind of go down the row, I'm looking at Danielle, then Peggy, then Erin. And I'm just going to ask a couple of questions and the first one is, Danielle, would you like to introduce yourself?

Danielle: Okay, I would like to. I will respond by introducing myself. My name is Danielle Perrodin, I'm a style and life coach. I'm also a pharmacist, mom of three, married. I don't know what all you would like to know but trained as an integrated life coach through Kim.

And I have been using Human Design trying to find my own design in my own life, discovering it, how to use it with my children, then also my clients. So I've been having fun. So I'm so happy to be on this call with the other generators and manifesting generators. Yeah, so I am a 6/2 manifesting generator.

Kim: You're emotional authority, right?

Danielle: Emotional and to respond, that's my strategy, yeah.

Kim: All right, thank you. Peggy?

Peggy: Hi, I'm Peggy Fontenot, I'm an integrative spirituality coach trained by Kim. I am also a retreat leader, 5/1 generator, leader, investigator, wait

## **Ep #139: Human Design Immersion: Generators and Manifesting Generators**

to respond is my strategy. And solar plexus emotional is my authority. I had no idea how much of an impact Human Design would make on my life.

I'm realizing that I've been manifesting all of my life but had no that I was manifesting or what that even meant until very recently. I'm extremely happy to be on this call and looking forward to having this conversation, thank you.

Kim: Peggy, you're a manifesting generator or a generator?

Peggy: Yeah, manifesting generator.

Kim: So you're an emotional manifesting generator.

Peggy: Yes.

Kim: So is Danielle. And, Erin, you and I are a little bit different. So what I was trying to do is get a variety of us because some people get confused as if generator and manifesting generator were two separate things, but we're all generators. It's just the manifesting generator has got the two for one, so it's just a little bit of tweaking in the conversation. So, Erin, go ahead and introduce yourself.

Erin: Yeah, I am Erin Atkinson and I am a certified life coach and I specialize in self-empowerment and self-love. I'm a 2/4 generator with sacral authority. And I have four kiddos, married. Yeah, and I love helping people remember who they are, just to find their power again and remember it's all inside of them.

Kim: So I'm Kim, I am a 6/2 off the roof, an emotional generator. And I think the only thing we have missing is if we would have had a manifesting

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

generator with sacral authority, I think it would have made it a little bit different.

So that's really what I wanted this conversation to be around is we're all generators but how do we function differently according to our design? And also what has been your personal experience when you've been experimenting with the design? Like just sitting back and watching all of the changes and being able to respond, or shall I say react, differently than what you've been taught. And have you noticed how the conditioning has played a part in your life, in your health, in your relationships? So those are the sorts of things that we're going to talk about.

So I'm just going to open the conversation with Danielle. When you first heard that you were supposed to be responding and that were a generator what was your biggest takeaway? Or what have you discovered? I know it was all foreign when you first heard it, but now you've been playing around with it for a couple of years. So how would you tell someone else what was your experience like?

Danielle: Yeah, sure. So I think at the beginning I was a little bit relieved because I always felt like— So I'm a 6/2 so I'm a little bit reserved with my two line, the hermit. And I felt like I was always the one that had to go out and try to get people to connect or to go and to do something. I love collaborating and doing all those things.

But when I found out that I respond it took a load off me. I felt like I could take a deep breath, relax, kind of wait for some things to come to me instead of constantly trying to make things happen on my own. And then also knowing that in the past when I was trying to make things happen on my own out of nothing, then if they didn't work it wasn't because I was a failure it's just I was out of my strategy and authority.

## **Ep #139: Human Design Immersion: Generators and Manifesting Generators**

Kim: So it was a relief, that would be your—

Danielle: Yes, it was relief. It was a relief knowing that okay, actually you can take a deep breath, sit back for a little bit, just see what's coming to you. And I noticed that I would get a lot of invitations. I got so many invitations to go on podcasts.

So when I first started marketing my business I loved collaborating, I loved connecting with the other pharmacists that are doing some big things. And I put myself out on LinkedIn and instead of going in people's inboxes and saying, "Hey, do you want to have me on your podcast? Or do you want to do something together?" I would introduce myself, just be myself. And then they would ask me, they would give me an opportunity, "Hey, I have this podcast, do you want to be on it?" And I'm like, "Sure, I'd love to."

Kim: Yay! So fun.

Danielle: Yeah, so that was really fun.

Kim: So different than the white knuckling, and the pushing, and the making it happen, go out and manifest everything that you've wanted and dreamed about, right?

Danielle: Pushing and white knuckling was very frustrating to me so I was glad to let that go.

Kim: Nice. Peggy, how about you? What's your story?

Peggy: I was taught to respond immediately, and so to wait to respond was very difficult for me. But I realized that in not waiting to respond, not knowing that that was my strategy, that I would just say yes. I was a yes

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

person. And then I would be in the thing that I said yes to and it was like, “Uh, this is not what I thought it was. This is not satisfying.”

And the word satisfaction is part of that being a generator and part of my 5/1. And it's like, “Oh, now I can check myself and say, “Is this satisfying to me?” And if it is then I'm in alignment. And when it's not in alignment and I'm not satisfied I can give myself permission to get out of it.

So that was one of the biggest things for me. Waiting for my emotional wave, first I didn't even know that it was okay to have emotions, I was shut down at age six. So then to realize that oh yes, it's okay for me to have emotions. And then I need to be willing to ride the emotional wave.

Going to the high and going to the low, and then coming into the neutral is still an ongoing process and practice because I find that since I've turned my emotions, they come really quick. They're like, “Yeah, yeah, yeah!” And then I'm like, “Wait a minute, let me look at the other side.” And I give myself that time for that, “Yeah, I'm not too sure about it.” And then I give myself a little bit more time.

Throughout the months of practicing that I'm realizing that I'm more clearer more quickly now than I was before. So that's been the immediate biggest difference that I'm noticing., knowing to wait to respond and to ride my emotional wave.

Kim: And that the answer is going to be so much easier once you give it that time.

Peggy: Yes, and it's more clear and it's more like the fact. It's like even though we're still just 80% sure, now my 80% sure is 80% whereas before I was never sure.

## **Ep #139: Human Design Immersion: Generators and Manifesting Generators**

Kim: Yeah, it's really interesting because when you enter into a relationship or a yes, whatever the thing is, however you entered into that, so if were pressure and wishy-washy, that's the life of that circumstance. And then we're like scratching to get out of it. So when we can learn how to depend on our strategy and authority before getting into it we can save ourself a lot of trouble.

Peggy: That's for sure, I agree with you.

Kim: But maybe we have to experience it on both ways for it to make sense. Who knows? I think it's just an experiment for all of us. And what I love about these conversations is to be able to share like, what have you tried? What have you noticed? And then it gives us all ideas of kind of playing around with it and taking that pressure off.

Peggy: Speaking of that, Kim, because I was always a yes or no person immediately, when I started waiting to respond in relationships, when I would be invited to something it was like, "What do you mean you have to wait? Why can't you just tell me right now?" It was like the relationships were changing because I wasn't that yes person all the time.

Kim: Yeah, you're changing your identity with yourself on how you react, respond, how you live and how you're involved in relationships. So you remember whenever we used to do the challenge when we were first doing coaching and it was like, don't excuse, don't rationalize, don't explain, don't justify? It's very much like that, wouldn't you say? The experience of waiting.

Peggy: Yes, very much so. Yes.

Kim: That exercise by itself is so uncomfortable.

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

Peggy: Yeah, people want to know why I have to wait and it's like, "I just need to wait. I'm just not ready to answer right now."

Kim: But we're used to you answering. Tell me! So good.

Erin, how about you? What was your experience? So you're sacral authority. Just to be clear here, Danielle and Peggy and I are all emotional so we have to wait through a wave. Erin's is going to be a little bit different.

Erin: Yeah, and it's interesting because I'm the only sacral in my family, everyone else is emotional. Yeah, mine really I went from being a complete people pleaser to try to get love, to try to please people, that I completely shut off my gut and what was right for me. So I just learned to operate from my brain and what can I do to make them happy? What can I do to make people proud?

It was always operating from my brain. And I really had a hard time when I first found Human Design even connecting back to my gut. I had to learn to get back into my body because I learned to get outside of it and just to operate from the cerebral. And so it was really getting back into my gut.

And one of the most interesting things that I've found is with food and body. When I eat what I truly want, even if it's not the best, my body responds so much better. It's like if I'm on a diet or if I'm eating really strict and I don't love what I'm doing my body will retain water, I'll bloat, all of that. Even with working out it's like when I do the workouts that I love my body responds.

That was very interesting and it was really fun to watch that happen because now I'm just operating from what feels fun, what feels like joy? You know what I mean? So it's not that pain anymore. So those were some of the biggest things that I noticed.

[More Than Mindset](#)

## **Ep #139: Human Design Immersion: Generators and Manifesting Generators**

Kim: I love this part with you, that you brought that up because this is your specialty in coaching because of your experience. Could you speak about that? Like before you knew about this and how you were responding in the world and what was created from that. Are you piecing that together, like what an impact it had made on the eating disorders? Would you like to share that?

Erin: Oh yeah, and it's a full circle moment because it's like everything that I went through, I've come back to this place. But even, yeah, when I was coaching in the beginning, I was even trying to help them create a diet, and create this, and create that. And I had to get to a point where I'm like, "We're throwing it all out. We're going to operate from what do you love? What do you want? You know what I mean? Not like what I think is going to be best for me to get the results.

It was like we threw away the results and what are we going to do out of joy and out of just for the fun of it? And it completely changed, it's like they got the results that they wanted. So yeah, that was really fun. And just like a breath of fresh air, like, "Oh my gosh, are you kidding me? I spent 20 years—

Because I had an eating disorder for almost two decades. I spent 20 years struggling and trying and banging my head against the wall and doing these horrible things to myself. And it's like if I just operated from what really sounds good, like what do I really want, and gave myself that, I wouldn't have had to go through that. But, again, if I didn't go through that I wouldn't know what I know now.

Kim: I know, that's the tricky part. Darn it.

Erin: Yeah.

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

Kim: Can we learn without the suffering? So one question, do you think you were overriding your sacral knowing when you were doing all of the diet stuff?

Erin: 100%.

Kim: So if you were speaking to a room of people who were in that, in the eating disorder, or trying to find the right diet, or eating stuff that they don't like or don't want, what would you tell them that you discovered?

Erin: Well first of all, I think I was so detached that I didn't even have sensations really happening in my body that I knew of because I was in so much pain and I was so numb. So it's really about them learning to trust themselves again. And then learning to know that it's safe getting back into their body and starting to feel the sensations and starting to feel the little whispers and the nudges and trust that.

So, I mean, it's one of those things that you've got to do the work of getting back in the body because most of my clients are not. They're operating from fight or flight, their nervous system is completely dysregulated. So it's about really regulating that nervous system, breathing, learning to get back in the body, and then starting to feel that. And oh my gosh, kind of go from there.

Kim: Love that. I think this is what Peggy was talking about a few minutes ago. Right, Peggy, is this the same? It was like being told not to feel and then turning that off you said when you were six.

Peggy: Yeah, that occurred going into the graveyard when my grandfather died and I was crying. And my father turned around and said, "We don't cry." And I just sucked it up, didn't cry. Didn't laugh either, didn't do anything.

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

Kim: Danielle, can you relate?

Danielle: Yeah, so it's funny, I just had a conversation over the summer with my mom. I was at a retreat and I called her and I had just realized that anytime I had felt really sad or had any grief I had to like hold it in as much as possible and it was so painful. And sometimes even whenever I would cry, if I was by myself I would cry but no sound would come out. So it was just like this anguish, like wide open mouth and no sound would come out.

And I remember whenever I was little I remember once cutting my head, and I even have a scar and it was bleeding. And I didn't want to tell anyone, I didn't want to show that it was hurting. And I had a situation when I was in grade school where a little boy punched me in the stomach several times. And he was so mad because I would not cry, I refused to cry.

And so I'm not sure if it started then or if before then. But I just asked my mom recently I said, "Did I ever tell you about that story when the boy punched me?" And she said, "No." And she said, "You never cried, you never would tell us when you were sad." And I was like, "That's so interesting. Where did I pick that up from?"

But now that I'm able to process emotion I just feel so much, again, relief. I feel more myself. I feel more connection with other people, my relationships are growing. My mom and I, like I always said that we didn't have these deep conversations when I was growing up. There was seven kids and we didn't talk about feelings, it was just like, "You're good. Everything's good, okay." And that was it.

Kim: So we'll talk about just the generator, just in general. And now that you're practicing responding, whether it's with the uh-huh or huh-uh, which is Erin. Erin, can you relate to that? Are you using that, the uh-huh, huh-uh?

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

Erin: Yeah. Yeah.

Kim: And then the difference with like Peggy and Danielle, and getting that first yes or no, and then having to ride through that wave and all of the anguish that comes with the waiting. So I'll first ask the emotional authorities. How has that, Peggy, you've talked about it, but for both of you in general, how has that changed the relationships that you do enter into and the things that you do say yes and no to?

Danielle: Yeah, I can speak to myself because I get really excited at first whenever I get asked to do something with someone. And I'm usually like, "Yes, I want to do this. And then I want to do this." I feel like I have the squirrel brain, you know, where I was jumping to every opportunity that would come away. But then the low would hit and I'm like, "Oh my God, what did I get myself into? How am I going to get myself out of this? They're going to be upset." So then I'll just suck it up and just keep doing the same thing for a long time.

Knowing that I'm never going to be 100% clear, but at least, okay, if I'm excited about this, let it at least drop and see what's going to be the low. When is that going to happen? If that's a big commitment, that's what I do, especially if it's getting into this contract with someone.

But as far as making daily decisions, it's gotten even easier for me. So I love to shop. And it can be anything I'm shopping for, whenever I'm shopping I've got to touch the thing, I've got to feel the thing. When I'm clothes shopping, I like to shop by myself. And I always felt kind of guilty about that.

But I don't want people rushing me because, I don't know, it's kind of like this feeling emotional kind of decision. Even though if it's a candle. I can see where it can be frustrating for people. But I've learned like, okay, I don't

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

have to be all emotional about this candle. I actually have to know that this is where it's coming from. This is why it's taking me this long to decide. And it doesn't have to be so serious, I could just pick it or not.

Kim: Is there a pressure, like you need to hurry up and decide?

Danielle: Yes, so I feel the pressure if people are with me, so I like to go shopping by myself.

Kim: And we just went shopping Friday, by the way, and she does touch everything. I'd put something on and she would touch me.

Danielle: Yeah, I have to touch it, I have to feel it. And then I'll like pick stuff up and then I'll put it back on the rack, and then I'll go back and get it. And so that can be really frustrating to other people. And so if I'm shopping with others I will feel the pressure and I'll buy stuff and then have regret, buyers regret.

Kim: I'm going to come back to you on this one, Erin, because I want to get your feedback with living with a house full of emotional people, once Peggy is done. So remind me that's what I'm going to be asking you. And coincidentally you end up in a room exactly the same. Peggy, what about you?

Peggy: I have always felt pressured to say the yes or to say the no. Practicing riding the wave now giving myself permission for me personally just to release the pressure from myself, because it seemed to be impossible. I wasn't even clear that I could have permission to release the pressure. Like if someone asked me something and they were looking at me, it was like, "Yes." Or like, "No." And then I was like, "Do I say no or do I say yes?" And it was having to make a decision in a split second.

## **Ep #139: Human Design Immersion: Generators and Manifesting Generators**

And so the waiting allows me to release the pressure. Fortunately, because of Covid I'm not in the presence of too many people, it's all on the telephone so I'm not feeling their stuff and reading their faces and thinking, "Oh, I got to say yes, because I can see that look on their face." So it's been a great release for me to wait.

I was thinking this morning about the generator and being the builder. And how I've spent my whole life building and just holding on to the building because I couldn't decide what to do with it.

And now that I've been waiting and I've been reviewing all the things that I've built, I'm able to activate some of those things. And it's like, it's just been so much fun activating all the building I've been doing for 20, 30 years. Because now I know that there is no pressure, I can just give myself time. And when the time is right, I know it and it brings so much satisfaction.

Kim: It's so interesting that we have been conditioned to that pressure to achieve, to be something, to do something. And it's almost like a joke, like trying to find the badge of honor. Like leaving the legacy, being the one who does the thing. It's just experience. Take a load off.

Okay, Erin, I want to know the stories living in your house with having all of these, because my favorite story, like when I talk about my husband who's sacril, is when we go to eat somewhere he decides on the moment. He knows what he wants before we go there, he decides and he just tells them. And I'm like, "What's your favorite? So what do most people order around here? And what did they get? What's at that table?" It drives him crazy.

And so I was like, "Will you just make sure that if we are eating Italian that they're serving bread and butter and drinks. And if we're eating Mexican,

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

they're going to have chips and salsa.” And that that's how I buy time. So what have you done with your sacral authority? And then having all of these wishy-washy people around you?

Erin: Oh my goodness. Well, I still have so much conditioning around it. So first, I have to remove myself, like literally put myself in another room to know is this mine? Or is this the other five people that I've got in the house. Because our house, it's not quiet. We're intense, we love hard but we can fight pretty hard too.

And so, yeah, kind of just letting them go through it and knowing that they're not going to be in it very long. And that when they first initially react to something, just give them a good couple hours, my husband sometimes needs about a day, and then they're going to have a completely different feeling and everything around it.

And it really takes awareness and, again, breaking down my conditioning, because I have a lot of like how people should be right and bah, bah, bah, bah, bah. And so it's just for me to really understand that and let them be who they are. You know what I mean? So that's really kind of what we got going on here.

Kim: She does a pretty good job describing us.

Erin: I don't know. I don't know, that's just kind of what it feels like. But when it comes to just a quick decision in the moment, they're like, “Mom.” Because my gut will tell me really quickly. But I've had to learn to tune back into that because I would hear my gut response, like I would know, but I would still make the opposite decision because I wanted to please.

Kim: Yeah.

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

Erin: And so I would deny myself and just like, “Oh, it's fine, I'm fine. I don't need it.” You know what I mean? But I've learned that when I make the best decision for myself, it's best for everyone because there's no manipulation. And then it puts whatever back for them to deal with. So it's just telling the truth and being honest is the best thing, but it's sometimes hard.

Kim: Before learning about Human Design, if you were to describe your children and your husband would you say that it was a bit moody? Like with the way you say like, “If I just wait a little while then it will have change.” Is that something?

Because I find that's something I've been accused of by my husband, is like he would come in and try to make a joke like, “Let's see who you are today, let's see who I'm coming home to.” And it would, oh my god, it would make me so mad because I'd already had these diagnosis of depression, and bipolar, and all the stuff that the emotional people get labeled as.

And then he was adding on to that by saying, “I don't know who I come home to from day to day. I never know who you're going to be today.” And it was a huge problem in our relationship. So I'm just curious if that's something that you experienced.

Erin: Yeah, so it's interesting because, and I think also because I was checked out for a long time, I was accused of those things. Being like, “I don't know who I'm going to come home to. You're emotional, you're moody, duh, duh, duh, duh.” And I think it's just because I didn't know who I was.

And also with a lot of open centers you take on other people's stuff, like you can feel their stuff. And when you don't know who you are and don't have that good sense of who you are, it can feel just really chaotic. So mine

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

really, I mean, I can't give you a good answer for that because I was checked out for so long that I didn't really know what was going on until the last few years. So, yeah, so I'm just playing in the new stuff right now.

Kim: I wondered if it was like he's open emotional, and he just would feel what was going on with me and then there was the projection feel that was coming from that, you know, kind of back and forth. And I think that's what's so interesting about learning more about your design and your partner's or people that you're in relationship with.

And it's not to label it, to put them in a box, or any of that stuff. It's really just to understand that we are unique beings, but we expect everyone to be like us. And I bring in Human Design just to show that, to prove that. I don't know if it's 100% accurate for everyone. We already know that that's impossible, right? But it's information that we can inquire.

It's like a holistic approach to self-discovery, that's how I see it. It's questions, and then you can like, "Yeah, that feels good. Nope, that doesn't. Oh, hell no, I'm not doing that. I'm not going to wait for someone to invite me, I'm going to invite myself." That's what a projector would say, right?

But for the generators in general, we know we're builders, and we know that our role is to respond. But when we start bringing in these other little pieces like, well, it doesn't change that you're here to respond. It just brings in a different dynamic. So you do respond, but maybe over time. You do respond, but in the moment. Does that make sense?

Erin: Mm-hmm.

Kim: And that's why I wanted to bring in several people who could say that, because the mind will instantly want to put everyone in a box. So you'll be

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

like, “Oh, well, my husband is a generator.” And then you'll start trying to put them in, and we're like, “No, every design is different. Every design is unique.”

And then we have our experiences, and our conditioning, and our environment, and the message that we received as children on top of all of that. And then what we receive from our partners and the relationships that we got into before we knew what the heck we were doing, and we said yes.

We're just going to freestyle for the next few minutes, does anyone want to share anything in particular on your experience? What's been the biggest aha, or what you would like someone else to know?

Peggy: For me, the word manifesting. When I read that I was a manifesting generator it's like, “No way, I haven't manifested anything ever,” was my thought. I've been playing around with manifesting, what does it mean? How to how does it happen?

Just recently, in the last couple of weeks I've realized that I've been manifesting like all of my life. But didn't have a clue as to it was being manifested. And now that I'm aware it's like I set that intention or I take the actions.

And I'm not goal-oriented as to I want to manifest this blue car, or this purple dress or anything like that. It's just I'm doing the work, I'm moving forward, I'm taking the steps, taking the action. And all of a sudden, it's like the thing that I was thinking I wanted to manifest is here. And it's like, how did that happen?

And I'm not clear on how it happened, other than the fact that there's this energy field that Kim talks about, the quantum, and I haven't really thought about that. And this week it's like, oh, that's what this is. Like, it's quantum,

[More Than Mindset](#)

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

there's no time. So I had a thought 25, 30 years ago, and yesterday it happened. It's like, but it's quantum time. What is time?

And so I'm enjoying the fact that there's this manifesting energy within my building. I'm playing around with it. Playing is like so amazing, because one of my first assignments when I started coaching with Kim was I was very stressed out about all the tech. And then she said, "Oh, well just relax. This weekend go and play." I'm like, "No, no, no, I'll work on the tech."

Kim: I don't like the tech but it's easier than playing.

Peggy: Yeah, I had no idea how to play. And this manifesting, realizing what it is, it is play and it's fun.

Kim: And so I'm just going to add onto this for the manifesting generators, for those of you who are listening, they typically have a lot going on at one time and skip steps and have been corrected for it. And so they've been told to finish something and not do a whole bunch of things at one time.

And I was on a call the other day and there was someone there, and we were talking to a manifesting generator. And she was kind of like giving the advice of what to do to avoid that. And I'm like, "Oh, that's conditioning." Like you should avoid who you naturally are and you should go do this way so that you don't skip.

I'm was like, "This is it. This is what we're talking about." This was a prime example. So the manifesting generator moves faster and they will do things quicker so they might have to go back and redo some of those steps.

And the cool thing about manifesting is we're all manifesting all of the time. We're just very often manifesting what we're thinking that we don't want.

[More Than Mindset](#)

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

And that is the problem. I just did that thing on the flaw of attraction and that's really what I was discussing.

It's like the law of attraction is you think it, you feel it, and it will come. Now we have to wait for linear time. There's quantum time, there's linear time, and so it's taking time. But we're so stupid negative that by the time it's getting close then we're going to the spin of it's not happening, or it's not happening fast enough. And then we actually move it away from us.

And so we are manifesting, all of us, all of the time. I mean, this is the Abraham Hicks message, right? It's like making sure that if you start feeling that lull or that low, that you start coming back up, coming back up, coming back up. And it's just by thinking about desiring what you do want and experiencing in advance. And that instantly brings it up, like what you're saying, Peggy. And then here it comes, here it's coming, it's coming, it's coming, and we don't even know where it came from.

And Danielle and I were talking about this earlier, right before we hopped on the call actually, like that waiting. For her in particular, we were just talking, we had a call before this. And it's like there's that deep, rich knowing and being sure, and then feeling like we have to hurry up and go tell someone or hurry up and go do it.

And as emotional it's like really waiting, and waiting, and waiting, and letting it transmute. And then something will happen inside of us and then all of a sudden there's going to be clarity on exactly how to say it. And there will be people to receive it.

Peggy: That's amazing, Kim, because what you just described happened to me on Saturday. Exactly that. For the first time I said, "Oh, this is what Kim's talking about is a download." Like it just came to me.

## **Ep #139: Human Design Immersion: Generators and Manifesting Generators**

And in that coming to me I had so much clarity, and then it's like all of a sudden there was this rage, I'm going to say, of confidence. And it's like, "Of course I can do that." And like within an hour, an hour and a half, I sent a message and said, "Yeah, I'll lead this group tomorrow." And I stayed in that confidence, and it's what you just spoke about. Thank you.

Kim: I call it the hit, the breakthrough hit. Like their addiction to breakthrough. That we'll read something, or we'll get this aha, or we'll hear something that's aligned, and we're like, "Oh my God," and we want to tell everyone. We don't know how to receive, we don't know how to keep it. We don't know how to play with it, indulge in it, experience it.

It's such a big deal in business because if you have that dynamic going on, and then customers do come or clients do come, you will repel them because you don't know what to do with them. And we'll move into this guilt, and doubt, and unworthiness. And all of this stuff will start coming up. So this is the exact same thing.

And I did it too. And if I wouldn't have had the experience, as Erin says, if we wouldn't have to experience it to know what we know now, then I wouldn't be able to speak from that with such surety. But my greatest programs or messages have come through when I allow them to fulfill the cycle. And then I'm really super clear.

Like Self-Healing Masters came through just in a waiting. I mean, I had an idea, I was kind of playing with it. And I just stayed, and stayed, and stayed and then it was just like, "Oh my God, it's getting more brilliant. What am I going to do with this?"

Danielle: I'd like to add about manifesting generators. So as a pharmacist as a manifesting generator, it would have been useful 10 years ago, 15 years ago to know this information because I do, I'm very efficient. I can do

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

a lot of things really fast, which is great for pharmacy because we are multitasking.

But skipping steps was kind of my Achilles heel. It was like oh my gosh, you can't skip any steps, right? Because there's the patient, you could kill them. Every single step, like I have to make sure it was the right drug, it was the right patient, the appropriate dose, is it the appropriate frequency, all of those things.

I couldn't miss any steps and so knowing that that isn't like a personality flaw, it's in my design. I just know to go back and now I have a routine where I go back and double check my steps. Which before I would double check myself. I thought I was but, again, I was skipping steps. And so now I have a routine.

It's very much and it is conditioning, but it's conditioning to be successful as a pharmacist. And again, knowing that I wanted to do everything and I have these tasks that are unfinished, I used to think that was the personality trait I'd beat myself up. And so now I have more compassion, I guess, for myself. So I really enjoy that.

Kim: Yeah, it's interesting to just give yourself permission to be in that. And then you make bullet points, of course, to know what to do or what not to do. I mean, it's neuroplasticity, we can train ourselves. We can train our brain to be anything else. But doing it's about doing it from a place of desire and compassion, not from a place of bulldozing or conditioning.

You're so indecisive. You don't know what you want to eat, or where you want to go, or where you want to turn. Like so many trips, all I knew was I was turning left out of the driveway. And I had no idea until the next turn which way to go.

## **Ep #139: Human Design Immersion: Generators and Manifesting Generators**

Danielle: Oh, and this other thing is communicating. So I skip a lot of steps, I go fast, but I don't communicate what I'm doing. And it would trip me up with relationships. And so just knowing that, okay, yes, I'm going to go fast, I'm going to skip steps. But the person who I'm working with or in a relationship with, if I just communicate on what I'm working on and include them a little bit, then it saves me so much trouble in the long run. It saves me from arguments and different things, miscommunication.

Kim: Yeah, that's a great point because that's the issue with the manifestor. The plain manifestor is, they are here to inform, but then they don't inform the people.

So, in other words, I don't know, I heard a story of a husband and a wife or their partner in the house and they were cooking or whatever. And the manifestors just realizes what they have to go out and do. But they don't inform the person that they left. And they're looking for them all over the house, because they didn't inform them. It's that kind of thing. And so it creates a lot of problems in relationships. So I love that you brought that up.

And you guys do have aspects from both. Like I said it's the two for one. So you do have a little bit of that, and yet you still have to wait to respond. Matter of fact, there's a very teeny tiny percentage of humans that don't have to wait. It's very tiny, whether you're waiting on an invitation, you're waiting on the moon, you're waiting to respond, whatever it is.

That, I think, was the biggest awakening for me with Human Design is how we make things happen. We try to make manifestation happen. We try to get to the goal or get to the endgame. I see you shaking your head, Erin. You want to add to that?

## **Ep #139: Human Design Immersion: Generators and Manifesting Generators**

Erin: Well, I just wanted to just touch on with the sacral authority. I think the biggest thing for people starting out with this is just learning to kind of tune into their gut. And when their gut says like, uh-huh or huh-uh, if they don't take that action in the beginning to learn to go, "Oh, I see you. I'm not going to do this right now, but I see you." And then question themselves and say, "Why am I not acting on this? What am I afraid of that I'm not acting on this knowing?"

Because it is, it's a knowing that we deny because of conditioning. So I would say just to really start to tune in and be like, "Okay, I know that that's a no for me, and I'm still going to— It's like telling the truth, I'm still going to decide to do this because I'm afraid." And then telling why. And then just learning to slowly start to get back into that, to where they're like, "Nope, this is a no for me," or "Yep, I'm going to do it."

Kim: I love that. Interesting point, too, is as generators we all have the sacred defined. So we all have that gut instinct. And then for some of us we also have the spleen defined, or the will center defined. But when it's an emotional authority, emotional trumps. You have to wait even though you know.

And what you're waiting for is time to pass so you can experience the high and the low, and the yes or no will not change. That's as close as we can get to being sure is there's already an answer. You're waiting through the high, you're waiting through the low, the answer does not change. And there is no more pressure.

If there is pressure, guys, it's coming from somewhere else. If there is pressure, do not decide. Be very careful with that one. Anybody else want to add onto that?

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

Erin: Kim, with the emotional aren't the waves different too? Some will peak a lot faster and then come down, you know what I mean? So I think that's important too.

Kim: The waves. It's like a cosmic joke because the waves are coming from the planet, from the environment, and from us. It's like it's a combination of stuff that's creating the waves. And the high is short-lived, the low, the lull is long. And so it's like we do tend to get like it's like it'll never end and you kind of go into the despair. And so I think that's the tricky part for the emotional.

We could just talk strictly on just the emotion and we probably eventually will. My goal for this was to bring in generators, manifestors, reflectors, projectors, and have the conversation just about that. We're going to eventually bring in profiles. So we'll have like all of the 2/4s on the call, we'll have all the 5/1s, all the 6/2s to where we can begin to share personal experience. And that's because Kim Guillory learns from personal experience.

And so it's kind of like investigating and exploring so that we can show others that there is a way to relate that is better than what we've been taught. And it's coming from what you mentioned earlier, Erin, was this I really want people to behave a certain way and to do certain things. We all do.

If everybody would just listen to me, it would be so much better for all of us. That's what I think, right? That's what our mind thinks, is if they could just do what I need them to do. But I'm going to offer how much richer it is, if we can just allow everyone to be who they are. That's like Skittles compared to brown M&Ms.

## **Ep #139: Human Design Immersion: Generators and Manifesting Generators**

Everyone behaving the way we want them to behave, that's the homogenization, that's the conditioning. But tasting the rainbow and the flavors from the emotional perspective, or from the manifestor perspective, or from the reflectors perspective, that's when it gets interesting. And we can take all the labels, and the judgment, and the control away. And we can all be in exploration and experience together.

Especially for the kids, I really think that what we are experiencing with all of this emotional healing, the trauma recovery, all of the stuff that we're experiencing is because we were shut down and turned off, like Peggy said, we don't cry. We don't do that. We don't express ourselves, we don't think we're better than someone else. We don't even love ourself. It's like this having to die to yourself to be accepted into the heavens kind of mentality.

And once we can come to this realization, once we get through all the weeds, because we got a lot of weeds to go through. There are people who call us selfish, and that we're not Christian, or that we're not believers in God or whatever, all of the stuff. I've heard so much stuff, especially recently, that has come up about all this because it's challenging the conditioned system, it's challenging the homogenization.

So it's kind of ugly right now we're watching all of these systems fall apart and break apart. And it's I think there's this fear that we're replacing God. And actually what's happening is we're creating a richer relationship with humans, it's actually the opposite. But I can understand, I can see the fear, I can see where it's coming from, because I was in that world, I understand it.

Erin: Well, anything we don't know about, we're afraid of right? There's fear attached. But Human Design, learning more about myself has made me a more kind, compassionate, human being. Able to see that, no, we are all

[More Than Mindset](#)

## **Ep #139: Human Design Immersion: Generators and Manifesting Generators**

different and it's beautiful. So I think until you really kind of dip your toes in and experience it, you may have those fears.

But anyone who has experienced it along with me, it's made their life so much richer. And the people around them have just benefited and had a much richer life.

Kim: Does everybody agree? I think we're all like, nodding our heads.

Danielle: Yeah, I feel the same way. Not trying to get other people to be like me.

Erin: Yeah, it's so refreshing. It's like, "Thank goodness. Now, I just have to undo this conditioning. Cool. I was wrong. That's awesome." Right?

Peggy: For me kind of like let it go and then allow. And then that allowance, it's like it's so much better, so much better.

Erin: Yeah, it's like kicking your feet up and being like, "Oh, finally."

Peggy: Yeah.

Kim: So I'm going to just go around the room and just tell the audience who you serve. I'm going to have your contact information below since you all three are coaches or in this healing world. So I do want to leave a link so that they can find you. Especially if they are the same as you because that's kind of what Ross said, is like, we're going to find our people who we can relate to and who understand us. And those are the people that we'll work with.

And I really want to encourage that because I do think there's a deeper understanding. So if you take a sacral who's coaching and there are

[More Than Mindset](#)

## Ep #139: Human Design Immersion: Generators and Manifesting Generators

several emotional authorities in the room. And the sacral coach is saying that everyone should be decided within three minutes or they're not your client, and they're putting that pressure on it, that's actually creating wounding and not allowing that person to determine who they really want to work with.

So I think it's important that that is part of the conversation. So I'll start with Danielle, then Peggy, then Erin, you can just go right to the next one. If you want to just who do you serve? What do you do?

Danielle: Yeah, so I'm on a mission to help women create healthier, happier, more beautiful lives. I do that as a style coach and integrative life coach. And so I have a program that's called Be Her, Be Here Now, and it allows you to be the woman that is the higher self, come back to yourself basically.

And the women that I love working with, they are similar to me. So I'm a 6/2, I have the hermit and the role model. So they're mostly holistic leaders, maybe in healthcare, and they're looking to market themselves online or put themselves out there in front of an audience. But they don't feel fully put together and confident just yet.

Maybe it's in their body or how they're dressing. And so we just have fun and we play. We play with clothes, we play with body image. And yeah, so I just love any of those women that, you know, maybe you're an emotional and you're indecisive, you can't decide what to wear. And it's taking up too much mental space. You have this huge impact that you want to go and contribute to the world and maybe you think clothes is not that important. I can help you with that, take that off your plate.

## **Ep #139: Human Design Immersion: Generators and Manifesting Generators**

And also you can discover what your likes are, what your dislikes are, and in the long run and figure out who you really are on the inside. Because that's really what it's about. So that's who I love working with.

Kim: Thank you. Peggy.

Peggy: I help women reconnect to themselves through a spiritual journey, through the coaching skills that I've learned with Kim and through Earth-based rituals. It's all about coming into nature to discover your true nature.

Most of the women that I work with, many of them are professionals trying to figure out who they really want to be and what they really want to do. Giving them that sacred space to just be is really magical for them.

Kim: Thank you. Erin?

Erin: I work with women who have just lost their sense of self, or who have never really known themselves. So I teach them how to empower themselves, because I don't think that we empower people. I think that we teach them how to empower themselves. Women with food and body image issues, self-esteem, those are my girls.

Kim: So we'll have links below if you want to contact any of these. Or you can come over to the More Than Mindset Facebook group. It's a free Facebook group, they're all there and they'll be tagged in the post that's sharing this video and the podcast.

All right, that's a wrap, guys. Thanks for joining.

Erin: Thanks.

Danielle: Thank you so much for having this conversation.

[More Than Mindset](#)

## **Ep #139: Human Design Immersion: Generators and Manifesting Generators**

Peggy: Yes, it was great, thank you.

Thanks for listening to this episode of *More Than Mindset*.