

Your Energy Type

MANIFESTOR

To Live A Life With Peace

The Manifestor, you, is here to make things happen! Manifestors account for about 8-10% of the world's population, so let's first appreciate that you are rare with your relentless, compulsive, driving energy that constantly seeks to act, achieve and do. This energy type has a closed and repelling aura and are here to understand their impact on others.

You are one of life's go-getters, you are a catalyzing force who injects tremendous drive and focus into any project or endeavor - and into the people around you. At your highest expression, you are supported in being a highly motivated person capable of powerful expression and manifestation! You may find it challenging to understand why others have such a difficult time getting things done, but not everyone can achieve things as quickly or effortlessly as you, so cut them some slack.

Every energy type has a strategy, a not-self theme and a signature that is specific to that type.

- **Strategy** is how we most correctly interact with the outside world and use our energy.
- **Not-Self Theme** is an emotion that alerts us that we are out of alignment with our design.
- **Signature** is an emotion that confirms to us that we are in alignment with our design.

The strategy for you, the Manifestor, is to inform before you act in order to have peace (your signature) and avoid anger (your not-self theme).

You seek freedom and constant activity; to be restricted stifles your nature and can send you into your **not-self theme** of **anger**. Anytime you feel anger come up, pause to notice where you can potentially be out of alignment with your design. Are you not feeling free? Are you not following your strategy to inform others before you act?

In relationships, the Manifestor's constant need for action can cause challenges. This need for constant action can lead to unpredictability and potential volatility. Don't ever think about trying to control a Manifestor! You might as well lock a lion in a tiny cage and await the roar. Blocking Manifestors, asking them to stop or nagging them to spend more time relaxing is trying to get them to behave in a way contrary to their nature. For them, there is no bliss to be found in doing nothing. But granted freedom, a Manifestor can be an extremely capable partner that will find a way through anything and be consummate professional. If you learn to keep other in the loop, life becomes easier. Although you don't care to be understood and just want to get things done, for the sake of peace - just let someone know what you're doing so you don't alienate others which will get in the way of your social and love life.

As a Manifestor, you may notice that your mere presence will push all sorts of buttons in some people. You may rattle people and send them off-balance. This is your catalyzing nature in action, so be watchful of others getting upset and remember to not take it personally. The

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(continued)

upside is that you have a tremendous ability to motivate and propel others. You can make people walk on hot coals and bring them through unscathed! Be careful with coming off as pushy, forceful or intimidating. Learn to appreciate that people will try their best when in your company and allow them to do so. Be watchful of people taking advantage of you. You're on this earth to catalyze action, not perform duties for others.

Manifestors do not have sustainable energy. Therefore, it is really important for them to be wise in how open they are to requests for their energy. This is why the Manifestor's aura is closed and repelling, because they cannot afford to spread their energy everywhere and give it to whoever wants it. But it is only meant to push away what will not honor your energy or the availability of that energy. It is not about your loving heart. Energy in non-sacral beings is a precious commodity and must be guarded. It is so important for Manifestors to be discerning about what they say yes to and what they commit to.

Sleep can be a big problem for Manifestors. Because Manifestors do not have a defined Sacral Center, they are not designed to be "worn out" at the end of the day like a Generator. Manifestors need to lie down and rest before they can fall asleep — before they feel sleepy. If you wait until you are exhausted to go to sleep, the quality of your sleep will likely be poor. It is not uncommon for Manifestors to struggle with insomnia or wakefulness at night and tend to sleep better by themselves. The time spent alone while sleeping helps the Manifestor discharge the extra Sacral energy that they have picked up and amplified all day. The idea of sleeping alone can be difficult for Generators to understand, but it isn't personal! Manifestors will sleep better, feel better, and be healthier if they get a chance to renew their energy.

Quantum Purpose of the Manifestor is to initiate others into the frequency of transformation and creativity. As an initiating force, the Manifestor, through following their own flow, stretches the boundaries of what's possible in the human story. They transform us by following their own path. Manifestors create openings at the edges of the human story so that the story itself continues to evolve, and collectively, we can continue to serve the evolution of the human story. -Karen Curry Parker

Your Profile

1/3 - THE INQUISITIVE EXPERIMENTER

Line 1 is your conscious personality often referred to as the Investigator or the Inquisitive.

Line 3 is your from your unconscious design and is often referred to as the Martyr or Experimenter.

You are consciously focused on finding inner strength by establishing a secure foundation, while your unconscious design naturally bumps into things that continually surprise you and others with accidental discoveries. You have a deeply internal destiny and can be like a chameleon, not wanting to draw too much attention to yourself until you feel secure as an authority. Grey areas can make you feel weak and uncomfortable, and drive you to seek answers. An open and willing student, you are on a path to develop strength through mastery.

You are here to be in charge of your own life, as well as a voice and a person of authority in your field of expertise. Learning about relationships is a life-long trial-and-error journey for you as you travel along, head down and absorbed in introspection and yet bumping into people along the way. When something about a relationship isn't secure or harmonious, you can become uncomfortable and break the bond. You will then renegotiate the bond, either strengthening the relationship or bringing it to an end. This can happen repeatedly and is the correct way that your relationships are deepened and kept healthy or brought to completion so you can move on to one that works.

The tendency toward "bonds made and broken" is a huge part of the 3rd line experience, as Martyrs are often very quick to be able to tell when a relationship is not working or when the energy is off. In addition, your martyr side has a tendency to look at all of life as a potential untruth, even while your investigator side is seeking a solid truth to build its authority around. You cannot be lied to; even as a child you could find out who was telling you the truth and who you could trust.

If you can surrender, your strategy and authority will guide you correctly through life, as your first line personality augments the trial-and-error process with further investigation. It's also important that you have control over your environment as you are here to be free to progress organically from one discovery to the next. You are empowered when encouraged to investigate or speak the truth about what does not work.

Your Inner Authority

EMOTIONAL - SOLAR PLEXUS

Your Inner Authority is **your body's knowing (or intelligence)**. This knowing guides you to make the most correct decision for yourself when responding to things that come your way. You hear a lot these days about following your intuition, Human Design gets specific and shows you where your Authority lies so you can experiment and see how it works for you.

Having Emotional authority means that the Solar Plexus Center is defined. The Solar Plexus consistently receives emotions in waves- with highs and lows. People with Emotional Authority experience many moods, and have an emotional response to things. An invitation, question or request might give someone a burst of excitement or a surge of anger, and using your Emotional Authority means you would ideally wait, take the time to ride out the emotions until you have reached a state of calm to respond. The range of emotions that come through the emotional wave are a sample of what may come. By sensing what feelings something might bring, you can feel into possible outcomes.

The emotional reaction is Donald Trump firing off nasty tweets, Tom Cruise jumping on Oprah's couch, and Oprah Winfrey angrily confronting author James Frey (and then coming back to apologize once the wave had passed). They are responses from the highs and lows of the emotional wave.

People with Emotional Authority are not really here to be spontaneous. Leaping into things will often result in regret. Learning to respond with "Let me sleep on it." "I'll get back to you." or "I need to reserve the right to change my mind." can offer some relief from the pressure to make a decision and allow time to ride out the emotional wave.

Remember this is all an experiment, so keep playing around with this guidance. Feel free to make it your own! You are your best guide and gauge.

A great way to hone in on how you make correct and consistently better decisions is by analyzing some of your past experiences. Think of a time when you made a big important decision in your life that you wished you would have done differently. Now try to recall how you came to that decision - where you influenced by someone, did you start over-thinking and over-analyzing, were you somehow feeling obligated to commit? Now try to recall an important decision you made that went in your favor and brought you inner harmony. How did you make that decision? Did you maybe wait until you felt less emotional to make your decision? By exploring these scenarios as well as future scenarios, you will continue strengthening your inner authority.

Your Definition

TRIPLE SPLIT DEFINITION

Your definition basically refers to how many "teams" of energy centers you have in your chart. The way these teams or clusters connect, influences our interactions with others and the coherence of our connection to ourselves.

Your design has three separate areas (centers) that are not communicating with each other through the lines (channels) creating a feeling that something is kind of missing. It is correct for you to seek and be around a variety of people to bridge these "gaps" and bring you that "missing" energy. You'll know when you're around the right people because you will feel comforted, excited and more yourself around them. Because your design needs several types of energies to complete its circuit, you may have several best friends, several loves of your life and this is correct for you. Leave space in your relationships/friendships to sample energy. You can achieve this stimulation through being out in the public aura, taking classes or workshops, finding group events or experiences where you get to be around a lot of different energy, find work that also allows them to do this by working in public places.

Triple Split energy is rare as only about 11% of the human population have this split! It's comparable to the energy of astrological sign Gemini. Gemini energy is very airy- it moves quickly and it is incredibly curious. It wants to explore, it wants to chat, banter and flirt or analyze and dissect. Gemini energy can be gregarious and charming, and it can also be fickle and, at times, two-faced or sneaky. There is a duality present in Geminis that resonates with Triple Split energy. Human Design is about knowing yourself, and owning your own energy. Triple Splits who have awareness of their need for variety can bring it out of the shadows and communicate it to the people that they love, and help to shift the public consciousness by showing the world that we don't all love the same way.

You don't have to worry about actively searching for people to bridge your splits, most of these connections occur organically as you navigate through life. The innate intelligence of your aura will guide you toward precisely what you require.

Your Incarnation Cross

RIGHT ANGLE CROSS OF SERVICE

Our Incarnation Cross ultimately defines our purpose on Earth. It comes more fully into play during your late 30's to early 40's, although it's likely that it will show up throughout your earlier years in more subtle ways.

The design of your cross is to help guide and correct others. With your lead energy coming out of the 52nd gate you are going to do your guiding from a point of stillness. Like a guidance counselor sitting in an office, people will seek you out to hear your advice and opinions about their situation. It is important to follow your type and strategy when offering your opinions and correction as this will produce more positive results.

Right angle cross means you are here to learn about yourself through your own actions. People with left angle crosses are here to learn about themselves through the way their actions affect others.