

## **Parenting a Manifestor**

### Suggestions and Awarenesses for Raising a Manifestor

Just as your child is fully equipped and designed to live their life as a Manifestor. You are fully equipped and designed to be their parent. They have chosen you because of your unique design, gifts, talents and understandings from your life lessons and experiences so trust that. Anything presented here are possibilities and things you may find helpful to be aware of, but don't expect your child to be or try to make your child be anything presented here. Your child will be what they will be because they are who they are. Manifestors are rare, about 10% of the population so what is presented here is to help you support, accept, recognize that your manifestor child is not like most of the population so please do not make or expect them to be. They are different and they have a unique gift to offer and a unique way to interact with the world.

#### **What are manifestors here for?**

**To impact.** Manifestors naturally have the power to impact. This could be a specific person, situation, group, moment, etc and this could look like many things. But basically with the dense aura (energy field around the body) manifestors are designed to impact because they can, and can do so with a hard hit if necessary without being effected. Think: 'bull-dozer'. Most often they do not realize or plan the impact. Impacting can be a common almost daily thing for some manifestors and for others it may be that they have one or two huge impacts over their entire life-span. It is healthy for manifestors to embrace that they naturally have an impact, they may not understand or even realize that they are impacting and must be free to walk away from whatever they are impacting without attachment or ownership. Manifestors are really here to 'know their impact' rather than really knowing who they are themselves so much. It is more about who and how are they impacting. As they are on the search to discover themselves this is the unique nuance to that discovery. It is more of a focus toward the impact and in that process they will discover and truly love themselves.

**To initiate.** Manifestors are naturally designed to initiate action and get things started. This works best if the initiating is correct for them and they know what is correct through the guidance of their inner authority (Inner authority is a separate topic yet also very important. Manifestors will be either emotional, splenic or ego authority). Just as with impacting, they may not realize they are initiating and must be free to walk away from whatever they initiate without attachment or ownership. Also similar to impacting, initiating can be a common event for some manifestors and others it may be that they have one or two huge events of initiating over their entire life-span. They are not necessarily designed to carry out to completion whatever they

initiate. They may in some situations if it is correct, yet it is healthy and empowering to have an understanding of not feeling like a failure or flaky if they do not stick around for the manifestations to come to completion.

“Impact (& or Initiate) and get out of the way” can be a good phrase to describe all this. And Inform those that need to be informed (Will get into informing below).

**The Gateway:** this is along the same concept as initiating but just a bit of a different way to see it and can be a powerful image to help your manifestor child connect with. Manifestors are gateways for the divine to manifest or initiate through. Being a manifestor is not an ego trip of going out and manifesting/initiating whatever they please. Rather manifestors are uniquely designed to be the channel, to be the gateway, for the divine plan of it all to come through and more easily and effectively be channeled into this world. When manifestors honor their design and stay correctly aligned, manifesting/initiating/impacting will be a natural and powerful flow for them and a great gift to the world. It will not be coming from a personal agenda or ego based plan but as a natural flow of their role in co-creating in this world.

A few more notes on what manifestors are here for:

1. They have the ability to glimpse the future. This may not be conscious or fully understood but may come through in some way for them such as intuitive feelings, flashes of images, hunches, a sense that they must manifest/initiate something as part of what is to come in the future but unclear why at the moment.
2. In general, manifestors as a type have the reputation of posing a threat to order and stability. They can shake things up because they are here to initiate, impact and can be an unstoppable force that can move matter on this planet. They are protected and designed to do so.

### **Other Characteristics about Manifestors**

**Aura:** *Closed and Repelling.* This is the energy field around the body that extends out several feet (on average 12 feet). For a manifestor this energy field is described as closed, impacting, repelling, very dense and pushing (In contrast to generator aura that is open, inviting, flowing, enveloping, welcoming). This serves as a protection for the manifestor. It is healthy for a manifestor to be aware of this and be comfortable with this. This is their natural state and is so for great purpose. Informing your manifestor child about this difference in their energy field may be helpful as they flow through life and interact with others because they will be noticed. For example in a school classroom setting chances are if there are 20 students, 1 or 2 may be manifestors, and the majority of the other students will be generators. It can be very obvious

energetically when a manifestor walks into a room. It is not always a conscious observation from others, but some part of a non-manifestor type person will energetically notice the clear difference in the energy field when the manifestor is present. Depending on the personality of your manifestor child this can be ok or not ok. For me it was totally an uncomfortable feeling, I often wanted to hide, I was extremely shy, I would try to pull in and implode my energy field hoping others would not notice. Of course at that time I had no idea I was a manifestor so I utilize this info now to look back to my childhood and observe how I coped (usually in an unhealthy way) to try and fit in. Other kids may be ok and comfortable with being noticed and feeling different. Whatever the experience of your child the awareness here is that they are designed differently and it most likely will be noticed and felt by others. If a manifestor is living in not-self or in an out-of-control type of state the difference in the aura of the manifestor and how it is noticed by others may create resistance or fear from others because the other may feel threatened, pushed away, shut out by the manifestor aura.

**Strategy:** *To Inform.* Informing helps to lessen or dissolve resistance met from others. It is suggested that manifestors learn to inform those that may be directly affected or involved in the situation or event. This is not necessarily going around informing everyone about every little thing. The informing is very purposeful and specific to those that need to know because they may be affected, impacted or involved in the situation, event, circumstance. This allows those informed to either get on board or get out of the way. Informing is not asking permission or asking advice. It is simply notifying those that may be affected or involved in what is moving through the manifestor to manifest/initiate.

There is a slight variation in the strategy for the child manifestor. It is for the child manifestor to *'ask permission'*. There is recent re-consideration of this difference in strategy for the child manifestor. Current experiential research is being done to understand this better because *asking permission* does not entirely honor the unique energy of the manifestor. So really for the child manifestor even though it is suggested that they *'ask permission'*, the asking of permission is still motivated and has the underlying energy of informing. The child Informing the parent what they are going to do or wanting to do with understanding from the child that the parent can say no or have a discussion about it. It is really about open, honest, supportive communication for the manifestor child to feel safe and supported to tell the parent or other authority figure such as a teacher what the child is wanting to do with politeness and respect. And informing is a two way street. So just as helpful and important as it is for the manifestor child to inform the parent, the parent informing the manifestor child is also as helpful and important. Reciprocal informing: manifestor informs you, you inform the manifestor, informing each other about situations, opportunities, desires, plans, statuses, etc. Keep the manifestor child in the loop with the motivation behind it of informing and teach the manifestor child to do the same. A manifestor

should really never be told what to do which can be tricky as a child in this society. It is important for the gift they are to this world that they are free and empowered to decide and know for themselves what is moving through them to manifest/initiate, and that they have loving freedom and support to act accordingly. This may take a great deal of trust from the parent yet if the manifestor is given this freedom they will truly be acting in alignment with their design and this ultimately will be the most healthy & empowered state for them to live in.

Manifestors may rebel by doing the opposite of what is healthy for them. This rebelliousness is often motivated by a conditioned fear of being controlled. Not informing can often become a way to avoid rejection and avoid being controlled. They think if they act secretly the possibilities of rejection or control will be avoided. Yet it is good for the manifestor to remember that informing promotes peace, builds trust and paves the way for healthy manifestation.

Manifestors may also naturally resist or put up a guard when they are asked questions. It just works better to go with informing rather than question asking. For example if the family is going to watch a movie at home rather than asking the manifestor child "Would you like to watch the movie with us?", it may work better to inform by saying something like: "We are going to watch a movie, you are welcome to join us if you like." This may not work in all situations, yet as often as it works if you can inform the manifestor rather than asking questions or demanding that they must do something it will just work better and will be best for all involved. Inform and allow them to act accordingly or not from their own guidance.

**Anger:** This is the '*Not-Self Theme*' for manifestors. Sure anyone can and probably will experience anger, but for a manifestor this is a huge gift for guidance if they can learn to embrace it, honor it and channel it correctly. It is natural and normal for anger to get activated in a manifestor. It can serve as a red flag, as a sign to pay attention and honor what is going on and bring awareness to the moment. If a manifestor is made to feel bad about the anger, not naturally allowed or taught how to honor the anger correctly it could go two ways. Typically experienced as either 1. anger, rage and rebelliousness; Or 2. implosion(shutting down), passivity, accommodating. Either of these could be dis-empowering and unhealthy not-self states. If not recognized for what it is, the anger, rage, rebelliousness, passivity, accommodating may repress the power of the manifestor and keep them from realizing their worth. The anger is usually a sign that the manifestor energy is not being honored because someone is trying to make them something else, or the manifestor themselves are trying to be something else. The anger is a great gift to help keep the manifestor true to themselves and not allow anyone to make them different. Even if it is someone else that elicited the anger, it is still the responsibility of the manifestor to recognize the anger and use it as a sign to come back to their own truth and not change or act to satisfy another. So the anger is not so much about the other that may have 'caused' it nor should it be directed toward the other, but simply used as a gift for the manifestor

to honor, work with and embrace as a tool to help keep them true to their unique design. As I have worked with this myself I have found it important to not use anger as an excuse or incorrectly. I can easily get angry at times, and I am starting to observe the difference when this is truly my not-self theme type anger and when it is more of an anger that is coming from a place of dis-empowerment, moodiness, etc.

**Signature:** *Peace*. This is the state the manifestor is reaching toward as a sign that they are in alignment with their truth, honoring their unique design and living from an empowered place. Just as anger can serve as a red-flag, peace can serve as a sign that all is well. And also just like anger, peace can be experienced by all people and can be a goal many have, yet for a manifestor peace holds a very special gift for them to know that they are living in their truth. It can serve as a great guide. Not being in peace is not necessarily bad and should not be used as judgement from the manifestor that they are not doing a good job. We are here to learn and grow so there may be frequent movement from Peace to Not-Peace and back. But reaching for and working toward peace can help guide the manifestor. And ultimately it comes down to having the peace to do what they want when they want to do it.

**Sleep:** The topic of Sleep, Rest, Life-Force Energy is unique for a manifestor and is similar to projectors and reflectors because none of these types have sacral definition, meaning the sacral center is not defined, so they are not sacral beings. Generators and Manifesting Generators are the only types with sacral definition and therefore are the only sacral beings that have consistent life-force energy that they can regenerate on their own. The sacral center is about life-force energy. Because the sacral center is not defined the manifestor will not have consistent and dependable life-force energy. Energy levels and amount of rest needed for manifestors may fluctuate with some days needing little sleep with reserves of energy and others days needing extra rest and low on energy. Sleep, rest and energy level patterns for a manifestor child may not be consistent so as a parent it is encouraged to go with the flow on this one. If your manifestor child needs extra rest and seems to not be able to keep up with energy levels of other people do not think something is wrong, make them feel bad about it, or hold that against them. Trust what their body needs and give them the freedom to get the rest needed. I have witnessed that this need for extra rest at times can also become an excuse for avoiding something or a mechanism to shut down. Giving them loving freedom to do what their bodies need is important because as a manifestor if they are avoiding something yet they are given space and freedom to be with themselves they may realize at some point they are in avoidance and/or have shut down and will come out of it from an empowered and healthy place. If you see this happening and feel some attention about this is needed to be brought to them because you as a parent observe or feel that they may be resting to avoid life or are in shut-down mode try

coming from the stance of informing them of this observation (rather than making them feel bad or demanding that they get up and out of bed). Chances are (even if they pretend not to hear or care) they will hear what you say, take it in, sit with it and eventually move/get up because you came to them about it from a place of informing. Through this informing they have been given the important and empowering opportunity to discover and realize this on their own. This can be a great gift to them as they learn their own gift as a manifestor and unique design.

It is best for manifestors to go to bed before they feel tired. Allowing time to lay down and relax before actually falling asleep gives them a chance to unwind, decompress, clear out so when they do actually fall asleep they are doing so from a cleaner, more peaceful state.

It is suggested that they sleep alone. This is suggested for everyone yet I find it especially important for the unique aura types such as manifestors, projectors and reflectors. The time alone while sleeping really allows them to be in their own aura field, resting in their own energy, connecting with their true selves, clearing out energies from their open centers and really feeling what is their energy and what is not. They may be interacting with so many different people throughout the day that the sleep time is the only chance to rest in their own selves and really experience who they are without the influence of others' energies connecting into them. If they are not able to sleep alone for some reason at least allowing a good amount of time for them to be alone each day is important so they can have a chance to feel, experience and be in touch with who they are without the influence of other energies.

**What in the human design system determines a manifestor?** A person is considered a manifestor when either the heart/ego, solar plexus or root center is getting to the throat through a channel. These three centers are motors in the body. The other motor in the body is the sacral center and for a manifestor the sacral center will always be open. In general, the throat is the center of communication, expression and manifestation so when there is a motor (other than the sacral because that would make a generator) connecting to the throat this person has consistent and reliable motorized energy to manifest.

It can also be very helpful to understand which of these three motors is getting to the throat. The specific motor(s) supplying the energy to manifest gives different flavors to how the manifestation energy is moving through your child. For example what you see, feel, experience from a solar plexus/emotionally motorized manifestor will be a much different quality from an heart/ego motorized manifestor. With the emotionally motorized manifestor it will be highly charged with emotions, moods and passion. With the ego motorized manifestor it will be highly charged with will power. For a root motorized manifestor this will be charged with adrenalized energy and physical pressure.

Any aura type can and will manifest throughout life yet for a manifestor this is how they interact with the daily flow of life, how they meet the world and the manifesting can be done

independently. Whereas other types will manifest in different ways and this will depend more on a response to what life is bringing them, how/when they are invited, in connecting and collaborating with others and how the alignment of the planets are influencing them.

**Authority:** Emotional, Splenic or Ego

I would like to mention a little on authority. For all of us there is a reliable place in the body to make decisions from, receive clarity & gain proper perspective on persons and situations. Decisions should not be made from mind or influence of others. There are seven possible authorities and specifically for the manifestor they will have one of out of three possibilities of the seven: 1. emotional, 2. splenic or 3. ego. The authority for a manifestor will help them with clarity of what/how/when/with whom to manifest, initiate and/or inform and for life decisions in general. This is a brief description of the 3 possible authorities for manifestors:

1. Emotional (Solar Plexus): Experienced as a natural emotional wave up and down. It is important to remember emotions are pure energy so it is best to allow the energy to flow through without labeling or judging it. Before coming to a conclusion experience the up and down of the wave around the decision, situation or person. It is best to *wait* for clarity; this can be a slow process and must not be rushed. Time is on their side. The emotional wave is rooted in feeling rather than thinking so one should never try and explain it. They *feel* what is good for them. Clarity will come over time, not in the moment. They may never get to 100% clarity, so getting to 60-80% clarity is healthy and normal.
2. Splenic: Rooted in survival and is an intuitive hit right now. The entire body lights up to it or not. Sometimes the *yes* can be quiet and weak and the *no* can be more loud and violent. If they are ever unclear, it is helpful to go back to the strategy of informing and get in the center of their dense aura as this will help calm and ground them.
3. Ego (Heart): Rooted in the correct use of will power. Do they or do they not have the willpower to do something? It can also be heard in the voice. Experienced when they recognize what they say or do when not thinking. This should be expressed naturally and used correctly rather than trying to will oneself through life or force the manifestation through the power of the will. If they are ever confused they can return to the center of the aura to ensure they are not pushing forward or resisting back with the power of their will.

In general for the manifestor it is very helpful to get a good sense of what it feels like to be in the center of their aura, or as I find helpful to imagine in the center of their *bubble*. So if they are ever unsure, they can return to their aura and get in the center of the bubble. Depending on the child's awarenesses this can be done with the imagination or with feeling or sensing the bubble. They can sense if they are pushing on the front of the bubble or resisting and getting dragged at the back of the bubble. As a manifestor they are a gateway and that bubble(aura) is moving so it is best to be in the center and move with it as the manifestations come through them. So

trusting this and staying in the center of that naturally flowing bubble is very helpful and protective.

### **Lone Wolf:**

Manifestors are often called lone wolves because they do have an inherent independence and have the ability to act independently. Manifestors basically can be self-contained. This will play out differently for each manifestor depending on many other factors in life and in their design. For example a manifestor with only individual circuitry may appear to be more of a lone wolf than another manifestor that has tribal circuitry. This point about lone wolf for a manifestor is to bring awareness to the possibility of your manifestor child tending to have preference for being alone or needing more alone time. This is natural and healthy and important to allow and honor this alone time if they are tending toward this. Do not necessarily think or assume your manifestor child is lonely or being aloof in an unhealthy way because they may spend more time alone. Manifestors are very capable of having relationships of all kinds and can bond with others and many will. After all, we do live in a world of co-creation. For those in relationship of some kind with a manifestor keep in mind and in general awareness to provide respect for that natural need for alone time and give the manifestor freedom to be in a "lone wolf" state. This is very healthy and can be best for all involved in the relationship to honor this and not take it personal but rather celebrate it as one of the qualities appreciated and possibly attractive in the manifestor. Communication is a helpful way to support your manifestor child in this. Informing them that it is okay for them to have alone time if that is what they prefer or need yet also informing them that you as a parent are there for them if they would like to share time and space. And if there is a group activity going on allowing them freedom to participate or not; and then not making it wrong or bad if they opt out on participation. Giving the manifestor the freedom and openly informing them of these options is another place to empower your manifestor child.

Manifestors are not naturally designed to reach out for help, often prefer to figure things out on their own or prefer to just be left alone. If something is going on for them they often want to figure it out, heal it, work through it in their own way, on their own terms and in their own time. This could appear as stubbornness or aloofness so as a parent observe this with awareness that this can be natural and healthy. There may be certain situations where you feel as a parent you must step in and get help for you manifestor child so if this situation ever arises do so with much grace and respect and understand that this is probably a difficult situation for the manifestor child to experience. Allow for open informing and communication around it all. This may be a situation where the manifestor child may get angry or go into shut-down mode. Both of these would be signs that something/someone is going against their natural manifestor state so lovingly supporting them through this without making the anger or shut-down wrong or bad.