

SACRAL SESSION AUDIO ARTICLE

for Generators and Manifesting Generators

by Karen Curry

NOTE: This article can be used along with the "Measures of P.E.A.C.E." assessment tool to help you reach greater clarity about your life situation.

INTRODUCTION TO THE SACRAL MOTOR

The sacral motor is the most powerful motor in the body. Manifesting Generators and Generators have a defined sacral. If you have a red square on the bottom of your Human Design chart then you are a manifesting generator or a generator. The sacral motor is designed to respond to life. The Generator and Manifesting generator strategy is to wait for things to show up in life and then respond to them.

The sacral motor is the navigation tool that allows the generator and manifesting generator to make powerful life choices with clarity and correctness. Just like a car needs a key to turn it on, the sacral motor is turned on by two sounds. These two sounds are sounds that many of us, especially if you were raised in the South, have had conditioned out of us. The sounds are ah-huh and uh-huh. Think about this for a moment. Imagine two small generator children having a fight over a toy. What do they say to each other?

"Uh-huh! Un-un! Uh-huh! Un-un! Uh-huh! Un-un! Uh-huh! Un-un!"

Now imagine those same two children fighting and saying "yes" and "no". The words do not carry the same degree of power as the sounds. We lose our power as Generators and Manifesting Generators when we don't use our sacral sounds.

Through responding with the sacral motor, Generators and Manifesting Generators can reach a deep level of self-awareness and truth. The sacral motor never lies, although it can reveal answers that can be disconcerting to the mind at times...

Generators and Manifesting Generators can reach clarity simply by having someone sit down and ask them "yes or no" questions. By using the sacral sounds in response to these questions the generator can learn the truth about themselves and their life. It is an amazing process that can help the generator know themselves and their truth in the midst of mental confusion.

Kyle and I created the Measures of Peace tool to help people gain awareness of what they may want to change or move out the way in their life in order to make

room for something better. The Measures of Peace tool can help you see what you may want to change in your life and also help you set intentions to guide you in creating a more satisfying reality. In order to help generators and manifesting generators gain clarity, I have set the Measures of Peace tool up as a series of questions that you respond to with your sacral sounds. Remember that the sacral sounds will be your truth.

In just a minute, I am going to ask you a series of questions about your life. I want you to respond with your sacral sounds. I'll ask a few warm up questions first just to get you comfortable with your sounds. Sit back, get comfortable in your chair and close your eyes. Remember that these questions are designed to help you know your truth. Love yourself no matter what your answer is. There are no right or wrong answers.

I will ask each question and then I will leave a moment of silence for you to respond.

Are you ready for some questions?

SACRAL QUESTIONS

Do you like chocolate?

Do you like coffee?

Do you like broccoli?

Is your life stress free?

Are you mentally healthy?

Do you have any addictions?

Do you smoke?

Do you drink too much coffee?

Do you use food for comfort?

Do you get regular exercise?

Do you get enough sleep?

Do you get enough relaxation?

Do you have a deeply satisfying life-partnership?

Do you resolve disputes peacefully?

Do you resolve disputes with win-win conflict resolution?

Are you close to your children?

Are you close to your parents?

Are you close to your extended family?

Do you have positive, supportive friends?

Do you get along well with your co-workers?

Do you have a fulfilling job which nourishes you?

Do you look forward to beginning work each day?

Do you love what you do, not what you have to do?

Do you have a career that is in line with your true calling?

Do you have the time to pursue your creative desires?

Do you manifest everything you need effortlessly and easily?

Do you earn what you are worth?

Do you have freedom from fear of lack?

Do you have financial worries?

Do you manifest everything you want effortlessly and easily?

Do you love where you live?

Do you live where you want to live?

Do you fit in where you live?

Are you free from fear of war?

Are you free from fear of crime?

Do you have a creative space for yourself that is fulfilling?

Do you live in a clean, non-polluted environment?

CONCLUSION

This is just a sample of questions to help you learn about yourself and how to use your sacral motor. If you would like to see or print a copy of the Measures of Peace tool, go back to the articles and ideas page on my web site and click on the PEACE process link. Again, this tool is to help you gain awareness. Awareness is only the first step in transforming your life. Love yourself no matter how you answered these questions.

If you have a brown triangle on the far right of your Human Design chart then you are emotionally defined. Emotionally defined individuals will experience emotional waves that may vary in intensity and duration. If you are emotionally defined, your truth may change depending on where you are in your emotional wave.

The purpose of emotional waves is to help you examine an issue from different emotional perspectives and gain clarity from these different perspectives. It is crucial that you allow yourself to answer these questions at different points in your emotional wave in order for you to understand yourself on a deeper level. So check back in periodically and listen to the "Measures of Peace" sacral questions a couple of times to see which answers change and which ones stay the same.

I hope these questions have helped you know yourself a little better. If you are ready to make powerful changes in your life, I encourage you to call me and let's talk about how I can help support you to create a deeply satisfying life with private or group coaching. In the meantime, take care of yourself and do something fun today!

P.S. You can find the "Measures of P.E.A.C.E." worksheet on the Articles and Ideas Page of www.joyfulmission.com under the heading "General Topics". Print the worksheet and fill it out to help you see how you feel about your own life situation.