

HEIKO VEIT

INFORMING FOR MANIFESTORS

A Tool for Successful Initiation

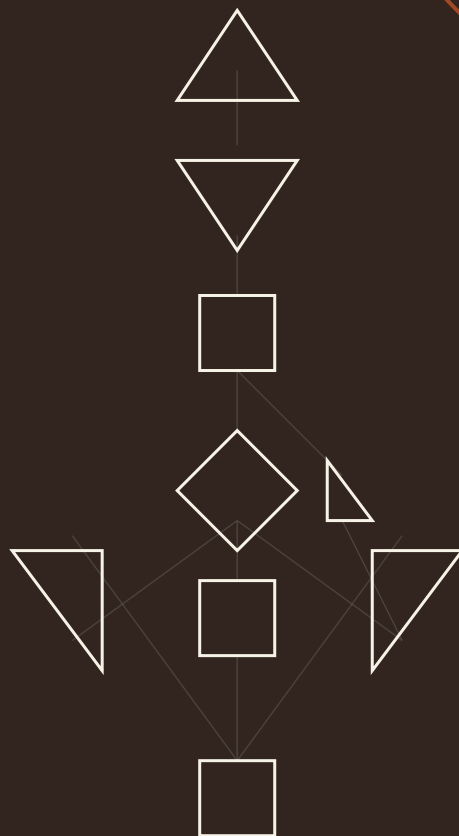


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Outro: Call to Action & About Heiko Veit

INTRO: Why Informing Is So Misunderstood

You've been told to inform. Again and again. It's presented as the Manifestor strategy, the key to everything, the answer to your anger and resistance. And yet, everything in your body rebels against it.

You're not broken. Your resistance is not a flaw.

Here's what most teachings get wrong: informing is not actually your strategy. It's not even natural for you. Your true strategy is *initiation*. That's what you were born to do. That's what flows through you effortlessly. Informing? That's a learned technique. An applied practice that supports your real work in the world.

This is why it feels so uncomfortable. Why you'd rather do almost anything else than open your mouth and share what's moving through you. Your closed aura wasn't designed for constant communication. It was designed to protect your connection to source, to keep you separate enough that you can hear the creative urges that want to come through you without the noise of everyone else's energy drowning them out.

But here's the paradox: while informing isn't natural, it's necessary. Not because you need permission. Not because you owe anyone an explanation. But because **informing clears the energetic path so your initiation can land without resistance.**

This guide will help you understand informing in a completely different way. Not as a rule you have to follow. Not as something that diminishes your power. But as a tool that actually fuels your ability to initiate and create the impact you're here to make.

1.0 What Informing Is NOT

Before we can understand what informing actually is, we need to clear up the misconceptions that keep most Manifestors stuck, resentful, and confused. Let's be very clear about what informing is NOT:

1. Informing is NOT asking permission

You are not a child waiting for approval. When you inform, you're not saying "Can I do this?" You're stating what's happening.

2. Informing is NOT explaining or justifying yourself

You don't owe anyone the full story, the reasoning, or the logic behind your creative urges.

3. Informing is NOT seeking consensus

You're not trying to get everyone on board before you move. Manifestors initiate. That's your role.

4. Informing is NOT constant communication

You are not required to narrate every thought, feeling, or minor decision. You get to keep your internal world private.

5. Informing is NOT diminishing your power

Many Manifestors fear that informing makes them smaller. The opposite is true. Informing clears resistance before it builds.

2.0 What Informing IS

Keeping People in the Loop

Informing is about clearing the energetic path so your initiation can land without resistance. It's keeping people in the loop, not asking them to be in charge.

- **Informing is energetic clearing:** Think of informing as removing obstacles before they appear. Your closed aura makes you unpredictable. Informing clears that energetic static.
- **Informing is keeping people in the loop:** You're sharing what's happening, not asking what should happen. "I'm going to do this thing."
- **Turning internal monologue into external dialogue:** If you never speak what's happening inside, everyone around you is left guessing.
- **It supports your true strategy (Initiation):** Informing is the technique that makes your initiation smoother, faster, and more powerful.
- **Informing the Universe:** When you speak your desires out loud, you signal to the Universe what you're ready for.

3.0 WHEN to Inform (Timing)

Timing is everything. Inform too early, and you're sharing something that hasn't clarified yet. Inform too late, and the resistance has already started building.

1. Before initiation (the golden window)

The ideal time is when the creative urge has clarified, but before you've actually done it.

2. When it impacts others

Does this change their plans or experience? If yes, inform. If no, keep it to yourself.

3. Not during creative flow

Protect your flow. Interrupting yourself to explain will drain your momentum.

4. During rest cycles

Let people know you're stepping back. This prevents resentment on both sides.

5. When you feel resistance building (Anger)

If you feel anger, ask: Did I inform? If not, inform now.

4.0 HOW to Inform

The exact words matter less than the energy behind them. You're stating, not asking. You're sharing, not seeking.

USE THESE (Declarative)

"I'm going to..."
"I'm feeling called to..."
"Just so you know, I'm..."
"Heads up, I'm..."
"This is what's happening..."

AVOID THESE (Asking)

"Can I...?"
"Would it be okay if...?"
"Do you think I should...?"
"Is it alright if...?"
"Do you have any thoughts on...?"

Before and After Transformation

Before: "Can I take next week off to rest?"

After: "Just so you know, I'm taking next week off to rest."

Before: "Would it be okay if I changed the meeting time?"

After: "Heads up, I'm moving the meeting to 3pm."

Tone Matters: Confident. Clear. Brief. Think of it like delivering a weather report. "This is what's happening." No drama.

5.0 What Happens When You DON'T Inform

Resistance isn't random. It's the predictable consequence of not clearing the energetic path. And it leads directly to anger.

The Resistance Pattern

When you don't inform, you initiate, and people feel blindsided. Their nervous systems react to your unpredictability. They feel threatened, so they push back. You feel blocked and angry.

The Anger Spiral

Anger is your not-self theme. Often, it traces back to a failure to inform. When you find yourself in anger, pause. Ask: *Did I inform?*

Impact on Relationships

When you consistently don't inform, trust erodes. People feel excluded from your world. The "difficult Manifestor" narrative gets reinforced.

6.0 Common Mistakes & How to Avoid Them

- **Over-informing:** Turning informing into seeking permission by explaining too much. *Fix: Keep it brief.*
- **Under-informing:** Being so vague that people are left guessing. *Fix: Give just enough detail to orient them.*
- **Informing too late:** Informing after the action is done. *Fix: Hit the "Golden Window" right before.*
- **Informing with resentment:** People feel the anger behind the words. *Fix: Check your energy first.*
- **Forgetting the Universe:** Only telling people, not the field. *Fix: Speak your truth when alone.*

7.0 Practical Exercises for the Next 7 Days

Informing is a practice. You're rewiring your nervous system.

Day 1: Inform once about something small (e.g., breakfast).

Day 2: Inform the Universe about a desire (speak it out loud alone).

Day 3: Inform someone before initiating something that impacts them.

Day 4: Catch yourself NOT informing and do it anyway.

Day 5: Practice brief informing (one sentence max).

Day 6: Inform about your rest or boundaries (what you are NOT doing).

Day 7: Reflect on what shifted. What felt easy? What felt hard?

Ready to go deeper?

You've taken an important step. But informing is just one piece of the puzzle. Living your Manifestor design with full power requires understanding the complete picture: your authority, your cycles, and how to navigate a world designed for Generators.

I'm **Heiko Veit**, a 6/2 Splenic Manifestor. I integrate Human Design, Gene Keys, and STAGES vertical development to help you discover your unique contribution.

I offer:

- Human Design Readings that illuminate your complete chart
- Manifestor-specific coaching
- Longer-term transformational work

You're not broken. Your design is your power. When you understand it, own it, and live it, everything changes.

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Transformational Development