

Strength + Wisdom Guide
Libby Hoffmann | The Moderne Homemaker



Within yourself, you have all the Strength + Wisdom that you require to not just survive, but to thrive in this world. As a human being, you're designed to be conditioned by the energy of others. Awareness is the key to living in abundance and nurturing your "home," not avoidance. This guide is to help you focus on the energetic Strength and energetic Wisdom found within your unique human design.

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

Human Design is about self acceptance, self love, and remembering that we're truly all One. It's through this self love and acceptance that we can make a home for ourselves in our bodies on earth, and find peace and happiness in our own hearts. We heal ourselves, and in turn heal the world.

Strength - your defined Centers
Wisdom - your undefined Centers, or openness

Definition in your bodygraph is where you have consistent reliable energy; where your natural strengths radiate. You want to be working from the healthy power of your defined Centers to feel your Signature of Alignment the 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 is where you have inconsistent unreliable energy; where you're receiving energy from others. You want to be taking in this energy through your openness, but for observation only. When you can allow it to flow in, learn from it, and allow it to release, is when you'll be using the energy in a healthy way. This continual process allows you to

gain Wisdom from your experience, without holding on to unhealthy conditioning which causes resistance through Not-Self Themes in your life.

Alignment is an ongoing process

You will always be making adjustments and experimenting as you follow your Signature and course correct when you feel resistance. When you live in alignment, moving through life using both Strength + Wisdom, is when you will express the most power through your natural design, and thrive as your authentic self.

Mantras for Strength + Wisdom

Use these mantras (following) to create a head-to-toe Strength + Wisdom Mantra personalized according to your specific Center definition (defined or undefined). Or Pick and Choose, Mix and Match. Let them be a reminder of your Strength + Wisdom whenever you need support and focus along your journey.

If you would like to dive deeper into the knowledge of each Center, in a fun and inspired way, then check out my ebook [Color Concepts](#). Thank you for being here beautiful soul.

Love + Light always,

--Libby



Head

undef: Wisdom comes through my doubt; I release.

defined: My questions carry power; I inspire with integrity.

Ajna

undef: Wisdom comes through my uncertainty; I surrender.

def: My beliefs are strong; I take great care in providing answers.

Throat

undef: Wisdom comes through inaction; I reflect.

def: My voice is strong; I'm confident speaking my inner truth.

Heart

undef: Wisdom comes through receiving; I give with restraint.

def: My promise is my bond; I support with desire + intention.

G

undef: Wisdom comes through my connections; I move gracefully.

G def: My compass is true; I trust my own direction and individual path.

Spleen

undef: Wisdom comes through my healthy choices + relationships; I am safe as myself.

def: My instinct is a superpower; I am safe following my awareness through the feelings of fear.

Solar Plexus

undef: Wisdom comes through my sensitivity; I observe and learn.

def: My awareness strengthens over time; I wait to gain perspective.

Sacral

undef: Wisdom comes through cycles of action + rest; Being is enough.

def: My power comes through responding; I satisfy myself.

Root

undef: Wisdom comes through establishing my own pace; I temper.

def: My strength provides healthy fuel for change. I show how to pivot and transform; I don't force.

