



HUMAN DESIGN

The Five Definitions

<u>TYPE</u>	<u>DEFINITION</u>	<u>STRATEGY / THEME</u>	<u>TYPICAL ROLE</u>	<u>CHARACTERISTICS</u>
MANIFESTOR 8%	<ul style="list-style-type: none"> • Defined throat • Connected to any motor • Undefined sacral 	Strategy: Inform and initiate. Theme: Anger	Makes proposals to and interfaces with leaders.	<ul style="list-style-type: none"> • Is a pure energy being who manifests flow • Acts without waiting • Must inform before acting, or be informed • Is not here to be controlled • Does things independently • Is unpredictable • Assumes that others also manifest
GENERATOR 35%	<ul style="list-style-type: none"> • Defined sacral • Throat undefined or connected to a non-motor 	Strategy: Wait to respond. Theme: Frustration	Worker.	<ul style="list-style-type: none"> • Is here to work & be great energy source • Can stick with work they love; can feel stuck if not ready to respond • Sacral response is true power – always responding; needs response • Has a stair-step learning curve • Needs rest to regenerate motor • Asks, “What is my purpose?” • Does not like to be told what to do or asked what he wants
MANIFESTING GENERATOR 35%	<ul style="list-style-type: none"> • Defined sacral • Defined throat connected to a motor 	Strategy: Wait to respond; envision, revisit, inform, initiate. Theme: Anger	Worker.	<ul style="list-style-type: none"> • Tries on decisions • Appears quick • Appears to jump around; skips steps • Must hold back from acting too quickly • Initiates; must also inform when initiating
PROJECTOR 20%	<ul style="list-style-type: none"> • Undefined sacral • Throat undefined or connected to a non-motor 	Strategy: Wait to be recognized and invited, or invite. Theme: Bitterness	Leader – manages the workers.	<ul style="list-style-type: none"> • Is recognized and invited for gifts by self and others • Manages energy of the other types; great organizers • Is not physical energy type • Thinks, “It’s not fair!” • Looks for energy release through others • Tends to exert too much control • Insecure and restless; looks for BIG, delicious invitations
REFLECTOR 1%	No definition	Strategy: Wait 28 days. Theme: Disappointment	Worker who embodies whatever energy is in the environment.	<ul style="list-style-type: none"> • Is fulfilled by being with right people; bitter if not • Is deeply conditioned by environment; vulnerable • Processes information slowly, as reflected • Has the capacity for great wisdom • Reflects back what he is taking in from the environment • Can have different perspective; great teacher and communicator • Has nothing stable; adapted to defending themselves