

HD GENERATOR with SACRAL AUTHORITY

You are a GENERATOR with Sacral Authority. You carry life's most powerful motor within you, the Sacral Center, literally the source of life energy on the planet. You are here to use that energy to work and to love the work you do. When you're living in the right way, you experience satisfaction and enjoy using up your full reserve of energy each day, awakening refreshed each morning.

Although you possess a tremendous reservoir of energy inside you as a generator, you do not have the consistent access to this energy that your mind thinks you do. The only way for your energy to emerge is to follow your Strategy of 'waiting to respond'. Because it is only in responding that you know what you have the energy for, it is essential for you to wait to respond to what life brings you before making decisions. If you are patient, your energy will be ignited by the things that are right for you; you will move naturally into action, enjoy the process of being engaged in work, and have the power to finish what you start. If you do not wait to respond, however, you will continue to commit to things your Sacral does not have the energy for. When this happens, you will meet resistance, experience frustration and be prone to quitting, and over time risk depleting your body's energy by continuing to use it in ways that are not right for you.

Your body naturally possesses the intelligence to guide your life, and it does so by responding in simple guttural to what life brings you: 'ah-hunh' for yes, 'un-unh' for no, and 'hmmmm' for "I don't know". Like all Generators, you are naturally inclined from birth to make these sounds, but were taught to suppress them as you developed the ability to use language. In the process you began to rely on the mind with all its complexity rather than the simplicity of the body. The result is that your mind commits to all kinds of things your body does not have the energy for, resulting in frustration.

For a Sacral Generator, the Sacral is the only source of reliable decisions. Your truth is in your sounds; your responses tell you exactly what is right for you. Because your Sacral is rooted in the body, its sounds reveal what is true and right for you in a way your mind simply can't. This is the gift of awakening as a Generator – to be guided through life by the body's wisdom. As long as you are guided by your Sacral, you have no need to think to make decisions.

As a Generator experimenting with making Sacral sounds, you are likely to experience some discomfort at first as you come up against the boundaries of what you've been taught is proper and polite. However, these objections only come from the mind, which desperately wants to maintain control as the decision-maker in your life. Despite what you have been taught throughout your life, the mind is not equipped to make decisions. Although it is an extraordinary tool for analyzing, assessing, reflecting, and creating, it can only ponder decisions, working out the pros and cons. By continuing to experiment with making sounds and having people ask you simple yes/no questions, you begin to awaken the wisdom of your body rooted in the Sacral. Each sound you make strengthens your Sacral response and starts to establish your Sacral as your true Authority for making decisions.

As a Generator, you possess the simplest of Strategies in waiting to respond, that doesn't mean it's an easy Strategy to follow. Experimenting with following your Strategy involves surrender-

ing to the moment, letting go even briefly of your need to know where you are going in life. Waiting to respond should not be confused with doing nothing, however; as a Generator, you are busy by nature and there are continually things around you to respond to, even if they appear small when compared with making major life decisions.

Your Strategy is challenging to follow because, like everyone, you were taught that to survive, you need to initiate and be in control of your life. What distinguishes you as a Generator, though, is your aura. Yours is the only Type to possess an open, enveloping aura that literally draws life to it. Because your aura takes in all of life, you will be given tremendous opportunity to respond if you are willing to follow your Strategy. Doing so takes courage, as it isn't easy in the beginning and the mind will put up a fight when you experiment with using your Sacral sounds to make decisions. Yet the rewards of living as a Generator are truly great: of the four Types, yours alone has the potential to live a deeply satisfying life in the course of which the right experiences appear to arise effortlessly.