

## Ep. 31 Discovering Your Unique Path Using Human Design with Analena Fuchs

[00:00:00]

**Sonja:** Welcome to the harmony, not hustle podcast. I'm your host, Sonia Tompkins. I'm a spiritual life coach for women on their journey of self discovery, multi passionate women, juggling entrepreneurship with their nine to five and women in the midst of a major life transition that wants to live a fulfilled life while honoring their responsibilities and nurturing their important relationships.

I went from having no clue how to be successful as an aspiring entrepreneur who wasn't always stressed out and lonely to owning five businesses over the course of 20 plus years while navigating marriage, motherhood, and my own personal well being journeys all by DigiHustle Culture. Through my private one on one coaching and my sole success strategy membership, I'm on a mission to teach women how to harness their unique gifts and talents to create success within their lives on a foundation of emotional safety, energetic sustainability, and [00:01:00] spiritual self acceptance.

On this podcast, I'll go beyond surface level BS work life balance tips into soul centered strategies and mindset shifts so that you can do what you're destined to do and desire to do in your life with harmony, not hustle.

Hey, everyone, welcome back to the show. So glad to be here with you today and really elated to be able to share such a special guest with you all today. Today, we have the amazing and beautiful Analena Fuchs. Did I say your last name correctly? No, it's Fuchs. You can say Fuchs in English.

**Analena:** It means fox. Yeah, it's hard to pronounce. So, yeah. Oh. But you say Fuchs, I guess, in English. It sounds weird anyway, so, but yeah, it means fox. It's a, it's a cool last name.

**Sonja:** It is cool. I mean, it goes without saying. I just said how amazing and beautiful you are. And then you tell me your [00:02:00] last name means fox. So there we go. I mean, it's, it was written.

**Analena:** I'm a foxy lady. Like my, I have three sisters. We're always like the foxy lady sisters.

**Sonja:** I love it. Thank you so much for being here really quick. I want to make sure I share with everyone a little bit more about you. And then I'll let you expound on that because I mean, you're a Human Design expert.

So if anyone knows a lot about themselves, I'm going to say it's going to be you. So, Analena is a Human Design and Gene Keys guide for conscious leaders who are craving more ease, flow and prosperity in their lives and businesses. On the frustrating path of following other people's success formulas, one day Human Design found her and changed everything for her.

I love that whole summary. The bringing in the ease, flow and prosperity and just how you describe that Human Design found you. Let's just dive right in. Tell me more about [00:03:00] that, Analena.

**Analena:** Yeah, I was literally, I wasn't looking for something, I wasn't like, Oh, I need to figure this out.

I mean, I was doing my thing. I experimented with, you know, being an entrepreneur. I followed a lot of cookie cutter approaches that were marketed in a way like this is the answer to have success, right? And I always like, well, it may work for you, but it ain't no working for me. So I did feel I was missing something.

You know, I had this sensation like, well, there's some people that are so successful, they have figured it out, but how can I figure this out? You know? And I thought it's a way, a certain way. Of how we can be successful and obviously success in itself we can probably talk about for an hour what that even means to us, you know, but you know where you just feel like you're going with the flow of life and synchronicities are showing up and you just feel I know you're on the right path.

You know, and that also reflects then in your 3D world, how relationships go, how your business is expanding, how money flows, all of that, you know. [00:04:00] And one beautiful day, one of my friends, she was like, Hey, have you checked out this thing called Human Design? And I never heard about it first time, you know.

And it was this moment where, wow, this is so different. And I love numbers. I'm a math nerd. I love, you know, like. I guess things that are a little bit out of the ordinary, and it also looks really complex, but when I started to learn more about this, and at this time, it was, it was over four years ago, I think.

Yeah. So I, I looked at it and I learned what it means to be a two form manifesting generator. And I was like, Oh my God, I was speechless. I was like, Oh, I can finally relax and I can stop trying to be like other people. Because especially, you know, I consider myself as an introvert, as a multi passionate, I felt like all over the place, I couldn't just pick one thing.

And I just found a lot of validation in that, in those specifics. And for me, it really it gave me the permission to make it simple. To trust myself more and not [00:05:00] try to fit in what other people were saying. So I became less influenced by other's opinion. And for me, that was huge because yeah, I can easily get influenced by other people, especially at that time, even more so, you know, it's always like, well, but they said, this is the way.

And you get so pulled into this energy and unconsciously invest fortune, and then you realize. Okay, well, this was totally their thing, but this is, I'm different, you know, it's just not going to work for me.

**Sonja:** And how you, you know, you saw other people's successes and of course you thought, oh, well, I, you know, I can resonate with that so where it's like, oh, I must be missing something because I'm seeing this person and this person and this person have so much success on a, and I'll, for myself, I'll say on a material level.

Right. And there's nothing wrong with that. So they, they, you know, they were these six, seven figure earners. They had done, done these things that they were teaching and had success for, from that. [00:06:00] So these were not like hucksters or people who were selling some, you know, something that hadn't been proven, but it had been proven for them.

So when for, for you knowing, you know, once you discover it sort of like the Human Design teachings, and then I guess where I'm going with this is

Did you discover Human Design first and then you were able to see and understand that their success was theirs because of their unique design and other things? Or did you sort of, did you come into that realization first and then you discovered Human Design which helped you Fully step into and trust who you are to go at it your own way.

**Analena:** No, it was really Human Design that helped me in the big time to realize that, that we are just all so different. We're unique and Human Design is called the science of differentiation, right? And my teacher at the time, she always was like, Karen Parker, it's like a [00:07:00] world is the big puzzle piece. You know, you are one puzzle piece.

I'm one puzzle piece. But if we're trying to be the same puzzle piece, we're not going to make a puzzle. Every puzzle piece is just different. And obviously, then also, I also talk a lot about conscious money, how I like to call it, where I also realized that this energy that's being put out there oftentimes with the materialistic and the six, seven figure earners, that was so detrimental for myself because anytime I focus too much on making money, it kind of backfired on me because I think I was missing the point.

I was not with like, wow, what are really my gifts and my talents? What feels really good to me? What really lights me up? Because this is what Human Design helped me realize. I have to prioritize what feels good to me. You know, I can focus on all the client avatars, what I want, I can focus on all the money goals I want, but if it doesn't feel right in my body, it doesn't work. And I also, so Human Design teaches about things, how we are not all designed to have the specific [00:08:00] goals. That also for me was like, Oh my God, there's nothing wrong with me because I thought I have to force myself to have a specific goal. Now the overall teachings of Human Design helped me that It's actually sometimes best, and this is the whole thing, like we're here to follow the bright crumbs of the universe.

If I have a specific ego goal of what I think my mind wants, let's say X amount of money, that may not be the right thing that I really need to fully step into my true purpose. You know, because once I make all this money, I may be like, okay, now I made the money. I'm not going to put effort into really what I'm supposed to be doing here in this world.

You know, sometimes we, we need to be forced into our right path. And if we have money too easily, we're like. Until you learn that that's not what makes you happy. That's not really what leads to fulfillment. And yeah, so it just helped me to, I'm going to be doing me.

Don't know just that in itself was like, Oh, I can finally relax and stop over consuming all this content and chasing [00:09:00] one program after the other, where I really burned my financial resources to the point that I was like, is this sustainable? Probably not. You know, and when, when I stopped, it also helped me stop being the consumer.

I was just consuming and consuming, taking on other people's opinions and ideas, and then shifting into, okay, let me be more discerning. Let me consume less and really tune into myself first and foremost. And then on the way, you know, I still work with coaches and receive support, but only from people that allow me to be myself.

I cannot deal with stuff where it's like, you have to do it this way. It's just like, okay, see you later. That's just not my way of doing things.

**Sonja:** Yeah, and to the point about, you know, seeing what we were saying, like, again, like, we're talking about the, the materialistic, the 6 and 7 figure earners only because I know you and Alina and I both, we, we, we, we are entrepreneurs.

So we do live in that, that, that world where there, that is. [00:10:00] I think we all do, but in the online space, especially you're talking online, coaches, marketing coaches, all the things that go with entrepreneurship or business ownership, you have all these coaches and gurus for these different aspects of what it takes to, to, to operate a business rightfully that's a big conversation. And you know, one of the things that I've been saying a lot lately, and it's a very unpopular. Opinion, but, you know, I have a defined throat. I'm here to tell people to do things differently or at least share with them that it's okay to do things differently is I don't personally believe that we're all going to I don't think we all are going to be millionaires.

I don't think we're all gonna be billionaires. I don't think we're all gonna, you know be, you know, taking 5678 vacations a year on yachts and all of it. And that's not because we don't all deserve it. In my opinion, it has nothing to do with what we deserve. It's [00:11:00] just not our. Path and for the reasons that you mentioned, if person a gets this particular type of like materialistic, whether it's wealth.

Accumulations of things, whatever, that might be that person's Achilles heel that stops them and actually blossoming into who they are here to be and what they are here to share with the world. And so I think the conversation or, you know, this energy of like, well, if you know, we can all do it, you know, everyone can no one, everyone can have everything all the time.

I'm sorry. I think it's...

**Analena:** yeah, I agree with you because, yeah, and the thing is like...

**Sonja:** But we can all be successful though. But that's the thing. We can all be successful. But again, like you said, what does success mean? And I think most people have been indoctrinated to think that success equals money, things, stuff.

**Analena:** Yeah, and yeah, [00:12:00] exactly. So yeah, we could probably talk about this for 10 hours because it's one of my favorite topics to talk about actually. So like you say, I totally agree. Not all of us are meant to be millionaires. And I actually think it's a beautiful skill to have a beautiful life with like, less financial resources sometimes where you actually learn to become resourceful.

Not to say like that we don't want to have money, right? Because there's also a balance between totally denying yourself worth and not charging for service and just struggling. That's also not helpful, right? But what I think is what we have to be responsible with is how we talk about money, you know, because this message that we often see.

And I think by now I probably unfollowed all of these people because I just always notice it doesn't do any good for me because I fall back into this like, Oh, because I haven't hit the six or seven figures yet. I must be doing something wrong instead of just enjoying my unique process.

And, you know, if I'm supposed to be [00:13:00] making six, seven figures, I welcome that.

But one thing that I really hold true to myself is I don't want to become them once I make that money. To market myself, Oh, I did this one thing and now I'm making X amount of money and that's going to blow up because everybody's still after the money. And I see this over and over again with people, they're all in integrity, doing their thing.

Once they hit the big number, then all they teach and talk about is how they all of a sudden make the big numbers. Because the way we humans are, as we compare ourselves, it's just like how we are, right? It's just like, we see this and Instagram, I'm using that now as a social media example, is so fake anyways.

I mean, I was listening to a video of Eckhart Tolle today, and for example, he may be very well a six or seven figure earner. Does he talk about his money all the time? Do we really have to talk about how much money we make all the time? Like we really have to think about that. Can you have a successful business without talking money, how much money you make all the time?[00:14:00]

I'm really much into like, okay, what is your relationship with money? You know, also tuning into yourself or then having the courage to charge a good amount for your services, whatever feels good to you, right. And becoming resourceful with money and using, because money brings a lot of triggers, I think it's a beautiful healing opportunity.

So even all these people that might trigger us with these messages, there's some healing opportunity for myself in that. You know, and it used to trigger me a lot. Now I'm more like, I don't really give much attention to it anymore because I don't want to put my energy there. You know, it's just not the vibe.

I don't think it's really benefiting people because what happens when you mostly talk about how much money to make, like 10 X your business, 10 X the amount of money you have, make the next six figure launch, like you attract people that think it's the money that's equal to success, it's usually people that are very much in the [00:15:00] scarcity kind of state of mind, and that is actually creating more of a gap in society.

Whether people that already have the money. Which is probably more than enough than they need. They keep making more and more and more. And those that don't even have the money, they keep investing into that. With money they don't even have. And they tend to struggle more and more and more and more people go out of business.

So I think that's happening a lot. I know for myself, that's where I used to be in the beginning. I'm still like in the recovery phase of that. I think I used to be pissed about it, to be honest. Now I'm more like grateful that I can share my wisdom with others.

And actually I help people save a lot of money sometimes because they have this hyped up energy where, Oh my God, I need this and it's \$50,000 - it's going to change my life because they said such and such. And then they, they make some irrational decisions that they very quickly regret later. And that was one of the things that I learned through Human Design with the emotional solar plex center, emotional solar [00:16:00] plexus center, that we humans have emotions.

You know? And people with emotional authority are being taught that you have to ride out the emotional wave before you make big decisions, big investments. Now logically, people with an undefined solar plexus Like me, because I can amplify those emotions. I can also feel emotions. And I have to be even more careful because I don't even know what am I feeling.

What is my truth and my body. So I also have to write out these ways. I sometimes need a whole week to make a big decision.

**Sonja:** So okay, so you have an undefined. Solar plexus, but you're an emotional authority.

**Analena:** No, no, no, no. You have, like, emotional authority are only people that have the solar plexus defined.

**Sonja:** Right. Right. That's me. But you're finding, but you're saying as someone who doesn't have it used to benefit from riding the emotional wave.

**Analena:** Yeah, because that's why so Human Design is an experiment, right? If we take it to the [00:17:00] book, I may be like, Oh, I'm designed to make quick decisions. But when you really go into the chart and you understand the energy exchange dynamics, because people have been undefined solar plexus.

They feel and amplify emotions from all around them. I can actually feel them sometimes much stronger. And I have done so many readings by now. I have worked with so many people from my own experiment that the solar plexus has taught me, for all humans in general, that when it comes to making big decisions, where you invest a lot of time, money, energy, and resources into something, make sure you don't make it from a hyped up kind of or emotionally low place.

**Sonja:** Yeah, I was going to ask you what would be your number 1 definition or maybe could you give 1 clear cut example of what it what it feels like, or what it could feel like when a person,

whether they're, you know, whether they have an emotional authority, it's defined or undefined what. It feels like to be in a neutral [00:18:00] place before they make a decision.

**Analena:** I love it.

**Sonja:** I have a way that I teach that I like to share with my clients But I would love to for you to be able to share from your perspective

**Analena:** so first you It comes from a response right something comes into your life. Let's say You want to participate in a retreat? And it costs \$10,000.

Let's just use an, like a Bali retreat, 10, 000 bucks. It's, it's a big investment for you. Right. And it's not like you were searching for it or you feel like desperate, like, like you have to do it. It doesn't come from force. Right. And in the beginning, you may feel like, Oh my God, I'm so excited about it. Or somebody talked about it.

Right. And you feel like I need to need this and let me put it on a credit card. Right. That that's not a neutral space. That's kind of where we're like. more on the emotional hyped up. But you have this expansive feeling in the body, something is like pulling you forward the thing, right? There is this sense of it's grounded in that sense, right?

And then what I feel, how it has been for me a lot in [00:19:00] the people I've worked with is that if it's really meant for you, so you write out your emotions, and it keeps being a grounded expansive feeling in your body. Now your head may start to talk you out of it. Because, wow, it's too much money. I shouldn't do it.

But if it keeps being this forward sensation, and also especially, nobody's pushing you to make that investment. Nobody's forcing you or putting very tight restrictions. That's why I'm never like a fan of these like 24 hour time restriction bonuses. I mean, some are reasonable. And sometimes we have to put a little bit of pressure on people because otherwise, You know, and sometimes it's for low cost things.

I think it's fine. But if it's this, like, it's definitely not when you make it from the fear of missing out. You know, it's really, it feels clear on your body. You don't have this icky kind of feelings in the body. And also what I have found, if it's not meant to be, then the money will show up or when [00:20:00] you make the transaction, it will feel effortless.

It will feel like it's flowing versus if it's not meant to be, ah, the credit card doesn't go through. Or something else shows up and now you have another expanse. So the universe is maybe showing you like, Hey, maybe it's not meant to be, you know, when we are kind of trying to force it and kind of trying to push it or there are people like trying to talk us into it and convince us with that.

Right. So overall a calm, a neutral feeling. It's like when you feel calm and grounded and still expansive. That's a yes, right? It could also be if you're neutral and it feels like no, more leaning back, contracting, you just know it's not, you know?

**Sonja:** Yeah, that's so good. That's so good. Yeah, I've had people, you know, and I know you, you mentioned Karen Curry Parker.

She's 1 of the people that I study in terms of Human Design as well. And I just like. Sort of her descriptions of a lot of things [00:21:00] versus whether we're talking emotional authority, or whether we're talking. Responding in general, you know, for so long, you heard so many people talk about like, Oh, if it's a yes, it'll be a huh.

And, and I, well, yeah, so listen, I experimented with it because he, here's the thing I am. I love, I love playing with things. I'm a try it, even though I'm not spontaneous, which sounds



counterintuitive, but I'm going to try it. And what I noticed. Was that for me? And I think you were probably one of the first people that I heard publicly, say something different, like on your podcast, which for me was true.

I didn't have the, the, or the, I know things are a yes for me, or at least a yes in the moment. Because when it's a yes, I mean, it's a full body. If I am sitting down and I come across someone or something, and I mean, I will literally [00:22:00] get out the chair. I will stand up. I will start walking. I get, I get really active.

So when they talk about like your sacral or something is activated, like, It shows up for me in that way. And then I, because I have that emotional authority, I do allow myself to ride the wave, but you were one of the first people, like I said, who said that publicly and I heard you talk about it.

And I think a lot of people really. They meant well, but I feel like they missed the mark when they were like, Oh, this is how you'll know. Cause it's going to be a, or.

**Analena:** Yeah. Yeah. So i, I actually, my clients taught me this, right? Because yeah, you learn this. And I still, what resonates with me is because we respond better as generate have the yes or no questions like, Ooh, yeah, it's more like this yummy feeling.

I don't like this kind of meal, for example, where you're like, No, right. And when I practice tuning into the sacral response, I mean, for myself and with [00:23:00] clients, I realized that it can feel different for everybody. And it also has to do with your astrology blueprint. I mean, so many things for some people, it's something visual, you know, and it all comes when you really slow down and tune into your body and give it permission to show you how it feels.

And again, let's think about it. We are billions of people. If we think that we can put this into five different categories, oh, let's say the generator and the manifesting generator is actually 70 percent of the population. So we all have this, huh, huh. Yeah. Maybe not, but you know, so, and there's also lots of people out there that don't know anything about Human Design and they know how to trust their body.

Human Design in a very, very simplified way, it's just here to help us learn to trust ourselves.

That's it. I know there's so much information, there's so much literature about it. It's so awesome for like, it's candy for the mind, right? For the people that love to study [00:24:00] and learn and learn. And I'm one of them has been amazing for me, but the more I have studied it, just like with the Gene Keys as well, we have these 64 Gene Keys, they all come down to one big message at the end of the day, you know, be yourself, trust yourself.

That inner knowing that you have, like your body's here to guide you, not the mind, the mind is beautiful, right? To analyze, to, to rationalize, but it's not a decision making tool, right? It's not like, Oh, I should sign up for this retreat because then I can charge more for my one on one coaching and then my business is going to expand.

That's a mental.

**Sonja:** Yeah, that's logic. That makes logical sense.

**Analena:** Yeah, exactly.

**Sonja:** But what if you could just come out the gate? You could just be like, tomorrow you woke up and you realize that you are a powerful person who is able to help people regulate their emotions. That's just your natural gift. And if you wake up tomorrow and you've realized that's your natural gift, you could charge whatever you want it [00:25:00] starting tomorrow, it doesn't have to go in a linear logical order and it doesn't generally anyway.

**Analena:** Yeah. And that's another thing. So with Human Design, this whole thing about follow your authority, right. And this is for everybody. I'm going to simplify Human Design right now. So when we follow the mind. That's how we're not supposed to do, but I'm going to explain what usually happens. So when we make these decisions from the mind's logic base, like you were just saying, and that keeps us stuck in what we already know.

It's like replicating somebody else's way. And if you now take into the context, quantum physics, so we have this big infinite field of Unlimited possibilities, right? And we humans are very comfortable in what we know, right? We've done it. That makes us comfortable. That's good for our nervous system because we know we survive with what we know.

When I use my mind. I make decisions that create a sense of certainty for me. At least, I mean, it's an illusion at the end of the [00:26:00] day, but it gives me this kind of like, I'm in control and it's certain and we like that, right? Now, Human Design is inviting us to trust ourselves, it's how does it feel in your body?

It may make no sense at all to your mind because maybe your, your body is pulling you to quit your job. It could be, right? You know, and that was for me the case. I could feel it. It was coming. I wanted to quit. And then one day I got fired because the universe was like, well, you're ready girl. But it was so scary.

It took me into the fricking unknown. I'd never had been in this situation where I didn't know how I'm going to pay my bills the next month or something like that. Right. It was scary. So logically my mind was not ready to quit the job, but it was what is My body was telling me I'm ready for, you know, and when you follow your body and the flow of the universe, that will go in sync, right?

your life will unfold in the way it's supposed to be. And when you trust in your body and take those actions, right? Like I became an entrepreneur and there were many times where I was like, well, I need to start finding a job again, but it never [00:27:00] felt right. It was, it always felt off. And I did a couple of things here and there, some side hustles.

It never felt right. You know? And when you follow this body, your authority, you step into the unknown. So the field of the unknown, the infinite possibilities in quantum physics, that's like 99.99999 percent how we haven't even discovered it yet. How awesome is that? But that is scary for us because we don't know it yet.

It's new. It means we have to surrender, let go of control and let go of this illusion of certainty and security. Right? That also, I think, the whole thing with money, and there's a book I love by Carl Cease, The Illusion of Money. I don't know if you've read that, but, Really like this whole thing is like, it's an illusion we create.

Right. So actually living your Human Design, trusting yourself takes a lot of courage, a lot of courage.

**Sonja:** It does. I actually have a course called the art of self mastery. It's a six week discovery course. Right. And [00:28:00] I, in the very beginning, like module of this, I tell people that Self discovery, self mastery, self trust.

For some people, this sounds very sexy, like it, you know, and it, and it, and for good reason, it's like, Oh my God, I would love to be able to trust myself, but I don't think that some folks understand the level of commitment. Commitment to courage, commitment to. Uncertainty that is required for you to go through the journey to get there.



You know so, you know, when we think about like, like media and the, the, just the consciousness of the world, you know, there was a time where if you said or talked about any of that, like, you know, personal development and enlightenment, you know, that was, there was a time when that was like, So foreign it's interesting because there was a time when that was that was the law of the land.

That's just that's where [00:29:00] we started. Right? And then there was a time when that became foreign and that was looked down upon. And now we're in this place where it's, it's popular. It's trendy. And so people are excited about it, but they're looking for it to be this quick. Thing like I'm gonna read this book.

I'm gonna do enough journal prompts I'm gonna and I'm gonna do it and figure it out all by myself And I'm always like listen be prepared to be confused Be prepared to be scared this that is the journey. The uncertainty is the journey and I love what you talked about how, again, it is about learning to trust yourself.

And I'm someone who sees so many similarities, correlations maybe is a better word, and things like Human Design, astrology, numerology, and also religion. I'm not of the camp of, we either have to be spiritual or [00:30:00] we're religious. I think we can be both. I think it's all, I think it's all the same thing.

It's just different people can absorb it and, and we'll be attracted to it in different ways. And so even if we think about it from a religious context, regardless of your religion, most religions have this concept, which is that you've got faith. It's not logical. Your greatest experiences are coming in a logical, linear fashion.

None of the great prophets Discovered that this was going to be their life work and they were like, Oh, that sounds wonderful. Thank you. Yes. I will walk to the cross. Yes. That sounds awesome. No, they were they were afraid they were scared. They were confused. You know what I mean? They they ask questions.

They question God. Right? So we question ourselves. We we wonder, are we doing things? Right? So. I think, like you said, the beauty of things like Human Designs and Human Design and reading into different philosophies or religions can really show [00:31:00] people, however, they can absorb the information like, Hey, there's, it's not you, you're not weird.

You're not alone, but this is the process. So if you're looking for the five steps to self mastery, yeah, it ain't no, yeah. If a step is 10 years, If a step is 10 years, right, which is why I, too, and I'm curious what your thoughts are. I, too, I'm like, let's stop focusing on. I want to get to where I've discovered myself, or I want to I want to get to where I.

I completely trust myself where that's like the focus instead of the focus being, man, I just want to,

I'm okay with figure I'm okay with being on the journey versus focus just on the destination.

**Analena:** what happens if we just focus on the destination, we're not present in the now. And I mean, that's wholly that's totally missing the point of everything. Right. So I think, and I mean, Eckhart Tolle, I love him, for example, he just the power of now, right?

He got it all down. So, I think Human Design is asking us also to slow [00:32:00] down, to be in the present moment and to, because if I'm not, I cannot tune into my body's wisdom, I can't. If I'm mentally in the future, I'm not right here. And manifestation only happens in the now. It's about who are you being.

And the more, and it's a process, right? We always work in progress, thankfully, right? Because once you're on top of the mountain, it's just going to go downwards from there, you know, unless you have wings and can fly. So it's, I just, it came to me fun. I love it. Yeah, it's about being where you at and this is also why Social media.

I think I want to tell everybody be really careful with social media Every time it makes you feel ick and follow people even if it's me, it's okay, you know, i'm not for everyone And use the things that serve you, that help you connect to yourself more. But if it just leads you to, like, feeling crappy about yourself because you're not there yet, you're not being in the present moment. Surround yourself with people that reflect back your magic, that encourage you to be who you are [00:33:00] and figure out your own way. And I even believe, like, the best coach? is one that can listen to you, that helps you to do your own way. I recently had one of my clients tell you, wow, you're the first coach that I've been working with that is actually allowing me to do it my way.

And it's not presenting this fixed formula that I have to mold myself into. You know, so, and again, not to make this wrong. We are here as humans to evolve, to learn, and all of it, right? We didn't know better. And it's not like people are doing something bad intentionally out there, you know? It's also like we have polarities in life and only through those polarities we also learn and we get to discern and like, okay, what feels right to me?

What is my truth? And it's also with Human Design, like we were talking about religion and spirituality, Human Design, and in essence, it's all the same. It's here to bring us back to love, to trust ourselves, to be compassionate, to see the light in everyone, right? [00:34:00] And we have different access points. For me, it was Human Design.

It wasn't religion. For other people, it is religion. That's okay. For other people, it's the Enneagram. Great. But yeah. It's really important that we allow this versatility, all these differences to coexist and not just because. you love it, expect everybody else has to love it, or just because this worked for you, it's going to work for everybody else.

No, let them figure it out themselves, you know?

**Sonja:** Yeah. And, and as loving as the, the, the spiritual personal development, whatever you want to name that space can be, sometimes it can also be just as clicky and confining, you know, as, as other places. And to your point, it's like, I don't care where you get it.

Like, I don't care which modality, philosophy, whatever sparked it for you. We literally all have our own vibrational fields and then we are [00:35:00] connected or are participating in the, you know, the global, you know, energetic field. And so because of that reason, if nothing else, like there are certain things that, And it's also about timing, I think.

I tell you how many things out. So the power now, it's interesting that you keep bringing up Eckhart Tolle. When I first, it was Instagram when I first got on Instagram, this was maybe 2013. And I was so apprehensive. Just I've always just been someone who just, I know what I have to say is very important and powerful, but I was very afraid of other people's thoughts about it.

Oh, my gosh, she's, she's kooky. Right? I remember one of the very first like posts where I was just, I just posted what I felt in the moment. Guess who commented on that post? Eckhart Tolle.

**Analena:** Oh my God.

**Sonja:** I know I've saved that that post was going nowhere. And I was just like, Oh my God. And so when [00:36:00] you talk about like synchronicities and signals that, Hey, you're that you're going in the right place.

I mean, what are the chances? I, I was not viral. I'm still not viral. How, why would Eckhart Tolle know anything about me come across my post, but for me, that was one of those instances where I was aware enough about myself, even back then, even before that was way before I knew anything about Human Design, but just having a spiritual background and inclination, I knew that that was a signal it was like, oh, I post these other things the way they, my coaches told me to post.

Okay. I post, well, I'm just, fuck it, I'm just gonna pop this on. 'cause that's how I feel. And Eckhart totally likes the post. But whether it's Power of Now, whether it's like the Power of the Subconscious Mind by Joseph Mur Murphy, I can read those books over and over and each time Yeah, I'll be like, oh, I don't remember reading that the last time.

I don't, yeah. [00:37:00] And that's because at that time I was not in a place. Where I could receive that and I think that's true for everyone. Can you give an example from yourself where you, whether it was something you studied in Human Design, or it could be any, any area of your life where it was like, oh, I got that.

I was I read the lesson, or I experienced the lesson, but I really got it. Okay. Give me yeah, give me your best 1. It was like, but here's the 1 where I got it.

**Analena:** The Gene Keys right. The Gene Keys is also, I mean, I think it has grown out of Human Design and when I first learned about Human Design, I also quickly learned about the Gene Keys and then I ordered the book and I started to read it and I was like, this is not even accessible to me.

I thought it was like very philosophical, like it, it didn't do anything with me. And I literally, I returned the book on Amazon, I sent it back because I was like, I don't get it. It was literally like I was not at this level of consciousness and I think it was a year later. I actually was at a Human Design conference.

It [00:38:00] was from Karen Parker, like online. And it was funny. I actually won the ticket. I probably wouldn't have participated otherwise. I literally won the ticket and Richard Rudd was one of the speakers, and that was the only thing I was interested in. So I watched him, and he talked about his whole story, even with Ra from Human Design, how he knew him and how the Gene Keys came about.

And oh my god, I was just like, this is it. I ordered the book. And ever since then, and today I'm at a place where people ask me, Analena, can you explain the Gene Key to me? And they have asked me to write about them in a more simplified way, because it is still for people a little bit hard to understand sometimes the Gene Keys. I was at a level difference, difference of consciousness and also with the Gene Keys every time I read it, there's another aha moment, there's another kind of click moment, right?

So it's also, this is for my observation also with Human Design, for example, like Human Design has so much wisdom, right? We can use Human Design from a very [00:39:00] conditioned victim place. So if a person is in a very victim consciousness place. Oh, because I'm this type, I can't do this and I'm screwed. And this is why this is not working for me.

I have this gate. This is bad. This is how you can see it. You can have the same chart, a different person, different level of consciousness. And like, wow, this is amazing. I love it. It's empowering me. Right. And I see how I can get to be everything. And my type is just expanding me, but it's not limiting me in any way or form.

Right. Because. Human Designers, so that's a conversation I have now a lot is actually some oftentimes leading to separation because, oh, I'm this time and I want to be this one or they are better than the other is creating hierarchy. But that's when people are on this level of consciousness, when you can really see it for the beautiful wisdom that it is.

It's not doing any of that, at least in my world. So,

**Sonja:** Yeah. It's, it's funny. I think the first time I really noticed [00:40:00] that for myself was when the movie, the matrix came out. I'm 46. I think when the matrix came out, I don't know, I was a teenager and I remember seeing the movie and I was, there are certain movies, you know.

I'm that person that just really stood out to me, like the matrix divergent where I would see, and I'm like, Oh my God, somebody else feels this way. Right. But I remember watching the matrix the first time. And I was just, I was just all in. And then I remember watching it some years later, And I was like, Oh, whoa, you know, like I never got that before.

And then it's so, yeah, that's when I started for myself, like I noticed like, oh, okay. Sometimes you can come across a thing and you will the same thing over and over and you can, you can have a totally different experience or understanding. You know, of a thing, and that was truly eye opening for me.

Now, I know [00:41:00] you are a Human Design expert, but you're also a Gene Keys expert. And so you've mentioned the Gene Keys a couple of times here. What is the biggest difference? Or not difference. I don't know. Is the word difference? Tell me, tell me how you would, Describe, Gene keys versus Human Design. And when is, or when, when you would use one. Is there a better time to use one versus the other or tell me, tell me your, your philosophy on, on that.

**Analena:** Good question. So Human Design, it's really what resonates with you, right? There's no right or wrong. Some people only resonate with one, some combine the two. For me, it was first Human Design, then the Gene Keys and I love the mix.

So Gene Keys have grown out of Human Design because Richard Rudd Was a Human Design teacher. He was also, he knew raw and he learned from him and everything. He even wrote books about Human Design. But so the Gene Keys is a more feminine approach. So Human Design is more about how to make decisions, right?

It's a little bit [00:42:00] more action based in some way, even though it also really invites us to slow down. Right. Because it's also more logical, right? Because we see the body graph and the different centers. It does get us in the head a lot and all this information. Right. And we have those five types. Right?

With a strategy and authority, how to make decisions. And in the Gene Keys, we have certain gates that we have in the Human Design chart or certain energies that are also in this Gene Keys profile. So it's, it's a derivative in some way of the Human Design chart. It just takes certain elements like your sun and your earth, your unconscious moon, and then Venus, Mars, and Jupiter.

Those gates. Out of the Human Design chart, that is actually in the Gene Keys profile. And in the Gene Keys, we no longer have types. We don't have any of the five types. We are kind of all the same, just the human there in some way. And we have these Gene Keys and it's, it's, it's about embodiment. It's about actually tuning into the essence of these archetypal energies.

Right. [00:43:00] And in the Gene Keys, it's a very slow approach. So the way you work with the Gene Keys is very different because it's about self contemplation, where you may have me as a

guide. You know, where I explain certain things to you, and I help you bring something out of yourself, and I give you guidance when you ask me, and things like that.

But you have to spend the time to look at your Gene Keys. And it's almost, you want to spend a whole month just reading and contemplating a Gene Key. Just like you were saying, you're reading a book, and then you read it again, and again. And then, Oh, now I get it. And this is what it means for me. And you and I, we may have the same gene key somewhere and we contemplated and it means something very different for you than it means for me.

So it activates something within you. And just from spending time with that gene key through contemplation, through slowing down. And I mean, I'm really abbreviating this right now, but I could literally talk about this. Yeah. For hours, because the whole essence of the Gene Keys is called the Art of Contemplation.

There's a book, I highly recommend to [00:44:00] those that are really drawn to dive deeper into the Gene Keys, that tells you how to use the Gene Keys. And it's all about slowing down, being more in the present moment, but we talked about Eckhart Tolle and actually being aware of the shadows we humans have, but not letting that rule our life.

And then ultimately shifting more into the higher frequency, which is called the gift frequency.

Why? Where synchronicities are more all around us, we are more into the flow of life. And it's a very, very beautiful, yeah, more feminine approach. It goes beautifully along with Human Design, because again, it takes the same elements out of the chart, but Human Design is more like, I want to understand it, like, what does this mean?

How am I going to live my purpose? Like, people actually often get very much into their heads. And then I have to remind them, it's not here for you to figure this all out. The biggest thing with Human Design is to trust your body. And over time, as you follow your body, there will be certain energies in the chart you want to go look at deeper.

But you're not gonna figure this out [00:45:00] with your mind.

**Sonja:** Yeah. Yeah. Once again, it's a reintroduction and reconnection to self. Yeah. Yeah. And things like that. So gene keys are not gates. So the gene keys, do the gene keys correlate to the gates.

**Analena:** Yeah. Yeah. In design. So we have the Chinese a Ching, the 64 Hexagrams. This is ancient wisdom, has been around for thousands of years, that's really like, explains how the universe works. The 64 gates are in essence the same as the 64 hexagrams, it's just described in a different way, in a more understandable way.

And the Gene Keys, there's also 64 Gene Keys, same thing again, but Richard Rudd, in his own way, elaborated much deeper onto it. For me resonates even deeper, but I love both there is you know, so, and then Human Design, we have like a lower and a higher expression. And in the Gene Keys we have three levels of consciousness.

We have the shadow frequency for each Gene Key, we have the gift frequency, and then we have the Siddhi. The Siddhi is like the highest level of consciousness, like a kind of Buddha [00:46:00] consciousness where you're just at inner peace. All right. Bye. you know, no matter how much money you have, no matter what's going on in the world, like, be blissful, peaceful, right?

So, and yeah, this unity consciousness where we're all one, we're all interconnected. So yeah, yeah, they're very, very related. In that sense. It's just that The Gene Keys are much more gentle approach, but I have to say, I find very, very transformative. Very, very. Not to

underestimate at all. Like, very difficult for us humans because we always want to have quick fixes and we want to know it right away and, you know, rush through things.

And the Gene Keys are often hard for people because they really require a lot of patience and slowing down. But it's very, very magical what it activates within you.

**Sonja:** Yeah, and you touched on the fact that the Gene Keys talk about, like, you know, it has the three levels, one being the shadow and, you know, just in, in working with people, talking with folks, folks are trying to escape the shadow, trying to fix the [00:47:00] shadow, trying to undo the shadow, like the shadow.

So my, the way I approach it, and I like to walk people through is listen, the shadow is not. Something you need to fix the shadow is there. This is just my belief the shadow is there to let, you know, when you've gone too far. In a particular direction, and how would, you know, when you're in the highest version, if you don't have something.

To say, oh, oh, wait, this is, you know, you can't, you can't have, you can't have joy and, and, you know, fulfillment and peace within yourself if you don't know what stress and pain is. Yeah. Suffering could look like. So it's not, that's my belief for you. How do you reconcile the shadow without it being something where people feel like they have to fix the shadow?

**Analena:** No, it's actually here to accept. That's actually, you are, so, in the Gene Keys it's almost like the [00:48:00] shadow is the seed and the soil, where it's dark it's uncomfortable, but that's how the flow, the flower blooms and then blossoms eventually, right? So it's like when you resist persists, that's when you're, when you're trying to fix something, you're not actually accepting it, you're, you're trying to push it away and run away from it.

So, that will become bigger in your life then. We really actually have to go towards the shadow, become passionate. It's like this inner child healing work, like, yeah, there's a part of me that is very melancholic or pessimistic. And if I reject that part of me, that's going to take over in my life, right?

It's really fully allowing the human that I am. And that was a beautiful thing for me in the gene case. I was like, we all have these fears, like, and all the shadows is actually a fear at the end of the day. And yeah, it's, it's asking for more gentleness, compassion, and acceptance of what it means to be a human.

And the more we can just be with that, it, we no longer need to fix it. And then it kind of evaporates and we move more into the gift, right? Because Also going back to Eckhart [00:49:00] Tolle, he also describes it like our shadow is like, start to observe it. And then the gift frequency, the shadow is still at play, but it doesn't rule our life anymore.

It's like, I hear this again, but I have the power to decide to go this way and not let my shadow pull me down again. Right. So, yeah.

**Sonja:** Yeah. And as logical as humans like to be, isn't it interesting how like we know a thing knowing and knowing and believing. Knowing, believing and trusting are three totally different levels because we'll all say, Oh, no one's perfect.

We all know no one's perfect. And yet when we have, or we get the knowledge that, Oh, this is a particular shadow. Now we're trying to like, Oh, I need to get rid of it. And it's like, no, well, that's we're not, we're literally not perfect. No one is going to have a life of bliss, joy, rainbows, and sunshines all the time.



You will have experiences that are contradictory to that, [00:50:00] but how you respond to it means whether or not you're going to suffer. You're going to have shit thrown at you, but you don't have to suffer or wade in it.

**Analena:** Yeah.

**Sonja:** That's what the choice comes down to.

**Analena:** Yeah, that's something that Gene Keys actually teach in the very beginning.

That is, I think it's called the pathway of challenge, the first one. It's about how are you responding to life, you know? And I think there's a saying, life is 10 percent of what happens to you and 90 percent of how you respond to it. So, you know, are you receiving those challenges as learnings and gifts or like life is working against you?

Because everything is, I think life is always here helping us to step into a true path, our soul's calling, and when we drift off too much and we keep ignoring things and we're not listening, you know, and we stay in this victim mentality, ah, it's happening to me, da, da, da, da, that's an attitude I choose to have.

Oh, I can choose, okay, what is this here to tell me? Let me slow down a little bit and let me actually listen. And how can I respond to this in an empowered way? That's when [00:51:00] life really starts to change. So yeah, I mean, the Gene Keys are really, really deep. I do invite people that feel the pull. It's very epic.

There's lots of these sequences that they have on the Gene Keys website. I also do readings. I guide people. I also incorporate this in my programs and my coaching. It's very beautiful.

**Sonja:** That's why I wanted to have you on it because I knew you were so well versed, not just in one aspect of Human Design, but also the Gene Keys and just your unique way of how you bring this to life and make it hit home for people.

At least that was my experience. When I first came across your podcast, I was like, Oh my gosh, someone Who's saying it in a way that resonates with me. I've got two more questions for you, if you're good on time.

**Analena:** Yeah, I have just a little bit more time.

**Sonja:** Okay.

**Analena:** But, like, five minutes.

**Sonja:** We'll do it like Spitfire.

Yeah, we'll do it Spitfire. Okay. So, in your opinion, what's one of the most underrated aspects or concepts of Human Design, or even the Gene Keys? You can choose one or the other. That [00:52:00] people aren't talking about, but it's really powerful.

**Analena:** Most underrated.

Well, I don't want to say underrated. I think

**Sonja:** Or less talked about. Would that feel better? Like...

**Analena:** Well, I really, I really think that it's way simpler than it seems to be. And that both modalities are actually asking us to be more in the present moment to slow down more, you know, because people through both the Gene Keys and Human Design, they can get so much into their head and analyze things and oh, I'm this and I'm that and then we actually create It's more separation hierarchy, like I was saying earlier.

So I think the simplicity is a little bit under overrated, because I think we humans, we like to make it very complicated and we make it look really fancy. And it's really a main message in

both systems that can work for everyone, regardless of what your type is, you know. And also that. . Everything can resonate with you.

Also these lines we have in Human Design, these profile lines, there are six lines. Also [00:53:00] in the Gene Keys, we talk about these lines and all these lines, they have something to do with each other. We cannot just look at them separately. You know, it's really this importance that you can be everything and just take what resonates and leave the rest, but don't over identify with it and let you box into something.

Use it to confirm, use it to trust yourself, but don't ever let it limit you in any way or form. I think that's It's really, really important because I think that happens to a lot of people unconsciously without noticing it.

**Sonja:** Okay. And we have a ton of multi passionate people, listeners and the audience. Split definition, is there any correlation? I've had people ask me this so I'm going to defer this to you. Is there any correlation between split definitions and folks who feel like they are multi passionate?

**Analena:** It could be. I mean, there's lots of other things in the chart. There's also some gates on the chart, like gate 34, gate 35, gate 16.

They're also very multi passionate energy. So everyone can be multi passionate, not just manifesting generators. But it's split. I have it myself. [00:54:00] Actually, because you feel like you have these two or three different parts, because you can be a triple split, you can even be a quadruple split, and there's a lot of conflicting things going on energetically in your body. So it could absolutely be that that also has to do with that.

**Sonja:** How do you reconcile that for yourself, since you're someone who has a split definition? How do you, how do you reconcile the conflicting energies?

**Analena:** Well, it's very important that I don't also, now the decision making has also to do with people that have a split definition.

You actually need to be around other people to get to your truth. Right? So that's why it's not just the emotional authority in some way. People that have single definition and splenic authority or just a sacral, they tend to be the quickest decision makers. But anyone, which the majority of people are, they have a split, know, you, you need to be around other people to really feel in your body what, what feels.

Good and right to you. So don't jump into things too quickly because then you may be in this place of being multi passionate and really being [00:55:00] all over the place because you just rushed into things too quickly. Right.

**Sonja:** Yeah. I tell my, listen, I have an executive assistant and a, and a VA and I'm like, listen, I know y'all don't know y'all this, but y'all are my team.

Y'all are like, I come to them and I'm just like. So blah, blah, blah, blah, blah. What did you hear me say? How did that sound to you? Because I use them in the nicest way, right? They're willing participants as sounding boards, because like you said, I can be all in my head and it just makes all the sense in the world.

And then other people, it's like, Oh, I get to see how I get to see that through their lens and through that lens. And then that's like, Oh, okay. Now I get it. a real round view of it.

**Analena:** This is a great example because we don't have your charts, but you have your manifesting generator in your charts, right? And I think you have an Ajna defined to the throat, if I remember correctly, right?

**Sonja:** Yeah. Split definition. Yeah.

**Analena:** That is a sign for anyone, no matter what your type is, that you need a sounding board, you need to talk things out. That also helps you [00:56:00] make decisions. Now, in Human Design, if we go too much by the types, we only learn this with a projector, because projectors need to talk things out.

That's why so many people always feel like, I have it myself, I have a head in Aja defined, and projectors don't. And it just helps me sometimes to bounce things off with my partner and just talk, talk, talk. And then like, Oh, I already know I just needed to talk it out. So that's again, where this is general wisdom.

It's not just for one of the types.

**Sonja:** Oh, absolutely. Yeah. Cause I talked to people who are not, you know, manifestors or manifesting generators that have that split and it's like, Oh my God. And I'm like, I think that, you know, I think, but thank you for sharing your expert wisdom on that. That's helpful. So, Analena, where can people connect with you? What do you have going on right now or in the near future? Where people can connect with you work with you?

**Analena:** So my, my website,, Analenafuchs.com. I'm also pretty active on Instagram, you [00:57:00] can reach out there to me. I offer readings, Human Design, gene keys, soon also . And what I feel like is coming as well, cause I have been asked so much is to offer some course where I will teach people how to read charts, you know, Human Design, Gene Keys, and probably astrology blending it all together, because that's really my zone of genius.

I also do one on one coaching, if you're interested to take it to some specific goals in your business to create more effortlessness and ease and sustainability. And my podcast, the art of slowing down, I have a YouTube channel. So there's also tons of free stuff you can dive into. I always recommend people like check me out from my free stuff first to see if you vibe with me.

**Sonja:** I love Of all of that. I love that you have so many opportunities for people to work with you or gain access to what you're here to share in the world.

**Analena:** I didn't mention, I also have a membership called the Conscious Money Collective. Which is all about conscious money relationships, Human [00:58:00] Design, gene cues, we do all that stuff in there. So that's another thing.

**Sonja:** Yeah well, thank you so much for being here Analena Just a joy. And thank you for answering my, my DM that got us here and you all make sure you check out and Analena we'll have all of her links and everything in the show notes. And thank you all for listening and we'll see you on the next show. Bye. Bye.