

Introduction to Human Energy Design Type & Strategy



In Human Design there are five personality types, each with a specific strategy for making decisions and manifesting desires: Manifestors, Generators, Manifesting Generators, Projectors and Reflectors.

Type is *the key*...it determines your strategy. Strategy gives you the information you need to operate your human vehicle, and make decisions that create flow and opportunity. Knowing your type allows you to begin using your design as a tool to unlock the truth of who you are. Type provides our genetic rules for enjoying the ride and relaxing into our bodies. Living the strategy for your type will eliminate resistance, conditioning and living from fear.

Experiment with your strategy! Test it for yourself! Experience the freedom to be you and to live out the design of who you are.

The Five Types and Strategies:

A **Manifestor** (8% of population) informs and is informed before initiating. When their strategy is not honored or respected, they become angry.

A **Generator** (37% of population) waits to respond to what they are available for based on an internal non-verbal response. When they do not correctly perceive their response, are not asked for a response or have to wait for timing with a response, they become frustrated.

A **Manifesting Generator** (33% of population) waits to respond to what they are available for based on an internal non-verbal response; they image the response as manifestation of the action; and then revise or inform and are informed before initiating. When their strategy is not respected and honored, they become angry and frustrated.

A **Projector** (20% of population) waits for recognition and validation of their gifts; and for an invitation to express their energy. When their strategy is not honored and respected by themselves or others, they become bitter because they do not feel validated.

A **Reflector** (1% of population), because they are open and absorb everything, must wait 28 days (lunar cycle) to find their inner authority after collecting perspectives (through reflection) from the people around them. When their strategy is not honored, they become disappointed through the conditioning they have accepted from others.

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