

# **Inner Authority:** **How We Best Make Decisions**

**Blueprint+**

**No portion of this deck may be reproduced in any form  
without permission from Erin Claire Jones LLC.**

**Blueprint+**

# The Basics

## What is Inner Authority in human design?

Our inner authority is our internal compass – it is the tool we can use to make the most aligned decisions for us. It is a reliable, trustworthy tool to lead us down our perfect path.

## Why this is one of the most important pieces of our design

So often, we try to rationalize and make decisions from our mind. Yet our mind is not meant to be the seat of our decision-making. This is because our mind is so powerful we can often convince ourselves in or out of any decision. Trusting our inner authority helps us shift out of the direction we think we should be going and into the one that is truly right for us.

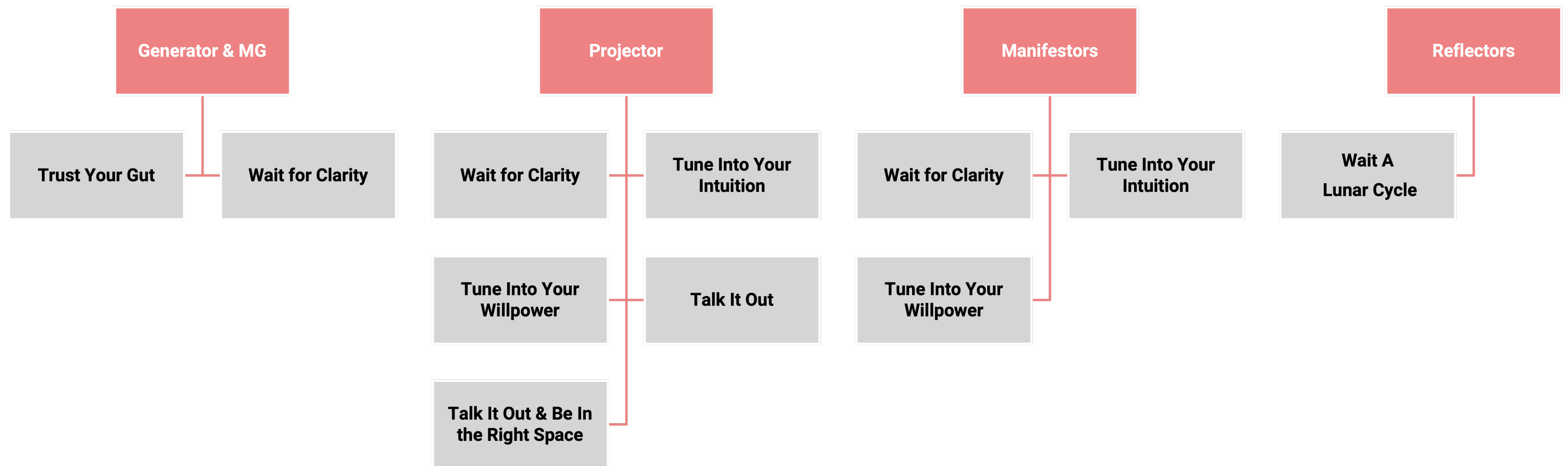
## What other factors may influence our decision-making

There may be other pieces that influence our decision-making (e.g. our cognition, other defined centers), but our inner authority is the piece that carries the most important message to rely on and tune into when it comes to decision-making.

## How many of each Inner Authority are there?

Wait for Clarity (Emotional) = 53%  
Trust your Gut (Sacral) = 33%  
Tune into your Intuition (Spleenic) = 9%  
Tune into your Willpower (Ego) = 1%  
Talk it Out (Self-Projected) = 2.5%  
Be in the Right Space & Talk it Out  
(Environmental) = .5%  
Wait a Lunar Cycle (Reflectors) = 1%

# Which authorities are possible for each type?





## Strategy, then authority, except for Manifestors

In general, our strategy speaks to how opportunities show up in our world. Once an opportunity has shown up according to our strategy, we use our inner authority to assess whether the opportunity is correct for us, with the exception of Manifestors.

# Manifesting Generators & Generators

They are meant to wait for something to show up in their world (wait to respond) and then either follow their gut in the moment (trust your gut) or follow their gut over time (wait for clarity) to assess whether it's right for them.

# Projectors

They are meant to wait for a sense of invitation and recognition (wait to be invited) and then sleep on it (wait for clarity), trust their intuition in the moment (tune into your intuition), trust what their heart is pulling them towards (tune into your willpower), verbally process (talk it out) or verbally process in the right spaces (talk it out in the right space) to assess whether the invitation is right for them.

If it's a scenario that doesn't require an invitation, they can go straight to their authority.

## Manifestors (for them, it's authority, followed by strategy)

They are meant to first feel into an urge (wait for clarity), pay attention to the urge the moment it comes (tune into your intuition) or pay attention to what urge their heart is pulling them towards (tune into your willpower).

Then, they are meant to inform those who will be impacted by the decision and move into action (initiate & inform).

# Reflectors

They are meant to wait for an opportunity to emerge (wait to be invited or initiated) and then take their time to feel into whether it's right for them (wait a lunar cycle).

# Understanding Trust your Gut (Sacral)

**When something is for you, you'll  
know. Stop ignoring the signs.**

**Alex Elle**

## How You're Meant to Make Decisions

- Your gut feeling in the moment helps you make the right decision at the right time; you have the capacity for instant clarity
- If it's a yes, you're meant to have a visceral and immediate knowing in your gut when asked about something
- If it's a full-bodied yes in your gut, you're meant to trust it and move into action; if it's anything but that, it's a no or not now
- The gut not only lets you know where to put your energy, it lets you know when to put it there; timing is key
- A yes may feel like an excited buzz in your belly, an internal expansion, a rising of energy, your body being pulled towards something, an uh-huh, or an eagerness in your voice
- A no may feel like an uncomfortable knot, a sigh, a depletion of energy, an uh-unh, your body contracting away from something, or a hitch in your voice



## How You're Meant to Make Decisions (cont.)

- The gut doesn't come with a reason; it's about what feels right, not what you think you should do
- Your gut doesn't let you know where a decision will take you; it simply lets you know the next most aligned step
- Your mind won't stop getting in the way – your work is to allow your gut and not your mind to guide your decisions
- It's healthy to stay connected to your gut feeling and allow it to shift and evolve with time
- You have enormous energy at your disposal as a Generator or Manifesting Generator; your gut lets you know where to put your precious energy and protects you from giving away your energy to the wrong things

## Potential Challenges of this Authority

- Trying to rationalize your gut feeling
- Letting your mind second-guess your gut feeling
- Feeling indecisive when you're actually just disconnected from your gut
- Letting others' emotions overwhelm your gut and choosing based on others' excitement, not your own
- Avoiding trusting your gut because you can't see beyond the next right step
- Moving into action before you get a yes in your gut
- Looking to others to tell you what to do rather than trusting the wisdom of your gut
- Not letting something "feeling right" be enough reason to pursue it

## Misunderstandings About This Authority

- Your gut knowing will always come through your voice, e.g. uh-huh or uh-unh.
- The gut feeling shows up in the same way for each person.
- The no has to be as strong as the yes for you to honor it.

## Practical Tools to Align with this Authority

- Invest your energy in any practice (e.g. embodiment practices, dance) that help you drop into your belly and body
- Whenever something shows up in your world, drop into your belly and pay attention to whether you feel expansion or contraction
- Ask those around you to ask you specific yes/no questions to help you drop into your gut feeling; if they ask you an open-ended question, ask them to reframe with specific options
- Pay attention to when you get into your head and out of your gut, e.g. “I should do this because...” or “maybe this thing will happen if I say yes...”
- If you’re not getting a clear gut response, give yourself more things to respond to or have people ask you more questions about it
- If you are finding it hard to trust your gut for big decisions, start tuning into your gut for smaller decisions, e.g. where to eat dinner
- Release the need to explain your gut feeling
- Let those around you know unless it’s a yes in your gut, it’s not right
- Reflect on where gut-driven decisions have led you in the past versus where mind-driven decisions have led you

## Tools for Supporting Those with This Authority

- When making a decision, present them with options and ask them specific yes/no questions about it rather than open-ended questions, e.g. asking whether they want to go out to eat or cook at home rather than what they want to eat
- Don't force them to explain how they know what they know; trust their gut feeling
- Always check in with them to make sure they're a full-bodied yes to an opportunity or experience and encourage them to hold off if it doesn't feel right
- If they are feeling unsure about something, ask them specific questions about it to help them drop into their gut knowing
- Let them know how much you appreciate that when they know, they just know

## Tools for Supporting Kids with This Authority

- Present them with options and ask them yes/no questions
- Let them express their gut sounds freely and without judgment (they often will express their gut feeling purely when they are young)
- Pay attention to their non-verbal, visceral knowing
- Make it your job to communicate in a way that sparks their gut knowing
- Don't make them think their gut through or explain it
- Do your best to trust their gut feeling rather than try to convince them of something different
- Honor their gut feeling in the moment (they may feel indecisive if they're given too much time)

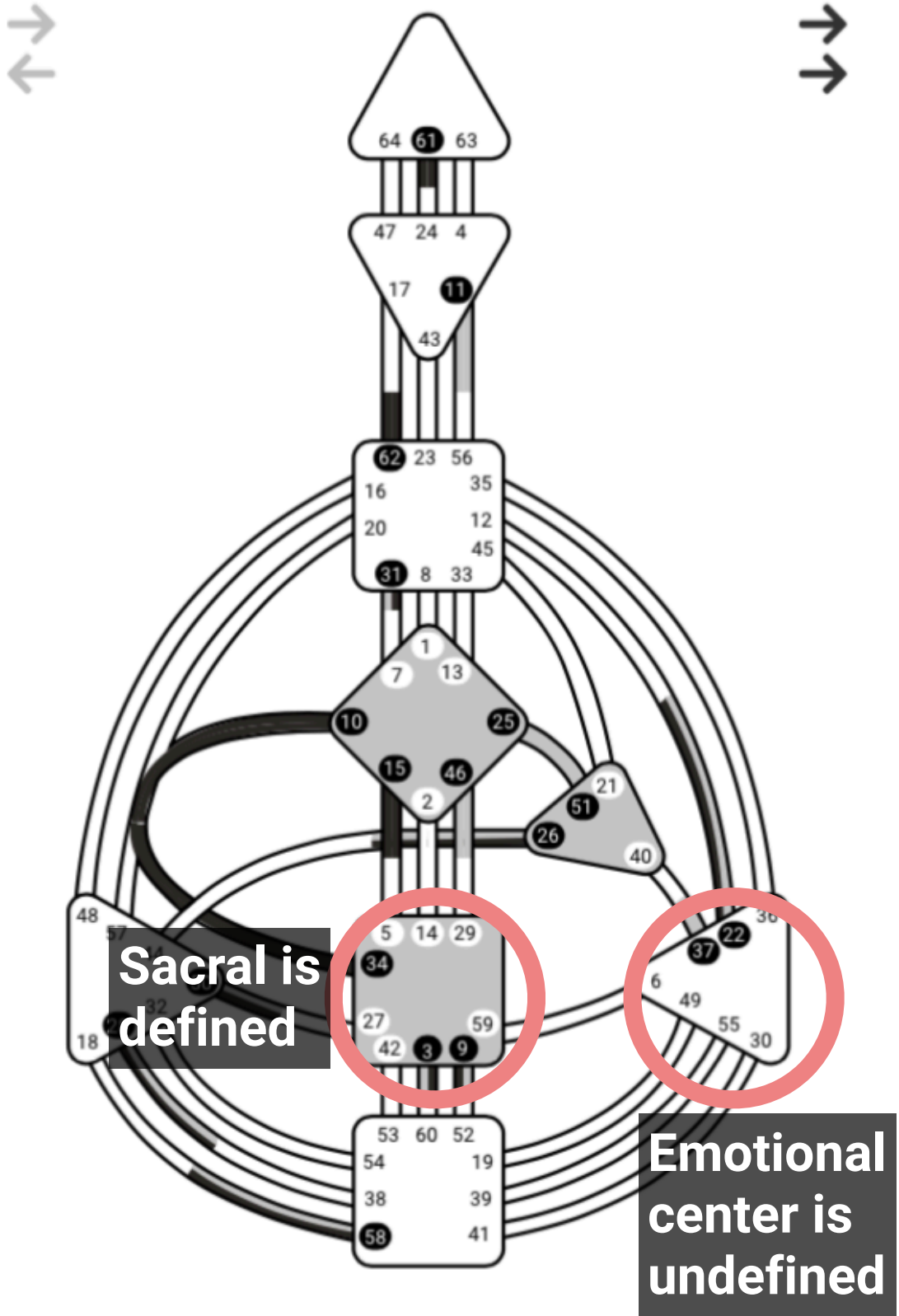
## Examples of This Authority in Action

- You have two opportunities in front of you. One is giving you a full-bodied gut yes and the other makes sense as a next step, but it doesn't feel right. You trust your gut feeling and go with the first option
- You are looking for a home and want to buy something, but nothing feels right. You are tempted to just say yes to one you are half-hearted about. You decide to wait. One day, a friend mentions a new town you had never considered. You feel so lit up by the prospect and soon after exploring the town, you find the perfect home there. You trusted your gut to not only let you know the right home to move forward with, but the right timing to make it happen
- Your friends invite you to an experience. Even though it seems fun, something in your body gives you a clear no. Rather than try to justify it, you let them you can't join

# How to Spot a Sacral (Trust Your Gut) Inner Authority

Your sacral center is defined (colored in) and the emotional center is undefined or open (white).

DESIGN
☉ 25.3
⊕ 46.3
♊ 3.5
♋ 50.5
♌ 31.6
♍ 22.5
♎ 51.1
♏ 11.5
♐ 37.2
♑ 9.5
♒ 26.6
♓ 58.2
♈ 28.6



PERSONALITY
☉ 15.1
⊕ 10.1
♊ 3.2
♋ 50.2
♌ 9.2
♍ 62.4
♎ 31.4
♏ 61.2
♐ 22.6
♑ 34.5
♒ 26.4
♓ 58.1
♈ 28.3



**Only Generators & Manifesting  
Generators can have a Sacral (Trust  
your Gut) inner authority.**

**Understanding Wait for Clarity (Emotional)**

**Get calm and the right  
answers will come.**

**Lalah Delia**

## How You're Meant to Make Decisions

- For the big decisions, it's best to sleep on it rather than make a decision in the moment
- It's important to not only love a decision in the moment, but to love it over time
- It is best to check in with yourself a day or two after the opportunity shows up to ensure the excitement persists
- You may have an initial instinct, but time gives you space to ride out your emotional wave and confirm it continues to feel right for you
- Moving away from a decision brings you closer to your truth
- What's most important is that you do not make a decision from an emotional high or low (when in a good mood, you may be tempted to say yes whereas you may be tempted to say no when in a low)
- You're instead designed to make decisions from a cool, calm and settled place within you; time offers you this

## How You're Meant to Make Decisions (cont.)

- Time allows you to get more data and see the full picture
- You will know you're clear when any sense of nervousness has left you
- The goal is not 100% certainty, but 80% clarity
- Sleeping on it not only gives you clarity, but the right timing to move forward with (you may find the right opportunities get better with time and the wrong ones drop away)
- For the small decisions, trust what feels right in the moment

## Potential Challenges of this Authority

- Making decision while you're in your feelings
- Trying to speed up your decisions to please those around you or because you feel pressure
- Making yourself wrong for needing time to get clear
- Getting nervous an opportunity will disappear if you don't commit now
- Committing in the moment and then regretting it the next day
- Creating chaos for those around you after entering into decisions from a highly emotional place
- Looking to others to know what to do
- Getting in your head and trying to rationalize your decisions or emotions
- Committing even when your feelings continue to vacillate
- Committing even when you feel less than 80% clear that the opportunity is right for you

# Misunderstandings About This Authority

- You must wait for clarity and sleep on every single decision.
- You must feel 100% certain about every decision.
- You make things happen slower.
- You must wait indefinitely.

## Practical Tools to Align with this Authority

- Begin to pay attention to what you feel on an emotional high or low, so you can learn to not make decisions from those places
- After receiving initial instinct, pause and give yourself a moment to process before committing; wait for the emotional charge to disappear
- If you still feel excited, move forward with it
- If you feel an urgency to commit, wait for pressure to dissipate
- Pay attention to how spontaneous decisions feel versus how the ones you've given yourself time to sleep on feel
- Practice asking for more time in your decisions, letting them know you need a day or two to feel into it
- Do your best to not jump into relationships or collaborations; experiencing someone over time will give you clarity
- Pay attention to who gives you space to be in your feelings and doesn't try to fix your emotions
- Remind others your clarity benefits them too



## Tools for Supporting Those with This Authority

- Do not rush them or pressure them to know in the moment
- Understand that they need to see decisions from multiple angles
- Build time into your collective decisions and let them know you'll check in with them in a few days
- Give them space to feel into decisions
- If it's a new relationship, don't put pressure on them to commit before they're ready
- Always check in with them to see if they're in the mood to do something
- Let them know how much you value the depth and clarity that comes with time for them
- Don't expect immediately clarity in conversations, especially when they're emotionally charged
- Honor their sense of timing

## Tools for Supporting Kids with This Authority

- Trust that they need time to process
- Encourage them to sleep on things and take their time, especially when they're young
- If they are emotionally amped up, give them space; don't force the conversation
- Don't expect immediate clarity
- Don't pressure them to make fast decisions
- Stay attuned to what they are feeling about a decision, but allow them to move forward with things at their own pace, in their own timing
- Don't suppress or shame them for their feelings – embrace their emotionality
- Remind them their emotions are valid

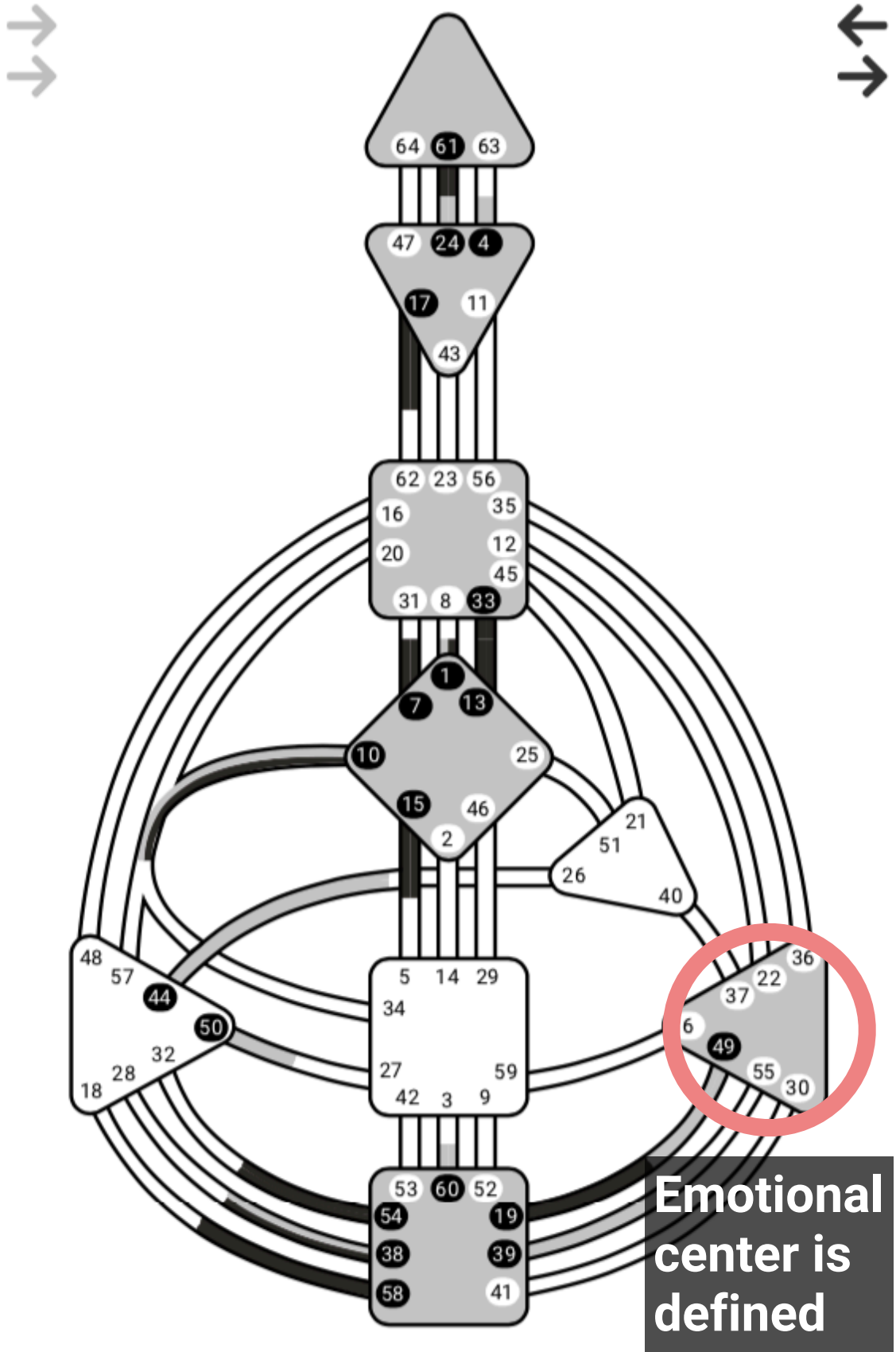
## Examples of This Authority in Action

- You are having a disagreement with someone close to you. You are feeling super emotional. Instead of trying to resolve it in the moment, you take space and let them know you'll check back in when you feel clear
- A new project comes up and you feel excited to just jump in and do it. Yet you remember clarity comes with time for you, so you note your initial excitement and take a day or two to feel into it. Two days later, the excitement remains, so you move forward
- You meet someone new and feel excited to collaborate with them. They want an answer immediately, but you know how important time is. So you let them know you need time to feel into it. A few days later, the excitement has dissipated, so you let them know the collaboration is not for you (and a few days later, something even better shows up)

# How to Spot an Emotional (Wait for Clarity) Authority

Your emotional center is defined  
(colored in).

DESIGN	
☉	44.6
⊕	24.6
♊	49.4
♋	4.4
♌	60.4
♍	44.3
♎	10.2
♏	50.5
♐	39.2
♑	38.1
♒	10.5
♓	38.1
♈	1.2



PERSONALITY	
☉	19.4
⊕	33.4
♊	13.4
♋	7.4
♌	17.4
♍	54.1
♎	61.2
♏	10.4
♐	15.4
♑	54.5
♒	58.4
♓	38.4
♈	1.5

**Manifestors, Generators,  
Manifesting Generators & Projectors  
can have an Emotional (Wait for  
Clarity) inner authority.**

## Manifestors with this Authority

- Once an urge arises within you, sleep on it
- If the excitement and inspiration around the urge remains the next day or day after, move forward with it
- Let the people know who will be impacted (inform when you are not in an emotional high or low) and then take action on the idea

## Manifesting Generators & Generators with this Authority

- Your decision-making is still rooted in your gut response, but rather than trusting your gut feeling in the moment, you're meant to trust your gut over time
- Pay attention to your initial gut instinct about something (have someone ask you a yes/no question about it) and then have someone ask you again the next day
- It's healthy to observe multiple gut responses over time
- If it continues to be a yes in your gut, move forward with it
- Use your gut feeling in the moment for all the small decisions

## Projectors with this Authority

- Once you receive an invitation or feel an inspiration to do something, pay attention to your initial instinct about it
- Check back in a day or two after
- If it continues to feel right, move forward with it



# Understanding Tune into Your Intuition (Splenic)

**The quieter you become,  
the more you can hear.**

**Ram Dass**

## How You're Meant to Make Decisions

- You are designed to make decisions based on your intuition in the moment, without knowing where a decision take you
- Your intuition is an immediate, instinctive sense that something is right for you; it communicates subtly and instantaneously
- You are designed to be spontaneous
- Your intuition comes in the moment and disappears just as quickly
- Your intuition may show up as a voice that gives you a soft yes or no or an instant feeling something is right for you or not
- A yes can feel like resonance, a sense that something smells, tastes or feels right, a nervous excitement, tingles, or butterflies
- A no can feel like a lack of resonance, a sense of unease or lack of safety, a sense that something doesn't smell or feel right, something leaving a funny taste in your mouth, or an ickiness
- Your intuition does not come with a reason

## How You're Meant to Make Decisions (cont.)

- Your intuition communicates once; ideally, you are meant to listen to and act on it the first time
- What is right for you may change, so honor your instinct as it changes and allow in spontaneity
- Your intuition comes quietly and it may take practice to get quiet enough to hear it
- It helps to be in your own energy when connecting to your intuition
- The more you trust your intuition and act on it, the more attuned you'll become to it

## Potential Challenges of this Authority

- Making decisions based on someone else's feelings about a decision rather than your own intuition
- Trying to rationalize the quiet whisper of your intuition to yourself or others
- Letting your mind override your intuition
- Doubting or second-guessing your intuition
- Feeling you need to sleep on a decision and ending up talking yourself out of your intuitive knowing while you wait
- Not taking space and time alone to connect to your intuition
- Acting on an intuitive knowing days after you felt it when it no longer feels right
- Not prioritizing time to connect to your own intuition
- Expecting others to make decisions as fast as you

## Misunderstandings About This Authority

- Your intuition will never come back if you don't act on it the first time.
- Intuition shows up in the same way for everyone.
- It's easy to tap into your intuition when you're around others.

## Practical Tools to Align with this Authority

- Invest in practices that help you quiet down and hear your intuition (e.g. time alone, time in nature, meditation)
- Pay attention to and begin honoring your instinct in the moment, whatever form it comes in
- When you walk into a new space, meet a new person or encounter a new opportunity, tune into the sensations you're feeling and what you're sensing
- When your intuition comes, take action before you have a chance to talk yourself out of it
- Release the need to know why you feel the way you do
- If you feel excited around others, practice taking time away from them to confirm it's your intuition speaking, not their excitement
- Practice being spontaneous in the small decisions, so you can build trust for the bigger decisions
- Know that if you are thinking too hard, it's not your intuition
- If you don't act the first time, act the next time
- Communicate to people you're a fast decision-maker

## Tools for Supporting Those with This Authority

- Give them space to be in their own energy and connect to their intuition
- If they're open, ask them what they're sensing about a decision and whether they have an intuitive feeling
- Check in with them to see if they need time and space alone; honor their sensitivity to your feelings
- Pay attention to what drops them into their intuition and help them create space for that
- Notice when they are speaking from their intuition versus from their mind
- Let them know how much you value the clear knowing that comes through their intuition
- Don't ask them to explain how they know what they know



## Tools for Supporting Kids with This Authority

- Trust clarity comes in the moment for them
- Know they are meant to be spontaneous
- Don't make them wrong for moving fast
- Honor their need for time alone and time away from you
- Help them invest their energy in practices that help them connect to their intuition
- Give them freedom to act when their intuition comes
- Don't make them explain their intuition
- Don't second-guess their intuition
- Help them trust their inner knowing

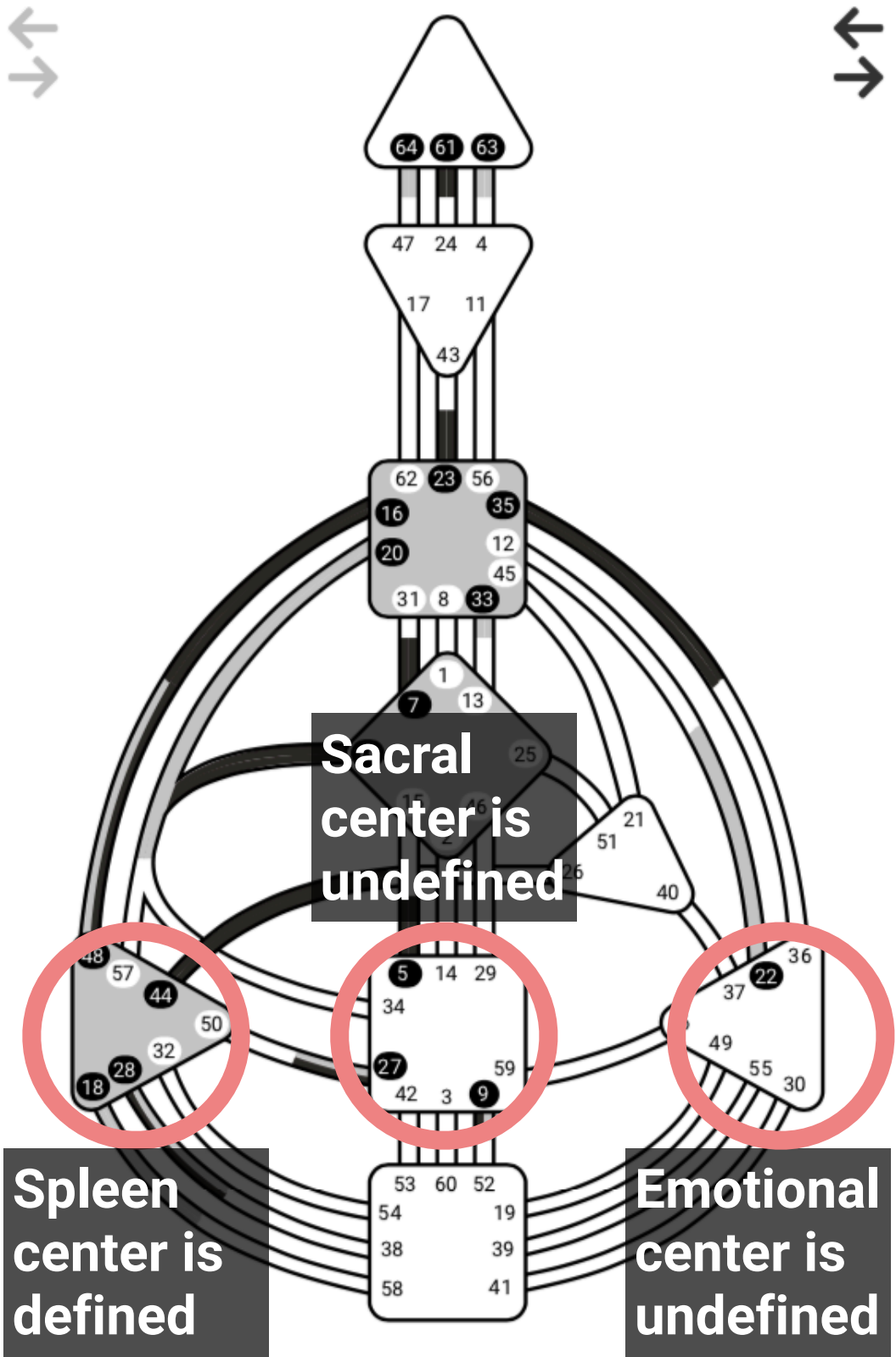
## Examples of This Authority in Action

- You walk into a cafe and it doesn't feel right. Rather than justify why you should stay there, you trust your instinct and leave
- A friend invites you to a week-long experience. You get an immediate sense it's right, both within and outside of her energy, so rather than sleeping on it and giving yourself time to second-guess your knowing, you jump on it and say yes
- You meet someone through a friend who wants to collaborate. On paper, they seem perfect for you, but something about the collaboration doesn't feel right, so you bow out and let them know it's not right for you

# How to Spot a Splenic (Tune into Your Intuition) Authority

Your spleen center is defined and your sacral center and emotional center are open and undefined.

DESIGN
64.6
63.6
28.3
27.3
22.5
18.5
18.6
48.1
20.1
33.5
28.3
9.6
48.2



PERSONALITY
5.4
35.4
28.2
27.2
16.5
10.2
61.6
9.6
23.6
7.4
44.3
5.3
48.5

**Manifestors & Projectors can have a  
Splenic (Tune into Your Intuition)  
inner authority.**

## Manifestors with this Authority

- Once an urge arises within you, trust it in the moment
- Let the people know who will be impacted and then take action on the idea

## Projectors with this Authority

- Once you receive an invitation or inspiration to do something, tune into your initial instinct
- Act on it

# Understanding Tune into Your Willpower (Ego)

**When you love yourself and know  
your worth, what you allow looks  
different.**

**Lalah Delia**



## How You're Meant to Make Decisions

- Your will is the most powerful tool to guide you into the right decisions
- You are meant to commit to decisions your heart is pulling you towards, the ones you feel motivated by and the ones you desire to make happen
- When your heart is in it, you can do anything
- If your heart is not in it, it's best to let it go
- For every decision, it's healthy to check in on whether you have the willpower to make something happen, whether you want it and desire to make it happen, whether the exchange feels good to you, whether you feel respected, whether what's in it for you feels right, and whether the commitment will help you be in your power
- It's essential to feel your powerful energy will be valued and taken care of in your decisions; being selfish is healthy

## How You're Meant to Make Decisions (cont.)

- It's also useful to pay attention to what you say you will do (e.g. I have, I want, I will); your voice carries powerful truth
- Especially as a Manifestor, it's healthy to pay attention to what you blurt out; the things that are said with a sense of determination and power are often right for you
- It's best to be well-rested before you make new commitments
- The right decisions for you are the ones that you have the will, fortitude and power to make happen

## Potential Challenges of this Authority

- Making decisions based on what others want, not what you want
- Burning out because you are making commitments your heart is not in
- Making yourself wrong for being “selfish”
- Trying to use your mind to make decisions
- Not taking space to rest before making a big commitment
- Making decisions you feel half-hearted about
- Saying yes to commitments where your energy isn’t fully appreciated
- Saying yes just because you think you should
- Ignoring your desires and wants

# Misunderstandings About This Authority

- Being selfish is bad.
- Your willpower and energy are available all the time.
- You can make things happen consistently.

## Practical Tools to Align with this Authority

- When making a decision, always check in to see whether you have the will or energy to make it happen
- Tune into whether your heart is being pulled towards or pushed away from a decision
- Tune into whether you feel appreciated and taken care of
- Only say yes when your heart is in it and you feel taken care of
- If your heart is not in it, let it go
- Be intentional about creating exchanges that feel good; your energy is unleashed when your energy feels valued
- Be intentional about the promises and commitments you make; when you follow through on your promises, you naturally build your self-esteem and self-trust
- Give yourself time to rest before making big commitments; let people know you need rest before saying yes
- Let people know if your heart is not in it, it's not the right use of your energy; where your heart pulls, you follow
- Release the need to explain your decisions

## Tools for Supporting Those with This Authority

- Remind them how much you appreciate and value them, and craft ways of working and being with them that honors that
- Always check in to make sure they're truly motivated to make something happen
- Don't try to convince them to say yes to something they're half-hearted about
- Be a sounding board for them if they want to verbally process
- Check in on whether they feel valued in your connection
- Honor how much power, heart and loyalty they bring to everything they do
- Honor when they need space and time to be alone and in their own energy
- Remind them of their power

## Tools for Supporting Kids with This Authority

- Know they are here to express their desires and wants
- Support them in pursuing their desires and following their heart
- Give them freedom to express their desires
- Be a safe space for them to say what they want; notice what comes out of their mouth
- Make sure they feel appreciated, valued and taken care of
- Honor the ebbs and flows of their energy and their need for rest
- Pay attention to what their heart is pulling them towards
- Honor how important it is for them to be all in on something to be a yes

## Examples of This Authority in Action

- You're considering a new opportunity. While one part of you feels excited, a deeper part knows you don't feel valued. When you tune into whether this decision takes care of you, it's clear it doesn't, so you pass
- Someone asks for your support. You realize you'd only say yes because you think the collaboration might create new opportunities for you, but your heart's not in it. So you say no. Soon after, another opportunity pops up your heart is on fire about
- You feel inspired to go on a trip. You realize you have all the motivation, will and desire to make it happen, so you just go for it, without getting in your head about whether you should



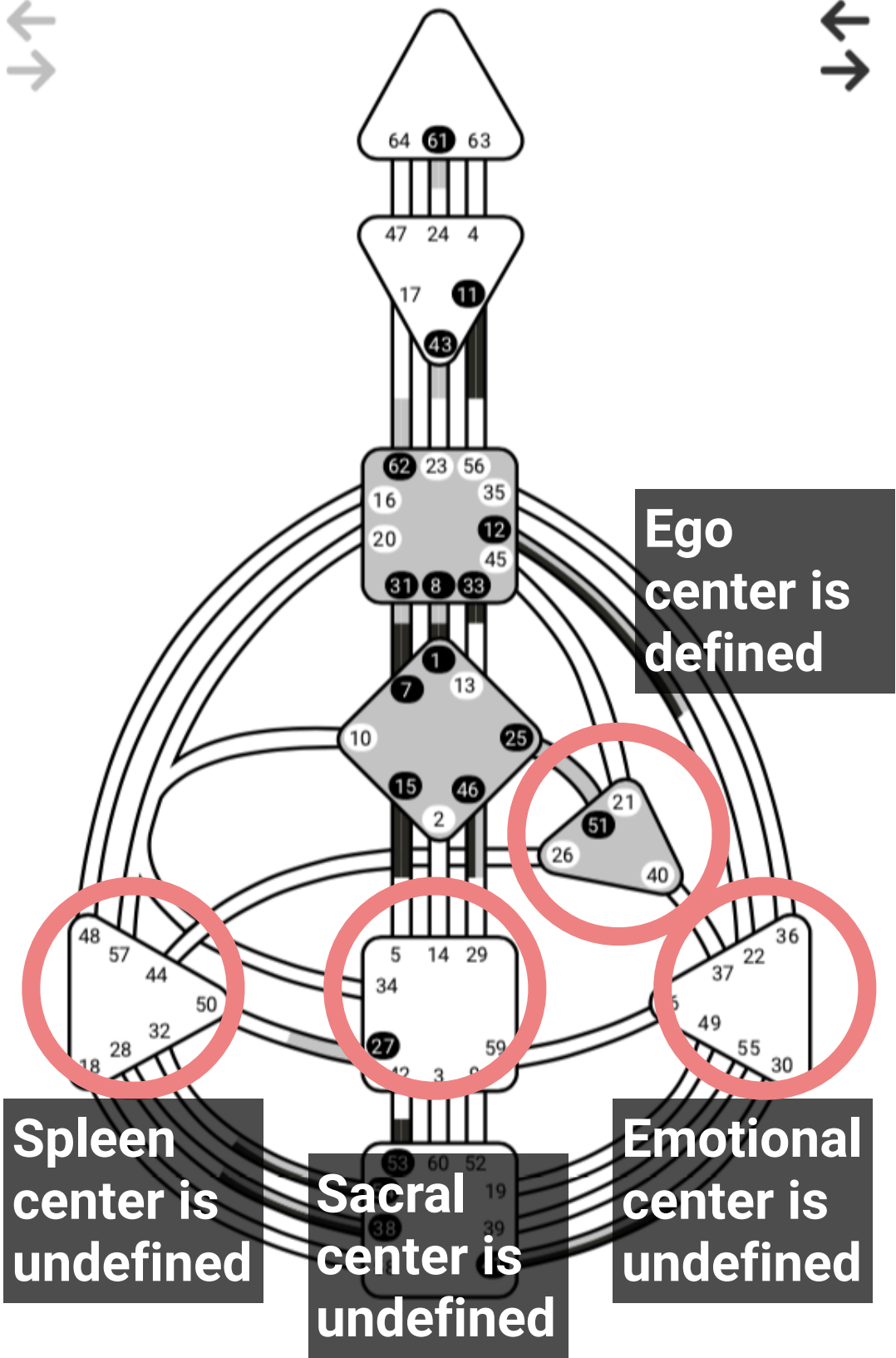
# How to Spot an Ego (Tune into Your Willpower)

## Authority

Your ego center is defined and your spleen center, sacral center and emotional center are open and undefined.

DESIGN

☉ 25.2
⊕ 46.2
♊ 61.6
♋ 62.6
♌ 8.3
♍ 51.2
♎ 27.1
♏ 12.1
♐ 31.2
♑ 41.3
♒ 38.5
♓ 54.2
♈ 43.2



PERSONALITY

☉ 12.6
⊕ 11.6
♊ 54.5
♋ 53.5
♌ 46.3
♍ 15.3
♎ 33.6
♏ 7.1
♐ 33.5
♑ 41.5
♒ 38.4
♓ 54.1
♈ 1.6

**Manifestors & Projectors can have a  
Ego (Tune into Your Willpower) inner  
authority.**

## Manifestors with this Authority

- Once an urge arises within you, pay attention to whether you have the willpower and energy to make it happen
- Talking the decision through can help as it helps you give voice to the desires of your heart
- Speak with those you feel comfortable with and pay attention to what you blurt out – what you say, how it feels to say it, what carries force behind it, what you want, and what your heart is in
- When it becomes clear your heart is in it, let the people know who will be impacted and then take action on the idea

## Projectors with this Authority

- Once you receive an invitation or inspiration to do something, tune into whether you have the willpower and energy to make it happen
- Tune into whether you feel your energy will be appreciated, valued and taken care of
- Tune into whether you feel recognized for your uniqueness
- Ask yourself: What's in it for me?
- If your heart is in it and you feel taken care of, move forward

# Understanding Talk it Out (Self-Projected)

**There is something in every one of you  
that waits and listens for the sound of  
the genuine in yourself. It's the only  
true guide you'll ever have.**

**Howard Thurman**

## How You're Meant to Make Decisions

- The best way to connect to your inner knowing is to give it a voice
- You are designed to talk decisions out with people you trust
- You are meant to listen to what you say and how it feels to say it aloud
- Saying things aloud can bring clarity and help you get clear on the right next step
- You are designed to see what you say without overthinking
- It is important to be discerning about who you share with; it's not about seeking advice from others, but rather, having others ask questions and serve as sounding boards
- If you can't talk things out with someone, it may help to talk things out to yourself or to journal
- Your identity is an essential piece of your decision-making and it's best to be guided in decisions by what feels most like you

## How You're Meant to Make Decisions (cont.)

- For instance, it can help to see if decision feels like an authentic expression of you, if it moves you in the right direction, if it will make you happy, and if it allows you to feel creatively expressed
- When a decision is right for you, you may find you can't rationalize it (it's a knowing that you can't explain), you feel a knowing something is right for you when you say it aloud, you feel an inner pull in your chest, what comes out of your mouth is clear, the decision makes you feel more like you, or the tone of your voice changes
- If it's not right, your voice may sound confused, you may find yourself rationalizing the decision, you may find it doesn't feel right when you say it aloud, or it doesn't feel like the decision will move you toward authenticity or self-expression



## Potential Challenges of this Authority

- Getting overwhelmed with others' feelings about a decision
- Letting others' opinions or feelings dictate your direction
- Trying to rationalize a decision and getting lost in your head rather than processing out loud
- Looking to others for advice
- Quieting yourself and feeling like you shouldn't process out loud
- Talking things out with the wrong people who want to give you advice
- Saying yes to opportunities that don't allow you to fully be yourself or authentically express
- Trying to be seen by people who don't see you

## Misunderstandings About This Authority

- You can talk a decision out with everyone.
- Talking things out is about getting others' opinions.
- You must talk every single decision out.

## Practical Tools to Align with this Authority

- When invited into or inspired to do something, give yourself time to process out loud with people you trust
- Consider who in your life can serve as a good sounding board, e.g. a friend, sibling, partner, colleague, therapist, coach
- Remember how sensitive you are to others' energy; be discerning about who you share with
- Let them know exactly what you're looking for, e.g. I'm looking for you to listen and/or ask questions and I'm not looking for advice
- Or play with talking to yourself (e.g. voice recording) or journaling
- Do not try to figure out what you're going to say — just let it flow
- Try asking yourself: Will this decision make me happy? Does it feel good? Does it feel like the most authentic expression of me? Does it allow my self-expression? Does it move me in the right direction?
- Listen to what you say and how it feels to say it
- Notice when you're getting in your head and trying to rationalize a decision rather than giving your inner knowing a voice
- Begin to trust the power of your voice

## Tools for Supporting Those with This Authority

- Be a non-judgmental sounding board
- Don't give them advice if they're not asking
- Listen attentively and ask questions; support their process of finding clarity
- Take good care of your own energy, honoring their sensitivity
- Ask them about a decision: Does this make you happy? Does this make you feel like you? Does this move you in the right direction? Does this make you feel seen?
- Remind them of the power of their voice and create opportunities for them to share it
- Ask them what would be most supportive, whether it's listening or giving them space and time alone

## Tools for Supporting Kids with This Authority

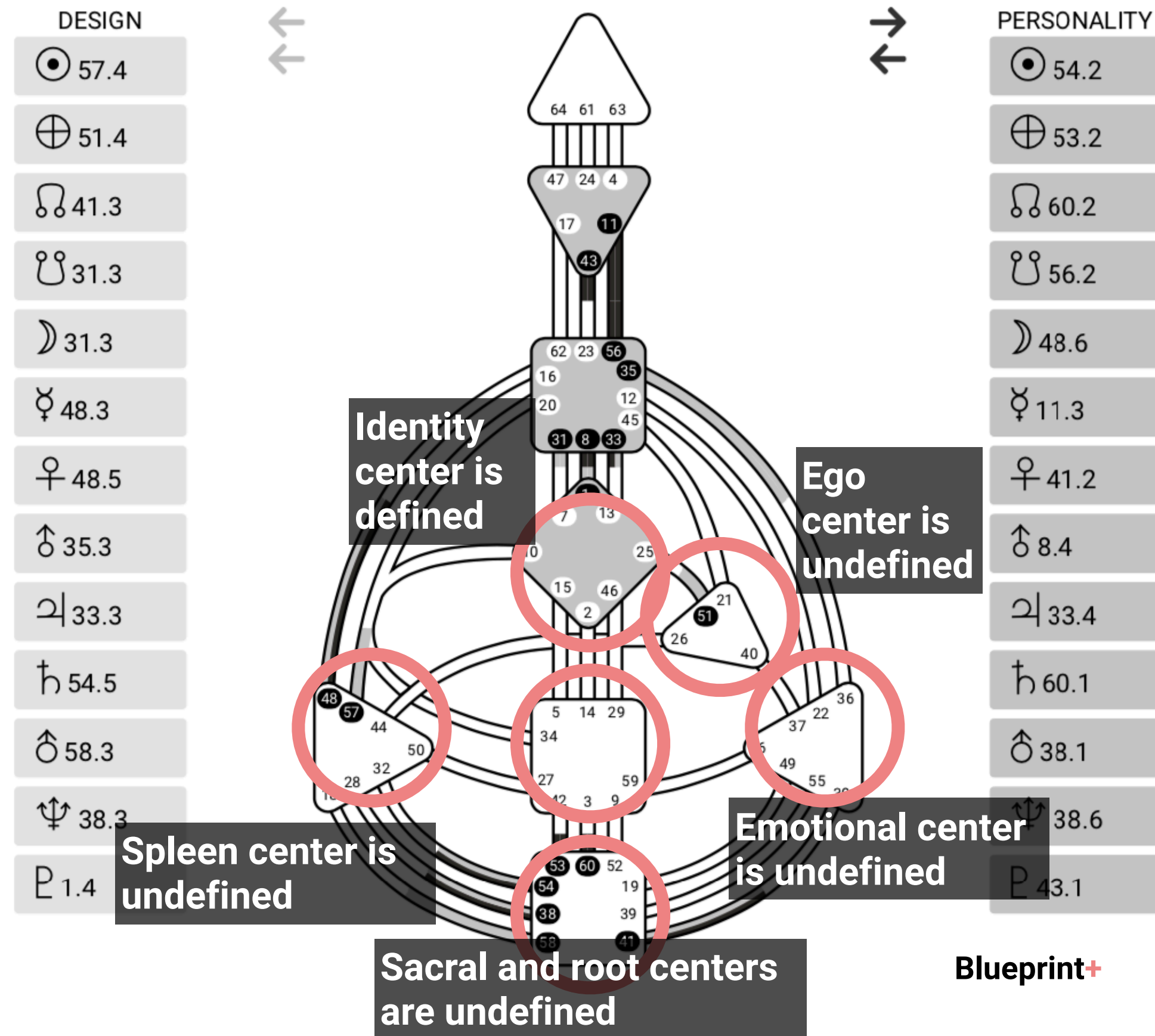
- Honor that they process best by talking
- Be a sounding board for them
- Rather than giving them advice, ask them open-ended questions
- Listen attentively and hold space
- Encourage any practice that help them process, whether it's journaling or talking to themselves
- If they have a therapist or friend they love, create space for that
- Let them know all that you recognize and see in them
- Reflect back what you hear if they desire that and ask more questions
- Let them come to their own conclusions and clarity

## Examples of This Authority in Action

- You've been invited to participate in a new project. So you call a friend and let them know you need to talk it out with them and you're not seeking advice. As you process out loud without trying to rationalize it, it becomes clear this opportunity is the perfect next step for you
- You are wondering whether to start a podcast. So you pull out your phone and record yourself talking as you walk. As you process out loud, you sense it's not right for you right now. You don't know why, but you trust it
- You have a big work decision to make. Rather than feeling the pressure to give your team an answer immediately, you pull aside a trusted colleague and talk it out with them. The right decision becomes clear and you let your team know

## How to Spot a Self-Projected Authority

You have a self-projected authority when your identity center is defined and every center below the identity center is undefined or open (ego, spleen, sacral, emotions and root). All the defined centers lie at the identity center and above.



**Only Projectors can have a Self-Projected (Talk it Out) inner authority.**



**Understanding Talk it Out and Be in the Right Space  
(Environmental or Mental or None)**

**And when you're needing your space  
to do some navigating, I'll be here  
patiently waiting to see what  
you find.**

**Jason Mraz**

## How You're Meant to Make Decisions

- You are a process-based decision maker and you are not meant to be spontaneous; you are designed to be patient
- Clarity comes with time for you
- You are deeply sensitive to your space, both to the people in it and the space itself
- When making a decision, it's best to talk things out in spaces that feels good with people that feel good to assess whether something feels right
- Be discerning about who you talk things out with – you want people who pull your truth out of you, not people who give you advice or have an agenda
- What's most important in your process is that you hear yourself talk through a decision
- It's often healthy to talk things out in a few different spaces with a few different people to see what emerges
- Different people will help you access different parts of yourself

## How You're Meant to Make Decisions (cont.)

- You're not designed to plan or try to figure out what you're going to say — let it flow instead
- You might be surprised by the clarity that comes through your voice
- When a decision is right for you, you may feel a knowing you can't explain when you say things aloud, your tone of voice changes, and there's an energy of authenticity
- A decision is often not right for you if you rush into it, if it feels wrong when you talk it out, if you don't feel valued, if you're processing in a space that doesn't feel good, if you're making decisions based on others' feelings, or if you're trying to overly rationalize a decision

## Potential Challenges of this Authority

- Letting others' feelings or opinions guide your decisions
- Using your powerful mind to try to rationalize and make sense of decisions
- Rushing into decisions and trying to reach clarity in the moment without talking things out first
- Shaming yourself for needing to talk things out
- Talking things out with the wrong people
- Talking things out with people who are more interested in giving advice than serving as sounding boards
- Talking things out in spaces that don't feel good and taking in experiences that are not helpful for your process
- Talking things out to the same person over and over again
- Ignoring your sensitivity to physical space

## Misunderstandings About This Authority

- You have no way of accessing your inner knowing.
- You can talk things out with anyone in any space.
- You can talk things out with just one person.
- You are designed to make decisions with your mind.
- You have no authority and your truth is not coming from inside of you.

## Practical Tools to Align with this Authority

- When talking things out, always check in first to see how a space feels in your body; trust being in the right space helps you process
- Reflect on whose energy feels good to be around
- Take the time to talk the decision out in those spaces with those people
- Try talking the decision out with a few different people in a few different spaces to see what truth emerges
- Listen to how it feels when you say it aloud — it's often a felt sense something is right
- When clarity comes, act
- Be explicit with people that you're not seeking advice
- Let people know how sensitive you are to space, so that if a space doesn't feel good, you can go to one that does
- Let people know when you need space and time alone
- Notice when you're trying to mentally figure out a decision rather than giving your inner knowing space to have a voice
- Trust in your voice to bring you clarity

## Tools for Supporting Those with This Authority

- Serve as a non-judgmental sounding board
- Do not take it personally if they do not want to talk decisions out with you
- Don't give them advice if they're not asking
- Listen attentively and ask questions; support their process of finding clarity
- Take good care of your own energy, honoring their sensitivity
- Honor their sensitivity to space and always check in to see if a space feels good
- Be curious about which spaces feel best to them – ask if they want to go there and chat
- Ask them what would be most supportive, whether it's listening or giving them space or time alone



## Tools for Supporting Kids with This Authority

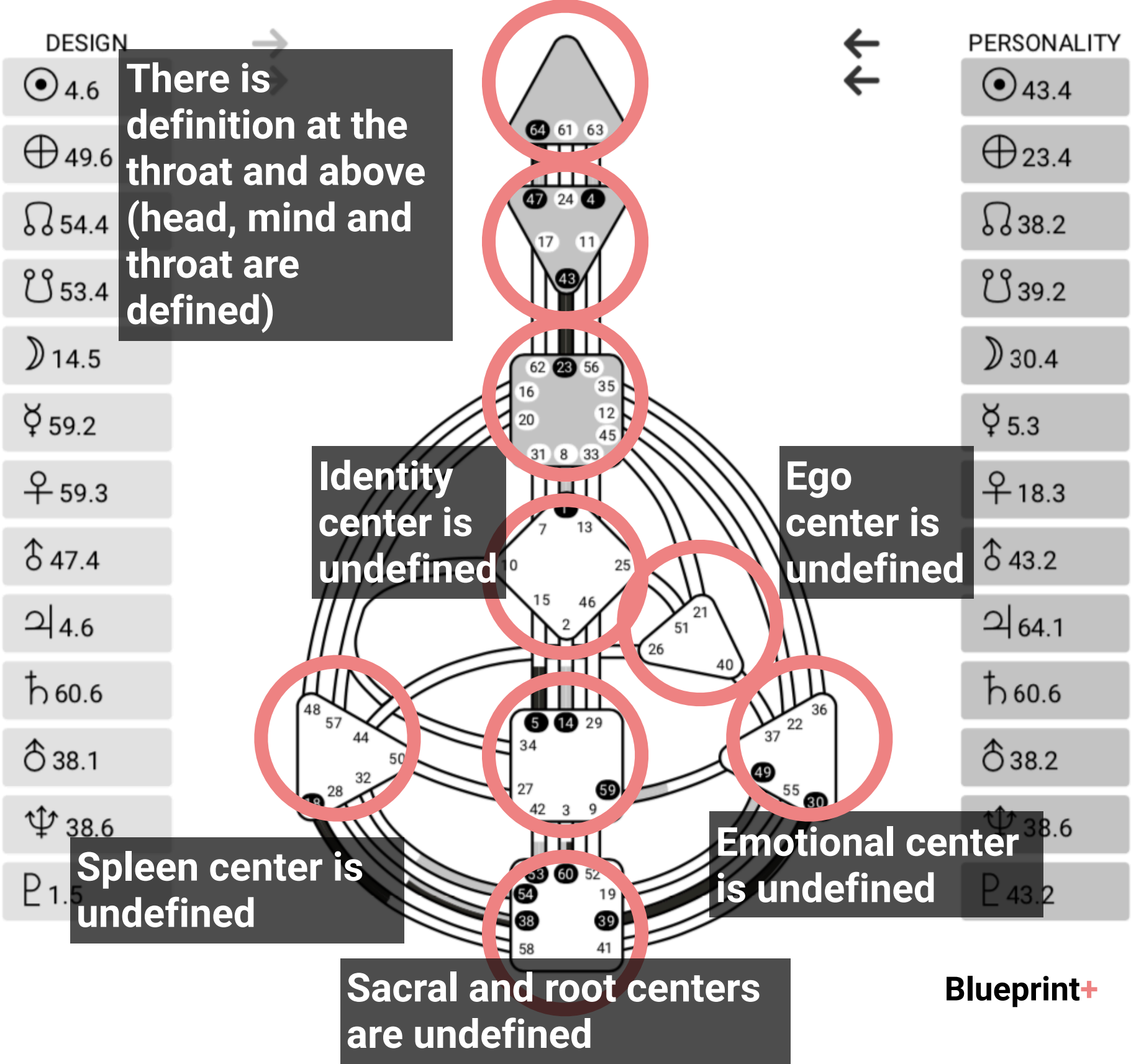
- Know your child is very sensitive to their space
- Always check in to see how a space feels
- Bring them to their favorite spaces
- Give them the freedom to leave a space if it doesn't feel good without needing to explain why
- Be a non-judgmental sounding board for them to talk things out
- Do not give them advice if they're not seeking it
- If they're open, ask them open-ended questions to help pull their truth out of them
- Pay attention to whether the tone of their voice changes
- Let them come to clarity on their own

## Examples of This Authority in Action

- You are invited into a project that feels exciting. You call a friend you love being around and you ask to talk it out. You meet at your favorite cafe and let them know you're not seeking advice. You then talk to a favorite colleague and then another friend. With time, it becomes clear the project feels right
- You're invited into a weekend experience and are not sure whether to go. You've been to the space it's being hosted at before and it never felt right. You meet a friend to chat it out and it becomes clear it's not right. You know how sensitive you are to space
- You have to make a decision for a community you're part of. You pull aside one of your favorite collaborators and talk it through with them in your office, and then with a friend. Clarity arrives through your voice and you feel able to move forward

# How to Spot an Environmental (Be in the Right Space & Talk it Out) Authority

All centers below the throat center are open or undefined. There is definition at the throat and above. More specifically, two or three of the following centers are defined (head, mind and throat).



**Only Projectors can have an  
Environmental (Be in the Right  
Space & Talk it Out) inner authority.**

# Understanding Wait a Lunar Cycle (Reflectors)

**Adopt the pace of nature: her  
secret is patience.**

**Ralph Waldo Emerson**

## How You're Meant to Make Decisions

- You are a process-based decision maker and you are not meant to be spontaneous with big decisions, e.g. a new relationship, city, collaborator, or career
- For the big decisions, allow yourself time (ideally a month) to reflect on a decision
- Even if you can't wait a full month, what's most important is you take your time and make decisions at your pace
- For the small, daily decisions, do what feels good in the moment
- While you wait for clarity, it's healthy to spend time in spaces that feel good and talk decisions out with people you trust – both help you reach clarity
- Talking things out is not about seeking advice from others, but about giving you space to talk and connect to your own truth; it's about sounding things out, not thinking things through
- How you feel will evolve and a month gives you a chance to feel into what continues to feel right

## How You're Meant to Make Decisions (cont.)

- Time helps you disentangle others' feelings from yours
- It allows you to sample the decision from many different angles before confirming it's right for you
- Talking things out with different people will help give you access to different parts of yourself
- With time, you will access a deep inner clarity
- If clarity doesn't come after a month, take another cycle
- A decision that is not right is often one you rush into, one you feel pressure around, one you're not choosing from a place of clarity and calm, one based on others' feelings, one that you processed in the wrong spaces with the wrong people, or one that you're getting in your head trying to rationalize



## Potential Challenges of this Authority

- Becoming impatient and rushing into decisions
- Jumping into decisions based on a momentary sense of excitement
- Regretting impulsive decisions
- Not ruthlessly curating the people and places you're spending time with and in
- Ignoring your sensitivity to physical space
- Trying to overly rationalize decisions
- Making decisions based on others' pressure or urgency
- Processing out loud with people who are more interested in giving their opinion than they are in serving as sounding boards
- Talking decisions out with the wrong people in the wrong spaces

## Misunderstandings About This Authority

- You must wait 30 days for every decision.
- There's nothing to do while you wait.
- You have no authority and your truth is not coming from inside of you.

## Practical Tools to Align with this Authority

- For small, daily decisions, honor what feels good in the moment
- For bigger decisions, practice taking your time
- While you wait, take the time to talk things out with people you trust; pay attention to how the decision feels in different moments
- Reflect on whose energy feels good and who listens well
- When talking things out, let people know you are not looking for advice; you're seeking space to articulate your own truth
- Honor your sensitivity to space when choosing where to process
- Let people know how sensitive you are to space
- Begin to attention to which excitements stay with you over time
- If making joint decisions, make sure people understand your process
- Do not surround yourself by people who pressure you to make a decision; choose people who honor your process
- Reflect on how the decisions felt that you took your time with versus the ones you rushed into
- If you can't give yourself a full month, do your best to make a decision in your own timing and at your own pace

## Tools for Supporting Those with This Authority

- Honor their sensitivity to space
- When talking things out, be a non-judgmental sounding board
- Do not take it personally if they do not want to talk a decision out with you
- Don't give them advice if they're not asking
- Listen attentively and ask questions
- Take good care of your own energy, honoring their sensitivity
- Be curious about which spaces feel best to them – ask if they want to go there and chat
- Ask them what would be most supportive, whether it's listening or giving them space or time alone
- Do not put pressure on them to make decisions fast; honor their pace and process
- Give them plenty of space and time to feel into a decision in their own way

## Tools for Supporting Kids with This Authority

- Know your child is very sensitive to their space
- Always check in to see how a space feels
- Bring them to their favorite spaces
- Give them the freedom to leave a space if it doesn't feel good without needing to explain why
- Be a non-judgmental sounding board for them to talk things out
- Do not give them advice if they're not seeking it
- If they're open, ask them open-ended questions and help pull their truth out of them
- Give them time to sample a decision from many different angles before committing
- Give them freedom to commit to decisions on their own terms, in their own way
- Don't put pressure on them

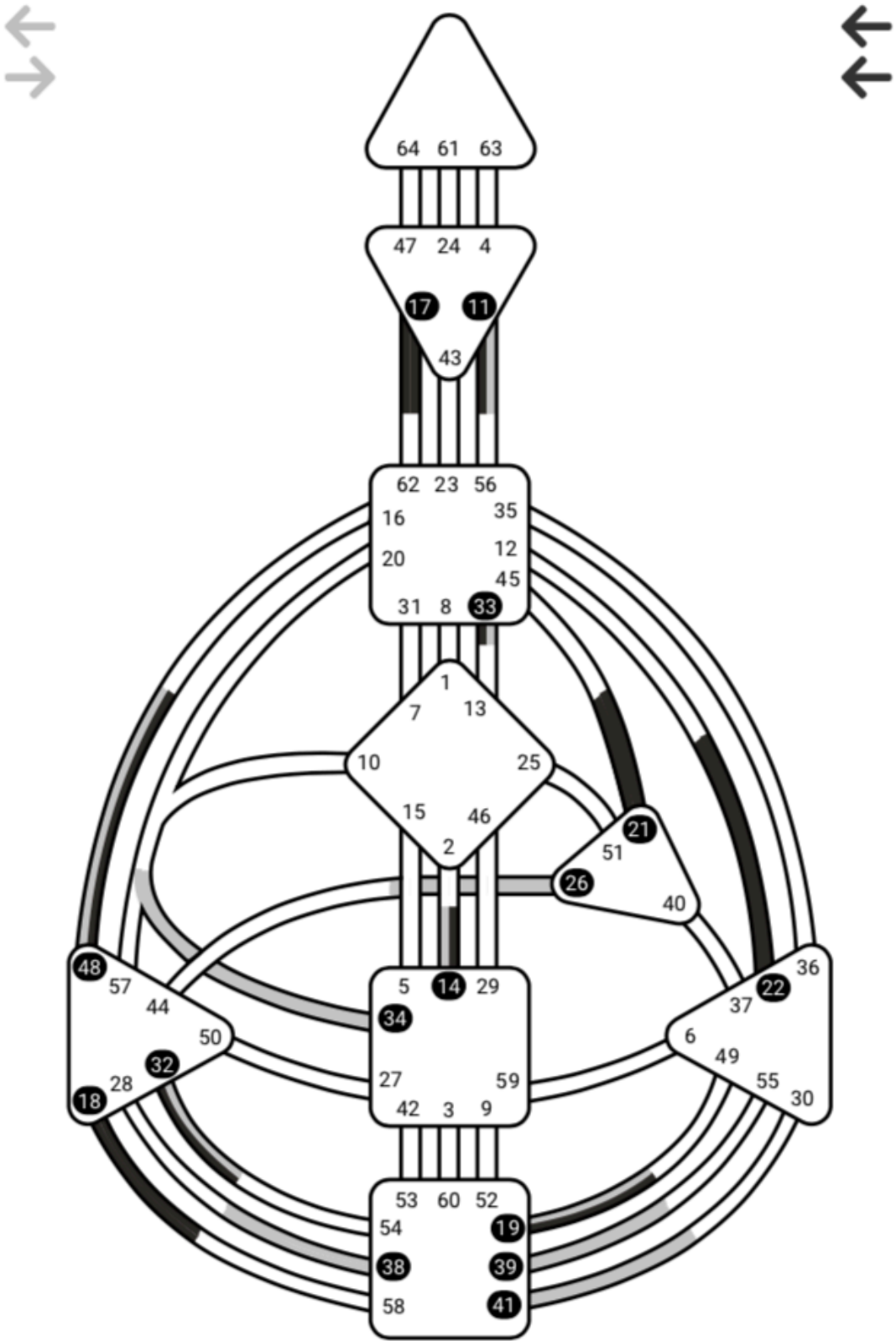
## Examples of This Authority in Action

- A new opportunity emerges. You let them know it sounds amazing and you need time to decide. You meet a favorite friend at your favorite cafe, letting them know you need them to listen. You continue to feel into it as the month goes on and it becomes clear the opportunity right for you
- You're invited by a friend to a retreat the following weekend. You can't wait a full month, so you tune into what feels good in the moment. You've been to the space before and love it, the people that are going feel good, and it just feels right. You say yes
- A romantic partner wants to move in with you. Even though it feels exciting, you ask for some time to consider. As you process in spaces that feel good with people that feel good, you sense it's right, but their home doesn't feel good. So you choose a new space together, knowing how important a space is for your wellbeing

# How to Spot a Lunar (Wait a Lunar Cycle) Authority

Every single center is open or undefined (they are a Reflector).

DESIGN
☉ 38.4
⊕ 39.4
♊ 33.4
♋ 19.4
☾ 34.5
♍ 38.5
♀ 26.3
♌ 41.1
♎ 48.1
♏ 48.1
♐ 14.5
♑ 11.1
♒ 32.4



PERSONALITY
☉ 21.2
⊕ 48.2
♊ 33.2
♋ 19.2
☾ 19.3
♍ 22.1
♀ 17.6
♌ 21.2
♎ 18.2
♏ 18.3
♐ 14.6
♑ 11.3
♒ 32.3

**Only Reflectors can have a Wait a  
Lunar Cycle inner authority.**

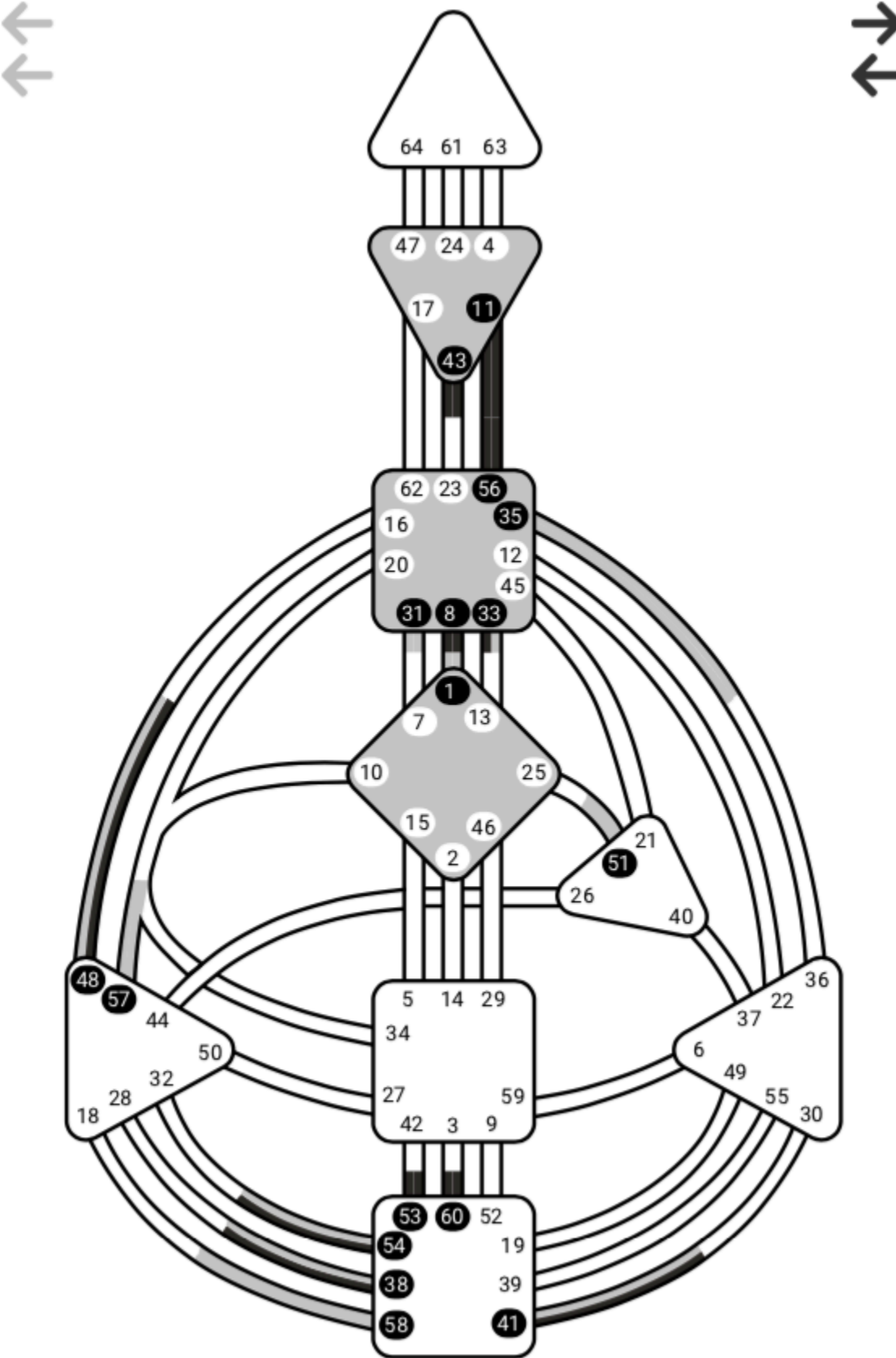


Quiz

Which authority?

DESIGN

☉	57.4
⊕	51.4
♊	41.3
♋	31.3
♌	31.3
♍	48.3
♎	48.5
♏	35.3
♐	33.3
♑	54.5
♒	58.3
♓	38.3
♈	1.4

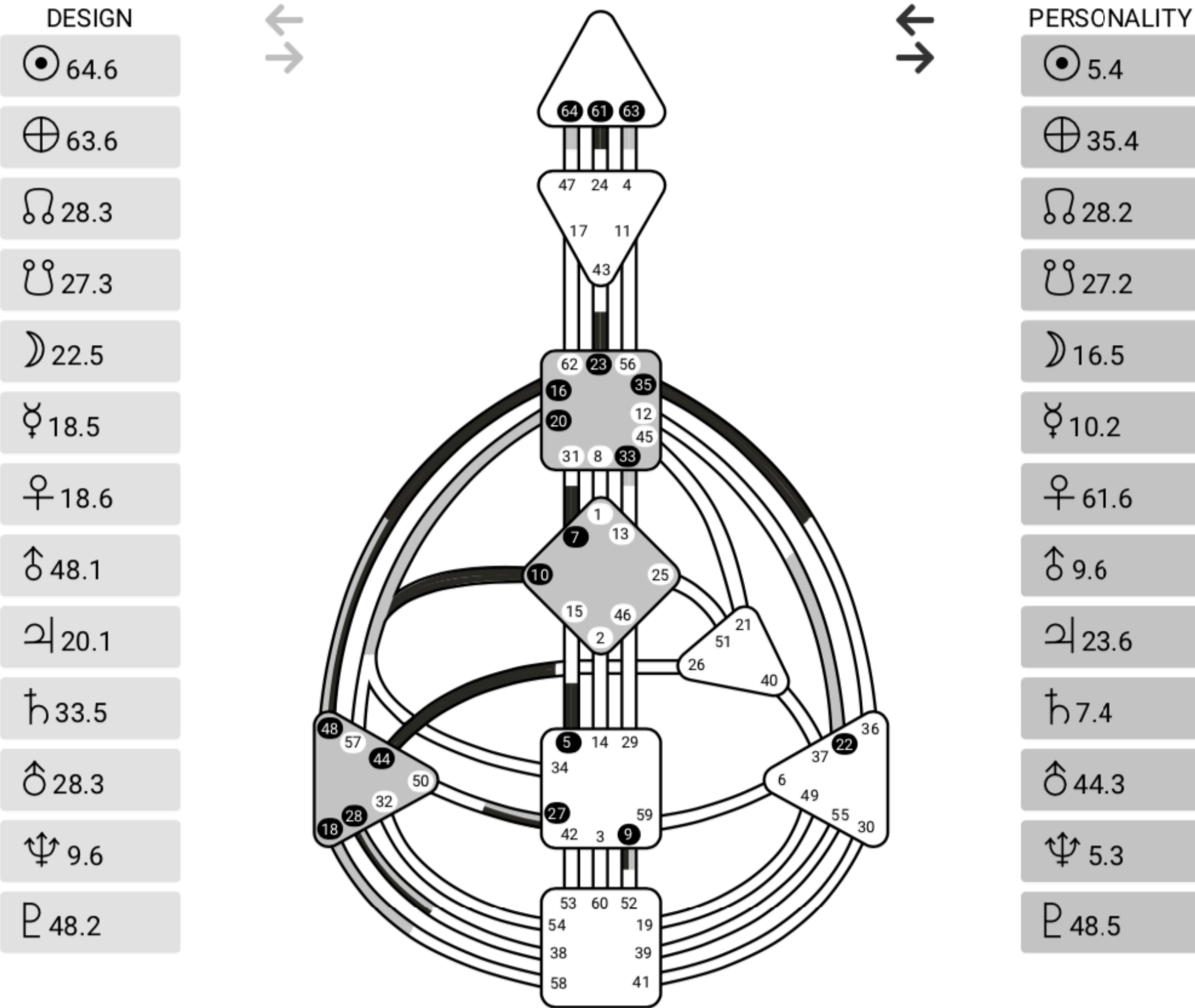


PERSONALITY

☉	54.2
⊕	53.2
♊	60.2
♋	56.2
♌	48.6
♍	11.3
♎	41.2
♏	8.4
♐	33.4
♑	60.1
♒	38.1
♓	38.6
♈	43.1

**Self-Projected  
(Talk It Out)**

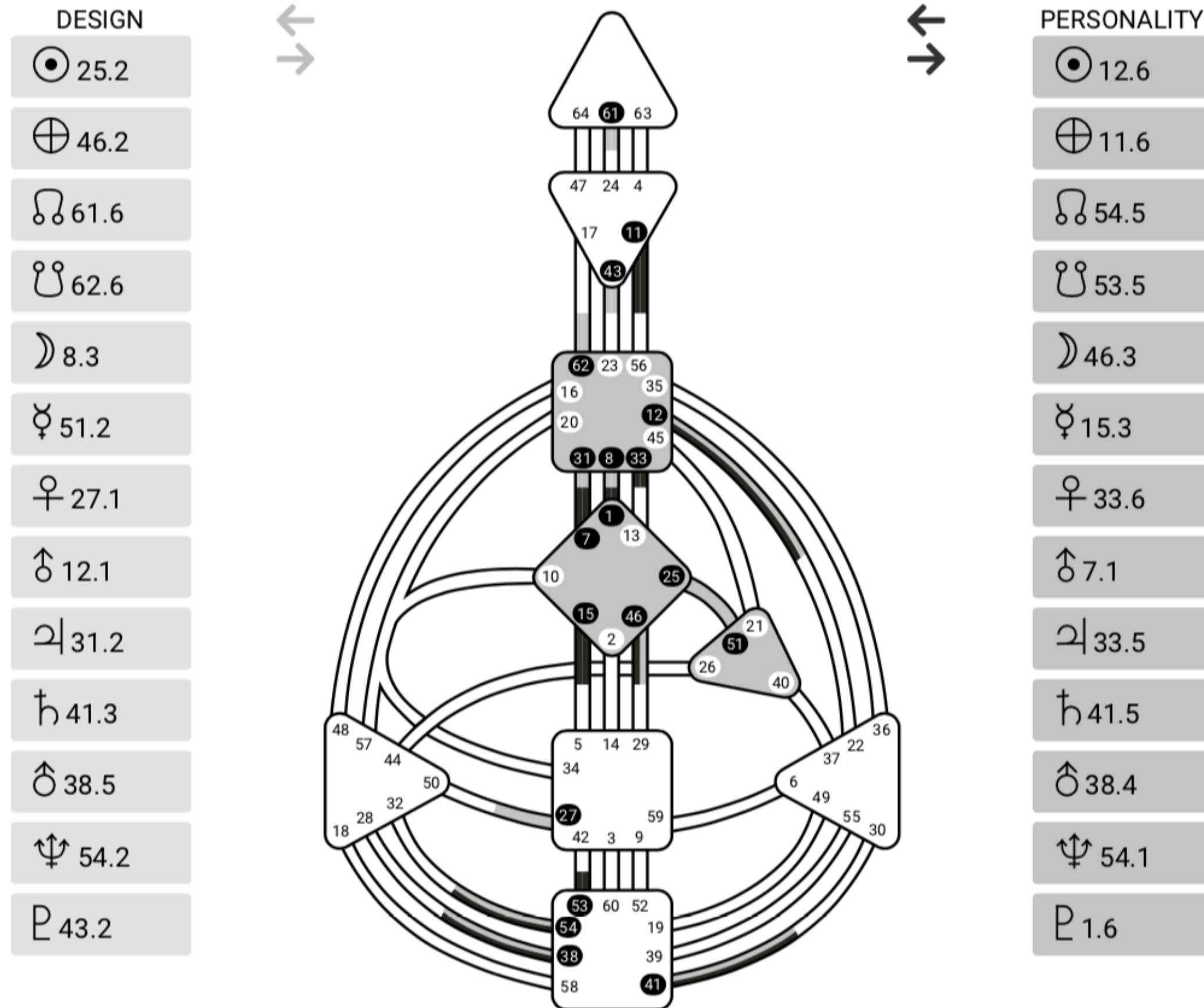
# Which authority?



# Splenic

## (Tune Into Your Intuition)

# Which authority?

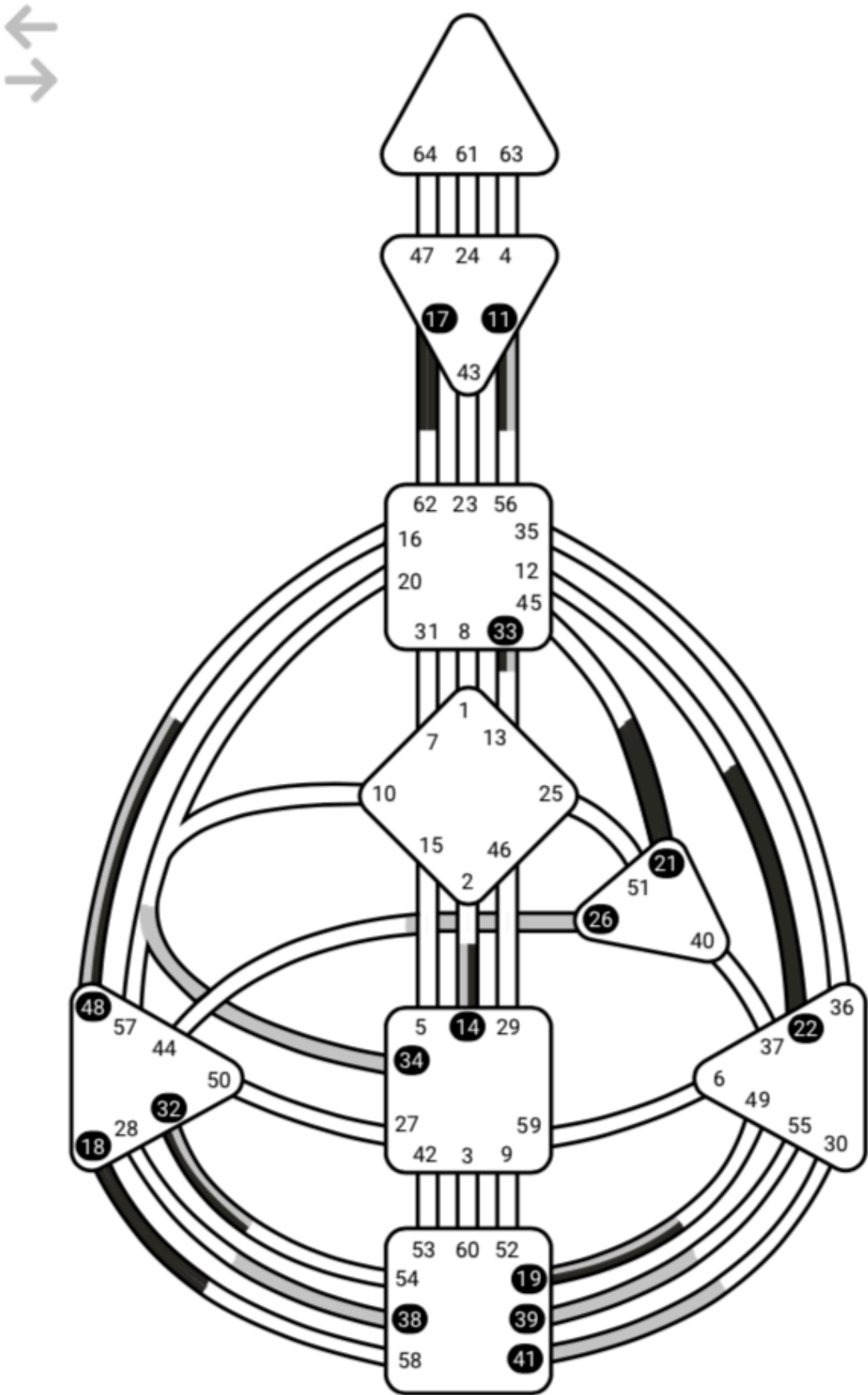


# Ego

## (Tune Into Your Willpower)

# Which authority?

DESIGN	
☉	38.4
⊕	39.4
♊	33.4
♋	19.4
♌	34.5
♍	38.5
♎	26.3
♏	41.1
♐	48.1
♑	48.1
♒	14.5
♓	11.1
♈	32.4

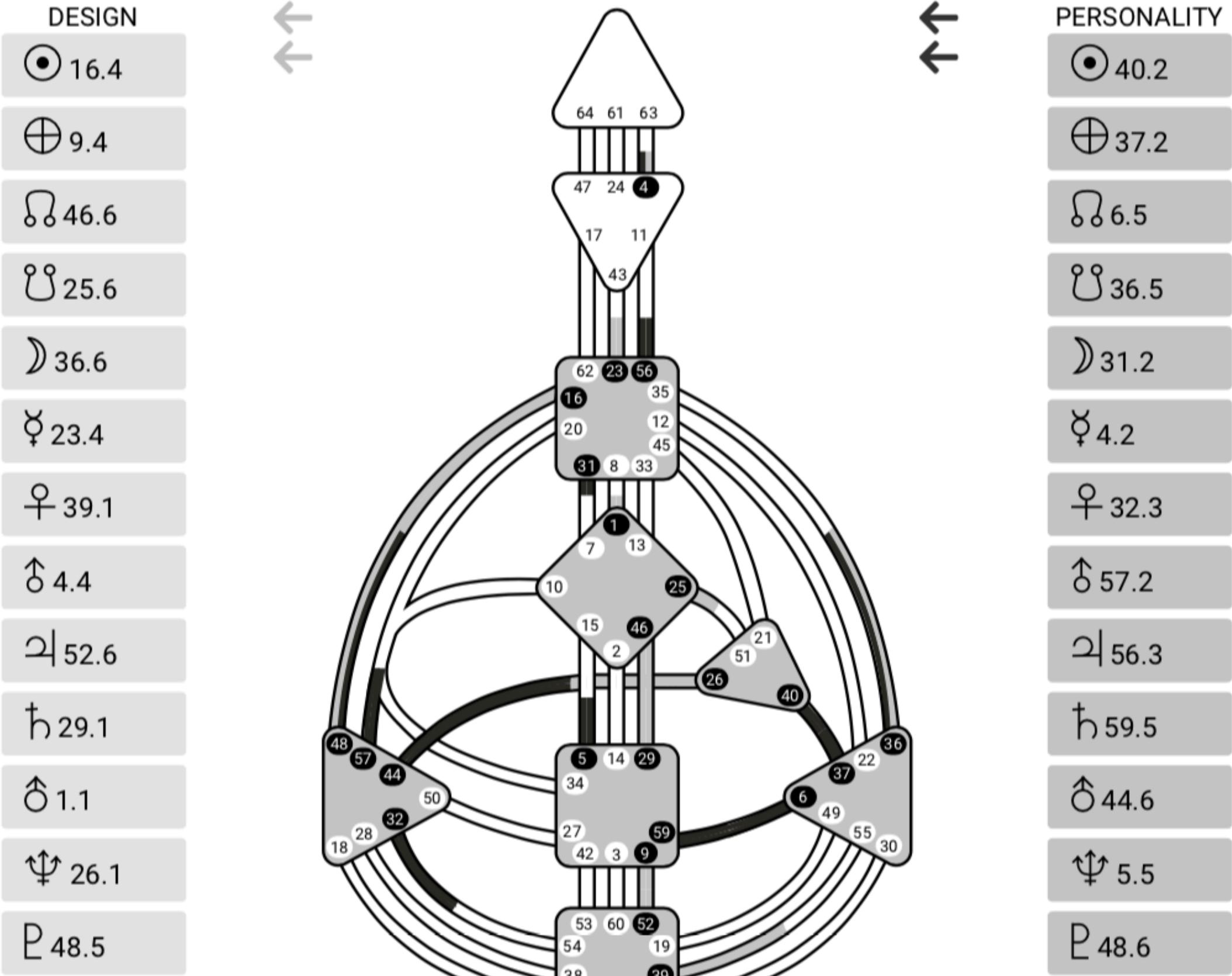


PERSONALITY	
☉	21.2
⊕	48.2
♊	33.2
♋	19.2
♌	19.3
♍	22.1
♎	17.6
♏	21.2
♐	18.2
♑	18.3
♒	14.6
♓	11.3
♈	32.3



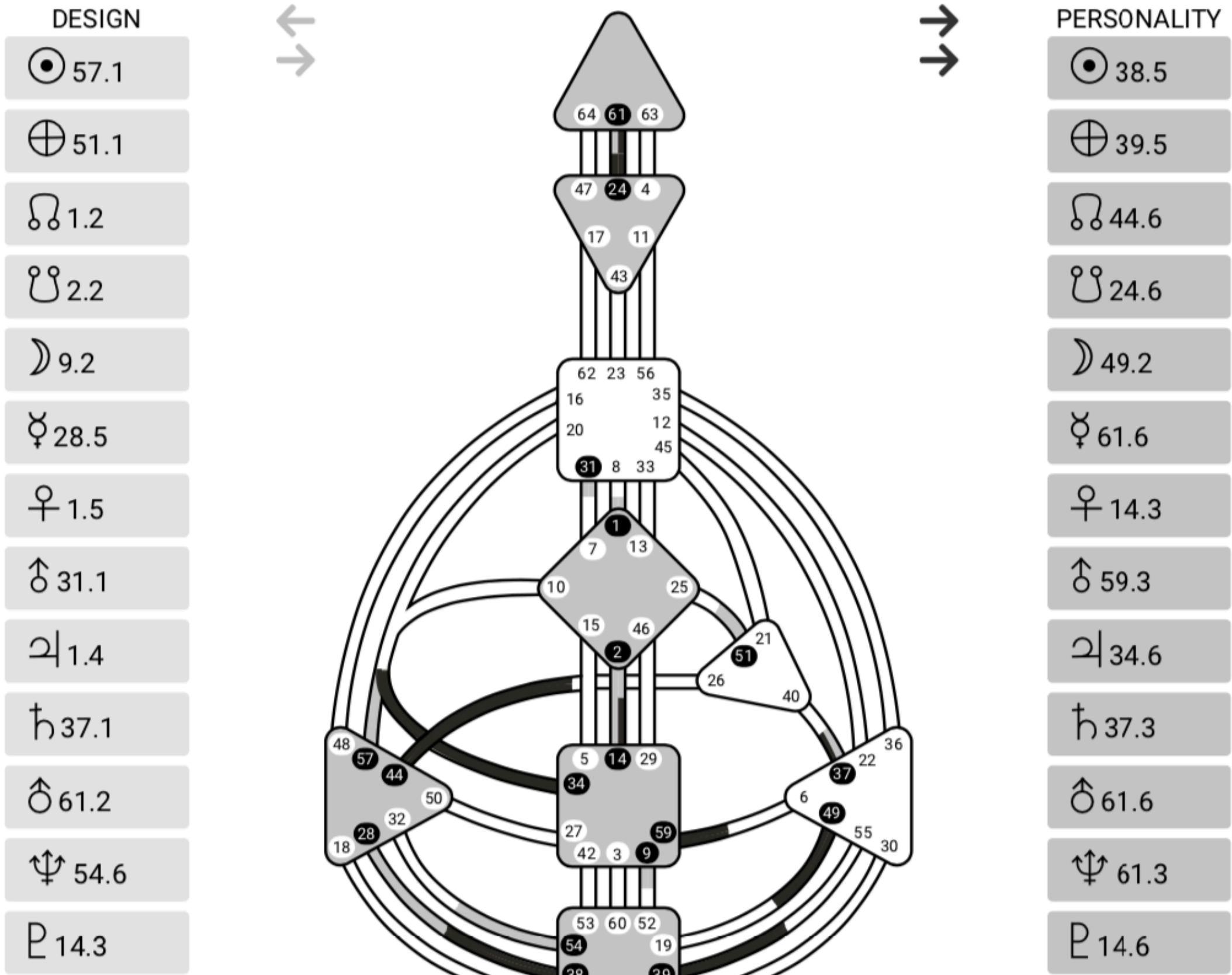
**Wait a Lunar Cycle  
(Reflectors)**

Which authority?



**Emotional  
(Wait for Clarity)**

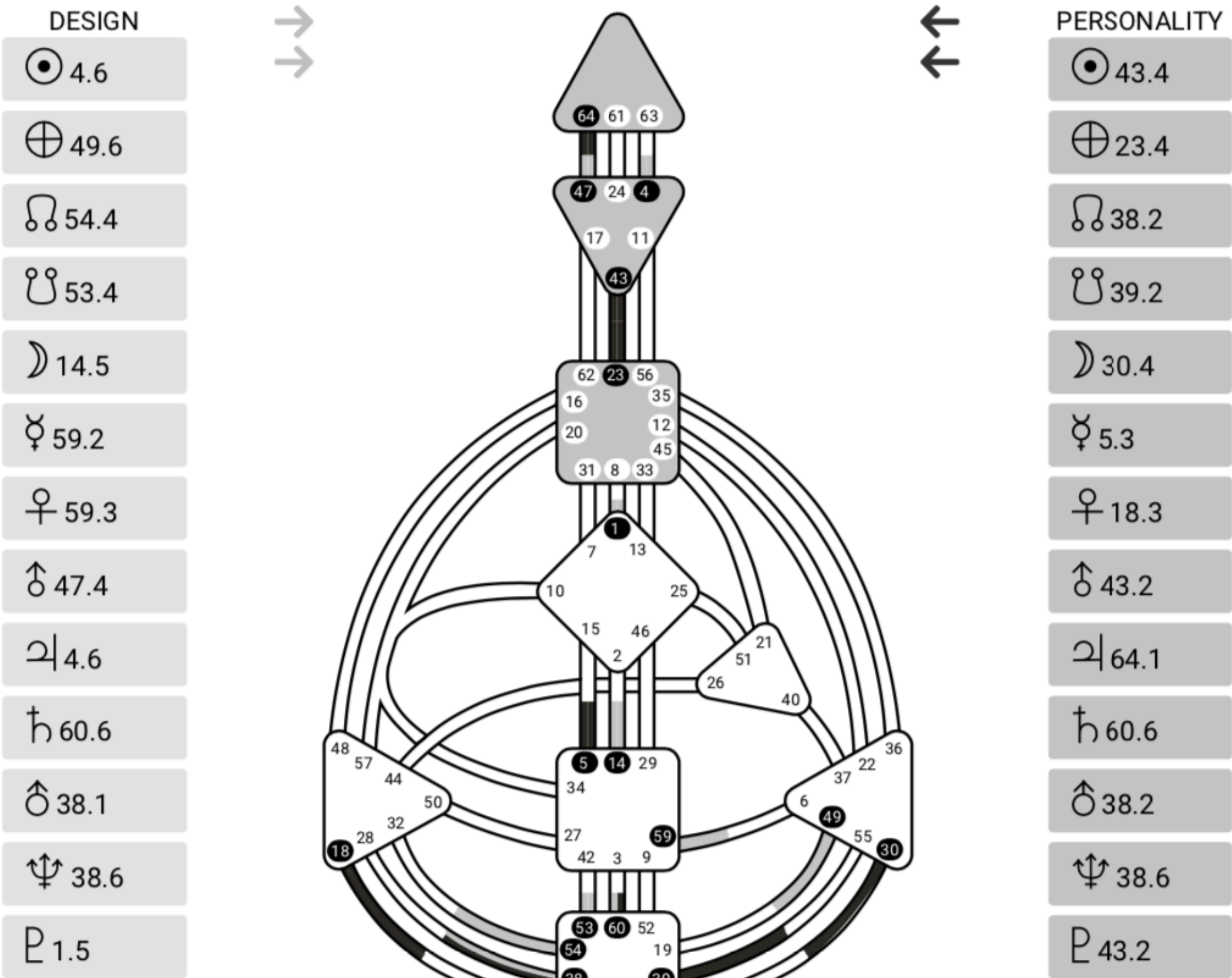
# Which authority?



# Sacral

## (Trust Your Gut)

Which authority?



**Mental**  
**(Talk It Out & Be In The**  
**Right Space)**

**Q&A**