

INSPIRE HEALTH BY JEN

Finding Your Soul's Purpose Using Human Design

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05.03.23

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- 0:00 - Introduction (Jen)
 - 2:00 - **Our Soul's Work**
 - 2:10 - Each One of Us Has One Thing to Do
 - 2:40 - **The Uniqueness Inherent to Each Individual Soul**
 - 3:00 - Each of Us is a Flute; Life Sings a Fresh Song through Each
 - 3:20 - We All Have the Same Work to Do (We Expand Life)
 - 4:20 - Timothy (Attempts to) 'Introduce Himself'
 - 6:00 - Timothy's Human Design Type
 - 6:40 - Meeting Human Design for the First Time
 - 7:45 - What is Human Design?
 - 8:15 - Human Design Speaks to the Individual
 - 9:00 - This Work Came as a Surprise
 - 10:20 - Timothy Isn't an 'Expert'
 - 11:25 - Some Personal History (Profession)
 - 13:15 - **Resetting the Scales**
 - 14:15 - Taking the Leap
 - 15:00 - Not a Daredevil
 - 15:40 - **Two Types of Recognition**
 - 16:55 - We All Share the Same Question
 - 18:05 - Does Everyone Have a Soul's Work?
 - *18:20 - **We All Have the Same Work**
 - 19:20 - The Breath of Life Sings through Us
 - 20:05 - Forced to Sing Songs that Don't Suit Us
 - *20:40 - **Coming into Adulthood**
 - *21:10 - **Reclaiming Responsibility**
 - *21:30 - **Where Do We Start?**
 - 22:05 - The Camel, the Lioness, and the Child
 - 25:00 - Discovery of the (Inner) Child
 - 25:20 - **It Begins with "No"**
 - 27:15 - **Introducing:** The Forgotten Sense

*27:30 - **A Matter of Orientation**
28:00 - What Do I Want to Do with My Freedom?
*28:25 - **The Answer**
29:00 - Red Light, Green Light
29:15 - The Single Most Significant Discovery (Human Design)
29:45 - *Feeling* the Difference Between Red + Green
*30:25 - **Is It Safe to Trust Our Feeling?**
*31:05 - **Disconnection from Vital Resources**
*31:50 - **Our Single Greatest Power in All of Life**
*33:15 - **Unifying Body + Mind (Becoming Human)**
33:45 - We Are Human Beings First + Foremost
34:35 - How Our Power is Exploited
*35:05 - **Regathering Responsibility**
37:00 - Developing the Habit of Seeing
*37:15 - **Look in the Other Direction**
39:00 - Developing Awareness through Games
*40:35 - **Forgetfulness vs. Presence**
43:15 - "Asking So Many Questions" (Jen)
*43:55 - **Superpowers Emerge from Innocence**
46:15 - Information Overload Guaranteed (Human Design)
47:55 - Some Personal History (Education)
49:00 - Self-Education "for Fun"
50:00 - Blurring the Line Between Personal + Professional
50:45 - How to Avoid the 'Trap' of Human Design
*51:05 - **The Truth Does Not Need Our Help**
51:25 - **Remembering Ourselves**
51:35 - **How Do We Know We've Found Truth?**
52:50 - Introduction to the Gene Keys
54:30 - Three Bands of Frequency Expression
56:00 - Two Maps (Human Design vs. Gene Keys)
*57:10 - **Where to Begin? (Avoiding Complication)**
*58:00 - **The Forgotten Sense (Simplicity)**
*58:30 - **Should We Discard Human Design?**
59:10 - Human Design is a Tool
59:35 - Is Human Design a Distraction?
1:00:00 - Terms Squeeze Us into Small Boxes
1:00:20 - WholeSystem Human (An Example)
1:02:00 - Outside-In vs. Inside-Out
1:02:55 - Simple Miracles
*1:03:20 - **Complication vs. Complexity**
*1:03:50 - **The Paradox of Wisdom / Simplicity**

1:04:30 - What Does Self-Projected Mean?
*1:05:20 - **Follow the Fascination to the Experience**
1:05:45 - **It's About the Experience (Drive the Car)**
*1:06:25 - **We Can Use Any Tool (Education vs. Learning)**
1:08:00 - A Personal Invitation (Let's Talk)
1:08:35 - How Important is a Mentor or Guide?
1:09:10 - **Introducing:** Mirror Sessions
1:09:40 - Maybe You're the Teacher
*1:10:50 - **What About Chronic Pain in the Body?**
1:13:55 - Red + Black Gates in Human Design
1:15:35 - **Introducing:** Dietary Regimen
1:16:35 - Manifesting Generator vs. Generator
1:17:30 - Expanding on the Generator Type
1:18:25 - Radiating through the Body
1:19:05 - Theme of Sensuality
1:20:05 - **There's More**
1:20:20 - Getting Over the Grind (Jen)
*1:21:00 - **Connecting to Free Energy**
*1:21:45 - **How to Be vs. What to Know**
*1:22:30 - **Frustration / Satisfaction**
*1:23:20 - **Our Single Greatest Asset**
*1:24:05 - **You Are the Chef**
1:25:05 - Expanding on the Projector Type
1:26:30 - The Projector's Gift
1:28:50 - Wait for the Invitation
1:29:25 - Doing Surgery
1:30:20 - Expanding on the Reflector Types
1:32:00 - Expanding on the Manifestor Type
1:33:00 - Jen's 5/1 Profile
1:34:15 - Goodbyes
1:34:35 - Conclusion (Jen)

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