













# ENERGY TYPES

LIVING YOUR DESIGN






## % OF POPULATION

-  Generator > Approx 35%
-  Manifesting Generator > Approx 35%
-  Projector > Less than 20%
-  Manifestor > Approx 10%
-  Reflector > Less than 1%






## STRATEGY

-  Generator > To Respond
-  MG > To Respond & To Inform
-  Projector > Wait for Invitation
-  Manifestor > To Inform
-  Reflector > Wait Lunar Cycle

## SIGNATURE

-  Generator > Satisfaction
-  MG > Satisfaction & Peace
-  Projector > Success
-  Manifestor > Peace
-  Reflector > Surprise

## NOT-SELF

-  Generator > Frustration
-  MG > Frustration & Anger
-  Projector > Bitterness
-  Manifestor > Anger
-  Reflector > Disappointment

### ○ What are Energy Types?

Human Design Energy Type refers to the unique way your energy interacts with the world and influences your presence in this lifetime. It illuminates the strategies through which you can attain success and cultivate meaningful connections with both yourself and others. Understanding your Energy Type provides insights into how you are designed to navigate and engage with the various aspects of life, guiding you toward a path of authenticity and fulfillment.

### ○ How does Energy Types Work?

In the realm of Human Design, your Energy Type serves as the foundational element that shapes how you interact with the world. Think of your *Strategy* as your internal GPS, guiding you on the most harmonious path through life. It is the method through which you respond to and engage with the opportunities and challenges that come your way, providing a personalized navigation system aligned with your unique design.

Other things to pay attention to are your *Signature* and *Not-Self*. This lets you know how you are ebbing or flowing in your life. Your *Signature* is how you are designed to feel and what you are meant to strive for, whereas your *Not-Self* is exactly what it sounds like; you are not being yourself and likely experiencing the most resistance whether that is self-inflicted, environmental or within your relationships.



Strategy > inner GPS and how you navigate your way through life.  
 Not -Self > How you experience resistance to your energy.  
 Signature > How you experience high-vibrational energy.




# ENERGY TYPES


## LIVING YOUR DESIGN


### COMMUNICATION


-  Generator > Compliments | Comments
-  MG > Compliments | Comments + Blank Statements
-  Projector > Questions | Blank Statements
-  Manifestor > Blank Statements
-  Reflector > Questions | Blank Statements


### EXISTENTIAL QUESTIONS

-  **Generator**
  - > Who Am I?
  - > Why can't I be a manifestor?
- > How many notebooks are too many?
- > Why can't I sleep? What happened today?

-  **Manifesting Generator**
  - > Who Am I? Do I even like that?
  - > Do I have to go to that party?
- > Why can't things happen immediately?
- > Do I exist on hyper speed? Are they slow?

-  **Projector**
  - > Who Are You?
  - > Why am I so tired?
- > Why does everything take so long?
- > Why doesn't everyone just listen to me?

-  **Manifestor**
  - > Why do I have to inform?
  - > Why is everyone in my business?
- > Can I just move to an island to be alone?
- > Where can I find peace and quiet?

-  **Reflector**
  - > Who is Different? What is real?
  - > Why can't we all just get along?
- > Can I live my life on vacation?
- > Why do I feel invisible?

#### Why do Energy Types Matter?

Energy types are the starting point to building a foundation in the world of Human Design, helping you to navigate the connection with yourself and others. Using your knowledge of Energy Types, you can improve communication and interactions within your relationships and environment.

Although knowing your Energy Type is important, there is so much more to Human Design for you to explore. For example, what is your Profile? Your Profile tells me more about you than your Energy Type ever could! You need to explore **all** aspects of Human Design to get the full picture of who you uniquely are on an energetic and soul level.

#### How do Energy Types Affect the Day To Day?

Your Energy Type can deeply affect how you feel and interact on any given day. Think of some of your BEST days. You felt satisfied, peaceful, successful or surprised. On your worst days, you maybe felt frustrated, angry, bitter or disappointed.

You are the creator of your life and following your own unique path is the most important thing! It's important to check in with yourself minute to minute, hour by hour and day by day. Using Human Design, you can learn how to navigate your energy and live a more fulfilling life.

#### Why do people identify with multiple Energy Types?

Recall my mention that Human Design goes beyond just your Energy Type. Your Profile, Centers, and defined Gates wield substantial influence in shaping your identity, distinguishing what's more rigid ("permanent marker") from what's more flexible ("dry erase marker"). This is why you might relate to multiple Energy Types. Additionally, external influences and personal aspirations also contribute to the dynamic interplay between who you "want" to be and who you "truly" are.

Your energy type is your energetic impact and how you're designed to show up in the world this lifetime. It highlights how you can achieve success and connect with yourself and others. ~ Sarah



# GENERATOR

THE DOER | THE ALCHEMIST | THE PLANNER

Generators and Manifesting Generators together make up majority of the population and are meant to live a life that lights them up and excites them.

Once they activate and tune into their Sacral energy, they can use it as a guiding force throughout life to ensure they are fulfilling their purpose and living a high vibrational life that answers the question "Who Am I?".

## SPREADSHEET FREAK

### AWARENESS | TIPS

- Generators are here to DISCOVER who they are by tuning into their sacral and body; following what feels good.
- They can have a "takeover" energy, meaning they insert themselves into situations, and then get hurt if they're asked to stop or rejected.
- A way to view the sacral is like a pendulum. Asking yes/no questions will help get a clearer answer from the defined sacral.
- Generators bounce between infatuation, frustration, and satisfaction. A lot of times, the initial excitement of something turns into infatuation. It takes time, trial and error, and feelings of frustration to really reach a place of satisfaction. There's a certain level of push through needed. This doesn't mean forcing things that aren't meant to be, but also not giving up prematurely. A healthy amount of frustration is needed.
- There's a difference between reacting and responding. Reaction comes from the head/mind while responding comes from the sacral/body.
- Generator energy is infectious, for better or worse. The saying "check yourself before you wreck yourself" comes to mind with this.

### NAVIGATION SYSTEM

Strategy: **WAIT TO RESPOND**

> Inner GPS | Connects Energy to Flow of Life

Signature: **SATISFACTION**

> Highest Vibration | On Best Path

Not-Self: **FRUSTRATION**

> Low Vibration | Not Following Strategy

### PERSONALITY | VIBES

#### SIGNATURE VIBES:

- Open & Enveloping
- Warm | Bubbly | Content | Fulfilled
- Energized & Energizing
- Organized

#### NOT-SELF VIBES:

- Closed-off | Reclusive | Repelling
- Leaky energy that spreads
- Hot-headed | Resentful | Nitpicky
- The Grinch

### PLAYLIST

- "Walking on Sunshine" - Katrina & the Waves
- "One Step at a Time" - Jordin Sparks
- "Work" - Rihanna & Drake
- "Work Hard, Play Hard" - Wiz Khalifa
- "Can't Stop the Feeling!" - Justin Timberlake
- "Part of Me" - Katy Perry



# ENERGY TYPES

## GENERATOR



Generators are here to pursue what ignites their passion and to be acknowledged for their talents and gifts. They use their energy to build whatever their heart desires, whether it's pursuing their own ventures or working behind the scenes for others. However, a common pitfall for Generators is getting trapped in the "shoulds" leading to burnout, frustration, and a sense of confusion which can really throw them off track and leave them feeling unfulfilled. You see, Generators have this incredible life force energy and the ability to channel it into activities that truly light them up. But, when they start giving in to the expectations of others or society, they end up living a life based on what they think they "should" be doing rather than what actually brings them joy. It could mean sticking with a career that doesn't excite them, staying in relationships that drain their energy, or doing things that leave them feeling empty inside. I've seen it time and time again with Generators "shoulding" all over themselves and when I ask them, "do you even want to do what you're doing?" I'll get a response back like, "well no but I know I should because xyz." So, my advice to Generators is: don't let the "shoulds" control your life. Listen to your gut instincts, trust your inner guidance, and have the guts to make choices that truly ignite your passion and bring you genuine happiness. That's how you can live a life filled with purpose and fulfillment, which leads to feeling more energized and aligned with your design.

In their personal lives, Generators have a guiding system where they ask themselves, "Does this light me up?" If the answer is yes, they should pursue it wholeheartedly. If it doesn't, they should let it go.

Generators thrive when they engage in physical activities that allow them to "ring out" their sacral energy. This can be anything from working out, playing a sport, dancing, or simply going for a walk in nature. By moving their bodies and allowing their sacral center to be in motion, they release any stagnant or pent-up energy, allowing it to flow freely. Without these outlets, Generators can become stagnant, moody, and irritable and turn into grumpy walking zombies. Regular physical activity not only rejuvenates their body and mind but also brings them a sense of clarity and renewed vitality. It's like hitting the reset button, allowing them to fully rest and recharge so they can show up as their best selves in all areas of their life.

It's crucial for Generators to remember that life is a journey of self-discovery. Along the way, they may encounter moments of uncertainty and questioning their path. That's normal (and necessary). Embracing the unknown can be both exciting and nerve-wracking. Trusting the process and listening to their inner guidance will lead them to where they need to be. It's about honoring their unique journey, taking each step with intention, and having faith in the unfolding of their purpose.

When engaging with others, Generators can feel energized by certain situations or opportunities. However, their defined sacral center (which makes them Generators) only

# ENERGY TYPES

## GENERATOR

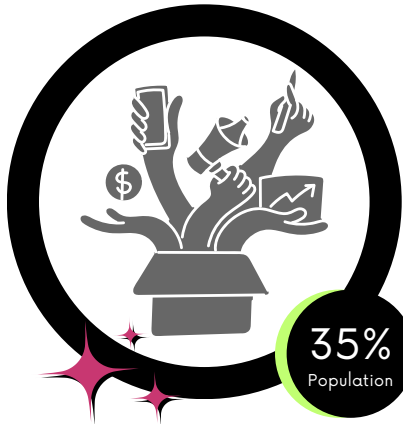


activates when recognized. Therefore, it is crucial for someone else to acknowledge their value first, and then they can assess if it aligns with their energy using their authority. Ignoring this process and trying to take control without recognition can lead to working on something that ultimately doesn't align or burning out. It's not about doing something "wrong," as every experience is a learning opportunity, but it's important to remember that waiting for recognition and energetic alignment leads to greater satisfaction and progress.

A helpful tip is to "set the stage" when there's a potential opportunity with someone. Express excitement about their endeavors, mentioning that it aligns with their passions, and extend an offer to help if needed. This approach allows recognition to naturally unfold. Sometimes the recognition may come, and sometimes it may not. Either way, it serves them because what's truly meant for them will not pass them by. Sometimes the universe is simply saying "not right now" or "something better is coming." Similarly, if a Generator wants to start something in their own realm, such as a moon circle club or book club, they can set the stage and see what kind of recognition comes their way, instead of pushing or soliciting themselves onto others. They should allow others to come to them.

Another aspect that may arise for Generators is questioning their own identity with the thought, "Who am I?" Interestingly, Projectors (which will be covered later) are the ones pondering, "Who are you?" In the balance between Generators and Projectors, there is a beautiful interplay of yin and yang. While Generators are focused on details and need a plan, Projectors offer a broader perspective and a big-picture view. Projectors are here to guide the energy of Generators, so it can be beneficial for Generators to seek assistance or support from their fellow Projectors when feeling stuck or when they need a zoomed-out perspective.

By letting go of the "shoulds," Generators clear their plates and open themselves up to opportunities that truly light them up and provide the energy to fulfill their purpose. Understanding what doesn't ignite their passion allows them to set boundaries and gain clarity about what they truly want. In this life, Generators have the freedom to do whatever they desire, as long as they follow their own innate sense of excitement and fulfillment.



**INDECISIVE  
CONTROL FREAK**

35%  
Population

# MANIFESTING GENERATOR

THE ENERGIZER BUNNY | THE ALIEN

Generators and Manifesting Generators together make up majority of the population and are meant to live a life that lights them up and excites them. However a MG is a hybrid that also embraces the Manifestor side of their energy, meaning they need to live life on their own terms and in a way that matches their ever changing vision. Answering "Who am I? Where am I going? Why am I here? and Why do I have to pick only one thing?"

## AWARENESS | TIPS

- Although MGs can "do it all" doesn't mean it should happen all at once. Time Management is important.
- MG spend a lot of time outside their body, so spending time (re)connecting is vital.
- Learn to pace yourself, take breaks. MGs easily forget to eat and regularly neglect their body.
- Autoimmune disease or gut issues are common for MGs. Ensure health and wellness are a priority.
- Permission to change their mind frequently is key. What may have felt or sounded great before might not be the best things now.
- Physical exercise routines will help with pent up energy that's stored. Can also improve clearer mental energy.
- ASK FOR HELP. You don't have to do it all alone.
- Find a healthy balance between routine and flexibility to help with longevity of things.
- Support and community are necessities, MGs are not meant to live life in self-isolation. When they feel like a "one-man island", it's time to reassess the people they have around them.

## NAVIGATION SYSTEM

Strategy: **WAIT TO RESPOND & INFORM**

> Inner GPS | Connects Energy to Flow of Life

Signature: **SATISFACTION & PEACE**

> Highest Vibration | On Best Path

Not-Self: **FRUSTRATION & ANGER**

> Low Vibration | Not Following Strategy

## PERSONALITY | VIBES

### SIGNATURE VIBES:

- Sparkly | Bubbly Energy
- Productive | Efficient | Multi-tasking
- "Plugged-in" to internal energy source
- Enthusiastic

### NOT-SELF VIBES:

- Aloof | Distant
- Detached
- Impatient
- Eeyore energy

## PLAYLIST

- "Thank U, Next" - Ariana Grande
- "Hot n Cold" - Katy Perry
- "#thatPOWER" - Will.I.Am & Justin Bieber
- "Sorry Not Sorry" - Demi Lovato
- "How Far I'll Go" - Alessia Cara
- "Sweet but Psycho" - Ava Max





# ENERGY TYPES

## MANIFESTING GENERATOR



Manifesting Generators are designed to live a colorful, magic-filled life. They are here to taste, try, and experience everything that life has to offer. Society often sets the expectation that they must choose one path and stick to it forever, but that couldn't be further from the truth. They are meant to explore everything that sparks their interest and rebel against societal norms.

Manifesting Generators tend to live a very "out of body" life and sometimes forget that they live in a body. I've met many individuals over the years who either struggle with gut issues or some form of autoimmune disease. In my opinion, this is because they are so "out of this world" and are meant to operate at a high capacity. However, living on Earth, where things are dense, slow, and time exists, can really take a toll on Manifesting Generators. Nevertheless, they are here to blaze their own trail and have the human experience, including living in a physical body and connecting with others and themselves through the five senses. It's about learning to expand, manage their activities, and find balance all at the same time.

Let's break it down. Manifesting Generators are a combination of a Manifestor and a Generator, a powerful blend that makes them unique and difficult to understand or keep up with. They are considered a hybrid type, creating their own path on their own terms each step on the way. Their Generator side is to follow their passions and do what lights them up, while their Manifestor side empowers them to create and manifest their vision. However, they should be mindful of falling into the trap of "shoulds" and people-pleasing tendencies, common challenges faced by both Generators and Manifestors. These distractions can get in the way of what truly lights them up and aligns with their personal vision.

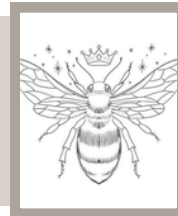
Manifesting Generators possess an incredible ability to grasp things quickly, excelling at any endeavor they set their mind to. Others around them may struggle to keep up with their pace, as they seem to have it all figured out. Their defined Sacral (which makes them a Generator) is directly linked, or nearly so, to their defined Throat. This means they not only have the energy to pursue their dream but can also bring them to life with their own initiatives.

One of the main aspects of Manifesting Generators are them always changing their mind. This stems from their hybrid nature. When opportunities arise, their Generator side creates an initial spark or excitement. However, their Manifestor side needs the chance to check in and see whether the opportunity aligns with their vision or not. It's vital for them to ask themselves, "Does this excite me and align with my vision?" If it's a yes, go for it. If not, that's completely ok too. Embracing the mantra "It's okay for me to change my mind" helps them avoid feeling overwhelmed, burned out, or frustrated.

Another important note for Manifesting Generators is to avoid making long-term plans or commitments. When the time comes, their feelings towards those plans may have shifted. That's not to say they can never plan ahead, but they should keep plans closer to the date,

# ENERGY TYPES

## MANIFESTING GENERATOR



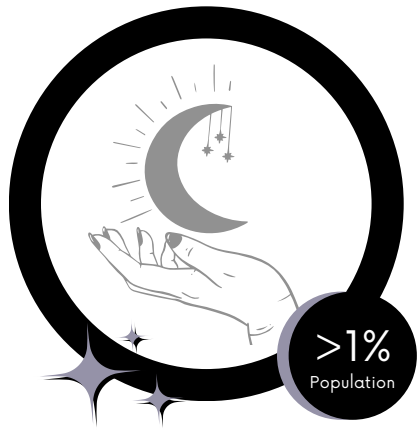
allowing themselves flexibility. Checking in with themselves on the day of a planned event and honoring their emotions empowers them to reschedule without guilt.

Manifesting Generators have a natural capacity to juggle multiple responsibilities simultaneously. Whether it's a day job, side hustles, an Etsy page, a YouTube channel, or multiple hobbies, they have the capability to handle it all. However, they should be mindful of what they choose to commit to. They can either hold onto societal expectations or focus on activities that truly light them up, align with their vision, and bring them joy. Maintaining mindfulness and letting go of projects that no longer spark their passion can ultimately lead to a more fulfilling journey.

It's essential for Manifesting Generators to remember that while they can do anything, they don't have to do everything. Embracing their unique path, honoring their energy, and pursuing what brings them genuine fulfillment is the key. Manifesting Generators have this amazing knack for filling their world with a wide range of experiences and opportunities that perfectly align with who they truly are.

And let's not forget, Manifesting Generators, that change is not only okay—it's a vital part of their journey. They should embrace the fact that their minds are wired to explore new possibilities and seek out what truly resonates with their souls. It's important to remember that it's not about doing everything just for the sake of it. Instead, it's about creating a life filled with experiences that align with their vision and bring them the most fulfillment. So they can go ahead and let go of what no longer serves them, follow the sparks of curiosity, and trust that their unique journey as a Manifesting Generator will lead them to extraordinary destinations. Embracing the magical dance of creation and manifestation, they can let their vibrant, colorful energy light up the world around them.





# REFLECTOR

THE MIRROR | THE HIGH PRIESTESS

Reflectors are less than 1% of the population and have no defined centers or channels. Because of this, they live life as an open book, waiting to have their pages influenced by the people and experiences they encounter.

This makes it vital in life that they look to answer the question "Am I surrounding myself with who I want to become?".

**SHAPE SHIFTER**

## AWARENESS | TIPS

- Reflectors need sanctuary and a place to retreat everywhere they go.
- Nature and alone time are their best friends.
- Although their truth may be instant, great clarity and details unfold over time, so patience is needed.
- They morph into those around them, so practicing discernment is crucial. Their body will tell them what/who is good for them or not.
- Frequently getaways are needed to help recalibrate.
- Energetically Reflectors move the fastest due to the ever-changing energy. Physically things may take more time though.
- Reflectors are very inconsistent and ever-changing; therefore, their consistency is inconsistency.

## NAVIGATION SYSTEM

Strategy: **WAIT A LUNAR CYCLE**

> Inner GPS | Connects Energy to Flow of Life

Signature: **SURPRISE**

> Highest Vibration | On Best Path

Not-Self: **DISAPPOINTMENT**

> Low Vibration | Not Following Strategy

## PERSONALITY | VIBES

### SIGNATURE VIBES:

- Intuition on POINT | Harmonizing
- Adaptable | Shape Shifting
- Willow tree from Pocahontas | Wise Sage
- Connected to life and nature

### NOT-SELF VIBES:

- Disoriented | Uncertain | Lost
- Isolated | Critical | Hypersensitive
- Disconnected from Body/intuition
- Willow tree from Harry Potter

## PLAYLIST

- "I Can See Clearly Now" - Jimmy Cliff
- "Life is a Highway" - Rascal Flatts
- "Changes" - Justin Bieber
- "Count on Me" - Bruno Mars
- "Lean on Me" - Bill Withers
- "Waiting on the World to Change" - John Mayer



# ENERGY TYPES

## REFLECTOR



OOhhhh, the unicorns of Human Design. Reflectors, by nature, are incredibly sensitive and empathic. Why? Well, if you take a look at their chart, it's completely white. What does that mean? It means they absorb and take in the energy around them. So, if someone like myself were to approach a Reflector, they'd be flooded with my emotions, soak in all my thoughts and ideas, and feel my fears, and so on. Zooming out a bit, this essentially means that in the presence of a Reflector, our own energy is completely reflected back to us.

Reflectors, in my opinion, possess one of the most powerful intuitions out there, but there are moments when they may find themselves feeling disconnected from their bodies. This disconnection can lead to a sense of imbalance, impacting their ability to tap into their innate wisdom and causing a foggy mental state. When this occurs, Reflectors need to recognize the importance of taking time for themselves away from their norm. They may feel the need to retreat, disengage from their usual routines and obligations. This retreat allows them to shed the distractions of everyday life and focus on reconnecting with their physical and emotional well-being, whether it's through solo activities, extended time in nature, or practices like meditation and self-reflection. When Reflectors embrace the opportunity to prioritize self-care and realign themselves, they regain mental clarity and connection to their intuition – which are essential to their unique way of being.

Reflectors are incredibly gifted when it comes to discerning the truth. It's as if they have an internal radar that allows them to grasp the essence of a situation, person, or experience with insane accuracy. They often have an intuitive knowing, an inner sense that alerts them to what feels right or wrong. However, despite their innate ability to sense the truth instantaneously, they also understand the importance of allowing the details to unfold over time. They may see the end result of something but not the journey and fine details in the middle. This is why letting time pass is important. Rushing to conclusions can lead to misunderstandings, so when they wait, it gives them the time needed to let the finer details of the truth reveal itself.

The need to wait for the finer details of the truth to reveal itself also extends to their decision-making process. Reflectors typically prefer not to make on-the-fly choices or commitments. Instead, they marinate on them, observing from different angles and viewpoints. They require extended periods of reflection, seeking clarity before taking action or committing to something. This approach enables them to make choices that align with their authentic selves and avoid being swayed by fleeting emotions or external pressures. It's how they maintain their connection to their inner truth amidst the noise of the world.

A Reflector's superpower, in my opinion, lies in their knack for embodying the very essence of change itself. While others may seek stability and predictability, Reflectors wholeheartedly embrace life's ever-shifting nature. Their inconsistency and ever-changing sense of self are

# ENERGY TYPES

## REFLECTOR



not signs of indecisiveness or confusion but rather a profound reflection of the fluidity of the human experience. Reflectors grasp the truth that change is the only constant, and they possess an innate talent for gracefully adapting to new circumstances and evolving their perspectives. This perpetual state of flux becomes their defining trait – the ability to be receptive and open to the world around them. With their fluidity, they excel at mirroring the energy and essence of those they encounter, making them sensitive receptors and catalysts for transformation. By embracing their ever-changing nature, Reflectors embody the truth that growth and evolution are indispensable aspects of the human journey.

Besides their talent for seeking truth and engaging in introspection, Reflectors shine in their ability to embody and reflect the collective energy of the communities they become part of. They function as mirrors, offering others an invaluable chance to gain deeper self-awareness. Their empathetic nature and capacity to absorb diverse energies make them cherished allies and friends. They leave a profound impact on those they interact with, often offering insights and perspectives that may have otherwise gone unnoticed. Through their unique role as reflectors, they actively shape the dynamics of their social circles and contribute to the growth and understanding of their communities.

For Reflectors, finding sanctuary in their surroundings is crucial for maintaining their overall well-being. They flourish when they have a tranquil and harmonious environment that supports their inherent sensitivity. Whether it involves creating a cozy nook in their home, connecting with nature, listening to music, practicing meditation, writing, or going for long walks. My mom absolutely loves being near or in water, especially the oceans. I have heard of several Reflectors who love to be by the ocean.

Reflectors are always on the lookout for a little peace and tranquility wherever they find themselves. They understand the importance of taking a break now and then, even if it's just a quick getaway or a change of scenery. These mini adventures give them the chance to reset, realign with their true selves, and recharge their batteries. In those moments of respite, Reflectors rediscover their essential nature, coming back to their regular routine with a fresh mind and a clear sense of direction.

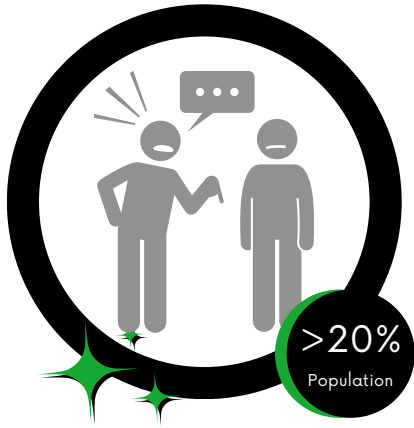
It's important to remember that although Reflectors have this extraordinary ability to perceive and reflect the truth, they are not "God" and know-it-all. They too have their vulnerabilities and moments of uncertainty. It's crucial to approach them with kindness, patience, and an open mind. Creating a safe space for a Reflector to express themselves and share their experiences fosters an environment of mutual growth and understanding. Acknowledging and appreciating the qualities that make Reflectors invaluable allows for deeper connections and richer relationships with these fascinating beings.

# ENERGY TYPES

## REFLECTOR



Lastly, there's one more thing I'd like to mention. As a Reflector, ask yourself, "Are the people I surround myself with the ones I want to become?" Because as a Reflector, who you choose to be around influences and shapes who you become while in their energy. So, make sure you're okay with that and take the time for yourself. You're not here to live a life like everyone else, so set up those boundaries that will protect you and your energy, and be true to yourself.



# PROJECTOR

## THE GUIDE | THE DIRECTOR

Projectors make up less than 20% of the population and are meant to observe and facilitate growth. Being mindful of their approach, projectors help to enlighten and guide others on their energy journey while being recognized for their insights and success fulfilling their purpose and living a high vibrational life that answers the question "Who Are You?".

### KNOW-IT-ALL

## AWARENESS | TIPS

- Just because they may see a "better" way to do something doesn't mean it's the only way to do it. Everyone has their own path to walk.
- Ask more questions over making blank opinion filled statements.
- Being a Projector doesn't mean waiting around to start living your life. The waiting for the invitation piece of the strategy only applies when it involves others.
- Projectors are magnets, not chasers. When they can learn to increase their magnetism everything changes.
- Sometimes there's more power in saying "no" than saying "yes". Not every invitation needs to be accepted.
- Projectors are designed to see things from A-Z. However, sometimes others are only ready for E-G.
- Don't take people on as Projects. Especially, in close intimate relationships.
- Prioritize sleep and alone time.
- If projectors are not careful with their words and opinions when interacting with others, they can be very harsh and have a sharp tongue. Their words can become daggers that can cause a lot of upset and misunderstanding.

## NAVIGATION SYSTEM

Strategy: **WAIT FOR INVITATION**

> Inner GPS | Connects Energy to Flow of Life

Signature: **SUCCESS**

> Highest Vibration | On Best Path

Not-Self: **BITTERNESS**

> Low Vibration | Not Following Strategy

## PERSONALITY | VIBES

### SIGNATURE VIBES:

- Receptive | Open | Mentally Clear
- Engaging | Influential
- Self-care on Point | Well Rested
- Grounding Force | Hermionie Energy

### NOT-SELF VIBES:

- Cold | Harsh | Standoffish | Closed Off
- Two-faced | Petty | Snippy
- Goes Silent
- Squidward Vibes

## PLAYLIST

- "Astronaut in The Ocean" - Masked Wolf
- "I'm Gonna Be" - Post Malone
- "The Lazy Song" - Bruno Mars
- "Bodak Yellow" - Cardi B
- "Stayin Alive" - Bee Gees
- "Spinnin" - Connor Prince & Bens



# ENERGY TYPES

## PROJECTOR



Projectors are here to be the guides and healers. How they choose to show up and be that guide is up to them. Projectors were put here to help guide the energy of Generators and Manifesting Generators, and they work really well with them. While Projectors see the bigger picture, Generators see the details and smaller aspects. Many Projectors find themselves asking the question, 'Who are you?' It's interesting to note that Generators ask, 'Who am I?' When these questions come together, a yin and yang balance is found. It's important to note that being a Projector does not mean they cannot help anyone else by any means. I am not trying to put them in a box, but rather sharing some Human Design background and history based on my studies. In my own life, approximately 85% of my clients are either Generators or Manifesting Generators.

Projectors require the most sleep out of all the types, around 10 hours. They are here to work smarter, not harder. Projectors tend to run on energy saver mode, seeking efficiency rather than wasting time and energy on unnecessary activities. They possess strong analytical skills and have the ability to see into various aspects, including systems, individuals, and information. Projectors have a deep love for learning. If a Projector ever questions how to be a guide, they can take a step back and ask themselves, 'What subject or topic do I find myself continuously researching and thinking about?' Chances are, their magic lies there. I can personally relate to this. Projectors are always full of questions and aren't afraid to ask them.

One aspect I have personally had to work on is making time for downtime and avoiding the constant need to be on the go. A few years ago, I constantly hit a wall due to being in overdrive. However, once I discovered Human Design and learned about the importance of downtime and embracing my role as a human being rather than solely a human doing, everything started to change. Projectors are considered non-energy types, which doesn't mean they lack energy. It simply means they are not meant to be the source of energy. Instead, they are guides for the energy they come in contact with, helping it move along its path.

It's important for Projectors to understand and honor their energetic boundaries. They have a natural ability to perceive and absorb the energy of others, which can sometimes lead to emotional and energetic overwhelm. Taking time for self-care and implementing practices that help them maintain their energetic well-being is crucial. Whether it's through meditation, journaling, spending time in nature, or engaging in activities that recharge and rejuvenate them, finding what works best for their individual needs can make a significant difference. By prioritizing self-care and setting healthy boundaries, they can better navigate the ebb and flow of energy in their interactions and maintain their own sense of balance and harmony.

If Projectors have a superpower, it's the ability to see straight into others. They have this uncanny knack for peering deep into the soul of others, understanding their energy, and



# ENERGY TYPES

## PROJECTOR



spotting their potential. It's like they've been gifted with x-ray vision for the human spirit. But here's the thing: by design, they're not able to fully or clearly "see" themselves. Oftentimes, they can get so caught up in focusing on others that they forget to turn that perceptive gaze inward. You know, it's like that old saying goes - "know thyself." And for Projectors, it's incredibly important. They've got to dive into the depths of their own being, uncover their desires, strengths, and even their limitations. That's the secret sauce to making the most of their guiding superpowers. When they truly understand themselves inside out, it's like they've found the key to being the guide, healer, or leader they were meant to be. It's not just about helping others; it's about helping themselves too. Simply put: the more they understand who they are, the better they can navigate their own journey while guiding others. It's all about finding that perfect balance between their superpower of seeing others and embarking on their own self-discovery adventure.

Projectors truly stand out as the most diverse type because of the plethora of authorities that are specific to them. They have the highest number of unique authorities compared to other types. It's crucial for them to pay attention to the Centers they have Defined, honing in on and leveraging their strengths in those defined areas, while also being mindful of their open Centers and making sure to not fall into external conditioning. By understanding and embracing the power of their defined Centers, Projectors can tap into their innate strengths and capabilities, enabling them to navigate life and relationships with even greater clarity and authenticity. At the same time, Projectors need to remain conscious of the potential downfalls associated with their open Centers. These areas can sometimes lead to absorbing energy that isn't a true reflection of their true selves, so it's important for them to stay aware and grounded in their own truth.

No two Projectors are alike. They each possess their own unique combination of defined Centers, open Centers, Gates, Channels, and Circuitry. These different aspects illuminate the distinct energetic blueprint for each Projector, shaping their experiences, perspectives, and interactions in the world. By diving into their personal design and embracing their own uniqueness, this self-awareness becomes the compass that guides them towards a life of fulfillment and success. It allows them to optimize their energy and make decisions that are in alignment with their true selves

It's essential for Projectors to cultivate strong communication skills. They possess a deep understanding and insight into people and situations, which can be immensely valuable in helping others navigate their paths. However, effective communication is key in effectively sharing their guidance and wisdom. It's important for Projectors to remember that each individual processes information and receives guidance differently. They can adapt and tailor their approach to best suit the person they are guiding. Actively listening, asking clarifying questions, and choosing their words carefully can ensure that their message is

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## PROJECTOR

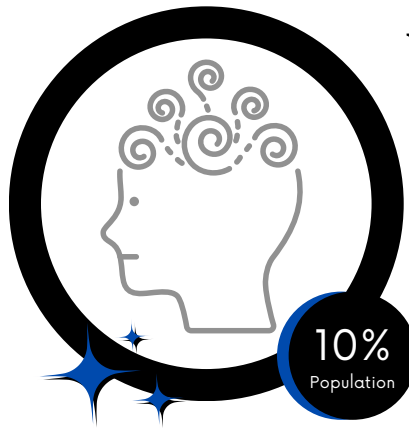


received and understood. By honing their communication skills, Projectors can forge deeper connections with those they guide and contribute to their growth and understanding in a meaningful way.

One challenge many Projectors encounter, as I did for the longest time, is understanding the concept of 'waiting for the invitation' in their chart. Initially, I took it literally and believed I needed to wait for everything. Whether it was meeting a friend for coffee or engaging in certain activities, I thought I had to wait for an invitation for everything. However, further research taught me that 'waiting for the invitation' refers to waiting for an invitation in someone else's life to share their truth, gift, insight, perspective, or talent. It doesn't mean isolating oneself on their own 'island'. On their own island, Projectors can pursue their own interests, learn and grow, create content on platforms like YouTube, blogs, Instagram, Facebook, podcasts, and establish their space as a welcoming destination. Each Projector can create their own unique experience based on their interests.

Now, let's consider visiting someone else's island. Are we visiting because it will be fun and we want to see what it's all about, or are we going with the intention to impose and force our truth onto their island? It's crucial to remember that one scenario requires an invitation while the other does not. As I started paying more attention to this dynamic, I would pause and ask someone who approached me, 'Hey, what do you need from me regarding this matter so that I can best support you?' Instead of assuming I know what they need, this approach allows me to show up in a more beneficial way. Assuming without clarity can lead to misunderstandings and, at times, bitterness.

Lastly, I want to touch on the importance of Projectors wanting to be seen and recognized, as this plays a significant role in finding their state of flow, also known as their Signature. However, what we don't see and integrate within ourselves first, no one else will see. Therefore, it is crucial to take the time to ask, 'What do I want to be seen and recognized for?' and work on that aspect within our own island. By doing so, we will witness the influx of visitors. It's also essential to evaluate our current life and identify aspects that draw people in. We should ask ourselves if that truly represents who we are and if it aligns with what we want to project. If not, one of the beautiful aspects of life is the ability to change. Once we put in the work to heal, clear the space, and create room for growth, the Universe will provide exactly what we need. In my interactions with many Projectors, through sessions and conversations, it's not uncommon for them to feel like they've been told who to be their whole life. Personally, I experienced this when I examined various aspects of my life, the identities I adopted as a child and during adulthood. I took the time to ask myself if these identities were worth carrying and holding onto. If not, I did the necessary work to let them go. It was then that everything in my life started to flow.



**LONE WOLF**

# MANIFESTOR

THE VISIONARY | THE MAGICIAN

Manifestors make up approximately 10% of the population and are meant to carve out a life that supports their visions and goals. However, it is vital that they communicate their intent and actions to those around them to create balance and peace throughout life and ensure they are owning their power and living a high vibrational life that states "I am who am I".

## AWARENESS | TIPS

- Manifestors are completely self-sufficient and independent. Although they don't "need" people, they're here to learn to be who they are while also being in connection with others and collaborating when needed.
- If they're about to "rock the boat" and are sharing the same boat with someone, it's vital to inform them first before doing so. This creates less backlash and upset.
- Informing doesn't equal asking for permission or negotiating something. It also doesn't mean sharing every single detail of what they're doing. It's more of a heads up.
- Manifestors need and require a lot of alone time. In my opinion, they require the most alone time among all the energy types.
- They're magicians and make magic happen, which often occurs when they're in a creative flow state that is activated when alone.
- Codependent and needy relationships tend to clash really hard with Manifestors and create a lot of resistance and anger within them. Finding a healthy balance will help them.
- Manifestors have a stop/go energy style. They work in huge bursts of energy and then retreat.

## NAVIGATION SYSTEM

Strategy: **TO INFORM**

> Inner GPS | Connects Energy to Flow of Life

Signature: **PEACE**

> Highest Vibration | On Best Path

Not-Self: **ANGER**

> Low Vibration | Not Following Strategy

## PERSONALITY | VIBES

**SIGNATURE VIBES:**

- In Flow | Unstoppable
- Assertive | Confident
- Effective Communication
- Creator Mode

**NOT-SELF VIBES:**

- Crabby | Short-tempered | Snippy
- Secretive
- Pushy | Restless
- The Hulk Energy

## PLAYLIST

- "Roar" - Katy Perry
- "I Don't Fuck with You" - Big Sean
- "NO" - Meghan Trainor
- "Unstoppable" - Sia
- "7 Rings" - Ariana Grande
- "Born this Way" - Lady Gaga



# ENERGY TYPES

## MANIFESTOR



Manifestors are incredibly independent, and when parenting a Manifestor, it's crucial to foster and nurture that independence. Setting boundaries and allowing complete freedom within those boundaries can be highly effective. For instance, let's say a mother allows her 4-year-old Manifestor daughter to watch approved YouTube videos on her phone. If the daughter accidentally clicks on something that hasn't been approved, she pauses and promptly informs her mom about it, knowing she won't get in trouble. This approach empowers the Manifestor child, preventing them from feeling bombarded with questions and allowing them to take the initiative in communication.

In relationships with Manifestors, respecting their need for independence is vital. Rather than constantly asking what they want, it's better to let them come to you or present them with ideas for them to respond to and inform about. By doing so, you allow the Manifestor to feel empowered and in control, fostering smoother communication and relationships. However, it's essential for Manifestors to keep their partners informed before taking action. Being proactive in communication is key.

One significant characteristic of Manifestors is their tendency to people-please. Although they may want approval and support from others, it's crucial for Manifestors to acknowledge that not everyone will align with their vision, and that's okay. Rejection can actually serve as a form of protection for a Manifestor. People who are meant to support their vision will naturally be drawn to them, while those who don't align are not meant to be a part of their journey. Manifestors have a "repelling aura." This means that they are not here to be influenced but to be the influencing force. Embracing and owning this aspect is key for Manifestors.

Manifestors are here to live a life led by their own visions, involving others in their journey and allowing them to contribute to bringing those visions to life. To make the most of their unique energy, it's crucial for Manifestors to fully stand in their power and inform those around them. By doing so, they attract the right people who align with their vision and can support it effectively. Manifestor energy works in stop-and-go patterns, with sporadic bursts of productivity followed by periods of rest. It's common for Manifestors to share their plans for the day, take action on them, and then take a nap. Naps are essential for Manifestors to maintain their well-being and balance.

In my personal experience with my Manifestor sister, I've noticed her fear of initiating and informing others due to the potential backlash. She would often try to go about things secretly, but when she would "get caught," she would enter what she playfully calls "hulk mode" (which is funny to me because Manifestors not-self theme is Anger). This would often lead to negative outcomes and leave everyone feeling upset. Recognizing this pattern, I encouraged her to fully stand in her actions and inform others. To her surprise, it worked immediately! Now that she understands the impact of her energy, she finds greater peace and fulfillment by keeping everyone around her informed.

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## MANIFESTOR



I also want to emphasize the importance of Strategy for Manifestors. I see it as having your own island where only you exist and then being on someone else's island or involving someone else in your plans. For Manifestors, this means developing a vision on their own island, and if they need assistance, informing someone about their vision to invite their support. When their actions will impact others, big or small, the strategy of informing plays a vital role. Therefore, it's crucial for Manifestors to prioritize informing, informing, informing.

The journey of a Manifestor may not always be smooth sailing, as their independent nature and impact on others can lead to challenges and resistance. However, it's important for Manifestors to stay true to themselves and their purpose. They must embrace their unique power and accept that they are not meant to please everyone. By doing so, they naturally attract the right people who align with their path. Manifestors possess the ability to create waves of change and inspire those around them, even if it means going against the norm or facing criticism. The path they forge is unique to them, and by staying authentic to their vision, they attract individuals who uplift and encourage them in their journey.

To fully step into their power, Manifestors must prioritize self-awareness and self-care. They have a cyclical nature that involves periods of intense focus and bursts of energy, followed by a need for rest and recharge. By honoring these cycles and embracing the need for downtime, Manifestors can maintain a balanced state of being. Engaging in activities that recharge their batteries, setting clear boundaries, and prioritizing self-care allow them to show up fully in the world, harness their manifesting abilities, and create the impact they were born to make.