

Know Yourself. Love Your Life.

The Human Design System™ ~ Type, Authority & Profile ~

~ The Four Types ~

Endless possibilities lie within our genetics and yet, within that complexity, certain simple and useful generalizations can be made. The Human Design System groups people into one of four types: Generators, Projectors, Manifestors and Reflectors. Each type is energetically unique and has an associated strategy that is simple to understand.

According to the Human Design System, when you do not behave according to the strategy of your type (also known as the 'Not Self' in Design language, the 'Shadow' or 'Ego' in others) your behavior creates friction or resistance from those around you. Over time this wears you down and causes you to feel that life is more difficult than it should be. Applying the strategy of your type eliminates undue resistance and keeps you healthy.

Also, each type suffers from a particular predominant negative feeling as a result of meeting resistance when they are not living according to their design. Applying the appropriate strategy reduces these uncomfortable feelings and results in a more pleasurable experience of life.

Generators

The majority of the population (approximately 70% of the population) are generators. They know what is right for them to do or say by their response to something. Their response comes from deep in their abdomen (gut) and is most often in non-verbal sounds: "unun", "ahunh", "mmm", "ahhh". If they initiate, they often get involved in the wrong things, then get frustrated and quit. They meet resistance when they initiate.

There are two subcategories of generators, pure generators and manifesting generators. While both need to respond, the ways of taking action as well as other strategies thereafter will vary. Generators desire satisfaction.

Strategy: Wait to act until you are clear about your response.

Predominant negative feeling: Frustration in the pure generator and frustration & anger in the manifesting generator.

The Not-Self Pure Generator: In their vain attempt to manifest or initiate without waiting to respond to what life will naturally bring them they generate immense frustration at the resistance they meet and often simply give up. Having not waited to begin something according to their strategy they rarely stick at anything long enough to achieve the mastery that is their potential as a natural builder. Most end up being enslaved doing work that is unfulfilling.

The Not-Self Manifesting Generator: Such a being will always try to initiate and manifest, and when he/she meets resistance they will smash through it again and again leading to a damaged body and eventual ill-health. They suffer from both impatience and aggressiveness, and they have both anger and frustration in their life through their inability to wait and respond to their sacral sounds.

The Human Design System™

~ Type ~

Projectors

Projectors (approximately 21% of the population) are naturally able to work with and guide the energy of others, but only when they are recognized for their unique abilities and traits. Projectors know that they are recognized and appreciated when they receive an appropriate invitation. Without an invitation, the projector may not know if they will be able to put their talents and abilities to use in any way that is natural or healthy for them. Projectors need more knowledge of their own inner design than manifestors and generators in order to know what invitations are good for them. When they are recognized for who they really are, they come into their true power. If they attempt to act or to join in without an invitation, they meet resistance. Projectors desire (Sweet) Success.

Strategy: Allow for recognition and invitation in all special aspects of life: marriage, career, family, love, etc. Do not pursue or initiate.

Predominant negative feeling: Bitterness

The Not-Self Projector: As with all types that are not manifestors they also try to manifest or initiate, and upon meeting resistance become bitter and resentful as they end up having to compromise. As a non-energy type – having no consistent access to energy – they often find themselves exhausted. They are always trying to be seen by people who simply do not recognize their ability to guide.

Manifestors

A very small minority of the population (approximately 8% of the population) are manifestors. They are the only true initiators. Here to impact, they can simply act or put things directly into action. It's important to inform others of what they are about to do before they act. When they act without informing, they meet resistance. Manifestors desire Peace.

Strategy: Inform those you'll be impacting before taking action.

Predominant negative feeling: Anger

The Not-Self Manifestor: This is a Manifestor who rebels or conforms but never informs. The latent anger in such a Manifestor can erupt suddenly and unexpectedly, especially if they are emotional. More often than not however, this anger is deeply repressed and they can appear very polite until they meet the resistance associated with not informing.

Reflectors

The rarest of the four types, reflectors (less than 2% of the population) are open to the world in every way. They take others in very deeply. Reflectors are often deeply disturbed due to lack of self-knowledge and adverse conditioning, but they can become very wise if they understand their openness and how to work with it. Reflectors that do not truly know themselves can be deeply disappointed in life. Before making major decisions, they need to wait out the cycle of the moon (approximately 28 days) because the movement of the moon through the wheel of the zodiac gives the Reflector access to his or her own inner wisdom. Reflectors need to understand more about their design and the Human Design System than anyone else to be able to successfully apply their strategy. Reflectors desire being Surprised.

Strategy: Wait out the moon cycle (28 days) before making major decisions.

Predominant negative feeling: Disappointment

The Not-Self Reflector: These types can become the most lost of all, left feeling disappointed with others and woefully dejected by the resistance they meet in trying to initiate or manifest. Instead of being the hub of a community they often end up feeling left out. They have to endure constant identification with other people's emotions/stress/anxiety.

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~ Inner Authority ~

Our true authority, our *inner* authority is the correct source of how we best make decisions. To find what is correct for us, contrary to common practice, comes not from our minds. While certain choices may make sense or seem logical, they may not be what's correct for us. Within our body is our own unique GPS or Navigation System which, when followed, will keep us on our own personal and correct path, placing us in the right place at the right time with the right people.

Solar Plexus (Emotional)

Requires riding out the highs and lows of the emotional wave ~ there is no truth in the now. Making decisions prior to waiting does not allow for the richness of the knowing that is made available over time. Wisdom thru patience. As you wait, you gain further clarity. Always allow yourself to 'sleep on it'.

Sacral

A moment to moment response that is often felt or expresses in an earthy sensual nature and sometimes a full body or 'gut' response of knowing. The sacral speaks in sounds yet, depending on the design, the response may be quite subtle.

Splenic

The intuitive hit, speaks softly and does not repeat. Knowing in the moment.

Ego

Your will is your inner authority. The 'I' expressed. 'I will...' What you have 'heart' for.

Self

Make decisions based on what feels like you, or what pleases you.

None (no consistent inner process)

The best decisions are reflective. Talk about that which you are attempting to make a decision about with others multiple times to see how you feel. Testing how you feel about suggestions made from trusted sources. Giving yourself time to wait for clarity. Similar to the strategy for Reflectors.

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~ Profile ~

Profile is the role we play in life. This naturally expresses itself in our behaviors.

Lower Trigram / Personal Destiny

1/3 Investigating Martyr
1/4 Investigating Opportunist
2/4 Hermit Opportunist
2/5 Hermit Heretic
3/5 Martyr Heretic
3/6 Martyr Role Model
4/6 Opportunistic Role Model

Juxtaposition / Fixed Destiny

4/1 Opportunistic Investigator

Upper Trigram / Transpersonal Destiny

5/1 Heretical Investigator
5/2 Heretical Hermit
6/2 Role Model Hermit
6/3 Role Model Martyr

1st Line

Introspection – Foundation, internal, chameleon, authoritarian, retreat, empathy, the investigator

2nd Line

Projection - projected on, responsive/reactive, the natural, the hermit, the democrat, self-sufficiency, determination

3rd Line

Adaptation – discovery, trial and error, bonds made and broken, pessimism, a lifetime of adaptation, martyr, anarchist, allegiance

4th Line

Externalization - opportunist externalizing thru networks, kindness/meanness, abdicator, alone for creativity, fatigue, generosity, brother/sisterhood

5th Line

Universalization - projected on, the fixer/teacher, heretic, the general, attracts society, savior, practical

6th Line

Transition – the authority, role model, administrator, objectivity, optimist, wariness, leadership, the peacemaker. Goes thru a 3rd line phase for the first 28 - 30 years.