

The Generator

Excerpt from Understanding Human Design by Karen Curry Parker

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The Generator

Strengths

- Energetic
- Masters of their work
- Sustainable energy
- Self-aware

Weaknesses

- Often frustrated
- Quits too soon
- Can't just "make it happen"
- Can feel stuck

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

- You have a defined Sacral Center.
- You have no connection between a motor and the Throat (see figures 22 and 23).

The Generator's Chart

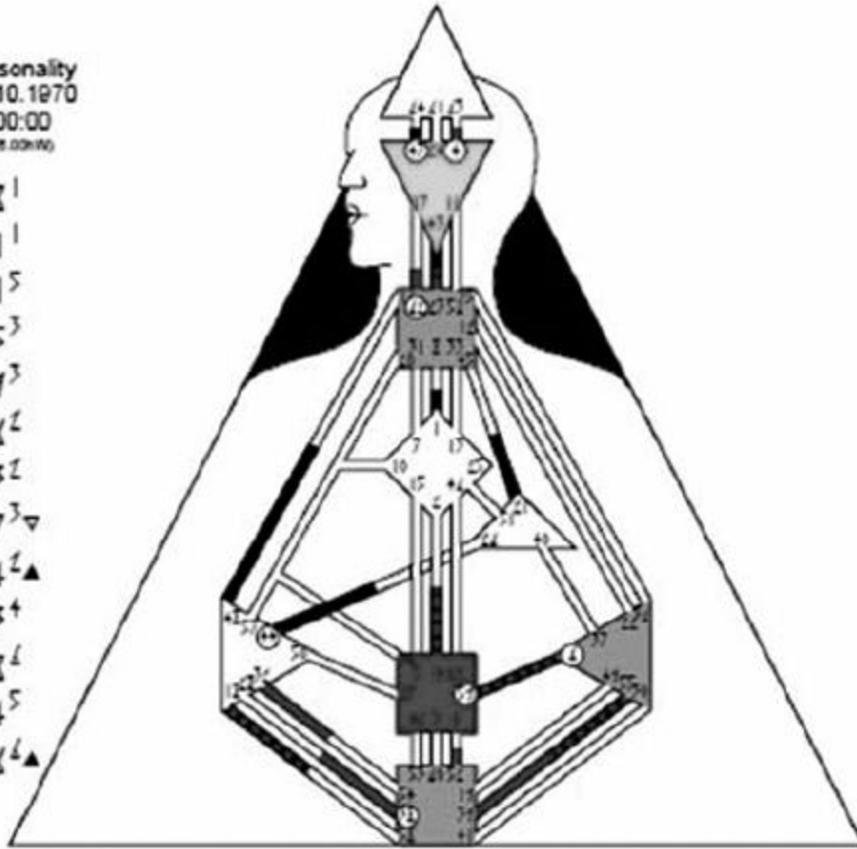
Generators have tremendous sustainable energy, and they are the only type designed to work. But they must find the right work and the right life force opportunities in order to feel happy. When Generators are doing the correct work, they turn on their Sacral motors and have a powerful source of energy available to them.

Generators will feel frustrated if they do not find the right work and the right expression of their life force energy. Frustration, however, is a natural part of the Generator process, and Generators must understand the energy of frustration in order to attract new things to respond to.

Basically, the Generator is designed to lead a happy, fulfilling life when they let life show up for them, as opposed to going out and making life happen. Generators, and all types who must wait, do well to set an intention and then wait for evidence in their outer reality that it is time to take action and that the direction is correct.

Design	Personality
04.07.1970	03.10.1970
15:30:20	15:00:00
GMT (0.00h)	MOT (0.00h)

31 ³	⊙	48 ¹
▽ 38 ³	⊕	21 ¹
42 ³	☾	15 ⁵
55 ⁴	♁	55 ³
▽ 51 ⁴	♂	51 ³
52 ⁴	♀	42 ²
▲ 4 ³	♀	43 ²
▽ 41 ¹	♂	47 ³ ▽
32 ⁴	2	44 ² ▲
23 ¹	♁	23 ⁴
18 ²	♂	18 ⁴
14 ⁵	♁	14 ⁵
▽ 4 ³	♁	4 ⁴ ▲



Your Individual Design Keynotes

DEFINITION: Split Definition

TYPE: Generator

Theme: Frustration

Strategy: Wait to Respond

AUTHORITY: Emotional Solar Plexus

PROFILE: P 1 / D 3

Right Angle - Personal Destiny:

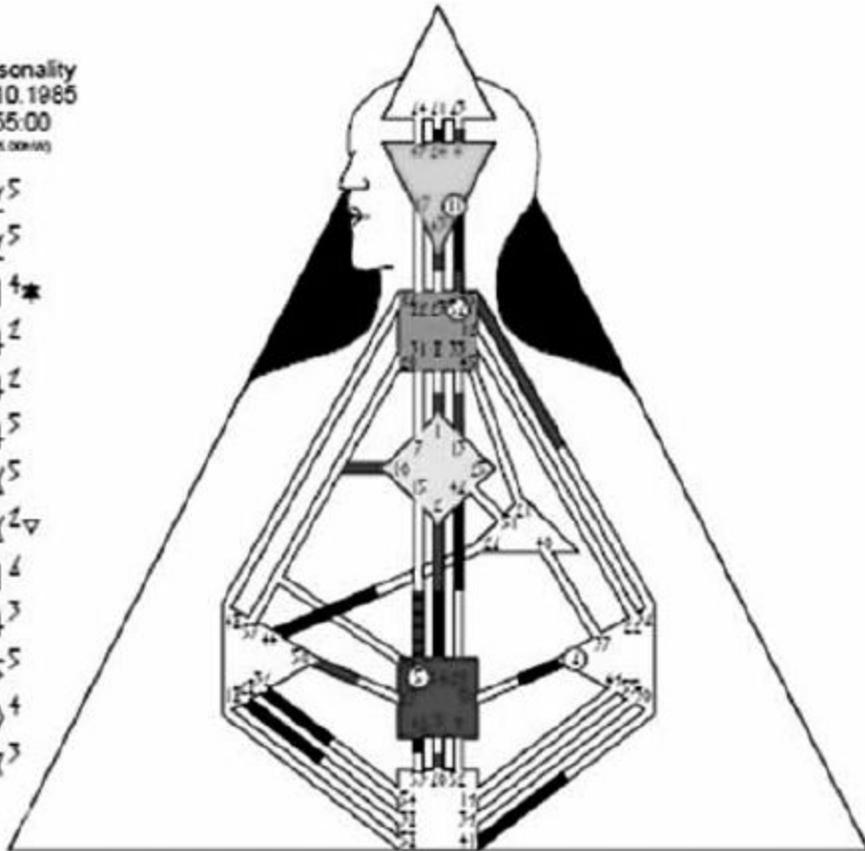
Investigating Martyr

Figure 22: A Generator has a defined Sacral Center and no connection between a motor and the Throat.

The fear of the Generator, the "doer," is that if they just sit and wait, nothing will happen. But the geometry of the Generator is that when they stop and wait, something shows up very quickly. Generators are always dancing with and responding to life.

Design 19.07.1985
 Personality 18.10.1985
 21:32:51 08:55:00
 (GMT (S.0000)) (COT (S.0000))

* 5Δ¹ ⊙ 3Z⁵
 Δ¹ ⊕ 4Z⁵
 4³ ☾ 11⁴*
 2³ ♀ 24²
 1³ ☽ 44²
 4⁵ ♀ 44⁵
 35⁴ ♀ 4Δ⁵
 * 5Δ¹ ♂ Δ²▽
 13¹ ♀ 41⁴
 43³ ♀ 14³
 ▲ 5⁴ ♂ 5⁵
 10⁴ ♀ 10⁴
 50⁴ ♀ 28³



Your Individual Design Keynotes

DEFINITION: Split Definition

TYPE: Generator

Theme: Frustration

Strategy: Wait to Respond

AUTHORITY: Sacral Expressed Generated

PROFILE: P 5 / D 1

Left Angle - Trans-Personal Karma:

Heretical Investigator

Figure 23: A second example of a Generator chart

The Generator's Strategies: Wait to Respond and Know Thyself

There are two strategies Generators can use to address/equalize their weaknesses. They are: wait to respond and know thyself.

WAIT TO RESPOND

Because the Generator's primary motor is the Sacral Center, which does not have initiating energy, the Generator's strategy is to wait to respond. The Generator will feel pressured to initiate and follow

through, but in reality their strength is on the follow-through only, not the initiation. Initiating is for Manifestors.

Most Generators find that life can feel very frustrating when they try to act as if they can initiate. The typical Generator gets an idea, fantasizes about what it will look like, and then goes into the world to bring the idea to fruition. This is how Generators are raised. They are told to “just do it” or “make it happen.”

Think about this: 70 percent of the population is raised to “just go out and do it,” and they are frustrated because it doesn’t work. It is no mystery why so many of us are feeling stuck and trapped in jobs and lives that don’t feel good. When a Generator tries to initiate action, she never gets what she wants, and she ends up spending a lot of energy working and pursuing things that only leave her feeling burned out and frustrated.

Because Generators have sustainable energy, they can basically become “enslaved” to their life if they are not responding. We live in a generated world. The Generators are the ones “doing” all the work (or at least they should be).

When Generators learn to respond instead of initiating, then they liberate themselves to do the work they love and free their energy in ways that most Generators can not even imagine. Waiting can feel most unnatural. But the Generator who waits and then responds to the right work will free themselves to do the work they love for a lifetime, or until something even better for them to respond to shows up.

KNOW THYSELF

The key to keeping a Generator’s energy sustainable and breaking out of the conditioning field is to respond. The positive response of the Sacral turns it on and gives the Generator the fullest possible access to the Sacral energy.

Generators are the only type who can find clarity simply by responding to yes or no questions. If you are a Generator, ask someone you trust to sit down with you and ask you a series of yes or no questions about a situation you may be wrestling with. This will help you access your deep self-awareness in an easy and joyful way!

For example, imagine you are considering moving from your current home to a new one. The thought may seem overwhelming at first, but with a friend you can break down this big decision into a series of smaller decisions and gain clarity on what you really want.

- Do you want to live downtown? In the suburbs? In the country?
- Does your spouse or partner want to move?
- Will moving affect your children in a positive way? Will school districts affect which housing options you pursue?
- Would you buy a different house? Would you rent a condo or an apartment?
- Do you like having a yard and all the maintenance it requires?
- Are you ready to let your friends know that you are looking for a place to live?
- Do you want to work with a Realtor?
- If you do want to work with a Realtor, will you research potential Realtors in your area, or will you wait for an ad or encounter to bring the right Realtor to you?

Sleep on your responses and see which ones stay the same over time.

Special Traits: Frustration

The Generator has a stair-step learning curve, and frustration is a natural part of the process. Whenever a Generator learns something new, they have an initial surge in mastery. But over time,

Generators will reach a plateau. Even if the Generator practices and practices, they will not make any improvement and they will feel frustrated. This is the point at which many Generators quit. The frustration of the plateau is intolerable. But this is a good sign. It just means that they are about to experience something new to respond to, whether that means a new level of mastery, a new job, or a new opportunity.

You see, Generators are designed to be masters. When the Generator has plateaued and feels frustrated, it means they are getting clear about what they want, and an opportunity to go to the next level will show up soon. At that point, all the Generator will have to do is respond.

The key for the Generator is to not quit when they feel frustrated. Listen to the Sacral. It is uniquely designed to place the Generator in the right place at the right time. Sometimes it will not respond to quitting, even when the Generator is feeling very frustrated. And sometimes it will respond to quitting, even when the Generator is scared of losing their job or an opportunity.

Generators who are new to responding should experiment with their Sacral. Try not initiating for the next four weeks and see what happens. It may be something completely different from what you had imagined but much better than you'd thought!

The Generator's Health

The Sacral is designed to wear out at the end of the day. Most Generators try to get their second wind and miss the signs that their Sacral needs to rest and regenerate. If you are a Generator and you have a hard time falling asleep or sleeping well, it may be that you need more physical exercise to "wear out" your Sacral.

The Sacral Response

The energy of the Sacral motor gets turned on by sound. The sound of the Sacral is a frequency of energy. Once a Generator is turned on and starts responding with their sounds via sympathetic vibration, the other Generators in the room will also start making Sacral sounds.

The sounds of the Sacral are two sounds that most Generators learn are rude and unacceptable at an early age. The Sacral sounds are, "uh-huh" and "uh-uh." Most Generators are unconsciously making those sounds anyway.

The Generator is designed to respond to questions and things that appear in the world with those sounds. And when they do, they wake up a frequency of energy within themselves that gives them self-awareness and the ability to know what to do and who to do it with. They have access to their inner truth and their inner direction. The Sacral response will always take them to the right place, doing the right work with the right people.

Because most Generators are taught not to make the sounds that are natural for them, when Generators first meet their Human Design they have to "wake up" their Sacral response in order to reactivate their Sacral motor. The best way to do this is to have other people ask you yes and no questions that you respond to with your Sacral sounds.

Imagine you are visiting an acquaintance you haven't seen in a while and he asks you if you want to come to work at his new company. If you say "uh-huh" (yes), the job offer might be a good work opportunity for you. If you respond "uh-uh" (no), the offer might not be a good opportunity for you. As simple as this example sounds, you will experience such situations if you are a Sacral being.

If only it were so simple all the time! Alas, we don't always get a perfectly worded question that allows us to answer "uh-huh" or "uh-uh" out loud. Sometimes we get more subtle promptings, and that's when

many Generators wonder if they are responding or initiating. Here are a couple examples of subtle Sacral promptings a Generator (or a Manifesting Generator) may experience.

Sometimes a Generator may respond to an internal prompting and won't necessarily have an explicit question or other auditory stimulus to respond to. Imagine, for example, that your sister has had a new baby and her husband calls to tell you about the new arrival. A typical response to this kind of news would be to go visit your sister and see the baby.

Assuming you have a good relationship with your sister, that feeling that you want to go see the baby might be considered an internal "uh-huh." You are responding internally to the question, "Do you want to see the new baby?" You wouldn't wait by the phone hoping that your sister would call you to ask if you would like to see the baby. In fact, if you waited for a formal invitation to be extended before you visited, your sister might feel hurt.

Here is another example. Recently I was at a New Age expo in San Francisco. As I walked past a booth filled with green books, my body literally stopped and walked backwards to get a closer look, and I found a book that was just what I needed to help me in a phase of my business development. After perusing the cover, I got a big internal "uh-huh" to buying the book. I didn't stand at the booth waiting for someone to come up and explain the book to me and then ask, "Do you want to buy this book?" I just felt an internal tugging.

This tugging feeling from the Sacral Center typically results in something wonderful. Don't ignore it and wait for a verbal cue. You might miss some very correct opportunities.

WAITING FOR SOMETHING SOLID

If you have just started working with Human Design, I'd suggest that you wait for a question or opportunity to clearly form before responding. As you get more experienced with responding, you will begin to understand what a true response is versus an idea from your mind.

I wish I could say it will always be easy to tell if you are responding or initiating, but it may feel like a subtle distinction at times. I have learned through trial and error. For example, I am a Generator, and I've learned that if I come up with an idea about a workshop and just go ahead and teach it, odds are no one will show up. I can do everything right—send out press releases, distribute flyers, personally invite guests—and yet the workshop just won't work out the way I envision it. *But*, if someone comes to me and asks me to teach the exact same workshop and I respond "uh-huh," I experience a somewhat different outcome. The workshop fills with people, and all goes well. Being asked gives me something to respond to, and by responding "uh-huh," I know it is correct for me to teach the workshop.

Be very careful, especially in the beginning, that something comes to you in a very clear way for you to respond to before you take action! As you practice living your design, you will gradually become better able to distinguish between responding and initiating.

TRUSTING YOUR GUT

So, what is the nature of responding? Well, theoretically, responding means answering a yes or no question with an "uh-huh" or "uh-uh" type of answer. In real terms, however, I believe it means trusting your gut, whether or not you have a specific question to respond to at a particular moment.

Most Generators become fearful that if they don't initiate, they will not receive opportunities to respond, and therefore will never accomplish anything in their lives. Life is simply geometry. All you have to do as a Generator is allow the geometry of your destiny to come to you. Wait, and you will get something to respond to!

A great master teacher gave me this analogy to illustrate the nature of waiting and trusting: Once upon a time there was a woman who wanted to cross a stream that was too wide, too deep, and too rapid for her to safely wade across. As the woman stood on the bank, she could look across and see the exact point where she thought she wanted to go. She paced back and forth along the stream, frustrated and confused about how to get to the other side.

As she stood alone at the edge of the stream, a gentle voice spoke to her and told her to look at the water. Before her very eyes, a beautiful, large, smooth river rock appeared in the water just the right distance away for her to step on safely from the bank of the creek.

The woman immediately stepped onto the rock, and, as she balanced, waiting, she began to feel frustrated again. She was now closer to where she wanted to go, but she still could not get there. In her frustration, she began to jump up and down on her rock.

Again, a gentle voice reminded her to look down at the water. As she looked down, a second beautiful, stable rock appeared just a little ways from the rock she was standing on. The woman hopped gracefully to the next rock, this time a little bemused by the whole process.

This process repeated itself with a third rock, and then a fourth, and each time as the woman stepped onto a new rock she began to trust that another one would appear soon. She just had to wait. Slowly, she made her way across the stream and arrived at the other bank. By the time she got to the other side, she knew that wherever her life took her, opportunities to go further would always present themselves.

As a Generator, your life is like the stream. Stand on the edge, see where you want to go, and wait for the stepping stones to show up. When an opportunity to further your crossing appears, respond with your Sacral and see whether this is really an opportunity you want to commit to.

You may find that your path leads further up- or downstream than you originally intended. You may find that once you get out in the middle of the stream that the side you started out on was better than where you are headed. You may find that life will bring you the perfect rocks to lead you to the path of your greatest heart's desires. Follow the rocks and trust that they will always appear when you are ready!

Parenting the Generator Child

Generator children will benefit greatly from having the chance to express their Sacral energy through sound. Teaching them to respond to yes and no questions will save them a tremendous amount of energy in the future.

Generators, like all types, are not here to be told what to do. Instead, they are to respond to doing. But, in the collective experience, this is not always permitted. Think about the Generator child who does not respond to taking a math test. Perhaps they aren't ready. Perhaps they are not in the mood that day. Not responding affirmatively is, obviously, not an option.

Generators learn very quickly to do as they are told, even if they don't respond. Later, as adults, they are then told to go make things happen.

Generator children who do not get enough exercise may have a hard time falling asleep. When they get behind in sleep, then they may experience long-term chronic sleep deprivation. The symptoms of chronic long-term sleep deprivation mimic the symptoms of attention deficit disorder. Generator children who get to wear out their Sacral Centers every day are healthier and do better in school.

Affirmations for the Generator

- I trust in the infinite abundance of the Universe, and I wait for what is right for me to show up.

- I am perfectly designed to do the work that is right for me. When I am doing the right work, I am enlivened and energized.
- I always know what to do. I trust my Sacral response and go with my gut.
- I have to use my energy every day. I am an energy being with sustainable energy.

The Manifesting Generator

The Manifesting Generator

Strengths

- Energetic
- Can do many things at once
- Good at finding shortcuts
- Self-aware
- Sustainable energy

Weaknesses

- Emotional themes: anger and frustration
- Skips important steps
- Tries to “make things happen”
- Hates waiting
- Don’t always finish what they start

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

- You have a defined Sacral Center (like a Generator).
- You have a direct connection between a motor and the Throat (like a Manifestor).

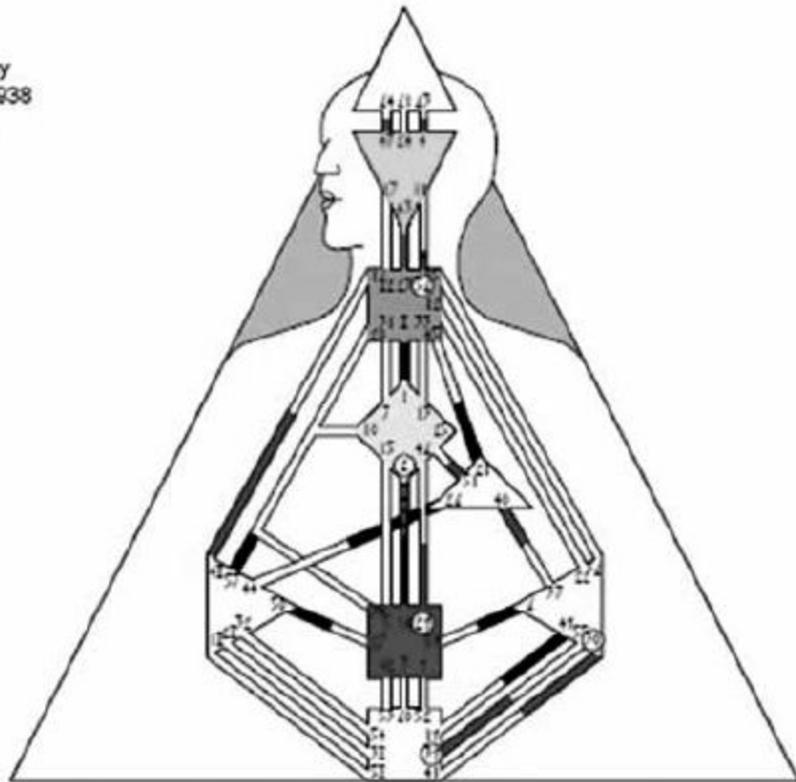
See figures 24–26 for examples of Manifesting Generator charts.

As you can probably guess, the Manifesting Generator has aspects of their personality that match both the Manifestor and the Generator. Roughly 35 percent of the population are Manifesting Generators. Manifesting Generators are designed to do multiple things at once. Usually, though, this is a great cover-up to disguise the fact that they have initiated several projects, and they are working very hard to make them work out, in spite of not having responded.

To others, the Manifesting Generator appears to be “all over the place.” But a Manifesting Generator is uniquely capable of getting more done than most people, and they can sustain this pace over a long period of time.

Design	Personality
22. Aug 1938	19. Nov 1938
08:22:59	08:50:00
GMT (0300)	EST (0300W)

▲ 21⁵ ☉ 14⁵
 ▲ 30⁵ ⊕ 2⁵
 ▲ 31⁴ ☾ 50²
 43⁴ ♁ 1⁵
 23⁴ ♃ 2⁵
 40⁵ ♀ 24¹
 42⁵ ♀ 14⁴
 4¹ ♂ 57¹
 ▽ 30³ ♁ 41⁴
 51³ ♃ 21⁵
 2⁵ ♁ 2⁵ ▽
 47⁴ ♀ Δ¹
 54⁵ ♃ 54⁴ ▽
 52⁵ ♁ 52⁴



Your Individual Design Keynotes

TYPE: Manifesting Generator
 Theme: Frustration
 strategy: Respond, envision, reprocess, Inform, act

PROFILE: 3 / 5 Martyr Heretic
 14-8 / 29-30 : The right angle cross of Contagion (4)
 Right Angle - Personal Destiny:

DEFINITION: Single Definition

AUTHORITY: Sacral Expressed Generated

Figure 24: A Manifesting Generator has a defined Sacral Center and a direct connection between a motor and the Throat Center.

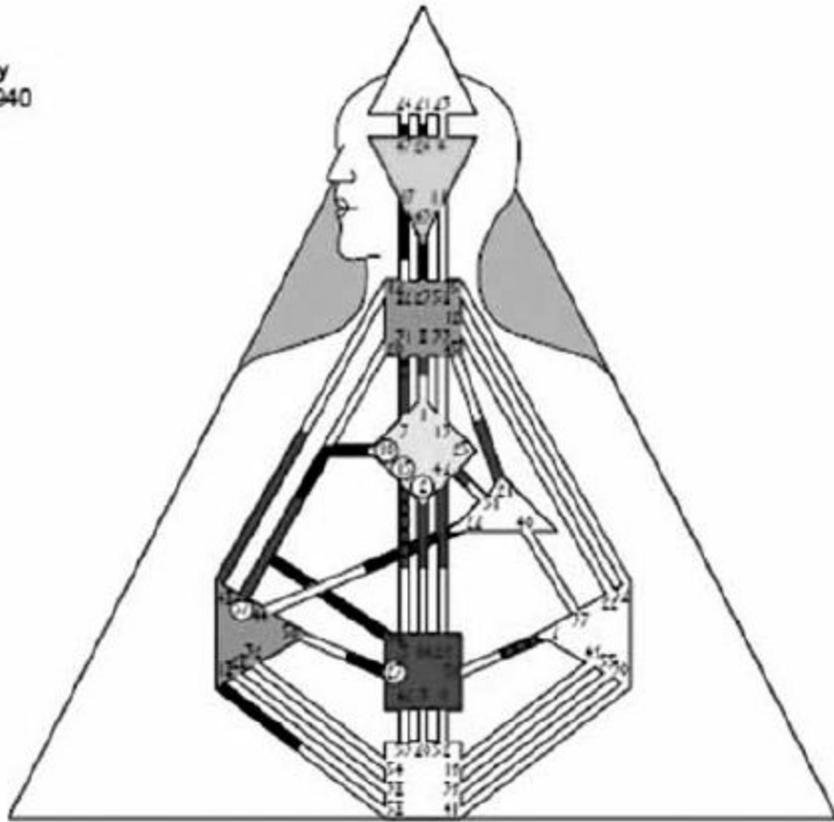
The Manifesting Generator's Strategies: Visualize and Inform

VISUALIZE

Manifesting Generators should try on ideas in their imagination first and visualize the outcome. Then, they must wait before taking action.

Design Personality
 24. Sep 1940 21. Dec 1940
 18:42:40 08:22:00
 GMT (LONDON) EST (BOSTON)

4Δ⁺ ⊙ 10⁺▲
 25⁺ ⊕ 15⁺◊
 ▲ 15⁺ ☾ 47⁺
 4Σ⁺ ♂ 13⁺
 21⁺ ♀ 17⁺
 ▲ 57⁺ ♀ 2Δ⁺
 7⁺ ♀ 34⁺
 Δ⁺ ♂ 43⁺
 ▲ 2⁺ ♀ 27⁺▲
 2⁺ ♀ 24⁺
 2⁺ ♂ 23⁺
 Δ⁺ ♀ Δ⁺
 31⁺ ♀ 31⁺
 5Δ⁺ ♂ 5Δ⁺



Your Individual Design Keynotes

TYPE: Manifesting Generator
 Theme: Frustration
 Strategy: Respond, envision, reprocess, inform, act

PROFILE: 2 / 4 Hermit Opportunist
 10-15 / 46-25 : The right angle cross of the Vessel of Love (4)
 Right Angle - Personal Destiny:

DEFINITION: Single Definition

AUTHORITY: Splenic Awareness Generated

Figure 25: Another example of a Manifesting Generator chart

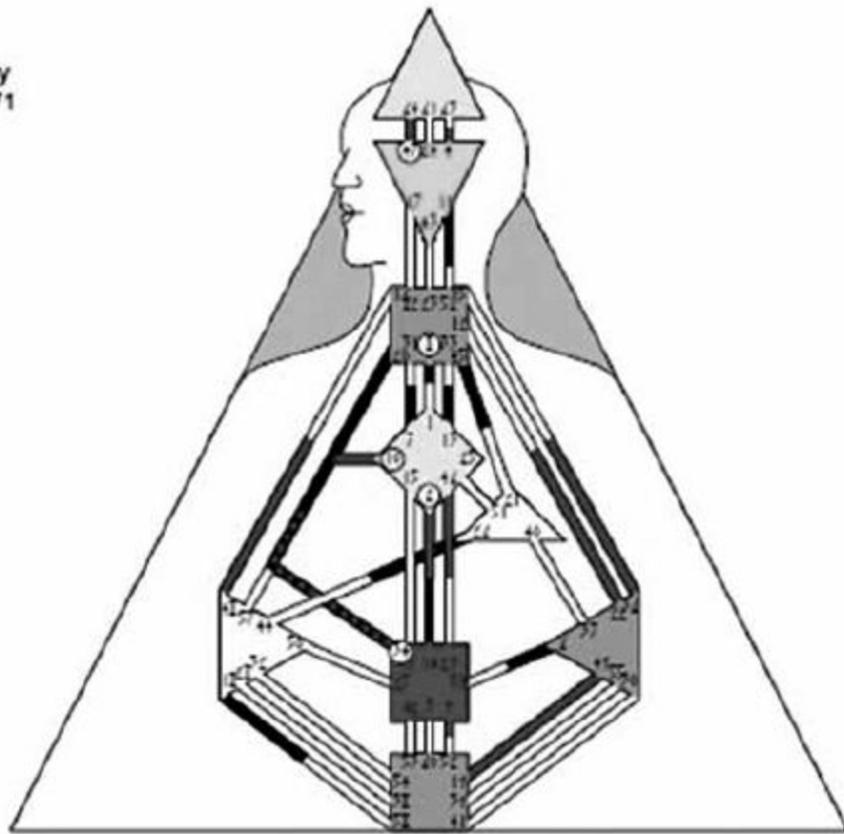
Because of their configuration, and society's bias toward manifesting, Manifesting Generators often believe they are Manifestors. That is why the emotional theme of the Manifesting Generator is anger (from the Manifesting part of the personality) and frustration (from the Generator part of the personality).

INFORM

Manifesting Generators must also inform like Manifestors in order to stabilize the energy around them. They can go so fast that informing feels as if it is slowing them down, but informing will decrease the resistance that they feel from others.

Design	Personality
11. Mar 1971	9. Jun 1971
07:39:49	08:55:00
GMT (309M)	CDT (309W)

22 ⁺	⊙	45 ²
47 ⁺	⊕	22 ²
44 ¹	☾	11 ³
47 ⁴	♁	13 ³
44 ⁴	♂	7 ³
32 ²	♀	20 ⁵
17 ¹	♀	Σ ³ ▽
10 ²	♂	13 ⁴
7 ¹	4	14 ⁴
2 ⁴	♁	Σ ⁵
48 ⁺	♁	18 ⁴
34 ⁺	♁	34 ² ▲
44 ¹	♁	Δ ⁵
17 ⁴	♁	21 ⁴



Your Individual Design Keynotes

TYPE: Manifesting Generator
 Theme: Frustration
 Strategy: Respond, envision, reprocess, Inform, act

PROFILE: 2 / 4 Hermit Opportunist
 45-26 / 22-47 : The right angle cross of Rulership (2)
 Right Angle - Personal Destiny:

DEFINITION: Triple Split Definition

AUTHORITY: Emotional Solar Plexus

Figure 26: A third example of a Manifesting Generator chart

The Manifesting Generator who is not responding runs the risk of being very busy doing nothing. And because the Manifesting Generator is so fast when they do respond, they have a tendency to skip important steps and frequently have to go back and fix the steps they skipped.

If a Manifesting Generator and a Generator start the same job at the same time, the Manifesting Generator will appear to learn the ropes more quickly. But if you compare the two six months later, the Generator will have caught up, and they will both be at the same level of mastery, because the Generator has a more deliberate process.

Special Traits: Active Multitasking

What people often don't understand about the Manifesting Generator is that they *need* to do more than one thing at a time. If they don't get to express that part of their energy, it's actually unhealthy for them, and they can end up feeling very frustrated and angry.

Most Manifesting Generators feel that the world just doesn't move fast enough for them. If you're a Manifesting Generator, it's good to remember that most people are not able to do as much or move as fast as you. Try to be patient.

The Manifesting Generator's Health

Manifesting Generators have two important considerations when it comes to health: responding and making sure they are doing enough. The thyroid of a Manifesting Generator is exceptionally vulnerable. To stay healthy, a Manifesting Generator has to respond, which isn't easy for them.

A Manifesting Generator who is not doing a lot, and feels stuck or trapped, can also have thyroid challenges. When a Manifesting Generator is fallow, it's like trying to keep a lightning bolt in a glass jar. That energy has to go somewhere, and if it's not being used, it will ricochet around in the body.

Manifesting Generators, like Generators, need to wear themselves out each day to get good sleep and renewal. They need to stay active to stay strong and healthy.

Parenting a Manifesting Generator Child

Manifesting Generator children are always on the go! They need lots of activity, physical engagement, and the freedom to start things, experiment with them, and then quit if it doesn't feel right. Many parents worry that Manifesting Generator children won't stick with things. They will. But they have to try on a lot of things as part of their creative processes.

Many parents are challenged by the Manifesting Generator's seeming lack of attention to detail. It's not that they don't pay attention to details. It's just that they often miss things or skip steps while they create. It's important when you parent a Manifesting Generator that you help them correct what they may have missed without judgment or criticism. They are just being what they are—speedy creators. The Manifesting Generator child needs to do many things to stay healthy and engaged. This can often be exhausting for parents, especially if they don't have this same kind of energy. Sometimes parents need help facilitating things for the Manifesting Generator child.

Anger and frustration can be a difficult challenge for the parents of the Manifesting Generator.

Manifesting Generators have big, creative ideas, just like a Manifestor, but the need to wait, like a Generator. When things don't work out as expected, or if they aren't moving fast enough, the energetic meltdown can be difficult to witness and manage.

Sometimes a young Manifesting Generator can't articulate what is frustrating them. They move quickly, and the creative process isn't always verbal. When they are deep into the frustration/anger reaction, sometimes these guys will bite or throw things. Parents need to help their children learn to manage their energetic intensity appropriately. Helping the child burn off steam physically is often useful.

Everything that applies to parenting a Generator and Manifestor apply here to. If you have a Manifesting Generator child, also read the sections on parenting a Manifestor and parenting a Generator.

Affirmations

- Even though I am inspired and excited, I wait for something to respond and then take action.
- I am patient with others. Not everyone can move as quickly as I can.
- I need to do many things at once. It's who I am.
- It's okay to skip steps. If I need to go back and do something I missed, it's just a part of my intense creative process.
- I am a powerful creator. I inspire others to support my creative process when I respond and then inform people about what I'm doing.
-