

REFLECTOR

BY

design

YOUR GUIDE TO BEING A REFLECTOR

WHAT NO ONE TELLS YOU ABOUT THE
RAREST HUMAN DESIGN TYPE





Unlocking your unique design is the key to living the life of your dreams.

LINDSAY TUCKER, CREATOR OF
REFLECTOR BY DESIGN



HEY THERE, REFLECTOR!

This Guide is going to be a little different than 99% of the other stuff out there about Reflectors. That's because it was actually created and written by a Reflector.

Who else but a fellow Reflector could truly understand what it's like to be so different?

Every Human Design type is here for a specific purpose and it's important that we all shine in our fullest capacity to live the extraordinary lives we were put here to have.

Which brings us to...**you**.

Whether you just discovered your Human Design 10 minutes ago or you've been on this journey for a while now, I want you to know that you're not alone. Finding out you're the rarest type on the planet can feel validating, scary, and everything in between.

Take a moment to think back to the first time you learned that you are a Reflector. How did that feel?

How do you feel about it in this moment?

My hope with this Guide is to help you understand and use the unique parts of your design so you can start (or keep on) building your life in ways that feel fun, fulfilling, and effortless.



Below we'll walk through some of the most important aspects of your Human Design, with each one adding another layer to your uniqueness. Human Design is known as the science of differentiation because even if someone was born at the exact moment as you in the very same place, your lives are likely to still have tons of differences.

It's all in the way you move through life making small decisions that take you down a distinct path that no one has ever travelled in the same way that you do. You get to choose how deep to go as you explore your design.

Let's get started!

#1 Reflectors Show Their World What's happening

You already know that you're a Reflector but what does that actually mean? Often described as mirrors, Reflectors are deeply empathetic and can pick up on the energy, quirks, attitude, personality, and feelings of those around you.

This is because all 9 centres (shapes) in your chart are undefined. You don't have a fixed way of experiencing things and you're open to the influences that come into your daily life because of it.

Other types have at least two centres defined so while they may experience many things in inconsistent ways, Reflectors can appear to be totally different people from one day to the next. Sound familiar?

This is a super power unlike anything else, even if it doesn't seem like it just yet.

Your role is to spend time with people so you can tune into their energy and reflect it back to them.

Why? The theory with Reflectors is that if we're around a group of people, like our family, and we keep experiencing something like anxiety, it could mean that the family unit is feeling stressed out. That gives us a chance to help make it better by subtly using ourselves to showcase the situation.

We may not know exactly what's wrong or how to fix it but bringing it to light so that others can work towards a solution is a great first step.



Reflectors aren't the most direct people when it comes to pointing out relationship dynamics that are a bit off. Instead of walking up to your spouse and telling them that something is wrong with their energy, you're designed to naturally mirror the energy and attitude they give off as your way of showing the situation.

It's not uncommon for Reflectors to morph into those around them like some kind of mystical shape-shifter. Whether you take on positive (ie. Healthy) traits or ones that aren't so great will tell you the state of those you're around.

Keep in mind that it's not your job to be judgmental when things feel off. Just be aware of the energy so you can reflect it back and allow others to see themselves in you.

Of course this is easier said than done and it can take an energetic toll, so be sure to decompress often. More on that in a bit!

If you're worried that all you'll end up doing is wandering into negative situations and trying to fix them, rest assured that there are tons of fun and positive ways to play with this unique Reflector feature.

Starting to notice how you feel around different people across all areas of life is an easy way to tap into your powers.

Even restaurants and coffee shops can be great opportunities to tune into the energy of the crowd. As you can imagine, some spaces are more uplifting than others!

It's been my experience that the energy in airports and hospitals can feel overwhelming if I let it happen. You may have places that feel this way as well. It doesn't mean you need to avoid them, just remember that the energy you're feeling isn't your own and try not to let it drag you down.

Which brings us to...

Releasing Energy

Each Human Design type has their own kind of aura, the energetic field that surrounds you. A Reflector's aura is one that samples energy from those around you to see what's going on. It's also resistant, so you only take in small amounts at a time.

Even so, it's important not to hang onto the energy you pick up throughout the day or you'll be left feeling totally drained.



Practice recognizing and releasing energy that isn't yours.

There are lots of techniques when it comes to releasing energy and you get to choose which ones work best for you. **The only real requirement is being alone.**

When you're trying to shake off energy it's counterproductive to do it around other people, since you'll just end up sampling theirs as well.

Finding a quiet spot where you can be alone for a while without interruption is helpful. If you've got a full house you might need a creative solution, like sitting in your car, to get the real benefits.

Make your space as comfortable and inviting as you can so it's a place you feel calm to be in. Meditate, journal, stare out the window, or breathe deeply to get your bearings and shed unwanted energy.

This gets easier the more you practice but the goal isn't necessarily to do it quickly. Reflectors already get enough pressure to move faster than we're naturally designed to, so take it slow.

#2 Inconsistency

Reflectors are the only Human Design type to have no fixed way of going through life. Those with defined Throat centres, for example, will have a consistent way of communicating whereas your communication style will change daily depending on who you're around, what's happening with the moon, and what kind of situation you find yourself in.

Have you ever spent time with your best friend and noticed that you start speaking like they do? Happens all the time to Reflectors.

With all nine open centres you are here to pick up on your best friend's new obsession with the latest Netflix series or your co-worker's love of Mexican food. Their strong feelings about these things might last for a long time but as a Reflector, you're not meant to hold onto them as your own.

Watch the Netflix series she's been raving about but don't feel obligated to follow the entire cast on social media or dive into each of their personal lives...unless you want to.

Experiencing these fun quirks is one example of how Reflectors acknowledge when things are going well! It allows you to bond with those around you and really sense how they're doing.

Some questions to play around with:

1. Who do I feel like being today?
2. What has caught my interest lately, and why?
3. What's been my favourite part of these past few days?



Your answers will probably change each time you ask them because you are designed to do things differently everyday and experience the full range of emotions frequently.

One of the biggest challenges for Reflectors is the pressure to be consistent. Pick a life-long career, live in one place, have the same friends, love the same food, music, and style you did once upon a time.

Those expectations do not work for Reflectors. Every other type is capable of consistency but you are intentionally designed to go against it.

As social beings we are constantly looking for clues about those in our community so we can figure out if they're friend or foe.

Having a fixed identity and being able to say with certainty, "I am ____" helps those around us make sense of us as friends but it's stifling and unnatural for Reflectors to cling to an identity.

This can be a challenging habit to let go of.

So much of our lives are spent identifying with our country, religion, occupation, relationship status, and on and on.

The only certainty a Reflector has in their identity is that they're a Reflector. Everything else, according to Human Design, is best to hold a little more loosely.

Right about now you might be thinking of all the titles you identify with. Environmentalist, Nurse, Nomad. These seem pretty concrete, and I'm not here to tell you that you aren't any of those things.

However, with your growing and changing interests throughout life, it's best not to cling too tightly to identifying characteristics since they are so likely to change.

Have you ever said things like, I'm...

- Not a morning person
- Super organized
- Career-focused
- Not good with money
- A guitar player
- Impatient

Any of those characteristics can and will be temporary for Reflectors, even if it doesn't seem that way in the moment.

If you're feeling career-focused right now, great! Enjoy how into your job you are and dive right into your projects. Just don't be surprised if you lose interest and feel no attachment to work a few weeks from now.

It doesn't mean there's something wrong with you.

Far from it.



It means you were on a wave of inspiration that you rode until it disappeared, and guess what? That's exactly the kind of inconsistency your open centres will allow you to experience.

To attach a label is a waste of time and effort since that label is going to change often.

Others will want to peg you as one specific thing but that's only because their type does well with fixed identity.

- Can you think of any "I am" statements you've said recently?
- Are there any that you can reframe to make them more temporary? For example, instead of saying "I'm tired", try using "I feel tired right now". Notice the difference?
- Is there anything you feel pressure to keep doing?
- Consider any items you've bought over the last month or so. Do you still use them or are they collecting dust in the basement?

As you explore your design don't be surprised if there are lots of hobbies that come to mind that were once really intriguing but no longer interest you at all!

These are great examples of how your interests and curiosity can ebb and flow throughout life to redefine who you are over and over.

#3 Making Decisions

You may have heard that Reflectors are supposed to wait 28 days to make a decision, and before you scoff at how unrealistic this is in our fast-paced world, let's walk through the reason why waiting is important and what happens during those 28 days.

Lunar Cycles

In Human Design there are 64 gates, which are those numbers inside the centres shown on your chart. In non-Reflector types these get activated one at a time over the course of a calendar year (approximately), as the Sun moves through all the gates.

In this case, each gate is highlighted and experienced by the other types more intensely for around 6 days at a time.

For Reflectors, we are deeply connected to the Moon instead of the Sun, and here's where things get interesting. The Moon moves through all 64 gates as well but instead of taking a year like the Sun, it speeds through the gates in just one lunar cycle, which is about 28 days long.

The reason Reflectors have "wait a lunar cycle" as their decision-making strategy is to account for all the different feelings, thoughts, and experiences that will happen as the Moon goes through the gates.

This is definitely one of the most misunderstood aspects of Human Design for us Reflectors. It might be because no one really talks about what's supposed to happen during the lunar cycle as we make decisions, and that's what I'm here to clear up.

When you're presented with a chance to make a decision, chances are you've tried to give a split-second response. Our world moves at light speed and we're expected to know what we want at all times.

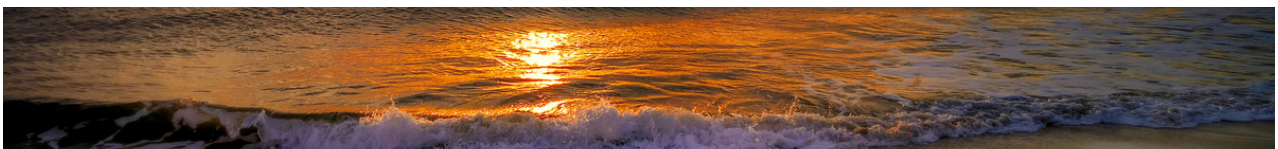
Even with smaller decisions, Reflectors should not be pressured to decide quickly since there are so many outside factors in play that could cause a response that's completely out of alignment.

Here's the truth about waiting 28 days. You are meant to feel your way through the lunar cycle, acting as if the decision has already been made. This will help you decipher your true feelings about whether or not it's a good fit. Notice I'm using a lot of *feeling* words here?

This isn't a logical thinking exercise where you jot down a pros and cons list to reach a decision. Those won't work for Reflectors.

Giving yourself 28 days to experience what it might be like to say yes is the only way you'll get to see how you feel with the coming and going of each highlighted gate.

It's also the best way to avoid saying yes to things you think you want but end up regretting.



It's not uncommon to experience stress about decision-making.

None of the other types have to experience such a wide range of feelings and emotions just to figure out if something like changing jobs is a good idea.

When you find yourself at a time of decision, do your best to consider what it would feel like if you said yes.

For example, if you're thinking about relocating out of the city, take a drive to some of the suburban neighbourhoods you'd be considering. How does it feel to drive through those streets? Does the scenery give you happy vibes or make you anxious?

You might also visit a café in the area and enjoy a coffee while people watching. Could you see yourself being here regularly?



It's helpful to journal or take some notes each day to document your experience. When you reach the end of the lunar cycle you'll be able to check in with yourself and hopefully decide if the month-long experiment felt in alignment or not.

That's what waiting 28 days is all about!

64 Human Design Gates

Remember how all 64 gates get activated over 28 days? Well each of them has a unique energy and special properties of their own, and you get to experience their magic in the same order every month.

One of the fun and useful ways to harness your Reflector abilities is to track your own physical and mental energy levels as they change over the month. Some gates are full of physical energy, while others boost tribal connection. One day you'll get a burst of inspiration, another will have you rooted in stillness.

The easiest way to see these in action is to pick any day and call it Day #1. From there, keep track of how you feel each day for the whole lunar cycle. Keep in mind that the Moon goes through 2-3 gates each day so it might be a bit of a rollercoaster!

There's so much potential to leverage Human Design gates so you'll be in the best possible alignment at the right time. Think about it. If you have an intense work project coming up and you know that your big focus days are around the corner, you can plan to use that time to make headway on the project.

Similarly if something demands your physical energy, such as cleaning out the garage, it would be beneficial to schedule it on a day when you'll be feeling strong and energized.



Trying to force yourself to perform certain ways when you feel resistance will only lead to disappointment, a common feeling for Reflectors when we hold rigid expectations of ourselves or agree to things based on others' priorities.

#4 Practice, Practice, Practice

Discovering you're a Reflector and deciding to go on this Human Design journey is a bold move that not everyone is willing to make.

Play around with the aspects discussed in this guide and see what comes up for you. The more you practice, the more you'll get to know the most amazing parts of yourself.

There are so many other aspects of Human Design that will help unlock your unique gifts and purpose. To find out how you can live your design in a world created by the other 99%, join us inside the **Reflector Essentials** program!

Still have questions that only a Reflector could answer? Send them to hello@reflectorbydesign.com. We may feature it and share the response in a blog post!

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