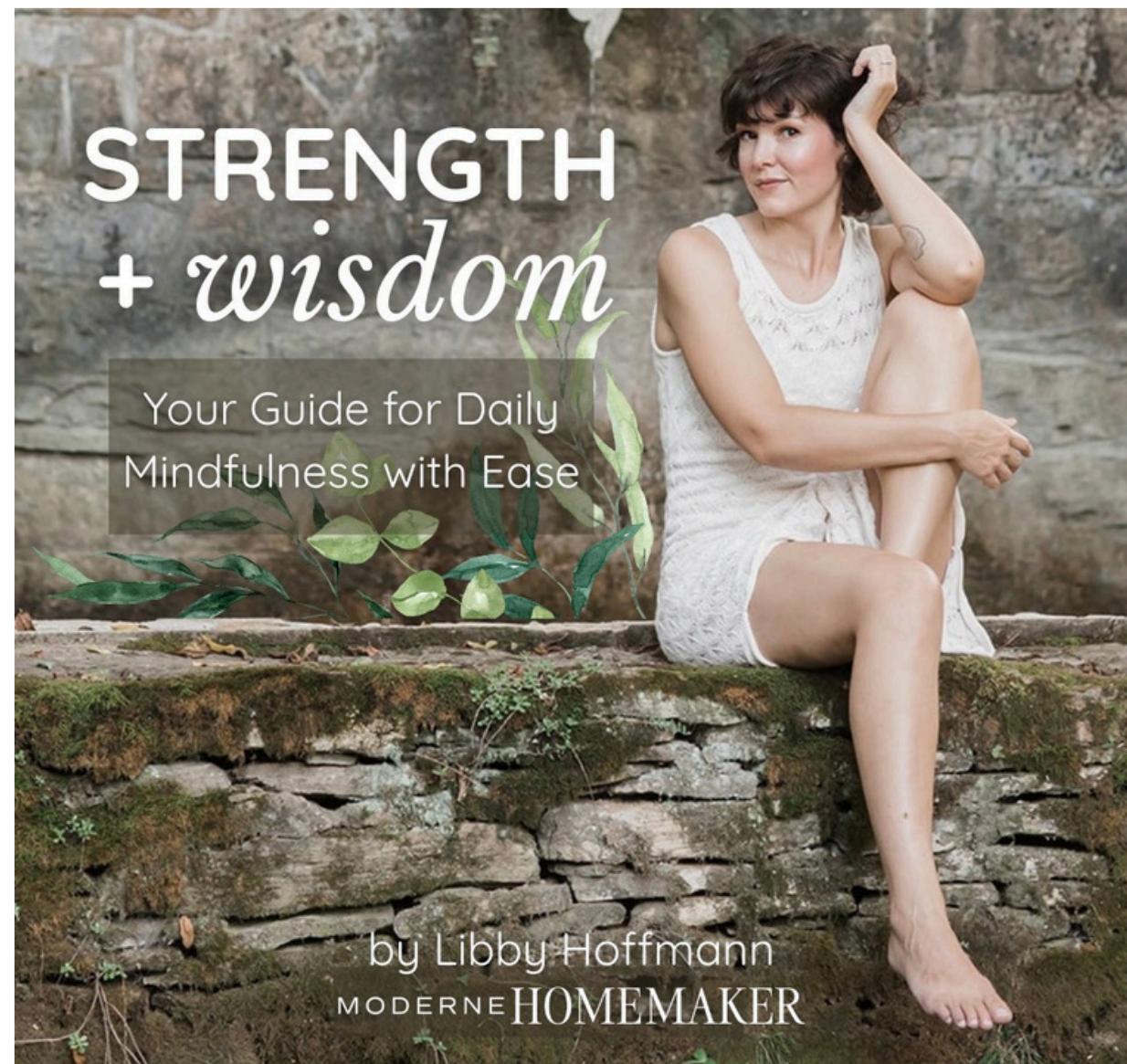


STRENGTH + *wisdom*

Your Guide for Daily
Mindfulness with Ease

by Libby Hoffmann
MODERNE HOMEMAKER



STRENGTH + WISDOM

GUIDE BOOK

BY LIBBY HOFFMANN
MODERNE
HOMEMAKER

WELCOME

We are each designed with specific energy to give AND to receive from one another. You have all that is needed within you to thrive. Living a fulfilling life is about nurturing who you already are and stepping in to the role you're here to play. It's not about avoiding or trying to fix your sensitivity; it's about embracing the inconsistent parts of yourself and leveraging them to grow your wisdom. This guide will help you uncover and focus on the energetic Strength and energetic Wisdom found within your unique human design, so you can stay mindful and aligned to your personal fulfillment.

Embodying your unique Human Design is the purest form of Self Care

Have your HD bodygraph ready before you begin (you can [get it for free here](#)). P.S. If you would like to dive deeper with me into the gifts of each Center, then get my ebook [Color Concepts](#)

Thanks for your light and presence. Cheers to YOUR journey!

Love through all seasons,

Libby Hoffmann

ABOUT ME

My mission is to help you feel connected to your purpose and experience authentic joy in your life— within and beyond motherhood. I'm a mama of two, doula, author, earth intuitive and Appalachian native.

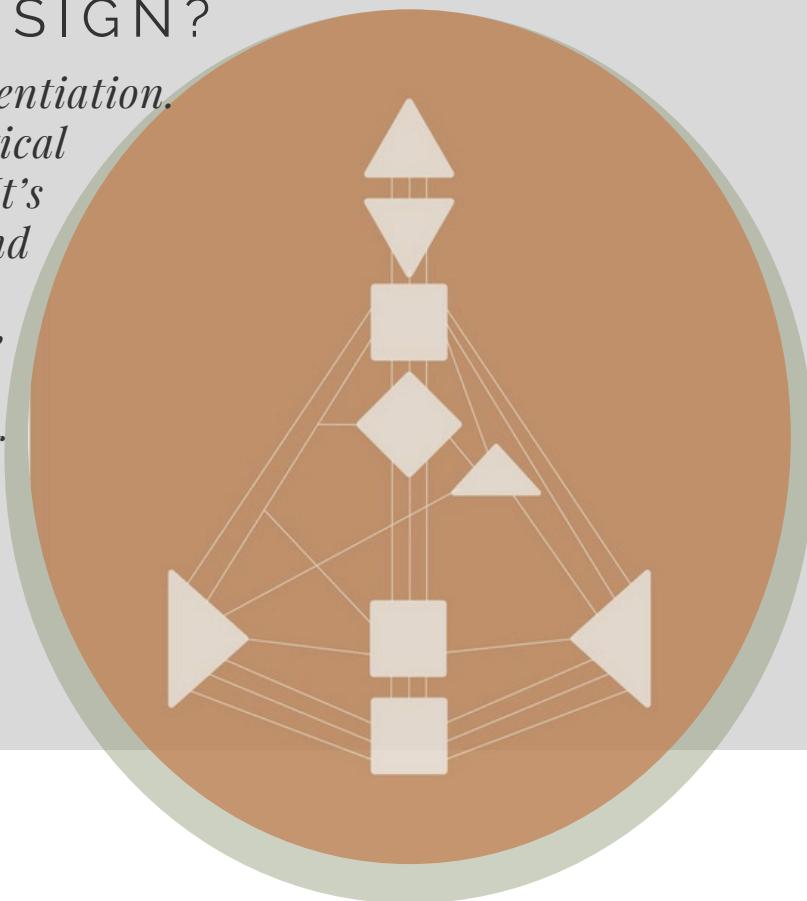
Read my full story [here](#).



WHAT IS HUMAN DESIGN?

Human Design is the science of differentiation.

It's the inspired language of the practical mechanics of what makes you, YOU. It's a tool for self acceptance, self love, and collective harmony. Applying HD in your daily life helps you make a home for yourself in your individual body and find peace and happiness in your own heart. As you fortify and care for yourself, you empower others to do the same, and we all rise together.



Strength - defined Centers

Wisdom - undefined Centers, aka openness

Definition in your human design bodygraph is where you have consistent reliable energy, where your natural strengths radiate from. Your Energy Type is determined by the combination of defined Centers in your bodygraph. When you work from the healthy power of your defined Centers, you will feel the Signature of Alignment for your Energy Type most consistently.

Each Energy Type has a specific Signature feeling of alignment:

Generator + Manifesting Generator – Satisfaction
Projector – Success
Manifestor – Peace
Reflector – Surprise (Delight)

YOUR OPENNESS

Your openness is where you have inconsistent unreliable energy, where you're most open to receiving energy from others. You are designed to take in energy through your open or undefined Centers, not to produce energy from these Centers.

The healthiest and most effective way to use your openness is to allow energy to flow in and out, observing without attachment. This continual practice allows you to gain Wisdom from your experience and let go of conditioning that causes resistance and feeling Not-Self Themes in your life.

Each Energy Type has a specific Not-Self Theme or feeling of misalignment:

Generator + Manifesting Generator – Frustration

Projector – Bitterness

Manifestor – Anger

Reflector – Disappointment

Alignment is an ongoing process

When you live in alignment with your design, moving through life using both Strength + Wisdom, is when you express the most personal power and thrive as your authentic self. You will always be adjusting and experimenting as you follow your Signature of alignment and course correct when you feel resistance through Not-Self Themes. Keep in mind that alignment is a journey not a destination.

Mantras for Strength + Wisdom

Use the following mantras to create a head-to-toe Strength + Wisdom Mantra, personalized for your specific Center definition. There is a mantra for each Center, defined and undefined. Feel free to Pick and Choose, Mix and Match! Use them daily as an ongoing reminder of your Strength + Wisdom, or tune in with them whenever you need extra support and focus along your journey.

MANTRAS FOR STRENGTH + WISDOM

Head Center



Undefined:

Wisdom comes through doubt and uncertainty. I release all pressure that does not matter to me.

Defined:

My questions carry power. I inspire with integrity.

Ajna Center



Undefined:

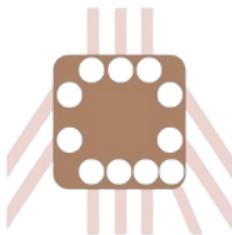
Wisdom comes through staying open minded. I surrender to the constant flow between knowing and not knowing.

Defined:

My knowledge and beliefs are strong. I take great care in providing answers.

MANTRAS FOR STRENGTH + WISDOM

Throat Center



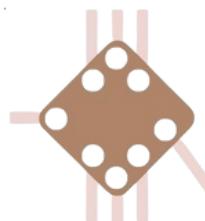
Undefined:

Wisdom comes through pause and reflection. As I wait to communicate and express myself, my potency builds. When I follow my Authority for speaking and acting, I can fully trust my own timing.

Defined:

My voice is strong and reliable. I am fulfilled through sharing my inner truth, when I communicate confidently using my own Authority.

G Center



Undefined:

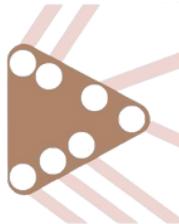
Wisdom comes as I make new connections, with people and places. I trust the flow of my ever changing identity and direction, and I move gracefully using my own Authority.

Defined:

My inner compass is true and reliable. I trust my own direction and self expression to keep me on the correct path, and to empower others to do the same.

MANTRAS FOR STRENGTH + WISDOM

Splenic Center



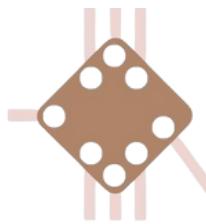
Undefined:

Wisdom comes through contemplation and release. I stay healthy and safe through following my own Authority. I let go of all environments and relationships that don't actually feel like home.

Defined:

My survival instinct is a superpower. It is safe and healthy to trust my own knowing and move in the moment with the fear.

Heart Center



Undefined:

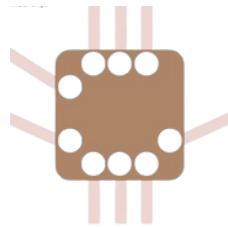
Wisdom comes through restraint and receiving. I give and make promises aligned with my true desires and Authority.

Defined:

My willpower is a superpower. I support and accumulate with care and intention. When I win, everyone wins.

MANTRAS FOR STRENGTH + WISDOM

Sacral Center



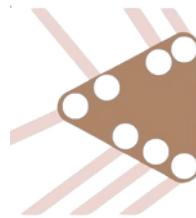
Undefined:

Wisdom comes through my natural cycles of action and rest. My presence is powerful. Simply being is enough.

Defined:

My power grows as I respond to life and respect my gut knowing. I follow my own satisfaction.

Emotional Center



Undefined:

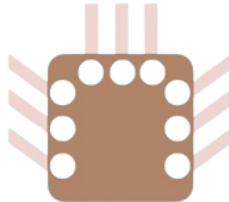
Wisdom comes through my empathy. I observe and learn through feeling. I release all emotions that do not belong to me.

Defined:

My emotional awareness strengthens over time. I flow with the waves of my feelings to gain perspective and stay in alignment.

MANTRAS FOR STRENGTH + WISDOM

Root Center



Undefined:

Wisdom comes through establishing my own pace. I temper healthy growth and change with my own Authority.

Defined:

I fuel change and know how to stabilize through pressure. I let go of force. I empower aligned timelines for healthy growth and transformation.



WANT TO STAY
CONNECTED?



No matter who you are on the surface, you make a home
for your soul with every breath you take.

Moderne Homemaker is not just a title, it's a movement--
toward redefining what it means to be a mother,
a caretaker, and a self-fulfilled human.

[JOIN THE MOVEMENT](#)