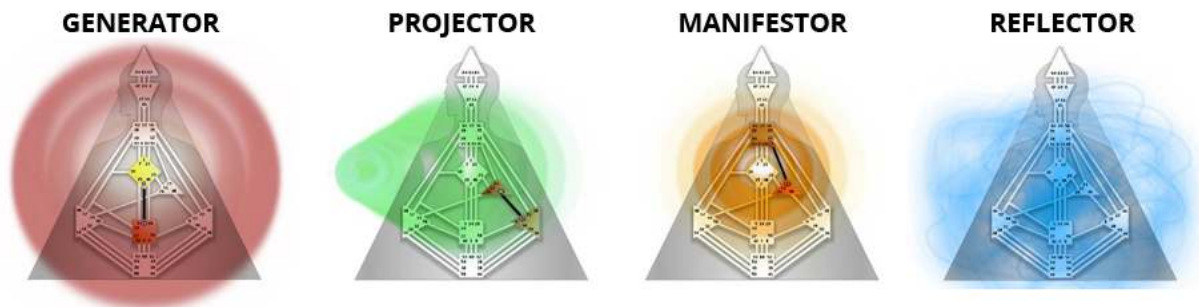


# Understanding Generators

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 Generators, whether you are one, or are in relationship with one. It is important for all types to understand Generators well, because they are the dominant type in our world.

1. **Work comes first.** Generators have a defined Sacral center, which is a consistent source of power and life force energy that expresses itself through work, building, creating and procreating. This is the energy that sustains life and creation on our planet. It is like an engine that thrives on being running well. Fulfilling work could look like a career, job or role that engages them and feels satisfying. A Generator feels most satisfied through the experience of work well done, energy well used and a sense of feeling spent through their work. If Generators do not have a satisfying way to expend their energy that feels right for them, they can feel pent up and frustrated. If they are chronically expending their energy at work that they don't enjoy or feel really connected to, they can become exhausted or depressed.
2. **They are self-absorbed.** The core question for a Generator is "Who am I?" and very closely related to that is: "What am I doing?" This is not about a search for identity but rather a use of power. It is natural for Generators to be about



themselves and the right use of their energy. Even if their work involves caring for others, a central theme is “How am **I** caring for others?” If Generators become overly concerned with what others want, they lose touch with what their energy wants to do and can become enslaved by the wants, needs and demands of others and disconnected from the internal response that is there to guide them.

3. **Their response to life guides and protects them.** Generators are designed to respond to life from their sacral center. This is a “yes or no”, gut level sense of wanting to engage with something or not. Although this process takes more time and is more complex for Generators with a defined Solar Plex center (Emotional Authority), the result is the same: their engagement response is rooted in the body and energy system. It is through this pure response that their bodies are designed to show them what to do in life. This is not a mental, logical or intellectual process. It does not give reasons, explanations or provide guarantees. It is not up for negotiation. This kind of response is often very natural for Generators whether they know about their design or not. But in a deeply conditioning and highly mentally driven world, it can take a lot of courage to follow that response without knowing where it leads or why.
4. **It’s not personal.** Society, families, partners and “friends” may try to reason with or influence a Generator’s response or feel hurt, unloved or disappointed when it is not what they want it to be. It is important to understand that Generators have no more control over their own energy response than anyone else. It is not personal in relation to anyone else. It is simply mechanical, a mechanism of the body, which guides them toward the right use of their energy and protects them from interacting with what is unhealthy for them. If you support a Generator in following their sacral energy response, everyone involved benefits. If you coerce, shame or otherwise convince a generator to act against their response, you get frustration and irritation. If they comply for a while, you’ll probably end up with a very frustrated or worse, sick Generator. It is a true experiment for Generators to allow themselves to follow this response instead of trying to be reasonable, compromising or controlling according to the influence of their own minds and



the conditioning of others.

5. **They bounce.** The Generator aura is open and enveloping so that it can attract what is correct for them to respond to. Their energy field often feels big and warm. In a way, it is opening to life so that it can attract the right things to respond to. In social settings, you may notice Generators bouncing off of things and people as their aura searches for something engaging. Once they find something to respond to, they engage it with their energy and pour their life force into it. This is a much bigger and more open way of moving through the world than the repelling, sampling or focused auras of the other types. Because the Generator type makes up most of the population, their social and energetic dynamic dominates in most social situations and other types may feel more alien or on the outside in many social settings. If you are not a Generator, there is nothing wrong with you, your aura just functions differently.
6. **It's their world.** Generators make up about 70% of the population. So when they are unfulfilled, frustrated, dissatisfied or enslaved, those qualities become the dominant flavor of life in our world. If you know how it feels to sit in standstill traffic with hundreds of other cars on a highway during prime commute hours, you know what it feels like to be swimming in Generator frustration. One of the most beneficial things we can all do is encourage Generators to use their energy correctly so that satisfaction, fulfillment and empowered creation flourish and nourish us all. We can all benefit from a world that feels more satisfying and empowered when we support Generators in following their natural response.
7. **They have more fuel for the not-self mind than any other type.** This is a big one. The Not-Self refers to the conditioned mind which is shaped by the open (undefined) centers, gates and channels of the chart through interactions with people, culture and planetary transits. Our natural life force, on the other hand, is expressed through the characteristics of the defined centers, channels and gates of the chart. The Not-Self is a mind that tries to manage, control and direct our lives through compulsive, habituated thoughts and feelings. If we are not aware of it, it interferes with the natural navigation in our bodies and hijacks the life



force energy in us. Because Generators are the only type with sacral energy, the Generator Not-Self mind is the most consistently empowered through that Sacral motor. It can be very convincing, active and engaged in attempting to control our lives.

8. **They want to be Manifestors.** Who doesn't? Manifestors were the original rulers and monarchs on earth: Initiators creating and controlling their own lives and often the lives of others. With all of the energy in their bodies, it can be very challenging for Generators to wait and trust that life will bring them something to respond to. It can be very uncomfortable to sit with the energy of the sacral motor and have patience while waiting. The temptation is to let the mind come up with ideas and plans and start stirring things up to create something to engage with. One of the best exercises for a Generator is to watch and notice what happens when they initiate something out of nothing vs. when they respond to something that shows up in their lives. It can be an act of faith NOT to spend all their energy chasing after things or being busy with things that don't matter. The fear is that if they don't make something happen, they will miss out on life. If you are a Generator, you can experiment with waiting, with not wasting your precious life force, and instead wait for what is truly satisfying to arrive.
9. **Waiting means being alert.** Waiting is not about resignation. It is not about passivity. It is an active state of receptivity and awareness. It is about being present and alert to the energy in your body responding to life in every moment. It is what a constant state of active meditation could be, as you move through life, do your daily necessary activities, manage your home or the needs of your body, all the while being alert to when the energy of your body naturally rises to meet what is in front of you.
10. **They sleep best when they are spent.** Generators generally sleep best when they have used up their energy and don't try to make themselves sleep if they are still naturally engaged in what they are doing. Once they are exhausted, a healthy Generator will usually just lie down and drop off. As a Generator, if it's "bedtime"



and you're not tired, you can experiment with not getting into bed until you are really exhausted.