

# The 5 human design types

## A mini guide

### MANIFESTORS – HERE TO GET THE BALL ROLLING

- Are approximately 9% of the population
- Are the only type who can initiate action i.e., start things, get an idea or inspiration and "just do it"
- Have a strategy which involves informing anyone who will be affected by this action, of this action - they are not asking for permission, they are informing. E.g. I'm going to the shop to buy milk. I am going to purchase a new phone.
- Have a determined driving energy that is always wanting to act
- Don't have access to sustainable physical energy (life force and work force energy). Not designed to work for long periods of time
- Need to be lying down before they get tired so they can discharge the energy of day and then easily go to sleep
- May experience Anger or have Anger directed at them when they are out of alignment with their strategy or not initiating action as they are designed to do

### GENERATORS – HERE TO LET LIFE COME TO THEM AND ACT UPON IT.

- Are approximately 36% of the population
- Are here to find the right work that lights them up
- Have a strategy of waiting for things to show up in their external reality for them to respond to using their sacral motor. If they try to initiate or push things into action, they generally won't work well or easily.
- Have access to sustainable work force and life force energy needed to do, work, build, create, make.
- Can do any job for any amount of time but need the right work for optimal health and alignment
- Need to wear themselves out everyday in order to get a good night's sleep and stay healthy.
- May experience Frustration or have Frustration directed at them when they are out of alignment with their strategy. This usually means they are pushing to make things happen rather than waiting for them to show up.

### MANIFESTING GENERATORS – HERE TO LET LIFE COME TO THEM...AND GO FAST!

- Are approximately 31% of the population - read section above on Generators too.
- Like the Pure Generator, here find the right work that lights them up.
- Have a strategy of waiting for things to show up in their external reality, Envisioning how that would look, responding with their sacral motor, informing those who will be affected (see Manifestor strategy above), and taking action
- Are often multitaskers, go fast, skip steps, make mistakes and need to go back and correct. This is a fact of life for the Man Gen and is correct for them. They are the inventors of the short cut.
- As with the Pure Generator, Man Gen's need to wear themselves out each day in order to get a good night's sleep and stay healthy
- May experience Anger, Frustration or Anger and Frustration or have Anger and/or Frustration directed at them when they are out of alignment with their strategy.

### PROJECTORS – HERE TO GUIDE, MANAGE & DIRECT

- Are approximately 21% of the population.
- Here to guide, manage and direct others. Wise about others.
- Have a strategy of waiting for invitations to the big things in life - love, friendships, work, career & making money, living arrangements. They do not have to accept all invitations.
- Need to be following their bliss - doing things that put them in a high vibrational state while waiting for invitations.
- Don't have sustainable energy unless they've been invited into something that is correct for them. Need lots of rest - naps or even lying down for 15 mins during the day can help. This applies to Projector kids too (as does all this information to kids of each type)
- Need to be lying down before they get tired so they can discharge the energy of day and then easily go to sleep
- May experience Bitterness or have Bitterness directed at them when they are out of alignment with their strategy.

### REFLECTORS – MIRRORS FOR THE REST OF US

- Are approximately 1% of the population
- Are here to Reflect the health of their community - if they are doing well, this is an indication that their community is doing well.
- Have a strategy of waiting 28 - 29 days or a full Lunar cycle before taking action on a decision.
- Energy will change consistently throughout the course of each 28 -29 day cycle in alignment with the movement of the Moon through the 64 Human Design Gates. Mapping their energy will allow them to know when the best time to do things is.
- Don't have sustainable energy in the way a Generator type has.
- Need to be lying down before they get tired so they can discharge the energy of the day and then easily go to sleep
- May experience Disappointment if they are not in a healthy community because they can see the true high potential of everyone around them.

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