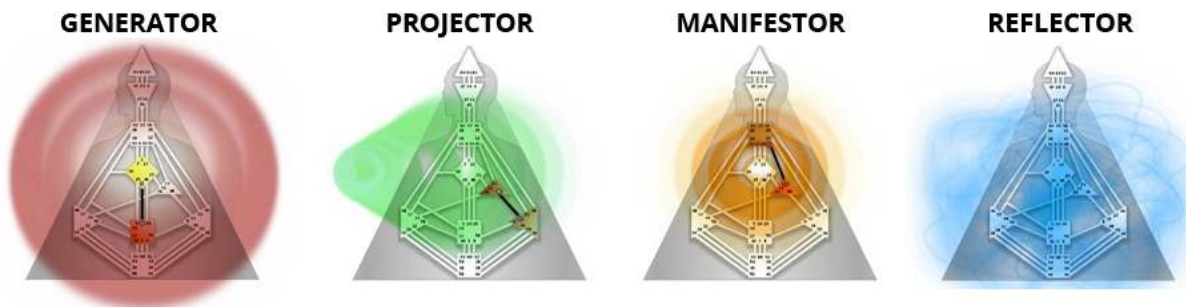


Understanding Projectors

by Amy Lee



The core determining feature of every Type is the aura. It influences how each Type is designed to function and how it deals with conditioning. This list is a short guide to understanding Projectors, whether you are one, or are in relationship with one. While many of these things could apply to all kinds of people, most of them apply to Projectors, most of the time.

- I. **Projectors are not here to work.** Projectors use and guide the energy of others because they do not have their own consistent access to the energy of the sacral center, the energy which sustains work and creation. This means that Projectors are designed to work for shorter periods, often for specialized purposes with plenty of rest in between. They can seem highly energized and productive when they are involved in a situation where they have been recognized for their unique talents and abilities and invited to use and guide the energy of others through their particular role. This is a fundamental difference between Generators and Projectors. Generators have a need and drive to be engaged with work in a consistent and fulfilling way. This is not the case for Projectors, so it is important to recognize that making a living may be challenging for them and a source of some pain and bitterness. You can support and empower a Projector by respecting that expending energy through work is usually not the central focus of their lives and may only be



sustainable with frequent or prolonged breaks for rest.

2. **Who is (at least) as important as what.** Relationships, on the other hand, are the focus for a Projector. Because of their deeply absorbing and penetrating aura, they take in the energy of others deeply. They are truly fueled by the other. Imagine what this means. They are absorbing the energy of the other to the extent that it becomes a fuel for their own life force to express itself. They are then able to penetrate and guide the other with that energy if they are invited and welcomed. So who Projectors are with is often at least as important as what they are doing. Once engaged in a relationship, a Projector has no protection with the other. Imagine how impactful this is if the relationship is wrong for either person involved.
3. **They can't help what they see (or sometimes what they say).** Projectors see a lot. They have so much to share about what they are studying and seeing in others. There is an eagerness to offer what they can to guide the energy around them. Ideally this happens through invitation from whomever is the focus of their attention. Because of their penetrating aura, their expression and energy can feel intrusive and overwhelming when it is not welcome. This can look like over-giving, initiating conversations or inserting themselves into conversations that then exhaust or annoy others, offering unsolicited advice, or doing too much to attract attention. In the same way that Generators can feel pent up when there is not a good outlet for expending their energy, Projectors often feel restless or invisible when they can not share what they see. Understand that they may be starving for recognition and a way to offer their guidance.
4. **Relationships run deep.** Projectors are designed for deep and focused one on one interactions. In a group setting, when a Projector becomes focused on someone, they can become locked into the exchange of energy and attention in a way that makes others feel excluded. They may prefer to spend a longer time with one person rather than moving around a lot or interacting with many people in a more superficial way. If you are not part of this exchange,



you may feel forgotten, ignored or neglected by that Projector. You may hunger for their attention or feel envious or jealous when someone else is getting it. Remember that this is largely a function of their aura and the way they are designed to interact. It may not be their intention to exclude at all. The depth of connection that is natural for projectors can seem like too much to some people, but generally, they thrive on it.

5. **Projectors hunger most for recognition.** Sometimes they can become attached to any recognition, even if it's unhealthy for them. Entering a relationship correctly is not only about waiting for recognition but checking to see if that recognition is right for them through their authority. You may see Projectors compromising themselves in all kinds of ways for any recognition they can get. And once they are in a relationship, it can be hard for them to get themselves out. Ultimately Projectors are designed to be recognized for who they are, for their presence and awareness rather than for how much they can do or what they can produce.
6. **Projectors study systems and others.** The core question for a Projector is "Who are you?" They are naturally drawn to study others, as well as systems. They can seem to be always learning and deepening their study. They may spend a lot of time analyzing, observing or discussing everyone around them from their lover to their hairdresser. It is through this study that they deepen the value of their wisdom and awareness. Spending so much time focused on others and in study may not seem worthwhile to types that thrive on getting things done, working or focusing on themselves, but it is essential for Projectors. Education and mastery are often keys to their success.
7. **Projectors have a hard time respecting their limits.** We can all be blind to the conditioning that controls us. But Projectors especially, can become so focused on what they see in others, that they do not realize how deeply they have been affected by the people around them. They can be so focused on wanting to be recognized, wanting to offer their guidance, wanting to share the gifts that are truly meaningful to them, that they don't recognize their



own sensitivity and how deeply they are taking others in. This can leave them full of all kinds of thoughts and emotions that result in pain, bitterness, confusion, breakdown or exhaustion. It can be hard for Projectors to see, accept and respect their sensitivity and limits. They may push themselves to overcome their need for rest or space from relationships that are draining. One of the hardest lessons for a Projector is knowing when enough is enough.

8. **Sleep! It's important for everyone.** Because Projectors absorb and amplify energy around them, they need time to wind down and relax at night in order to be able to fall asleep well, rather than waiting until they are completely exhausted. This often means getting in bed to wind down before they are tired. And to truly get a good rest, it is best for them to sleep alone so that their bodies are not continuing to take in the energy of others while they sleep. That way, they can wake up refreshed. This does not have to prohibit intimacy and can actually lead to more energy and aliveness in relationships. Sleeping alone all the time may seem extreme for some couples. Luckily this is a recommendation that is fairly easy to experiment with, if you have the space, and you can assess the results one night at a time.