

The Projector

Excerpt from Understanding Human Design by Karen Curry Parker

[Buy this in depth beginners guide to Human Design on Amazon](#)

The Projector

Strengths

- Managing and directing others
- Insightful
- Intuitive
- Magnetic and attractive
- Helps focus energy to accomplish great things

Weaknesses

- Perceived by others as lazy
- Can burn out
- Highly sensitive
- Lacks self-awareness
- Can be bitter

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

- You have an undefined (open) Sacral Center.
- You have no defined line from the motors to the Throat ([figure 27](#)).

Roughly 20 percent of the population are Projectors. The gift of the Projector is to manage, guide, and direct others. The aura of the Projector says, "Ask me a question. I know the answer, and I would love to share it with you."

A healthy Projector has no bitterness or desperation. They simply wait. And when they are invited, the Generators and Manifestors are beautifully guided and set free to make the best use of their energy and creative expression. The world flows in a perfect order and every one of God's creatures assumes their divine role and it feels good to everyone.

Most Projectors are conditioned to believe they are Manifesting Generators, and they can really struggle to keep up. They believe that they can initiate and do more than they are really capable of. And they can, for short periods of time. Because the Projector has an undefined Sacral, they can take in Sacral energy, amplify it, and do more than everyone else. But the energy of the open Sacral is not sustainable, and the Projector who is acting like a Generator runs the potential of hurting their bodies and their spirits.

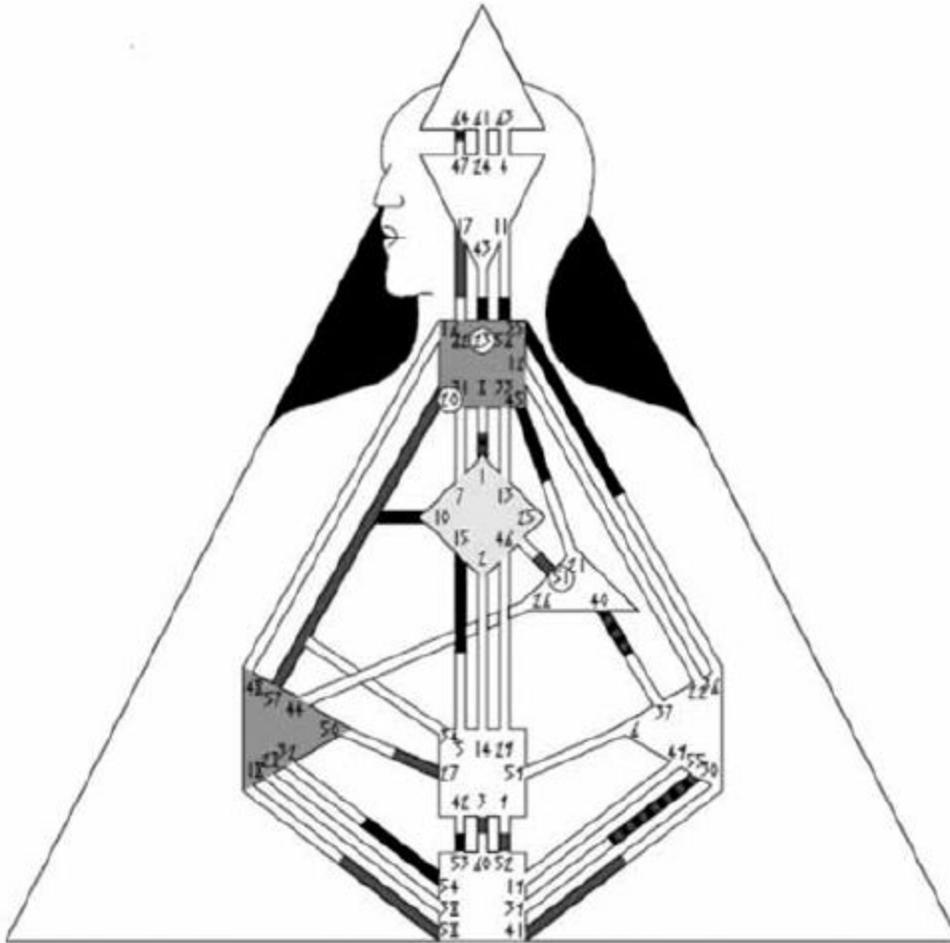


Figure 27: A Projector has an open Sacral Center and no defined lines between the Throat and the motor centers.

It is important for Projectors to understand that they are not here to work—at least not in the traditional way that we think of work. Working a regular, nine-to-five kind of a job is not correct for Projectors, especially if the work is physical labor. Projectors are not lazy. They simply don't have the same energy for work as Generators.

The Projector's Strategy: Wait to Be Invited

Projectors can have the hardest time in life when they don't understand their type and their strategy. The Projector's strategy is to wait to be invited. The waiting of the Projector is about big invitations, such as love, career, and living conditions.

Unlike the Generator, who is constantly responding to life, the Projector gets big opportunities with very little in between. This can sometimes seem to Projectors and those who do not understand them that the Projector is "lazy" or just sitting around waiting for something to happen. But, that is really all a Projector is designed to do. Projectors who do not wait will not experience success. They do not have the energetic configuration to just go do things and "make things happen," as many will tell them. Because a Projector has no motor to the Throat and an open Sacral Center, they will struggle to be heard and recognized. Projectors can stand in a crowd and talk up a storm, but if no one has asked them to talk, they run the risk of not being heard, having their ideas stolen, or inadvertently insulting or

criticizing the people around them. This can make it difficult for a Projector to get their ideas off the ground.

A Projector who offers up insight without being asked first may appear to others as bossy or controlling, even when they have the best of intentions. It can be very painful for a Projector to not have their wisdom recognized or appreciated. And eventually, they may become dejected or bitter.

However, a Projector who waits to be asked, recognized, or invited has an enormous amount of wisdom to share with the world. They can feel the energy of others in a deep way. Intuitively, Projectors know what the other energy types need to be doing to make the best use of their energy—particularly work force and life force energy.

Projectors who wait to be recognized by Generators have a vital piece in the puzzle of life. Remember, Generators without direction just do and do and do, without any real end result. The Projector who waits can share incredible insight that can turn the directionless busyness of the Generator into powerful energy that can accomplish great things.

It is crucial that we recognize and utilize the Projectors in our lives. They can be our most valuable resources.

However, the fear of the Projector is that if they wait, no one will ever ask them their opinion. It is difficult to know the answer and to have to wait with your mouth shut, hoping someone will ask you. Remember, the aura does the talking. A Projector who waits will be asked by the right people who value their wisdom.

A Projector living his strategy is magnetic and attractive. People won't be able to stop recognizing and inviting the patient Projector. It is planetary geometry.

But, it is imperative that the Projector wait for the big invitations in life, such as love, marriage, career, moving, etc. A Projector who initiates any of this will most likely experience challenges and struggles. Many Projectors find that they are unconsciously preparing for the next big invitation while they are waiting. Perhaps they are studying the very thing they will be invited into. Maybe they are investigating living in a certain region.

Projectors do better when they understand that their process will most likely seem slower than the process of those around them. Projectors must not compare themselves to the Generators and Manifestors in their lives. A Projector, by nature, will have a slower journey. But it is their own journey, and following their own path will give them sustainable energy and the recognition that will make their soul sing.

A Projector who is living his strategy is a beautiful thing to see; he knows that invitations and recognition will come from the people who value his wisdom and guidance.

Special Traits: Burnout

Projectors need help with recognizing when enough is enough. It is very easy for a Projector to take in Sacral energy and temporarily morph into a Super-Generator. But that is not sustainable.

Unlike Generators and Manifestors, the Projector has a finite amount of time and energy. Most Projectors can act like Generators until they crash around the age of forty.

Most burned out Projectors won't know what hit them. They will feel exhausted and depressed. Their bodies may be failing, and they might be struggling to make money and to keep their jobs. They may even lose important relationships and support.

It is crucial that a Projector experiencing burnout take some time to recuperate and simply wait for healing and an invitation. This can be challenging, as not many people have the financial means to

simply quit working. So they must work with the understanding that they are waiting for the right job, via invitation, and their interim job is simply to pay the bills until that opportunity presents itself.

The Projector's Health

Projectors are here to be wise about others. But their insight about other people sometimes leaves them blind to themselves and their own needs. They do not have the same capacity to know themselves the way a Generator does. Consequently, they need help seeing when they are overdoing it. They can even need help in recognizing when their bodies are not feeling or working well.

The Projector is not designed to work physically. Working out and exercise are not always suited to the Projector. Projectors do well with gentle workouts and must learn to honor their bodies and what they are feeling.

Because Projectors are so sensitive to the energy of others, they need time alone to discharge other people's energy out of their system just to feel physically good. This is not personal. It is just a necessity. Remember, the Projector is not hardwired to hold Sacral energy for prolonged periods of time.

Projectors may find that they need to nap during the day. They also need to rest before they can fall asleep. In order to protect their physical well-being, it is vital that the Projector goes to bed before she is tired. If she waits until she is tired, it's too late and the quality of her sleep will be poor.

Remember, the Projector sometimes needs help knowing when enough is enough. It is not uncommon for Projectors who are acting like Generators to stay up too late working and then battle insomnia even though they are exhausted. Projectors may also get better sleep if they sleep alone, particularly if their partner is a Generator.

Parenting the Projector Child

The greatest gift you can give a Projector child is recognition.

Here is an example of a common occurrence in a household with a Projector: A Projector child yearns to tell his mother all of his ideas. He is constantly expressing every thought he has, even if it may be at an inappropriate time. He can become frustrated and angry when she doesn't acknowledge his ideas, whether it is because she is busy or simply tired; and she in turn can become frustrated with her son for his inability to restrain himself.

But when the mother learns that her son is a Projector, she realizes he needs recognition for his ideas, and she practices asking him about them before he can share his insights. This simple strategy shifts the dynamics of their relationship significantly.

Suddenly, the mother realizes that her son has some great insights, and she looks forward to listening to his opinions. Her son feels recognized and valued for what he has to share and finds it easier and easier to be quiet and wait for his mother to ask. He feels heard and seen for the first time in his life, and their relationship grows stronger and more respectful over time.

You can also help the Projector child in your life by facilitating opportunities for them. Remember that Projectors must not initiate. They truly need others to help them gain access to opportunities and energy. A Projector is not weak or lazy if they don't initiate action; they simply need the energy of others to help them get started.

Affirmations for the Projector

- I am a valuable resource for others.

- I am here to guide those who seek my wisdom, and I wait patiently for the right people to recognize what I have to offer. This helps me conserve my precious energy and feel valued and loved.
- When I am waiting for an invitation, the most important thing for me to do is to follow my passion.
- I never know what exciting opportunity will come my way. Fully engaging in my passion prepares me for my next adventure.
- I conserve my energy and use it wisely.
- It is okay for me to honor my own energy patterns. I don't have to keep up with others. I am unique.
-