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2/10/25

Refer to the Summary I sent via Otter for over breakdown of our conversation

The biggest takeaway from today’s session is the theme of “exploration”, failing forward and trusting that you are enough just as you are in this moment so trust yourself to know what you need and when.

Your biggest current block is running from those and yourself when you feel unconditional love.

### **Your Homework: Releasing the Pattern of Running from Love**

Your **Human Design** and **Internal Family Systems (IFS) parts** have been guiding your responses to love, often making you feel like you need to retreat when it’s given freely. This week, we’re going to bring **awareness, detachment, and intentional action** to this pattern so you can start receiving love from a self-led place.

### **1. BECOME Self-Led - Awareness of Your Authentic Response to Love**

Your **Human Design** tells us that:

* As a **3/5 Manifesting Generator**, you are here to **learn through experience**, not theory. Love isn’t something you have to get right—it’s something to feel into and explore.
* Your **5th line fears being misunderstood**—sometimes, unconditional love can feel overwhelming because it comes without explanation.
* Your **Sacral Authority** means your gut knows when love is real, but your mind and past wounds may cause hesitation.

**Journal Prompts:**What does **unconditional love** feel like in your body? Expansion or contraction?  
When someone expresses love or care for me, what is my first instinct? (Lean in? Pull away? Overthink?)  
What fear comes up when I imagine receiving love without needing to prove myself first?

### **2. DETACH -Recognizing & Talking to Your Protector Parts**

Your **Perfectionist Manager** and **Fearful Firefighter** have been working overtime to keep you “safe” by pulling you away from love. This week, we are going to start recognizing their voices so you can detach from them and respond from your true self instead.

#### **Step 1: Notice When They Show Up**

Whenever you feel the urge to **retreat from love**, pause and ask yourself:

* *Is this my Human Design self-led response or my protector part reacting?*
* *What is my Perfectionist Manager afraid of right now?*
* *What is my Fearful Firefighter trying to protect me from?*

#### **Step 2: Give Them a New Job**

Instead of letting them control the situation, acknowledge them with gratitude and give them a new role. Example:  
*"Thank you for trying to protect me, but I don’t need to run. I am safe to receive love."*

**Reflection Prompts:**What patterns do I notice when I pull away from love?  
What message does my Perfectionist Manager give me when I receive love?  
What does my Fearful Firefighter do when love feels overwhelming?

### **3. ROADMAP OF INTENTION - Taking Small, Aligned Steps**

We’re **retraining your nervous system** to stay present with love instead of running from it.

#### **Daily Practice:**

* **Catch the Pattern in Real-Time** - When you feel the urge to retreat, pause.
* **Ask Yourself** -*Is this fear, or is this my truth?*
* **Stay in the Moment for 30 Seconds Longer** - If someone offers love, support, or care, let yourself receive it without reacting right away.

#### **Small, Measurable Steps:**

**This Week:** Accept one act of love without deflecting (a compliment, support, rest).  
**This Month:** Reflect on the moments you received love and how it felt.  
**Long-Term:** Continue showing your protectors that love is safe, not a threat.

### **Mantra for the Week:**

*"I am safe to receive love without conditions. Love is not a test. I do not need to prove or earn it—only to allow it."*

This work isn’t about forcing yourself to change overnight—it’s about creating **small shifts** that help you step into your self-led self. You are not running anymore. You are learning to receive.

Below is the Channeling from Lacy and how your HD and IFS parts are connected to the 2025 energy

### **Shedding the Inauthentic & Stepping into Alignment: How Human Design & IFS Support This Year’s Transformation**

This year is all about **shedding what’s inauthentic** and fully stepping into alignment with your true self. Think of it as a *Tower moment*—where outdated beliefs, identities, and attachments that no longer serve you will naturally fall away, making space for something more aligned. If you’ve already felt the intensity building, you’re not alone.

As a **Manifesting Generator with emotional authority, a 3/5 profile, and a strategy to respond**, this shift will push you to refine what truly aligns with your energy while releasing what drains or restricts you. Your design naturally moves fast, but emotional clarity is key—giving yourself time to process before making big decisions will be essential.

At the same time, **Internal Family Systems (IFS)** will support you in navigating this transformation by helping you identify and work with the protector parts that have kept you “safe” but may now be holding you back.

### **What to Expect & How HD + IFS Can Support You**

**Testing & Shedding**Anything misaligned with your authentic self will be brought to the surface. Your emotional authority will help you discern what’s worth keeping versus what must be released. **IFS work will reveal which protector parts—like your Perfectionist Manager or Fearful Firefighter—are resistant to letting go and why.**

**Authenticity & Integrity**This is the year to fully **embody your truth**. As a 3/5 profile, you're here to **experiment and learn through trial and error**, which means giving yourself permission to **fail forward** without self-judgment. **IFS will help you unblend from the part that fears “not being enough” and guide you toward a deeper self-trust.**

**Manifestation Acceleration**Holding the mantra *“If not this, then something better”* will help you lean into your MG energy of responding to life’s opportunities. Your **protector parts might try to control outcomes** out of fear, but IFS will help you **unhook from old narratives** that tell you you’re only worthy if you achieve a certain way.

**Spiritual Connection as Your Anchor**Your emotional authority is deeply connected to your **intuition and higher wisdom**—trusting the wave instead of forcing clarity will be key. Your IFS work will also uncover **the part of you that doubts your intuition and fears surrender**, allowing you to build a stronger connection to trust.

**Technology & Evolution**Rapid advancements will reshape our world, and as an MG, **you’re designed to adapt quickly**. Stay true to your strategy—only engage with what excites and energizes you, **not what you feel you “should” keep up with**. IFS will support you in **detaching from external pressure** and tuning into what is truly aligned.

**Support & Community**This work is not meant to be done alone. As a 3/5, you **thrive in connection and collaboration**, but your Firefighter parts might encourage isolation when overwhelmed. **IFS will help you recognize when these parts show up and shift into receiving support instead.**

### **The Invitation**

This year isn’t about just *being magnetic*—it’s about being **radically authentic**. The more you align with your **true self**, the more effortless manifestation becomes.

**Your Protector Parts:**

* **The Overachiever Manager** → This part pushes you to prove your worth through perfection and productivity.
* **The Fearful Firefighter** → This part makes you hesitate, fearing rejection or failure if you step fully into your authentic path.
* **The Skeptic** → This part questions if you are “enough” or if your dreams are even possible.

These parts are **not obstacles**, but allies waiting to be understood. Through Human Design and IFS, you’ll **honor them, listen to their fears, and guide them into trust**—so they no longer run the show.

The universe is clearing the path for something bigger. **Your job is to say YES**

12/30

Refer back to the notes from our session that I emailed you, this will give you all the little nuggets that we discussed about how building energetic boundaries should be your priority. As a reminder, you are still in a building clarity and foundation stage. This is when you should really be focusing on your strategy to respond, meaning looking at everything and checking in to see is it something you want to try and experiment with. Do not expect yourself to just come up with ideas on your own, responding to outside factors is how you will make things happen for you. You're meant to experiment.

**Mantra**: "I honor my feelings as a guide, my boundaries as protection, and my path as my truth."

Next steps:

* Finish the boundaries workshop, energetic boundaries is your number one priority right now. This will help clear the mental clutter for you to be able to gain clarity on what 2025 looks like for you.
* Listed below is a way to craft your manifestation list, think of this as a clarity container to help. If you can't think of things that you want, List out what you do not want. The tip I gave you was to do this in three layers… Experiences you personally had, things that your friends have had or currently have, and lastly expanders.

Clarity for manifestations

Set a timer for 10–15 minutes and write freely about everything you’d love to have, do, or experience in your life.

* **Career & Impact:** What do you want to create or contribute?
* **Relationships:** What kind of connections do you dream of having?
* **Lifestyle:** Where do you want to live? What does your ideal day look like?
* **Personal Growth:** What skills or qualities would you like to develop?
* **Fun & Adventure:** What wild experiences would make your heart soar?
* **Wealth:** What financial abundance feels exciting?

Here’s how your Human Design can guide you as you explore your dreams, keeping in mind that **boundaries are your number one priority** right now. Clearing energetic space will give you the clarity you need to dream big and take aligned action.

### **Step 1: Create Space**

As a Manifesting Generator, you thrive in environments that feel inspiring and versatile. Choose a quiet, comfortable space where you can focus and allow your creative energy to flow freely. Since "feeling" is your strongest sense, add sensory touches that make the space feel safe and uplifting—like soft lighting, calming scents, or a cozy blanket. Setting boundaries with your family during this time is essential so you can protect this sacred dreaming space.

### **Step 2: Dream Without Limits**

This is your chance to dream big and let your ideas flow. Tap into your emotions as you write, trusting your emotional authority to guide you. What dreams make you feel expansive and alive? Your 3/5 profile means you’re here to experiment and solve meaningful problems, so think about the ways you can create, contribute, and pave your own unique path.

### **Step 3: Let It Expand**

Once you’ve captured your dreams, take time to feel into them. Notice which ones spark the most excitement and feel aligned with your path. Boundaries are key here—by honoring your need for emotional and energetic safety, you’ll be able to focus on the dreams that truly resonate, rather than taking on ideas or options presented to you.

### **Step 4: Take One Tiny Step**

Pick one dream that feels right, and brainstorm one small action you can take this week to move toward it. As a Manifesting Generator, you’re designed to respond to what excites you and to stay flexible as you take action. Let your emotional authority guide you—check in with your feelings before committing to a step. Tune into your "feeling" sense, and trust that the path you’re creating will unfold naturally as you honor your boundaries and energy.

**Remember:** Boundaries aren’t just about saying no—they’re about protecting the space you need to connect with your dreams and create the life you desire. By prioritizing your energetic safety, you’re giving yourself the clarity and freedom to dream fully and move forward with confidence. You’ve got this!

11/20

Your goal is to get back to your authentic self, and your authentic self is a manifesting generator with an emotional authority, a strategy to respond, a 3/5 profile, feeling is your strongest sense, and your life's purpose is to create your own path. To do all of this, and be all of this is to trust yourself.

**Next Steps -** use the following next steps in conjunction with the authentic self challenge, the goal is to work on your limiting belief of self-trust by becoming your truest self

### **Steps to Use Emotional Authority and Strategy:**

1. **Honor Emotional Clarity**:  
   * Avoid making decisions in emotional highs or lows.
   * Wait through the emotional wave and revisit decisions once you feels a sense of calm clarity.
2. **Engage in the Response Strategy**:  
   * Practice recognizing external prompts (situations, opportunities, or questions) that you feels drawn to respond to, rather than initiating actions impulsively.
   * Tune into your body’s physical response—like a gut reaction or sense of excitement—when considering choices.
3. **Experiment and Reflect**:  
   * As a 3/5 profile, you learn through trial and error. Your mistakes as valuable learning rather than failures.
   * Expand yourself by reflecting on past experiences to identify patterns that align with your emotional clarity and response strategy.
4. **Focus on Feeling**:  
   * Your strongest sense is "feeling," incorporate practices like body scans, mindfulness, or connecting to sensations to build trust in her intuitive and emotional responses.
5. **Create a Safe Environment for Waiting**:  
   * Design a routine that allows you to pause and not rush decisions (e.g., journaling, walking, or talking with a trusted confidant).

### **Understanding Internal Family Systems (IFS): To begin to trust yourself**

### **IFS is a way to understand your mind as a team of "parts," each with its own role and perspective. Some parts protect you, some carry burdens like fear or doubt, and others represent your true, confident, and grounded self—your "core Self." This approach helps you gently explore these parts, understand their intentions, and create harmony within yourself.**

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### **How to Start Connecting Today:**

### Pause and Tune In: Find a quiet moment and focus on your body. Take a few deep breaths and notice any sensations, emotions, or thoughts that come up.

### **Meet the Part That Doubts Trust:**

### Imagine there’s a part of you holding the belief that “you can’t trust yourself.”

### Ask this part, in your mind:

### “What are you afraid might happen if I trust myself?”

### “How are you trying to help or protect me?”

### Listen without judgment. Whatever arises is okay.

### **Get Curious:**

### Picture this part. It might show up as a feeling, an image, a voice, or even a character.

### Ask it: “What do you need from me to feel less afraid?”

### **Notice and Thank the Part:**

### Acknowledge this part's effort to help you. Even if its methods feel unhelpful, it’s trying to protect you in some way.

### Say, “Thank you for sharing with me.”

### **Invite Your True HD Self:**

### Imagine the most calm, wise, and confident version of you—the "Self." Ask this part if it’s willing to let your HD Self take the lead.

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### **A Simple Example:**

### Imagine you're about to make a decision but feel doubt creeping in. You pause and ask, "What are you worried will happen if I trust myself?" The part might say, "You’ll make a mistake!" You respond, "I see how you’re trying to protect me. What do you need to feel safe while I try this?"

### By doing this, you create space to act from clarity rather than fear.

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