

Types:
How We Best Use Our Energy

Blueprint+

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The Basics

What is Type in human design?

Our type reveals how we can best use our energy – in our work, romantic relationships, families, teams, friendships and more.

**When you know someone's
type, you also know their...**

Strategy

How they can create the most aligned opportunities in work, relationships, and life

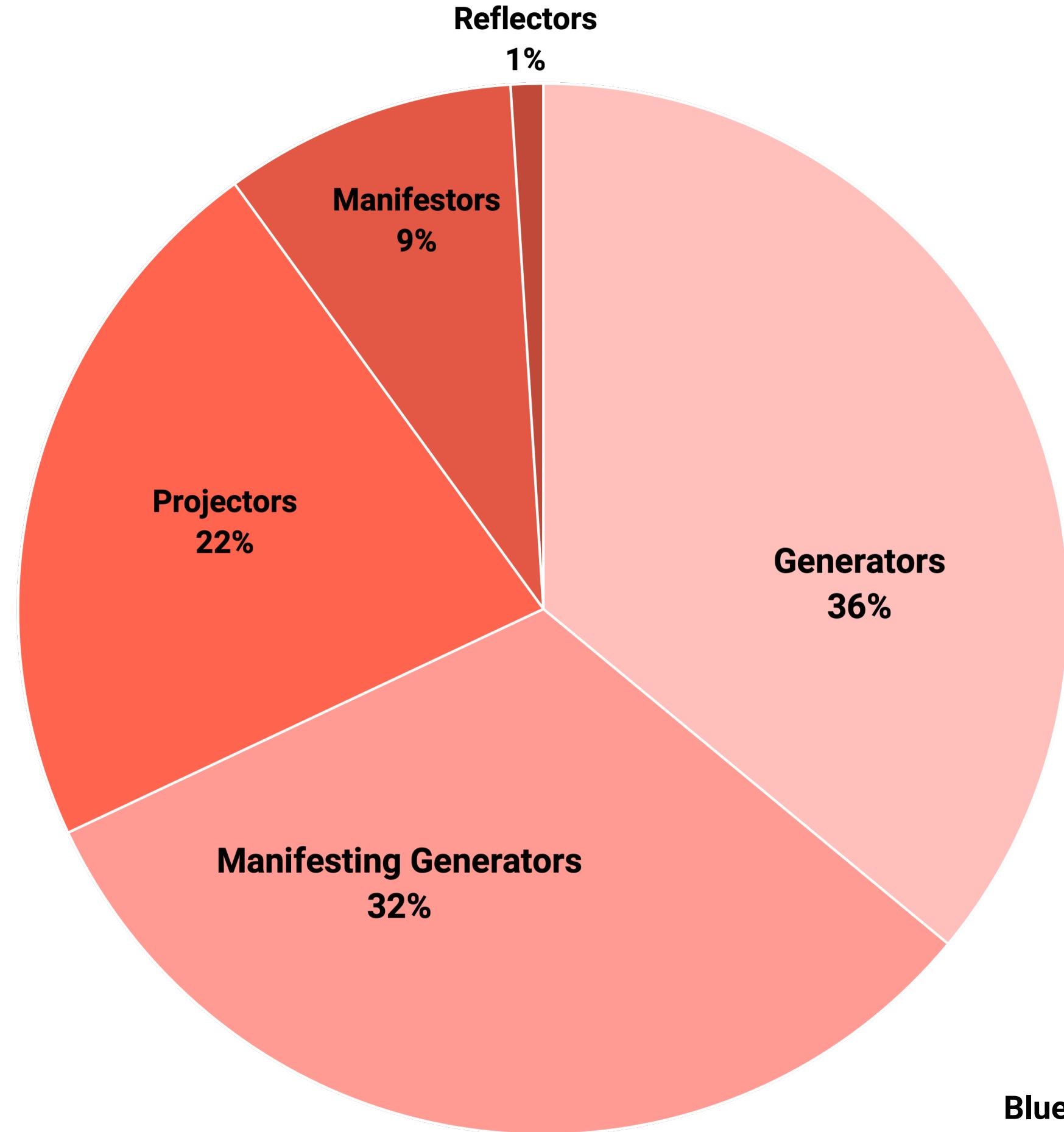
Not-self

A signpost that reveals when they are off track and something needs to shift

Signature

A signpost that reveals they are in alignment

Population by Type



So...what types go best together?

Human Design doesn't limit who we can partner or do business with; it simply lets us know how we can best be with the people we choose.

Generators

A photograph of Beyoncé singing into a microphone. She has long, wavy blonde hair and is wearing a dark, sequined, long-sleeved top. She is smiling and looking upwards and to her right. The background is dark.

Beyonce

Gifts of Being a Generator

- Natural doers and creative powerhouses
- Gifted at bringing ideas and inspirations to life, whether it's their own idea or someone else's
- Bring a steadfast, committed and masterful energy to whatever it is they do
- Of the greatest service to the world when they follow their joy and do what lights them up
- Can go, go, go when they are personally satisfied by what they're doing
- Power and light up the world around them when they do what they love – people can't help but want to be around them

Energetic Signature

- Magnetic
- Open
- Feels like a big embrace
- Warm
- Enveloping

Potential Challenges of Being a Generator

- Expecting others to keep up and do as much as them
- Overextending themselves and overcommitting
- Saying yes because they think they should, not because it feels right in their gut
- Having a hard time saying no
- Prioritizing everyone else's satisfaction above their own
- Feeling depleted by how they're using their energy each day and burning out
- Not waiting for a gut response before moving into action

Myths about Generators

- You are meant to only build other people's dreams.
- You can't pursue your own ideas.
- You are meant to be doing all the time and you always have energy.
- You don't need rest.
- It takes you a long time to build anything.
- You're meant to just sit back, do nothing and wait.

Practical Tools to Align with Being a Generator

- Take inventory of who and what is lighting you up the most.
- Take inventory of what feels draining, depleting and uninspiring.
- Try on the idea that doing nothing is better than doing something you don't enjoy – letting go and creating space in your life allows the right things to come in.
- Get comfortable saying no.
- Prioritize your joy and excitement each day.
- Rather than pursue what you think you should do, pay attention to what your gut is naturally pulling you towards.
- If you feel misaligned in a job, start to commit some of your precious energy to satisfying hobbies, trusting this will help magnetize more aligned opportunities going forward.
- Try on the idea that you being personally satisfied and lit up is not selfish; it's what allows you to have the most positive impact in the world.

Tools for Supporting Generators

- Prioritize their excitement and create opportunities for them to do what they love
- Give them options rather than asking them open-ended questions and pay attention to their visceral response
- Honor their boundaries and nos; trust that if it's not a full-bodied yes in their gut, it's not right for them
- Don't expect them to do something just because they can; always check in to make sure they truly have the energy and the commitment feels good to them
- Remind them how good they feel to be around and how much you value their precious energy

Tools for Supporting Generators

Parenting As A Generator

- Encourage them to create space to pursue what excites them (even when it doesn't involve their kid) and trust that them being lit up benefits everyone
- Remind them that when they are lit up and excited by what they're doing, they'll have more energy to do things that are not as exciting, but necessary
- Help them become aware of and delegate the pieces of their day that feel draining
- Encourage them to choose activities to do with their kids that feel fun and satisfying to do together
- Remind them to not expect kids or others to keep up with or do as much as them

Tools for Supporting Generators

Parenting A Generator

- Trust your child is a force of creative energy
- Help your child use up their energy fully throughout the day, so they can sleep soundly at night (e.g. they might not thrive with set bedtimes)
- Keep them physically and mentally stimulated
- Don't force rest if they don't need it
- Pay attention to what feels the most exciting and satisfying to them, and create more opportunities for them to do that thing
- Ask them specific yes/no questions to help them drop into their gut and out of their head
- Don't put pressure on them to know anything until they're asked

Tools for Supporting Generators

Career & Leadership

- Help them reflect on what they are most lit up and satisfied by in their work (the goal is not to be 100% lit up, but mostly satisfied) and what needs to be delegated
- Check in on whether there are things they've been pulled towards, but have been resisting following
- Help them release the need to do leadership or career in the way they think they should; help them tune in instead to what feels right
- Help them drop into their gut and out of their head; use specific yes/no questions to help them (and encourage them to have their collaborators do the same)
- Encourage them to choose collaborators that feels right in their gut and they feel excited to work with
- Remind them that while they may be competent at many things, what they are lit up by is the right path

Tools for Supporting Generators

Love & Relationships

- Prioritize their joy and create more opportunities for them to do what lights them up
- Don't try to keep up with them
- Trust that them being lit up benefits you too
- Ask them questions, create space for them to talk about their passions and help them tune into what they are excited about
- Honor the truth of their gut and don't ask them to explain their gut knowing – when they know, they know
- Spend time with them doing things they love
- Take things off their plate they're not excited by and free up their energy to do more of what they love

If a Generator, then...

Wait to Respond

Strategy

Frustration

Not-self

Satisfaction

Signature

Signpost

Satisfaction

- Satisfaction is a reminder you're right on track and to keep moving in that direction
- Satisfaction is: you feel lit up and excited, you are enjoying and connected to work you're doing, you feel magnetic and like opportunities are coming to you, you are turned on by life and using up your energy in ways that feel fulfilling, you feel deeply satisfied at the end of the day after exhausting your energy doing things you love, you wake up energized and inspired, your path feels just as satisfying as where you're going, and you feel that the challenges that arise feel worth your effort
- Satisfaction is a sign you're prioritizing your excitement, allowing things to come to you rather than initiating action, and honoring your body's knowing by tuning into your gut feeling

Not-self

Frustration

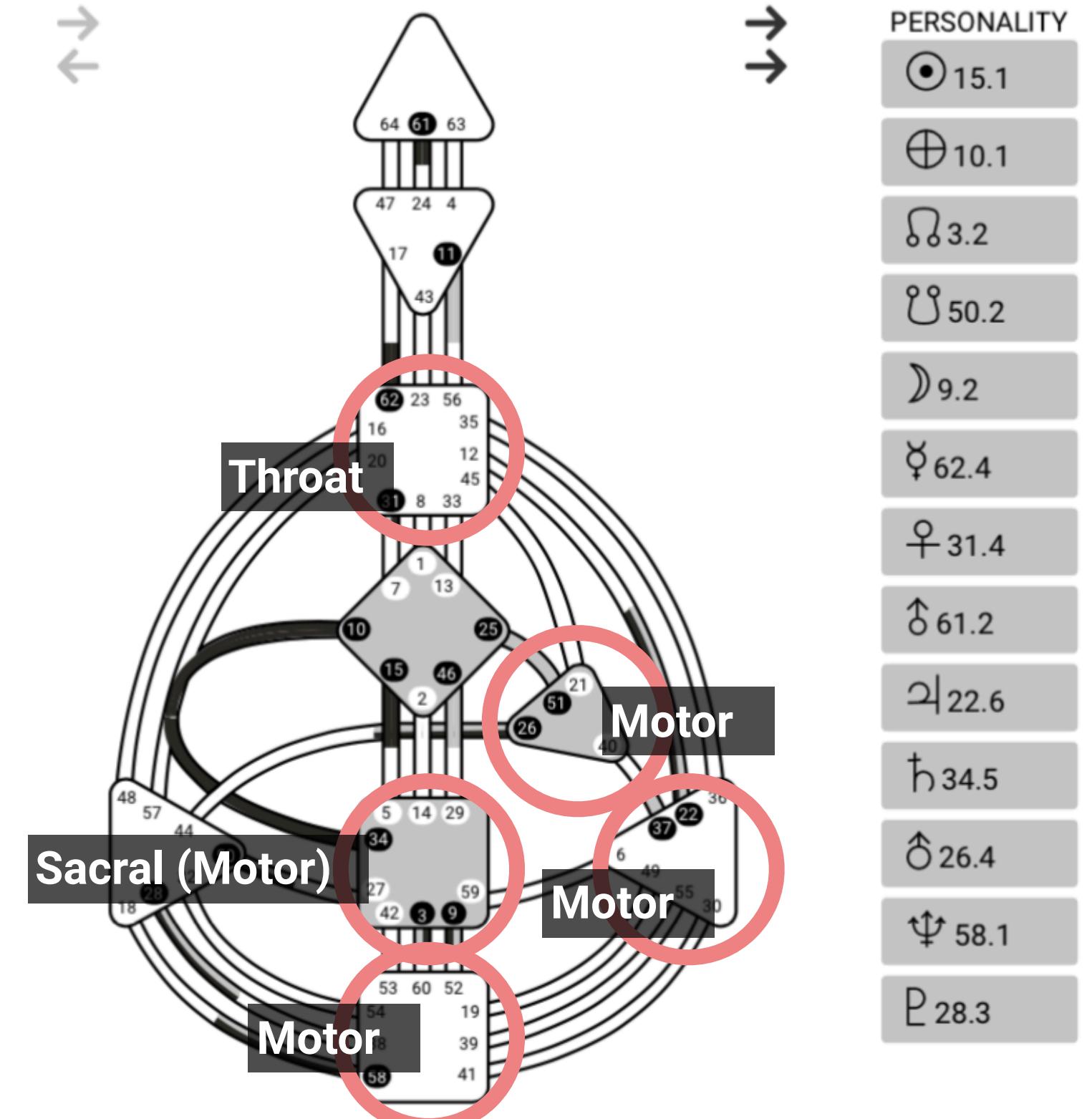
- Frustration is an invitation to check in with yourself
- Frustration is: you feel uninspired and out of flow, you feel a sense of stuckness or consistent exhaustion, you feel resentful or dissatisfied with work or a relationship, you feel like the challenges that come up are not worth your energy, and you feel an inability to engage in things you really enjoy
- Pay attention to when frustration becomes an overwhelming feeling, not a momentary one
- Frustration is often a sign you're trying to initiate and force rather than waiting for things to come to you, or a sign you're doing what you think you should do rather than trusting your gut
- Use frustration as an opportunity to pull your energy out of the thing that is causing it, allowing that thing to go away or transform into something better

How to Spot a Generator

The sacral center is defined and no motor center (ego, emotions, sacral or root) is directly connected to a defined throat.

In this case, the sacral center is defined and the throat is undefined, so a connection between a motor center and the throat is impossible.

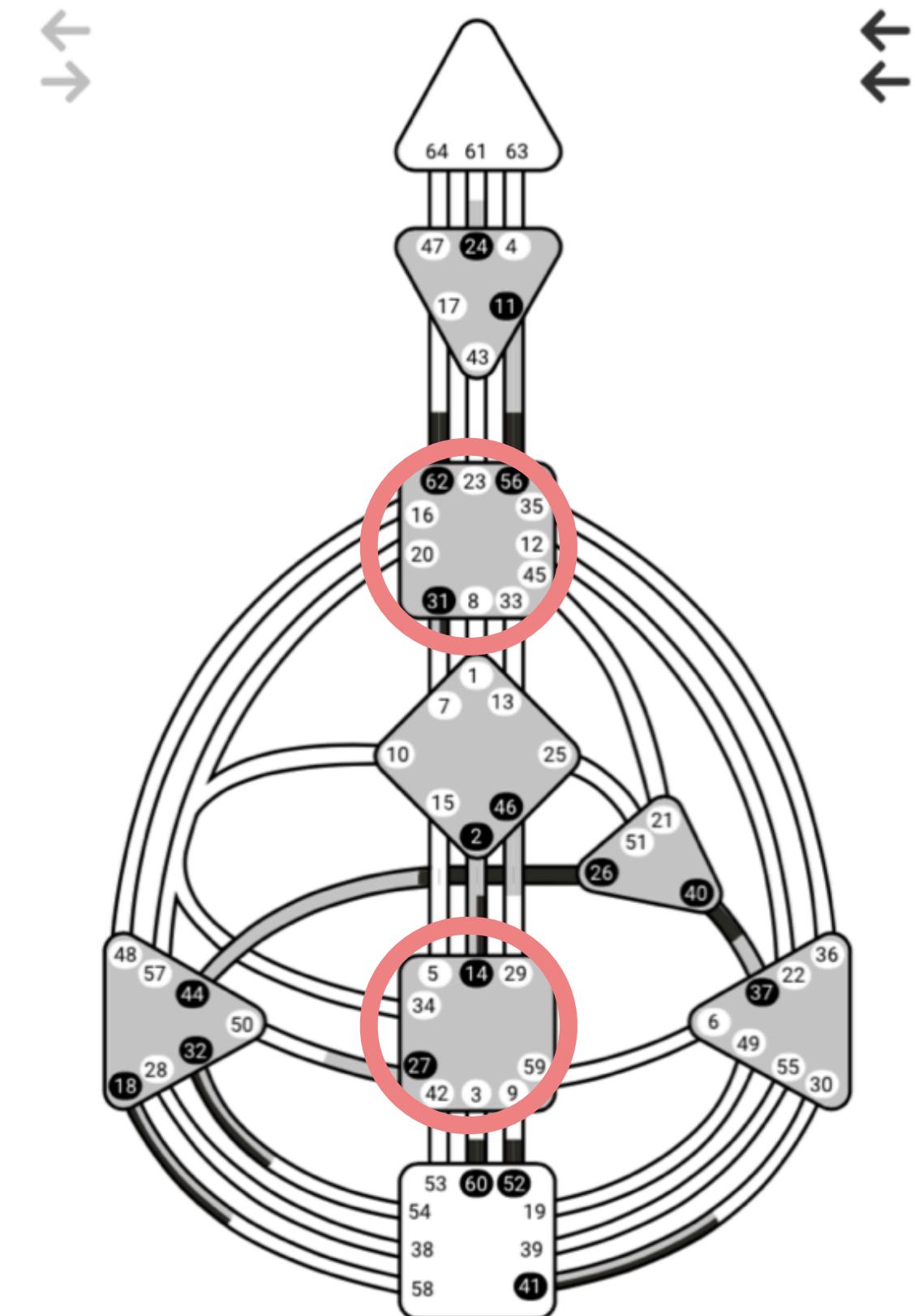
DESIGN
● 25.3
⊕ 46.3
□ 3.5
○ 50.5
○ 31.6
♀ 22.5
♀ 51.1
♂ 11.5
△ 37.2
† 9.5
○ 26.6
ψ 58.2
Ρ 28.6



How to Spot a Generator

In this case, the throat center is defined and the sacral center is defined, but there is no connection between a motor center and the throat, which is why they are a Generator (and not a Manifesting Generator).

DESIGN
● 24.3
⊕ 44.3
○ 31.5
□ 41.5
☽ 37.6
♀ 24.5
♂ 2.3
↑ 27.2
☿ 46.4
☿ 18.1
♂ 14.5
♀ 11.3
☽ 32.2



PERSONALITY
● 31.6
⊕ 41.6
○ 56.6
□ 60.6
☽ 31.1
♀ 62.6
♂ 40.2
↑ 52.5
☿ 18.3
☿ 18.2
♂ 14.2
♀ 26.6
☽ 32.2

Manifesting Generators

Brené Brown



Gifts of Being a Manifesting Generator

- Multi-passionate doers and creative powerhouses
- Gifted at finding the fastest way to make something happen
- Have the most powerful impact when they do what lights them up
- Thrive when they feel free to pursue new inspirations and ideas as they go; may love mastering things fast and moving onto the next thing
- Tend to have non-linear careers and do not fit in a box
- Thrive when they feel free to pivot and reinvent themselves; trying on and letting go of things is part of their process
- Thrive when they can move fast and remain in their flow
- Uplift the world around them with their bright, powerful energy

Energetic Signature

- Magnetic
- Open
- Feels like a big embrace
- Warm
- Enveloping
- Buzzy

Potential Challenges of Being a Manifesting Generator

- Expecting others to move as fast or do as much as them
- Trying to do it all without paying attention to what lights them up
- Saying yes because they think they should
- Having a hard time saying no
- Prioritizing everyone else's satisfaction above their own
- Feeling depleted by how they're using their energy each day
- Not waiting for a gut response before moving into action
- Skipping steps without making sure they have the right support around them
- Sticking with things too long and not giving themselves permission to pivot and let go

Myths about Manifesting Generators

- You're meant to be doing all the time.
- You must be pursuing multiple ideas at once.
- You can't pursue and initiate your own ideas.
- You can't finish things.
- You are flaky and fickle and can't commit.
- You don't need much sleep or time alone.
- You have endless amounts of energy and are always active.
- You can't lead.

Practical Tools to Align with Being a Manifesting Generator

- Take inventory of who and what is lighting you up the most.
- Take inventory of what feels draining, depleting and uninspiring.
- Trust that whatever you feel drawn to is serving a purpose.
- Give yourself permission to pivot and let go when your energy is no longer there for something.
- Get comfortable saying no.
- Prioritize your joy and excitement each day.
- Surround yourself by people who can help with the step-by-step process, so you can be in your fast, creative flow.
- Release any need to weave everything you do into one story.
- Release the need for others to move as fast or do as much.
- Rather than pursue what you think you should do, pay attention to what your gut is naturally pulling you towards.
- Try on the idea that you being personally satisfied is not selfish; it's what allows you to have the most positive impact in the world.

Tools for Supporting Manifesting Generators

- Prioritize their excitement
- Give them options rather than asking them open-ended questions and pay attention to their visceral response
- Honor their boundaries and nos; trust that if it's not a full-bodied yes, it's not right for them
- Don't expect them to do something just because they can; always check in to make sure they truly have the energy to
- Honor their need to pivot, shift direction and evolve
- Remind them how feel good they be to around and how expanded you feel in their energy
- Help them with the step-by-step process
- Enjoy their speed and power without being in competition with it; don't try to keep up with them

Tools for Supporting
Manifesting Generators

Parenting As A Manifesting Generator

- Encourage them to create space to pursue what excites them and trust that doing so will uplift and energize their kid(s)
- Remind them that creating space to pursue their desires will give them even more energy to handle the things that are not exciting
- Help them tune into and delegate the pieces of their day that feel draining, especially the more mundane, step-by-step pieces
- Encourage them to choose activities to do with their kids that feel fun and satisfying to do together
- Remind them to not expect their kid(s) and/or family to keep up with or move as fast as them

Tools for Supporting
Manifesting Generators

Parenting A Manifesting Generator

- Trust your child is a multi-passionate creative force; give them freedom to be creative at their own pace and in their own way
- Don't force them to stick to things; they're meant to try many things
- Know that their gift is their ability to move quickly, so don't make them wrong for making mistakes or missing details
- Don't try to keep up with them and enlist the help of others in creating experiences to keep your children active
- Keep them stimulated and help them use up their energy fully, so they can sleep soundly at night (e.g. no set bedtimes)
- Don't force rest if they don't need it
- Pay attention to what feels the most exciting to them, and create more opportunities for them to do that thing
- Ask them yes/no questions to help them drop into their gut

Tools for Supporting
Manifesting Generators

Career & Leadership

- Help them take inventory and reflect on what they are most lit up and satisfied by in their work
- Encourage them to delegate the pieces of their work that feel draining, e.g. handing off the step-by-step pieces, so they can stay in their creative flow
- Remind them that they may thrive when each day looks different; encourage them to inform collaborators that they may pivot often and make sure their team is on board for this
- Remind them their collaborators are not designed to move as fast or do as much as them; they have their own gifts
- Help them release the need to do leadership or career in the way they think they should; help them tune into what feels right
- Help them drop into their gut and out of their head; use specific yes/no questions to help them (and encourage them to have their collaborators do the same)
- Remind them that while they may be competent at many things, what they are lit up by is the right path

Tools for Supporting
Manifesting Generators

Love & Relationships

- Prioritize their joy and create more opportunities for them to do what lights them up
- Enjoy their speed and power, without trying to keep up with them
- Trust that them being lit up benefits you too
- Ask them questions, create space for them to talk about their passions and help them tune into what they are excited about
- Honor the truth of their gut and don't ask them to explain their gut knowing – when they know, they know
- Spend time with them doing things they love
- Don't make them wrong for pivoting and shifting direction
- Don't put them in a box
- Take things off their plate they're not excited by and free up their energy to do more of what they love

If a Manifesting Generator, then...

**Wait to Respond
(& inform)**

Strategy

**Frustration
(& anger)**

Not-self

**Satisfaction
(& peace)**

Signature

Signpost

Satisfaction

- Satisfaction is a reminder you're right on track and to keep moving in that direction
- Satisfaction is: you feel lit up and excited, you are enjoying and connected to work you're doing, you feel magnetic and like opportunities are coming to you, you are turned on by life and using up your energy in ways that feel personally fulfilling, you feel deeply satisfied at the end of the day after exhausting your energy doing things you love, you wake up energized and inspired, your path feels just as satisfying as where you're going, you are continually excited by what you're working on, and you feel that the challenges that arise feel worth your effort
- Satisfaction is a sign you're prioritizing your excitement, allowing things to come to you rather than initiating action, embracing your multi-passionate nature and honoring your body's knowing by tuning into your gut feeling

Secondary Signpost

Peace

- Peace feels like minimal resistance, the freedom to move fast and be in your own creative flow, the space to pursue things you are lit up by, the freedom to pivot and shift direction when inspired, relationships that expand you, and the freedom to do things in the way that feels good, not in the way you think you should

Not-self

Frustration

- Frustration is an invitation to check in with yourself
- Frustration is: you feel uninspired and out of flow, you feel a sense of stuckness or consistent exhaustion, you feel resentful or dissatisfied with work or a relationship, you feel like the challenges that come up are not worth your energy, and you feel an inability to engage in things you really enjoy
- Pay attention to when frustration becomes an overwhelming feeling, not a momentary one
- Frustration is often a sign you're trying to initiate and force rather than waiting for things to come to you, you're sticking with something for too long, or a sign you're doing what you think you should do rather than trusting your gut
- Use frustration as an opportunity to pull your energy out of the thing that is causing it, allowing that thing to go away or transform into something better

Secondary Not-self

Anger

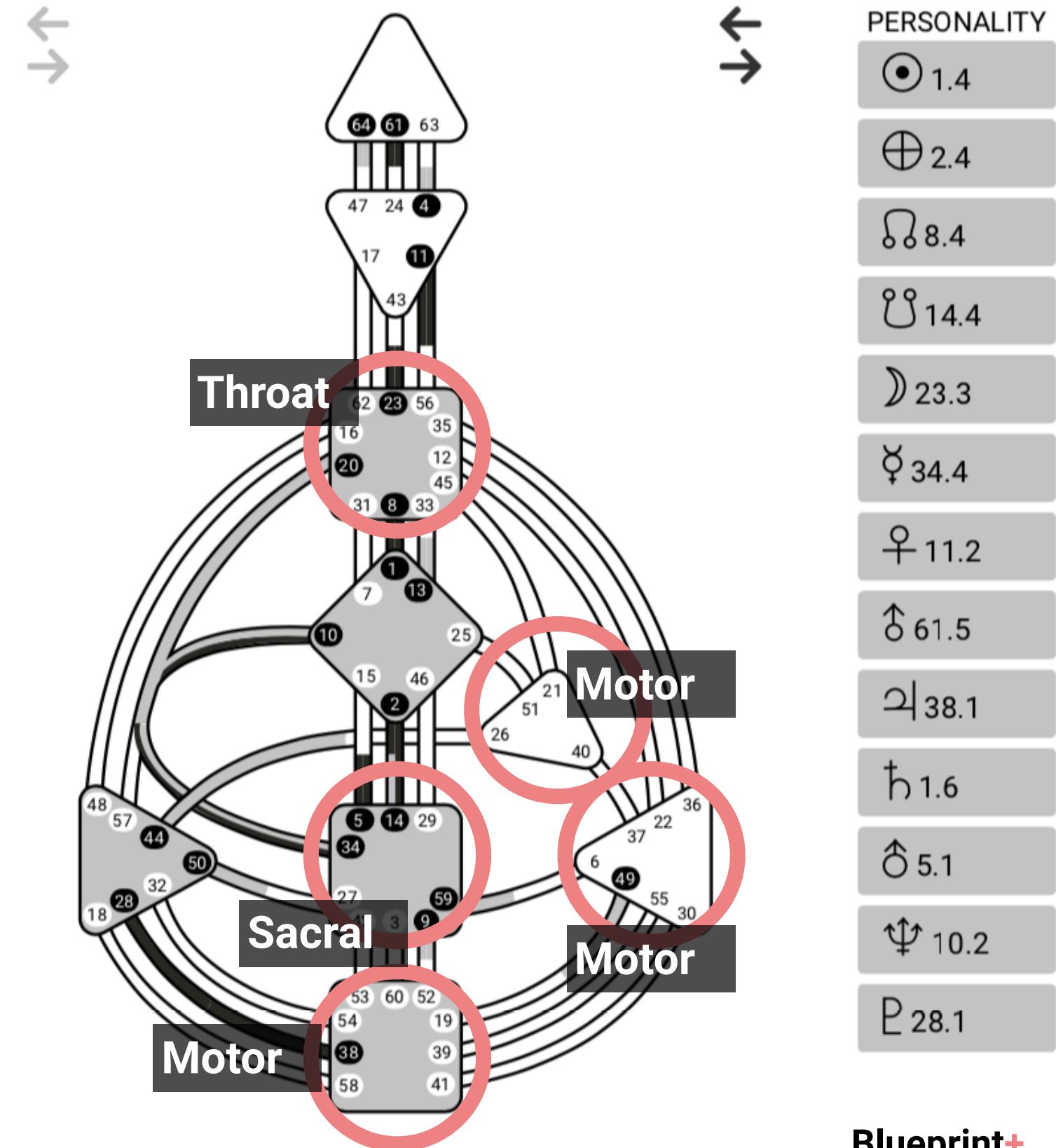
- Anger feels like disempowerment, getting lost in your mind rather than trusting your gut to guide you, feeling stuck in commitments that are no longer the right use of your energy (or never were), a lack of freedom in your days, an ability to be in your own creative flow and a shrinking of your innate power

How to Spot a Manifesting Generator

Their sacral center is defined and any motor center (the sacral, root, ego or emotions) is connected to the defined throat center by a channel, directly or indirectly. Remember, a channel is a fully colored line (no white) in between two centers.

This is an example of a Manifesting Generator with a direct connection between a defined throat and sacral center. These are often called “pure” manifesting generators. There is only one channel that allows for that direct connection between throat and sacral – the 20-34.

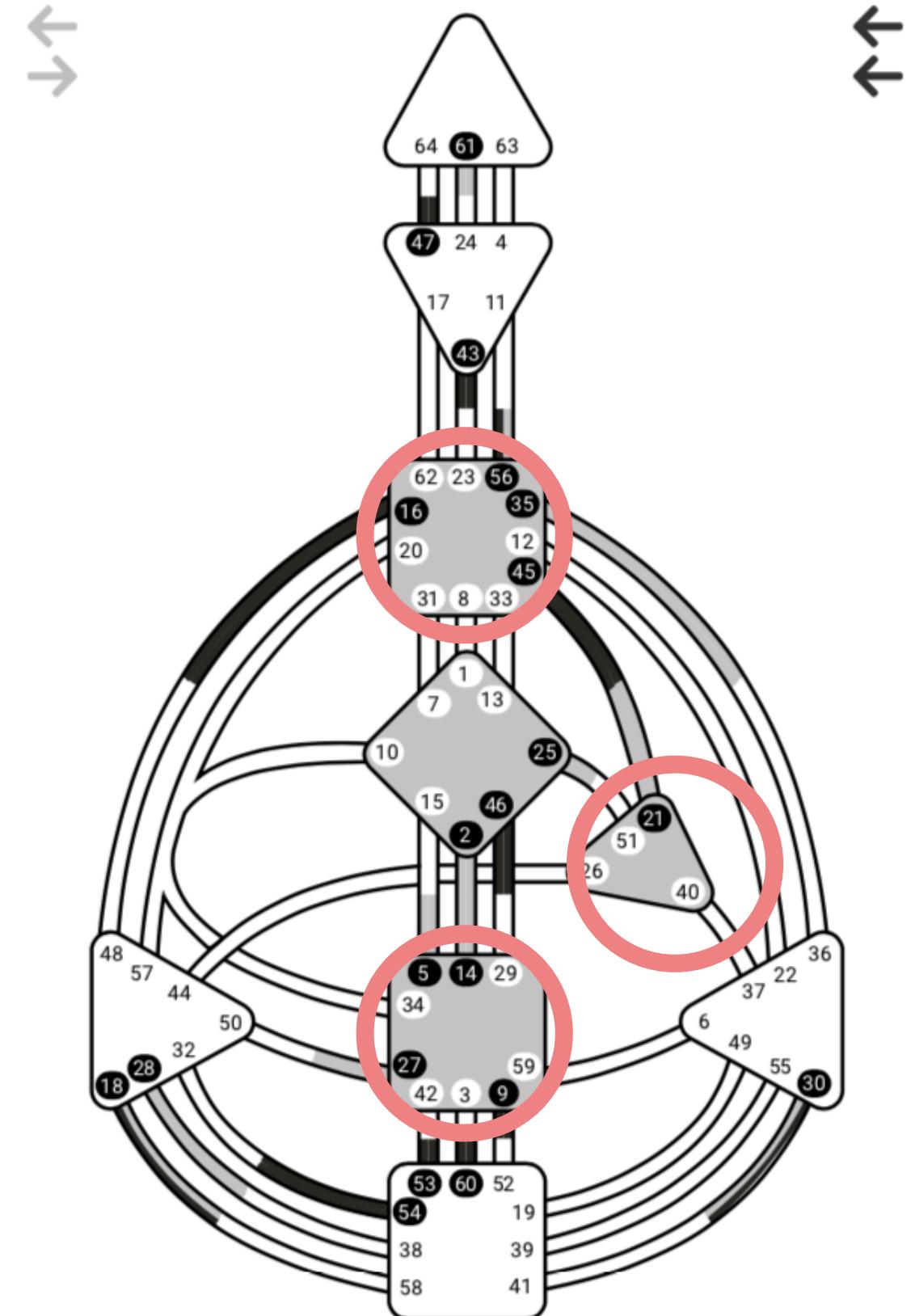
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⊕ 49.1
⊖ 20.4
⇅ 34.4
⤳ 13.4
☿ 64.2
♀ 59.5
♂ 14.3
⤱ 10.6
⤲ 44.3
⤳ 9.5
⤴ 10.1
⤵ 50.4



How to Spot a Manifesting Generator

In this case, the sacral center is defined and the ego center (a motor center) is connected directly to the throat center by a channel.

DESIGN
● 27.2
⊕ 28.2
○ 5.2
□ 35.2
☽ 2.3
☿ 21.2
♀ 25.6
♂ 56.2
⌚ 18.4
† 30.5
♂ 61.2
Ψ 61.1
ᴾ 14.1

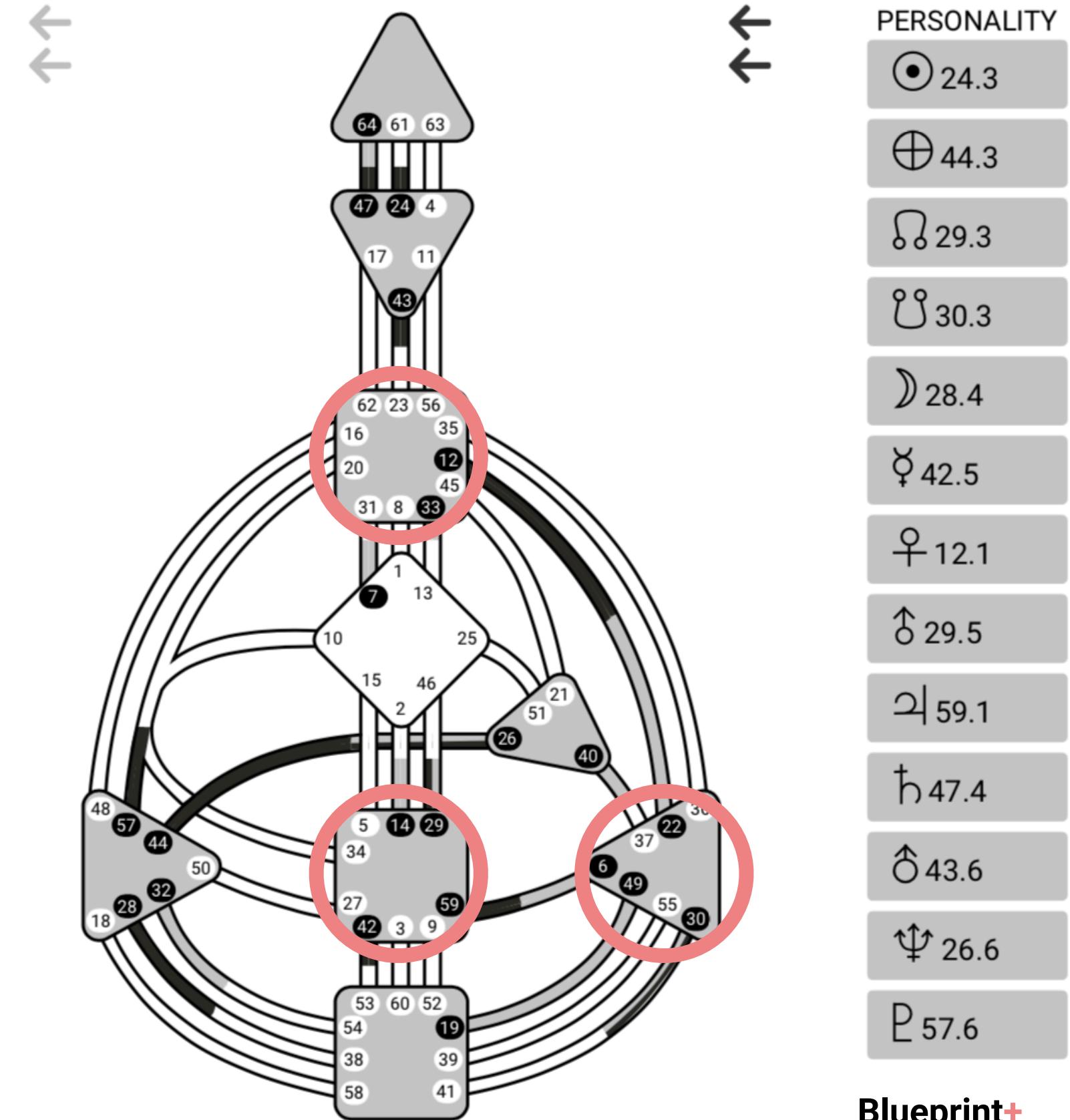


PERSONALITY
● 56.5
⊕ 60.5
○ 9.6
□ 16.6
☽ 46.3
☿ 53.4
♀ 45.3
♂ 47.2
⌚ 18.6
† 30.5
♂ 54.5
Ψ 54.5
ᴾ 43.5

How to Spot a Manifesting Generator

In this case, the sacral center is defined and the emotional center (a motor center) is directly connected to the defined throat center by a channel.

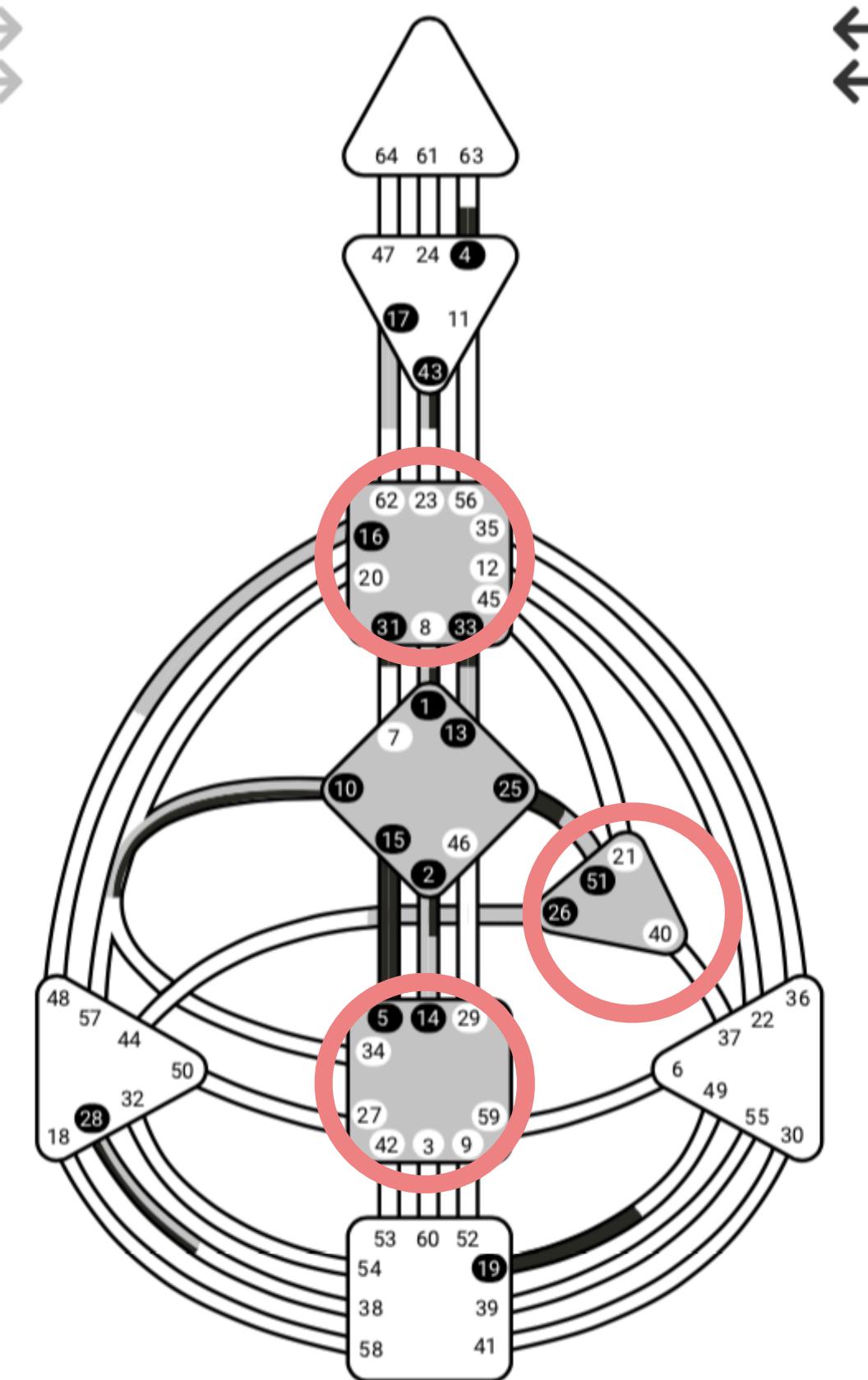
DESIGN
● 19.5
⊕ 33.5
○ 29.6
□ 30.6
☽ 7.3
♀ 49.1
♂ 22.3
↑ 64.3
⌚ 40.3
⌚ 6.5
♂ 14.1
⌚ 26.6
⌚ 32.2



How to Spot a Manifesting Generator

In this case, the sacral center is defined and both the sacral center and the ego center (motor centers) are connected indirectly to the defined throat center through the defined identity center.

DESIGN
● 2.2
⊕ 1.2
○ 2.6
⌲ 1.6
☽ 43.1
☿ 51.4
♀ 17.5
♂ 16.1
⌚ 13.3
† 14.2
♂ 26.1
⌲ 10.6
⌚ 28.2



PERSONALITY
● 33.6
⊕ 19.6
○ 2.1
⌲ 1.1
☽ 25.5
☿ 4.4
♀ 15.6
♂ 31.6
⌚ 19.5
† 43.3
♂ 5.3
⌲ 10.4
⌚ 28.1

Blueprint+

Projectors

Marie Kondo



Gifts of Being a Projector

- Natural advisors, leaders, guides and teachers
- Innately sensitive to and wise about people and how they can best leverage their gifts; gifted at deeply seeing others
- Gifted at seeing things in new ways and bringing a new perspective
- Here to show us a new way of success rooted in ease
- Aren't meant to go, go, go all day long; energy ebbs and flows
- Gifted at asking the right questions
- Gifted at taking the bird's eye view and helping others use their energy best, whether it's as a coach or CEO, mastering or devising a system, refining an existing process to make it more efficient, or developing a new way of doing things
- Natural learners and gifted at mastering systems
- Thrive in one-on-one settings

Energetic Signature

- Penetrating
- Focused
- Intense
- Absorbing
- Deep

Potential Challenges of Being a Projector

- Overworking, overdoing and being overzealous
- Trying to push through tiredness and exhaustion to try to get things done
- Trying to do it all by themselves
- Burning out trying to keep up with the world around them
- Feeling desperate for recognition, so they settle for the wrong relationships or commitments
- Trying to operate like everyone around them and getting frustrated they can't
- Finding their worth in their productivity and how much they do

Myths about Projectors

- You don't have energy.
- You have to wait to be invited for everything.
- You are limited from certain careers.
- You can't build or make things happen.
- You can't start things.
- You're lazy.
- You aren't meant to exercise consistently.
- You'll reach goals slower than others.

Practical Tools to Align with Being a Projector

- Surround yourself with people who recognize your gifts and naturally energize you (and feel energetically healthy)
- Build rest and space into your days; the more you honor your need for rest, the more effective you'll be
- Take the time to recognize your own gifts and see your value; this makes it easier for others to see you
- Allow in support and trust you're not meant to do it all alone
- Hone your gift of asking the right questions
- Rather than giving out energy all the time, take time to study and nourish yourself with information you love; find balance between sharing your gifts and cultivating your gifts
- Reflect on where you are still defining your worth based on how much you do
- Pay attention to whether there are modalities, systems and ways of seeing the world you feel drawn to – create space to dive deeper into them

Tools for Supporting Projectors

- Honor their need for rest and time alone
- Be curious about their perspective and experience, and ask them questions
- Carve out one-on-one time to go deep with them
- Stay attuned to their energy levels
- Don't expect them to keep up with you
- Offer them words of affirmation and let them know all the things you see in them
- Invite in their perspective
- Create opportunities for them to share their gifts with the world
- Treasure and cherish them

Tools for Supporting Projectors

Parenting As A Projector

- Encourage them to give themselves space and time alone to reset and recharge, even when it's just 5 minutes
- Encourage them to release the need to keep up with their kid(s) and/or partner and "do" as much as them
- Encourage them to prioritize self-care whenever possible
 - taking good care of their energy and taking rest allows them to show up fully when they do show up
- Encourage them to set their kids up with activities that don't require them to do all the doing (eg. a puzzle or a play date with a neighbor)
- Remind them to give their kid(s) one-on-one time when it feels good – remember their gift is making others feel deeply recognized and seen
- If they're partnered, encourage them to let their partner know how important recognition is to them

Tools for Supporting Projectors

Parenting A Projector

- Know that you have a wise and sensitive child
- Pay attention to where and who feels good to them
- Support them in honoring the ebbs and flows of their energy and don't expect them to keep up; stay attuned to their energy levels
- Give them plenty of rest and time alone (and time in nature)
- Remember recognition is key for them, so make sure you invite them to share their gifts, so they don't have to fight to get noticed
- Offer words of affirmation and celebrate who they are
- Pay attention to what comes naturally to them and facilitate opportunities for them to explore and master that thing
- Give them one-on-one time and ask them open-ended questions
- Ease them into bed with gentle activities like a bath or a book and allow them to sleep in their own energy (if possible)

Tools for Projectors

Career & Leadership

- Help them connect to their innate gifts and see where they are still deriving their value from how much they do; remind them that their gift as a leader is the potency of their insights
- Encourage them to build in moments of rest and space in the day (e.g. no back to back meetings)
- Reflect on where they feel the most seen and appreciated
- Remind them it may feel better to be paid for value created rather than hours worked
- Remind them of the need for space to cultivate their craft
- Encourage them to bring on support whenever possible, so they can be empowered to focus on what they're best at
- Remind them of the importance of being surrounded by people that are lit up by their work
- If they are an entrepreneur, encourage them to consider offerings that scale beyond them and where growing the business doesn't require them to work more hours
- Remind them of the importance of one-on-one time with their team
- Remind them to hone their gift of asking questions

Tools for Supporting Projectors

Love & Relationships

- Value them deeply and make an effort to let them know what you see in them (e.g. words of affirmation)
- Do not assume they operate like you
- Ask questions to get to know how they operate best
- Make yourself available for depth and intimacy in your connection
- Invite in their insights and take them seriously
- Honor their need for rest and time alone, and always check in with them around what they have the energy for
- Create opportunities for them to slow down and rest when you notice them pushing too hard
- Invest in one-on-one time
- In group settings, invite in their perspective and create space for them to be seen

If a Projector, then...

**Wait to Be
Invited**

Strategy

Bitterness

Not-self

Success

Signature

Signpost

Success

- Success is a reminder you're right on track and to keep moving in that direction
- Success is: you are sharing what you are here to share, you feel recognized and invited into opportunities to give guidance and to share your powerful perspective, you are being compensated well for your powerful gifts, you feel appreciated for your unique gifts, you have let go of any need to hustle or keep up with the world around you, you are standing tall in your worth and owning your value, you feel deeply seen and appreciated in your intimate relationships, and you are finding success on your own terms, in your own way
- Success is a sign you're investing your energy in the places you feel the most recognized and seen, you are tuned into and trusting your authority, you recognize your gifts, and you're honoring the ebbs and flows of your energy

Not-self

Bitterness

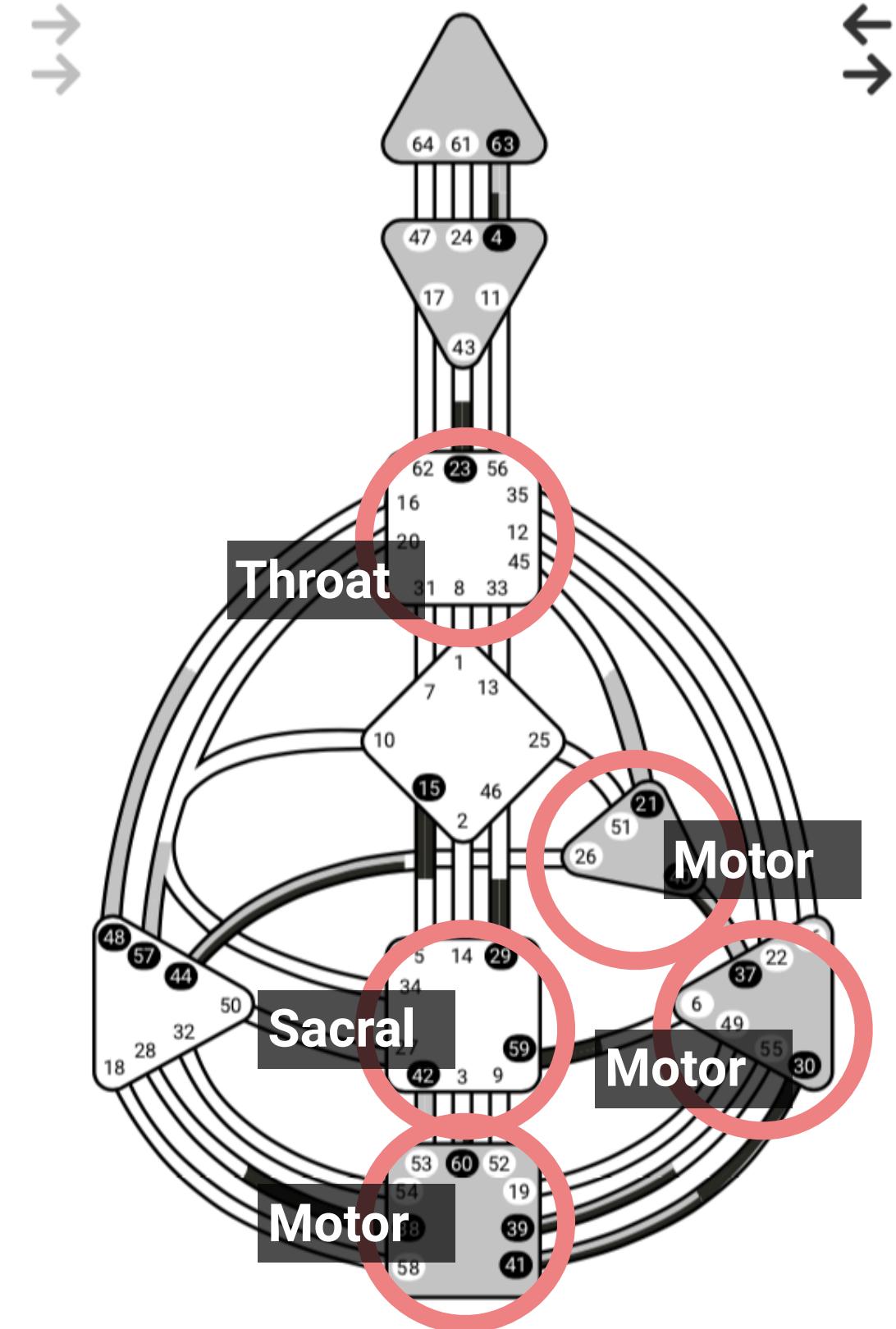
- Bitterness is an invitation to check in with yourself
- Bitterness is: you see how things can be improved around you, but no one is asking you to share what you see, you're not being invited in to share your perspective, you feel under-appreciated and unseen in the work you do and in your relationships, and you are trying to keep up with the world around you and burning out in the process
- Pay attention to when bitterness becomes an overwhelming feeling, not a momentary one
- Bitterness is often a sign you're trying to initiate or force something, you are sharing your guidance with those who are not ready to hear it, you're deriving your worth from your productivity, or you're ignoring your authority
- Use bitterness as an opportunity to help you align with your right direction — it often means it's time to pull your energy out of the thing that is causing it or have a conversation to see if the recognition is still there

How to Spot a Projector

The sacral center is undefined and no motor center (ego, emotions, root) is directly or indirectly connected to the throat.

In this case, the sacral center is undefined and the throat is undefined, so there is no possibility for a connection. You can see they have motor centers defined (emotional, root and ego), but none are connected to the throat.

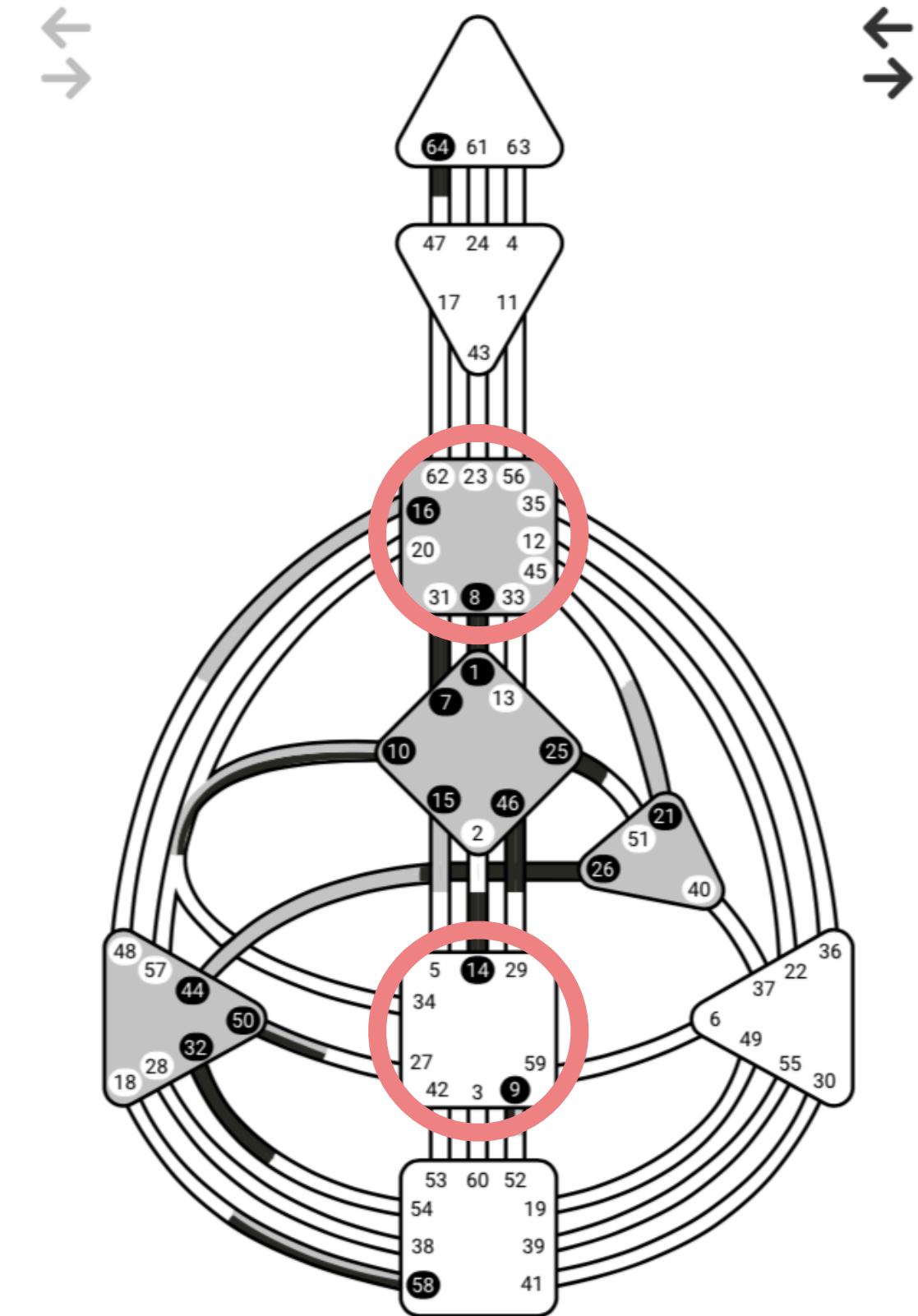
DESIGN
● 21.3
⊕ 48.3
□ 40.1
○ 37.1
☽ 57.2
☿ 63.6
♀ 42.6
♂ 39.5
☽ 41.1
☿ 60.3
♂ 4.4
ψ 44.4
☽ 40.1



How to Spot a Projector

In this case, the sacral center is undefined. The throat center is defined, but it has no connection to any motor center. The only connection to the throat center is the identity center, which is not a motor.

DESIGN
● 15.4
⊕ 10.4
○ 16.1
□ 9.1
☽ 21.2
♀ 15.2
♂ 15.5
♂ 44.5
☿ 58.6
☿ 44.3
♂ 9.6
♀ 10.2
☽ 50.4

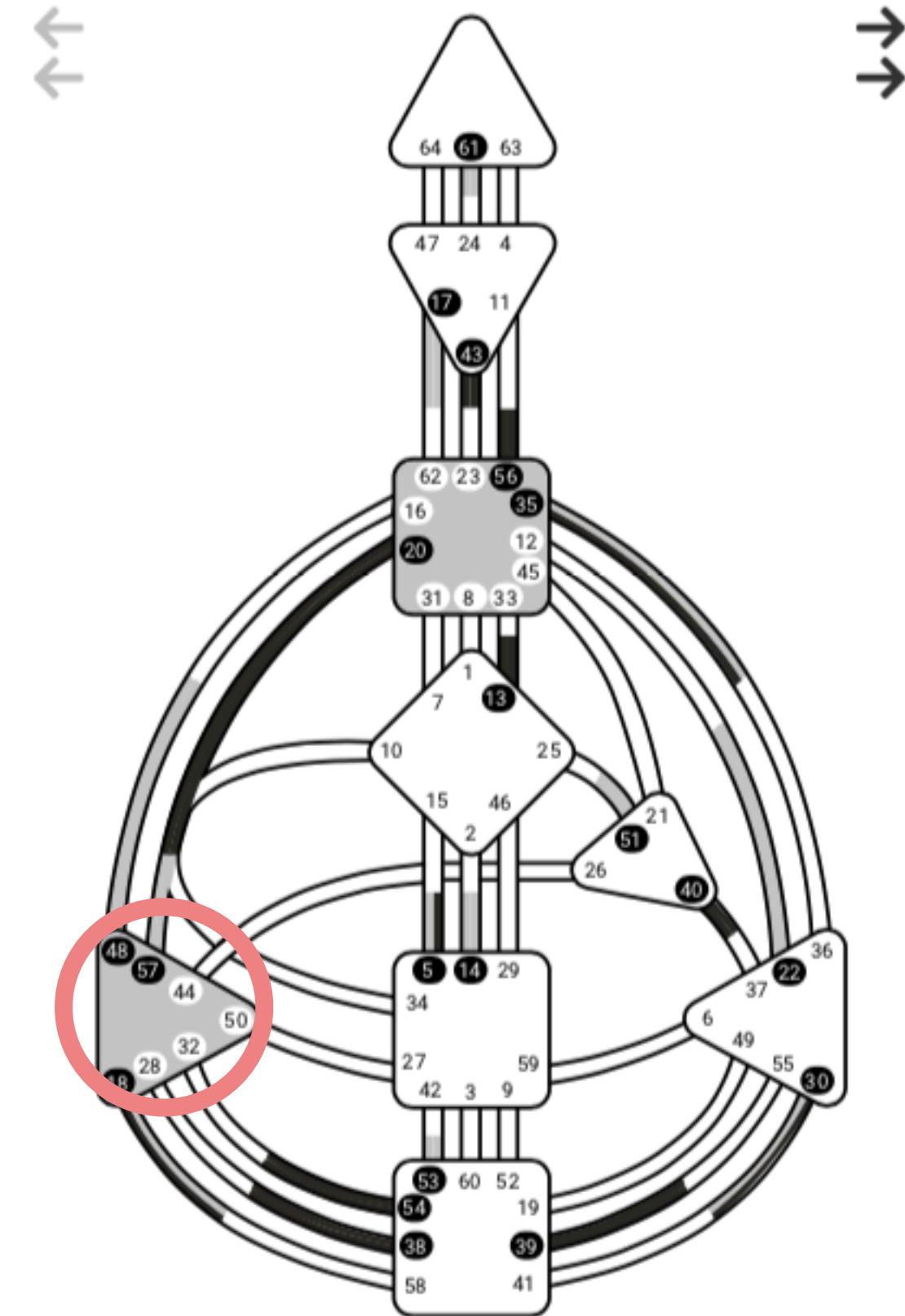


PERSONALITY
● 46.1
⊕ 25.1
○ 8.6
□ 14.6
☽ 7.1
♀ 64.4
♂ 32.5
♂ 26.5
☿ 58.1
☿ 1.1
♂ 9.5
♀ 10.1
☽ 50.5

A Classic Projector

A classic projector has a defined center below the throat, but it is not a motor center (e.g. it is not the emotional center, root or ego).

- DESIGN
- 51.2
 - ⊕ 57.2
 - ⊗ 5.3
 - Ϙ 35.3
 - ☽ 48.2
 - ☿ 22.2
 - ♀ 17.6
 - ♂ 53.6
 - ☿ 18.6
 - ☿ 30.3
 - ♂ 61.2
 - ☿ 61.1
 - ☿ 14.1

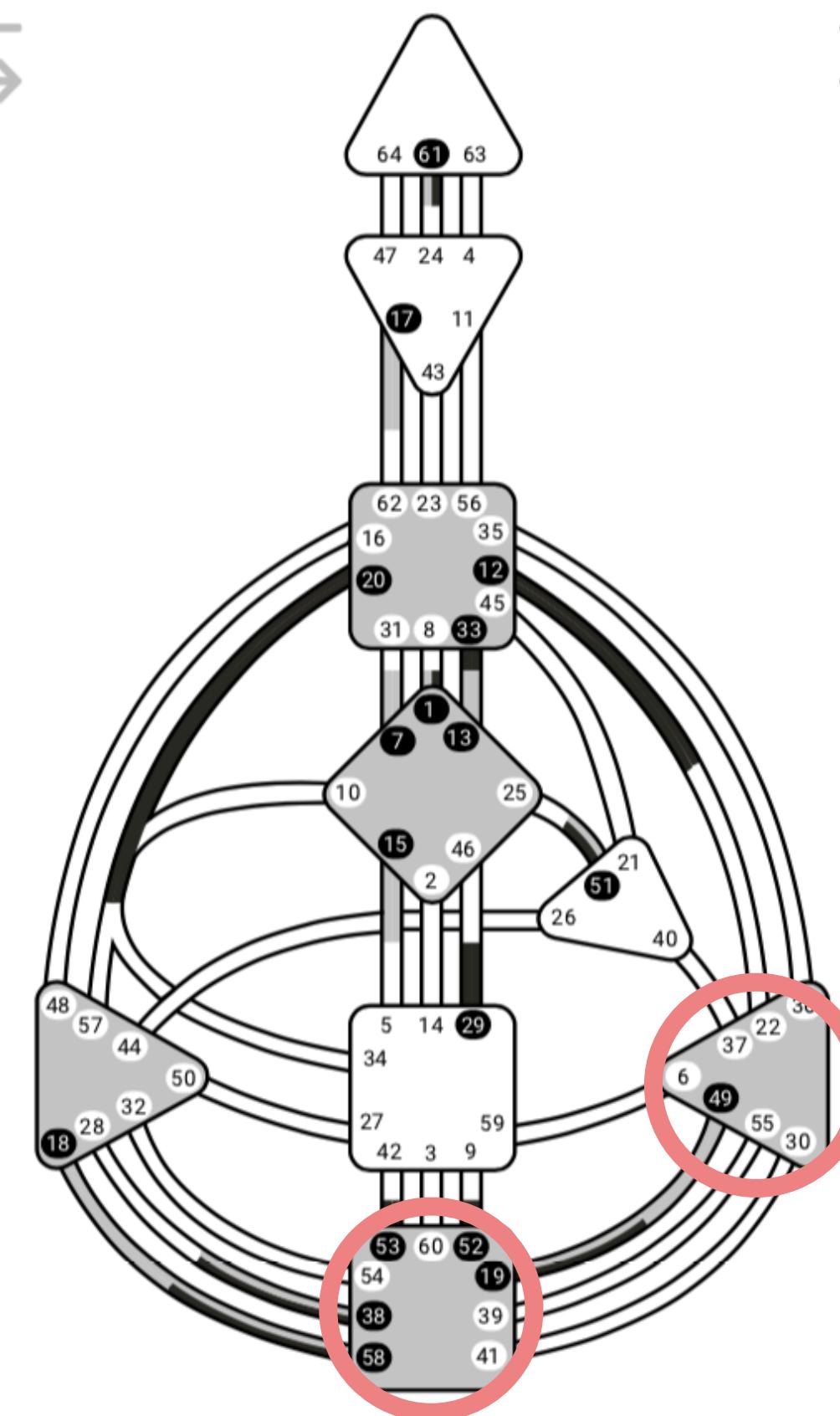


- PERSONALITY
- 39.6
 - ⊕ 38.6
 - ⊗ 5.1
 - Ϙ 35.1
 - ☽ 13.4
 - ☿ 56.1
 - ♀ 20.1
 - ♂ 40.3
 - ☿ 18.3
 - ☿ 30.6
 - ♂ 54.6
 - ☿ 54.6
 - ☿ 43.5

An Energy Projector

An energy projector has a defined center below the throat and at least one of them is a motor center (e.g. the emotional center, ego or root). Energy projectors often have some energy to discharge, so it's especially important to not overdo it and try to be a generator. It's important to recognize that their energy is not go, go, go energy – it still ebbs and flows.

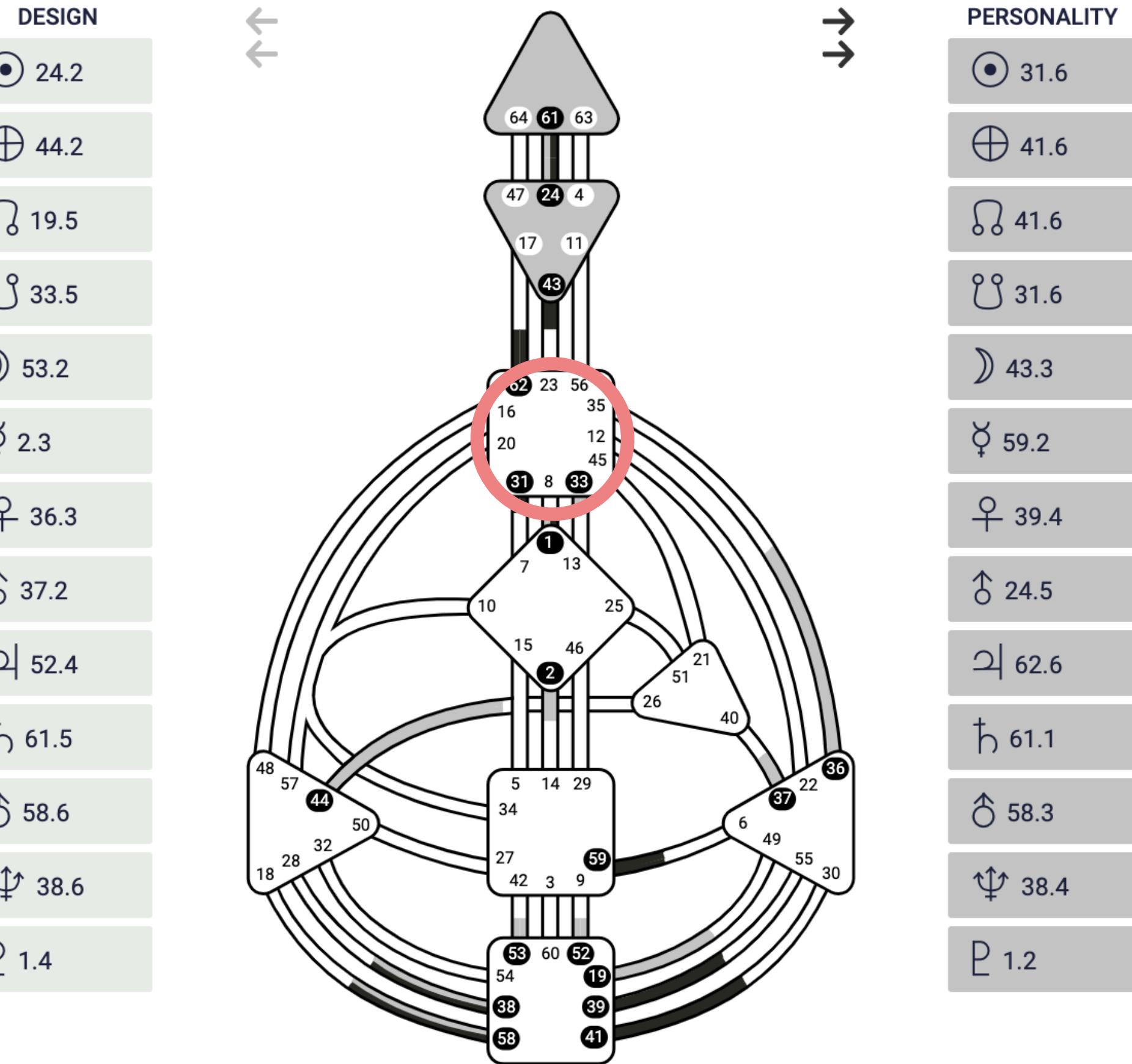
DESIGN
● 17.4
⊕ 18.4
○ 13.3
□ 7.3
☽ 51.6
♀ 51.1
♀ 49.2
↑ 19.5
△ 15.5
† 61.4
△ 58.6
ψ 38.6
β 1.5



PERSONALITY
● 52.2
⊕ 58.2
○ 19.1
□ 33.1
☽ 29.3
♀ 12.6
♀ 20.3
↑ 51.5
△ 53.4
† 61.3
△ 58.5
ψ 38.5
β 1.3

A Mental Projector

A mental projector has no defined centers below the throat. Everything is very open and sensitive in their design, with the exception of their mind. This means they are gifted at providing powerful information, opinions and guidance to others. Yet even with all that powerful mental energy, they still aren't meant to make decisions from their mind (they are meant to talk things out instead). Their environment can be particularly impactful, so it's important for them to be in the right space.



Manifestors

A black and white photograph of Maya Angelou. She is seated at a dark wooden desk, facing slightly to her right. She has short, curly hair and is wearing a patterned headwrap and a dark, button-down shirt. Her hands are clasped in her lap. Behind her is a bookshelf filled with books and framed pictures. A lamp is visible on the left side of the frame.

Maya Angelou

Gifts of Being a Manifestor

- Natural disruptors and innovators – where you go, others follow
- Born trailblazers, designed to do things differently
- Gifted at bringing new ideas and ways of doing things into the world
- Gifted at seeing the future and where things are going before others
- Thrive when they feel free and empowered to create on their own terms, in their own way
- Thrive when they feel autonomy and control in their work and relationships (they are not here to be guided or told what to do)
- Have a powerful impact on the people and world around them
- Work best in creative bursts
- Gifted at starting things, but not necessarily doing all the doing to keep the things alive
- Meant to be unapologetic and bold, which attracts the right people to them and pushes away those who are not right

Energetic Signature

- Protective
- Selective
- Impactful
- Self-contained
- Pushes away those who aren't for you

Potential Challenges of Being a Manifestor

- Being overly passive and waiting for things to come to them
- Trying to fit into a box that wasn't built for them
- Trying to do all the doing themselves rather than trusting their gift is in initiating
- People-pleasing and looking to others for permission
- Giving up power to fit in or be accepted
- Overworking and overdoing (which makes them unavailable for new ideas and inspirations to come)

Myths about Manifestors

- You're meant to go at it alone.
- You're meant to initiate all the time.
- You repel people.
- People find you challenging.
- You don't get to surrender, allow and receive.
- You can only work for yourself.

Practical Tools to Align with Being a Manifestor

- Take rest when your body calls for it, trusting rest is where new ideas and inspirations will come
- Reflect on where you are keeping yourself small and looking to others for approval
- Give yourself permission to take action on whatever urge has been arising within you
- Learn when to hand something off and accept the support of others in fulfilling your vision; your gift is initiating, not doing all the doing
- Reflect on where you can create more freedom in your life
- Surround yourself with people who celebrate your power and respect your spontaneity
- Release the need to be liked by everyone; whenever you find yourself on the edge of people-pleasing, choose to step into authenticity instead

Tools for Supporting Manifestors

- Honor their innate power and don't try to control them
- Remind them of the impact they're having
- Support them in trusting themselves and following their urges, even if you don't get them
- Don't pepper them with questions
- Honor their flow and don't interfere with it
- Build a strong channel of communication with them
- Honor their need for rest and time alone
- Don't expect consistency and for them to be up for something just because they were yesterday
- Treat their energy as sacred; it's a gift to be allowed in
- Support them in taking the lead unless they ask you to
- Take things off their plate if it'd free up their energy

Tools for Supporting Manifestors

Parenting As A Manifestor

- Encourage them to create space to be in their own uninterrupted flow, even if it's just one afternoon a week
- Remind them to keep their kid(s) and/or partner(s) in the loop with decisions, e.g. where they're going, when they need space, all the things
- Remind them to lead the charge when they're inspired and to let others know when they want to receive
- Encourage them to give themselves permission to pull away and be in their own energy to reset or recharge, even if it's just for a night or 5 minutes
- Remind them to honor the ebb and flow of their energy and to release the need to keep up with their kid(s), e.g. giving them activities that don't require them to do much alongside them (a puzzle or a play date with a neighbor)

Tools for Supporting Manifestors

Parenting A Manifestor

- Know that you have a powerful, provocative child
- Freedom is essential for them, so whenever possible, allow them to lead the charge (e.g. a day a week where they call the shots)
- Know they thrive when they feel free to do what they want, when they want, and they feel a sense of independence
- Encourage them to communicate and let you know what they're doing before they do it; keep them informed of your decisions
- Treat them with respect and teach them to ask for permission before doing something (if you can't give the permission, explain why)
- Honor their need for rest and time alone
- Know that their energy operates in creative bursts (e.g. they'll have moments of high energy and moments of needing space)
- Support them in engaging with others on their own terms rather than having it feeling forced
- Ease them into bed and let them rest before sleeping

Tools for Supporting Manifestors

Career & Leadership

- Encourage them to reflect on whether they are surrounded by people that honor their disruptive nature
- Remind them the importance of building a strong channel of communication with their collaborators
- Help them consider where they can create more freedom in their days (e.g. informing people of what needs to happen rather than micromanaging)
- Remind them their energy operates best in creative bursts (e.g. weeks of momentum and then rest)
- Encourage them to delegate and hand off responsibilities when the time is right, so they can initiate the next thing
- Remind them they may work best independently or in charge of a team or domain within a company where they feel free to do things their way

Tools for Supporting Manifestors

Love & Relationships

- Be ready to be provoked and sparked by them
- Recognize what a gift it is to be let into their energy
- Do not encroach on their freedom or disrupt their flow
- Keep them in the loop and ask they do the same, even when it's annoying
- Take charge when they ask you to
- Support them in taking rest and time alone; don't expect consistent energy
- Don't expect them to do things like you
- Take things off their plate you know they don't want to do
- Remind them of their impact and of their power
- Give them space, encouragement and freedom to be their biggest, boldest self

If a Manifestor, then...

Initiate & Inform

Strategy

Anger

Not-self

Peace

Signature

Signpost

Peace

- Peace is a reminder you're right on track and to keep moving in that direction
- Peace is: a feeling of minimal resistance, you are dreaming up and pursuing your visions, you are doing what you want, when you want it, you feel a sense of calmness and stillness, you feel empowered to do things in your own way, on your own terms, your flow is not being disrupted by others, you feel free to take rest and time alone when you need it, you are informing and being informed, and you are connected to your innate power
- Peace is a sign you are bringing your own ideas to life, you are informing before you act, you feel empowered and in control, you feel free, and you are tuned into and trusting your inner authority

Not-self

Anger

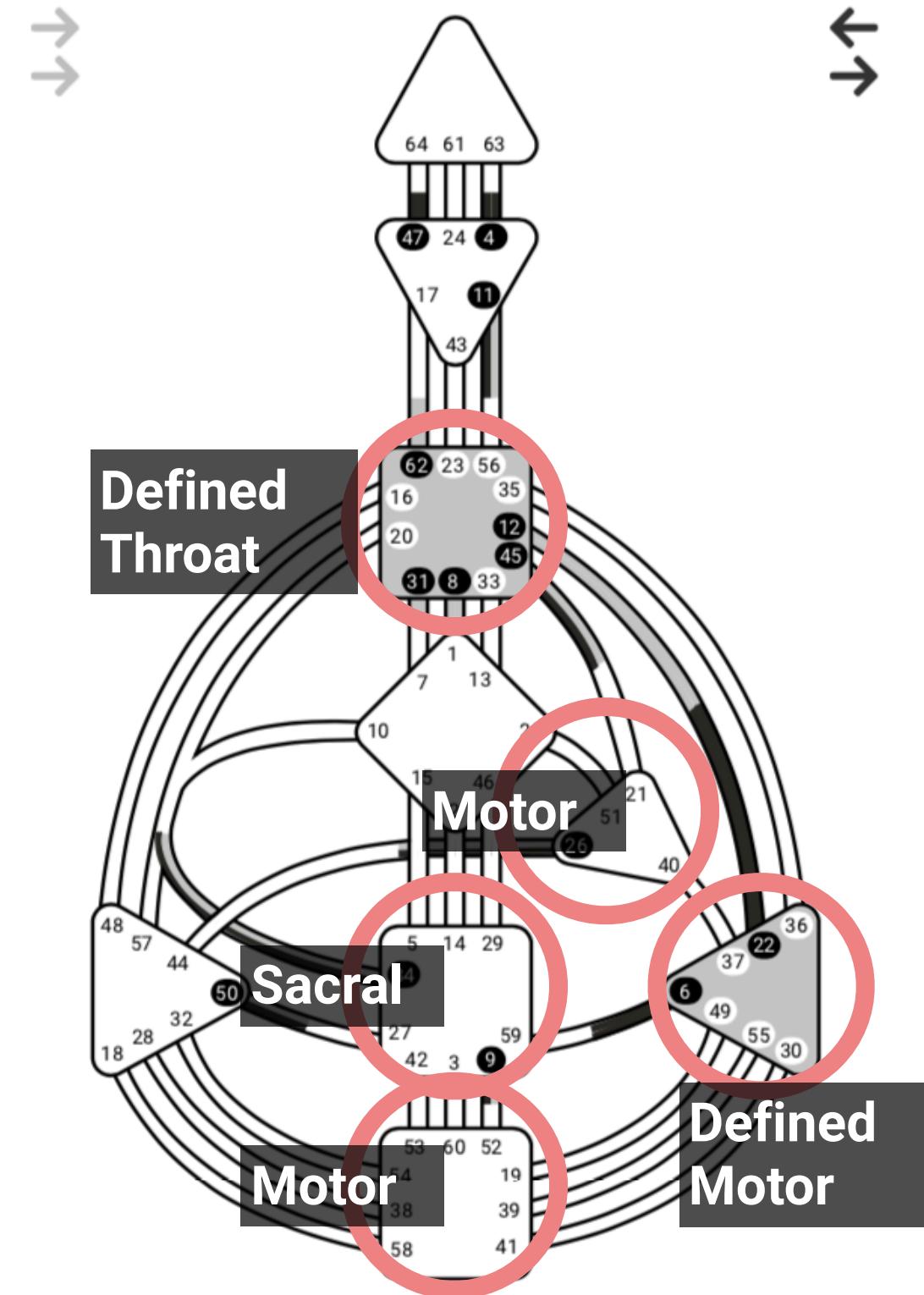
- Anger is an invitation to check in with yourself
- Anger is: you feel disempowered and a lack of control, you feel annoyed and like others are telling you what to do, you are working in a way that doesn't feel good to you, you feel like the world is pushing against you, you are ignoring the urges that are arising within you, you feel pestered by others with questions, you feel a lack of freedom in your days, you are unable to be in your own flow, and you feel disconnected from your own power
- Pay attention to when anger becomes an overwhelming feeling, not a momentary one
- Anger is often a sign you've given too much power to someone else, you're not trusting yourself to initiate and be the first, and you're not trusting your authority
- Use anger as an opportunity to pull your energy out of that thing and reflect on how to create a better way of doing things

How to Spot a Manifestor

The sacral center is undefined and one of the motor centers (ego, root or emotions) is directly or indirectly connected to a defined throat.

In this case, their emotional center is defined and is directly connected to the defined throat by a channel. Their sacral center is undefined.

DESIGN
● 45.6
⊕ 26.6
⊖ 12.3
⋈ 11.3
⦶ 62.2
♀ 8.5
♂ 31.6
♂ 45.3
⦷ 34.5
† 50.2
♂ 9.1
ψ 11.6
Ρ 50.1

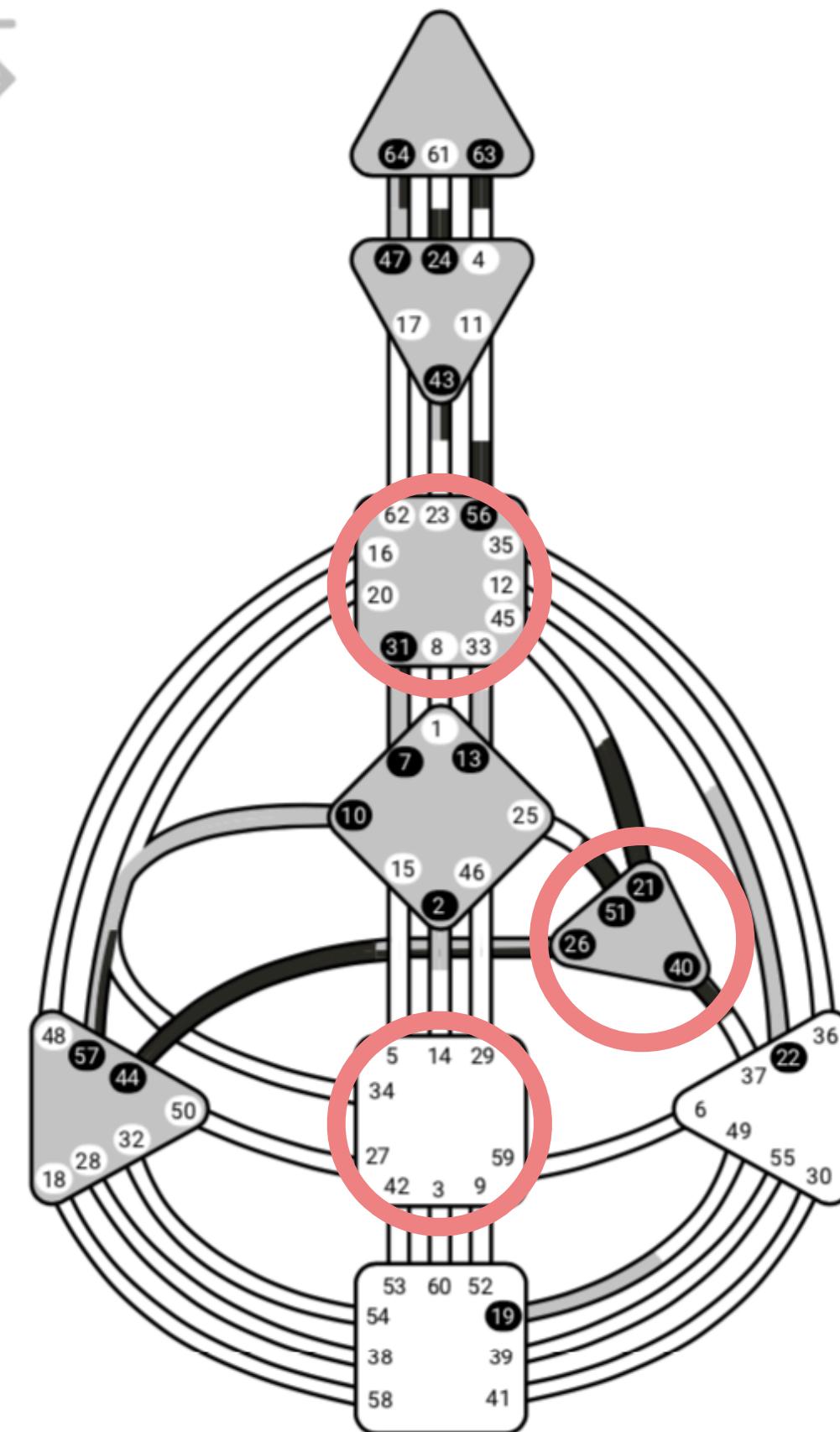


PERSONALITY
● 47.4
⊕ 22.4
⊖ 45.4
⋈ 26.4
⦶ 9.4
♀ 6.3
♂ 4.5
♂ 4.1
⦷ 34.5
† 50.6
♂ 34.6
ψ 11.5
Ρ 50.2

How to Spot a Manifestor

In this case, their sacral center is undefined and their defined ego (motor) is connected to the defined throat via the spleen and identity centers. Here, it is an indirect connection. What matters is that a single flow of energy will take you there.

DESIGN
● 13.2
⊕ 7.2
⊖ 47.2
⊸ 22.2
☽ 2.2
☿ 19.4
♀ 10.1
♂ 19.4
〽 31.1
† 64.2
⊪ 43.3
⊵ 26.4
ᴾ 57.5



PERSONALITY
● 24.6
⊕ 44.6
⊖ 64.5
⊸ 63.5
☽ 31.5
☿ 51.4
♀ 21.4
♂ 51.6
〽 56.6
† 40.2
⊪ 43.1
⊵ 26.4
ᴾ 57.3

Reflectors

Sandra Bullock



Gifts of Being a Reflector

- The capacity to intuit what's working or not in communities, teams, people and spaces, and how things can be improved
- Can see what's happening in a space in a way no one else can
- Gifted at mirroring back injustice and revealing a more equitable way of doing things
- Innately wise and objective
- A non-judgmental perspective and presence
- The ability to express themselves in a multitude of ways
- Energy that ebbs and flows – one week, they can do more than anyone else; the next week, they may need to rest
- Thrive when at the heart of a community or team, so can freely move energy about, assessing what's working or not
- Gifted facilitators

Energetic Signature

- Resilient
- Gentle
- Accepting
- Non-intrusive
- Protected

Potential Challenges of Being a Reflector

- Feeling depleted because in the wrong environment
- Trying to fit in and be like others
- Getting lost in others' fears, emotions, stress and anxiety, and not maintaining a healthy sense of detachment
- Making rash decisions based on someone else's excitement and not their own
- Becoming dependent on or attached to those around them
- Seeking recognition from those who don't see them
- Spending time with people that don't feel good
- Feeling the pressure to be just one thing and to express themselves in a consistent, predictable way

Myths about Reflectors

- You must wait a month for every decision.
- You don't have sense of self.
- You don't have energy and can't make things happen.
- You are cold and detached.
- You are too sensitive.
- You'll reach goals slower than others.

Practical Tools to Align with Being a Reflector

- Pay attention to which spaces and people feel good to be in and around – spend more time there and with those people
- Pay attention to which spaces no longer feel good
- Instead of trying to be consistent, ask yourself: what feels like me today?
- Reflect on where in your life you are trying to be just one thing
- Practice neutral observation, e.g. sensing where people are without taking on their stuff as your own
- Balance time with people with time alone
- Spend time in nature if you feel a need to disconnect from others' energy
- Invest energy in making your spaces feel good
- Honor the ebb and flow of your energy and take rest when you need it
- Play by rules that work for you, not by ones that have worked for others

Tools for Supporting Reflectors

- Always let them choose the space and check in to make sure a space feels good
- Check in to see what feels good to them in the moment and don't assume because they were up for something in the past, they'll be up for that same thing again
- Recognize their gifts (e.g. words of affirmation) and invite them in to share their perspective
- Honor their need for rest and give them space and time alone
- Sort through and resolve your own stuff, knowing they will mirror back to you where you are
- Be patient and trust they have their own sense of timing
- Be curious about their way of doing things rather than expecting it to be like yours

Tools for Supporting Reflectors

Parenting As A Reflector

- Encourage them to give themselves space and time alone to reset and recharge, even if it's just 5 minutes
- Encourage them to carve out a space in their home that feels like theirs and let it be a space they can retreat to be and be recharged by
- Encourage them to prioritize self-care whenever possible
- Make sure their home feels good
- Encourage them to release the need to be consistent and to keep up with your kid(s) and/or partner; honor what they have the energy for that day
- Encourage them to take their kid(s) to spaces that feel good in your body
- Experiment with setting their kid(s) up with activities that don't require you to do as much alongside them (e.g. a puzzle or a playdate with a neighbor)

Tools for Supporting Reflectors

Parenting A Reflector

- Know you have a wise, unique child
- Offer consistency in your presence, but don't expect it from them
- Meet them where they are each day; be curious
- Honor the ebbs and flows of their energy and encourage rest and time alone; create opportunities for them to be in nature
- Give them opportunities to sample different activities and communities without pressuring them to choose
- Create a sacred space they can use to recharge
- Know their space impacts their wellbeing, so make sure their bedroom, classroom and town feel good; honor their sensitivity
- Take good care of yourself, so they're not mirroring back to you your frustration, anger or bitterness
- Ease them into bed with a bath or book together
- Don't expect them to be like you or other kids

Tools for Supporting Reflectors

Career & Leadership

- Encourage them to honor the ebb and flow of their energy
- Encourage them to plant themselves in spaces that feel good, e.g. the right office or co-working space
- Encourage them to release the need to do all the doing and to bring on support when and where they can
- Remind them of the importance of collaborators that uplift them and give them energy
- Encourage them to reflect on where their perspective feels the most recognized and treasured
- Encourage them to release the pressure to build their business in a way those around them are doing
- Remind them to take their time with big decisions
- Encourage them to design a schedule that gives them freedom to move their energy and not be in the same environment with the same people all day, every day

Tools for Supporting Reflectors

Love & Relationships

- Honor their uniqueness and don't expect them to be like you; offer words of affirmation
- Take good care of your own energy (this is taking good care of them)
- Honor their sensitivity to space – support them in being in spaces that feel good and leaving ones that don't
- Cherish the gift of their perspective and presence
- Invite in their thoughts often and create opportunities for them to share their wisdom with the world
- Give them consistency in your presence
- Honor wherever they are that day and don't expect consistency from them
- Honor their need for space and time alone
- Don't rush them

If a Reflector, then...

Wait to Be Invited & Initiated	Disappoint ment	Surprise	Wait a Lunar Cycle
<i>Strategy</i>	<i>Not-self</i>	<i>Signature</i>	<i>Authority</i>

Signpost

Surprise

- Surprise is a reminder you're right on track and to keep moving in that direction
- Surprise is: you are in awe of all the possibilities that life has to bring and curious about what life has to offer, you feel delight and wonder, you are surrendered and don't need to know what's going to happen, you feel a sense newness and freshness each day, you experience a joy in the magic the unknown, you are not clinging to labels or trying to be just one thing, you are waking people up to their most authentic selves, you feel appreciated for your guidance and invited in to share your reflections, you are spending time in places and with people that uplift you, and you are tapping into many ways of expressing yourself
- Surprise is a sign you're taking your time with your decisions, honoring the ebb and flow of your energy, embracing your fluid nature, feeling appreciated for your gifts, and finding yourself in the perfect place with the perfect people

Not-self

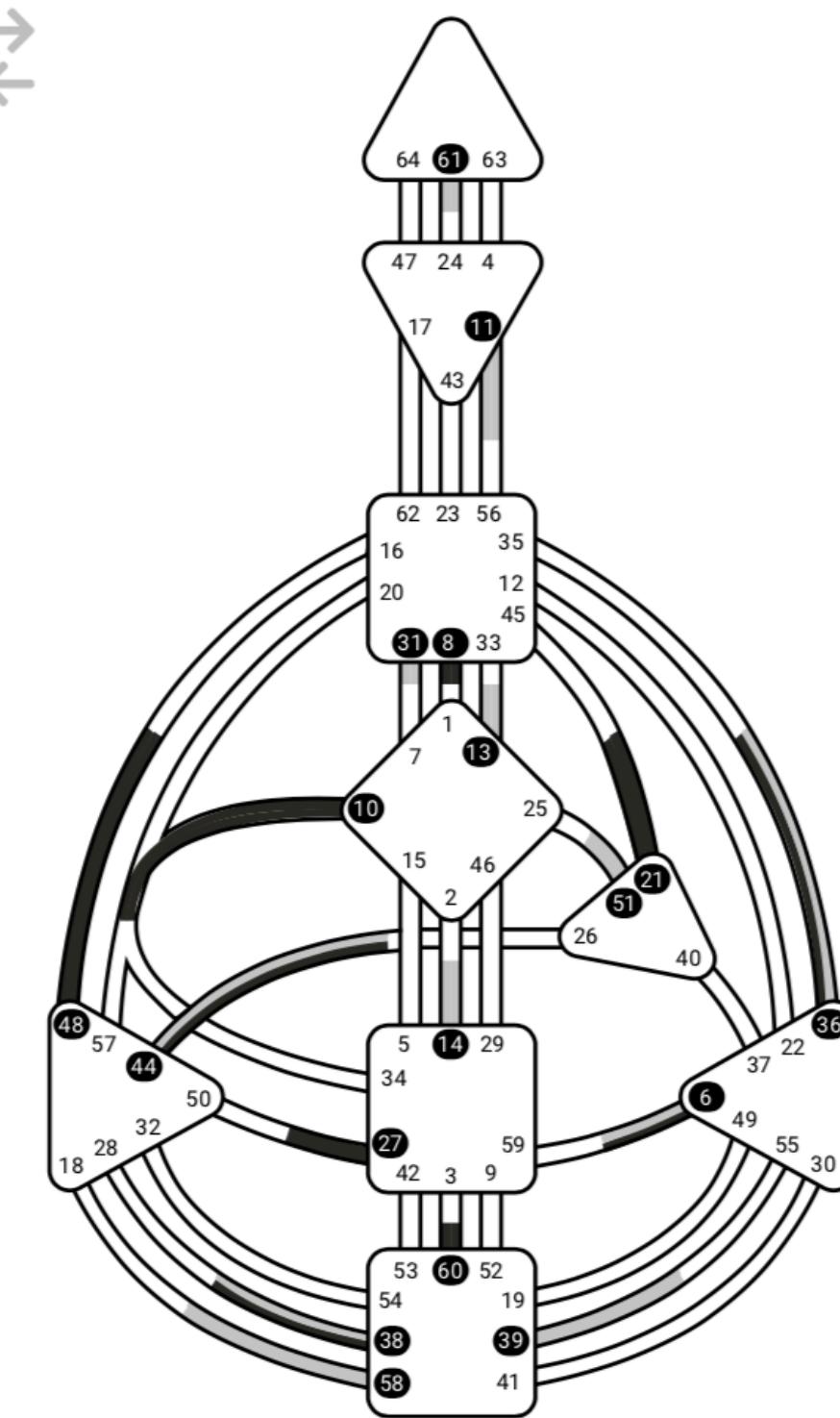
Disappointment

- Disappointment is an invitation to check in with yourself
- Disappointment is: you aren't in a space that feels good, life feels constricted, you feel pressured to make decisions impulsively, you aren't with the right people, you are getting lost in others' energy, your guidance isn't being received, you are trying to be a consistent doer, you're trying to control things you cannot control, and you're resisting your fluid nature
- Pay attention to when disappointment becomes an overwhelming feeling, not a momentary one
- Disappointment is often a sign you're initiating, rushing into decisions, trying to consistently do and be, and spending time in the wrong spaces with the wrong people
- Use disappointment as an opportunity to pull your energy out of the thing that is causing it, allowing that thing to go away or transform into something better

How to Spot a Reflector

Every single center is open or undefined, e.g. white. There are no centers defined.

DESIGN
● 38.6
⊕ 39.6
○ 36.4
○ 6.4
) 31.2
♀ 61.3
♀ 13.5
♂ 14.4
⌚ 51.6
↑ 11.4
♂ 11.6
↑ 58.5
⌚ 44.5



PERSONALITY
● 21.4
⊕ 48.4
○ 36.1
□ 6.1
☽ 48.1
♀ 36.3
♂ 8.5
↑ 60.1
⤒ 27.4
⤓ 10.5
⤔ 10.3
⤖ 38.1
⤙ 44.5

Blueprint+

Quiz

Which type?

DESIGN

● 56.6

⊕ 60.6

○ 39.4

□ 38.4

○ 46.4

♀ 56.6

♂ 52.2

↑ 32.5

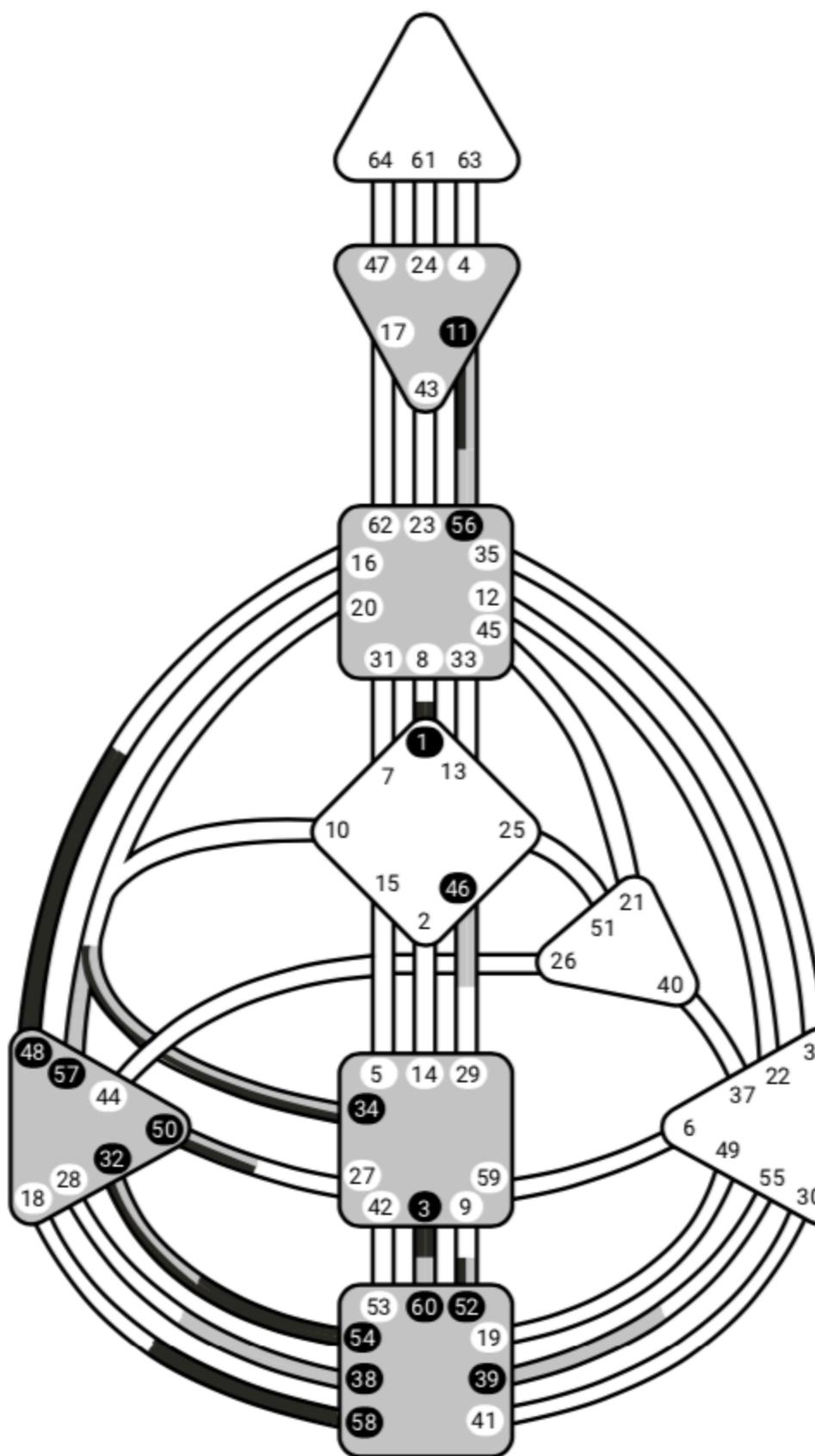
□ 50.6

† 57.2

○ 34.1

ψ 11.3

□ 32.4



PERSONALITY

● 50.4

⊕ 3.4

○ 52.3

□ 58.3

○ 54.2

♀ 48.5

♂ 50.1

↑ 11.2

□ 1.4

† 32.6

○ 34.3

ψ 11.3

□ 50.1

Generator

Which type?

DESIGN

● 41.2

⊕ 31.2

○ 36.2

□ 6.2

☽ 17.6

♀ 49.3

♂ 37.5

♂ 9.5

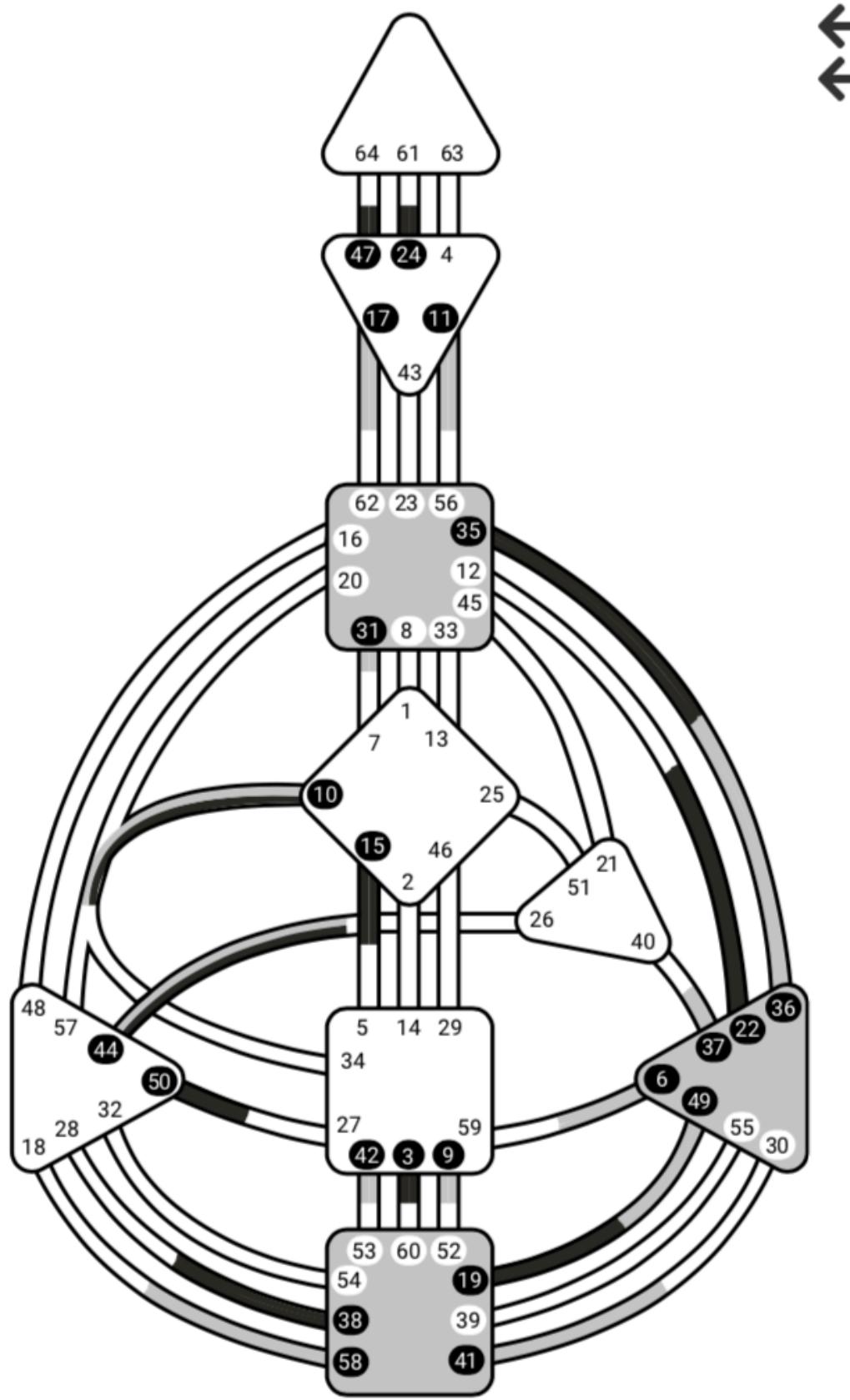
⌚ 42.2

⌚ 11.6

♂ 10.1

Ѱ 58.6

ᴾ 44.6



PERSONALITY

● 3.6

⊕ 50.6

○ 22.6

□ 47.6

☽ 15.2

♀ 3.6

♂ 35.5

♂ 19.3

⌚ 24.3

⌚ 10.5

♂ 10.3

Ѱ 38.1

ᴾ 44.5

Manifestor

Which type?



DESIGN

● 38.6

⊕ 39.6

○ 36.4

□ 6.4

☽ 31.2

♀ 61.3

♂ 13.5

↑ 14.4

□ 51.6

† 11.4

♂ 11.6

ψ 58.5

▷ 44.5



PERSONALITY

● 21.4

⊕ 48.4

○ 36.1

□ 6.1

☽ 48.1

♀ 36.3

♂ 8.5

↑ 60.1

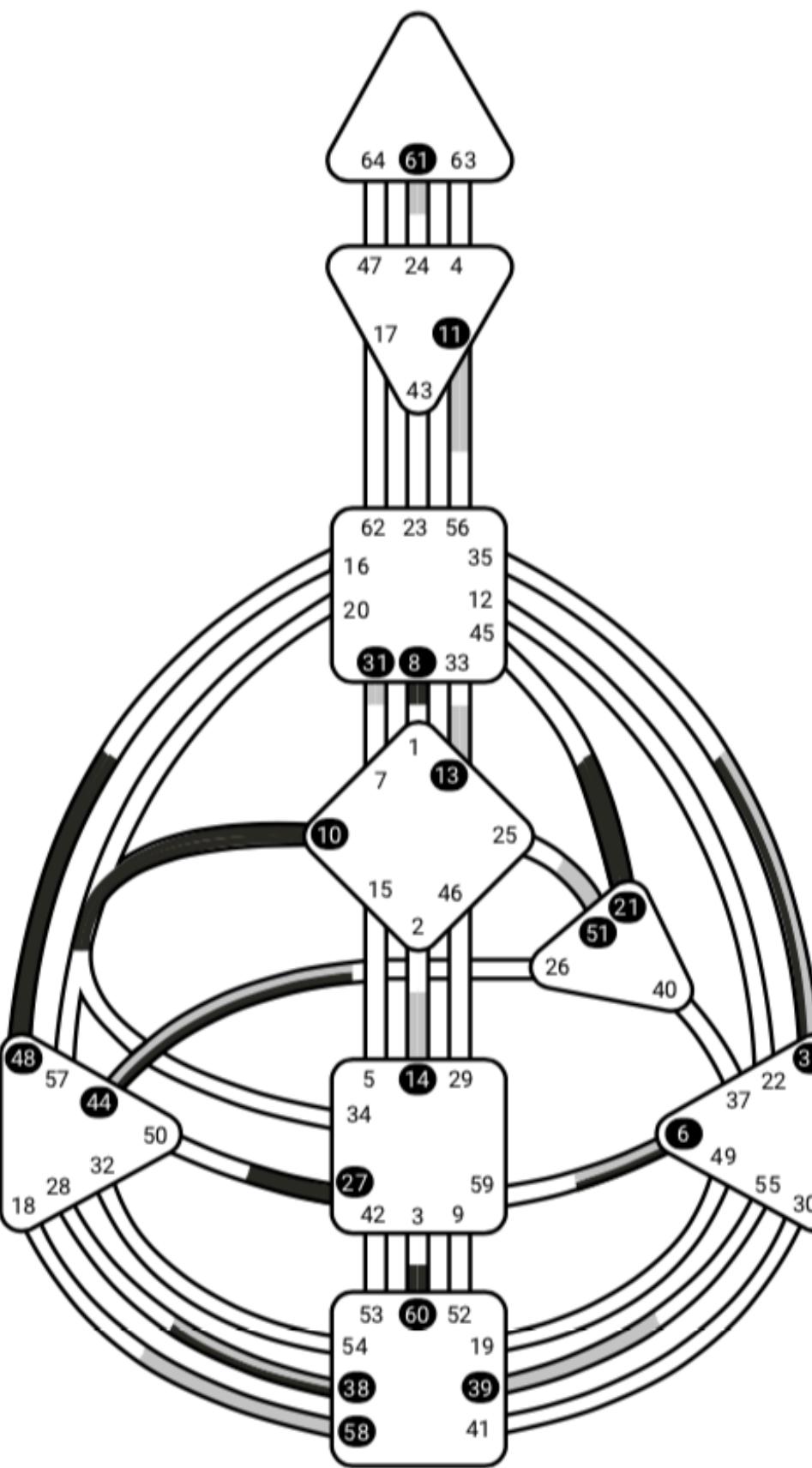
□ 27.4

† 10.5

♂ 10.3

ψ 38.1

▷ 44.5



Reflector

Which type?

- DESIGN
- \odot 17.4
 - \oplus 18.4
 - \cap 5.4
 - \cup 35.4
 - \rangle 20.1
 - \diamond 63.1
 - \circ 21.6
 - $\hat{\circ}$ 53.2
 - \natural 48.1
 - \flat 30.2
 - $\hat{\flat}$ 61.2
 - ψ 61.1
 - \wp 14.1



- PERSONALITY

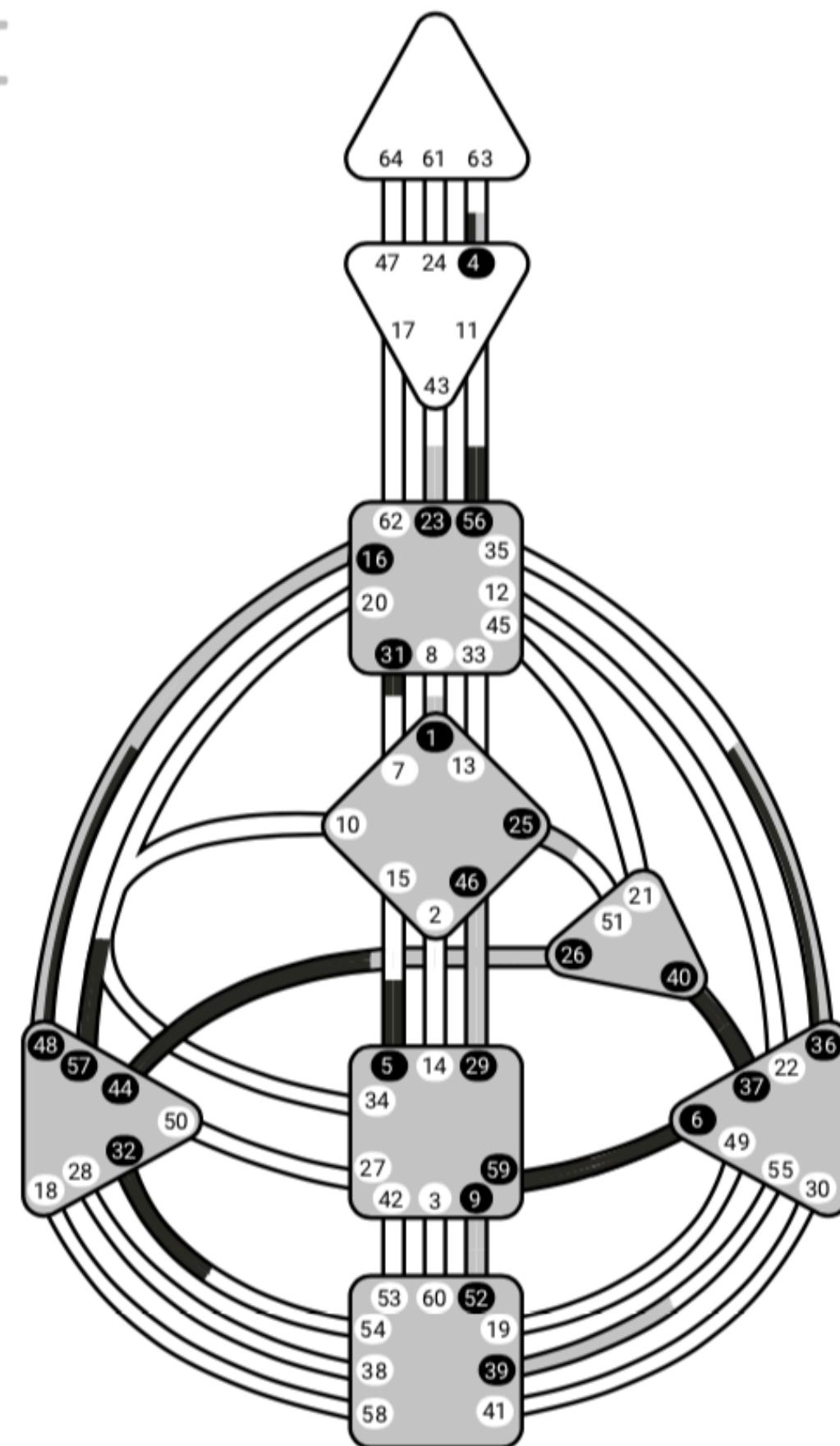
- \odot 52.2
- \oplus 58.2
- \cap 5.1
- \cup 35.1
- \rangle 18.4
- \diamond 56.2
- \circ 23.2
- $\hat{\circ}$ 59.3
- \natural 18.2
- \flat 30.6
- $\hat{\flat}$ 61.1
- ψ 54.6
- \wp 43.5

Projector

Blueprint+

Which type?

- DESIGN
- 16.4
 - 9.4
 - 46.6
 - 25.6
 - 36.6
 - 23.4
 - 39.1
 - 4.4
 - 52.6
 - 29.1
 - 1.1
 - 26.1
 - 48.5



- PERSONALITY
- 40.2
 - 37.2
 - 6.5
 - 36.5
 - 31.2
 - 4.2
 - 32.3
 - 57.2
 - 56.3
 - 59.5
 - 44.6
 - 5.5
 - 48.6

Manifesting Generator

Q&A