

# HUMAN DESIGN THE 5 ENERGY TYPES

*An Introduction to Human Design*

by Corissa Stepp



THE COLLECTIVE  
SOUL  
LIFE COACHING  
ENERGY HEALING

## INTRODUCTION TO HUMAN DESIGN

What is Human Design?

Human Design is the culmination of 5 ancient wisdoms - Eastern and Western Astrology, the Kabbalah, the Chinese I'Ching, the Hindu Chakra System - and Quantum Physics. This information is synthesized into what we call the Human Design Chart or Bodygraph. It has many different layers and provides a "blueprint" of your Soul Curriculum, the Story of Who You Are and your Life Purpose. Understanding your Human Design can help you learn the way you are meant to energetically move throughout the world with ease and flow, how you are meant to make big decisions, understand the challenges you may face, what patterns you may need to correct and where you may get stuck. It can reveal your gifts, talents and weaknesses but more importantly, your potential. Your Human Design chart provides a "map" that can guide you towards living your life in its highest expression.

This E-book was created to help you take the first step into understanding your Human Design by explaining the first layer - the 5 Energy Types of the chart. I hope you enjoy learning more about your Type. Once you understand your Human Design, you can begin experimenting to see what resonates with you! I encourage you to book a Human Design Reading if you'd like to dig deeper so you can begin this incredible journey of self-discovery and exploration. You have nothing to lose and everything to gain!

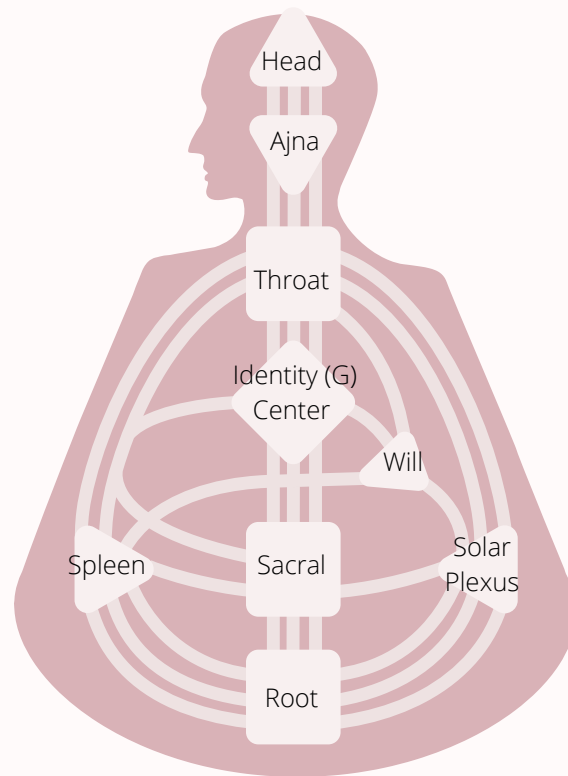
*Corissa Stepp*

# ABOUT ME



Corissa graduated James Madison University with a degree in Quantitative Finance and Financial Economics and began her career on Wall Street working for a prominent Investment Bank and later, various Investment Firms. Over her 10+ year career in Finance, Corissa always seemed to struggle with feeling as though she had a much bigger purpose and that she was designed to help others in a more meaningful way. Along her journey, she got married, moved to London where she had two beautiful boys and ultimately landed back in the States, specifically New Jersey, to raise her family. At the time, she thought she had found her purpose as a stay at home mom. However, after a big life disruption, she discovered Human Design and her Intuition, and through her own journey of healing and self-discovery, she began to understand how she could use her gifts to be of service to others. Corissa now guides clients through transformational periods in their own lives and helps support them in understanding who they truly are, what their purpose is and how to find the power in the pain so that they can see a path forward to a life they love. Corissa draws upon several modalities, including Human Design, EFT and Intuitive sessions to help support and guide her clients.

# Human Design Chart



## How to Run Your Chart

**First things first, please run your FREE Human Design Chart and discover your unique Energy Type. Once you do that, you may wish to run the Human Design Charts of your closest friends and family to see what their Energy Types may be!**

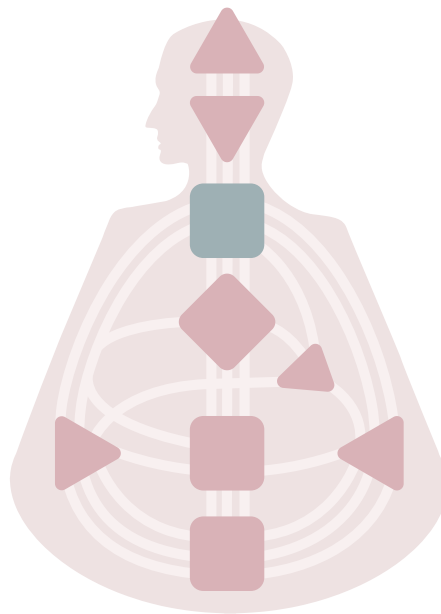
**Get your FREE chart**

# MANIFESTOR

## Initiator

Manifestors are defined as such because they have a motor to the throat. They are also non-Sacral beings, meaning that they do not have sustainable access to life force energy. Manifestors have big auras and are meant to be bold in initiating and inspiring others into action. They are not meant to work the typical 9am-5pm job, 5 days (or more!) a week. As such, they need to save money to help sustain them during rest cycles.

Manifestors must follow their internal non-verbal flow and when they get interrupted, they may experience the emotional theme of anger. Anger can also be a signpost for being out of alignment. One way to minimize this impact is to inform others before taking action. Manifestors are here to live in the flow of their Divinely-inspired creativity and to follow the cues and clues alerting them of right timing.



One of the challenges Manifestors experience is not having consistent access to life force energy. They need to make sure they take time to rest. Since Manifestors have a motor to the throat, they often do not need advice, just a sounding board. They may think that they do not "need" anyone and can struggle with feeling alone. Manifestors need support in reclaiming and fully expressing their power and may need help understanding when enough is enough.

Manifestors should be in bed before they are tired and they should lay flat for at least 30 minutes in order to discharge other people's energy that they have absorbed from others. Ideally, they should not sleep near Generators or Manifesting Generators.

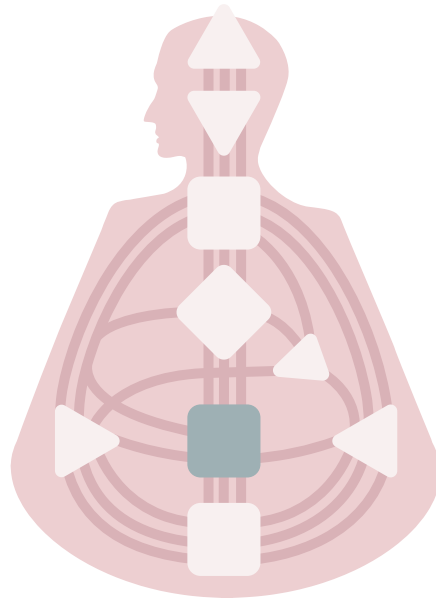
When Manifestors are living fully aligned and true to who they are, they are able to create a higher state of well-being and health for themselves. (Sidenote: We are all able to manifest, we just need to do it according to our Type, Strategy and Authority.)

# GENERATOR

## *Alchemist*

Generators have a defined Sacral and a non-motorized throat. Since they have a defined Sacral, they have access to consistent and sustainable life force energy. They are here to do the work of the world and become masterful at whatever lights up them up. Generators are not here to initiate but rather wait for things to show up in their outer environment in order to take action. Generators are meant to respond "yes" only to opportunities where their Sacral says "hell yes". This, in turn, gives Generators access to the life force energy they need to do the work to repeat, practice, improve and master whatever they decide to devote themselves to - whether that is a career, a side hustle or a passion project.

The emotional theme for the Generator is frustration, which is a cue that they are about to have a breakthrough to the next level; it signals momentum. It is important for Generators to sit and wait, to conserve their energy when they experience their emotional theme, so that they will be ready to respond when the next opportunity shows up - which could be to quit for another opportunity or to keep going to achieve mastery.



Generators can burn themselves out with "staying busy". This busy-ness can lead them to be unfocused and scattered and even burnt out, bored and restless. These symptoms may indicate that they are saying "yes" because they can, because they're capable and because they have the energy for it, rather than because it lights them up. Generators are meant to follow their joy.

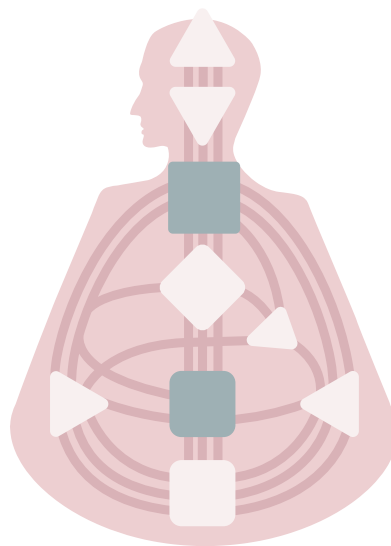
Generators need to wear themselves out every day and may need a lot of physical activity or mental stimulation (or both!) so that they pass out the minute their head hits the pillow. Since Generators do not have a motor to the throat (like Manifestors and Manifesting Generators), they may talk in circles, or with a purpose, just to move energy. Generators may struggle with recognition or feeling heard as a result of not having a motor to the throat.

# MANIFESTING GENERATOR

## *Time Bender*

Manifesting Generators have a defined Sacral (like Generators) and a defined Throat Center (like Manifestors). As such, they have access to sustainable and consistent life force energy. Manifesting Generators are here to do the work of the world and become masterful, like Generators, and they also need to follow their non-verbal creative flow, like Manifestors. Similar to Generators, they are not here to initiate and must wait for something to respond to in their outer reality.

Manifesting Generators have an emotional theme of anger (like Manifestors) and frustration (like Generators). They must also inform others before taking action. Informing others helps to settle the intense energy field surrounding them to avoid the rippling effect that stops their creative flow and also helps to reduce their subsequent frustration and anger.



Manifesting Generators like to be busy and may often multi-task. They may not be successful in all the things that they are working on at a time, but they need to stay busy and be in their creative flow to burn through their energy. Manifesting Generators tend to move very quickly and will often skip steps. Skipping steps is a part of their process and although they may have to go back and repeat the steps they skipped, they are then able to move quickly through the remaining steps since they know then what comes next.

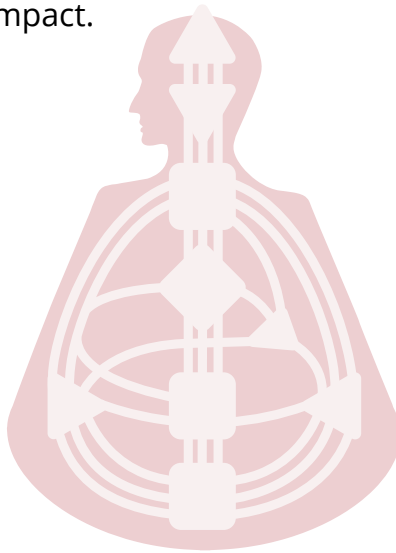
Manifesting Generators need to wear themselves out every day, just like Generators, so physical exercise is important. Since they have so much energy, they must find ways to move that excess energy out of the body rather than let it ricochet around internally. They risk burning out by taking on more than they should because they think they have the energy for it all. Manifesting Generators need to follow their authority to know which opportunities they should respond "yes" to. It is also important for Manifesting Generators to learn how to delegate because they will often feel the pressure to "do it all" just because they can.

# PROJECTOR

## Orchestrator

Projectors are Open Sacral beings (meaning that their Sacral are not defined) and they also do not have a motor to the Throat. Having an open Sacral means that Projectors take in the life force energy of those defined Sacral beings around them and amplify it, but they do not hold that energy sustainably or consistently. With a non-motorized Throat, Projectors need recognition to gain access to the energy they need to be heard and to take action. They do not have initiating energy so they must wait for recognition or an invitation.

Projectors are able to sense the potential of the world and others around them and have the ability to guide and direct others to achieve their highest potential. They must wait for the invitation or recognition, however, before sharing or directing others. It is especially important that they wait for the invitation for big, important things in life such as friendships and romance, career/work opportunities, where to live and ALWAYS before they share their guidance and advice so that it has the greatest impact.



While Projectors are waiting for an invitation, they must rest so that they will have the energy to respond when the invitation comes. It is also important that they work on valuing their self-worth while they are waiting so that they are able to stand in their value. Being with the right people is very important for Projectors, as they are only here to guide and direct those that are closest aligned with their Life Path.

The emotional theme of the Projector is bitterness. Bitterness is more of a signal to others that the Projector does not have enough energy for the invitation. They experience bitterness because they are able to see so much potential in the world and yet they feel deep disappointment witnessing how different things are from the world they envision.

Projectors need to sleep away from Sacral beings, if possible, and lie down flat at least 30 minutes before they are tired. Projectors need to protect their energy, wait for invitations before sharing and rest regularly.

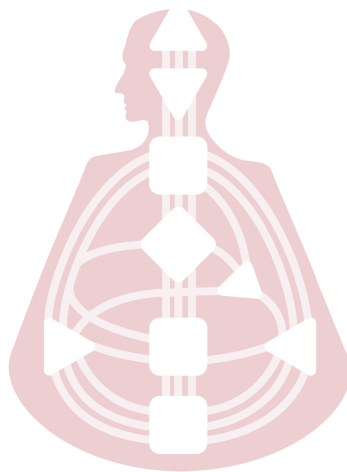


# REFLECTOR

## *Calibrator*

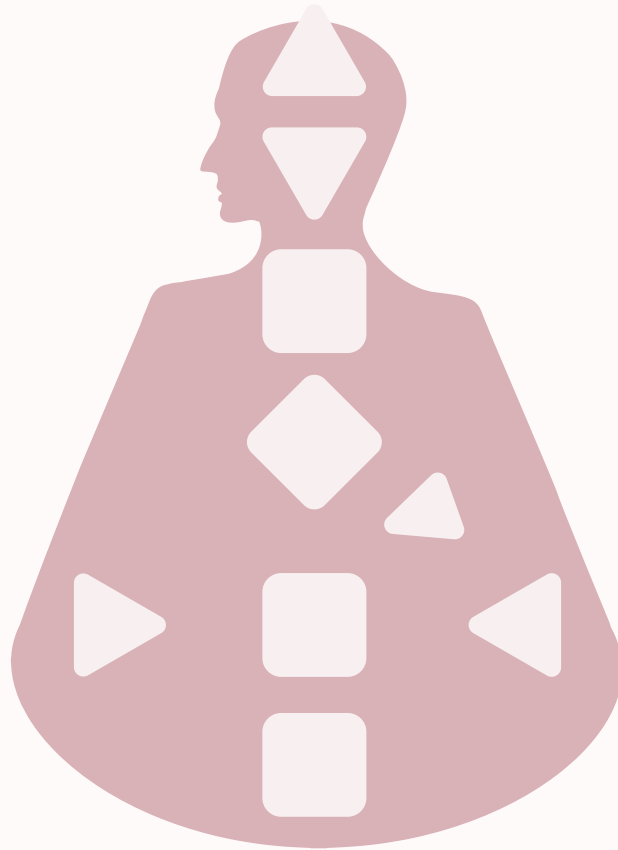
Reflectors have no defined centers or channels in their charts; they will only have defined gates. Due to all this openness, they are here to be wise observers of the world around them, amplify and reflect it back for others. This also makes Reflectors very sensitive to the thoughts, beliefs, emotions and energies of those around them. They are keenly aware of the potential of the world and because they are wise about which lessons need to be learned by borrowing energy from others, it is crucial that they are in the right place, surrounded by the right people.

Reflectors need to wait a full lunar cycle (28 days) before making a big decision. If they move home, they must be sure that they are moving to the right place and with the right people. Reflectors make transitions and adapt slowly so if they need to move or make a change, it could be uncomfortable for them if they have to wait a whole lunar cycle before deciding where to move or which opportunity to say "yes" to next.



Reflectors need a close, consistent tribe of people that they can rely on. It's important that in their relationships, they are able to talk things out and have a sounding board, rather than seek advice or guidance. Reflectors just need a safe space to talk through their decisions without judgement. They may experience the emotional theme of Disappointment as they witness the unfulfilled potential of the world and feel deeply the need for more time to make all the changes they see as necessary and possible.

Reflectors may have trouble differentiating between themselves and others since they take on so much energy from those around them and amplify it. This can lead to codependency where they are not sure where they end and another person begins. They need consistency and familiarity and will struggle with having sustainable energy, leading them to need a lot of alone time and rest. Reflectors should go to bed and lie down before they are tired and preferably sleep alone, if possible. Reflectors are here to reflect back to us the potential of all humankind. They play a very unique role in the world and require lots of love.



"Corissa is amazing. During our (Human Design) reading I felt an instant, authentic connection which allowed me to feel open to being quite vulnerable throughout our session, especially as we dug into more personal topics. Corissa shared profound insight about my unique profile which was informative, applicable and extremely relevant. Her knowledge, warmth and compassion truly shines through and working with her felt like a gift from my soul. As I continue on my spiritual path and journey towards being my most authentic self, I look forward to continuing to work with Corissa."

*-Kathryn H.*



# NEXT STEPS

If you would like to learn more about your unique Human Design, I would love to do a reading for you! Please click below to book a session with me. I offer 30 min, 60 min and 90 min sessions. The longer the session, the more in depth we can go!

**[Book Human Design Reading](#)**



I also offer Coaching Packages, EFT sessions and Intuitive sessions (including Mediumship, Inner Child Meditations, Past Life Regression Meditations, etc!). Check out my website for more information about my services or to book an appointment!

**[MORE INFO](#)**

# THANK YOU

I hope you found this E-book helpful and that you are intrigued enough to want to learn more about your Human Design chart. It truly is a wonderful tool to help you along your journey in understanding where you may be holding yourself back from living out the highest aligned expression of who you truly are and what you are here to contribute as your legacy.

If you would like to keep in touch, please fill out this **FORM** so I can alert you of special discounts and programs. You can also book a **FREE 15 minute consultation** by clicking the link below if you would like to discover how we can work together. Don't forget to also connect me on **Instagram** if we're not already connected!

[FREE 15 Minute  
Consultation](#)

Much love,

*Corissa Stepp*

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Quantum Human Design™ of Karen Curry Parker - 5 QHD Energy Type names.

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