

The Manifestor

Excerpt from Understanding Human Design by Karen Curry Parker

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The Manifestor

Strengths

- Energetic, driven
- Powerful, influential
- Successful
- Impulsive
- Mysterious

Weaknesses

- Angry, irritable
- Self-absorbed
- Not a team player
- Impatient
- Secretive

Energetic, powerful, effective, impulsive, and mysterious, Manifestors are one of the rarest types in the Human Design system, making up just 9 percent of the population.

The Manifestor's Chart

Besides having your type listed in the keynotes section of your chart, you can identify your type as a Manifestor because:

- You have a direct defined channel from the Throat Center to one or more of the motor centers.
- You have an open Sacral Center (see figures 19–21).

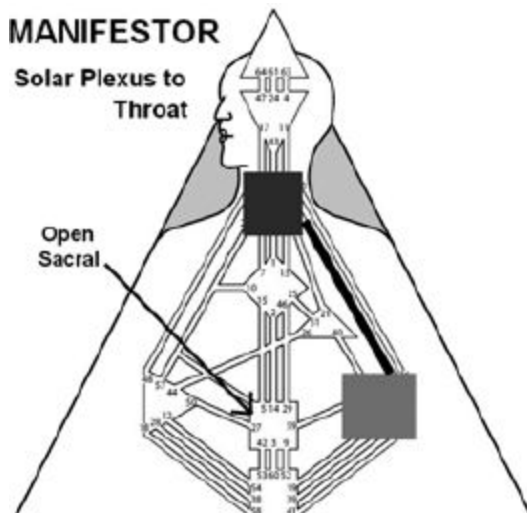


Figure 19: A Manifestor has a direct defined channel from the Throat Center to one or more of the motor centers—in this case the Solar Plexus.

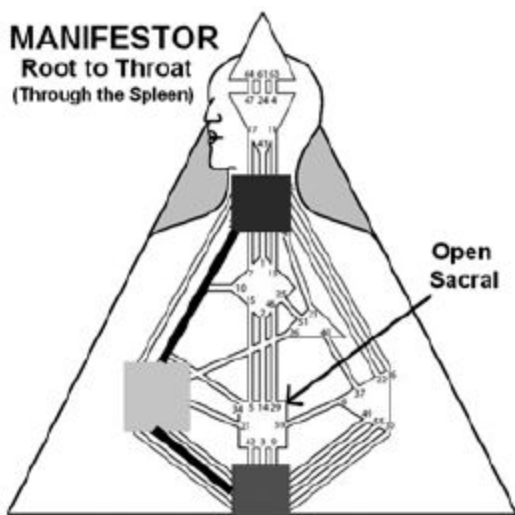


Figure 20: A Manifestor with a defined Throat to Root

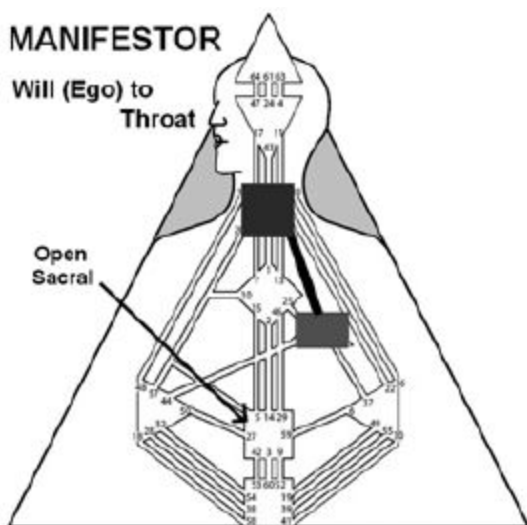


Figure 21: A Manifestor with a defined Throat to Ego

When a motor is directly connected to the Throat Center, it gives a person the energy to start things, such as conversations, or even businesses, without waiting. Manifestors have the energy to start things, unlike most of us, who have to wait for an opportunity or invitation.

A Manifestor is constantly manifesting in their mind. When a Manifestor gets an idea, they just go do it. And they can usually do it quite well. A Manifestor is the only type that is pure energy.

Secretly we are all conditioned to believe that we are Manifestors. We are told as small children to “just do it” and to “go out and make things happen.” For most of us, this becomes a frustrating experience that never really bears the fruit we intend it to.

In spite of their tremendous initiating energy, a Manifestor is not able to work in a sustainable fashion. (This is represented by their open Sacral Center.) A regular Monday through Friday, nine-to-five job is exhausting for a Manifestor, and most Manifestors faced with those kinds of work options will feel overwhelmed or even angry.

Because Manifestors are the only type who can truly just do things without waiting, their energy can make people a little uneasy—especially if they don’t understand their own energy. When a Manifestor speaks or enters the room, most people will feel their energy—they will have a powerful presence, and

a powerful voice to match—but no one ever really knows what a Manifestor is about to do. This creates an aura of mystery and sometimes even nervousness.

Because Manifestors can initiate action, they don't necessarily need others to make things happen. A Manifestor gets into a kind of "manifesting groove" and simply creates in accordance with their powerful creative energy.

Manifestors can often have communication issues. Being so energetic and driven, a Manifestor in action can resemble a bullet train speeding to its final destination. But what Manifestors sometimes don't realize is that there are people waiting at stations along the way hoping to get on, but the train doesn't ever stop. The people waiting for the train either feel angry or left out; they're confused and frustrated. If they're going the same way, why can't the Manifestor slow down for a second so they can make their way together? Eventually they may give up and catch a different train.

The Manifestor, meanwhile, doesn't see what the problem is. Didn't she get to the destination with great efficiency and speed? Why are others trying to control her process? (She is doing very well on her own, thank you very much!) You can see how these two perspectives—one collaborative, the other individualistic and results-driven—might clash on some points.

The Manifestor's Strategy: Inform

The Manifestor's strategy is to inform others of her actions. A powerful Manifestor can soften the impact of her energy and harness it to serve herself and others by taking note of all the people who will be impacted by her actions and then tell them what to expect.

Informing does not come naturally for Manifestors, and they may feel controlled or manipulated by their impact field. Manifestors are not here to be told what to do. Most Manifestors do not tell others what they are doing because they learned very early on that others will try to stop them or tell them that what they want to do is not possible.

But Manifestors who understand that informing can improve their relationships and remove resistance, will create support for their power and creative energy. It is important for Manifestors to remember that just because they inform doesn't mean that they have to stop or change what they are doing. They are just letting people know what to expect.

And just as others will feel more loved when a Manifestor shares their plans, so too will Manifestors also feel more loved and respected when others inform them about what is happening. If you love a Manifestor, tell them about what you are doing. It helps them create and takes away some of their natural anger.

Special Traits: Power Struggles

In the short run, a Manifestor can amplify the energy of the Sacral Center and do more work than the average person. But because Manifestors do not have sustainable energy, others may feel frustrated with their apparent laziness once their initial energy burst peters out.

Remember, Manifestors are not here to work; they are here to initiate. Just because Manifestors can initiate activity, one must not assume that a Manifestor can work long hours doing physical labor or other types of the "daily grind."

The Manifestor's Health

Manifestors need breaks and time to discharge excess energy out of their system. This can make them look like slackers and loners. But the need to retreat and rest is vital for maintaining the Manifestor's health.

It is not uncommon for Manifestors to struggle with insomnia or wakefulness at night. Because Manifestors do not have a defined Sacral Center, they are not designed to be "worn out" at the end of the day, and they need to lie down and relax before they can fall asleep. This means that Manifestors get healthy sleep when they go to bed before they are tired. If a non-Sacral person waits until they are exhausted to go to sleep, then the quality of their sleep may be poor.

Manifestors will also tend to sleep better by themselves. Manifestor children tend to do better if they have their own room and sleeping space as well. The idea of sleeping alone can be difficult for Manifestors to understand, but this is not a personal issue. The time spent sleeping alone helps the Manifestor discharge the extra Sacral energy they have been amplifying throughout the day.

Manifestors will sleep better, feel better, and be healthier in the end if they get a chance to renew their energy. And they will do it their own way. They are designed to.

Parenting the Manifestor Child

The Manifestor child poses an interesting challenge to parents. Truly, this is a child who is energetically designed to survive challenges and be naturally self-directed. Many Manifestor children grow up learning that they have to shut down their power, or they have to secretly just do what they want to do. Because of this, the idea of informing for a Manifestor is not only unnatural, it can seem frightening. The Manifestor is scared that people will try to tell them they can't do what they want to do or that they will be punished for being too powerful.

Most parents immediately sense that this is going to be a child who will need a lot of control. The parents do this not because they are willful or uncaring, but because the Manifestor child will do things that might seem dangerous or frightening to the parents. For example, a Manifestor child may look outside and see that it is a beautiful day. He looks down the street and notices the lovely forest at the end of the road. Because this is a child who is designed to follow his inspiration without any need for waiting, he goes out the back gate, down the street, and enjoys the forest for the afternoon (or maybe longer).

Truthfully, the Manifestor child is designed to be just fine staying in the forest for days if that is what he wants to do. But this can certainly be a frightening experience for a parent. A natural response would be to exert more control than usual over the child in order to keep him safe.

If you have identified your child as being a Manifestor, you must teach her to inform from the start. This process may take time, but it will serve your child for a lifetime. As a parent, it is normal to experience resistance if you tell Manifestors (or any children, for that matter) what to do. Instead, parents should empower these children to make choices so that they do not get deadlocked in a power struggle.

When parents approach the Manifestor child with an attitude of win/win conflict resolution, the child learns that her parents and others care about helping her get her needs met. This allows the Manifestor child to be more open to informing and staying deeply connected to her inherent power.

Affirmations for the Manifestor

- I am a powerful being. I do not have to wait to exert my power.

- I make note of all the people who will be impacted by my actions and inform them about my actions. They do not have to like what I do or even agree to help me, and their resistance does not mean that I have to stop my actions.
- My actions give others things to respond to. By giving others things to respond to I am taking my place in the natural order of creation.
- I always attract the right people who will support my creative flow.