



Living Your Design

A Manual for Cellular Transformati

Instructor Manual

By Lynda Stone

Living Your Design, Instructor Manual

By Lynda Stone

Based on the work of Ra Uru Hu

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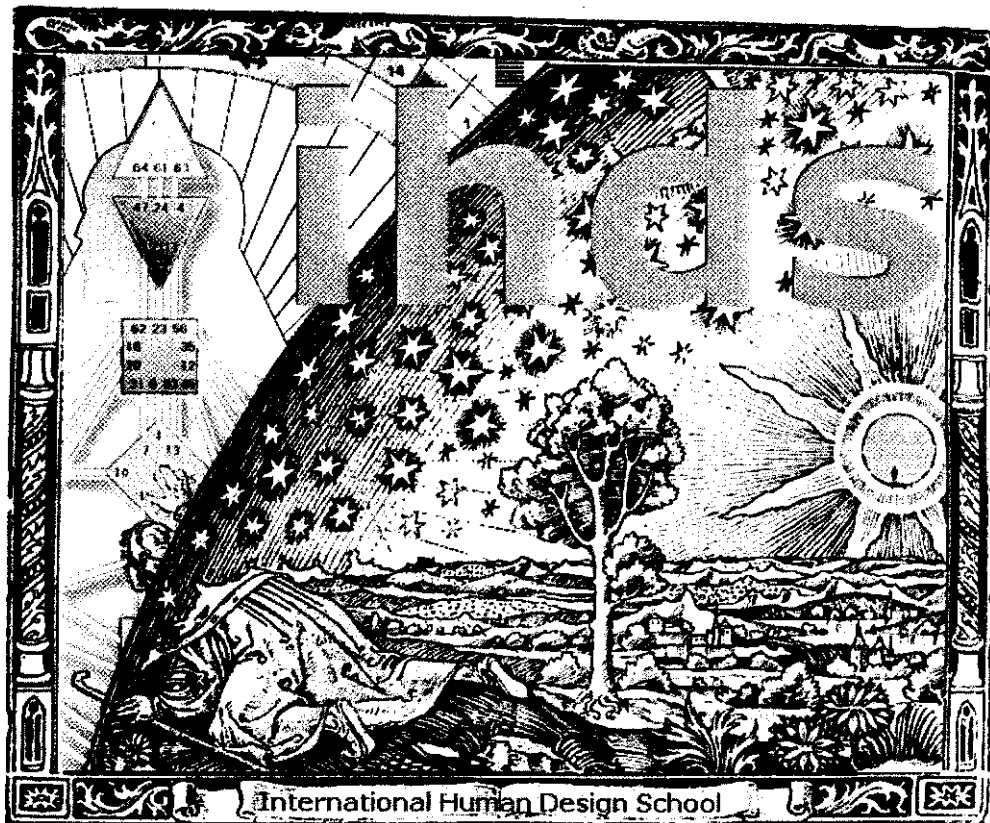
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Living Your Design

Instructor Manual



Lynda Stone

Based on the work of Ra Uru Hu

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International Human Design Schools

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FORWARD

Living Your Design is what the knowledge of Human Design is all about. It is the experiment of transforming your life, decision by decision. It is a privilege for me as a teacher to have had a student and now a colleague of the quality and dedication of Lynda Stone. I encouraged Lynda to develop and implement the new Living Your Design Guide program and to be the official teacher of the program for the IHDS International Human Design School. This text is an important contribution to the advancement of education in Human Design and a true service to those entering into their experiment of decision making guided by their strategy and Inner Authority.

Ra Uru Hu Ibiza,
Spain September
2007

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THE LIVING YOUR DESIGN AWAKENING PROGRAM

Congratulations on your decision to become a Living Your Design Guide. It's an honor to be a part of this process and to take the newcomer to Human Design to this next step. The experience is a full circle. As your students will greatly benefit from this work you too will experience great satisfaction knowing that you played a role in assisting them to begin their own process of transformation.

This is a very exciting time in Human Design. The LYD course is the natural companion to and next step after a Foundation Analysis. This program is about initiating the newcomer to Human Design. It is about entering into an awakening process, and this course takes newcomers through a process which convinces their mind that living according to their Strategy and Authority makes sense. We want the intellect to become an ally in this process.

When you, as a Guide, take someone on the journey of discovering their Not-Self you show them why their life has been so painful and frustrating. When they understand how and why they have been living a Not-Self life, they will be ready for the solutions. In this course, we reveal the problem first - the Not-Self - and then we reinforce the solution, which is for everyone to live by their Strategy and Authority and begin the process of watching the mind let go of its grip as the decision-maker for their life.

The Living Your Design Guide Program has the most potential, and is the most important, of all the Human Design courses. This is an awakening program, a motivational program, and a support program. You could even call it a shock program. It's presented in such a way as to support people on the path of beginning the experiment of following their Strategy and Authority.

We have known for a long time that an analysis is just not enough for someone to really understand why Strategy and Authority are so important, and to begin their own experiment of living their Design. Human Design is a process of revealing, and potentially removing, the conditioning of the Not-Self. The LYD program offers newcomers the opportunity to get a solid start on their journey to becoming their true Self.

Learning to live your life in a new way takes time. It takes time for the changes to settle in. It takes time to cultivate a new way of being. Human Design is truly an experiment and people will learn through trial and error along the way. It's very difficult to transmit the importance of Strategy and Authority in a one-hour analysis so this reinforcement program is the natural next step for the newcomer.

The LYD course is the natural companion to an analysis. It supports and guides one's life-changing Awakening process.

The Seven-Year De-conditioning Process

You play such an important role as a Guide to others when they enter into their seven-year de-conditioning journey. You will need to be a living example of this work because your students will feel it. They will feel the truth of you. You need to be clear that you are in fact truly living your design, and be very honest with yourself as you continue through your own seven-year process.

You will have students who resist the idea that it takes seven years to de-condition. Our conditioning is buried deep in our tissues and organs, and it takes seven years for the cellular transformation to take place. Some of you have completed your initial seven-year process, and some of you are still early in this experiment. It really doesn't matter where you are in your seven-year process; you can be a Guide for others because this is a process that is continually unfolding.

After a few years you'll look back, nod your head, and say, "Yes, it's true, it does take time. " Many things will come up for you on this journey. It's not important that the LYD student believes that it will take seven years. What is important is that they begin the journey. Nor is it important to try and convince students that it will take seven years because if they enter into the experiment correctly they will discover this for themselves.

Tell your students your own story and the story of your teacher and the stories of others. Some will be skeptical at first, but once they really enter into the experiment and see the changes in their lives, they will learn for themselves that it is true. It does take time, but the proof is in the experience.

As people go through this program and begin to fully grasp the Not-Self through the material that you will cover, they may become very uncomfortable in terms of how they have been living their lives. So uncomfortable that hopefully they will want to enter into the experiment of becoming their Self. This course is not about teaching Human Design. It's about driving the point home about why Living Your Design is so important.

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Overview and Delivery of the Course

Delivering this Program - The Mind as an Ally

Each of us will have our own unique style for delivering this program based on our own designs, but fundamentally this program is about waking people up. We take people on a journey through the Not-Self so that it becomes painfully obvious to them that to have a correct life they must begin to follow their Strategy and Authority.

*As said before, on this journey of becoming your Self, **your mind needs to become an ally**. The mind never really stops its Not-Self talk, but it can become an interested observer and supporter. This LYD course solicits the support of the mind by asking it to join in this experiment. When the mind begins to understand where all of our discomfort and pain originates from, it begins to understand the importance of following Strategy and Authority. In this course we are attempting to break through the mental barrier.*

Your job as a Guide is to help people understand why their life has been painful, and then to give them the solution. People will come to this course with certain expectations. They will want to know more about the technical side of Human Design, but the most important thing you will be giving them is the understanding of why it's so important to follow Strategy and Authority.

Their analysis gave them some very precise information that will make them even more curious, but this does not mean they will begin practicing Strategy and Authority right away. Not everyone immediately grasps what following their Strategy and Authority really means. The mind is going to hold on to the old way of doing things as long as it can.

*For most, it's like lifting layers and layers of conditioning. It does take time. People have many events in their first seven years where they experience a real dissolution of mental **concepts of what they thought their life was supposed to look like**. People are amazed at what they are responding to and what they are not responding to. It's a real journey. You need to tell your own stories of your own process so that your students can have an idea of what this journey might look like.*

As an example, for Generators, the mind wants to go one way and the Sacral another. You never really know as a Generator where the Sacral response is going to take you.

Emotionally Defined

For Emotionally Defined people the process of understanding the Not-Self Strategy and Authority will take even longer. Fifty percent of the people on the planet are Emotionally Defined. The logic of Human Design is very penetrating, but most people who are Emotionally Defined won't really grasp it until they have an opportunity to experience it over time, or through an emotional event. If you as the Guide are Emotionally Defined then give them examples and share your own experiences so they have a general understanding of what to expect. Being Emotionally Defined is a very different process. If you are not Emotionally Defined, share the experiences of others you know of who are Emotionally Defined or invite a guest speaker to talk to the group from personal experience.

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The Natural Next Step

Your students will hear things in their analysis that they will recognize about themselves, and this will validate Human Design for them and make them curious. After an analysis each person should be encouraged to take the LYD course, as it is the natural next step. People come to a LYD course to investigate and see if all of this stuff really makes sense.

*Something they heard about themselves in their analysis has rung true and they want to relate it to their actual experiences in life. Most often though they want to know the details of Human Design before they really begin to live their design. This course reinforces the idea that the most important thing they can do is **Live their Design**, and it shows them why. The details are interesting and fun to learn, but none of the details matter unless you are actually putting your Strategy and Authority into practice in your life.*

The LYD course can be a shattering experience for some, and people may end up in tears, mostly because they are being seen for the first time in their life and because reasons for their lifelong pain are being revealed; but also because they are beginning to see a solution to the pain and frustration of their life.

Tell your own story of what Human Design has done for your life. Your own stories about your journey through this experiment will resonate with your students through the frequency of the truth of what you are sharing with them. When you have shifted to a life of decision making from your Strategy and Authority, your students will feel the power and correctness of this approach.

Most people don't like their life and want it to be different than it is. They spend all of their time and energy trying to make their life what they think it should be, only to meet resistance and frustration. Human Design gives them hope and shows them that they can

stop measuring and comparing themselves to others. It reveals how unique we truly are and how pointless and painful it is to measure and compare. We are all unique. Taking the LYD gives a person a real chance to put the knowledge into practice.

How to Teach LYD

LYD can be taught in different ways. It can be taught as a two-day process or over four to six classes spread out over weeks. It can be taught live, in person, online, through a teleclass or even one-on-one. You will each have your own preferences. To have the most impact in a sharing and supportive aura-to-aura group environment, you are encouraged to teach this course in a two-day live class. The two-day format is the way this course is outlined here and in your training.

Two-Day Program

On the first day of the two-day program you provide your students with evidence of the negative self that they have been aligned with in their life, the Not-Self

You will give them a real gift by taking them through the nine Centers. Most of us have Undefined Centers and we have all felt the pain and discomfort of them. In discussing the Not-Self strategies of the Undefined Centers, the use of personal examples and stories can be very powerful.

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On the second day you will give your students the tricks for by-passing the mind for decisions, which is Strategy and Authority. You teach them how to work around the mind, and here they learn that decisions are never to be made by the mind.

You will give them the answer to the problems presented on the first day and take them through some processes that will help them to begin to integrate their Strategy and Authority. The intention is to motivate them by the end of the second day to go out and experiment with living from their Strategy and Authority.

Multiple-Week Program

Another way to teach this course is by meeting with your students once a week like a study group. This way they can experiment between classes with the homework of paying attention to Not-Self behavior and noticing the Not-Self dialog in the mind that directly correlates to their Undefined Centers. Watching and noticing that this is happening is really wonderful and transforming. When they come back to class they share their experiences with each other to reinforce the power of Strategy and Authority.

Example: In one of my weekly classes I asked my students to do this homework between our meetings. One of the Projector students didn't really understand what I was talking about but after a little guidance he said he would try.

By the next meeting he was very excited to report his experience. He had received an invitation and noticed right away that his mind began to tell him all the reasons he should accept it. This was because in his mind he was afraid that if he didn't, he would hurt someone's feelings. He had an Undefined Solar Plexus Center which wanted him to keep the peace and not rock the boat or hurt someone's feelings.

He was afraid to confront them and tell them the truth that he did not want to accept the invitation. He almost compromised himself again, but this was his breakthrough moment. It was a huge step for him and a moment of realization that this habit of not being truthful in order to keep the peace was a lifelong habit of his.

This is exactly the experience we are looking to draw out of people. His mind has now observed how this behavior has not served him, and he is making different choices.

Between the classes the students get an opportunity to observe themselves, and in the next class they share their Not-Self experiences. Through this process they begin to see how the Not-Self works in their lives, and they begin to really understand why Strategy and Authority are so important. They share their experiment, and their successes, and how good they feel connecting all this information in their real life experiences.

Teaching this course over time (four to six weeks) can be good for people with splits and for people who are Emotionally Defined. It takes time for these designs to digest this information; and time to experience it in their life.

Suggestions for After the Course

After the course ends you can continue to communicate via an email list if you so choose. The concept is to keep everyone in the conversation so that stories, experiences and questions can be shared. The discussion list needs to feel completely safe, and no one should be made to feel wrong. It's all just a journey. We all learn through trial and error - after all, it is an experiment! The discussion list is completely optional and up to you.

An example of a discussion email list you can use is www.yahoogroups.com, and there are others. If you're interested in having group conference calls there are many free conference bridge services. Do a Google search and you will find them. Conference bridges allow multiple people to join a call and discuss Human Design. Some of them offer a free recording option as well, if you want to archive your recordings.

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Remember, you will have your own fractal line and the students who are drawn to be taught by you will be in your classes. They are there because it is you who needs to initiate them on this journey.

LYD is the base of the pyramid for Human Design. It's the foundation. LYD should be the most attended course in all of Human Design and it should follow the analysis automatically. The LYD is the most important service that we can provide because it is for EVERYONE!

Procedural Points

- ❖ This LYD Course is not teaching. It's an Awakening Program.
 - ❖ Try and avoid questions about what Human Design is because it will pull you into teaching and distract your students from what the key to this course is, an awakening course.
 - ❖ Anyone coming to LYD should have had an analysis prior to the class.
 - ❖ Anyone coming to an LYD course should have an LYD book and read it at least two weeks prior to the course.
 - ❖ Make yourself available on breaks to answer technical questions if you like, but don't make it a formal part of this environment.
 - ❖ This is a transformational environment, not an education about Human Design.
 - ❖ If they have read their book, then you are free to do your job.
 - ❖ The first day/weeks are all about the Not-Self.
 - ❖ The next day/weeks are about techniques to get the mind involved in the experiment.
- *X* Follow up your classes with group support calls and email discussion lists if you like.

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DAY ONE

Type to Type

Guiding Type to Type

You will have the most impact and influence when you serve your own Type. The students who have the same Type as you do will resonate deeply with what you say because you resonate at the same frequency they do. When you speak from a place of knowing, through experience, what it's like for your Type, you increase the power of what you say. Your words have a frequency. Type to Type resonates.

Auras of the Types

The Auras of the different Types are very distinct, and they each operate with a specific frequency. This frequency can be felt as a resonance between designs of the same Type. Be aware when you try to teach a room full of different Types, it can be laborious and confusing for the different Types in the group. When you teach Type to Type, it can be so much easier for you to be accepted as the Guide regardless of your other credentials, and you will have the time to give your group the attention they deserve.

As a Generator, when you talk about response your students will resonate with what you are saying. It's a real advantage to you to work with your own Type as you will have better results and a deeper level of personal satisfaction.

You can also support each other as Guides. If a Projector comes to you for guidance and you don't feel you can or should handle their needs, you can refer them to a Projector Guide for the support and help they deserve.

The other benefit of teaching Type to Type occurs in the second half of the seminar when you will be taking the different Types through processes. Each Type's process is different, and if you are teaching only your own Type the other Types don't have to sit through processes that are not their own.

Invite other Human Design people with experience in their experiment to come to your workshop as guest speakers and support people. If you have a room full of mixed Types they can support you on the "process " day. So, for example, if you do have a mixed group of Projectors and Generators - as these are the majority - you can invite a Projector to take all the Projectors to one side of the room and take them through their process while you are doing the same for the Generators. Or you can have the Projectors ask the Generators the yes/no Sacral questions and this way the Projectors will develop their asking skills while the Generators are developing their relationship with their Sacral.

In the case of the Manifestors and the Reflectors, because they are such a minority, they will have to join a mixed group. The Manifestors will be more comfortable in the Generators' group and the Reflectors will be more comfortable in the Projectors' group. The Generator Guide can speak to the Manifestors about their process and the Projector Guide can speak to the Reflectors. And again, match up Undefined Sacral with Defined Sacral for the question session.

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Human Design is About Transforming Passenger Consciousness

Your students will recognize the truth of this for themselves as you share this knowledge with them. You can trust the information and the impact it will have on your students and clients. Don't worry if they don't get it right now. People may come back a year later and say that they have finally gotten it. It's timing. Their timing has to be right. One thing you will learn over the years is that we as teachers of this knowledge cannot take things personally. We deliver the information and do our best to support and guide, but in the end it is up to the student or client (and their fractal) to either embrace this body of work and begin their own individual experiment or not.

At the end of the last day we want to send the students out the door with the enthusiasm to experiment with their design. We want them to leave with the knowledge and understanding that they have no choice but to follow their Strategy and Authority if they want a life that is correct for them.

Student Preparation for Course

What to bring to class

- Paper and pen for note taking.
- The Manifestors and Projectors need to bring the charts of family, friends and business acquaintances. The Manifestors look at who they impact and the Projectors are interested in other people. Both Types will gain an understanding of Human Design through learning about other people's designs. Suggest that Manifestors and Projectors bring a minimum of four charts of family, friends or associates in addition to their own.
- Generators need their own chart; they need to grasp themselves before they can grasp others. Generators are most interested in understanding themselves.
- Reflectors need to have the transit chart of the day (and you may need to provide this) so that they can begin to see how their design changes day by day. Reflectors can bring the charts of their family and friends as well.
- Each Type is very different from the other. They are different in the way in which they learn, and in the way in which their mind can be fooled through Strategy and Authority.

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Human

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Living Your Design Introduction

Welcome to the world of Human Design, and congratulations for coming to meet this body of knowledge. Human Design is remarkable and there is nothing else like it. It is new information for the times in which we live. Human Design is the Science of Differentiation. Human Design shows every one of us that we have a unique design and a specific purpose to fulfill on this planet.

We get so distracted by the demands of our daily lives and get pulled further and further away from our true nature. Human Design gives us an Operating Manual for daily living that is in alignment with our true nature and our purpose in life. It brings us back to why we came here in the first place. Human Design explains the mystery of our life and the universe around us. It shows us our unique pattern in life, which helps us to reconnect with our true essence.

Experiencing Human Design is life-transforming. It is a validation of your true place and purpose in this world. Mental, emotional, physical and genetic attributes that affect your health, career, relationships and all other aspects of your life, especially your way of decision-making, are revealed. It empowers you with very specific information about your genetic make-up so that you can regain trust in yourself to know how and when to act, how to make decisions that are correct for you, and how to enter into situations in life that are right for you every time.

Imagine for a moment how different your life might have been had you received your own User's Manual when you were born. Imagine what it would have been like as a child to discover the part in you that always knew what was correct or not correct for you. A place you could have trusted to say "yes" or "no" to whatever you met in this life. Imagine for a moment how wonderful it would have been to know that you were meant to be uniquely you, unlike any other person alive.

Once you begin to understand your uniqueness and that you were not meant to be like anyone else, a great burden can drop and you can finally be free to live who you were born to be. The truth is you were not given a User's Manual at your birth, but that doesn't mean you can't be given one right now. It is NEVER too late to start living what you were always meant to be!

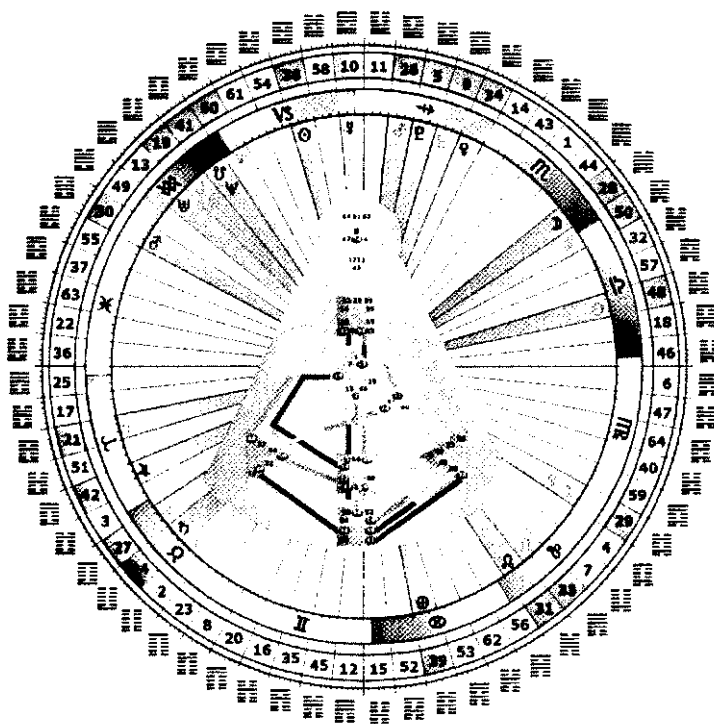
Our Blueprint

Through the blueprint of your design you can begin to understand how you work. Let's first take a brief look at how that blueprint came to be.

The Universe works perfectly; it is vast yet has order. Everything in the Universe is moving, including us. We only appear to be standing on solid ground, but actually we are hurtling through space at a tremendous speed. How misleading it can be for us, as humans, to assume that we are in control of our lives. We are part of a vast mechanism that works to such a degree of perfection that to glimpse it could truly be called a religious experience. Think for a moment: If it were up to us to breathe in and breathe out each moment, how long would we stay alive? How long would we survive if we had to control our own heartbeat?

If you had an opportunity to view the planets and their movement for a few hundred years, you would observe that each planet moves at a different speed yet in total synchronicity with the others. If you could have seen the exact moment that your grandparents, your mother, your father, you, your spouse, and your children were born, you would have "snapshots" of the planets and their relationship to each other at the precise moment of each birth.

Imagine that you were born one second after midnight in London on January 1, 2000. Your blueprint would be this Rave Chart in the Wheel.



The Wheel is an ancient device for measuring the movement of the planets and the Sun. With the Earth in the center of a circle of 360 degrees, you can very accurately determine the elements that affect, or even rule, your life. The Human Design System synthesizes aspects of two families of science: The ancient observational systems of Astrology, the Chinese I'Ching, the Hindu-Brahmin Chakras and the Judaic Kabbalah, and the contemporary disciplines of Quantum Mechanics, Astronomy, Genetics and Biochemistry.

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The basis of the Human Design System is a subatomic particle called the Neutrino. Neutrinos are manufactured in stars and are the most abundant particle in the universe. Three trillion Neutrinos penetrate every square inch, every cell, of our bodies every second. Each planet impacts the flow of the Neutrinos that penetrate us. Neutrino streams dramatically affect each of us every moment we are alive.

When this system was first revealed in 1987, along with immensely detailed scientific knowledge about the nature of the universe, it was also revealed that Neutrinos have mass. The recent scientific discovery that Neutrinos have mass confirms the basis of the Human Design System revealed more than two decades ago.



There are Endless Possibilities of Uniqueness

Endless possibilities lie within our genetic matrix, yet we are not as complicated as we may think: There are only four Types of human beings. Each Type has millions of different variations. Yet each Type has a very simple pattern to understand and an easy strategy to follow. Human Design is not something to be believed, it is something to be experimented with. The fact that there are four Types of human beings has been substantiated. If you begin by just experimenting with the strategy of your Type, your life and you, yourself, will naturally become what it was always meant to be. It truly is that simple.

In looking at thousands of charts, one thing becomes very clear: They are all different. This indicates something important that in its simplicity could be missed - each of us is meant to be different from everyone else. Each of us is meant to live life in our own unique way. Understanding this can be a great unburdening. How often in our lives have we compared ourselves to someone else? How often as children were we compared to someone else by a parent or teacher?

Comparing ourselves to others creates an impression deep inside that it is not okay to be simply who we are. Then, added to the conditioning of our early years, when we try to change ourselves even more to suit others, we get further and further from the person we were born to be. When we begin to understand our very own uniqueness, something inside of us can deeply relax. Our own inner essence begins to emerge. The layers and layers of conditioning slowly begin to fall away. The person we were always meant to be is finally given the breath of life.

This is a slow process because it is cellular, and the cells themselves need to change. Life moves in seven-year cycles. It takes approximately seven years for all the cells of the body to be renewed. The moment we begin to come into our own nature, the moment we allow our body to live its life without resistance, we begin a deep process of de-conditioning. Seven

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years later, we emerge as if we were just born. We emerge as the person we were born to be. It is not easy to start as an adult. But as you have heard over and over . . . it is NEVER too late to begin.

Know thy self. . . The Human Design System shows you how.

The Living Your Design Experiment

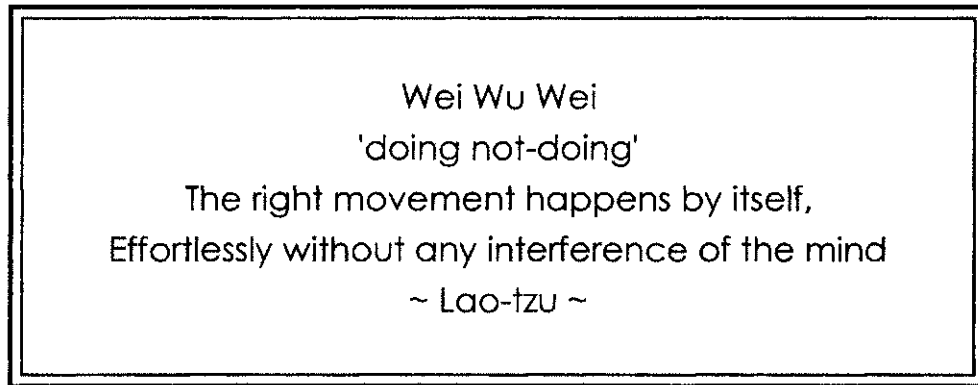
Having an analysis of your Human Design chart is the first step in remembering who you really are. This Living Your Design Manual and the Living Your Design Course are designed to support you after your chart analysis. It's the next step. Entering into the experiment of following your Strategy and Authority is what Human Design is all about; otherwise it's just interesting information. Entering into the experiment is where the cellular transformation takes place.

Living Your Design is a journey. It is a journey of self-discovery and awakening. When you truly begin to Live Your Design, by entering into the experiment of using your Strategy and Authority to move through life, you will experience many transformations. These transformations will take you to a place of becoming truly authentic with what you are. Being authentic liberates you and your purpose in life naturally unfolds.

We are complex beings and we are truly unique. The world conditions us to be the same, to be homogenized, and our mind is polluted with this conditioning. When you begin to

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follow your Strategy and Authority you go against the societal conditioning. You become yourself. You are no longer looking outside of yourself for the authorities to make your decisions for you. You begin to stop listening to your mind and begin to listen to your own body consciousness, your personal Inner Authority. This is the path to being awake and authentic.



This Manual will assist you with understanding how the mind works with the Undefined Centers and how living your life through your Strategy and Authority will re-awaken you to your True-Self. There are three main sections: First, we cover Design Concepts for an understanding of some of the fundamentals in Human Design; second, we cover the Centers in great depth along with Definition-types; and third, we cover Authority, the Four Types and the Strategy of each.

When you begin this experiment you will notice how the Undefined Centers and the mind will compete with your Inner Authority. After living authentically as yourself for a period of time you will notice that this struggle begins to subside. As your mind becomes your ally in this process, and as it begins to experience what it is to live as yourself, following your Strategy and Authority will become easier and easier. And over time your body's cells rejuvenate with the new authentic you and living true to yourself becomes natural. There is a de-conditioning phase though; it takes time to rejuvenate the cells in your body with your new way of being. Be patient, surrender and enjoy the process and the journey, there are many wonderful surprises along the way. It is worth the process as you begin to love yourself.

Living Your Design is what being awake is all about. To live in harmony with your design is to be awake and to live life with awareness. As you become more and more awake you will notice your mind and the connection to the Undefined Centers, and you will see what your mind is trying to do with your life. In time you will become wise about your Undefined Centers and begin to see their gifts. When we are lost to the Not-Self we are asleep, allowing our life-long reactive, conditioned habits to make our decisions. Living a life awake is so much more interesting.

This manual lays the foundation of Human Design, the very essence of its purpose in the world, and supports you as you begin to Live Your Design. Human Design is a great intellectual study but it is meaningless if you are not "you" first. You will become "you" through your Strategy and Authority. Welcome, and enjoy the journey!

SECTION 1



DESIGN CONCEPTS

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BASIC CONCEPTS OF HUMAN DESIGN

* * *

The Spirit and Purpose of Human Design

by Ra Uru Hu, founder of the Human Design System

"The Human Design System is not a belief system. It does not require that you believe in anything. It does not require that you believe in me. It is not stories. It is not philosophy. It is a concrete map to the nature of being. It is a logical way in which we can see ourselves.

With Human Design, just knowing the simple mechanics of your design is enough to make a vast difference in your life. The irony of what it is to be a human being is that we're caught at the surface of understanding and accepting our nature and the cosmos around us. We are just at the surface. It doesn't matter how intelligent we are. It doesn't matter the labels that we attach to that intelligence - whether we call it "enlightened" or whether we call it "genius". There is a vast underlying ignorance of how our bodies operate.

The Human Design System is a reading of your genetic code. This ability to be able to detail the mechanics of our nature in such depth is obviously profound because it reveals our complete nature in all its subtleties. However, it is not necessary for you to know Human Design in great depth. That is the job of the professional analyst. What this work aspires to communicate is simply the surface mechanics of your nature.

This will give you grounding in your life, which will immediately bring a difference to your life process.

These essential truths are simple because they are mechanical. The way in which our genes operate is purely mechanical, and the moment we try to interfere with their operation we descend into a life of confusion, chaos, and pain. In the end, our genes will have their way.

We are passengers in these bodies. We are passenger consciousness experiencing life going by. Buddha taught that the body is not yours. It is not. Yet at the same time, we are totally dependent on it. This is the tragedy of a sick body. We are totally dependent on our vehicles. To learn how to operate them properly immediately brings benefits. This is not complex and it will not be in complex language. It is very straightforward and very logical. It is accessible to anyone of any age. It is knowledge for the world.

In my teaching of Human Design and the training of Human Design analysts, students of mine have ranged from fourteen years old to being well into their eighties. There is no limitation and there is no barrier denying anyone from grasping these essential truths about themselves. This is not simply about saying, "Aha, I'm this or I'm that". This is not just another profiling system. It is about having the opportunity to do something with the knowledge. It is about being able to be able to act on it and experiment with its logic. This brings the remarkable experience of finding and ultimately living one's true life.

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All learning, that is real learning, takes seven years. It takes approximately seven years to change almost all of the cells in the body. We live in a seven-year cycle. The moment that you begin to come to your own nature, the moment that you allow your body to live its life without resistance, you begin a deep process of de-conditioning. Seven years later, you emerge, quite literally, as a new being: **Yourself**.

It's one of the great cosmic jokes that human beings don't get to live out their own lives. It is because they don't get to live out their own lives that life seems to be such a difficult experience for them. We know that there is a lot of rhetoric around about being yourself. It is all fine and good for somebody to stand up and tell you to be yourself, but first you have to know who that self is.

In my professional work, I have given thousands of readings. Wherever that has been, and regardless of culture or country, I have found there to be one prevailing disease. That disease is self-hatred, and it thrives wherever you find something about yourself that you would like to change. Self-hatred varies in intensity from being just beneath the surface of the consciousness to being full-blown. It is the most human of ironies that self-hatred is truly misplaced because most people do not know themselves. They actually hate the wrong person. They are actually dissatisfied with the wrong person.

Most human beings don't like themselves, and they don't like themselves because they truly do not know who they are. Most human beings have never lived the experience of being themselves, nor seen the beauty of what their true life holds. It is time to see that this is not, as the ancients claim, the planet of suffering, but in fact, an opportunity for a glorious awareness.

Human Design is not about guarantees or promises. This is not saying that if you live out your own nature, you're going to be the wealthiest or the most beautiful. It is not about being better or best. It is about being yourself.

Life is a duality, and this is revealed through our moralities. There is always going to be this and that. There is always going to be the good and the bad. There is always going to be success and there is always going to be failure. That is the nature of what it is to be human and to live out the spectrum of human experience.

The moment that you live out your own nature and you enter into life correctly, this is the moment that you get what is correct for you. You get the correct career and you get the correct relationships. So, you see, it does not matter whether you are a success or not, because there will be no suffering, despite your state. You will be living out your nature and it will be clear to you that what is there for you is right for you, whatever that might be. Only then, finally, will there be no part of you that says: "I wish I could be something else or somewhere else".

We are overwhelmed in our western culture with improvement propaganda. The hucksters cry 'be thinner, wiser, faster, and richer'. There are all kinds of purveyors of teachings who beckon us to follow 'their' way. All human beings suffer from the propaganda of generalizations. Without knowing oneself, one can so easily be lost in this propaganda. You do not have to change anything. It is simply a matter of becoming yourself and becoming aware of yourself.

The Human Design System opens the door to the potential of self-love. Finding self-love is also about finding a greater love, a love for life and a love for others through understanding. Throughout this Living Your Design Course, in seeing yourself and in coming to understand how you can live out your own nature, please pay attention to the importance of that in your

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relationships with others. So many of our difficulties in this life are because we have great difficulties in our relationships, whether they are our career relationships or whether they are our personal relationships. What is true for the individual, a lack of understanding about one's own nature, is also true for relationships. Relationships operate out of genetic imperatives based on mechanical laws.

To be yourself is to bring into your life those beings that are truly for you. This knowledge is about how you do that simply, so that you too can benefit from the best possible associations. Correct associations allow you not only to be seen and understood by others, but also allow you to understand them. As a parent, this has been an essential ingredient in the well being of my children.

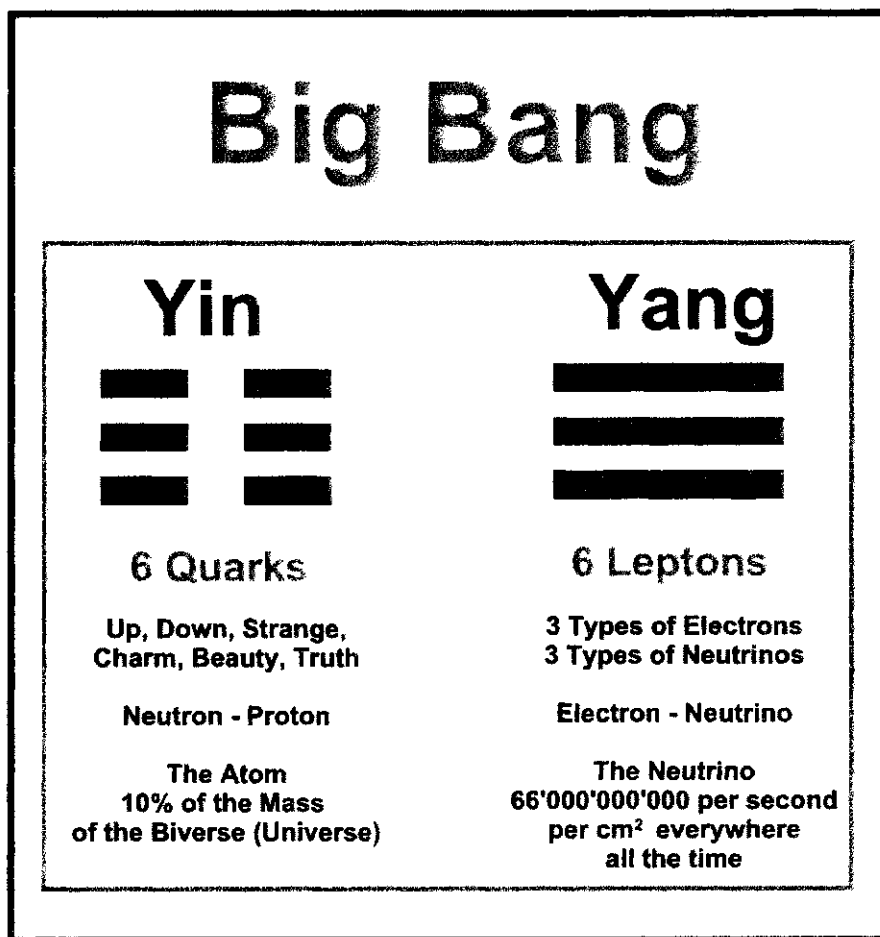
Human Design is logical, mechanical knowledge. It is neither theorizing nor philosophy. It is about being able to do practical things with knowledge that brings practical benefits.

I hope you enjoy Living Your Design. Enjoy the fact that there really is knowledge in the world that is truly valuable. Enjoy the fact that you too can participate in becoming a healthy self-loving human being."

* * *

Where Science Meets Magic

The Science



According to physicists, around 15 billion years ago, an event took place that they call the Big Bang. This was the beginning of what we call the universe. The most

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extraordinary thing is that before the Big Bang everything that had mass existed in an object that was smaller than a single atom. It's very difficult to imagine this, and that something ignited this object and the universe began to expand, and as it expanded it divided into a duality. The beginning of the universe is dualistic, and the first thing that you notice in this illustration, in terms of the Big Bang, is that this object immediately divided into two families—a Yin family and a Yang family.

The Yin family is fundamentally material and is made up of six quarks. Scientists gave them nice names such as up, down, strange, charm, beauty and truth (sometimes also called Bottom and Top). Two of these six quarks, namely Up and Down, come together in two groups (Up, Up, Down; and Down, Down, Up respectively) and they form what we call the Proton and the Neutron. The other family that was created is the Yang family and this is considered to be pure energy. This family is called Leptons (leptos is a Greek word meaning thin) and you notice that there are six of them as well - three different types of electrons and three types of what are called Neutrinos. As we learned in school, the electron, the proton and neutron come together and form the atom.

Scientists tell us that if we count up everything we know as atomic in the universe the stars, all the galaxies and super clusters and everything else we will discover that it only represents 10% of the mass of the whole universe. It is only 1/10 of the material of the universe. The rest of it is called dark matter, and it is dark matter that the scientists have been looking for.

And here we come to the Neutrino. For a very long time scientists thought the Neutrino, just like the photon, was just energy, but they discovered and proved in 1995 that Neutrinos bear an infinitesimal mass. What we now know is that the largest of the Neutrinos is about one millionth the weight of a proton. It's very light but nonetheless it is material. The other fact known about Neutrinos is that they travel slower than light (though very close to it at about 98% to 99% the speed of light), which means that they cannot be pure energy.

Neutrinos are only made in stars. They are the breath of stars. Our Sun is a star and it emits endless streams of Neutrino information, which is material information passing through us. There are more Neutrinos than anything else in the universe. Three trillion Neutrinos pass through every square inch of space on Earth every second all the time.

The Sun is by far the closest star to Earth, and as such produces about 70% of all the Neutrinos passing through the Earth. The rest of Neutrinos come from other stars in our galaxy, some even from other planets. (Jupiter makes about 3%.)

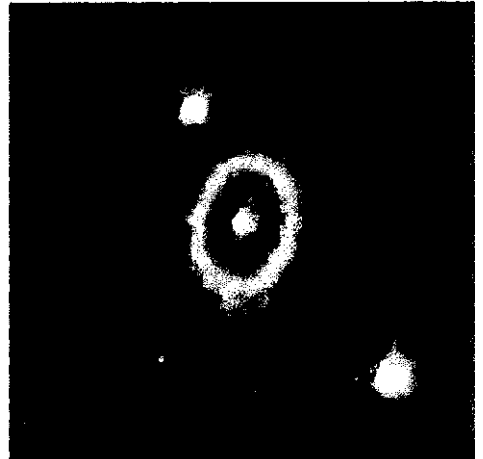
These tiny bits of information are penetrating us every second all the time, which means that we are in a vast information feed. Neutrinos could be regarded as the modern equivalent of what the ancients used to call chi or prana.

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The Mystical Origins

The Magic

In 1987 an extraordinary event took place and was seen with the naked eye on a mountain top in Chile. It was a supernova, which is the death of a star, a vast explosion of incredible intensity. With its dying breath, that star, scientists now know, bombarded our planet with a deluge of subatomic information. When it actually reached us, for fourteen minutes everybody on this planet received three times as many Neutrinos as normal.



Around the same time, on January 3 of that year, on a Mediterranean island called Ibiza, a man had a deeply shocking experience. He described it as being penetrated by a Voice. This mystical experience lasted eight days and nights, during which he was told by the Voice how the universe functions. He was also given the Human Design System. After that experience, he changed his name and became known as Ra Uru Hu.

* * *

A Tale of Encounter

by Ra Uru Hu

"I had a house in Ibiza. It was called C'as Coxtu. When I stepped out and left everything behind, I left that house. In the back of the house was an ancient ruina, where the original house had once been. It died about 300 years ago. All that was left was one room. The rest were all broken down walls, but that one room had been fixed up by the previous owner of the house so it could be used as a kind of study or extra bedroom. It was not very pretty but it was functional. I had a friend of mine who was an English poet, and he had no place to live and I told him that he could come and live in this ruina.

Sometime later he would return the service, because one day he came to me and said: "I have a place for you to live. You should really get off the ground. You've been on the ground too long. Why don't you come and live in this ruina that you gave to me. I have to go to England anyway."

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So I moved into this ruina, into this one room. It had a platform inside, with a desk and a bookshelf, which was full of books and herbs. My friend was a herb collector. There was also this one door which had an ancient old key - one of these huge iron keys. Around the time that my daughter was born, I used to draw in diaries. They were symbol diaries of my life and contained no words. They only contained my drawings. On every single page there was a drawing of this key. That was many years before all this. Anyway, there was this wonderful key that opened up this door. There was also a Dutch couple. They were fascinated by my life process. I was quite notorious by that stage and considered by most people to be dangerous. They were fascinated with me and they would come once a week and collect me. They would bring me to their house and they would turn on their tape recorder and they would just let me talk. I talked about what I was going through in my process. They would give me a nice lunch, they would give me some pesetas and then they would send me home. It kept me alive.

On January 3rd, 1987, a day like any other day, I visited them as usual. They had picked me up in the morning. I was disturbed that day because I had an enormous pain in my mouth, a toothache. When the day was done, my host said to me: "Do you need anything?" I said: "Do you have anything for a toothache?" and he offered me something homeopathic, which had no effect on me. Then they drove me back to the highway near my ruina.

I give names to everything. I even give names to the things I cook, I lived with a dog at that time. He was the only animal in my life that was never a pet. He never was anything close to being a pet. His name was Barley Barker. All my animals have last names. Barley was savage. He was a natural born killer. He had a master that never fed him because I never had anything. So he had to feed himself, and so he would hunt sheep. He would do all the things that carnivores do. The only thing was that he knew me from the moment that he was two days old when he was given to me by the daughter of a friend of mine. So he knew my scent and he was all right with me, but he did not like people. One day I watched him kill a dog in a dog fight. He was savage. So I arrive. It is dark. It is wintertime and it is dark early. I arrive at the bottom of the hill, at the highway, and the moment I step onto the path I can feel him. If you live that kind of life you have a deep connection to animals. He just immediately picks up my smell and he knows that I am there and comes and says hello.

We climb up the hill and when we get to the top of the hill, there is a terrace. We go along the terrace and as we are walking along the way, what is in front of me is the original front door of the house. But the only thing that was there is the archway. The walls and the ceiling were gone. You can look through the archway and you can see the room that the ruina was. The room they had built was for their first child because it was the smallest room in the house. The room sat over a cistern, an empty well. The well dried up about two hundred years ago. It is why the house was given up. So this room was sitting over a cavern. Inside of the room there was a butane bottle that ran a little gas stove and above the platform where I slept, hanging from a beam, there was a kerosene lantern. This lantern had never been on because it was out of kerosene and I could not afford to get it nor did I know where to get it. So I am walking along with Barley along this terrace and when I get outside of the main entrance to the house, outside of the archway, I already begin to feel uncomfortable. I don't

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know why, but anyway, in that moment, I feel a tightening in my stomach muscles. I step through the old archway and I realize, because it is a shock to me, that there is light underneath my door. This is an ancient Ibiza door. It has this one big iron key. There is only one key. You can't break that lock. It is not the kind of door where you can get in. But it was more than light that disturbed me.

Occasionally, I would have a candle but rarely did I have light. I am an Aries. It is easy for me to go to sleep at five o'clock in the afternoon and get up at four 'clock in the morning. I lived in my own world. It did not make any difference to me. So I was standing there and there was light under the door and Barley who normally goes ahead of me is behind me. I am very aware of the fact that he is behind me and that he is not interested in all of that. He is not moving. It was the first joke for me because the door was very close to me and I shouted at it. I shouted: "Who is there?" This is my joke. The ruina sits on a hill that goes down into a valley. On the other side, there is a whole ring of hills. So on this night, in the dark with this strip of light under the door, I hear my own voice echoing through the valley. "Who is there?"

As I got closer to the door I thought that maybe the English poet who told me that I could live in this ruina, maybe he had made another key and maybe he was there. So I got closer to the door and I shouted louder into the door only to hear my echo. So I took this magical key out of my pocket. I can remember putting the key in the keyhole and turning it and I pushed the door. When I pushed the door there was a lot of things going on at the same time. When I pushed the door I was stepping into the doorway. Barley was coming quickly now towards the house and as I pushed the door open and as I stepped on the threshold, a lot of things happened. It is hard to tell these things sequentially. They all just happened together. I saw the lantern above my bed. It was lit. There was a flame in the lantern and the lantern was turning clockwise over my bed. At the same moment that I was aware that the lantern was turning. Barley had just come in the door and fell down like somebody had shot him. His whole body collapsed. I entered into something which I don't know how to describe. My whole body seemed to explode. There was a kind of pressure in my head. In the moment of this pressure I hear this...

The way in which we experience things is conditioned through our history and our culture, our background. I spent most of my life being a very arrogant man and somebody who demeaned the intelligence of others. I respected no Authority. There was no one who was going to impose his nature, his will or his thoughts on me. I had never been humiliated in my life. But, all of a sudden, there was this dark hard, cold, male Voice, frightening, with a flavor of intelligence that I did not know and it said to me: "Are you ready to work?" My body exploded. I mean the water in my body exploded. I had rivulets of water coming off the top of my skull. I had a whole pool of my own water that I was standing in. I was like one of these people that runs a marathon for 25 kms and they get totally dehydrated and there is no water in the body. The moment that all the water was out of my body, every single muscle of my body began to cramp. It is hard to describe the intensity of the pain. Pain is a very subjective thing. I have an enormous tolerance for pain.

I have never known anything so painful in my whole life. That is why I call what was happening to me a rape. My body was violated. I was in agony. All of that happened very quickly. All of that perception: The dog, the light, the Voice, the water. There was a moment where I assumed that I was about to die. It seemed very clear to me. Somewhere inside of me I knew that something was ripping me apart.

Then something very strange happened. There was this sensation. It started in my right hip. I know the place. As a matter of fact, I never have been massaged except for once. The person who did the massage, when they got to that point they said: "Oh, you can't touch this point." It was very strange. This place is where the energy body, the energy suit - that is how I call it - started. It feels like when your foot or your hand goes to sleep. There is this deafness, the numbness, but it is

also a kind of tingling. It is sort of like that. It started in my hip and it moved both down and up at the same time. It did not eliminate my pain but it did something to it. I don't know what.

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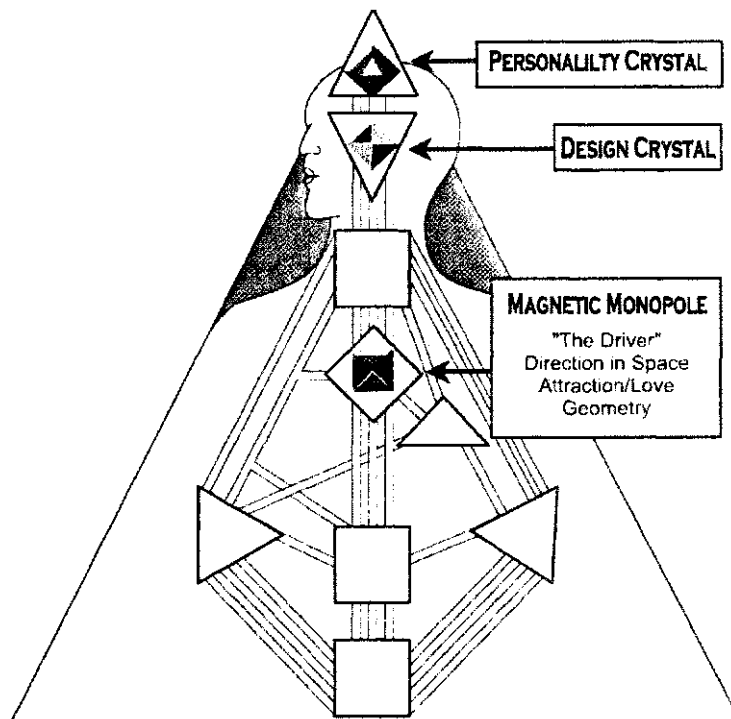
For eight days, I lived with this energy sheath around my body, which made it very difficult for me to follow the instructions of the Voice. It was very difficult for me to grip a pen. It was almost impossible. The first day I did not really think that I could do that because I could not feel it in my hand, aside from the fact that it was painful. The only time that the pain would go away was when the Voice talked to me. It was a strange thing. The moment that there was this thing talking to me all of a sudden it disappeared and I - sort of - floated in a kind of state, where you are there and you are not there. There is something else there. I have never known anything that was so profound that it made me feel ant-like, tiny, absolutely meaningless.

One has to be very careful about anthropomorphizing one's experience. I know what I was dealing with. I was dealing with a Design Crystal bundle. It came from the core of our planet and it came into the cavern that was below my ruina. The Human Design System is not in the world because of me. It is in the world because everybody was seeded with this information in those eight days, the whole planet. We were all receptive to the Neutrino stream that poured through that crystal bundle. The reality is that the energy that I took in was Yin energy, form energy. That was my experience. But to describe it physically is to understand that this was something incredibly violent. I am designed for shock. The only thing that surprises me about any of this is that I survived to tell the tale."

Several years of experimenting with the revealed knowledge followed, and since 1992 Ra Uru Hu has dedicated his life to getting

The Crystals of Consciousness

this body of knowledge out into the world.



According to the Voice, the universe started differently from what the scientists believe. The universe was not born at the Big Bang; it was merely conceived at that moment. That means that the entire universe is one single living entity, but it is not born yet. Therefore, there are many things that we cannot know. The Voice said that in the beginning there was a Yin egg, a cosmic egg which contained in it all the material of the universe. This confirms the physicists who believe that before the Big Bang all the potential material of the universe was compressed into a tiny object about the size of an atom.

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The Voice mentioned that inside of this Yin egg was something that could be described as crystals. It is not really a crystal, but the term helps us to understand how it works. There was also a Yang seed, and within the Yang seed there was also this crystal-like structure. When the Yin and the Yang met, those crystals shattered into zillions of aspects and spread throughout the expanding universe.

Everything that we can imagine, all forms of life on this planet and even inanimate objects, are endowed with crystals of consciousness. In a human being the Personality Crystal, an aspect of the original Yang Crystal, sits up in what we call the Head Center. In the illustration, you can see that it is the Center at the top. This Personality Crystal manifests who you think you are and is the passenger of the vehicle (the body).

In what is known as the Ajna Center, the second Center from the top, where the so-called third eye is, the Design Crystal is located, and this Design Crystal manifests your biogenetic vehicle, the body.

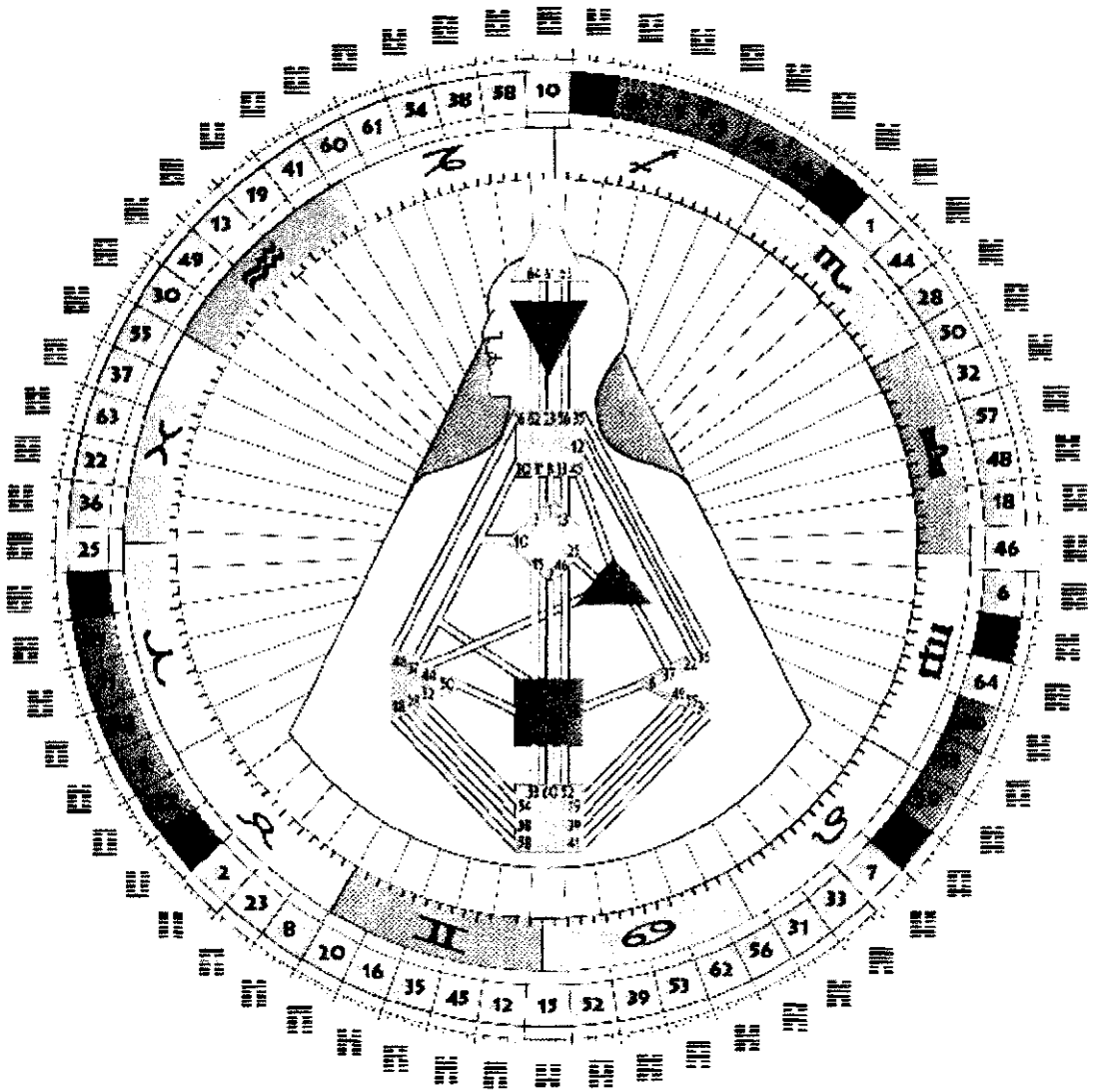
The Voice also mentioned a third component which is called the Magnetic Monopole. This sits in the sternum area referred to as the G Center. The Magnetic Monopole has two different functions. The first is that it holds us together in the illusion of our separateness. It is a "monopole" which is a magnet that only attracts, and it holds the Personality Crystal and the Design Crystal together, but it doesn't stop there. The second function of the Magnetic Monopole is like the arm of a streetcar that hooks up to a grid. It connects us to our movement in space. It guides us along our path of geometry, what we call destiny. It moves us in our correct direction in life. The Magnetic Monopole holds us together in the illusion of separateness and creates an illusion we experience as Love and Destiny.

Imagine that we have a limousine. This limousine can be compared to the Design Crystal, which manifests the vehicle. It is the limousine that we ride in, and behind the wheel of that limousine is the driver. The driver knows precisely how to drive the vehicle; he knows the roads; he has the maps, and he knows where to go. The driver is the Magnetic Monopole. It knows exactly where it is going. It knows exactly what the geometry is, and it drives the vehicle along that path of geometry.

The Personality Crystal, who we think we are, is not the vehicle nor is it the driver. The Personality Crystal has no idea where it is going because it is simply the passenger in the back seat of the car. A passenger is supposed to enjoy the ride instead of fighting with the driver for control of the steering wheel. The passenger is meant to relax, be quiet, look out the window and enjoy the ride.

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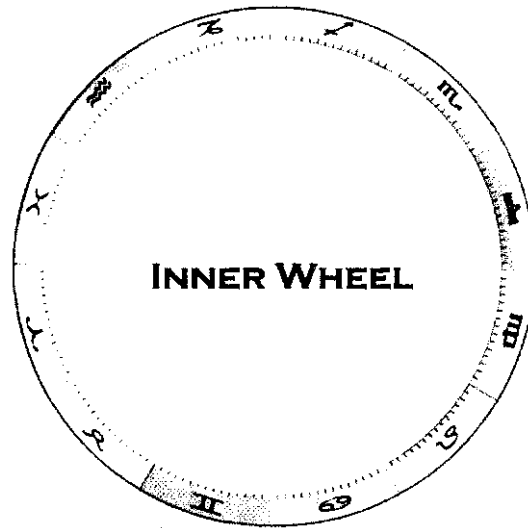
Synthesis The Human Design Mandala



This illustration shows the Mandala of the Human Design System, and as you can see, there are various parts. We will discuss what the inner wheel and the outer wheel represent, the relationship between the two wheels, the graphic in the middle of the wheel, the bodygraph and its components. The Human Design System is a synthesis of many different parts.

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The Inner Wheel



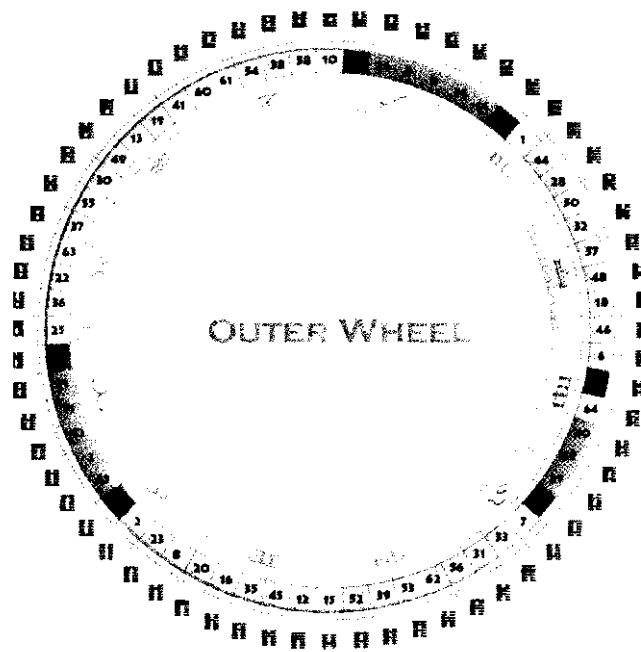
If you look at the Mandala, you see that there is a wheel, and on the inside of this wheel, you find the twelve signs of the Western zodiac—Aries, Taurus, Gemini, etc. These twelve signs are there because we use an astrological calculation in Human Design. The wheel is a graphic that represents the universe. The astrological wheel reveals the position of the planets at two different dates, as you will see. All around us we have this enormous star field, which generates the Neutrino field, the Neutrino stream. This stream of Neutrino information is always penetrating from this star field. The moment something gets in the way, the moment, for example, the planet Mars gets in the way, that Neutrino field has to go through Mars. The Neutrino stream is material; it bears infinitesimal mass, and this mass is going to interact with the material of Mars.

When the Neutrino stream goes through Mars it communicates with and is changed by Mars. After being filtered by Mars, the stream comes through humans and it changes humans as well. Imagine this process, which is called communication, by way of an analogy. If a black car and a white car bang into each other, there will be a little black paint on the white car and a little white paint on the black car. Each is a little changed by their encounter. As you will see, we are all in the same Neutrino program, but we manifest that program uniquely, and we do it through these crystals of consciousness that are within us.

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To understand how these crystals work, imagine two diamonds that are cut differently and have different shapes and different facets to them. If you put the same source of light through the different crystals, different patterns will emerge on the other side. And this is what we are, and it is why we all see the world in our own unique way. We are all in the same Neutrino program, we are all being affected by it, but we are all translating that program through our crystals uniquely.

The Outer Wheel



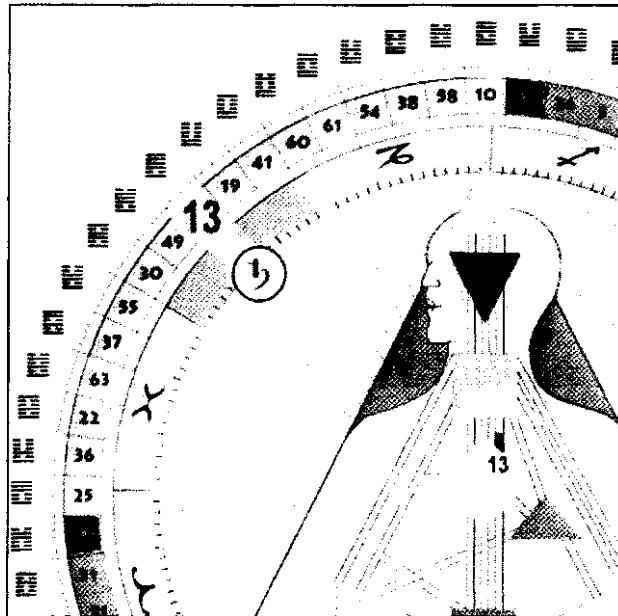
As you can see, the outer wheel is full of numbers. It is divided into 64 sections, and this division relates to the ancient Chinese wisdom known as the I'Ching or the Book of Changes. What makes the I'Ching so extraordinary is certainly not what it says, because it is dated, patriarchal and sexist. What makes it so extraordinary is its mathematics. It is based mathematically on the number 64.

In the I'Ching these numbers refer to hexagrams and a hexagram is an archetype of information, like a dictionary. There are 64 different bits of information and each of these 64 pieces is subdivided by six. This subdivision is called Lines. There are 64 hexagrams and each hexagram has six lines. So the wheel is made up of 64 hexagrams and 384 lines. What makes the I-Ching so fascinating is the fact that in the 1950's when Watson and Crick discovered the principle of the genetic code, they also found that the genetic code has exactly the same mathematics as the I'Ching. That means that the genetic code has

exactly the same binary structure as the hexagrams of the I'Ching. Several books have been published in the past dealing with this similarity.

The basic binary of the I'Ching is Yin and Yang. Our genetic code is made up of four bases, and is arranged in groups of threes, just like the lower and upper trigrams of the hexagrams of the I'Ching. Each of these chemical groupings relates to an amino acid and forms what is known as a codon. There are 64 of these codons in our genetic code, just as there are 64 hexagrams of the I'Ching. The 64 hexagrams of the I'Ching are used in Human Design as a tool for understanding our own genetic imprint and how that translates into the bodygraph.

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This illustration shows you that every hexagram constellation has a specific place and measurement of arc in the wheel. The wheel is a circle of 360 degrees and each hexagram covers a space of 5 degrees, 37 minutes and 30 seconds of arc. The Neutrinos passing through these arcs carry the information of the hexagrams. It's an imprinting field, and when a planet passes through it, the Neutrinos coming from this hexagram-imprinting field pass through the planet. Information is exchanged as the Neutrino passes through and imprints us with the quality of this hexagram and the specific planet. When we were born, the imprint of the Neutrino ocean at that precise time imprinted us for the rest of our life and created our definition, our life force, which is what we see when we look at our bodygraph.

The Relationship between the Inner and the Outer Wheel

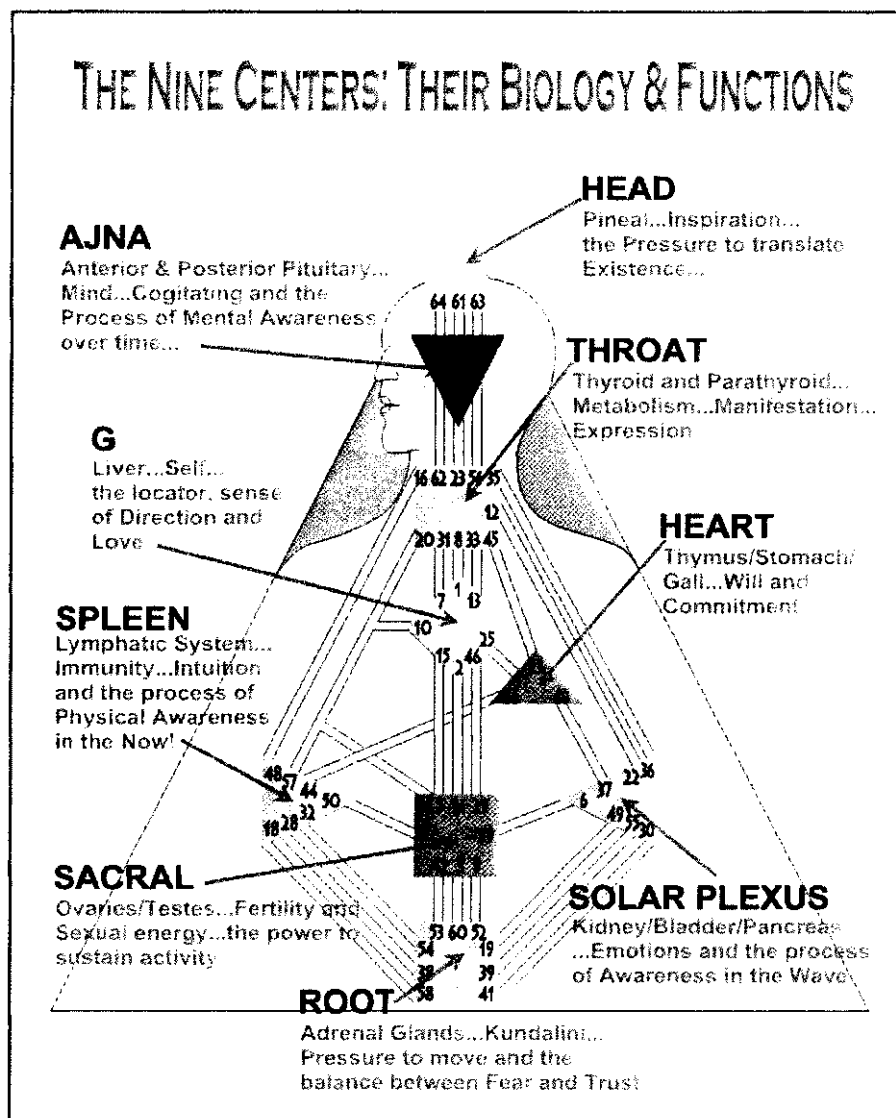
The inner wheel is important because we use an astrological calculation to find the positions of the planets. When we have located the positions of the planets, we find their corresponding positions in the outer I-Ching wheel. We take the positions of the planets of the inner astrological wheel and see their correspondence in the hexagram wheel.

In the illustration, we have an example of a calculation. The subject has Saturn in the zodiacal constellation of Aquarius. There is a corresponding division in the I-Ching wheel, which is the 13th hexagram. We use the astrological wheel for this calculation only; we are not looking at this data in the way that astrologers do. We need this information so we can transfer it into a bodygraph, which reveals the genetic imprinting.

The Rave Bodygraph and its Components

The bodygraph in the center of the wheel is the most important thing about Human Design. It is a human bodygraph. The Voice called it a Rave, which was its word for human. The bodygraph allows us to see how the Neutrino imprinting field is reflected within us. It is made up of three different components of three different ancient sciences. The bodygraph is the synthesis of these components, and like any synthesis it is greater than the sum of its parts.

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Nine Centers

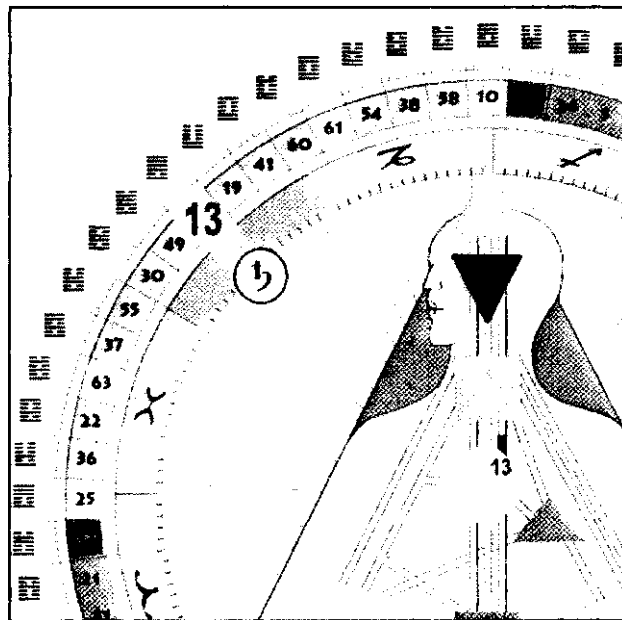
As the first component, we have nine centers in different colors. They are based on the Hindu Brahmin tradition and are known as Chakras. In Human Design, we call them Centers and there are nine of them, not seven as in the Chakra system. Please note that Human Design is not the Chakra system any more than it is Astrology. It is a synthesis of many things. According to the Voice, when W. Herschel discovered the planet Uranus in 1781 it signaled a mutation of our species, and we went from being a seven-Centered to a nine-Centered being in our evolutionary process. Each Center has a different biological correlation. The meaning of the colors for the Centers was not revealed by the Voice.

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Gates and Channels

The second component of the bodygraph is found in the numbers. At either end of each channel, where the channel opens into a Center, you will see a number. These openings are called "gates" and there are a total of 64 of them. The gates relate to the 64 hexagrams of the outer wheel. This allows us to translate the information from the wheel into the bodygraph. The sequence of the numbers was revealed by the Voice.

The third component is the channels, which connect the Centers through the gates. The channels are rooted in the Tree of Life in the Zohar/Kabbalah tradition. These channels act as connecting forces between the Centers. Basically the channels are about bringing together the energies of two different Centers and thus generating something new. They represent the quantum principle. The 64 hexagrams (also called gates) are connected with each other through channels. Each channel has its characteristic, and is a quantum of the energy of the gates and Centers coming together. These channels become a dominant feature in a person's life and we call this "definition". Each channel and gate has a name and description related to its function, and we call these names "Keynotes".



Let's take an example to see how it works. In this illustration, we have Saturn in the middle of Aquarius, in the 13th hexagram constellation; we take that information and find the corresponding position in the bodygraph, which for the 13th hexagram is located in the G Center. We can take any piece of information from the wheel and find its corresponding position inside the bodygraph, inside of us.

Keynotes

We use Keynotes in Human Design to help us understand the story of someone's Design. Keynotes are associated with all elements of Human Design. As an example, each gate and channel has Keynotes associated with it. This gives us a language that we can use when we analyze a bodygraph. By stringing Keynotes together we get a picture of a person's life both

from a True-Self and a Not-Self perspective. Keynotes are used by Analysts when doing chart analysis. This topic is covered extensively in more advanced teachings of Human Design.

* * *

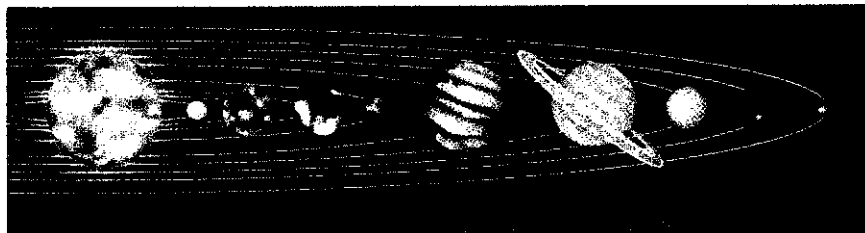
"In the Human Design information, we have a treasure map. The map for each individual is accessible and available yet it requires study in order to understand its structure. In learning to read your own map and to follow its path, you embark on a journey into the core of your being at a true cellular level. Over a period of time you begin to see the changes that living truly who you are brings. It is the adventure of life and a journey we all are here to make. Enjoy the ride."

by Ra Uru Hu

* * *

Planets

The planets play an important role in Human Design. Each planet has special characteristics, and based on where these planets are located within the bodygraph, these characteristics determine how we experience our designs. This topic is explored in depth in more advanced trainings. The Planetary Keynotes are:



Sun	Personality Expression
Earth	Grounding/Balance
Moon	Drive
North Node	Direction/Environment (future)
South Node	Direction/Environment (past)
Mercury	Communication
Venus	Values
Mars	Immaturity
Jupiter	Law/Protection
Saturn	Discipline
Uranus	Unusualness
Neptune	Illusion
Pluto	Truth

The Individual Calculation

Two calculations are used to create the bodygraph. We start with the birth data, which includes the date, place and exact time of birth. Once we have this data we enter it into the MMI

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software program, and the software program automatically calculates the second set of pre-natal calculations. The Personality calculation is based on the actual moment of birth, and the Design calculation is based on the date, place and time approximately 88 days prior to the actual birth. The result is a Design birth date and a Personality birth date. The calculation always starts with birth so it does not matter whether you are a full-term baby, premature or born as a result of a caesarian-section.

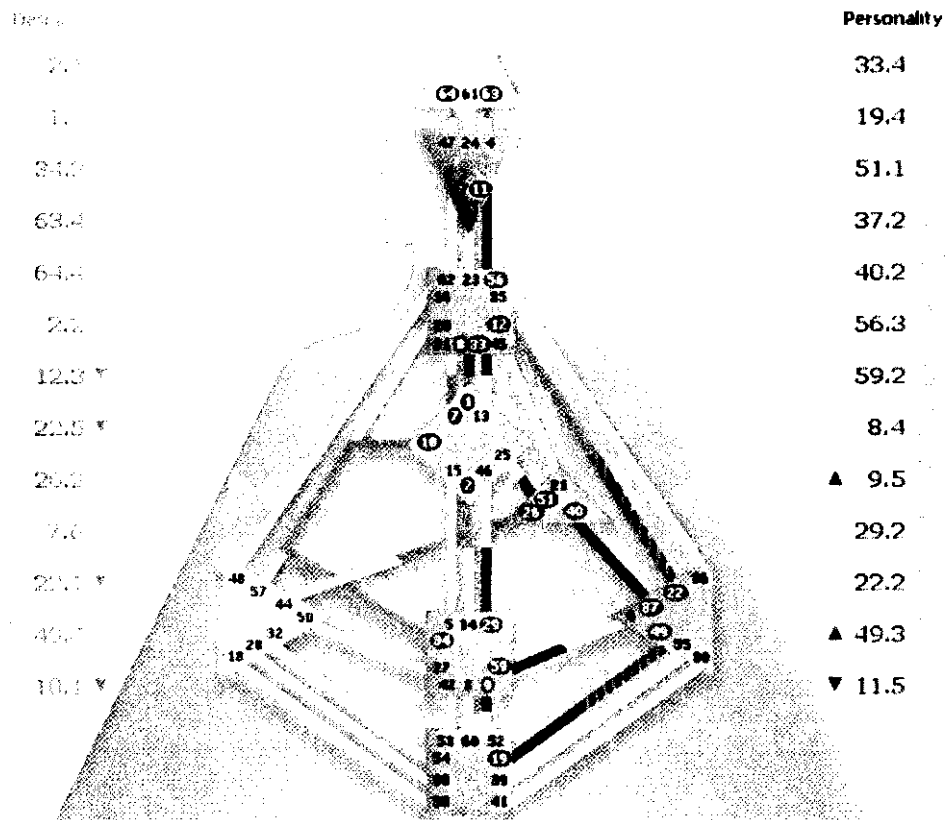
In the moment of fertilization, conception takes place; the Design Crystal with its Magnetic Monopole is now inside the fertile egg. Inside the egg the Design Crystal is now receiving the streaming Neutrino information and begins to build the body of the fetus. It will continue to work on the body until the neo-cortex, the very special brain facility humans have, is fully formed.

Metaphorically speaking, the neo-cortex is the passenger in the body, and it rides in the back seat. It gives us our capacity to look out into a self-reflected universe. When the Design Crystal has built the neo-cortex, the Magnetic Monopole sends out a signal to bring the Personality Crystal into the body. The Personality Crystal, which is also called the soul, enters into the body, and this happens 88 degrees of the Sun before birth or approximately 88 days before the birth.

The combined information provides us with the hexagrams that are activated at these two different moments in time. If you look at the numbers on either side of the bodygraph you will see which hexagrams have been activated and which planet was in the Neutrino stream of that hexagram at the moment of the Design and Personality activation. For example, in the illustration on the next page, the Sun is in Hexagram 33 line 4. Remember each Gate has six lines so you will see both the gate number and the line number.

As you can see, these two sets of calculations are represented in the chart. The Design column is represented in red, and the Personality column is represented in black. Once we have these two sets of calculations we then see how the bodygraph is filled in with gates, channels in either red or black, and Centers.

The Bodygraph



Human Design shows us our uniqueness in precise detail. Therefore, it is very important to have the correct birth time. If you are unsure about your birth time please check with the birth record-keeping organization in your country/state of birth. If you have no way of acquiring accurate birth time you can hire an astrologer who specializes in what is called "chart rectification". The astrologer will take you through a process to determine your birth time as precisely as possible.

Contact a Human Design Professional Analyst to get help if you need some assistance with this. Birth time is the time when the baby is separate from the mother, the moment it has left the womb, not the time when the umbilical cord is cut.

Definition

When two gates at either end of a channel are filled in, based on the data, they form a channel, and when a channel is formed, the Centers at either end are colored in as well. This is called Definition. Once we know the definition of a bodygraph we know the Type, Strategy, Authority, and we know which Centers are Defined (colored) and Undefined (no color).

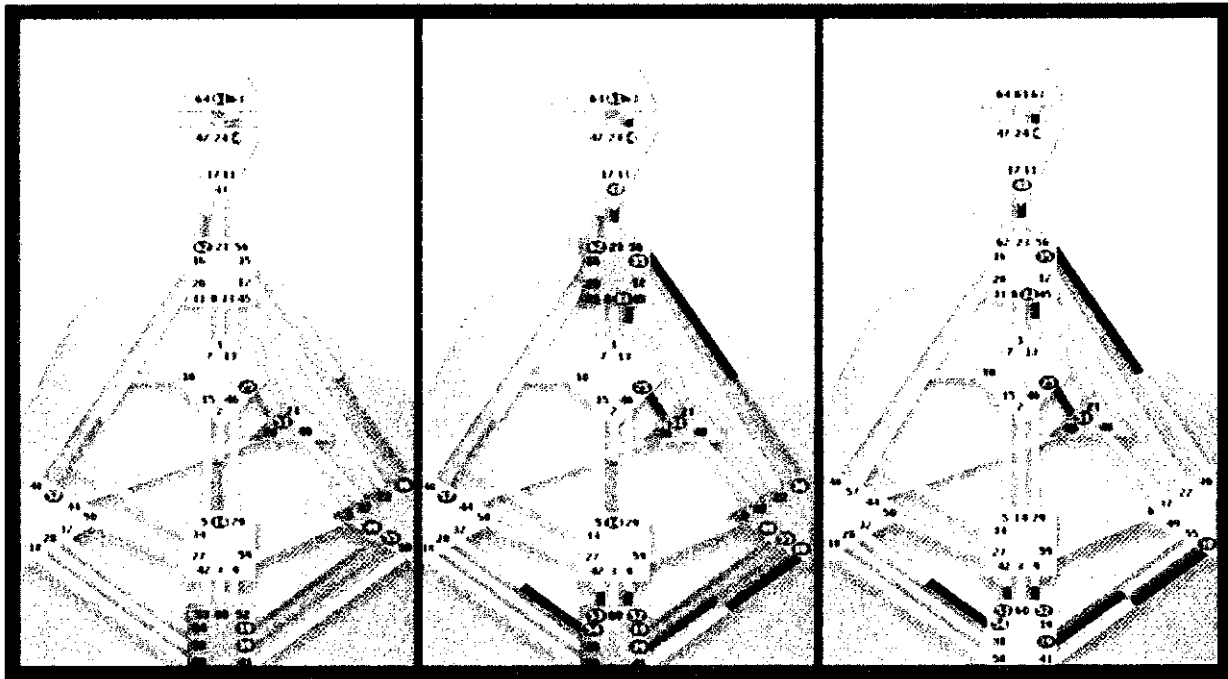
The red and black sets of information are different in terms of their values. The Personality information in black is what you have conscious access to; you know these things about yourself and you can work with this information. Having conscious access is like sitting on the side of a hill and looking at a road in front of you. You can see the road, the traffic on the road,

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the people in the cars, and the direction they are going. In other words, you can participate in the process. The Personality data is what is familiar to you; it is who you think you are.

The Design information comes from the red, and this is one of the most important advances introduced by Human Design. It shows you the nature of the unconscious. Everything coded in red is unconscious, and it represents your genetic inheritance. This is what you have in your blood as a theme from your mother and father, but mostly from your grandparents. Genetically, we have more in common with our grandparents than we have with our parents. The information in red is something that you have no conscious access to. This is the unconscious, which is like being in a tunnel. You don't know what is going on inside the tunnel. You have no idea whether there is traffic in it or which way the cars are moving. You can't see who's driving them and you don't know whether they will come out of the tunnel or not. You can only wait and see. It will always be a surprise. Eventually with age and experience you begin to get to know the red part of yourself.

Elizabeth Kubler-Ross



Design

Unconscious (Red)

Personality

Conscious (Black)

The juxtaposition of both Personality and Design in the bodygraph is very revealing. The Personality is who you think you are, and the Design is how you are genetically programmed. These are two completely different aspects and they are merged together into the bodygraph and held together by the Magnetic Monopole. They don't necessarily get along as the Personality thinks it's in charge of the life when in fact it's the Design and the Magnetic Monopole that are in charge. It's like a forced marriage. The conflicts that show up in life as resistance arise from the Personality trying to control the life, when in fact, it just needs to sit in the back seat and enjoy the ride. The Personality does not even know that the Design exists. When these two different aspects, the Personality and the Design, have surrendered and can live in harmony in their intended roles, then you have reached a state of true love; the love of Self. Without self-love there is no love. The deepest possible love is self-love on the inside. When you reach this state then you will know who is right for you on the outside. Through living our life according to our Strategy and Authority, the Personality and the Design live out their intended and correct roles. We will discuss Strategy and Authority in great detail later in this book.

Remember it's the Magnetic Monopole that holds these two aspects together and creates the illusion and the quantum that is "us" and it pulls to us all the experiences we are here

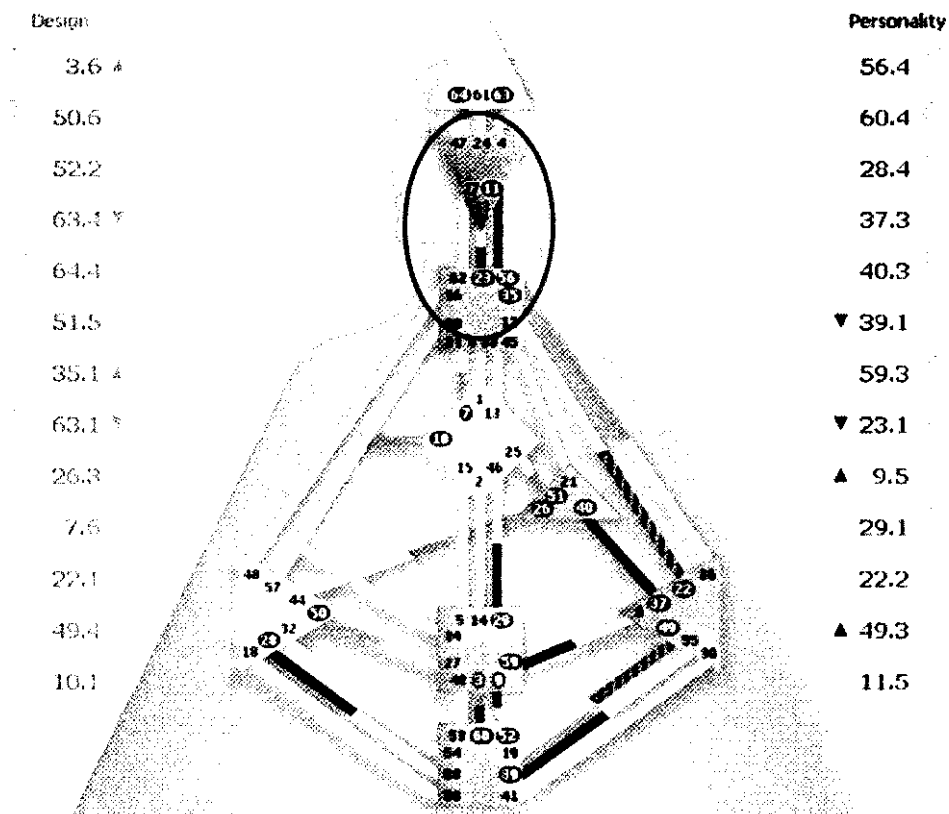
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to have in this life. The bodygraph is the integrated field in which we can read both streams of information as a synthesis.

You can see that there are also gates and channels colored both red and black (stripes). That means that there are multiple activations in that gate or channel both from the conscious and unconscious side of the calculation.

Our Definition is an energy that always functions. It is always there, every second of every minute of every hour of every day of every week of every year until the end of life. You can always rely on this definition your entire lifetime.

What Human Design reveals to you is something you already know about yourself, deep within your heart, and it encourages you to live it. Wherever you see definition (color) in your chart, this represents a part of your nature because it was set at birth. Definition is the core of who you are. It shows us where you can find your reliable yes or no when it comes to decision-making.



Let's use an example to understand how definition works. The bodygraph above shows someone whose mind is always connected to his Throat. This is somebody who will speak his mind. The connection is made through the channel 11/56, which is called the Channel of Curiosity, a design of a searcher or a seeker. The 11th gate is the Gate of Ideas, and the 56th gate is the Gate of Stimulation. In the example, this means that this person always has ideas he wants to share and stimulate others with. With this kind of design, every dinner party is a success, because this person will talk to anybody and keep everybody engaged.

This is a person with a lot of ideas but he never does anything with them. The person knows that he never turns his ideas into action and is frustrated about it. He says he is going to do

things but his ideas never materialize. The reason why he has this dilemma is simple. The definition stops at the Throat Center, the Center of communication. If the Throat Center were connected to one of the body's four motors (Heart, Sacral, Solar Plexus or Root) then this person would have the possibility to turn communication into action, which means he could act on his ideas. But there is no connection. The energy does not get to the motors, but he does not understand this and doesn't know how to deal with it. This person is not meant to do anything himself with his ideas but rather to share his ideas and stimulate others verbally with his ideas and stories.

Definition is the fixed and permanent part of us, and it is meant to be expressed and lived. Definition is always alive and operating. All the channels have names and keynotes. In our example, we have a fixed definition between the mind and the Throat. This person can always speak his mind and he will, and this is what he can rely on during his life to be consistently who he is.

No Definition

You will also see in the bodygraph that there are places where there is white space or no definition. We humans are a binary of defined and undefined areas in the bodygraph. We know that definition is consistent throughout the life and therefore reliable. No definition, where Centers remain white, is inconsistent and therefore not reliable. In your own bodygraph, wherever you see a Center or channel or a gate that is not colored in, you are looking at something that is deeply attractive to you.

Human beings are interested in what is different from them. The white Centers are not fixed but they are what you are open to, what you long for and what you want to experience. This phenomenon of being attracted to what you are not is the reason why human beings do not live out their potential. We are always trying to live out what is undefined because it is attractive to us. It is the unknown. However, the problem is that when you try to be what you are not, everything gets distorted. What you "are" is not really interesting so you get lost in what you are not. There is a false assumption that it is correct to live life through the Undefined Centers. The result of chasing after what you are not is frustration, fatigue and failure. What you are not, as in Undefined Centers, is constantly changing as you move through life.

Conditioning

Your undefined channels, gates and centers get influenced and defined by others in your aura. In Human Design we call this conditioning. When you come into the world, your design is continuously in the aura of your mother and father and the rest of your family, and by being in these other auras your undefined spaces get deeply conditioned. By the time you are seven years old your conditioning is locked in.

So when you start looking at the designs of your family members and of people close to you, such as friends and colleagues, you will discover that you have the same connections with these people as the connections that were made by your parents. This is the explanation for why certain people seem so familiar to you even when you don't know them. They bring you the same energy connections as your parents.

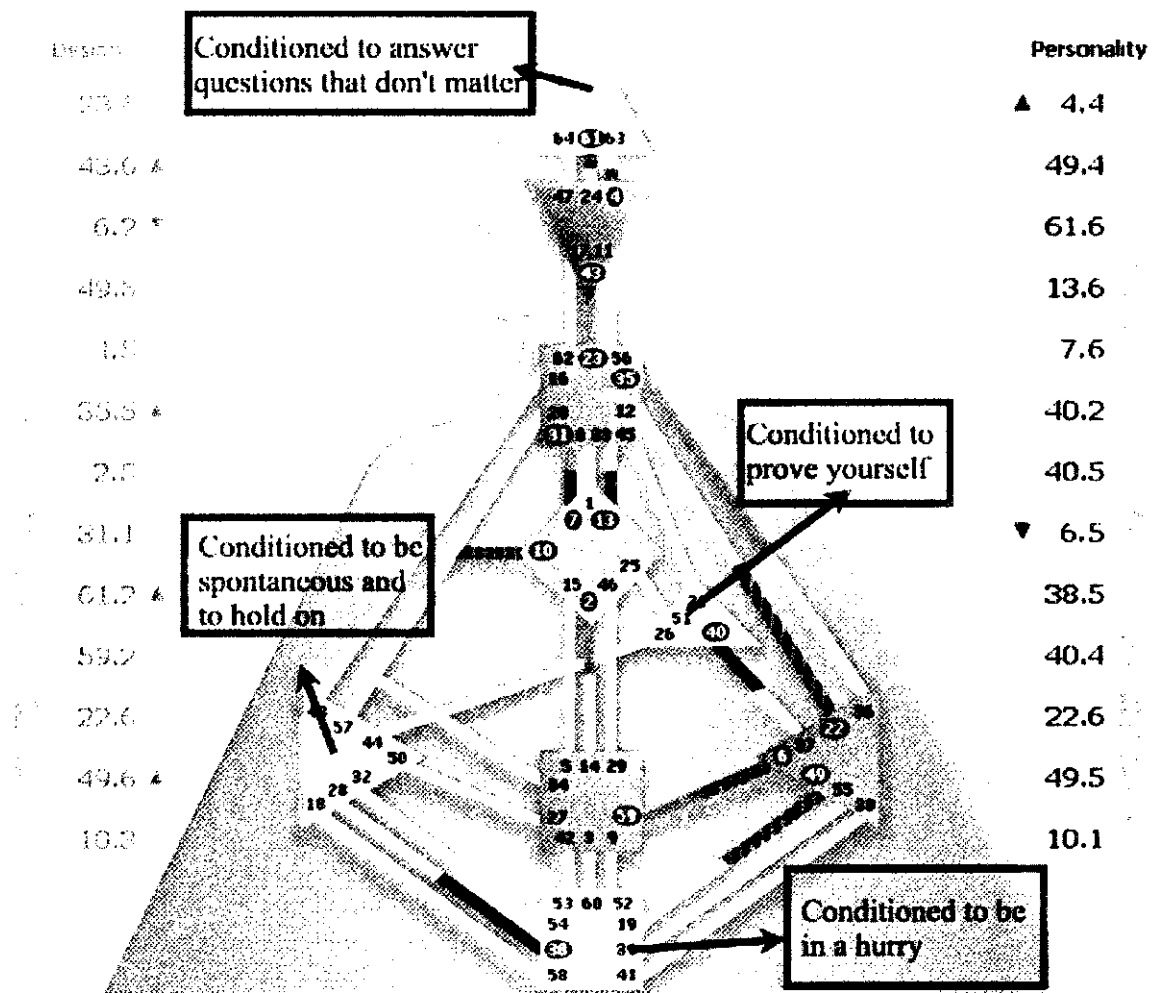
In seeing what is undefined in you, you can discern exactly what type of conditioning you received. You can clearly see your soft spots and where you are open to the influence of others, and you can also see where unhealthy conditioning took place in your life. Please understand

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that you cannot escape conditioning. It is everywhere. Any life form, including animals and plants, that connects to us influences our nature.

The undefined spaces can lead to great wisdom and a deep sensibility, but first you have to see where you have been conditioned. Then you can begin the process of not identifying with these forces. To begin this process requires that you follow your Strategy and Authority, which we will discuss later in this book. The de-conditioning process takes time. It takes seven years for most of the cells in our body to transform and be physically renewed and replaced, and therefore the de-conditioning process is a cellular process over time.

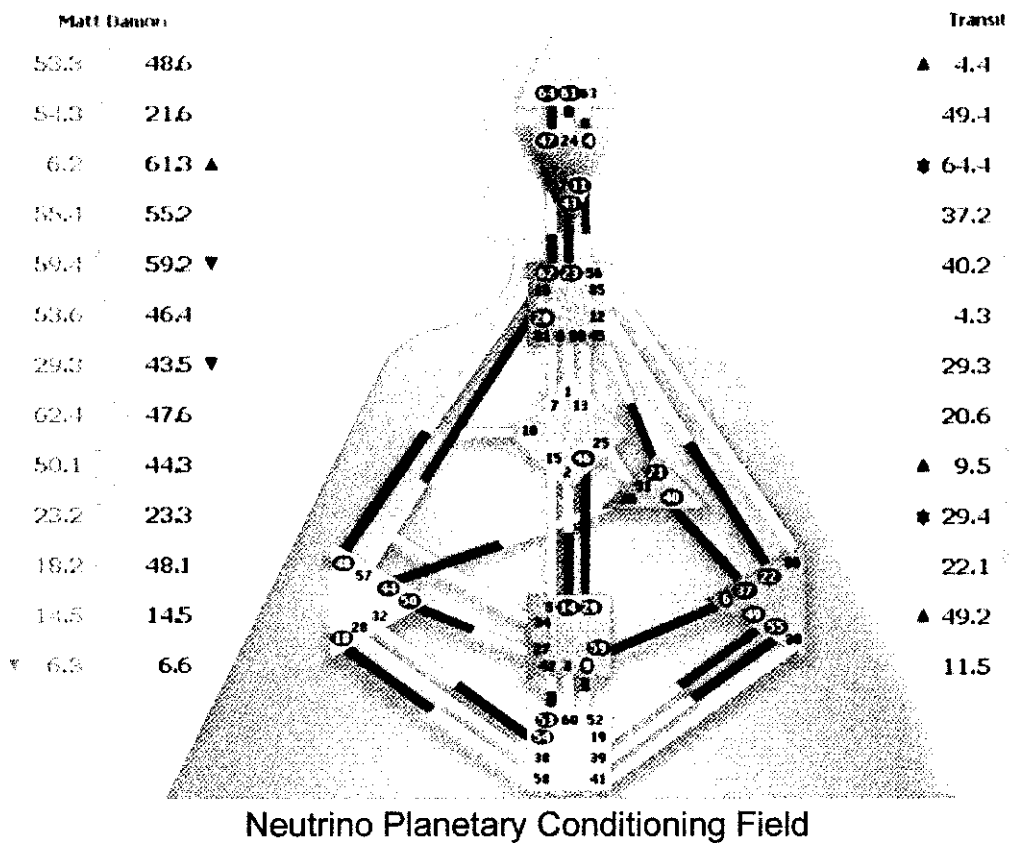
How we are conditioned is reflected in the Undefined Centers in our design. How we think is directly related to how we have been conditioned. Undefined Centers can cause us tremendous pain in our lives because we don't understand them. We become identified with the pain associated with the experiences from the Undefined Centers. The mind is conditioned through the pain that we experience and we then make mental decisions in order to avoid the pain. Unhealthy strategies in life are developed and lived through the conditioning.



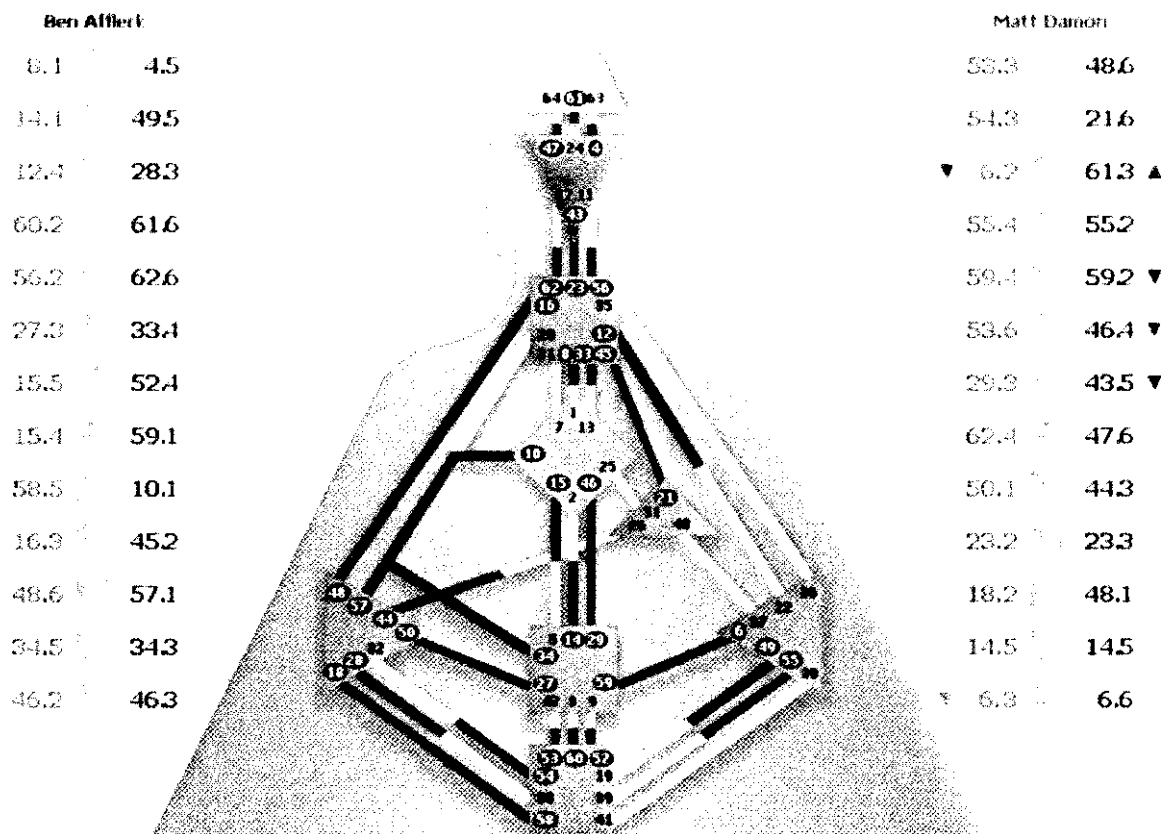
In the example chart above we can see how this person has been conditioned all her life. With the Undefined Spleen she has been conditioned to hold onto things such as jobs, relationships and places in order to feel safe. The Undefined Spleen is about the fear of survival. It results in staying in relationships long after they have ceased to be healthy. With the Undefined Heart Center she is conditioned to try and prove that she is worthy, good enough, sexy enough, loyal enough, pretty enough, and so on. And she makes promises and *wills* herself to prove just how valuable she is. With the Undefined Head Center she has a mind that is filled with questions that don't matter. This person is running around trying to resolve all the questions. With the Undefined Root Center she is hurrying up to get things done to relieve the pressure. If we synthesize all the information here, we have a person who is afraid of losing her job security so she is in a hurry and rushing around trying to prove how great she is by trying to resolving all the questions. The keynotes of these Undefined Centers give us an idea of what life is like for this person. We will discuss the Undefined Centers in great detail and how extensively they impact us in the next section of this book.

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We are all being conditioned all the time, whether by the chemistry of those around us or by the Neutrino planetary transits from the greater cosmic environment in which we live. Below is an example chart reflecting the planetary imprint for a given moment in time.



This is Matt Damon's design, shown with the Green activations in the bodygraph. The Neutrino Planetary Transit Field snapshot is shown in Blue. As you can see, the Neutrino Planetary Conditioning Field brings new activations to Matt for this moment in time. He is receiving conditioning from this field of information. Understanding what the Neutrino planetary transit brings to us is taught in more advanced Human Design courses. The following example shows us how we are conditioned by other people.



In this example you see Matt Damon in blue and Ben Affleck in green. Together they create a new quantum energy, the two of them in a relationship. Again, there are more advanced courses in Human Design that will go into great detail on connection charts. These examples are just to give you an overview of how the conditioning field impacts us.

Defined/Undefined

People are inclined to think that definition is superior to lack of definition. This is not true. Defined/Undefined is just a duality like day and night. The value of definition is that it is reliable and fixed. What is undefined is vulnerable to conditioning, but the undefined areas also have an enormous potential for experience and wisdom. An Undefined Center is neither empty nor broken, and nor does it need fixing. Definition shows you what kind of student you are, and the undefined areas tell you where you will go to school in this life and what courses you will take. You get your certificate from the University of Life from the Centers that are undefined.

There is also another analogy for the duality of Defined/Undefined. Definitions are like senders. Our definitions are sent out into the world. The Undefined Centers are like receivers. Through the Undefined Centers we take in the energies of the world, and your Undefined Centers mirror the energy of others back to them. The Undefined Centers are where you experience, reflect and magnify what you take in from others.

SECTION 2



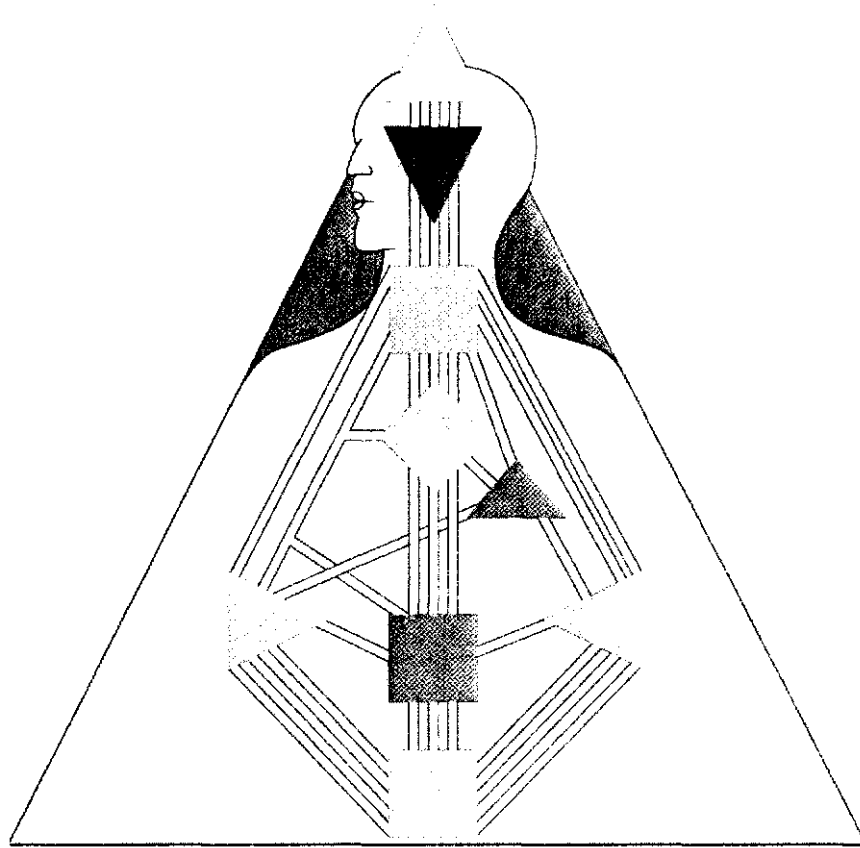
THE CENTERS

&

THE MIND

DEFINITION TYPE

THE CENTERS and THE MIND



Decisions and the Not-Self

Conditioning through Undefined Centers influences how the mind is programmed to strategize, think, and make decisions; which equates to distorted decisions. This presents a problem since every decision we make either takes us further and further away from our true nature and purpose or closer to it depending upon the integrity of our decisions. Our decisions keep us on the correct geometry in life presenting us with the correct relationships, places and jobs. When we make distorted decisions based on the misinterpretation of the Undefined Centers we are taken way off course.

Undefined Centers change on a day-to-day, moment-to-moment basis depending upon who one is with and what transits are impacting them at any given moment so we cannot count on these centers to provide us reliable decision making information. Understanding how a person is designed, i.e., what is defined or not defined in the bodygraph, reveals how that person operates and interacts in the world.

There is great potential for wisdom through the Undefined Centers, but first we need to explore just how these Undefined Centers have caused bad decisions, pain, confusion and suffering in our life.

The mind, its thinking, strategizing and decision-making for our life based on conditioning, is what creates the Not-Self. For the majority of people, the Not-Self runs their lives. The Not-Self begins to develop at a very young age, is continually reinforced through painful experiences, and operates out of habits that we are unaware of. The beauty of Human Design is that we begin to see the actual mechanics of how and why we have lived a Not-Self life. We begin to awaken to our habits and to see how conditioning has distorted our lives. As we begin to awaken we begin to "de-condition."

We overcome our Not-Self habits through removing the responsibility of decisionmaking from our mind and turning it over to Strategy and Authority. Strategy and Authority is reliable because it's part of our definition. Up to now, it has not been possible to live a correct life because of the way the Undefined Centers work with the mind. But now there is a solution, and it is Strategy and Authority. By following Strategy and Authority you are relying on what is consistent in your design and the mind is released from making Not-Self decisions.

The mind is meant to be a tool and an outer authority for the other, but it can only be an effective outer authority when it stops being an inner authority. When the mind is released from all Not-Self decision-making it is free to be what it is intended to be—a creative instrument for you and a potential teacher for others. Understanding the way the Not-Self mind works together with the Undefined Centers is the key to liberation. Each Undefined Center has a Not-Self strategy, and these strategies are expressed through mental decisions based on past painful Undefined Center experiences.

Undefined Centers are very sensitive to outside stimulation. We are curious about what we are not, and the Undefined Centers are designed to be attracted to other people. We energetically absorb people's frequencies through our Undefined Centers. What happens when the Undefined Center takes in another person is that a pressure is developed and felt in the Undefined Center. This pressure triggers the mind into thinking about its life from the Undefined Center experience and sensation. And because we don't understand what we are taking in, the interpretations are distorted and the mind becomes filled with "stuff that does not matter—stuff that is useless for making a correct decision in life.

As the Undefined Center experiences are misinterpreted by the mind as being painful, bad, uncomfortable, etc., the mind identifies with, misinterprets and personalizes the experience and pressure. Over a lifetime, the mind becomes polluted and identified with all of the painful, bad, and uncomfortable experiences. The mind then runs the life by making decisions based on this misinterpreted and distorted information.

If you are thinking about things that don't matter, when something important is placed in front of you to decide upon, there can be great confusion. Every Undefined Center becomes a filter, a sensor, or a control mechanism directly influencing the way in which the mind makes a decision. Undefined Centers are like lobbyists trying to control how the mind is going to make a decision.

For example, with an Undefined Solar Plexus Center, avoiding confrontation and truth is the "normal" way of operating as a Not-Self, and the mind does not know any better. It is not even aware of what it's doing, it's just a habit. A Not-Self conditioned habit is programmed from childhood to try and protect the individual from the pain of the Undefined Solar Plexus.

Until people are made aware of this distortion, they live their life from this Not-Self strategy. Once this is pointed out, however, they can begin to see how this Not-Self strategy has run

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their life in terms of decisions made about people, places and things. The Not-Self strategy of the Undefined Solar Plexus is "avoiding confrontation," and the mind talk of an Undefined Solar Plexus could sound like: "I'm not going to go there because she will want to talk about such and such and I don't want to talk about that," or "I'm not going to bring up that topic because I don't want to deal with the possible feelings it might stir up". The life is lived from the Not-Self strategy of the Undefined Solar Plexus and all mental decisions are based on the pain of the Undefined Solar Plexus which takes us completely off our correct course in life.

It's important to note that just because you have this knowledge about the Undefined Centers does not mean that you can stop them from influencing your mind about decisions. You cannot. But what you can do is remove the burden of decision making from your mind and give it over to your Strategy and Authority.

If a decision is made from the mind, it is a distorted decision, no matter how far down the path of de-conditioning a person might be. The magic of the knowledge of Human Design is rooted in only one thing, decision-making. Everything about being correct is about making correct decisions. If you make decisions with your mind, you are simply making a conditioned Not-Self decision.

The challenge is to turn away from the mind. This is not an easy task. Spiritual teachers have been trying to instruct people to do this for thousands of years. It's not easy for people to grasp that they cannot trust their minds for decisions. However, when you understand these Undefined Centers, you begin to understand how they have distorted all the decisions you have made in your life.

For example, if you have an Undefined G Center (looking for love, direction and identity) and an Undefined Spleen Center (holding onto what is not good for you), your mind would run your life by saying "I'll go to this place so I can meet a man." Or "I'll take this class so I can understand who I am." Or "I better keep this job because I'm afraid if I quit, I won't find another one that pays as well." Or "I better stay in this relationship because I'm afraid of going out and finding another one." And on and on it goes. This is simply how this mind thinks about life. Human Design shows us how our minds are programmed to think.

The Strategy and Authority breaks you away from the habits of trying to live the life that your mind thinks you should have. All Undefined Centers can be sources of great wisdom, but as long as the mind is making the decisions, you never get that opportunity for wisdom. Unfortunately, most people become the Not-Self of their Undefined Centers rather than using them for wisdom. When you are hooked into the Undefined Centers you become identified with them, and this distorts your view of life. **The wisdom lies in the detached experience of your openness.**

Resistance

Resistance is something that we can use as a signpost. When resistance shows up in our life it is telling us something very important. It shows us that we have triggered a Not-Self behavior or event through a mental decision. For a Generator, resistance is felt as frustration; for a Projector it is felt as bitterness; for a Manifestor it is felt as anger; and for a Reflector it is felt as disappointment. Through self-examination and surrender to what is, one can let go of the mind's idea of what you should do and what your life is "supposed" to be like.

Human Design teaches us how to make decisions that are correct for our life. It's that simple. Not necessarily easy, but simple. We have to convince the Passenger (the mind) that it is incompetent when it comes to making decisions. And we must convince the Passenger through logic and understanding that to make a decision with the mind is to make a conditioned or corrupt decision. No decision can be clean if it comes from the mind.

Surrender

Our process as humans is to understand the mind—the Passenger—but you will never get rid of the mind and the pressure of conditioning. If it is your path and geometry, you will slowly but surely stop giving authority to your mind. The Vehicle (the Design Crystal) naturally knows what to do in this form world but the Passenger (the Personality Crystal) does not. The Personality/mind is a Passenger only. In the de-conditioning process there is a confrontation between the Personality and Design. The Personality is trying to run the life, but over time it can learn to surrender to its role as the Passenger.

The complexity of the Not-Self mind is vast. It includes not only the programming of the Undefined Centers, but also the conditioning from all the undefined channels and gates. All the white spaces in the bodygraph represent where we take in conditioning. It would be impossible for us to manage all this openness by thinking about it. You are challenged all the time by the choice of living out your differentiation (your definition) or living out your conditioning. Most of humanity is lost to the conditioning because people are under the illusion that their mind is in charge. Surrendering to living by your Strategy and Authority is the only solution to this dilemma.

Think about it. Our openness is more powerful than our definition. It is very difficult for our definition to stand up to the influence of the openness. By-passing the mind through Strategy and Authority is the answer. The openness has to be accepted.

Undefined Center Wisdom

We talk so much about the Not-Self and the Undefined Centers that we run the risk of seeing the Undefined Centers as representing something that is bad or wrong with us, which of course is not the case. We need to know that Undefined is not bad; it's just that we have become lost in the openness and identified with it. Once we learn how this openness has impacted our life, we can begin to see the Undefined Centers as our greatest gifts, and the areas where we have the potential to become extremely wise; after all, these open spaces are where we take in and experience life. We can begin to appreciate and enjoy our openness in a new way. Each and every one of the undefined channels, gates and Centers represent the potential for wisdom.

True Self

When we talk about the **True Self** we mean your true and natural behavioral nature that emerges without resistance into the world. The Not-Self is a conditioned programming overlaid upon your True Self.

The moment Not-Self behavior emerges into the world it meets resistance, and it goes on meeting resistance. Your Not-Self is created by your upbringing, society, parents, peers and the world in general. When you first become aware of your Not-Self, you slowly become aware of your True Self hiding behind it.

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All you need is patience in order to see every possible variation of your Not-Self and the resistance it creates again and again. The more clearly you can see your Not-Self, the more clearly you can see your True Self. And as your True-Self is allowed to unfold, your purpose in life is finally lived.

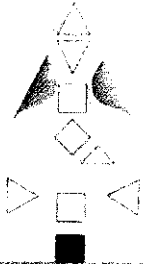
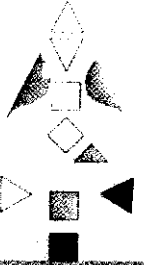
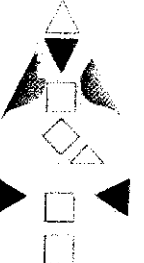
Ultimately, after seven years, it is possible that very little of the Not-Self is still there. You, the Vehicle (the Design Crystal), learn to surrender to life as it moves through you, while you, the Passenger (the Personality Crystal), stand by the side and watch the process.

TYPES OF CENTERS

Each of the Centers has a job and some have more than one job:

- The Head and Root have the job of **Pressure**.
- The Heart, Solar Plexus, Sacral and Root have the job of being the **Motors** or Energy resources in the bodygraph.
- The Spleen, Ajna and Solar Plexus have the job of being **Awareness Centers**.
- The Throat Center has the job of **Manifesting** and **Communicating**,
 - The G Center has the job of **Identity, Direction and Love**.

The Throat Center is, so to speak, the center of town, and the energy movement from all Centers is towards the Throat Center. **All** Centers have the potential for deep conditioning. They are each very powerful Centers in their own right. We will begin to explore each of the Centers in this section.

 A diagram showing a vertical axis with a central square. Above it are two triangles pointing up, each containing a square. Below the central square are two triangles pointing down, each containing a square. The entire structure is flanked by two larger triangles pointing outwards, each containing a square.	2 PRESSURE CENTERS HEAD ROOT
 A diagram showing a vertical axis with a central square. Above it are two triangles pointing up, each containing a square. Below the central square are two triangles pointing down, each containing a square. The entire structure is flanked by two larger triangles pointing outwards, each containing a square.	4 MOTOR (ENERGY) CENTERS SOLAR PLEXUS SACRAL ROOT HEART
 A diagram showing a vertical axis with a central square. Above it are two triangles pointing up, each containing a square. Below the central square are two triangles pointing down, each containing a square. The entire structure is flanked by two larger triangles pointing outwards, each containing a square.	3 AWARENESS CENTERS SPLEEN AJNA SOLAR PLEXUS
 A diagram showing a vertical axis with a central square. Above it are two triangles pointing up, each containing a square. Below the central square are two triangles pointing down, each containing a square. The entire structure is flanked by two larger triangles pointing outwards, each containing a square.	1 MANIFESTATION CENTER THROAT
 A diagram showing a vertical axis with a central square. Above it are two triangles pointing up, each containing a square. Below the central square are two triangles pointing down, each containing a square. The entire structure is flanked by two larger triangles pointing outwards, each containing a square.	1 IDENTITY CENTER E

Here is a list of questions you can ask to check yourself for Not-Self behavior created by the Undefined Centers:

Undefined Center Questions



The Head Center

Am I trying to answer everybody else's questions? The Ajna Center



Am I trying to convince everyone that I am certain?

The Throat Center

Am I trying to attract attention?

The G Center

Am I looking for direction and love?

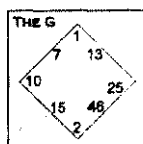


The Heart Center

Am I trying to prove myself?

The Sacral Center

Do I know when enough is enough?



The Spleen

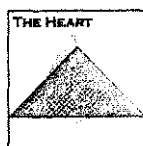
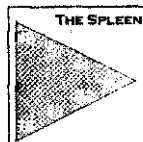
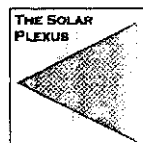
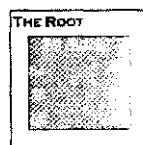
Am I holding on to what isn't good for me?

The Solar Plexus

Am I avoiding confrontation and truth?

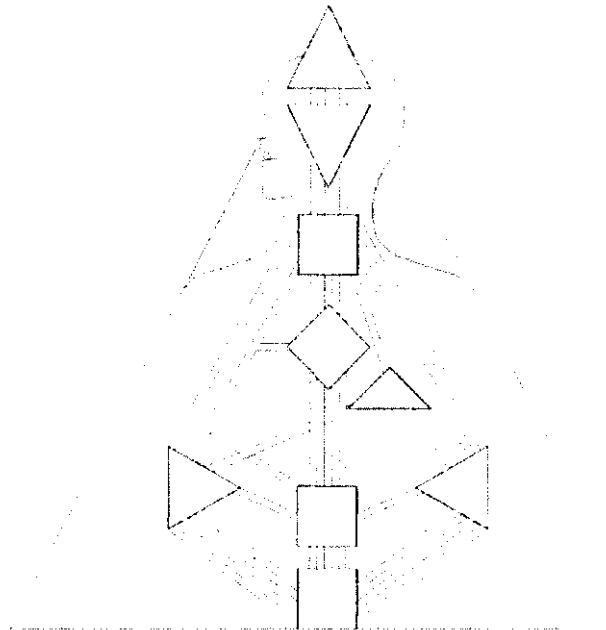
The Root Center

Am I in a hurry to get things done to be free of the pressure?



HEAD CENTER

Inspiration / Pineal Gland



Characteristics of the Head Center

Biological correlation:	Type	Pineal gland
	of Center: Function:	Pressure to think
	Defined Head Center:	Mental Inspiration - creates pressure to fuel our thinking process
	30%	Inspiration comes in a fixed way; mental pressure to resolve one's own questions; mentally inspiring for other people.
	Undefined Head Center:	
	70%	Inspiration comes from external conditioning; are able to see those who are inspiring and those who are confusing.
	Not-Self Strategy of Undefined Head:	Feels responsible for getting rid of the mental pressure that they take in from others, by acting on or trying to find answers to questions that are not necessarily important.

Biological Relationship

Biologically, the Head Center is connected to our pineal gland. This gland is like a border guard. It sits in its little box on the border and it regulates the flow of information from the neocortex into the gray areas of the brain. It allows information from the gray areas of the brain to come back to the neocortex.

What people normally assume when they hear the word "inspiration" is that it is coming from the outside. But the vast majority of the mental process is taking place in the dark, and we don't even know it's happening. More than 90% of our mental process takes place in the deep gray areas of the brain, and we do not have any awareness of or access to this. Inspiration is

coming from within as a result of experience. The Head Center is the fuel for our mental process and is fueling our conceptualizing (Ajna Center) process.

Mental Pressure and Inspiration

The Head Center is the pressure to comprehend and make sense of things in the world. It is the pressure to think, but it is not a motor and therefore does not have the energy to manifest its thoughts. This is an important point for understanding the Head and the Ajna Centers. To manifest anything, energy is needed and that comes from the four motors -the Heart, Solar Plexus, Sacral and Root.

The Head Center and the Root Center are both pressure centers and they have this in common. The big difference, of course, is that the Root Center is also a motor. We live our life in a sort of pressure sandwich. We are under constant pressure to think and to stay alive.

The Head and Ajna are not motors nor do they have access to a motor before they reach the Throat Center (the center of manifestation) and this is why so many people get frustrated, angry, bitter or disappointed when they fail to manifest their ideas and concepts. Since it is not a motor, the purpose of the Head Center is to "review, not do".

The theme for this center is Inspiration. It receives its inspiration through your experiences that come back to you as questions and these questions create pressure. This is the pressure to process the consciousness field. The relationship between the Head Center and the Ajna Center is that the Head Center fuels the Ajna Center's potential to mentally conceptualize.

When we release the mind from making the decisions in our life we can use it for what it was intended; to be an "outer authority" for others. In other words, once the mind is free of trying to make decisions based on the Not-Self dialog, the potential of the mind is opened up to do the job it was intended to do: To think about things that do matter, to be an inspiration for others, to teach, to share, to guide, to process information, etc. Our minds have tremendous power but when the mind usurps the role of authority, we are hindered by its habit of producing a stream of meaningless thoughts and questions about things that truly do not matter.

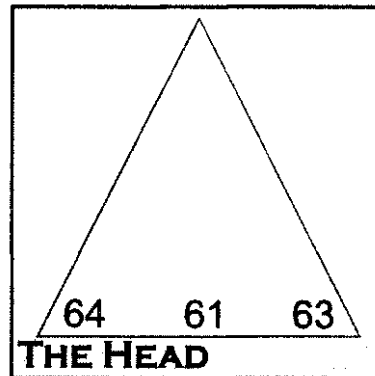
Once it's understood that manifestation does not happen unless there is a motor involved, one can see the uselessness of this dynamic and how it is frustrating people's lives. One disappointment after another comes from chasing thoughts, questions and ideas without the energy to manifest them.

Generators are notorious for trying to initiate and implement their thoughts only to spend their lives engaged in a very painful and frustrating cycle of repeatedly starting and quitting things. Unless the Sacral is engaged through response, there is no energy to follow through and there is no way for them to know if their idea is even correct for them to implement.

Just enjoy the intellect, enjoy the mind. Use it for what it is truly intended. It is your computer, your processor of information. It can be a great outer authority for others, especially when you are not using it to make decisions. To unburden the mind from decision-making is a wonderful journey and can unleash tremendous creativity.

The Specific Pressures of the Head Center by Gate

There are three pressure Gates in the Head Center and the theme of each Gate tells so much about the Head Center. These pressures nag at us until we let them go or resolve them.



Gate 64	Abstract pressure to try and make sense
<i>The Gate of Confusion</i>	of something that happened in the past
<i>The Pressure to Realize</i>	and to resolve the confusion
Gate 61	Knowing pressure to try and know
<i>The Gate of Mystery</i>	something new and to try to understand !
<i>The Pressure to Rationalize</i>	the mystery
Gate 63	Logical pressure that doubts the pattern.
<i>The Gate of Doubt</i>	It tries to make sense of the doubt by
<i>The Pressure to Formulize</i>	looking for the logic

The Defined Head Center

The Defined Head Center creates a mental pressure in the world which is a pressure to grasp and to understand things. This is the pressure of consciousness itself. The pressure of inspiration is often a difficult pressure to deal with. It can bring about a great deal of mental anxiety, because inspiration is always about what has not yet been grasped. When people have a Defined Head Center their thinking process is specific and fixed to their particular design of the gates and channels in their Head Center. People with Defined Head Centers create the potential for inspiration in the environment. They put people with Undefined Head Centers under pressure to think. Only 30% of the population have a Defined Head Center and they are the ones putting all the Undefined Head Centers under pressure.

The Defined Head Center in a Healthy State

It is natural for a person with a Defined Head Center to be under continual pressure to resolve a thought process and to accept mental pressure without trying to turn it into action or escape it. This person knows that confusion, doubt and clarity is a natural process and that these processes have their own inner timing and resolution. These people have the ability to uplift and empower others with insights and inspiration.

The Defined Head Center in an Unhealthy State

People with a Defined Head Center can turn this mental pressure in on themselves, causing them to be driven into deep anxiety, self-doubt or depression when they can't resolve the pressure. They can also attempt to resolve the pressure by outside action, making hasty and inappropriate mental decisions and they can be incapable of remaining patient, resulting in missed opportunities for inspiration.

The Undefined Head Center

Seventy percent of humanity has an Undefined Head Center. These are people who are under pressure to think about things that don't matter. People with Undefined Head Centers have an excess of mental Not-Self thoughts or questions that don't matter, mixed up with the decision they are trying to make, and therefore they are drawn away from their correct decision-making process by becoming consumed with the mental dialog. And this causes them even more mental pressure to try and figure things out. The key to coming out of this confusion is always Strategy and Authority.

The potential of the Undefined Head Center is to explore the intellectual value of an infinite variety of subjects and thoughts. It can determine whether those subjects and thoughts are worthy or unworthy of being contemplated. The potential with this Undefined Center is to explore how much of the mental field is simply useless versus what really matters.

The Undefined Head Center is inspired (conditioned) by who or what is in its aura. Its inspiring thoughts are not original, as others influence the way it thinks. Unlike the Defined Head Center, there is no fixed style of thinking with an Undefined Head Center; it is open and changeable by the conditioning of the environment. The potential is that those with Undefined Head Centers can truly recognize who is inspiring. They are great mental reflectors of another's mind. But when they make a decision from the mind it is not their decision, it is a decision from the mental conditioning field. Undefined Head Centers endlessly think they need to make a decision and solve the problem when the problem is not even theirs! Each Undefined Center conditions the mind with Not-Self thinking.

The Undefined Head Center in a Healthy State

They do not act on mental pressure. They know that questions are never their own questions and therefore they do not take on the pressure of other people's need for answers. They are open to new insights and mental sparks coming from those who are in their aura, and they love to be "filled" with inspiration. They enjoy the pressure to know more without becoming identified with it or overwhelmed by it. They let go of the mental process when they are confused or doubtful.

Those with Undefined Head Centers can clearly know who is inspiring and who is confusing. The moment they get past all the questions that don't matter, they have the potential to use the mind in the way that it was intended, as a very interesting intellectual source, and as an outer authority for others. The Undefined Head Center can be open to ideas and inspiration coming from all directions.

The Undefined Head Center is under the pressure of what has not yet been grasped. Ultimately and wisely it can be open to the wonder of the unknown and uncertainty, and just enjoy the question or confusion and trust that it will become clear or not. In either case it's fine. The lesson is to become unattached and simply watch.

The Undefined Head Center in an Unhealthy State

They can easily become lost or overwhelmed by doubt and confusion which actually belongs to others. They end up trying to resolve other people's questions by taking on the pressure. They act on the pressure to resolve it immediately. They are unable to empty out all the "stuff in their head and relax.

The Not-Self questions to ask the Undefined Head:

Am I occupied with questions that don't matter?

Am I trying to answer everybody else's questions?

Undefined Head Not-Self

- Reacting to the pressure to resolve questions that are not necessarily yours.
- Allowing the mental pressure to drive you to make mental decisions and to resolve the questions, leading to initiating and acting.
- Feeling as though something is wrong with you because of the mental inconsistency.
- Trying to grasp something because of the pressure to answer, resolve or know.
- Allowing the doubt and confusion to pressure you to make a decision.
- Allowing yourself to be nagged by questions that you cannot answer.

The Centers as Learning Systems

When you begin to operate correctly according to your Strategy and Authority, the Undefined Centers begin to open up as learning systems. The Undefined Centers become the roads to wisdom. You can still feel the discomfort and pain, but you don't hold onto it and you begin to become an unattached observer.

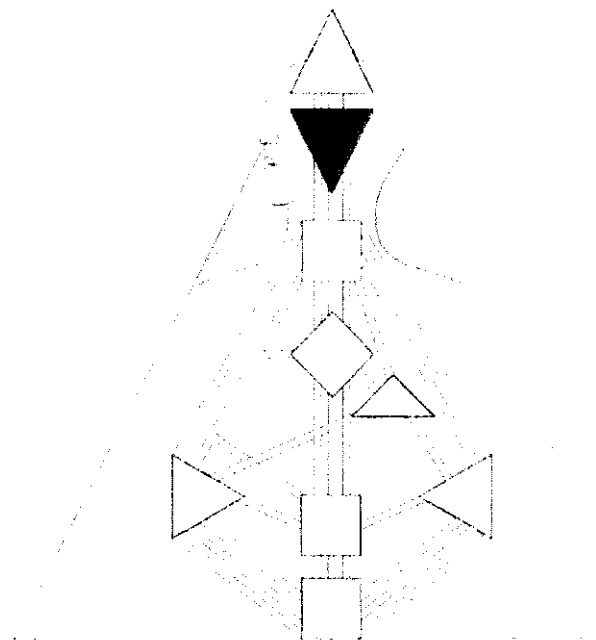
The Head Center is about learning what questions are worth answering and being able to discern the difference between what is important to you and what is just floating through and can be ignored. It's about not getting stuck in the pressure to figure "it" out. There is no need to be like so many people who rush around from one inspirational teacher to the next, trying to get answers to their questions. When you make your decisions from Strategy and Authority you get the correct inspiration and questions for you.

Summary of Head Center

	DEFINED HEAD	UNDEFINED HEAD
NATURAL AND HEALTHY STATE	<p>Creates a mental pressure in the world to grasp and understand things</p> <p>Knows that confusion, doubt and clarity is a natural process</p> <p>Knows that these processes have their own inner timing and resolution</p> <p>Has the ability to uplift and empower others with both insights and inspiration</p> <p>uter authority for others</p>	<p>Explores ideas and inspiration coming from all directions</p> <p>Open to the wonder of the unknown and uncertainty</p> <p>Does not act on mental pressure</p> <p>Does not take on the pressure of other people's need for answers</p> <p>Uses mind as outer authority for others</p> <p>Enjoys the pressure to know more without becoming identified with it</p> <p>Enjoys the question or confusion and trusts that it will become clear or not</p>
NOT-SELF STATE	<p>Turns this mental pressure in on themselves, causing them to be driven into deep anxiety, self-doubt or depression</p> <p>Attempts to resolve the pressure by outside action, making hasty and inappropriate mental decisions</p>	<p>easily becomes lost or overwhelmed by doubt and confusion</p> <p>Tries to resolve other people's questions by taking on the worries of others</p> <p>Tries to release mental</p>

	Can be incapable of pressure through action remaining patient, resulting in missed opportunities for inspiration	
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AJNA CENTER
Conceptualizing / Anterior and Posterior Pituitary Gland



Characteristics of the Ajna Center

biological correlation: Anterior/Posterior Pituitary Glands
type of Center: Mental Awareness - Mind Consciousness

function: To conceptualize, categorize, analyze, research and investigate life

defined Ajna Center: Has a fixed way of thinking, enjoys research 51%

undefined Ajna Center: No consistent way of thinking, takes in 9% information like a sponge

Not-Self Strategy of Undefined Tries to convince others and themselves that

ajna: they are certain and intellectually consistent. Always feels uncertain in thought and compensates by being overly fixed

Biological Relationship

The anterior and the posterior pituitary glands are in the Ajna Center. These important endocrine glands are the headquarters of instructions for the entire body. We have a mind-dominated life because the pituitary glands send out the hormonal information that will be metamorphosed by the thyroid glands. They give instructions about the maintenance of the inside and the outside of the body.

Mental Awareness

Of the nine Centers only three are **Awareness Centers** (Ajna, Spleen and Solar Plexus) in which we can be conscious of what is going on and can have an aware experience of our lives. The other six Centers are purely mechanical.

The Ajna Center as one of the awareness Centers is a very important processing hub for transforming cognitive comprehension. This Awareness Center operates over all time and is useful for reviewing, research and communication. The Ajna Center and the Head Center function together as the mind to help us interpret information. The mind is only an interpreter and therefore should never be given decision-making power or authority.

Mental awareness dominates our lives and the way in which we perceive the world. Humanity takes the mind very seriously. The mind deals with two processes, a collective process, which is visual, and an individual process, which is acoustic. The visual process dominates.

The mind is also a time machine. The abstract mental process is about the relationship of the present to the past. The logical mental process is about projecting from the now into the future. The individual process operates in a pulse in what we can call the "now" and is experienced as the present. These three aspects make up this time machine, the mind.

The Ajna Center is not a motor but it is pressurized by the Head Center. The inspiration of the Head Center pressures us to conceptualize. The frequency of the mind is that it operates over all time. This means that if you make any kind of mental decision, you have to live with it for the rest of your life, because this is the nature of the frequency of the mind. The mind is always busy trying to run your life until you recognize that it has no authority in your life. Before you have that realization the mind will always try to direct you and make decisions for you.

We are a duality and everything about us is manifesting in a dualistic manner. The mind itself is dualistic in the way in which it processes information. Let's say that you have an option in front of you. Once you conceptualize that option in order to make a decision about it, you are going to look at the positives and the negatives of it. You are going to construct two identical arguments that are opposite to each other.

One argument says that the option is bad and the other states that it is good. This is how the mind works. It is very easy for us to go from one position to another, because we have already established both in the mind. What that means is that the mind has no capability of judging one or the other. Its capacity is simply to flush out the two sides. The reality is that we can flush out a zillion sides, not just two. This process is called reason-making. A decision from this place is as good as a guess. You cannot know the truth from this place; you can only know all the different reasons for this decision or that decision. Knowing is something altogether different; it is where we discover our truth, which in Human Design is called Authority.

Someone with a Defined Ajna Center is not influenced by another's presence but has his or her own preferences and predispositions. Someone with an Undefined Ajna Center can have a very flexible thinking process open to all possibilities and to conditioning.

The Mind is Not About Decision Making

The mind is not a motor nor does it have access to a motor so there is no energy for manifesting and activity. The Ajna Center is the only awareness Center that is locked away from energy

because of its location in the bodygraph. On either side of the Ajna Center are the Head and Throat Centers, and neither one is a motor, so the Ajna does not have energy for turning a decision into a reality. The other two **Awareness Centers**, the Spleen and Solar Plexus have access to motor energy for doing. The Splenic Center is next to the Sacral and Root, and the Solar Plexus is a motor itself and is next to the Root, Sacral and Heart Centers. The mind is saying "I have to do this" and "I have to do that" and "I have to say this" and "I have to say that". Yet, when the moment comes, action is not possible because the mind is not connected to a motor.

The mind is like a banana republic in which the corporal, who is only there to keep the records and do the research and measuring, becomes the leader of the nation. Then everything falls apart. So it is with the mind, which is like a petty dictator. The mind's value is in communicating our unique perspective and our experiences to each other but not in running the life. Our minds therefore have value for others. We are here to share the experience of being with each other, to articulate our experience of being human, to enrich and educate. The mind and our ability to communicate allow us to store history for succeeding generations.

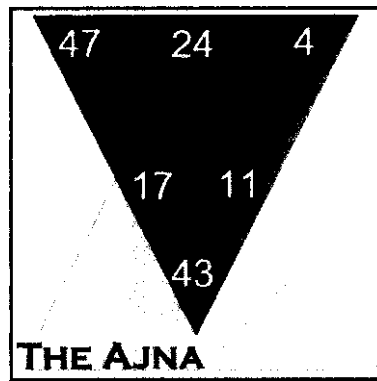
The mind is for communicating the essence of what it is to be human and to measure. This is why it has the capacity to look at things from this way or that way simultaneously. The fact that the mind is a measuring device does not mean that it has the capacity to do anything about what it measures. The mind is only able to tell you, in its own subjective way, what happened. You can only tell other people what you "think" happened. The mind is not there to guide you in this life; it can't, because it always sees both sides of an issue and it can justify anything.

Imagine that you have a problem with someone and you really want to straighten it out. You want to talk to the person about it and get it off your chest. Your mind is there to look at the duality of the problem and not to decide on a course of action. Let the mind do its comparisons and when it is complete, regardless of whether it is weighting towards this or that, don't "do" anything. It's not the time to pick up the telephone and call the person. Let your Strategy and Authority make the decision about if and how and when to speak with this person.

Remember, that for the rest of your life, you are going to live with any decision that you make and act upon, that comes from the mind. These types of decisions never bring satisfaction because your mind can't let go of the other side of the issue. The "what if I had done it that way" question will always be there. Did I do the right thing? Did I do the wrong thing? All of this can turn into pain and regret. Above all, only the decisions made according to your Strategy and Authority reflect your truth and are correct for you.

Awareness Center: Anxiety

Each **Awareness Center** - the Ajna, Spleen and Solar Plexus - carries fears. The fear experienced with the Ajna Center is mental anxiety. This anxiety drives us in our ability to clearly communicate, and to be clear in our understanding, our ideas, and our knowing. Anxiety comes from the fear of being confused or of being confusing to others; the fear of not being able to understand or make yourself understood; and the fear of not knowing something or that you cannot explain your knowing to the other. Whenever communication fails, anxiety comes to the surface and leads to problems. We all carry these fears whether our Ajna is defined or undefined, however the fears are magnified in the Undefined Ajna. The different gates in the Ajna Center carry the characteristics of the anxieties experienced with the Ajna Center.



Gates of the Ajna Center

Gate 47 The Gate of Realizing Fear of Futility

*Mental anxiety that life is oppressive and futile;
Anxiety that you cannot make sense of the confusion,
which leads to futility*

Gate 24

*Mental anxiety that I will never "know" - the fear that a
new "knowing" will never come or that I won't be able
to explain my knowing*

The Gate of Rationalizing Fear of

*Mental anxiety that I will never find order in my life
and that I will always be in chaos; Anxiety about
having answers to give*

Ignorance Gate 4

*Mental anxiety that I will never have a new idea and
that there won't be anything stimulating to think about
or learn; Anxiety about sharing and manifesting my
ideas*

The Gate of Formulization

Fear of Chaos

*Mental anxiety that my ideas are too weird and will be
rejected; Anxiety about making sense to others*

Gate 11

The Gate of Ideas

*Fear that my opinions will be challenged so I won't
share them; Anxiety about having the details to back
up the opinions*

Fear of Darkness

Gate 43

The Gate of Insight

Fear of

Rejection Gate 17

The Gate of Opinions

Fear of Challenge

Defined Ajna Center

All Defined Centers represent energy which is fixed in the way it processes, and the experience of any Defined Center (in this case the Ajna) is quite narrow in its fixedness compared to the possibilities when there is lack of Definition and thus openness to conditioning. A Defined Ajna conceptualizes in the same way all the time, which means that the mind operates in a consistent, specific, and trustworthy way. Again, the mind is not a decision-making tool and has no Inner Authority. Its role is to process information and research, and to communicate.

Someone with a Defined Ajna is always thinking and processing and this is something that just cannot be turned off. The Defined Centers in your design are the areas that are always "turned on". It would be impossible for a person with a Defined Head or Ajna to turn off their mind. The concept of "no mind" simply cannot apply to them. If a person with an Undefined Ajna and a person with a Defined Ajna were to take a "no mind" meditation course, the Undefined Ajna person would love it because no mind is natural for this design, but the Defined Ajna would feel like a failure. We have to be very careful about generalizations as this creates comparison and self-judgment.

The Defined Ajna Center in a Healthy State

These are people who can always speak their mind, think in a specific way and enjoy the mental process. They can conceptualize in a specific way and inspire and put others under pressure to think about things. They use their mind as a data processing center, for creative thinking and as an outer authority for others. They condition the mental field.

The Defined Ajna Center in an Unhealthy State

Those with a Defined Ajna can always speak their mind but they also fall into the trap of making decisions from their mind by saying "I'm going to do this" or "I'm going to do that". They feel a sense of inadequacy or suffer the perception of hypocrisy as a result of not following through on their words, and they end up suffering in life because they don't understand the mechanics of how their design works. The Defined Ajna person can become over-reliant on his or her mind and spend a lot of energy obsessing about a thought or decision.

Undefined Ajna Center

Pretending to be Certain

Those with an Undefined Ajna have an open and flexible mind. They are designed to take in and contemplate a variety of concepts and not get attached to any particular set of beliefs or way of thinking. This type of mind is open to pondering the mental field in many different ways. However, people with an Undefined Ajna grow up feeling that something is wrong with the way in which they conceptualize and think because it's very difficult for them to hold onto anything or to think in a fixed and specific way like a Defined Ajna. Through their experiences in life they have compared themselves to others and so have developed the conditioned belief and fear that they need to be certain about things in order to appear intelligent. As a result they are fearful of looking stupid so they pretend to be certain about things and think about things that don't really matter. There are billions of people who are pretending that they are mentally

certain and they don't even know that they are pretending. They just think that they believe in this or that.

If we imagine a child with an Undefined Ajna working with a teacher with a Defined Ajna, this child will be under pressure to think a certain way and feel a sense of inadequacy because he or she cannot do this consistently. Or imagine a parent who puts pressure on a child to think logically when in fact the child is designed to think abstractly. Such children will grow up thinking something is wrong with them because they don't process data in a logical way. And this conditioning leads them to compensate by pretending to be certain about things.

When Undefined Ajna people can experience their true inner authority, their mind is set free. It's free to think about things that do matter, and free to be open to intellectual stimulation and creativity. Remember, the Undefined Centers represent where we go to school, and the Defined Centers represent the student (us). It is normal and natural to be attracted to our openness but not to become identified or attached to the experiences it brings. We are not here to be like someone else, but rather to discover who we are as individuals.

When Undefined Ajna people accept that they can never be certain, they have gained true wisdom. Their potential wisdom is to be able to truly judge whether a concept or question matters, and whether it is of value. They are not here to claim concepts as their truth. They are here to observe these concepts and to contemplate them, not to become certain and own or become identified with any of them. An Undefined Ajna is a sign of intelligence and of someone who is an intellectual type, like the undefined minds of Freud, Jung, Einstein or Madame Curie.

The Undefined Ajna Center in a Healthy State

They are able to discern and judge which concepts have value and recognize the good stuff. They have the capacity to take it in and sift through the mental field to find what matters. They have accepted that their mind operates in an inconsistent way, that they can never be certain about anything and that the mind is their playground.

The Undefined Ajna Center in an Unhealthy State

Those with an Undefined Ajna Center have deep fears about not being certain about things. When their mental certainty collapses, they are deeply embarrassed. This fear of not being certain drives them to try and become certain about things, only to create an impossible and uncomfortable situation. Undefined Ajna people convince themselves that being mentally certain matters.

There is so much pain in comparison, measurement and judgment, and Human Design helps to free us from this pain. There is an enormous pressure within people to be like everyone else, to be the same. If we don't fit the homogenized mold, we are made to feel as if something is wrong with us. Not being able to mentally process like someone else, or to think the way we feel we should, creates comparison and measurement, which leads us to judge and dislike ourselves.

The Not-Self questions to ask the Undefined Ajna:

Are you pretending that you are mentally certain?

**Are you trying to convince everyone else that
you are certain?**

Are you holding on to concepts that do not serve you?

Are you rigid in your beliefs?

Undefined Ajna Not-Self

- Thinking that there is something wrong with you because your mental focus and clarity come and go.
- Thinking that something is wrong with you because you don't think or retain information like others do.
- Giving in to the pressure to have an answer.
- Being uncomfortable when you don't have an answer.
 - Being so used to the conditioning that you are not really aware that there is pressure to have an answer—it became a habit.
 - Not being fully present because the Undefined Ajna is working to develop an answer or comment while pretending to listen.
 - Finishing another's sentence before the person gets a chance to finish expressing his own thought.
 - Impatient with listening because you already know what the other is going to say (or you think you do).
 - Feeling a pressure to tell people what you think they want to hear, or giving answers you think they want.
- Needing to be mentally certain about things.
- Being a "know it all".
- Developing fixed ideas and concepts. Becoming mentally rigid.
- Trying to solve your personal problems by figuring them out with the mind.

The Centers as Learning Systems

When you begin to operate correctly, according to your Strategy and Authority, the Undefined Centers begin to open up as learning systems. The Undefined Centers become the roads to wisdom. You can still feel the discomfort and pain, but you don't hold on to it and you begin to become an unattached observer.

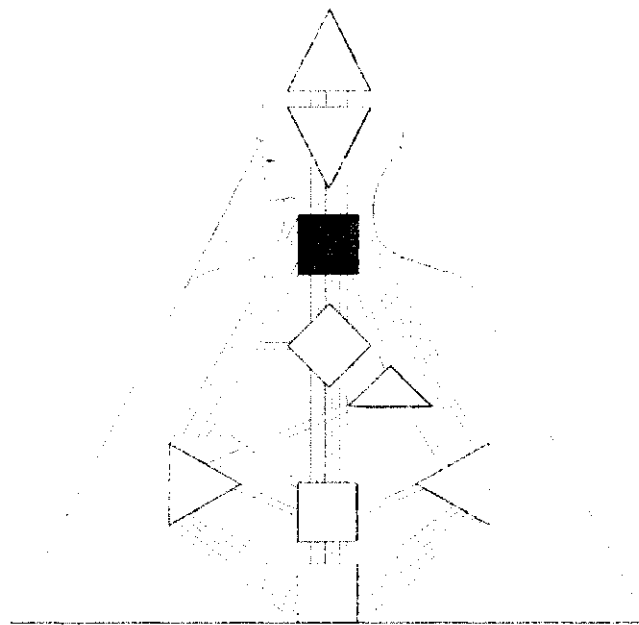
The Ajna Center is about conceptualization, and once you free your mind from decisionmaking and reason-making it is free to do what it is intended to do, which is to freely and creatively conceptualize and think about things that *do* matter.

Summary of Ajna Center

	DEFINED AJNA	UNDEFINED AJNA
NATURAL AND HEALTHY STATE	<p><i>Thinking, thinking, thinking. Has a correctly limited and fixed way of thinking, enjoys information and research</i></p> <p><i>Very important processing hub for transforming cognitive comprehension</i></p> <p><i>Not influenced by another's presence but has their own preferences and predispositions</i></p> <p><i>Mind operates in a consistent, specific, and trustworthy way</i></p>	<p><i>No consistent way of thinking, takes in information like a sponge</i></p> <p><i>Enjoys having no fixed way of processing thoughts</i></p> <p><i>Fluid and adaptable mental process and is open to many concepts and ideas. Not concerned about looking smart or with having answers or being consistent mentally</i></p> <p><i>Enjoys playing in the intellectual field of uncertainty and allowing thoughts just to float through</i></p> <p><i>Recognizes a valuable concept worth thinking about. Not rigid in their beliefs</i></p>
NOT-SELF STATE	<p><i>Obsessive thinking with no relief. Mental anxiety through trying to figure it out. Using the mind for personal decisions</i></p>	<p><i>Tries to convince others and themselves that they are smart, certain and intellectually consistent. Always feels uncertain in thought and compensates by being overly fixed with opinions, insight and ideas. Uses mind to make decisions</i></p>

THROAT CENTER

Action & Metamorphosis / Thyroid and Parathyroid Glands



Characteristics of the Throat Center

Biological correlation: *Thyroid/Parathyroid Glands/Metabolism*

Type of Function:

*Gearbox
action*

Manifestation - Communication and

**Defined Throat
Center:
71%**

*Manifestation and communication, with words or actions, to
create metamorphosis and transformation*

Has a fixed style of speaking and/or acting

Undefined Throat

*Under pressure to manifest and communicate. Transformation
(metamorphosis) does not happen constantly, but rather in spurts,
with action and expression conditioned by surroundings. Good
at knowing who speaks the truth*

Not-Self Strategy of *Tries to attract attention with words or actions;*

Undefined Throat: *tries to be a Manifestor; excessive talking or very unsure about what they will say*

Biological Relationship

The biological relationship of the Throat Center is the thyroid and the parathyroid glands. These are endocrine glands and they are responsible for metamorphosis. This is about metabolism: how we metabolize our food, how we burn energy, whether we are fast or slow, whether we digest quickly or not, whether we are big or small, skinny or fat. All of that is rooted in the thyroid system. The fact that the Throat Center is related to the thyroid glands means that any metamorphic process can only be initiated through the Throat Center. The Throat Center brings change into our lives.

Manifestation and Communication

With eleven possible gate activations in the Throat Center, this is a very important Center whether it is defined or not. If defined, the gate and channel activations determine the way in which a person speaks, as the connections to the Throat Center give the voice its expression. Manifesting has two essential aspects: Verbal manifestation and manifestation as action. In the Throat Center we find both the capacity to communicate in language and the capacity to manifest activity.

The Throat Center is the primary focus of the entire Human Design bodygraph. Therefore it is under tremendous pressure. If you imagine the bodygraph as a map of a town, then the Throat Center would be the town center. It is the most complex of all Centers, and all of the energy flow in the bodygraph is under pressure to get to the Throat. Energy is actually metabolized and transformed within the body itself through this Center. In looking at the Throat Center, we are looking at the essence of what it is to be a human being, and everything about being a human being is about manifesting.

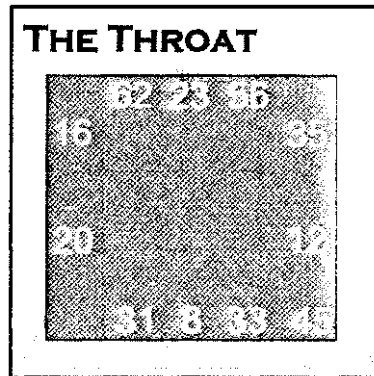
The Throat Center's primary function is communication. The Throat Center is important to us because it opens up the possibility that we can communicate with each other. This special gift human beings have is the ability to articulate in language. Communication is the most essential aspect of a human life. It is how we come to grips with what it is to be human. Through language we are able to share with each other our unique experiences as human beings. Language and communication are not about telling people what to do. Action comes from other areas. The Throat is not a motor; rather it is like a gearbox in a car. On its own, it has no place to go; the Throat Center cannot set your car into motion without a connection to a motor.

Communication through language is the most effective tool we have to express our nature to each other. We are not here alone. Through communicating before acting, we can see beforehand what is viable and what isn't. The Throat Center's primary function is to manifest

speech, and you can compare the Throat Center to a diaphragm of your stereo speaker. (A diaphragm is a disk that produces sound waves.) Anything connected to the Throat will speak through the Throat. So any Centers in your design connected to your Throat Center have a voice, and this is where your voice and action come from. The gates activated in your Throat Center have a specific function and voice; they represent what you will become in this life.

Because the Throat Center is so complex, the most important element in allowing it to operate correctly is honoring your Type, Strategy and Authority. Only by following the mechanics of your Strategy and your Authority can you ensure that your words and actions will emerge correctly. So many people speak and act either too soon or too late. The Golden Rule of the Throat Center is "follow your Strategy and Authority and the timing will always be perfect."

The Throat Center is all about the pressure of "what I want to become or be," and there is tremendous pressure in society to become something. And to truly become or grow into what you are here for depends upon your correctness in how you operate in life.



Gates of the Throat Center

The Primary Gates of Communication and Their Voices are:

Gate 62

"I think or not"

An eye for detail and facts

The Gate of Detail

Gate 23

"I know or not"

The Gate of Assimilation

Communicating individual insights

Gate 56

"I believe or not"

The Gate of Stimulation *The stimulating storyteller*

Primary Gate of Identification is:

Gate 16

"I experiment/identify or not"

The Gate of Skills

To skillfully master something

Primary Gate of Individual Communication Action and Identity is:

Gate 20

"I am now or not"

The Now

Instantaneous clarity/action

Primary Gates of Identity are:

Gate 31

"I lead or not"

The Gate of Leading

The influential elected leader

Gate 8

"I can make a contribution or not"

The Gate of Self-Expression *Unique Self-Expression*

Gate 33

"I remember or not"

The Gate of Privacy

Sharing lessons of the past

Primary Gates of Primary Action are:**Gate 35**

"I feel or not"

The Gate of Change

Progress through experience

Gate 12

"I act or not"

The Gate of Caution

Socially cautious

Primary Gate of Action and Will is:**Gate 45**

"I have or have not"

**The Gate of the
Gatherer**

*\ The king/queen leading through
education*

The Defined Throat Center

With a Defined Throat the words come from our definition. Most of us think that we speak from our minds. This is an important misunderstanding as we are conditioned to communicate from the mental plane. We communicate from the Throat Center and whatever is connected through definition to the Throat.

Those with a Defined Throat Center have a consistent way in which they speak, and this communication comes from the centers and gates connected through definition to the throat. People with a Defined Throat Center connected to a motor can always "do" but it does not mean that they should! People who have these definitions talk too much and do too much. The Defined Throat person needs to be careful about how and what they use their energy for. In other words, they shouldn't talk about everything and give their energy away to every impulse. Having the Throat Center connected to one of the motors can create the urge to be impulsive and this may not be correct. Use Strategy and Authority to find the correct timing for communicating and acting.

The Defined Throat Center in a Healthy State

The Throat Center speaks from its definition. A Throat connected to the Heart Center speaks from the "I": "I want that, I have that, I did that", etc.; If the Throat is connected to the Ajna, a person speaks his mind; if the Throat is connected to the Solar Plexus the person speaks his emotions; if the Throat is connected to the Spleen the person speaks his knowing in the moment; if the Throat is connected to the Sacral, the person speaks from the sounds of his Sacral; if the Throat is connected to the G center, the person speaks from his identity, and so on. When you know where your voice comes from, you can express yourself correctly and not feel guilty in doing so.

The Defined Throat Center in an Unhealthy State

In an unhealthy state they would not follow their Strategy and Authority. The result would be a Throat that speaks or acts prematurely, leading to decisions that are unhealthy, impulsive and incorrectly timed. There would be too much talking and doing.

The Undefined Throat Center

The Not-Self theme of the Undefined Throat Center is **"Trying to attract attention"**. Someone with an undefined Throat Center feels pressure to attract attention, talk and manifest. The Undefined Throat is an amplification tool and it is designed to attract attention. If they just wait, the attention will come. Their amplification tool does the work for them. They are not designed to initiate speech or action. Defined Throats condition them and put them under pressure to speak.

Usually the first thing that comes out of an Undefined Throat is not well received by others. Because this Center is conditioned by the other, those in whom it is Undefined are not in control of how something is communicated. The Undefined Throat person is being conditioned by the Defined Throat person, so what comes out of their mouth is unpredictable. This can be very disconcerting if you don't understand the mechanics of your design.

Children with an Undefined Throat Center might develop their ability to talk later than the average child, and they really should be encouraged to speak at their own pace without any pressure. It will take them a while to get in gear but when they do, they can become masterful speakers.

The Undefined Throat Center in a Healthy State

Undefined Throat people do not try to control what they say; nor are they concerned about speaking in a specific fixed way, but rather they enjoy a variety of voices and forms of expression that come through them. This person knows that they get the attention that is correct for them, when it is correct for them, and they do not need to do anything to attract attention. They also feel the pressure to speak when they are with others but do nothing about it. They are comfortable with silence.

The Undefined Throat Center in an Unhealthy State

People with an Undefined Throat want to be noticed, and their mind will try a myriad of ways to attract attention. The mind thinks it has to do something in order to attract attention so mental decisions are based on "How will I attract attention?" They feel the pressure of needing to attract attention and so they do things like talk a lot in order to get it. They don't trust that the correct attention will come their way. When around others with a Defined Throat, they feel uncomfortable with the pressure and end up doing all the talking to relieve the pressure. They also spend a lot of mental energy trying to figure out what they are going to say next, only to be surprised and uncomfortable when what they planned on saying comes out of their mouth in a completely different and unexpected way. With an Undefined Throat you cannot plan what you will say.

People with Undefined Throats can have difficulties with or damage their metabolism because of this constant pressure. When they allow their mind to dictate how and when to attract attention and when to talk, they are not operating correctly according to their Strategy and Authority. Their ability to manifest and communicate correctly is then deeply affected.

In an unhealthy state there is a preoccupation with the question, "What am I going to become in life?" and the person will initiate activity to figure this out.

The Not-Self questions to ask the Undefined Throat:

Am I trying to attract attention?

Am I initiating the conversation?

Undefined Throat Not-Self

- Pressure to do all of the talking, which leads to initiating conversations and making Not-Self decisions from the mind.
- Becoming uncomfortable when there is a lag in the conversation and feeling as though you have to do something about this.
- Feeling a need to fill in the conversation gap.
- Insecurities due to the inconsistent nature of an Undefined Throat - not sure what may pop out of your mouth or when.
- A focus or obsession on initiating decisions from the mind which result in Not-Self action to manifest or initiate.
- An obsession with becoming something in life. "What am I going to be or do when I grow up? What am I going to manifest?"
- Undefined Throat people need to get to a place within themselves where they are comfortable being quiet. They are designed to be quiet until they are invited to speak. They need to be comfortable waiting for the invitation to speak or act.

The Centers as Learning Systems

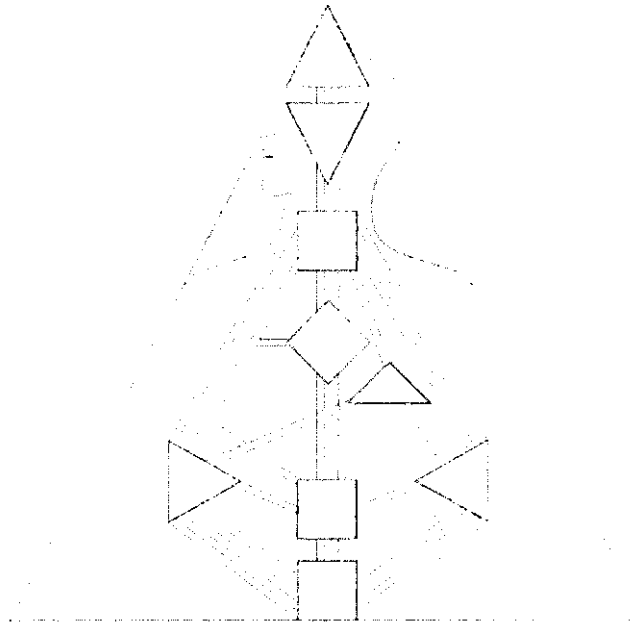
When you begin to operate correctly according to your Strategy and Authority the Undefined Centers begin to open up as learning systems. The Undefined Centers become the roads to wisdom. You can still feel the discomfort and pain, but you don't hold on to them, and you begin to become an unattached observer.

The Throat Center is about learning about the timing of communication and manifestation, and recognizing who can get things done. They can become wise about knowing when to speak and act and also recognizing who speaks the truth and has something of value to say. They recognize who is a good speaker and communicator. They can become master speakers and can understand the art of articulation and have great language skills. They also know who is healthy for them or not; who is allowing them to be themselves.

Summary of Throat Center

	DEFINED THROAT	UNDEFINED THROAT
NATURAL AND HEALTHY STATE	<i>Has a fixed style of speaking and/or acting</i> <i>Uses Strategy and Authority to find the correct timing for communicating and acting</i>	<i>Remains quiet and does not act until invited to speak or to do something</i> <i>Not concerned with planning what they will say</i> <i>Good at knowing who speaks the truth</i> <i>Transformation (metamorphosis) does not happen constantly, but rather in spurts</i>
NOT-SELF STATE	<i>Talks too much and does too much</i> <i>Gives their energy away to every impulse</i>	<i>Tries to attract attention with words or actions</i> <i>Tries to be a Manifestor</i> <i>Talks excessively</i> <i>Very insecure about what they will say</i>

Direction and Love / Liver and Blood



Biological correlation: *Liver, Blood*

Function: *Love, Direction and Identity*

Undefined G Center: *Inconsistent love, direction and identity* 54%

Not-Self Strategy of Undefined G: *Tries to control, find or fix love, direction and identity instead of letting their strategy guide them through it.*

Biological Relationship

Biologically, the G Center relates to the liver and to the blood. Liver cells once damaged cannot be replaced. We know that alcohol is destructive for the liver and thus it is destructive for the self. It destroys people's identity. There is a great tradition about the spiritual nature of the liver, which has its root in ancient Indo-European ideas. According to these ideas, reincarnation is supposed to take place through the liver. In Human Design terms, this is correct because the Magnetic Monopole, which is located in the G Center, is responsible for our incarnating process. It draws us into the body and it takes us out of the body. The G Center is one of the most important and extraordinary Centers in the bodygraph.

Direction, Identity and Love

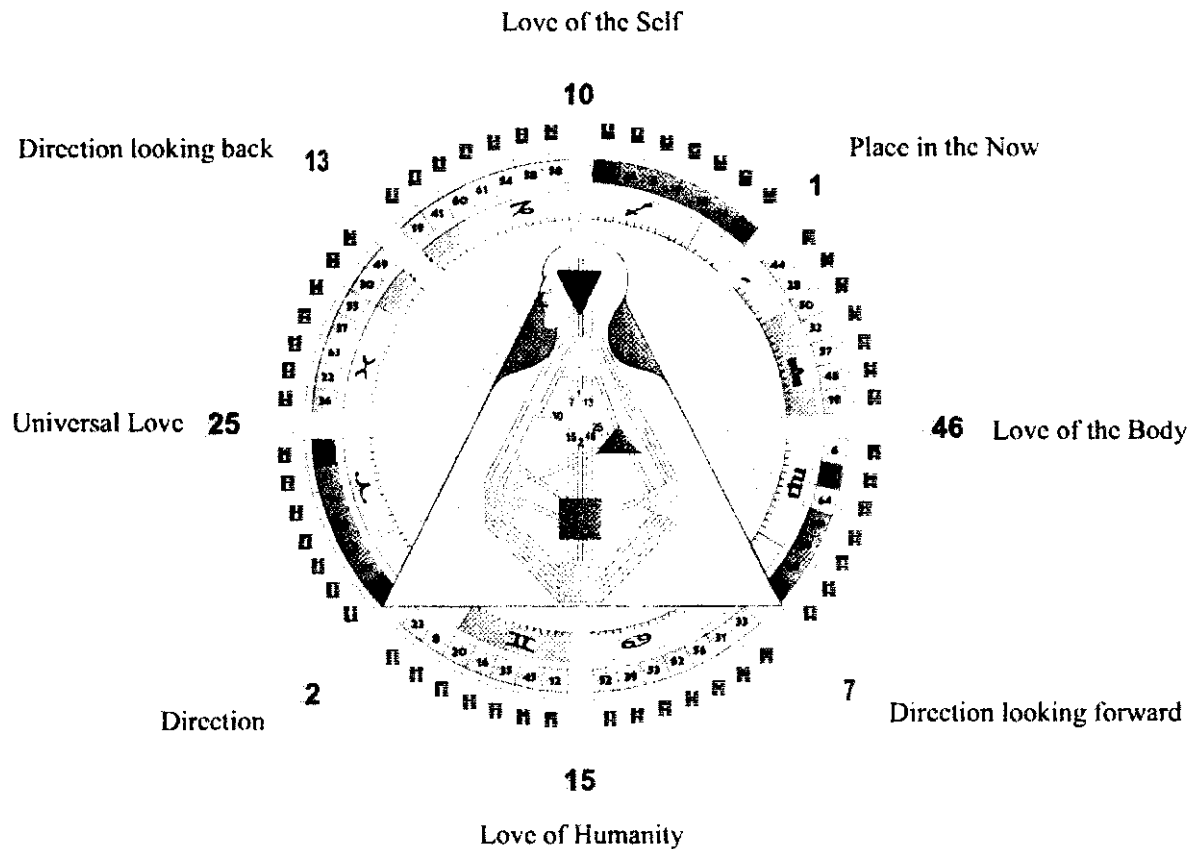
The Magnetic Monopole is similar to a magnet with only one pole, and all this pole does is attract. The Magnetic Monopole shows us our individual identity in relation to the whole and keeps us in the illusion of separateness. Without this internal pull we would have no sense of differentiation and would feel at one with the totality rather than being individuated.

Before a life is created the Magnetic Monopole and the Design Crystal reside together. When we come into life, into our body, the Design Crystal and the Magnetic Monopole separate. The Design Crystal moves into the Ajna Center, and the Monopole resides in the G Center. It is this separation of the Design Crystal and the Magnetic Monopole that creates the illusion of separateness. Before we came into the body this illusion did not exist. This illusion creates the dynamic of "looking outside ourselves" for love and trying to get a sense of who we are and where we are going. The joke is, of course, that we have been right here all along and do not have to look outside ourselves to know who we are.

The Magnetic Monopole holds the Personality Crystal and the Design Crystal together to create the quantum that is us as represented in the bodygraph. The Magnetic Monopole resides in the G Center. The Personality/conscious side of our experience is very different than the Design/unconscious side of our experience. It's like a forced marriage when these two different aspects are brought together to create the quantum. Once we accept the different roles each plays we can come to a place of peace, acceptance, self-love and contentment in our life. And when we have resolved the internal conflict and attained a state of self-love and acceptance, we are then ready to receive and give love to the other.

The Magnetic Monopole literally pulls to us all of the people, places and events we are here to experience, so it is futile to go looking for your life. Living correctly, in alignment with your Strategy and Authority, will bring your perfect life to you.

In the G Center is the theme of love. Love is the force that holds the universe together. This theme of love pulls everything into its oneness again. It also gives us our trajectory in life, our movement in space.



The Eight Gates within the G Center form two Incarnation Crosses

The Cross of the Vessel of Love and the Cross of the Sphinx

Within the G Center we have the four Love Gates. They represent the love of humanity, Self, inanimate objects, and the body. All these aspects are regulated by the Magnetic Monopole in the G Center. Of course the opposite is true, too. There are many forms of hate. Without the differentiation that the Magnetic Monopole creates, there would be no such duality.

Within the G Center we also have the four Direction Gates. If there were no differentiation there would be no direction. If all is one there is nowhere to go. With

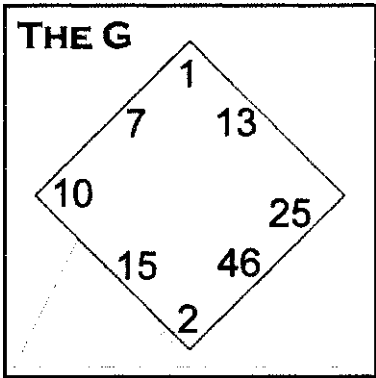
differentiation there is a reference point: "I am going straight in relation to that." The G Center acts as a compass. It creates left, right, up, and down through the differentiation of the Self.

The eight Gates of the G Center are the leading gates of the eight houses of the FChing. These Gates touch all twelve signs of the Zodiac. These gate positions are the macrocosm that

becomes the microcosm in us. The G Center is where everything flows inward to the Magnetic Monopole, which is the core of Love that sits inside of us.

Unlike any other Center in the bodygraph, the eight Gates in the G Center form two very important Incarnation Crosses: The Cross of the Vessel of Love and the Cross of the Sphinx. One Cross is about Love and the other is about Direction.

The Gates of the Cross of the Vessel of Love mark the beginning of the four seasons. The spring equinox takes place when the sun is in the 25th hexagram on March 21st. The summer solstice always occurs when the sun is in the 15th hexagram on the 21st of June. The autumn equinox is when the sun is in the 46th hexagram on September 21st and the winter solstice begins when the sun enters the 10th hexagram on December 21st.



Gates of the G Center

Gates of Direction

! Gate 1	<i>I Our place in the now</i>
The Gate of Self-Expression	<i>The Example</i>
Gate 13	<i>; Direction looking back</i>
The Gate of the Listener	<i>' The Witness hearing other people's secrets</i>
Gate 7	<i>Direction looking forward</i>
The Gate of the Role of the Self	<i>The Leader</i>
Gate 2	<i>i Direction</i>
The Gate of the Direction of the Self	<i>The Director/The Driver</i>
Gates of Love	
Gate 15	<i>Love of Humanity or not</i>
The Gate of Extremes	<i>The Aura</i>
Gate 10	<i>Love of the Self or not</i>
The Gate of Behavior of the	<i>The Nature</i>

Self

Gate 25

The Gate of the Spirit of Self

Universal love or not

*Retain innocence despite
circumstances*

The Blood

Gate 46 The Gate of Determination

Love of the body or not

The Flesh

Defined G Center

Those people who possess a Defined G Center have a fixed and reliable self-identity, although they may not have a sense of that identity; it just "is" for them. Because of their Defined G they are designed to have a fixed direction through their specific definition, trajectory and geometry. The definition in their design will reveal how their identity and direction operate.

If you have this Center defined, you have the ability to share with others and comfort them about the direction we are all going in. You can help others understand the nature of our movement as a species. However, to feel like you are heading in the right direction and that you have the right love in your life, you must be following your Strategy and Authority.

The Defined G Center in a Healthy State

They are comfortable with their identity, self-love and direction of their life. They are natural guides for others, possibly pointing out new directions and new possible loves.

The Defined G Center in an Unhealthy State

They try to direct or lead others without waiting to be asked or invited.

Undefined G Center

A person with an Undefined G Center has no fixed identity. There is absolutely nothing wrong with this; it is not a handicap. Those with an Undefined G Center are not here to know who they are. They are here to adapt to the people and the environment that they are a part of. They change depending upon who is conditioning their G Center. No one really knows the Undefined G and neither does the Undefined G person! They blend in with whomever they are with and they can fit in everywhere and nowhere. They find their identity through their relationships, but they need to have the right relationships.

Their mantra is: If you are in the wrong place, you are with the wrong people. Place is very important for those with an Undefined G. They will thrive in the correct place because it puts them in touch with the correct people and it is important that their Undefined G Center reflects the correct people.

As an Undefined G you are not here to know who you are but you are here to know other people. It's the other in your life that makes the difference and the correct other comes from the correct place. As an example, someone can take an Undefined G to a restaurant and

introduce them to a new person, but if it's the wrong restaurant the connection won't work. It's not about the person you were introduced to, it's the place where the introduction happened. If you take the Undefined G person to a different place and introduce them to the same person the connection will work if it is the right place. It's all about the place. When an Undefined G person is in the right place they are in the right direction in life meeting the right people.

An Undefined G Center allows them to remain open to moving in many directions in life, and to being influenced by those around them. If you have an Undefined G Center, where you are, and your comfort level with the environment, will tell you if you are moving in the right direction. The secret of a happy and healthy person with an Undefined G is being in the right place.

The Undefined G Center Not-Self theme is "trying to find direction and love". The dilemma is "Have I found the right place in life?" as place is key for the Undefined G Center. Place is not a singular thing. Every place has to be the right place. Undefined G Centers are here to collect the right places, and they will have many right places such as where to eat, shop, work and play. As long as they do this, they will have the right people in their life. Where they are is what they are. The people in their life bring them the new direction and the new love in their life. The people they are with are the sign posts that show the Undefined Gs where they are going next. Undefined Gs meet people who will transform their life by showing them a new direction. However, it's important that they not become attached or dependent upon the people who show them the new direction.

There is great beauty in having an Undefined G. Everyone around these people acts as their servant and shows them where everything is and takes them to important people, places and jobs. The advantage is that they do not have to find anything themselves. Everything is shown to them by the people in their lives.

As an Undefined G, if you need a new place to live, call your friends and the agencies and let them know. Sit back and wait to see what they show you. By visiting and feeling each place you will know which one is correct for you. When you have found the right place you do not owe the people anything other than their fee for showing it to you. They were simply being of service to you. When you try and find these things for yourself it will not work. The same applies to love. Just wait to see what kind of love life offers. The moment you stop trying to chase after love, it comes to you.

With an Undefined G, if you are in a relationship that is not correct for you, you will feel trapped, and you will begin to look for the exit! Undefined G people need to feel a sense of freedom in life and not be identified with this one thing or that one. They need to have freedom of movement and independence. They need to have people in their life who add to the freedom and expansiveness of their life. The Undefined G finds its identity through the other but it needs to be the correct other.

The most important thing for them to know is that they are not designed to initiate. They are here to be initiated by others, and when they accept the beauty of this their true potential will emerge. Understanding their design can be a profound liberation.

When you have a child with an Undefined G Center, be sure they feel they are in the right place, the right bedroom, with the right things around them. It will make all the difference in whether they thrive in their home or not. The same applies to their school - if the school is not the right

place they will not thrive. You can have the teacher try moving the child to a different seat to see if it helps. It can make all the difference in their ability to learn properly.

The Mind and the Undefined G

The Undefined G's Not-Self mind is always concerned that "I am never going to know who I am or find my love or direction in life." The mind will intercede to make decisions based on whether love or direction can be found in the place that they are going or think they should go. The mind filters every decision through the Undefined Centers. Remember, all decisions are important, big and small alike. The Not-Self mind will be thinking, "Is this the right direction?" or "Is this where I am going to find love?" Those with Undefined G Centers will base their decision on whether to do something on their mental dialog. This would be a mental decision. For the person with an Undefined G Center, the Not-Self mind is deeply powerful and is going to enter into every decision, however minor.

An Undefined G Center can make one feel disoriented. Place seems to be a mystery because it's not about what our mind thinks it is. Undefined G people try to understand place through the mind, but they find their correct place through Strategy and Authority. If there is anything about a place that is uncomfortable for Undefined G people, they need to change it. The wrong house, job or relationship can cause great unhappiness for an Undefined G person. These people will not thrive in the wrong place.

The Undefined G Center in a Healthy State

The healthy Undefined G is comfortable with not knowing their next direction or when love will come to them again. They realize that it is not up to them and they move through life as they are shown the next step. They do not become attached to people who take them to the correct place or the correct love. They simply thank them and move on.

They are great at seeing another's true identity and are comfortable with all types of people. They are comfortable waiting for the Universe to initiate them.

Instead of feeling lost, Undefined G people can enjoy what is being shown to them; they can enjoy the places they are brought to, and they can take advantage of the guidance of others. They can tell us what love and direction is because they take in all the possibilities of love and they can experience all the different directions.

Ultimately there is no better guide in life than those with an undefined G Center. By letting go of their need for identity and love, they are able to step into anyone else's shoes and offer truly loving, correct guidance.

The Undefined G Center in an Unhealthy State

They live their life obsessed with where their life is headed and when and where they are going to find love. They search for their identity out in the world by trying to understand who they are. In their search for their identity they get identified with this and that and can be obsessed with labels so they can say "I'm a doctor of such and such," etc. They initiate over and over

again only to meet resistance. They think something is wrong with them if they don't know who they are and this leads them to search for the illusive Self.

The Not-Self questions of the Undefined G:

**Am I still looking for love? Am I still looking for
purpose and direction in life?**

Undefined G Center Not-Self

- When you have an Undefined G Center there is a mental preoccupation with looking for the right direction and the right love.
- There is also a mental preoccupation with trying to discover "who you are" by trying to figure out your identity by attaching yourself to someone, something or some title.
- This mental preoccupation leads to suffering because the identity is changing all the time.
- Not trusting that the Universe will show you the next direction, place and people.
- You are uncomfortable not knowing who you are.
- You can't let go and allow life to be shown to you.
 - You continually initiate while trying to figure out who you are, where you are going and who is right for you.

Remember, you can never see your destination. But even not knowing where you are headed, if you live as yourself, you will always know the next step that you need to take.

The Centers as Learning Systems

When you begin to operate correctly according to your Strategy and Authority the Undefined Centers begin to open up as learning systems. The Undefined Centers become the roads to wisdom. You can still feel the discomfort and pain, but you don't hold onto it and you begin to be an unattached observer.

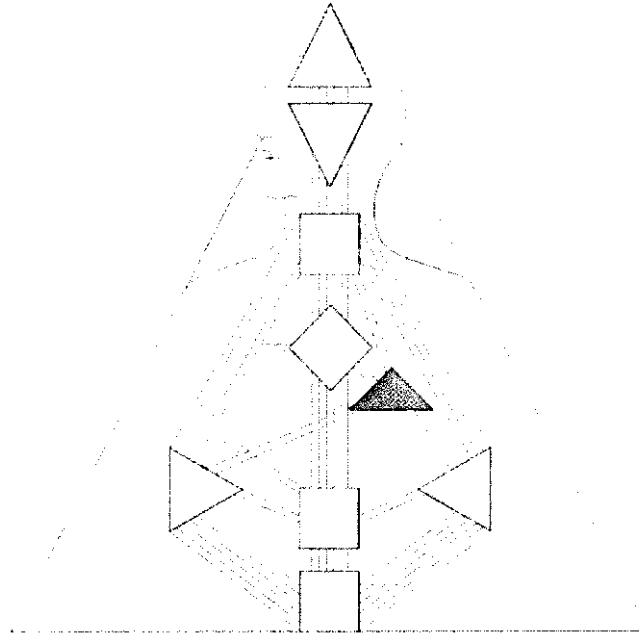
The G Center is for learning about all the different types of people in the world. It's about learning to surrender and entrust your life to a power much greater than yourself. You learn all about love and direction and you become very wise about these things.

Summary of G Center

	DEFINED G	UNDEFINED G
NATURAL AND HEALTHY STATE	<p><i>Has a fixed direction through their specific design</i></p> <p><i>Shares with the other and comforts the other about the direction we are all going in</i></p> <p><i>Helps others understand the nature of our movement as a species</i></p> <p><i>They are comfortable that following Strategy and Authority puts them in the right direction and with the right love in their life</i></p>	<p><i>At peace with no 'fixed' sense of direction, identity and love</i></p> <p><i>Remains open to moving in many directions in life, and to being guided by those around them</i></p> <p><i>Is always tuned in to their comfort level with their environment which tells them if they are moving in the right direction</i></p> <p><i>Recognizes that they are a mirror for the identity of others</i></p> <p><i>Comfortable with not knowing who they are</i></p>
NOT-SELF STATE	<p><i>Initiates a new direction or love from the dictates of the mind</i></p> <p><i>Initiates leading others</i></p>	<p><i>Preoccupied with looking for the right direction and the right love</i></p> <p><i>Looks for oneself, always trying to figure out one's identity and taking on different identities in this search</i></p>

HEART CENTER

Ego / Heart, Stomach, T-Cells and Gallbladder



Characteristics of the Heart Center

Biological correlation: *Stomach, Heart, Gall Bladder, Thymus Gland*

Type of Center: *Motor*

Function: *Ego and Will power, the material world, self-esteem and self-worth*

Defined Heart Center: *Consistent access to will power, a 35% natural sense of self-esteem/worth, fixed way of dealing with the material plane in terms of deals, bargains and promises*

Undefined Heart Center: *Inconsistent will power - not designed 65% to prove themselves*

Not-Self Strategy of Undefined Heart: *Trying to prove something (ultimately your worth) to your self and to others*

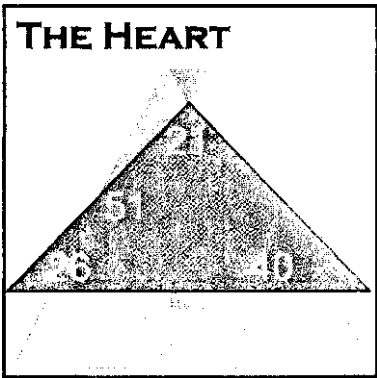
Biological Relationship

The Heart Center's biological nature is very complex and important. This Center governs the stomach, the thymus gland, the heart and the gall bladder. Because we find all these organs of the body in this Center, it is clear that it can be the source of many physical problems if a person is unaware of the mechanics of the Heart Center.

Will Power and Self-Esteem

The Heart Center has very important biological attributes and creates a drive for survival on the material plane in established communities. The Heart Center is the key to the entire tribal process which governs the support and survival of the family, business and community. Everything about the tribe operates through the Heart Center. It is the bedrock of our communal and entrepreneurial way of life. Each gate in the Heart deals with a different biological process. The Heart Center is a powerful motor, which drives will power and ego power. Motors have more energy and more intensity than the other Centers.

The bedrock of our society is rooted in the will, which together with the ego is an enormously influential and powerful force in our lives. There are four different ways that the tribe functions through this junction of the Heart Center. The ways in which the members of the tribe are bound to one another are through this Center. This Center is about making our daily bread, living in harmony with others, bonding with others, bringing children into the world, and creating our societies and cultures.



Gates of the Heart Center

Gate 21

To be in control

The Gate of the

To control the circumstances

Hunter/Huntress

Gate 40

To deliver

The Gate of Aloneness

The will to provide

Gate 26

The Gate of Egoist

Gate 51

The Gate of Shock

To be the best

The salesperson/marketer

To be competitive

To be first at something

The Defined Heart Center

If you have a Defined Heart Center you like to be in control of your own life and resources. You also know your own value, although at times you may inflate this value. Those with a Defined Heart Center are willful, and it is healthy for them to make and keep their promises. When they make promises that they keep, others develop a level of trust in them, and so they should only make promises they will keep. They have a natural sense of self-value and self-esteem. These people enjoy working and they have a natural internal mechanism which tells them when to work and when to rest. People with a Defined Heart Center should not allow anyone to influence their ego and will power because if it is suppressed it is detrimental to their health.

Defined Heart beings have to prove themselves all of the time. This is correct for them as long as they follow their Strategy and Authority. They enjoy their work and want to be nicely rewarded for their contributions. The Defined Heart has the willpower to be committed to providing for the family and the community.

The Defined Heart Center in a Healthy State

Thanks to their consistent access to will power, they have no problem keeping their promises and resolutions. They do what they say they are going to do and maintain a balance between work and rest. They enjoy their work and they enjoy "delivering the goods" and being successful. Being willful and competitive is natural for them.

The Defined Heart Center in an Unhealthy State

They pump up Undefined Heart people and expect them to be like them. They can be egoists and get carried away with their own ego inflation. They can be too forceful.

Undefined Heart Center

A person with an Undefined Heart Center is not designed to be willful and competitive. This willful and competitive energy is not available to them consistently. When they make a promise, they are willing themselves to do something. Because this energy fluctuates and is not available to them consistently they put themselves under tremendous pressure to fulfill the promise, only later to feel like a failure when things do not work out the way they promised.

We live in a world that sends a constant message to us that you can be better, prettier, richer, faster, more successful, etc., and these messages put tremendous pressure on us to make more, do more and be more. People with the Undefined Heart Center get easily trapped in a vicious cycle. As they fail to fulfill their commitments and promises, they make further promises to make up the deficiency, only to fail again. Each time they fail they feel worse about themselves and their self-esteem spirals down. They pick themselves up, pump themselves up, only to

have the same thing happen again. All this is coming from the mind which is filled with societal propaganda about the need to become better, richer, smarter, thinner or prettier.

People with an Undefined Heart Center are always looking for consistent will power and for the courage to be willful. This becomes the driver in their life. "Why can't I get what they have?" they ask. "Why can't I be as fast or as good as they are? I should be able to compete with them". They ask themselves these questions because they are seeking will power. But the Undefined Heart Center does not have consistent access to will power.

Undefined Heart Center people become overachievers because they feel that they lack something or that they don't have what it takes. They are always trying to accomplish more than anybody else because they are trying to prove how valuable they are. They do this because they undervalue themselves, so they overcompensate. They "will" themselves to have courage only to fail because it is not correct for them to will themselves to do anything. The Heart Center is a motor and so these people can really get their ego pumped up as they take in and magnify the ego of those around them. Remember, Undefined Centers magnify the Defined Centers.

Getting involved in things through their Strategy and Authority will give Undefined Heart Center people the energy they need to accomplish something. They can put themselves into an impossible situation when they try to will themselves to do anything. When they are around someone with a Defined Heart Center they can be fooled into thinking they can do something when in fact, as soon as you leave the aura of the Defined Heart person, your ability to do something based on willpower is gone. Going to motivational workshops and seminars where the Heart Center is taking in all that pumped up ego energy only leads to a sense of failure and lack of follow-through once you step out of all that ego energy.

An Undefined Heart Center always experiences a background pressure to try and prove and improve themselves. The truth is you don't have anything to prove. With an Undefined Heart you can test the proof of others, but **you** don't have anything to prove. When you try and prove yourself by making a promise you can't keep, it creates a potential for self-hatred, and over the years, a cumulative level of low self-esteem can be a real problem.

The dark side for Undefined Heart people is that they do not consider themselves worthy and will accept less than they should. Less love, less money, less everything because they assume they do not deserve it. And they can't fix any of this as long as they rely on their mind. The solution is to take authority away from the mind and return it to where it belongs. The more their mind gets into the game of trying to prove value or worthiness, the more they are going to fail, and the cycle will continue. When they do not follow through on their commitments and promises, they experience a feeling of "threat," which is the consequence of not proving their worth.

The motto for an Undefined Heart Center is: Never make a promise to yourself or others. You have NOTHING to prove.

The Undefined Heart Center in a Healthy State

These people are at peace with themselves and feel they have nothing to prove to anyone. They sense and take in the ego of others and can become wise about who has a healthy ego and who does not. They know who can deliver on a commitment and who cannot. They know that they do not have to compete with anyone. They do not allow anyone to convince them to do anything.

The Undefined Heart Center in an Unhealthy State

Undefined Ego people feel less worthy than others so they try to prove their worthiness through being in control, brave, egotistical and loyal to others. But they are unable to prove their worthiness because they continually experience lack or loss of control; they engage in foolish acts to prove themselves, or lie to pump themselves up. Others find them untrustworthy because they are unable to follow through on their promises.

Undefined Heart Center people can have real problems when they make decisions based on a sense of their own unworthiness. They make promises and take less money for their services than they should to try and prove their worthiness. This person thinks "I can do this so I have to prove myself or else I'll get kicked out of the community and/or be an outcast." So they end up trying to prove themselves over and over again, and then feel even unworthy because of their failure to follow through.

The Not-Self Mind of the Undefined Heart Center thinks, "I'm not a good employee, wife, lover or friend unless I prove it by doing this or that, or doing it better". They ask for less money and make less fuss when they don't like something. These people's minds are always trying to show they are in control/brave/loyal/great - and it's all a pretense! They are all pretending. This conditioning is very deep, and it brings out a deep sense of failure: "I'm not good enough for him or her or myself." Everything becomes a fabrication so that they can substantiate who they are. They try to prove that they are their projected mask.

Undefined Heart Center Not-Self

- Trying to prove one's worthiness by being in control. I have to be in control. If I am in control I will be able to prove to myself and others that I am worthy. The humiliation of not being in control or losing control is painful.
- Trying to prove one is brave and worthy through doing foolish things.
- Trying to prove one's worthiness through being egotistical. Capable of telling the most outrageous lies, expressing great bravado or being Mr. Ego himself - look at me, how great I am.

Playing at being loyal to others in order to prove one's worth. You can end up being alone because of this.

If you have an Undefined Heart Center, you are not here to prove yourself. You are not here to bargain or control, and you are not here to be brave or courageous. The mantra for an Undefined Heart Center is: I have nothing to prove - to anyone or myself, under any

circumstance, ever. It's a gift to not have to prove yourself! Remember that Defined Heart beings have to prove themselves all the time but you do not.

The Not-Self questions to ask the Undefined Heart:

Do I feel and think I have something to prove? Do

I make promises? Do I value myself?

The Centers as Learning Systems

When you begin to operate correctly according to your Strategy and Authority the Undefined Centers begin to open up as learning systems. The Undefined Centers become the roads to wisdom. You can still feel the discomfort and pain, but you don't hold onto them and you begin to become an unattached observer.

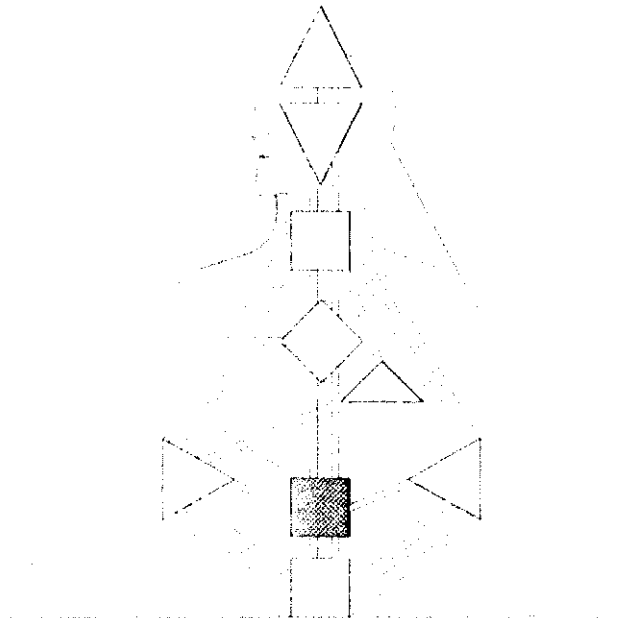
The Heart Center is about learning how to be in the world and not getting caught up in the "proving myself game. You can become very wise about how to survive in the world, and you know who can be trusted to do what they say they are going to do. You can recognize the difference between the healthy ego and the unhealthy ego.

Summary of Heart Center

	DEFINED HEART	UNDEFINED HEART
NATURAL AND HEALTHY STATE	<i>Consistent access to will power</i> <i>A natural sense of self-esteem/worth</i> <i>Fixed way of dealing with the material plane in terms of deals, bargains and promises</i>	<i>Content with their worth</i> <i>Able to work with people without making promises</i> <i>Becomes involved in their work correctly through Strategy & Authority</i>
NOT-SELF STATE	<i>A pumped up ego and expecting everyone around them to be like them</i> <i>Puts pressure on others to prove themselves and keep promises</i> <i>Being too forceful</i>	<i>Low feelings of self-esteem/worth</i> <i>Difficulty in recognizing their own value or asking an appropriate price for their achievements</i> <i>Unable to keep promises</i> <i>Loves to spend money</i>

SACRAL CENTER

Reproduction & Sexuality / Ovaries & Testes



Characteristics of the Sacral Center

Biological correlation: *Ovaries, Testes*

Type of Center: *Motor*

Function: *Vitality, sexuality, fertility, persistence*

Defined Sacral Center: *Reliable access to vitality, energy and
70% sexual identity, pure creative potential
through response; must learn to wait.*

Undefined Sacral Center: *Does not feel pressured to be as
30% productive as others and simply enjoys
life. Works as a specialist for short
periods of time, usually guiding others.*

Not-Self Strategy of Undefined *Never knows when enough is enough.*

Sacral: *Cannot sustain a consistent workload,
exhausted by other people's energy; gets
carried away with sex, sleep, food, work.*

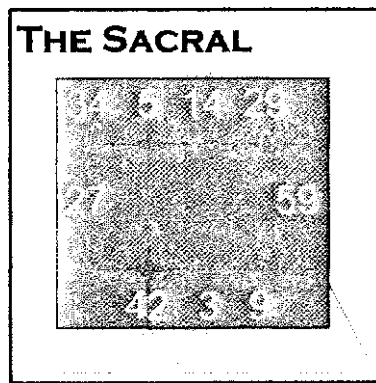
Biological Relationship

The Sacral Center is different from any other Center. It is related to the ovaries in a woman and the testes in a man. The Sacral Center has enormous power that works in a generative or in a degenerative way. If you do not understand how this Center works, it can atrophy and degenerate, causing all sorts of health problems. In a man, the peak of generation is around 18 years of age; in a woman it is between 33 and 34. The function of the energy and power of the Sacral Center is to generate life itself, to literally give birth and care for our young, and therefore it empowers our survival. The themes of the Sacral Center are sexuality, work, fertility, vitality, movement, and persistence. This center generates the life patterns.

Work / Reproduction / Sexuality

The Sacral Center is a very powerful motor. It is an energy vortex operating in a spiral in the body. The Sacral Center represents the life force energy itself. When you come into the world with a Defined Sacral Center you are designed to work and be fulfilled in your work. The entire planet and life itself is built upon this life force energy. The Sacral Center needs phases of regeneration and rest in order to recharge its batteries, otherwise its generative capacity becomes degenerative, and exhaustion is the result.

The Sacral Center is receptive; it is designed to respond to life, and it responds by making noises and sounds. It will let you know if it has the energy for something or not by the sounds it makes. When you allow these sounds to guide you in your life, you have access to your life force energy and you can put your energy towards activity that is fulfilling and productive. Everyone who honors the nature of their Sacral is in touch with their power. The sounds are very simple: As an example, for a yes the sound can be an "ahunh" and for a no the sound "unun". There are many ways the sounds come out, everybody is different, and each will know what their yes/no sound is like when they make it. If your answer to a question is "I don't know", meaning that there is no definite sense of a yes or no, then perhaps it's not the right time, or the question needs to be asked in a different way. Regardless, the sound comes from the Sacral Center not from your throat. Think of a child and the responses the child makes when you ask them a yes or no question. Until children are conditioned to answer with words, they will make grunting noises such as "ahunh" or "unun". The Sacral Center is all about the "availability" of energy (or not) through response.



Gates of the Sacral Center

Gate 34

The Gate of Power

Gate 5

The Gate of Fixed Rhythms

Gate 14

The Gate of Power Skills

The available power to empower

Available energy to fix and repeat patterns/rituals to ensure a consistent flow

Releases energy (money, resources) to empower our direction in life or not

Gate 29

The Gate of Saying Yes

Gate 59

The Gate of Relationships

Commits to an experience completely to discover or not

The sexual energy to bond with a mate or not

Gate 9

The Gate of Details

Concentrated energy to establish a proper pattern or not

Gate 3

The Gate of Ordering

Gate 42

The Gate of Finishing Gate 27

The Gate of Caring

Brings order to the existential pulse frequency or not

Closes a cycle and brings things to an end or not

Nourishes and protects for survival or not

Defined Sacral Center

Anyone with a Defined Sacral Center has enormous power at his or her disposal. Such power can either work generatively and creatively, or it can become degenerative and destructive. Understanding how the Sacral Center operates correctly is very important for the health and well-being of the individual. Somebody with a Defined Sacral Center can always be involved with activity, although this activity does not necessarily have anything to do with manifesting activity. A Defined Sacral generates a constant energy buzz in the body, and that humming

energy has to go somewhere. It is often experienced as a restless motion like walking and not knowing where to go, or the need to just burn energy by moving along and being active.

The important thing for Defined Sacral people is how they involve this energy in their life and work. If they make a decision with their Not-Self mind then they have initiated and not allowed the Sacral Center to make the decision through responding. The result will most likely be resistance and frustration. When they are asked something it is important that they respond with a sound from their gut - "ahunh" or "unun", or feel then-response as a movement towards or away from something. In either case the gut response as a sound or feeling is what needs to be honored. This response is their truth and is the only way that they will know if they truly have the energy to support them for the thing they have responded to. The key is response. The Sacral power cannot get engaged correctly in an activity unless it responds. And if the Sacral is not engaged correctly then the activity or project will not have the sustaining power that is needed.

Sacral people are the great quitters of the world. They cannot stick with things if they do not enter them correctly, using their Sacral response. The Sacral is a very powerful motor and because of this, others feel the power and want to take advantage of it: "Come on with me. Try it." But if they allow themselves to be talked into something, Sacral people will become unhappy and frustrated because they did not do what was correct for them. In this way, Sacral people end up becoming slaves to work they do not love. They have to honor how their Sacral works. When they wait and enter into things correctly then they have the power to persist, and this power will be reliable. They have to trust their response in order to tell their truth.

If they enter into something and their Sacral does not want to be in that activity, frustration is the result. This is why Sacral people quit so many things - because they did not enter into them correctly in the first place. The Sacral Frequency does, by its nature, reach plateaus, and if people have entered into it correctly they will be able to move to the next plateau. But these plateaus can be extremely frustrating if people have not entered into the activity correctly. They can be stuck in the Sacral frequency for a very a very long time. When metamorphosis happens, they move to a different level until they reach the next plateau on that level. A Sacral person needs to understand that there are natural plateaus and periods of getting stuck, so that he or she does not get caught up in the frustration.

The only way to avoid frustration lies in understanding and recognizing that the Sacral has a voice. Whatever Center is connected to the Sacral through their definition will release information from that Center through sounds. So a Sacral person needs to be introduced to their long forgotten sounds again. The sounds from the Sacral voice tell them what to enter into and which commitment is for them. And if they follow its lead and enter into something correctly, they will move through the frustration to the next level.

Sacral people speak in sounds like groans, sighs and growls, which function as a response. That's why they need to wait for the opportunity to respond. The Sacral can only know its own truth when it can respond using primal life force sounds. These sounds are always a barometer of their energy level and the availability of energy for the thing they are responding to. The essential thing for Sacral people is to understand that they only have their power in response. Their mantra in life is: Do not initiate. Never take the first step. The moment that you try to initiate, you lose all your power.

The Sacral does not have an articulated vocabulary. People like to hear reasons for decisions and so Sacral people are always being manipulated by others. The Sacral says "Unun" and they

are challenged: "Why not? What is wrong about going out tonight? Explain to me your reason why." A sacral response cannot always be explained so it's important to just honor the response and leave it at that. Do not allow this type of manipulation and pressure to change your answer.

The Sacral is very powerful in response. As long as the Sacral is making its commitments through its sounds, the energy will be there to reach metamorphosis. When somebody asks "Do you want to play tennis?" and the Sacral person says "Unun", that is her truth and she should not do it, because her Sacral voice showed her that the energy to do it was not there.

Whenever a Sacral person is asked something, he or she is being offered manifestation. Perhaps the hardest thing for Sacral people to accept is that their Sacral response is not aware; it cannot give a reason for its response. In other words, they are putting their trust in their life force, rather than any of their **Awareness Centers**.

If you ask a Sacral man, "Do you want to go out for dinner?" and you hear him answer "Unun", that is his truth coming out of his Sacral Center. If a Sacral person says "Unun" his Sacral is telling him not to go out for dinner! The other person will probably want a reason for the response, but the Sacral person has no way to offer that. This is one of the reasons that Sacral people are so often manipulated. Not trusting in this impulse within themselves, they try to give a reason for their response. When Sacral people try to give a reason they go into their head and make one up, or they find a reason to override their Sacral response.

The Sacral Center does not have a vocabulary, so it cannot ever give a reason for a decision that it makes. Sacral people often describe this process as "life making a decision through them", which is exactly what is happening. The Sacral response is so pure that it bypasses awareness altogether. It doesn't matter what Sacral people think; the life force knows what is right for them.

Sacral Connected to the Throat - Manifesting Generators

The Manifesting Generators have a Sacral Center defined and a motor connected to the Throat. Because of this these people experience their process in a different way. With a motor connected to the Throat Center they move from response to manifestation very quickly. Their gift is efficiency and as they do their work they are able to skip nonessential steps. Without the motor connection to the Throat you have what we call a Pure Generator, and their gift is perfecting the detail. These are the people who move through their work in a step by step fashion covering every detail. When the Sacral Center is connected to the Throat, a generative force is ready to move right into manifestation once it responds. These people often witness their responses as physical movement rather than sounds. As an example, you might ask such a person, "Would you like to come out for lunch?" and their immediate response is to physically stand up. That is how generative power is immediately converted into the potential for manifestation. At other times, the response may emerge as words or sounds, and potentially the words or sounds will carry the enthusiasm or disinterest of the Sacral life force.

Sacral people are not designed to initiate, so they have to wait to see what life brings to them, and how life moves through them. It is so easy for Sacral people to give away then-energy to the wrong things and people because they do not know how to wait and respond. Sacral people are designed to wait for something to respond to, and if they do not learn to let things come to them in their own time, they will miss hearing their response and miss the entire purpose of

their lives. They need to learn to trust that their design will pull to them everything they need, and all they have to do is respond.

It is so important for a Sacral person to have the correct work in life and to feel that their purpose is being fulfilled through the work that they do. They will learn so much about their purpose in life through their response. They will begin to see why they are here and what their energy is best suited for. They will begin to live the life they were meant to live and do the work they were meant to do when they begin to live their life through their Sacral response. Nothing is more important for these people than to express then-life through the right work. Through response they will know themselves - and this is extremely important.

The Defined Sacral Center in a Healthy State

They are patient and waiting while in tune with the flow of life and responding to life moment by moment. They love their work and feel satisfied at the end of the day that their energy was used well. They never initiate or make a decision from the mind. They allow life to flow through them.

The Defined Sacral Center in an Unhealthy State

They feel exhausted and frustrated with life and the work that they are involved with. They are neither happy nor satisfied with how their energy is being used. They listen to the dictates of their mind and live the life they "think" they should have. They do not trust in the process of life and have a battle within themselves as to what they should be doing versus what they really want to do. They allow others to talk them into doing things they really don't want to do and they feel like a slave to their work and life.

Undefined Sacral Center

The Undefined Sacral is always open to conditioning from people who have Defined Sacral Centers. Since 70% of humanity has a Defined Sacral, the Undefined Sacral person is taking in all of this Sacral energy and magnifying it about 200 percent.

The Undefined Sacral is extremely sensitive to the energy levels of people and places. People are the key to a healthy Undefined Sacral. Undefined Sacral people can never rely on their sounds to tell them their truth, as they simply mirror the truth of the Sacral people in their aura. Undefined Sacral beings have to be very careful because their vitality is dependent on the people around them. Ignorant of their mechanics, they always run the risk of having their power drained to the point of burnout simply by being in the presence of the wrong people.

Someone with an Undefined Sacral runs around on the borrowed energy of someone else in their aura, such as a child, friend, lover or co-worker. Because their Undefined Sacral system is much more sensitive than the Defined Sacral, they are not biologically equipped to handle that kind of energy consistently pumping through their bodies, and they pay the price through breakdown and exhaustion. If you have an Undefined Sacral, you have to remember that you are taking in other people's Sacral fuel into your own system, so you had better ensure that their fuel is the right kind for your vehicle.

Undefined Sacral people work too hard, don't know when enough is enough, and run themselves into the ground. They become "super slaves" to the Sacral energy around them. An

Undefined Sacral person can be anywhere from curious to obsessed about sex, and there is a potential for deep conditioning concerning sex. Each sexual experience will be unique because the Undefined Sacral person is being conditioned by the person he or she is having sex with. The potential wisdom is to learn about sex and boundaries, and to know when enough is enough.

Not knowing when enough is enough is a curse for Manifestors, Projectors and Reflectors; they all suffer from this as they all have Undefined Sacral Centers. They are born not knowing when enough is enough. They don't know when to get in, or how long to hold on, or when to get out, or what to hold off. The Undefined Sacral person can suffer deeply from the ultimate theme of exhaustion by not having boundaries.

The Sacral Center is all about the availability - or not - of pure life force energy. The Sacral Center is about work and sex. An Undefined Sacral Center feels this profound life force energy and magnifies it. Since it knows no boundaries, it therefore takes on more work than is healthy for the Undefined Sacral being. And because of this such people can break down and burn out sexually or physically. Undefined Sacral people can have sleep problems if they don't know how to manage their energy properly. They can also feel the magnification of the fatigue of the Defined Sacral person and be misled into thinking that this is their own condition.

Undefined Sacral people have inconsistent energy. It's there and then it's not, and they need to learn to respect this and to rest when rest is needed, and to not ignore their energy level. They need to learn to go to bed early, before they are tired, and have some quiet time as they ease into sleep out of the aura of others.

If you really understood a person with an Undefined Sacral, and if they were honest, you would find that they don't really want to work too much in life. They would love to just relax and let others do all the hard work. When you look at someone with an Undefined Sacral, however, this is not usually what you will see, because this is one of the most easily and deeply conditioned Centers.

The Undefined Sacral Center in a Healthy State

They are relaxed and enjoy rest, have healthy boundaries and through their authority, they know when enough is enough. They work in spurts, taking plenty of time for rest and relaxation. They respect their inconsistent energy flow. They enjoy taking in the life force energy of others without responding to it or identifying with it. The work they do is in balance.

The Undefined Sacral Center in an Unhealthy State

They are always busy with work and family and they never know when to quit. They take on more, more, more and don't have healthy boundaries. They feel like slaves but don't really know what to do about it. When they do recognize that they are tired, they override this and push on through. They don't know when to pull away from the sacral energy around them.

The Not-Self questions to ask the Undefined Sacral:

**Do I know when enough is enough? Do I stop
when I need rest? Do I honor the inconsistency
of my energy?**

Undefined Sacral Center Not-Self

- Not knowing when enough is enough.
- Working too hard until they become exhausted and drop in bed at night.
- Being enslaved to do all the work.
- Saying yes to the wrong things out of habit.
- Not resting when they need to rest.
- Not knowing when to pull away from sacral energy and be alone.
- Pushing through and not listening to their Strategy and Authority.
- Being addicted to sex and work.

The Centers as Learning Systems

When you begin to operate correctly according to your Strategy and Authority the Undefined Centers begin to open up as learning systems. The Undefined Centers become the roads to wisdom. You can still feel the discomfort and pain, but you don't hold on to them, and you begin to become an unattached observer.

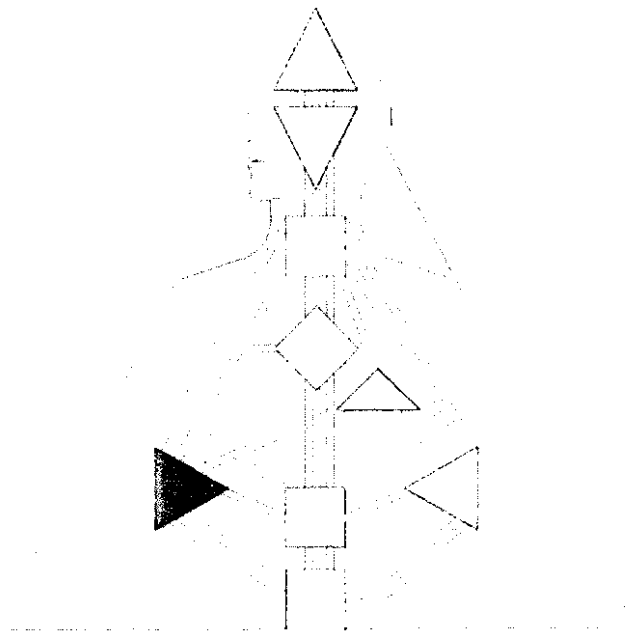
The Sacral Center is about becoming wise to knowing when enough is enough. Knowing who has the energy for the work or not. Being very tuned into the life force energy of those around them and helping others to understand their boundaries. They become very wise about the mysteries of life.

Summary of Sacral Center

	DEFINED SACRAL	UNDEFINED SACRAL
NATURAL AND HEALTHY STATE	<i>Enjoys being busy doing what they love Responds with the Sacral voice Uses healthy ways to work off Sacral energy Is patient and at peace with waiting Is happy and satisfied with the work they do</i>	<i>Relaxed, doing what they love Observes or studies the mysteries of life Manages their inconsistent energy through their Strategy & Authority Works more as a specialist for short periods of time, usually guiding others in their work Knows when to remove themselves from sacral energy</i>
NOT-SELF STATE	<i>Initiates rather than responds Does not enjoy the work they do Depletes their Sacral energy, feels tired and gets stuck and quits Filled with Frustration</i>	<i>Works to the point of exhaustion, leading to illness Becomes a sex addict Is unable to pull away from the juiciness of life force energy Believes they are ill when they don't have "enough" energy</i>

SPLEEN CENTER

Intuitive Awareness /



Characteristics of the Spleen Center

Biological correlation: *Lymphatic System, Spleen, T-Cells*

Type of Center: *Awareness*

Function: *Body consciousness, intuition, instinct,
taste, survival, fears about survival that*

keep us healthy

Defined Spleen Center: *Fixed body consciousness. Can be*

*53% spontaneous, can trust gut feelings, gives a
sense of well-being (feel-good) to others*

Undefined Spleen Center: *Not healthy to be spontaneous. Can read*

*47% the lack of well-being in another. Feels
secure when around a Defined Spleen.*

Sensitive to the state of their health

Not-Self Strategy of *Holds on to what is not good for you* **Undefined** **Spleen:**

Biological Relationship

The Splenic Center is connected to our lymphatic system, the spleen and the spleen cells. The lymphatic system includes the lymph cells which are like little ears, noses and tongues which are all over the body and are constantly listening, tasting and smelling to make sure that everything is the way it should be. If not, they will warn us. They are constantly alert, and when anything shows up that disturbs them they are immediately ready to act. This is what our immune system is about. When T- cells (Splenic soldiers) act, they are killers; they destroy the enemy. Twenty-eight percent of the cells in the body are lymphatic cells. They protect us from disease and from negative vibrations of other people. We can compare the lymphatic system to a washing machine; it cleans out all kinds of dirt in us. When everything is clean, we feel good and we are healthy.

Awareness Center: Fear and Survival

Of the nine Centers only three are **Awareness Centers** (Ajna, Spleen and Solar Plexus) in which we can be conscious of what is going on and can have an aware experience of our lives. The other six Centers are purely mechanical.

The Spleen Center is responsible for the functioning of our immune system and our well-being in the world. This Center carries the information of instinct, intuition, and taste which allows us to process what is healthy for our survival or not.

Each **Awareness Center** has the capacity to guide the life of a human being. The Splenic Center is our body consciousness. This Center operates in the present moment with a non-verbal recognition of what is healthy and good for us, or not. The Spleen Center can only speak in the "now" because it is spontaneously giving vital information for well-being in the moment. This is what we call intuition, gut instinct or a hunch. The Spleen is the source of our capacity for spontaneous judgment. Because the Spleen Center operates in the "now", it never repeats its first response. If you do not listen to your instincts immediately, you will miss their warnings, which are always rooted in the need for survival.

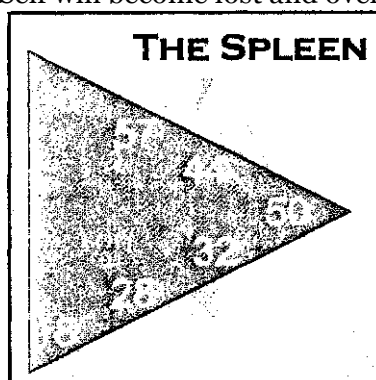
Awareness evolved over time, and each **Awareness Center** represents a different phase in this evolution. The Splenic Center is the oldest **Awareness Center** and it is in this Center that we find the beginning of our evolutionary process. We can call it our primary awareness and we inherited it from our animal beginnings. If we look at the design of plants, mammals, birds and insects, we find that they have the Splenic Center as their guide to their lives. All of these life forms are guided by the existential awareness in the Splenic Center, the "now" awareness.

Of the three **Awareness Centers**, the Ajna is twice as strong as the Spleen, and the Solar Plexus is twice as strong as the Ajna. The Splenic Center is about life and death, and

the fact that it is the weakest **Awareness Center** shows us just how fragile life and survival are. It is easy for the Ajna and the Solar Plexus to override our Splenic awareness.

Awareness begins with fear. The Splenic system is about our intelligence to be afraid. Fear for survival generates alertness and out of that comes awareness that keeps us alive. Fear of survival drives us as humans. Fear is not bad, in fact it's the mechanism of intelligent awareness. So here in this center we have our primary seven survival fears. These fears drive us to become intelligent.

These fears get magnified in an Undefined Spleen and these people need to tackle then-fears one by one to resolve them and become fearless in a healthy way. To deal with, confront and handle fears results in a sense of well-being. The Awareness Centers are deeply conditioned and the Not-Self will become lost and overwhelmed in these fears.



Gates of the Spleen Center

Gate 48

The Gate of Depth

Fear of Inadequacy

Awareness of a potential solution or not; Fear that you don't have enough depth/seeking depth to resolve the fear

Gate 57

The Gate of Intuition

Fear of the Future

Awareness to hear truth in the now or not; Fear of what the future will bring so they hold back

Gate 44

The Gate of Alertness

Fear of the Past

Awareness through smell for the talents and potentials of others or not; Fear that the past baggage will catch up with them

Gate 50

The Gate of Values

Fear of Responsibility

Awareness to be responsible for the preservation of others or not; Fear of taking on the responsibility or taking on too much responsibility due to fear

Gate 32

The Gate of Continuity

Fear of Failure

Awareness of what can be transformed or not; Fear of failure holds you back from doing what you want to do

Gate 28

The Gate of the Game Player

Awareness to struggle for purpose or not; Not taking risks out of fear; fear that life has no purpose unless you take risks

Fear of Death/Purpose

Gate 18

The Gate of Correction

Fear of Authority

Awareness of the pattern that needs to be corrected or not; Fear of being judged by others and/or too much self judgment

Defined Spleen Center

Trust Your Hunches

If you have a Defined Spleen Center you can feel good, and you have the capacity to maintain that good feeling even when others around you do not feel good. You have access to your intuition and hunches consistently; this information can be trusted and should not be ignored. After all, the Spleen is about physical survival and it is wise to heed the information it offers.

The hospitals of the world are full of people who didn't trust their hunches. The Defined Spleen is a spontaneous **Awareness Center** that provides information only in the moment. If you do not know that your intuition is a part of your mechanics, and that your very survival depends on it, you are going to miss important information that would aid your well-being. There are so many people with Defined Spleens who are sitting in the accident wards of clinics and hospitals telling the person who is fixing their broken leg or arm: "I just knew it, I just knew it was going to happen, I don't know how, but I simply knew it". They had a hunch, or an instinct, but they didn't honor it because they didn't know that they could trust it. Such hunches are rooted in the Defined Spleen Center.

Do not fall into the common trap of allowing your mind to talk you out of listening to your instincts. Remember, your mind does not have Inner Authority, but it is so easy for it to overwhelm your Splenic wisdom. The existential awareness of the Splenic Center is not something that you can figure out with your mind but it's something that you can trust. Because the Spleen operates in the now it has already moved on to the new now while you are still trying to figure out "why" it gave you the message it did. All you can do is trust it. It is very easy for the busyness of life to distract us from paying attention to the nano-second warning from the Spleen.

The Defined Spleen Center in a Healthy State

People with a Defined Spleen listen to their intuition and take action based on it. They do not let their mind or anyone take them away from listening to their intuition because they know that it produces reliable knowledge

The Defined Spleen Center in an Unhealthy State

As a result of years in which they have allowed their mind to override their intuitive knowledge, they are completely out of touch with the messages from their Spleen. Unaware of this valuable self-protection mechanism within, they live their lives at great risk.

Undefined Spleen Center

Those who are born with an Undefined Spleen enter the world with a fundamental fear that they cannot survive here. It's an intense fear. When they are with people who have a Defined Spleen they feel better and safer because they are getting a conditioned Defined Spleen from the other person. So they grow up identifying people with Defined Spleens as people who make them feel better. This can lead to all sorts of unhealthy dependencies.

As we know the Spleen is about intuitive awareness in the now. People with an Undefined spleen can develop the wisdom to know just how intuition works and who has it and who does not. They are open to taking in and reading the information of the Spleen of those with a Defined Spleen. They can ultimately become very intuitive but this is never a reliable resource for decision making because it's vulnerable to conditioning.

The key to having a healthy Undefined Spleen child is to allow them to completely heal after they are sick. Give them a few more days off from school to really completely get well. They can be very healthy if they are allowed to heal properly.

Those with an Undefined Spleen will have sensitivity to their health and how they feel and they need to learn about what works for them and what does not in terms of food and health remedies. Typically an Undefined Spleen needs gentle health remedies. Each Undefined Center is where we go to school so with the Undefined Spleen school includes learning about fear, survival, intuition and wellbeing.

Spontaneity Can Kill You

Someone with an Undefined Spleen Center should have a mantra in life, "Never be spontaneous." If you have an Undefined Spleen, taking action in the moment is the unhealthiest thing you can do. Being spontaneous is a dangerous risk to you. You are not designed to be spontaneous because you cannot trust the "now". However, the Not-Self mind of an Undefined Spleen Center is attracted to spontaneity in an effort to feel good and make the fear disappear. But you can pay a high price for this. The mechanics of an Undefined Spleen Center is: Get over the drive and the temptation to be impulsive; take the first step towards health by stopping spontaneity. If you act and make decisions spontaneously, you are operating out of unhealthy conditioning. By being around someone with a Defined Spleen you are under pressure to be spontaneous. In most cases you are completely unaware that this is happening. When you are spontaneous you are living not your life but the life of the person putting you under pressure.

The wisdom and great gift of the Undefined Spleen Center is: Through being open you can eventually recognize exactly that what you are filtering is not you. Many professional healers have an Undefined Spleen Center, and when they step into somebody's aura there is a spontaneous recognition that takes place through the connection. They can sense and experience the person's condition and can tell whether he or she is healthy or ill. They can become a kind of barometer to ill health in others. The wisdom of those with an Undefined Spleen Center comes when they do not identify with what is not them. When they are with other people and find that they are feeling ill, they have to understand that they are absorbing and experiencing the ill health of others. By taking it in they read it and can help others, or they can learn to avoid those very same people.

Whenever you see an Undefined Spleen, you know two things about these people. They generally do not feel good and they are full of fear. The Undefined Spleen Center has a

vulnerable immune system, but that does not mean that these people are unhealthy. They just require care and health education. They need to pay attention to their bodies and be body-conscious.

Undefined Spleen people, who through Strategy and Authority learn how to take care of their bodies, learn how to hold onto only the things that are good for them. Over time they can become very wise about their health, and thus be extremely healthy.

False Sense of Security

Typically, Undefined Spleen people hold on to things that are not good for them. This gives them a sense of security, regardless of what else comes with that Defined Spleen. This is the dilemma for an Undefined Spleen. Children with an abusive parent will do everything they can to hold on to that parent, simply to get the conditioning of that parent's Defined Spleen. Because of this early conditioning, the mind of an Undefined Spleen will always move the person in the direction of holding on to what is not good for him or her.

It will terrify a child with an Undefined Spleen to be sent to their room to be alone. The child will feel that they cannot survive and feel rejected. It will just cause them to want to be with a Defined Spleen even more and create an unhealthy dependency.

Undefined Spleen people in a relationship with a Defined Spleen that is no longer good for them will say, "It will be better tomorrow"; "It will change and get better"; "Maybe the therapy will work"; "What about the children?" How many battered women go back to abusive spouses over and over again? The person with an Undefined Spleen carries within himself or herself a deep fear of survival. The pull and attraction to be with a Defined Spleen can blind them to the knowledge of who is good for them or not, or when to let go or hold on. At the same time, some Undefined Spleens can be extremely fearless, to a point that they do foolish things that are not healthy for them.

An Undefined Spleen that is temporarily defined through a transit can have a false sense of security, and cause them to let go of things that actually are good for them. There is a feeling of "Oh, I don't need that anymore," but they find out once the transit has finished that they made a mistake and let go of something that really was good for them. See how decisions made from the mind can mess us up?

Those with an Undefined Spleen Center are full of fear because their entire process is being tested by fear. In addition, they take in and magnify other people's fear. But if they deal with fear in a healthy way, meaning that they confront every single fear they have and go through it, they are less frightened the next time, and the next time, until the fear is gone. Each fear that they master makes them stronger, and they can reach a point, eventually, where they are fearless in a healthy way. But they have to honor their fear and not suppress it or pretend that it is not there.

The Undefined Spleen Center in a Healthy State

They are able to discern the difference between the lack of well-being in the environment and their own need for some attention to their health. They can sense when someone or something is not good for them. They enter into new relationships through their Strategy

and Authority so that they get the "right" Spleen conditioning in their life. They can be very tuned into the awareness of the Spleen yet know that this is not the seat of authority for their decisions. They pay attention to their health and address any health issues that come up. They are very healthy.

The Undefined Spleen Center can become very wise about what fear, intuition, taste and instinct are about. Such people can learn about all aspects of Spleen awareness. They can understand how important it is to face their fear and what fear of survival is and how it can be dealt with.

The Undefined Spleen Center in an Unhealthy State

They have a habit of making spontaneous decisions to their detriment. They are unaware that this is unhealthy for them. They do not take responsibility for their health and continue to do things and eat things that are not good for them. They hold on to relationships, jobs and places out of insecurity and fear even when they know that these things are not good for them.

Undefined Spleens are dependent on the other to the point of being totally blind to the negative impact the other is having on their life. The net result of making decisions based on the mental conditioning of the Undefined Spleen is **the wrong people in your life.**

The Not-Self questions to ask the Undefined Spleen:

**Am I holding on to relationships, jobs and places
which are not good for me?**

Undefined Spleen Center Not-Self

- Making decisions based on fears.
- Holding on to relationships, job and places because you are afraid to let go.
- Avoiding confronting your fears.
- Tolerating bad relationships.
- Being spontaneous.
- Being afraid of what might happen if you ...
- Being afraid that your past will catch up with you.
- Avoiding responsibility that belongs to you.
- Taking on too much responsibility.
- Not moving forward because you are afraid of failure.
- Taking unnecessary risks because you are afraid that life has no purpose.
- Judging yourself and others.
- Avoiding doing something out of the fear of inadequacy

Summary of the Spleen Center

- The Spleen is intelligent. It has had millions of years of development.
- The Spleen is instinct, intuition and judgment for your survival.
 - An Undefined Spleen has to pay attention to its health. It can never be spontaneous.
- The Golden Rule of the Undefined Spleen is: Spontaneity can kill you.
- With an Undefined Spleen there is an inconsistent feeling of security/insecurity.
 - An Undefined Spleen will look for a Defined Spleen to hold on to, in order to feel safe.
- An Undefined Spleen has a fear of and an inability to let go. It holds on to things that are not good for it. It loses its discernment and perspective. It's not even aware that it is holding on.
- Undefined Spleens will stay in relationships even when there is abuse, and even when they are unhappy. They will abide any type of relationship just to have the connection.
- The mind will make up reasons as to why one needs to hold on. It will justify your behavior. It's an automatic unconscious response. "I'm going to hold on because I don't know what will happen tomorrow." "Last time I let go such and such happened. I am holding on because I am afraid."
- Unable to let go of the security of the definition, an Undefined Spleen can become addicted to holding on to behaviors and relationships that are not good for it.
- The fears that Undefined Spleens are feeling are not theirs. They are picking up the fears in the environment and interpreting them as theirs. They are identifying with those fears and reacting to them.
- The most difficult problem is dysfunction in relationships. The Undefined Spleen leads to the wrong kind of relationships for the wrong reasons.
- The Undefined Spleen is about survival intelligence. Your survival intelligence is being conditioned by others and this can be very dangerous. You have to be very careful about who you spend your time with.

The Centers as Learning Systems

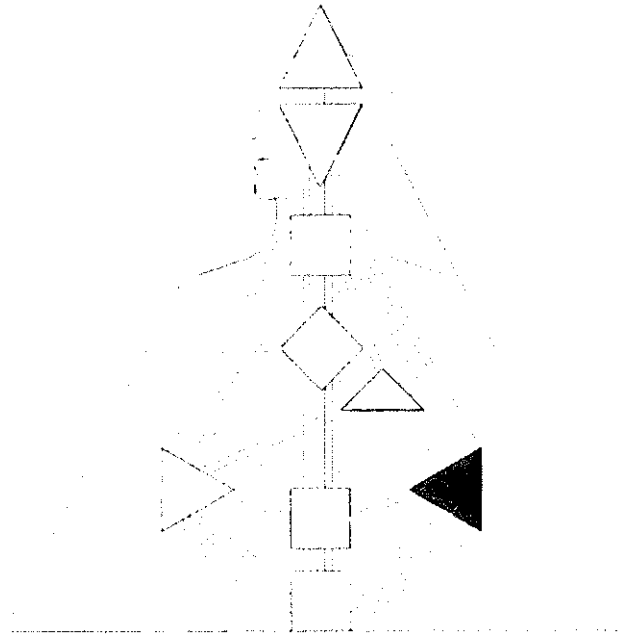
When you begin to operate correctly according to your Strategy and Authority the Undefined Centers begin to open up as learning systems. The Undefined Centers become the roads to wisdom. You can still feel the discomfort and pain, but you don't hold on to them. You begin to become an unattached observer.

The Spleen Center is about learning and becoming wise about awareness and intelligence as it relates to survival as a human. You will know who has good survival skills and who is taking unnecessary risks. You become wise about being involved in healthy relationships, jobs and places.

Summary of Spleen Center

	DEFINED SPLEEN	UNDEFINED SPLEEN
NATURAL AND HEALTHY STATE	<i>Tuned in & responsive to their Splenic awareness</i> <i>Trusts gut feelings, intuition, hunches</i> <i>Gives a sense of well-being (feel-good) to others</i> <i>Has a fixed way of processing fear that leads to a sense of security</i>	<i>Feels comfortable taking their time with what life brings them</i> <i>Uses their Strategy and Authority to decide what to hold on to or let go of</i> <i>Feels comfortable with their health and how they take care of their bodies</i> <i>Confronts their fears when appropriate</i>
NOT-SELF STATE	<i>Ignores instincts in the moment</i> <i>Lets their mind or other people's emotions overwhelm their instincts</i>	<i>Holds on to things no longer good for them</i> <i>Dependent on relationships or habits that create a feelgood Splenic connection</i>

SOLAR PLEXUS CENTER
**Emotional Awareness / Kidney,
 Prostate, Pancreas, Nervous System,
 Lungs**



Characteristics of the Solar Plexus Center

Biological correlation: *Kidneys, Prostate, Pancreas, Nervous System, Lungs*

Type of Center: *Awareness, Motor*

Function: *Experience of the full spectrum of emotions, moods, desires, sensitivity. Seeing our fears through nervousness*

Defined Solar Plexus *No truth in the Now. Spontaneity can harm you. Clarity comes*

Center: *over time. Depth & perspective, emotional wisdom gained through waiting*
 50%

Undefined Solar Plexus *Empathetic. Avoids emotional decisions. Emotions are always*

Center: *conditioned by environment*
 50%

Not-Self Strategy of *Avoids all confrontation. Reacts impulsively with*

Undefined

Solar Plexus: *emotional decisions in the moment*

Biological Relationship

Biologically, the Solar Plexus Center relates to the lungs, kidneys, pancreas, prostate gland and the nervous system. People who are unable to deal with their emotional nature are likely to have problems in these areas of the body, or in associated areas. An example might be emotional problems that lead to water retention and weight problems. The themes of this Center are feelings, emotions and sensitivity. The function of the Solar Plexus is to gain a sense of emotional clarity and emotional well-being. One-half of the human population has this

Center defined and the other half has this Center undefined. The emotional wave has a huge impact on all human beings and is amplified in the Undefined Solar Plexus person. There is no other Center that has greater impact than the Solar Plexus Center.

Emotional Awareness

As we know, there are three **Awareness Centers** and each has a unique frequency. The Splenic Center governs the immune system which operates in the now, spontaneously and existentially. The Ajna Center governs mental awareness and operates over all time, and the Solar Plexus governs emotional awareness and operates in a wave pattern. The Solar Plexus is different from the other two Awareness Centers because it is both a motor and an Awareness Center.

According to the Voice, the Solar Plexus began a mutative process several thousand years ago, moving us toward a complete awareness, a spirit awareness and spirit consciousness. This potential awareness lies deep beneath the surface of the emotional system. Only when the emotional system is properly understood will it be possible for the spirit consciousness to emerge. As the newest of all Awareness Centers it is not yet fully matured and developed. We are just at the beginning of discovering what emotional awareness is, and it will be a while yet before we really grasp emotional awareness or spirit consciousness.

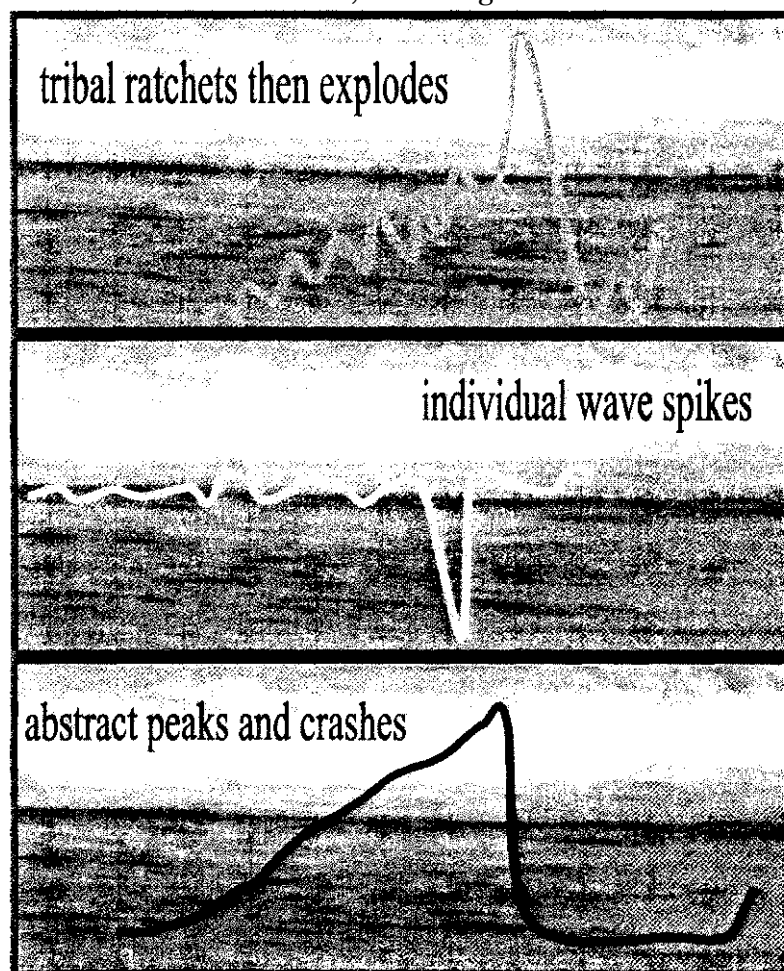
Spirit consciousness will be something very special as it evolves. Spirit consciousness is possible in the field where the emotional waves are in resonance, but as yet we have no idea what this will be like. We cannot imagine how it will feel to share a consciousness like this with someone. This Spirit consciousness will mature when we let go of allowing our mind to be in control and when people understand and accept who they really are. As long as human beings do not accept who they are, their mind will continue to run then-life and not let go. Spirit consciousness is where our future lies, and we can help to plant the seed of understanding about the emotional system now. Our evolutionary step is about dealing with the Solar Plexus Center as both a powerful motor and an Awareness Center and understanding the way in which it operates and the impact it has in our lives.

Learning about this Center can clear up years of painful emotional patterns and create compassion toward yourself and others.

The Frequency: The Wave

The Solar Plexus Center releases a wave pattern that we experience as a cycle that goes from one end of the emotional spectrum to the other. This wave pattern goes from hope to pain, expectation to disappointment, and joy to despair and back again. Understanding the frequency of the emotional motor is a prerequisite for creating emotional stability in our personal life and in the world. It's about understanding the wave pattern, accepting it and eventually transcending it. The key to transcending the emotional system and the potential chaos it sends into the environment is 'waiting'. As you wait through the wave pattern, and as it goes through its ups and downs, it begins to stabilize, and then clarity is possible. This is the most important knowledge right now, because if we can understand the nature of the emotional system, people and the planet can find inner peace. When this knowledge is understood, and people start taking responsibility for becoming aware of their emotional wave and its impact, the whole vibration of the earth will change as we stop sending out harmful, chaotic emotional waves into the environment. This Center is the source of all our feelings,

emotions and sensitivities. When understood, regardless of the knowledge of how this Center operates, whether it is defined or undefined, can be a great liberation.



The Emotional Wave

There are three different types of emotional waves, and the Defined Solar Plexus is designed for us to experience emotions in a particular way. These waves can be the primary emotional chemistry of a person or they can have a combination of all of them.

First, there is a **Tribal** wave which is about need and touch. This wave ratchets up until it explodes, and then it resets to start the process all over again. Let's take an example of a man with tribal emotional definition: Let's say his wife is doing something that is bothering him but he doesn't say anything about it, and this goes on for weeks. Each time this occurs his emotional wave ratchets up and then one day it explodes. The wife didn't see it coming and is surprised. Once he blows off the steam of the emotions he is back to normal, ready to begin the process all over again.

The second type of emotional wave is the **Individual** wave. It is about passion and moodiness. These people move along in life pretty even most of the time, with smaller, shorter, up and down spikes, and they may seem non-emotional. As an example, such people would only be bothered by something for a short time and it may be expressed as being "down" about something. Soon they move to a new place in their wave and their mood shifts. These people can be rather moody.

The third type of emotional wave is the **Abstract** wave. This wave, which is about desire and feeling, moves from great highs to great lows based on expectation, and then crashes after the expectation is not met. The trick with this type of wave is to enter into something without an expectation and just do it for the experience. As an example, if a woman accepted an invitation to a new romance, she might fantasize about how great and wonderful the man is that she is falling in love with. She might be thinking about all the wonderful and exciting things the future will bring, only to discover that the man she thought she fell in love with did not live up to her expectations or did not feel the same way about her. These crashes can be pretty tough to handle.

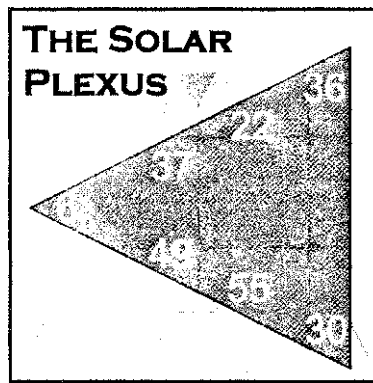
The emotional wave is a chemical process only; it has no reasons. When we are up on our wave we make up a reason, and then when we are down we make up another reason. People are forever making up reasons for everything. Something is always to blame. We think we have to have a reason rather than just accepting the chemistry. When we feel sad our friends want to know why, so we feel we have to make up a reason. Making up reasons for the emotional chemistry can cause great pain. The moment you attach reasons to the emotional process you keep yourself stuck. As the wave moves you will feel different, and you don't need to give it a reason.

Most emotional people live their lives fighting the down side of their wave; they think they should be happy all the time. They feel something is wrong with them when they are down, and of course this only makes it worse. It's such liberation when they learn to observe and accept their emotional wave. On the other hand, if they identify with the emotional wave and its movement they are lost. Either end of the wave can be beautiful when they don't let it disturb their inner tranquility; the tranquility of knowing how they operate and what is normal for them.

Awareness Center: Nervousness

As we know by now, all **Awareness Centers** carry fears. The fear in the Solar Plexus is experienced as nervousness. Because of the very nature of the Solar Plexus, with its movement from hope to pain, the fears are very powerful. The fears change as people move through their wave, which means they can disappear, get amplified, reoccur, and drop down as the wave drops down. These are the kind of fears in which mountains can become molehills and molehills can become mountains.

It also means that Solar Plexus fears are the least trustworthy in the moment because for a Defined Solar Plexus there is no truth in the now - but they will be trustworthy in the long run. When it comes to this Center, everything has to wait out the wave. Emotional fears can only be truly dealt with once the person has moved through his or her wave and is clear about what the fear is. It's a process.



Gates of the Solar Plexus Center

TRIBAL WAVE - Need

Gate 37

**The Gate of Family
Fear of
Tradition**

Generates the bargain based on the principles; Fear that you will have to take on traditional roles in life

Gate 6

**The Gate of Friction
Fear of
Intimacy**

Is a kind of diaphragm that generates a wave by either opening or closing to intimacy; Fear of revealing who you really are

Gate 49

**The Gate of
Revolution
Fear of Nature**

A wave that either accepts or rejects principles based on the needs of the tribe; Fear of rejection, unpredictability and consequences

INDIVIDUAL WAVE - Passion

Gate 22

**The Gate of
Openness
Fear of Silence**

*Open to listening with their wave when in the mood;
Fear that no one will listen to you or that there is nothing worthwhile to listen to*

Gate 55

**The Gate of Spirit
Fear of
Emptiness**

Emotionalized melancholy that is personal; Fear of not having anything to be passionate about

COLLECTIVE WAVE - Desire

Gate 36

**The Gate of Crisis
Fear of
Inadequacy**

Driven by the hunger to have the challenge of a new experience now; Fear of sexual/emotional inadequacy

Gate 30

The Gate of Recognition of Feelings Fear of the Fates

*Produces a very powerful wave fueled by desire to
feel; The Fear of what might or might not happen*

Defined Solar Plexus Center

For people who have a Defined Solar Plexus Center, this is their place of Inner Authority; they have an **Awareness Center** that operates over time. They are here to wait through the ups and downs of the emotional wave before making any decisions, which means learning all about **patience**. It is not easy for a Solar Plexus person to be patient. Since the Solar Plexus is an immature emotional system with a motor, there is a lot of power and energy in this Center. Emotional people really do have to learn how to harness this energy and be patient with it. The tendency is to jump in when they are high on then-wave and jump out when they are low. Under both of these circumstances they are emotionally impulsive rather than emotionally clear. It is important to recognize that emotional clarity is only available after waiting for a period of time. Defined Solar Plexus people always need to, at a minimum, sleep on things before making a decision. The motto is: There is no truth in the "now ". Truth reveals itself over time.

To have this Center defined means that feelings are the Authority. People's feelings about this or that will tell them what is correct or not. Does it feel good to do that? How do you feel about it? These are important questions to be asked, so they need to take their time to feel their feelings. When they are in the process of making a decision, they should never jump in or jump out spontaneously. They need to wait for emotional clarity, until there is no longer an emotional charge of excitement or sadness. Make decisions from still waters, not from a place where the waters are churned up. This is easier said than done because when people are excited they tend to jump in, only to regret it later after they reach emotional clarity. But then it's too late. If they allow it, their Inner Authority will protect them from making spontaneous decisions that they will regret later.

As the Defined Solar Plexus people move through their wave they need to know that hope and pain are simply an energy, not an awareness, so if they make a decision from the high or low end of their wave, the decision will not be an aware one. Awareness can only come after they have gone through their emotional wave. Knowing what is correct

takes time. It's about patience. In addition, emotional clarity is not a certainty. The Splenic Center gives an absolute answer in the moment, but the Solar Plexus is relative according to the wave. It's very important to understand that there is no guarantee that 100% emotional clarity is possible because the wave keeps moving. A best case scenario is about 65% clarity. What the Defined Solar Plexus person can do is wait things out so that he or she can have a sense emotionally of whether something is correct or not.

The Solar Plexus is very juicy, seductive and powerful, so we say to Emotionally Defined people, "Play hard to get. Don't jump in but rather, take your time." Someone with this Center Defined should let anyone who wants their involvement wait. The more the other waits, the more they will want the Solar Plexus power. In a business negotiation, waiting and not trying to jump in and make a quick deal gives Defined Solar Plexus people the upper hand, and they do not lose their power.

As was said earlier, Defined Solar Plexus people are responsible for the emotional environment because they color it with their wave. If you are a Defined Solar Plexus person, you can make others instantly uncomfortable simply by how you feel inside. When you feel good, Undefined Solar Plexus people will feel good, and when you feel bad they will also feel bad. The Undefined Solar Plexus person will mirror back to you how you are feeling, and this gives you the opportunity to see where you are in your emotional process. It's interesting to note that Defined Solar Plexus people have no real understanding of their emotional system, and the Undefined people are conditioned to think they are emotional. It's really up to the Defined person to take responsibility for their emotions as they control the emotional environment.

Defined Solar Plexus people need to take their time when entering into a new relationship. It's only over time that they will know if someone is right for them or not. When they know someone over time, they know them deeply as they see various aspects of the other's nature through their wave. They can really grasp the other's essence. This is a gift of the emotional person, yet none of this is possible without patience. They also need to see how their emotions are impacting the person they are with. How does the other handle the highs and lows of their emotional wave? Manipulation and passive-aggressive behaviors can surface in relationships between Defined and Undefined Solar Plexus people. It takes time to see these patterns so long courtships are essential.

The emotional wave cannot be controlled; it's an inner chemistry and there is nothing that Defined Solar Plexus people can or should do to influence their wave pattern. It's not about giving reasons to their feelings, since such reasons just come from the mind and only create discomfort. But rather it's about understanding, surrendering, accepting and riding out their wave while not identifying with the experience. Emotions are not meant to be reined in; they are meant to be felt deeply so clarity can eventually come through. If emotional people understand how their design works, they can experience acceptance of self and be at peace with the process.

When an emotional person goes through the whole spectrum of his or her wave, their knowledge can be very deep because it includes all the single perceptions at the different points in the wave. It is like being a photographer who wants to understand the nature of a flower. The Splenic photographer would go out and take one picture spontaneously. But for Defined Solar Plexus people, one picture would never be enough. They would take a whole series of pictures of that flower the whole day long, changing the light, the perspective, the camera. They know how the flower looks in the morning and how it looks when the sun sets. They know the fragrance of the flower, how it feels to the touch and how it looks when it is moved by the wind. The advantage of being emotionally Defined is that there is a depth that is cultivated on any topic. As they move through their wave, Defined Solar Plexus people can have many perspectives that bring great depth. When you give your emotional system the time it needs, it becomes an intelligence of deep sensitivity that can really grasp things at the emotional level.

"By being aware of your mechanics, by recognizing what it means to be an emotional person, by recognizing that it is not necessary to give reasons to your wave; by waiting, by sleeping on things; more than any other Center, more than any other area of the human life, to understand the mechanics of the emotional system will not simply give you peace in your emotional release, but at the same time it benefits everyone around you in your life."

by Ra Uru Hu

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The Defined Solar Plexus Center in a Healthy State

Such people are in touch with how they are feeling about things. They are never spontaneous but rather take their time with decisions. They ride out their emotions until they feel a sense of clarity and only then do they make their decision. They understand what their emotions do to the other and they take care not to emotionally pressurize the other by being pushy. They are never impulsive.

The Defined Solar Plexus Center in an Unhealthy State

These people are impulsive, jumping in and out of experiences and decisions on the high or low end of their emotional wave, sending chaos into the environment. They put others under pressure to make immediate emotional decisions, along with themselves. When they are upset, rather than waiting until they calm down, they blow up, only to regret later what they said or did.

Undefined Solar Plexus

The Undefined Solar Plexus Center takes in and amplifies the emotional conditioning of the environment. This Undefined Center carries the deepest conditioning of any Center. If you have an Undefined Solar Plexus, you are vulnerable to the needs, moods and feelings of others. It is important to know that you are feeling and expressing emotion that is not yours.

People with an Undefined Solar Plexus are victims of emotional chaos, and they can be very disturbed by the fact that they have felt emotionally out of control all their lives. When confronted, body sensations may include fear, terror, shock, paralysis, being unable to move, think or speak, anger, and at the extreme, receiving or causing physical harm. They may go from being happy to being totally depressed. Emotions and feelings get personalized when, in fact, they are simply taking in, amplifying and distorting the emotions of those around them. They suffer from being punished and rejected for the perception of emotional instability. They have often felt as though something is wrong with them. They are so sensitive to the emotional climate around them that they have personalized the emotional events over the years, only to hang on to and store issues that do not belong to them. The result of this is making Not-Self mental decisions to protect their emotional sensitivity which has been misidentified.

It's quite common to see couples where one is Undefined and the other is Defined. There is a real attraction with this combination. It's very important for Undefined Solar Plexus people not to jump into relationships. It is so easy to get carried away on the emotional high only to end

up crashing down later when the rose-colored glasses come off and they really see what they have gotten themselves into. It is not healthy for an Undefined Solar Plexus person to make an emotional decision.

It can be very difficult for children as well. In a situation in which the child is Undefined, he or she will be taking in all the emotional ups and downs in the family and will personalize these experiences. If the parent is defined, then the child will magnify the parent's emotions and this can quickly lead to escalation and distortion. In a situation in which the parent is undefined and the child is defined, the parent can get carried away and out of control emotionally as he or she magnifies the emotions of the child. An Undefined Solar Plexus child will learn very early on that it is better to lie and hide the truth than to deal with the emotions of the mother or father so they develop a secret life that carries into adulthood. All of their relationships become distorted because they don't want to rock the boat and deal with emotional consequences. It's important to understand how these dynamics work so we can live healthy lives and raise healthy, stable children.

Undefined Solar Plexus people actively avoid confronting others for fear of rocking the boat or upsetting someone to avoid the emotional backlash. They avoid expressing their own truth, as they are afraid that even that simple act will be considered confrontational by another, so they suppress their own needs and develop a "nice" persona so they don't have to deal with the emotions of the other.

We live in such an emotionally distorted world with half of humanity operating from the emotional highs and lows and the other half avoiding dealing with emotions all together. The emotionally Undefined will never enjoy dealing with emotional confrontation but through their Strategy and Authority they can know which confrontation is correct to deal with.

Undefined Solar Plexus people are not genetically designed to handle the emotional burdens of guilt, blame and shame, and the Not-Self will try and get rid of them when in reality these things do not belong to them. Tremendous relief will come from the simple fact of understanding how they are designed: To take in the emotional field but only for information purposes and not to identify or personalize it. Think of the Undefined Solar Plexus as an open window; things just move through it but the moment the person latches onto something and identifies with it, is the moment he or she is in trouble.

Apart from the pain, the pleasures from this Defined Center, such as sexual energy, food, passion, excitement, romance and music can be taken in and experienced as well. Access is available to the full spectrum of these aspects of life. When not identified with, emotions can be a beautiful experience. The Undefined Solar Plexus Center is a barometer of the emotional health of others. If you have this Center Undefined you are the one who can ultimately tell whether Defined Solar Plexus people are making any progress toward learning about their emotions and being patient.

The most important thing is for the Undefined Emotional person to experiment with Strategy and Authority to determine which truths are important to face. Often it's just the thought of confrontation that keeps the Undefined Solar Plexus person frozen in terror. The actual confrontation itself may be much easier than imagined and often the results are the best thing that could happen. If confrontation is avoided all of the time, so is the good stuff. On the other side of pain is ecstasy. On the other side of fear is the freedom to be yourself. If potential pain is avoided, ecstasy will also be absent. Then life will only be experienced on a very superficial level.

For those who are Undefined, knowing how all of this works is a huge relief. They begin to let go of all these patterns that never belonged to them. Now they can understand why emotions have been so difficult for them all their lives and can begin the healing process of returning to their true nature. There has never been anything wrong with them, and just seeing the mechanics removes an enormous burden. They are designed to be totally cool when they are on their own. Good advice for the Undefined Solar Plexus person is to remember never to make an emotional decision; use Strategy and Authority. When uncomfortable emotionally just leave the room until the coolness returns. Also, enjoy some alone time every day to release the emotional conditioning taken in from others.

* * *

In my own design, I have an Undefined Emotional system. And for 20 years I have been teaching people about the emotions. Through my Undefined Solar Plexus, I have experienced the full emotional spectrum. For so long in my life before I understood my mechanics, I gave authority to emotions that did not belong to me. It brought chaos into my personal life and chaos into my professional life. In understanding my own mechanics, I no longer give authority to what I am not. I am healthy for that. Along with this understanding has come wisdom about the emotional plane and how it operates."

by Ra Uru Hu

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The Undefined Solar Plexus Center in a Healthy State

They discern who is emotionally healthy for them or not, and they know when it is appropriate to confront or walk away. They do not make emotional decisions. They realize that the emotions they take in and feel are from the other, and therefore they do not get reactive nor attached to these emotions. They are good at being objective observers of the emotional climate.

The Undefined Solar Plexus Center in an Unhealthy State

They bounce up and down on the emotional waves of others. They feel like their emotions are out of control and that something is wrong with them. They repeatedly make spontaneous emotional decisions. They avoid confrontation, truth and "rocking-the-boat" by developing a "nice" persona.

The Not-Self questions to ask the Undefined Solar Plexus:

Am I avoiding truth and confrontation? Am I afraid? Am I hiding from the consequences of upsetting someone else?

Undefined Solar Plexus Center Not-Self

- Unable to confront because of the fear of what might happen. Nervous about the desire for an experience and what might happen. Fear of dreaming because if they dream and it doesn't happen, they will feel the pain of disappointment.
- Fear that they will not experience the spirit of life. It wouldn't have worked anyway so what's the point? Fear that they will not experience deep passion and fear that they will experience pain. Fear of not having anything to be passionate about. Fear of not having someone to love.
- Afraid of rejection, unpredictability and consequences. There is unpredictability so they avoid things. "I don't want to fall in love because I'm afraid that it will leave me feeling empty." "I don't want to argue these principles because I know they won't accept it." This is all coming from the mind. The mind says: It never would have worked out anyway so why bother? They would not have loved me anyway.
- Fear of intimacy. This is the ultimate confrontation. Fear of being found out, that the other will see below the surface. No one really knows them well. Others have a delusion about who they are. They don't have true relations with others. The Not-Self establishes the phony persona in order to protect itself from the truth.
- Afraid of being forced to conform to tradition. "If I get married, then certain traditions will be expected of me in that role."
- Frightened of being ignored and of the silence treatment - that no one is listening to them. Fear that there is nothing worth listening to. "I won't bother saying that because no one wants to hear what I have to say anyway."
- Fear of inadequacy so they avoid things or continually try and compensate for their perceived inadequacy. Being afraid of crisis and of experiences going bad. Fear that they will be sexually incompetent.

The Centers as Learning Systems

When you begin to operate correctly according to your Strategy and Authority the Undefined Centers begin to open up as learning systems. The Undefined Centers become the roads to wisdom. You can still feel the pain, but you don't hold on to it, and you begin to recognize when it is time to confront.

The Solar Plexus is about learning when it is appropriate to confront others with the truth, and learning to be wise about which confrontation is appropriate. You learn to get the mind out of the way and open yourself up to experiencing the full spectrum of emotions. You learn who is emotionally healthy or not. You become authentic with who you are, instead of pretending in order to protect yourself.

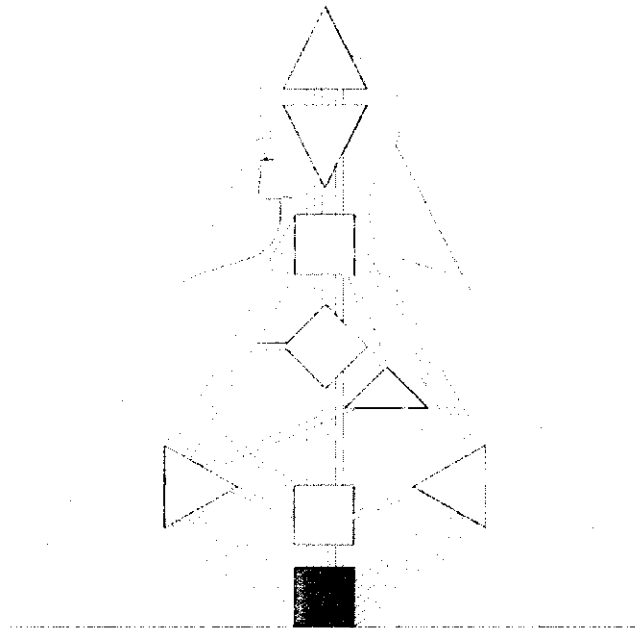
Summary of Solar Plexus Center

	DEFINED SOLAR PLEXUS	UNDEFINED SOLAR
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		PLEXUS
NATURAL AND HEALTHY STATE	<p>uncomfortable riding the wave for clarity</p> <p>Depth and perspective, emotional wisdom is gained through waiting to make decisions</p> <p>Following your feelings</p>	<p>Emotionally quiet Empathetic</p> <p>Moves in and out of others' emotional waves without identifying with them</p> <p>Confronts when truth is necessary</p>
NOT-SELF STATE	<p>Makes impulsive decisions and puts emotional pressure on others.</p> <p>Sends emotional chaos into the environment</p>	<p>Avoids truth and confrontation</p> <p>Keeps things nice</p> <p>Leads a "secret life" to protect themselves from potential backlash</p>

ROOT CENTER

Pressure / Adrenal Glands



Characteristics of the Root Center

Biological correlation: Adrenal Glands

Type of Center: Motor, Pressure

Function: Pressure, drive, stress, kundalini

Defined Root Center: Has a consistent internal way of processing
68% pressure.

Undefined Root Center: Open to pressure from others but must be
32% careful to take on only the correct pressure.

Not-Self Strategy of Undefined

Root:

Lets stress rule the life. Is either addicted to the adrenaline rush or is constantly trying to avoid it. In a hurry to get things done to get rid of the pressure.

Biological Relationship

Biologically, the Root Center is associated with the adrenaline system and with our stress hormones. Stress in life cannot be avoided, but you can learn to take advantage of it rather than suffer from it. Stress is an important fuel that helps us to master difficult situations. You cannot fight against this vital fuel; if you do, you can find yourself easily depressed.

Adrenal Pressure

At the very top of the bodygraph is the Head Center, and at the very bottom is the Root Center. These two Centers have a deep connection to each other because they are both pressure Centers. It's rather like being in a pressure sandwich. While the Head Center brings mental pressure in the form of doubt, confusion and inspiration, the Root Center brings a very different kind of pressure. The Root Center brings the pressure to evolve and adapt to the world and to life. It is the very fuel of our evolution and is the purest and most powerful energy within us.

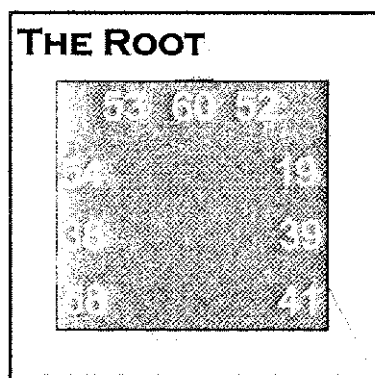
Pressure and Motor

The Root Center is unique in that it is both a pressure center and a motor and because of this it is very powerful. Here we find the fundamental fuel (energy) for the existence of our body and life. Nine different kinds of fuels are expressed through the Root Center.

As we have seen, the Root Center is a motor, but it is the only motor in the bodygraph that has no direct access to the Throat. The moment a motor can connect through definition to the Throat, the energy of that motor can be expressed and manifested. But the energy in the Root Center is far too strong to be directly connected to the Throat. If you look at the bodygraph, you will see that the only way that the pressure from the Root Center can reach the Throat is if it is "processed" through the Center or Centers around it (the Sacral, Spleen and Solar Plexus Centers).

Stress is merely a fuel that energizes certain deep biochemical processes within us. The Root pressure physically gets us going. How we cope with stress in our lives is always connected to our own unique Root Center configuration, the way in which its gates are defined or undefined. The energy in the Root Center is an essential ingredient of manifestation in our lives. Human consciousness is driven by the fuels, which are called stress, fear and pain. However, it is important to note that stress can be a good or a bad thing depending on how it is utilized. As long as we begin something out of a place of stillness and joy, then no matter how stressful our endeavors, we will remain grounded in the Root Center.

Below are the gates of the Root Center and the themes of their pressure in the world.



Gates of the Root Center

Gate 58

The Gate of Joy

Pressure to Correct

Gate 38

The Gate of the Fighter

Pressure to find/search for your Purpose

Gate 54

The Gate of Ambition

Pressure to Rise Up

Gate 53

The Gate of Beginnings

Pressure to Begin

Gate 60

The Gate of Acceptance

Pressure to Mutate

Pressure to make things better The

Pressure to Perfect

Pressure to search for the purpose in life

The Pressure to Struggle Pressure to

achieve, to rise up The Pressure to

Transform

Pressure to start new things The

Pressure to Complete

Pressure to transcend limitation

Gate 52	Pressure to focus your energy
The Gate of Inaction	
<i>Pressure to Focus</i>	The Pressure to Concentrate
Gate 19	The pressure to be needed
The Gate of Wanting	
<i>Pressure of Need</i>	The Pressure to be Sensitive
Gate 39	Pressure to find the passion and spirit in life
The Gate of Provoking	
<i>Pressure to find Spirit</i>	The Pressure to Emote
Gate 41	Pressure to have a new experience
The Gate of Contraction	
<i>Pressure to Feel</i>	

Defined Root Center

A Defined Root Center has a fixed way of dealing with stress and the pressure to be alive in the world. A Defined Root Center can be connected to three different Centers (the Sacral, Spleen and Solar Plexus). Someone who has the Root defined to the Sacral Center has a fixed way of dealing with physical stress. The connections between the Root and the Sacral are called format energies; they dictate the nature of how we operate in the world. These format energies and processes are either cyclical and developmental; logical and focused; or unpredictable and mutative. So someone with a Defined Root Center to the Sacral Center has a specific way of handling stress and of dealing with the pressure to be human.

As an example, those who have the *format energy channel offocus and concentration (logical and focused)*, handle stress by going from one thing to the next step-by-step and going deeply into each step before they move to the next. This is the way that they are designed to interact with the world.

Someone who has the Root Center Defined to the Spleen has to rely on his or her fixed way of dealing with the pressure to be healthy. Someone who has it defined to the Solar Plexus Center will have pressure that is emotional.

The Defined Root Center in a Healthy State

They are comfortable with their own internal pressure and they can notice when others with an Undefined Root are allowing unhealthy pressure to drive them. They notice their internal pressure, but don't allow themselves to be pressured into initiating new things. They let their Strategy and Authority guide them.

The Defined Root Center in an Unhealthy State

Those who experience this energy can be obsessive. Because of the powerful fuel pressure they feel all the time, they go about their life initiating things only to create the wrong stress in their life.

Undefined Root Center

The Undefined Root Center takes in the stress coming from the outside world and from people. If you have an Undefined Root, you are always under pressure. You are always trying to get rid of it, but as soon as you do there is another and another and another pressure to deal with. It's an endless cycle. These people can burn out while trying to resolve pressure that cannot be resolved. The Undefined Root person moves very fast and accomplishes the work of three people. Having an Undefined Root causes a speed build up. These are people who drive fast, for example.

They take in the energy fuel and pressure of Defined Roots and magnify it into a stress they are not equipped to deal with. They are conditioned to be hyperactive and can be very restless. If they can see that the pressure is not their own, they can avoid being overwhelmed by it. What they can do in times of stress is either take advantage of the adrenaline energy or step away and avoid it, taking a deep breath to release some of the pent-up pressure. But the majority of Undefined Root people operate unconsciously and allow outside pressures to drive them. It becomes a habit or addiction to live off the adrenalized pressure or try to release it by doing everything fast. Of course, this can lead to all sorts of health issues.

Someone with an Undefined Root Center who gets in front of an audience can be empowered by the adrenaline rush. Many performers on stage have Undefined Root Centers and enjoy the adrenaline energy of the crowd. The other reaction to adrenaline energy is stage fright. People can be frozen as a result of all that energy coming into their system. It can frighten and/or paralyze some people.

A child with an Undefined Root Center can seem very hyperactive and amplified in his energy when conditioned by Defined Root children in his aura. It can appear that this child has a hyperactivity problem when in fact he is simply being amped up by the children around him. In a classroom this child will be under enormous pressure and will magnify the other Defined Root children by acting out their restlessness, and this will be misread by the teacher. The Undefined Root child will be punished, humiliated and handed over to the therapists. Think about all the children with Undefined Centers who have been given drug treatments to calm them down. When we understand how our designs work we can find new ways to work with these dynamics without damaging our children.

People with an Undefined Root Center who can stop identifying with their conditioning can become wise about how stress functions, what it feels like, how to use it properly and how it can be dealt with. They do not have to get lost in the pressure. They can take advantage of it or avoid it. The key is to recognize what belongs to them and what does not. In recognizing what they are not they can eliminate its pull over them. The result is wisdom.

The Dilemma

When you have multiple Undefined Centers, the Not-Self mental dialog creates the story of your Not-Self life. The Not-Self mind says, "Let's get it over with quickly". If you have an

Undefined Root and Heart, your mind is going to say, "I am going to hurry and get this done quickly so that I can prove how great I am," or "I can do it fast and get the reward." But you can end up breaking the promise, and the cycle begins all over again.

The Not-Self decision to hurry up and get it done can overwhelm who you are and your capacity to make decisions as yourself. As an Undefined Root you are here to do things fast but not for the purpose of being free of or getting rid of the pressure. The Undefined Root pressure can cause you to be hyperactive in a very unhealthy way. You can never get rid of the pressure. It's always there.

Understanding all of this is the beginning of the process of getting the mind to test out the experiment of Strategy and Authority. But the Not-Self cannot be removed and cannot be fixed through understanding. The decision-making process on the mental plane cannot be altered by thinking of ways to change it. Undefined Root people need to have the experience of following their Strategy and Authority and seeing that it works. Then their mind will begin to cooperate and be curious about how all this is working.

It is easy to fall victim to all of the pressures of the Undefined Root Center, including the pressure to initiate rather than wait. Timing is everything in life, and Undefined Root people must manage these pressures so that the pressures do not run their life. They must be aware of the pressure, and stop or slow down, so that they can make decisions from their Inner Authority rather than the Not-Self pressure. They will get the right pressure in life only through following their Strategy and Authority.

The Undefined Root Center in a Healthy State

They recognize pressure for what it is and only make their decisions from a place of stillness and peace, utilizing their Strategy and Authority and not allowing the pressure to influence their decisions. They recognize the difference between healthy and unhealthy pressure and are not addicted to pressure. They know when it is correct for them and when it is not.

The Undefined Root Center in an Unhealthy State

They are operating unconsciously, allowing this pressure to run their life and to make their decisions. They automatically answer the phone, say yes, speed up, and hurry up to get it all done and get rid of the pressure, all the while feeling that they have to live their life this way. They suffer from burnout.

The Not-Self questions to ask the Undefined Root are:

Am I always in a hurry to get things done to be free of the pressure?

Am I letting the pressure of the outside world run my life?

Undefined Root Center Not-Self

- I have to hurry up and get this done so I can rest.
- I have to drive really fast and get to my destination so that I can hurry up and get to the next destination.
- I have to eat fast so that I can get out of the pressure of the busy restaurant.
- If someone wants something done now, I have to get it done for them.
- I don't know how to say no, and that it will be done on my schedule, not yours.
 - I must finish it today.
- I continually initiate things in my life because I feel the need to release the pressure.

The Centers as Learning Systems

When you begin to operate correctly according to your Strategy and Authority the Undefined Centers begin to open up as learning systems. The Undefined Centers become the roads to wisdom. You can still feel the discomfort and pain, but you don't hold onto them, and you begin to become an unattached observer.

The Root Center is about learning and becoming wise about the pressures in the world. Those who have learned to understand how the Root Center works know what pressure is correct for them and what is not. They are aware when they are using outside pressure to help them get something done. They do not unconsciously allow pressure to run their life and cause stress, missed opportunities and potential accidents. They become wise as to when and how to be fast by entering into things through Strategy and Authority.

Summary of Root Center

	DEFINED ROOT	UNDEFINED ROOT
NATURAL AND HEALTHY STATE	Has a consistent, internal way of processing pressure Processes the pressure according to their design Does not pressure others Does not expect others to handle the load like they do	Allows pressure to flow through without acting on it Is not hurried or pressured to make a decision Uses the pressure energy to their advantage
NOT-SELF STATE	Hard on others who cannot deal with stress, puts others under unnecessary stress Pressure held in the body and not released in an appropriate way	Hurries endlessly and forever, damaging their physical health Takes on the stress of others

Examples of the Not-Self Mind Talk

We have finished our journey through the Centers. Below are some Examples of the Not-Self mind talk that you will notice as they correlate to the Undefined Centers

Notice your mind and what it is saying or telling you about your life. Notice how the mind will continually try to make your decisions. Notice your own mental dialog and how it relates to your Undefined Centers.

Undefined Head

- I need to find something inspiring.
- Maybe if I follow this teacher or go there I'll find something inspiring.
- I need to find an answer to my questions. Where can I go to find the answers?
- Who has the answers? I've got to understand this and/or make sense of this.
- Where can I go or whom can I talk to in order to find the answers?

Undefined Ajna

- I better figure this out; we have to figure this out.
- What should I do with my life? I've got to figure out what to do with my life.
- Where is my next move?
- I am certain that...
- I have to figure out life because it feels futile.
- I have to know the answer.
- I have to put order to my life to get rid of the chaos.
- I have to make this new idea a reality in my life.
- I better not share this because people are going to think I'm weird or strange.
- I'm not going to share my opinion because I don't want to be challenged.
- I have to be ready for the challenge. What am I going to say?

Undefined Throat

- Where should I go so that I can get the attention I want?
- Is anyone noticing me? If I say this then I will be noticed.
- If I initiate this conversation I will get the attention I deserve.
- I better say something because this silence is making me uncomfortable.
- What should I manifest?
- I better manifest something.
- What or who will I become in life?

Undefined G

- Who am I?
- Where should I go to find out who I am?
- Who can show me?
- Who am I going to love?
- Who is going to love me?

- How do I find them?
- Where can I find them?
- What am I going to do with my life?
- Where should I go to figure out what to do with my life? Is it there? Is it here?
- Where is it?
- Do I feel lost?
- Let's go here because I might find something that will show me who I am or what to do with my life.
- Let's have a relationship with this person because I will get a sense of who I am.

Undefined Heart

- I better do this because if I don't I won't be worthy.
- I have to be in control.
- I have to be brave.
- I have to pump myself up so I feel worthy and good about myself and then others will see my value.
- I have to be loyal so that others will see how valuable I am and so that I can prove to myself how valuable I am.
- Well, if I just tell it like this and make this promise they will see how wonderful I am.
- If I show them how trustworthy I am they will like me.
- They think I can do this so I better prove to them that I can.
- If I am in control I can prove my worth.
- I'm not a good wife, lover, friend, son, daughter, mother or father unless I prove it.

Undefined Sacral

- Let's keep working. We really need to get this done.
- We need to say yes to that otherwise we might miss out on something.
- I can keep going. Let me just get a cup of coffee.
- We can do that too. Not a problem.
- We're not tired yet. I don't want to take a nap or lie down - there's too much to do.
- Let's take care of that for them.
- I have to do it myself.
- Let's go find a mate.
- Who can we take care of?
- Life is juicy - who wants to say no?
- Yes, we are doing all the work but then someone has to do it.
- I don't think it's enough yet.
- Boundaries? What boundaries?

Undefined Spleen

- Let's not do that because it makes me insecure or because I'm afraid or I feel fearful every time I think about doing that thing.

- I'm afraid that I will feel inadequate if I do that.
- I'm not going to do that because I might fail.
- I'm afraid of doing that because I'm afraid of what the outcome will be or what the future will bring or I'm afraid of the responsibility or the criticism.
- I can't do that because I might lose my connection with that person. They might leave.

Undefined Solar Plexus

- I don't want to go there because I don't want to deal with the confrontation.
- Let's go here because there won't be any confrontation to deal with.
- Let's not say that because it might upset that person.
- Let's say it like this to soften the potential confrontation.
- Let's be really nice and smile a lot so they like me.
- There is no point in going there because I might be disappointed or be rejected.
- It's not worth it. I'm afraid it won't work out so why bother.
- I'm afraid to tell the truth because I don't want to hurt his/her feelings.

Undefined Root

- What am I going to do to make my life better?
- Where is my purpose?
- I have to achieve something in my life.

I better hurry up and get this done.

I have to start something new now.

How can I get past this limitation?

What am I going to focus on?

I need something to focus on.

I need to be needed.

Who needs me?

Where can I go to be needed?

Where is my passion?

What am I passionate about?

I feel like a new experience.

I have to hurry up and initiate a new experience.

I don't want to waste any time.

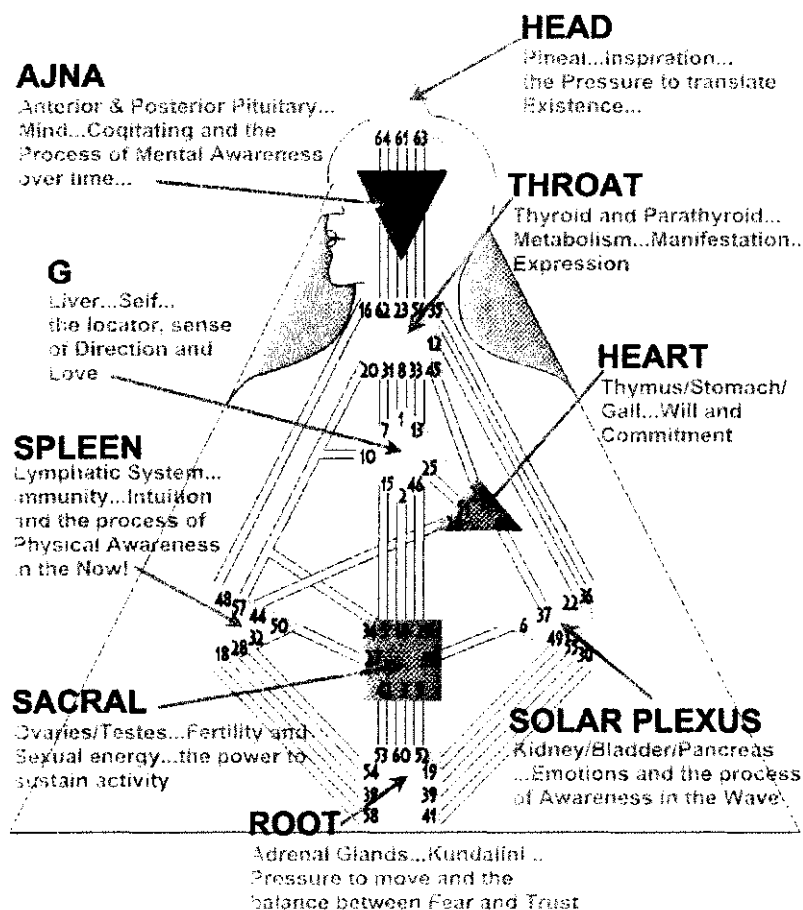
I have to get this done today.

Health and the Not-Self

One final point on the Centers: In the illustration below you can see the connection between the biological functions of the body and the Centers, and how when we don't operate correctly we put our health at risk. Not making decisions as yourself in effect means that you are taking another body type, one that is not you, and this causes all sorts of health problems.

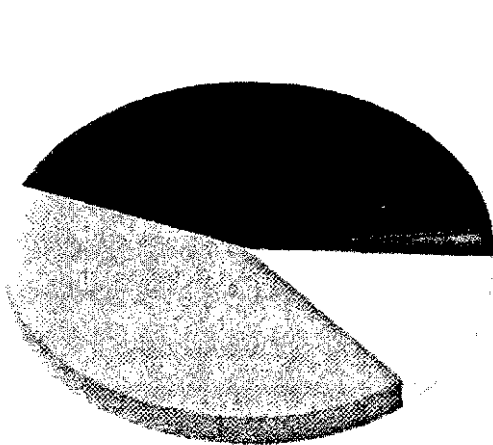
If you have an Undefined Heart, and you are being willful all the time, you are putting an enormous amount of pressure on your Heart and the related systems that are governed by the Heart Center. You can end up with dysfunction in those areas. Not following your Strategy causes many problems in your life. It's not just that you have the wrong life as a consequence of the wrong decisions, but when you don't operate according to your Strategy and Authority you put your health in jeopardy as well.

THE NINE CENTERS: THEIR BIOLOGY & FUNCTIONS



DEFINITION TYPE

There are five different ways in which Definition is expressed in a bodygraph, and they are listed below. As we continue to explore the Not-Self and our conditioning it's important to understand the different Definition Types.



■ HO Definition*	%	
■ No Definition	1.81	
■ Single Definition	42.04	1 Split Definition 42.04
■ Triple Split Definition	13.36	
■ Quadruple Split Defin	0.73	

Breakdown of approximate percentages of Definition Types

The Five Different Definition Types

- No Definition - a Reflector with no Centers defined
- Single Definition - all defined channels in the design are continuously connected throughout the bodygraph
- Split Definition - two separate areas of definition, which are not connected to each other
- Triple Split Definition - three separate areas of definition, which are not connected to each other
- Quadruple Split Definition - four separate areas of definition, which are not connected to each other.

Examples are illustrated below.

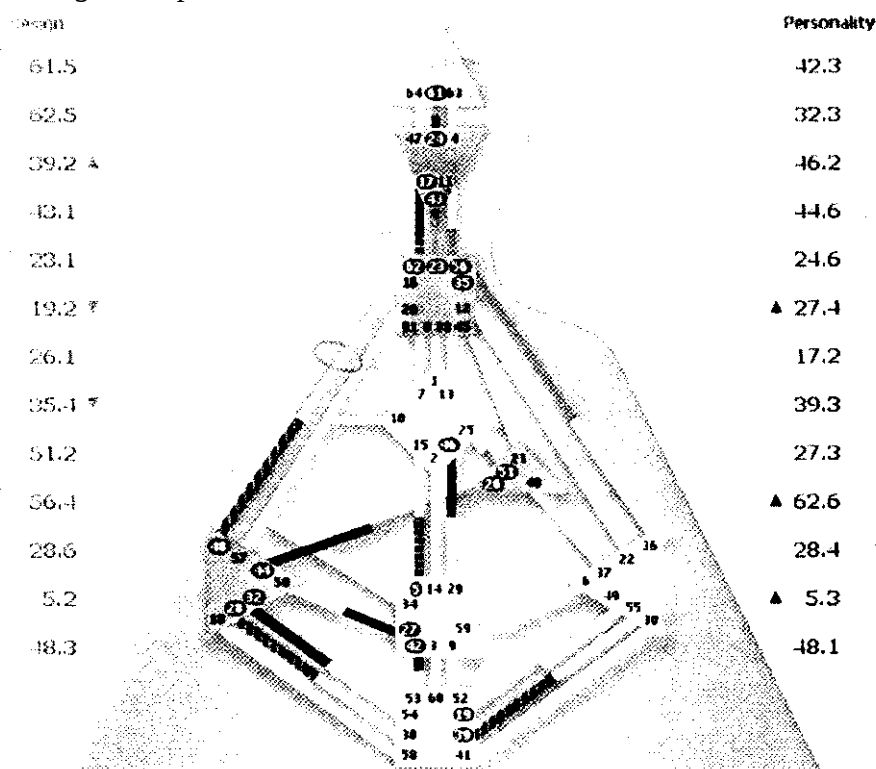
Understanding Definition Type is very important in Human Design. We want to show that there really is no choice; you cannot make correct decisions from the mind. There are too many

conditioning elements competing and everything that is competing is conditioned. Again, decisions from the mind are Not-Self decisions. When we discuss splits we simply want to make the point that here is another conditioning element. And all of these conditioning elements are counterpoints to Strategy and Authority. Strategy and Authority surrenders us to the body and the life and by-passes all of the conditioning elements.

We are not trying to educate the student about splits, but only to make them aware of this piece of information. I encourage you to preface your discussion with this statement to avoid the students taking you off track with a lot of questions about their personal splits. If they choose to take additional classes on Human Design, they will have other opportunities to learn about splits in depth.

They will be curious about the bridges in their designs, and you can point them to the Rave I'Ching book by Ra Uru Hu to learn more about the gates that form the bridges in their Design.

To personally grasp how a bridge has impacted one's life takes a bit of reflection, so you do not want to get caught up in trying to explain the details of the bridge/gate that connects their split. It will throw you into an area that could distract you from the purpose of this class. Try and stay on the surface during this topic.



So this means that you will meet lots of people with gate 16. Gate 48 is the Gate of Depth, and Gate 16 is the Gate of Skills. In order for your depth to express itself through the Throat Center you need the Gate 16. If this is a bridge in your design, you are never going to feel that you are skillful enough, and therefore you will go out into the world to develop your skills. But in fact this is not correct. You are designed to meet people with the Gate 16 who can skillfully express your depth by working in partnership with you.

If you have a design in which a single gate connects your split, you will experience this as a personal problem that needs to be fixed or corrected. You feel that you need this gate and that it is a missing piece of your life. You are driven habitually to find this missing piece. Again, by following your Strategy and Authority you meet those who bridge your split naturally and correctly.

If you are a simple split, the single gate(s) that bridges your split, particularly if it is only a single gate, becomes the primary conditioner in your life. If you have multiple single gate bridges that connect your split, then you have to consider that all the different gates that will bridge the split will have an impact on you.

For example, if your bridge, or one of your bridges, is the 33rd gate (missing in your design) then you are someone who is always trying to tell your story. In reality, however, this is not you. In a Not-Self way, expressing the 33rd gate becomes your reason for everything that you do. The mind will come up with reasons to fill that perceived void. This missing gate/bridge makes you feel like something is missing in your life, and you will look for it out in the world, or try to become it, which drives you to initiate and engage in all sorts of Not-Self behavior.

If it takes an entire channel to bridge a split or multiple gates to make a bridge or a combination of gates and channels to make a bridge (see examples below), you will experience this as the other person's problem. This creates difficulty because you end up blaming and see the other as the problem. You feel like that person is "doing that to me" and that you are a victim. The opportunity with a wide split is to be an objective observer of the other but only when you are unattached.

Once you stop identifying with the bridge in your split you can begin to see just how important the people are who bridge your split. There have been many successful partnerships formed by two individuals bridging an important aspect in each other's design. Seeing how splits operate in a healthy way helps us to understand how we are designed to be together in relationship. The saying "you complete me" is in fact a very profound and true statement. But of course it will only be a healthy relationship when it is entered into correctly with Strategy and Authority; otherwise it can be a very unhealthy dependent relationship.

There is a hierarchy to conditioning splits. If you are a simple Split Definition then the bridging gate that connects the two definitions is the most powerful conditioning element in your design. If you are a Triple or Quadruple Split, rather than the bridging gates or channels, the Undefined Centers are the most powerful conditioning elements in your design. The mind will take all the different aspects of the Not-Self and narrow down its decision-making based on the area of the chart with the deepest conditioning.

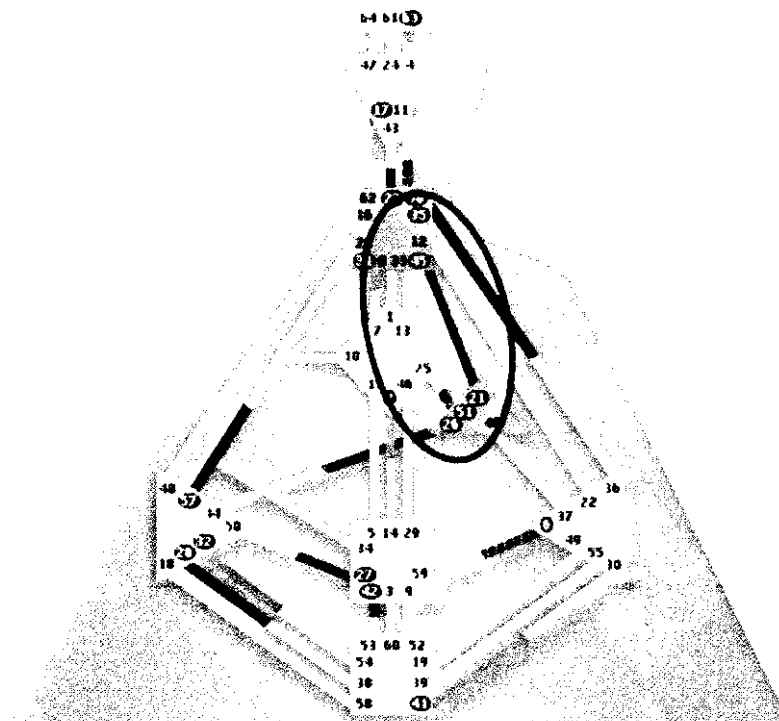
Lack of patience, and premature speech or action are the biggest problems for splits. Their communication or manifestation of action will not work without the proper digestion time, and without following their Strategy and Authority. You will see a lot of Generator and Projector charts with the Throat split off from the rest of the design. The gate that bridges the split to give them a motor to the Throat definition will cause impatience, frustration, premature action and a lot of Not-Self decisions and actions.

In addition, people with Split Definitions take longer to fully take in and digest information because the separate pieces of their definition are not connected. This digestion process is aided by contact with other auras that can bridge a split by bringing the missing gate. Until the two, three or four separate definitions in a person are in alignment, they are going to feel uncomfortable. It is very important for Split Definitions to take their time, be patient and await a sense of wholeness. And it's important that they wait for the sense of wholeness and not seek it. Seeking the wholeness will cause Not-Self behavior as a person will be tempted to initiate in order to find that sense of wholeness. If you have a split, it means that you are designed to have others in your life who bridge your split. This happens naturally as you move through your life following your Strategy and Authority.

The best way to bridge a split is to use a public place where you can be private. This will help you with the information digestion process and will provide neutral auras to assist you in the assimilation process. In this way you are using a neutral conditioning source rather than the familiar conditioning of a friend or spouse. The public place will give you a new perspective, whereas the friend or spouse will only provide you with the same perspective each time, because of the limitations of their design and how their design bridges your splits. Your perspective and ability to communicate are limited when your split is bridged by the same person all of the time.

Following Strategy and Authority will keep you out of the potential traps that the bridges create. As long as we make decisions correctly, we don't have to be concerned about these things specifically. As part of the de-conditioning process, you will become more peaceful and less anxious about getting your splits "resolved" in your life. Relax, surrender and operate from your own personal integrity through Strategy and Authority, and these things will just take care of themselves.

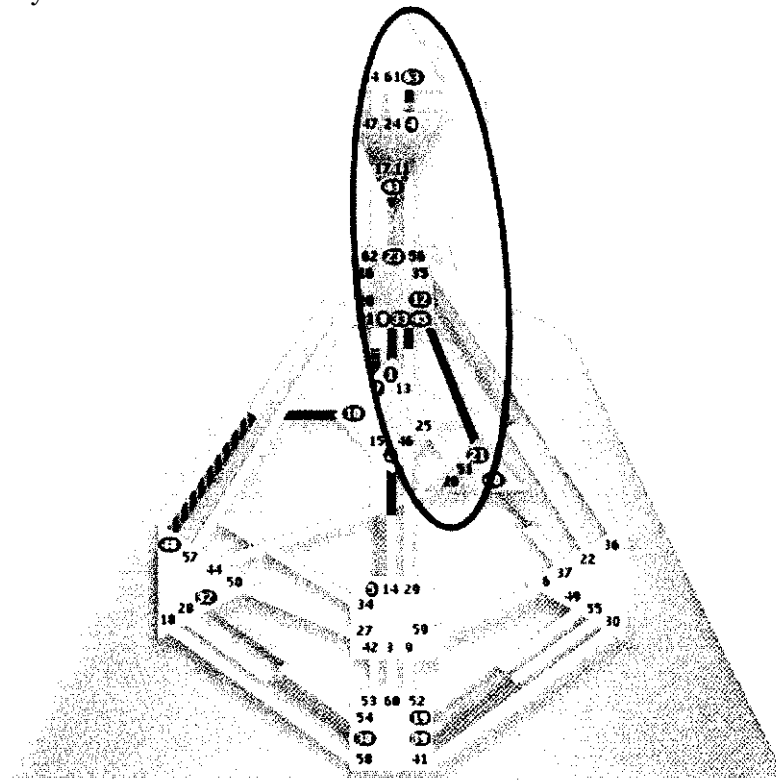
Single Definition



Al Pacino
Single Definition

A Single Definition occurs in a chart where there is definition in a channel, or more than one channel, that forms one stream of connected channels. The energy flows continuously. A Single Definition person is at some level self-contained because their definition forms a single potential of energy which flows reliably in them. These people can be very single focused, and don't have the same ability to reflect on different aspects of themselves that the splits do. This example shows us the design of the actor Al Pacino.

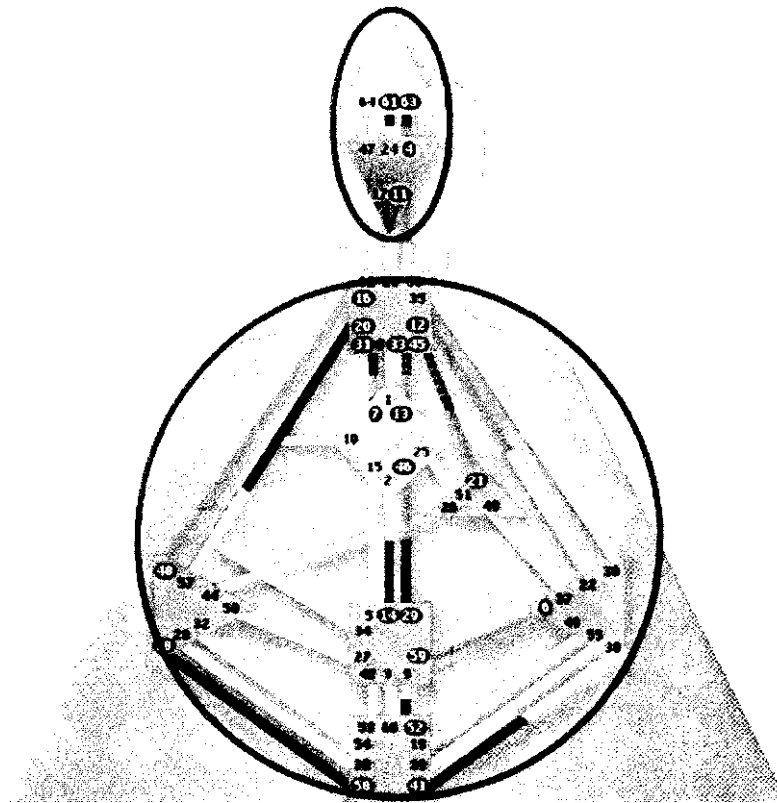
Single Definition designs do not need the "other" to assist them in the assimilation of information or to feel a sense of wholeness. They digest information rapidly, unless of course they are Emotionally Defined.



Al Gore
Single Definition

In this Single Definition example of Al Gore you can see that he has multiple channels (four) continuously connected throughout his design.

Split Definition



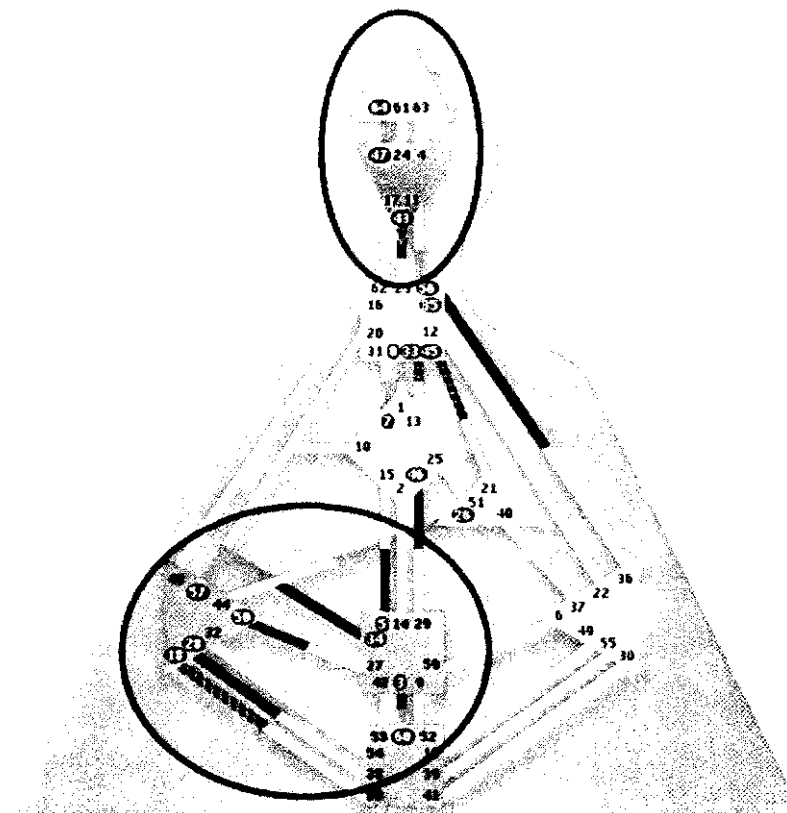
John Denver

Split Definition

A Split Definition occurs when two areas of separate definition do not connect to each other or when the definition is not continuous, as in the example above. Because of this split in John's energy flow, he always sought a bridge (the missing gate) to link the separate energetic definitions together so that he felt whole. This Split Definition example has one single gate that bridges this split. It is gate 56, the Gate of Stimulating expression. John Denver of course was a famous American singer/song writer.

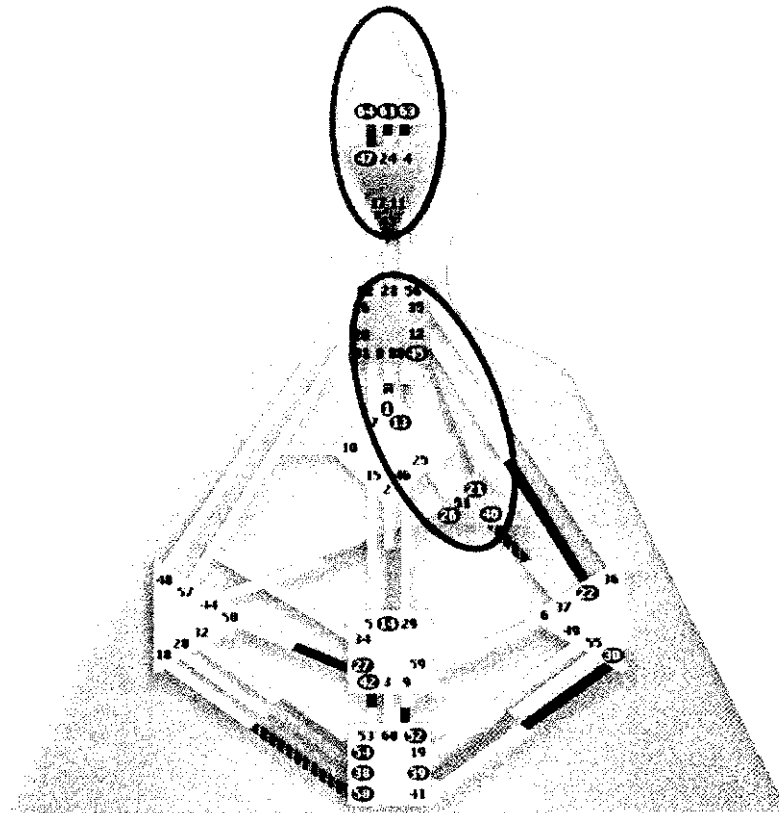
The undefined gates that bridge the split create a sense that something is missing or broken within the person and this drives the person to fill in or become these missing pieces. For a simple Split Definition, secondary to the bridge, as a Not-Self conditioning force are the Undefined Centers. Wherever you see the openness in a chart, that is where you will see a mind that is distorted and does not operate freely. It is distorted by the illusionary thinking created by the undefined gates or Centers.

This design is unusual and interesting in that John had all Centers Defined, which puts even more emphasis on the gate 56 that was the most powerful conditioning force in his life.



Deepak Chopra
Split Definition

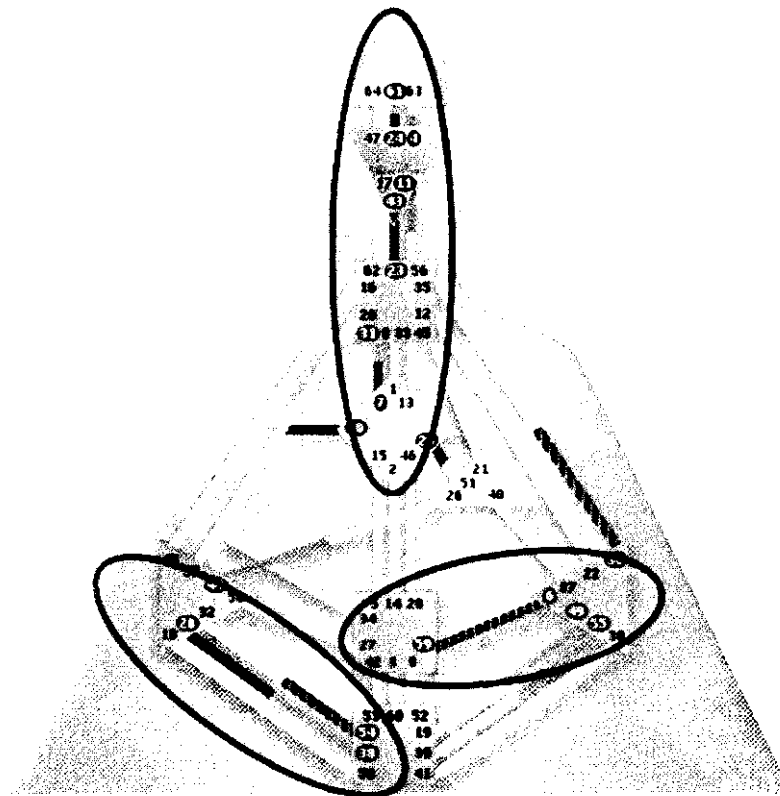
In this example we see a wide Split Definition which is bridged by multiple gates through the Throat Center. The bridge for this split is through gate 20 and gate 23 or gate 11. Chopra would experience this as "it's the other person's problem" rather than his own problem. He has the potential wisdom, with a wide split, to see others objectively as well.



Juliette Binoche
Split Definition

In this example we have a wide Split Definition in which it takes an entire channel to bridge the split. Any of the three channels between the Throat Center and the Ajna Center will bridge this split. Like Chopra in the previous example, Juliette Binoche will experience this as "the other person is the problem" rather than as "her personal problem".

Triple Split Definition

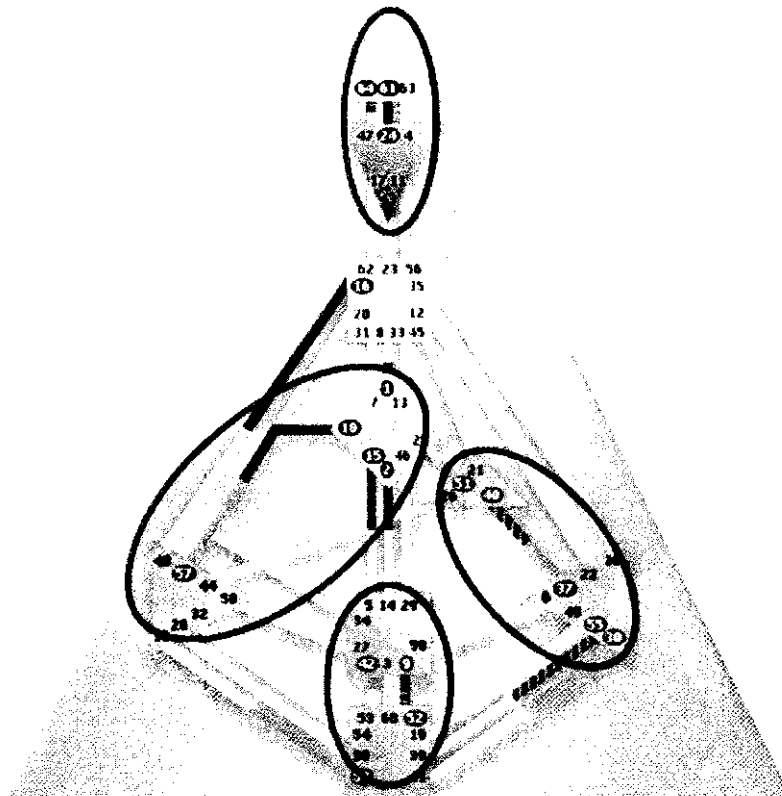


Bono
Triple Split Definition

People with the Triple Split Definition have three separate areas of definition in their design not connected to each other. These individuals need several bridges to connect all of their defined channels together. The main conditioning element will be the Undefined Centers. In Bono's design, the Undefined Heart Center is the main conditioning element. The gates that bridge the splits are also conditioning elements, but not as powerful as the Undefined Center. Triple Split people can be deeply impatient. They often act prematurely and can be seen as driven, ambitious and aggressive.

Those who have a Triple or Quadruple Split are designed to be with people and to move through many different auras in a day. This is healthy for them. They are never really conditioned by any one person (unless they live a solitary life) but use the more neutral conditioning field to bring them clarity as they go about their day.

Quadruple Split Definition



Wynonna Judd
Quadruple Split Definition

The Quadruple Split Definition applies to someone who has four separate areas of definition in his or her design that do not connect to each other. Often these individuals have all Centers Defined or at a minimum eight of the nine Centers.

For a Quadruple Split, the main conditioning elements will be the Undefined Centers, or if there are no Undefined Centers, then the undefined gates or channels that bridge the splits. In Wynonna's design, the Undefined Throat Center is very powerfully conditioned. She is conditioned to attract attention and get noticed. (Wynonna Judd is a famous American Country singer.) The gates that bridge the splits are also conditioning elements, but not as powerful as the Undefined Center.

At the end of Day One give your students a homework assignment:

1. Ask them to read the handout on Emotional Definition.
2. Ask them to write a paragraph or two about what they have learned about their own Not-Self and how it has been playing out in their life. Or they can write about someone they know and how they have observed the Not-Self playing out in that person's life.

DAY TWO

The Living Your Design Awakening Program Continues

Strategy & Authority - The Solution

The First Process

The morning of the second day is a good time to review student charts to reinforce their Not-Self by pointing out the Undefined Centers, splits and emotional definition. This will refresh the Not-Self discussion before you get into the "solution " day.

Depending on the size of the group, I like to touch on each chart and encourage the student to share insights/realizations/breakthroughs about his or her own Not-Self. Some may need time to digest and may not have much to share, but I find that sharing among the students makes for a richer experience.

The Not-Self Talk Handout is included in your slide presentation. You can use this to stimulate a Not-Self conversation among the students. You will find these as handouts in the back of this book for printing and handing out to your students.

Use the following slides to stimulate a conversation about the potential that the future will bring when your students are following their Strategy and Authority.

Undefined Center Potential

Head

- Am I thinking about things that don't matter? Are you still trying to answer everybody else's questions?
- The mind says, we have to think about this.
 - **Wisdom: I correctly discern what is important for me to think about or not.**

Ajna

- Are you still trying to convince everyone that you're certain?
- The mind says, we have to be right and certain about things.
- **Wisdom: I'm fine with not being certain.**

Throat

- Are you still trying to attract attention?
- Mind says, I have to keep talking otherwise no one will notice me.
- **Wisdom: I don't have to 'do' anything to attract attention. It happens when it is correct for me.**

G

- Are you still looking for love - are you still looking for your way? (i.e. or the Yighf person, the Yighf place?)
- Mind says, I have to find someone to love. Who am I? I have to know where I am going.
- **Wisdom: I no longer look for love, my life, direction and self "out there".**

Heart

- Do you still have something to prove? (i.e. are you smart enough, successful, sexy, etc.)
- Mind says, let's make this promise, and then I can prove how great I am.
- **Wisdom: I have nothing to prove.**

Undefined Center Potential

Sacral

- Do you know when enough is enough?
- Mind says, let's ignore how tired we are and push through.
- **Wisdom: I know when enough is enough.**

Spleen

- Are you still holding on to what's not good for you? (i.e. relationships, jobs, places)
- The mind says, I can't let go of this relationship/job that is not good for me because I won't find a better one.
- **Wisdom: Knowing what is healthy for you or not.**

Solar Plexus

- Are you still avoiding confrontation and truth?
- The mind says, let's just tell them what they want to hear so we don't rock the boat.
- **Wisdom: I can experience the full spectrum of emotions.**

Root

- Are you still in a hurry to be free (of the pressure)?
- Mind says, we have to hurry up and get that done so we can rest.
- **Wisdom: I know what pressure is correct for me or not.**

Strategy & Authority - The Solution

Day 2

- Manifestor - Inform before taking action
- Generator - Wait to respond
- Projector - Wait to be invited
- Reflector - Wait and discuss (29.5 days)

At this point you can begin to introduce the Strategy of the Types. As you will see later, we go into great depth about the Strategy for each Type. Before we can explore this, however, we must cover Authority.

SECTION 3



AUTHORITY

THE FOUR TYPES & THEIR STRATEGIES



AUTHORITY

The Mind is never the Authority!

The Mind

The mind, whether defined or undefined, tries to be the "authority" for the life. The mind is very powerful and thinks it knows what's best for us. It is very attached to the life and tries to control it. The mind is in fact the passenger, but it thinks it is in control of the life and it will say anything to stay in control.

Human Design is about teaching human beings how to be their own authority when it comes to making decisions in their life. We are all conditioned to seek approval and authority outside ourselves and to make decisions from the mind. But we have a true Authority that we can rely on for our decision-making.

When we make decisions correctly we set ourselves upon the path of correct geometry in life, and our genetic makeup, our reason for being here, our purpose in life, and our unique life force express themselves into the world uniquely as our Self. We then have the correct life, job, relationships and environment in which we make decisions as our Self from our own Authority.

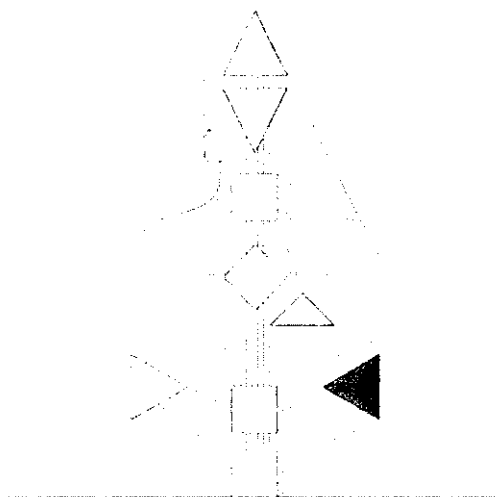
Below is the Hierarchy of Authority in the Human Design System and a description of each:

The Hierarchy of Authority

Inner and Outer Authority

- **Solar Plexus**
- **Sacral**
- **Spleen**
- **Heart**
- **G**
- **Environment**
- **Moon**

Solar Plexus Authority



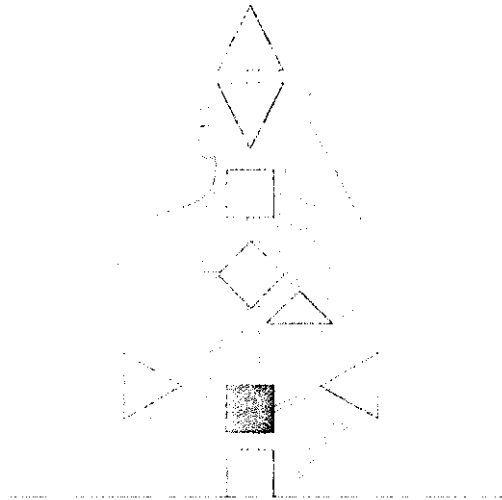
If the Solar Plexus is defined in a chart, this is always the Authority. Fifty percent of the people on the planet have this Center defined. It means that you must wait before making a decision. Your motto is: There is no truth in the now. Truth reveals itself over time!

A Defined Solar Plexus always results in Emotional Solar Plexus Authority in the person's life. Depending upon the channel defined to the Solar Plexus, the energy of the person's emotional wave varies. The important Strategy for someone with Emotional Solar Plexus authority is patience in waiting out the emotional wave before making a decision. Since there is no truth in the now, spontaneous decisions are Not-Self decisions when you have a Defined Solar Plexus. Time is the key for this decision-making Authority. The more time the better. Time puts distance between the moment the need for a decision was presented to you and the decision itself. As you wait, you will gain more and more clarity. Don't expect 100% clarity however. We are dealing with the emotional system, and 100% clarity is rare. The target is to become as clear as possible.

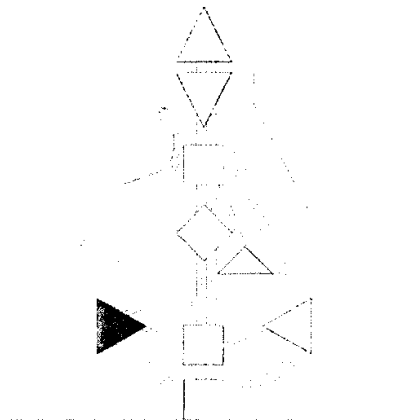
Never make a decision from the high point or the low point in the wave. When there is an "emotional charge" it is not time to make a decision. Wait for calm waters before you make your decision. It is difficult for these people to wait, as their emotions can make them very impulsive and reactive. When a decision is made from that emotionally unsettled state, it only sends out chaos into the world and results in regrets. Wait through the emotional wave before you make a decision. Remember, there is no truth in the now.

When you wait to make a decision you increase your value to the other. The Solar Plexus is a juicy motor and energy resource, and others desire it, so the more you play hard to get, the more the other will want you. By pushing things away, you attract them even more. Remember, no spontaneous decisions.

Sacral Authority

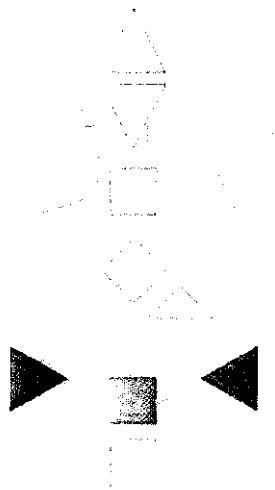


When we have a Defined Sacral Center and an Undefined Solar Plexus Center we have Sacral Authority. The Sacral voice in this instance is a response which reflects an energy sensation or sound toward or away from involvement in an activity or a process. The Sacral sound for "yes" or "no" or "I don't know" that takes place in the moment is what we must listen to. This "ahunh" or "unun" response comes from the gut without hesitation. If there is hesitation, then the answer is "no" or "I don't know right now - ask me again later or ask me in a different way."



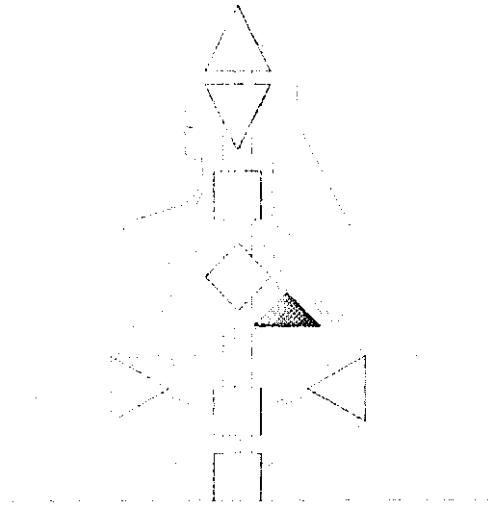
A Defined Spleen Center with Undefined Sacral and Undefined Solar Plexus Centers results in Splenic Authority. This type of Authority is all about listening to the inner voice of intuition and acting on it, no matter what the consequences. This can be felt as resonating with something or not. This message and/or impression communicates once and you must listen to it and act on it the first time because it will not come back and warn you or speak to you again. Do not allow your mind to second guess or override its message. The Spleen is communicating with you about your well-being so it is important to allow it to be the Authority. A Defined Splenic Center allows spontaneous operation through the awareness of intuition, instinct, or taste. Decisions for Splenic people just happen in the moment; wait, and the moment is gone.

Multiple Centers Defined

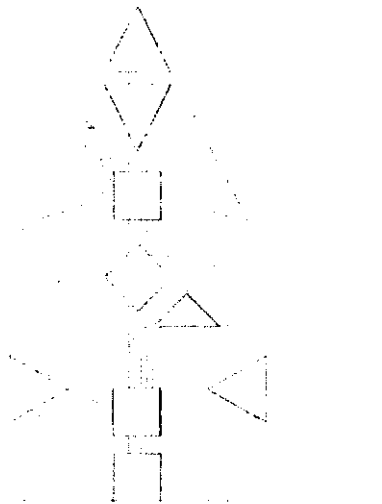


The Solar Plexus, Sacral and Spleen are the Authority Centers that show up most often in a chart. Often you will see a chart with two or all of them defined. Always remember the hierarchy of Authority. If the Solar Plexus is defined, it takes precedence over any other Defined Centers in terms of Authority. If a chart has both the Sacral and the Spleen defined (but not the Solar Plexus), the Sacral will take precedence in terms of Authority.

Ego Authority



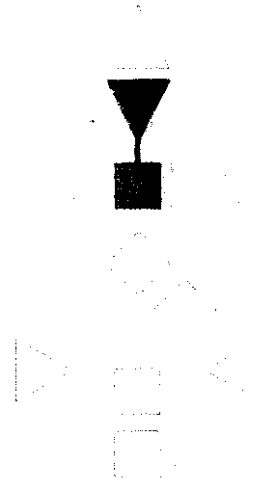
If none of the other definitions mentioned above are present, the person with the Ego (Heart) Center defined to the Throat Center or G Center uses "personal" will to make his or her decisions. People with this definition need to be selfish and ask, "What do I want? What is in it for me?" Correct decisions are made from the Will Power motor. You either have the will to do it or not.



If the G Center is defined and without definition to the Solar Plexus, Sacral, Spleen or Ego Centers, this results in a Self Authority design that is here to operate for self-satisfaction. These people need to make decisions based on what makes them happy. They need to ask, "Will this make me happy? Will this give me satisfaction?" They also need to discuss their decisions with others so that they can hear what they themselves are saying about their own level of satisfaction. It is through discussion that the Self Authority hears itself and knows what the correct decision is. The G Center is connected to the Throat Center in this type of Authority. These individuals can look inward to the Self for clarity in decision-making, and then use its voice to hear what the Self has to say.

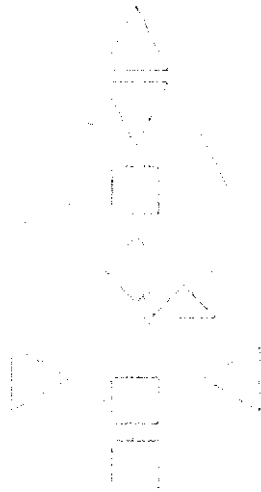
They have to be clear, though, that they are not making a decision from their mind. They need to listen to what comes out of their mouth spontaneously because this is coming from the Self. It needs to be a spontaneous verbal release, which is their identity speaking from the G Center, and this is their Authority. These are people who give direction and can hear their own direction by listening to what comes out of their mouth in the moment.

Ego Authority



No Inner Authority is unique. Designs in which there are no Centers defined below the Throat, represent people who get their guidance from the environment. It is all about the environment. If they are in the wrong environment, they are with the wrong people. For those with no Inner Authority, it is good to have a group of advisers you can turn to. When people with Outer Authority discuss a decision with others, they need to listen to what they themselves are saying, and this will help them reach their decision. It's not about getting the opinions of others but rather using others as a sounding board to hear what comes out of their mouths about the decision. The question is "Is this environment correct for me"?

Moon Cycle Authority



If no Centers are defined, the design is that of a Reflector with the Moon Cycle Authority. This is also Outer Authority, and the environment is very important to a Reflector. They reflect/mirror their environment so if the environment does not feel good, they won't feel good. Conversely, if the environment feels good, they will also feel good. Before making a decision, Reflectors need to wait out the full cycle of the moon, which is 29.5 days. They have a consistent 29.5-day pattern of transits in their life that repeats each month. Unless they wait out this pattern, they will not have clarity for decisionmaking and they will suffer from disappointment.

Reflectors must have trustworthy advisors and discuss their situation or potential decision with them during the course of the 29.5-day cycle. By using others as a sounding board and hearing themselves talk, they will clearly recognize the right decision once the 29.5-day cycle is complete.

The Mind as Outer Authority

Whether the Head and/or Ajna are defined or undefined your mind has the potential to be an Outer Authority for the other. This means that you have something to share with the other, who can receive it and respond with their own Inner Authority as to whether it is correct for them or not. However, your mind can never be used for making personal decisions. Its purpose is for communicating, teaching, creativity and processing data.

The more you become aligned with the correctness of your being through Strategy and Authority, and release the mind from the responsibility of decision-making, the more valuable your Outer Authority becomes for the other. Once aligned with your true nature, you will be in tune with your own life-force energy, in alignment with your true purpose, and your True-Self will emerge naturally and you will have something of unique value to share with the other.

Processes by Type The Strategy and Authority Solution

Now that we are entering Day Two we will be using techniques and processes to help the student experience the value of Strategy.

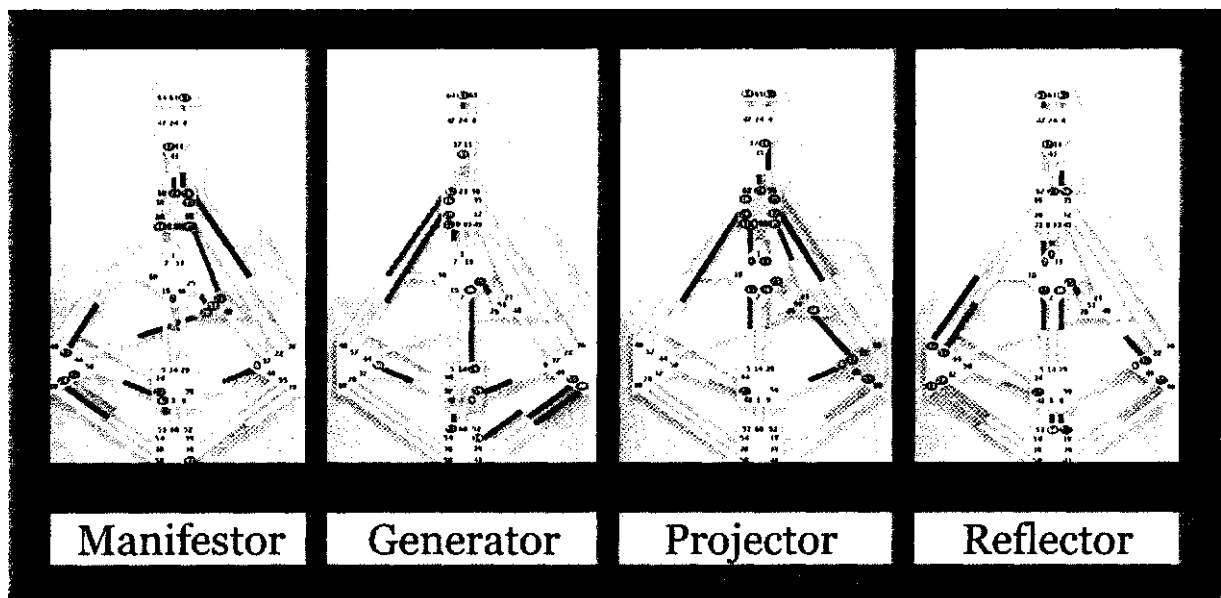
Human Design is very interesting and seductive for the mind. We want to get our students' minds engaged. Their mind needs to become an ally in this experiment.

Openness in a design is felt as vulnerability, through which you build up a strategy with which to protect yourself. This strategy is what the Not-Self mind is going to use to try and protect you. Throughout the LYD course, the mind becomes more and more curious about this strategy.

By Day Two the mind should be very interested in what a correct strategy for you should be. Day One can really be taught to anyone in the room. Day Two is better taught type-to-type, as correct strategy differs from type-to-type.

For all Types, the conditioned behavior is established from very early childhood and reinforced for the entire life.

THE FOUR TYPES AND STRATEGIES



The Four Types

The human population is estimated to be around six and a half billion. At the basic level there are four different types of people in the world. Despite the fact that each type has millions of different variations, each has a simple pattern to understand and a strategy to follow. The four

human types are Manifestors, Generators, Projectors and Reflectors. Each has a specific aura pattern and strategy.

Type is the most important aspect in Human Design. If you know your type, you can start the process of discovering your own nature and having a tool to accept yourself and to recognize your values. Living your type is to release who you are into the world as you were intended to be. This information is like having a user's manual, which allows you to live as you were designed.

Strategy

When we talk about strategy in Human Design, we are referring to a way of being in the world without resistance, aligning with the flow of the totality and supporting the process of becoming one's True-Self. The strategy is not a philosophy; it is just the way your vehicle works genetically. If you don't live your strategy, you are unfulfilled and you find no peace.

When you start living your type and strategy, you will see how rewarding it will be. You discover something inside of you that was hidden due to conditioning. You get in touch with the part of you that always knew what was correct or not correct for you. You rediscover that place inside of you that you can trust to say yes or no to whatever you meet in this life. The strategy is a way to discover your uniqueness and to stop comparing yourself to others. Strategy is the tool that enables you to find out that it is okay to simply be who you are. Through strategy your inner essence will thrive, and you will know what your purpose is in this life, because when you live as yourself, your purpose simply unfolds naturally.

If you just follow your strategy you live the life that is correct for you. Life simply unfolds because you are in alignment with how you are genetically designed. All you need to do is to experiment with the strategy of your type. Test it out. You do not have to have blind faith that the strategy is true; you can find out for yourself.

Type is derived from definition, and the four types are divided into two categories: Energy types and non-energy types. Energy types have a Defined Sacral and/or a motor Center connected to the Throat. These are the Generators and Manifestors. Remember that the four motors are the Sacral, Root, Solar Plexus and Heart Centers. Projectors and Reflectors are the non-energy types. This group does not have a Defined Sacral Center and they do not have a motor connected to the Throat. Non-energy types do not have consistent access to generating and manifesting. The energy for this group is available inconsistently, depending on the conditioning field around them (who they are with). Sometimes it's there and sometimes not. They literally borrow energy from the energy types.

Type has nothing to do with psychology or personality types. It is about the body, genes and aura. It determines the way our health, our sexuality, our relationships and how our dream life plays out in our life. Type structure establishes the genetic order of the totality.

* * *

Living Your Design

Type and Strategy - It's the Whole Story by Ra Uru Hu

This subject of Living Your Design through following your Strategy and Authority is probably the most overworked and dealt with subject in Human Design, and it deserves every little bit of attention it gets. It's so clear to me that this is the story; it's the only story. It's interesting. Human Design is a science of differentiation, a science. There is nothing about Human Design that is simply just stated and I think that's the thing that gives Human Design its integrity and value. For every aspect of Human Design that is offered on the surface, there has been an enormous amount of time spent verifying the underlying mechanics.

In fact, that journey of verifying and laying out the basics of the science is enormously exciting. It's exciting in the intellectual sense, in that we are dealing with the ability to look at the world with an entirely new perspective, and to look at the nature of being and to see the nature of being in its pure mechanics. Obviously, out of that come many things that are of value, like the primary health system, and our ability to be able to learn so much about the potential in the human body to differentiate. And yet, from the point of view of the value of Human Design, and what needs to be shared on the surface, it remains entirely focused here on Type and Strategy.

It really is the whole story, and it is the whole story in the sense that it is the synthesis of all of the mechanical information that lies underneath. Everything about Type and Strategy is that it points us towards the only viable solution in terms of being able to liberate the human spirit from the drudgery of the homogenized life and the dilemma of what it is to be Not-Self. We are not equipped to be motivated by propaganda in order to transform our perception of life. It's not enough for us to be moved, whether spiritually, religiously, or mystically. The fact of the matter is that the mind is something that is helpless in being able to transform the life. It's helpless. The only thing that aligns the life is the ability to be able to know where to find the essence of personal truth.

I guess that is really one of the most difficult places for a person to go to, to deny the possibility that the other has your truth. It takes a great deal of courage to be able to not only embrace your own authority but to live it. To live it. It's quite a thing to live your own authority. In dealing with Type and Strategy, it's the basics; it's the deep basics. This is the most important knowledge that Human Design brings, and any human being that goes through the process of living their Type and Strategy knows how profoundly this has transformed their life and how valuable that process really is.

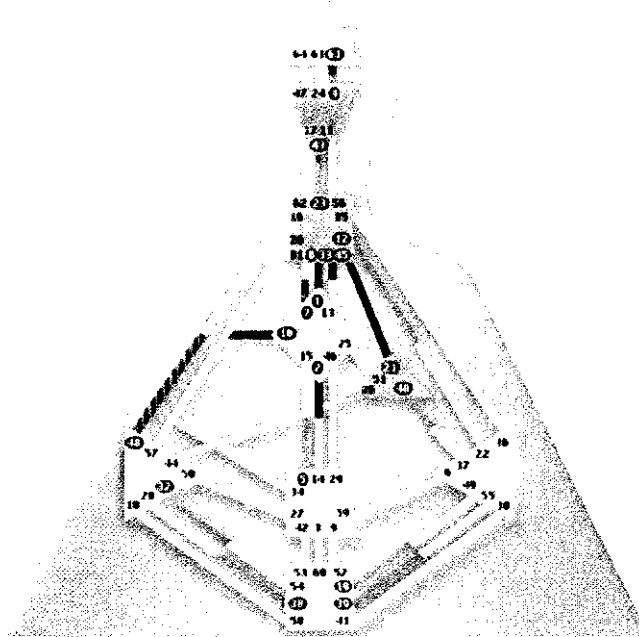
In spite of all the things that go on, the dilemmas of mind, and the power of the other to be a conditioning force, if you are clearly and deeply involved in following the experiment of your Type and Strategy then you're able to find your way through all of that. It's something else as well. Type and Strategy is the only thing that can begin the process of the transformation of the mind. The transformation of the passenger, of the personality consciousness, of that potential to reach a state of acuity in which, no matter what term we want to apply to, the mind is finally released from the burden of being preoccupied with the illusion. Type and Strategy leads to the perfection of what it is to be us. Basic as it may be, it's the whole story.

There are those that think that Strategy and Authority, and the deep focus that Human Design has on Strategy and Authority is a kind of slogan or that too much emphasis is placed on them. I want to tell you something. We cannot emphasize it enough. It is what it is all about. As I said, the science is wonderful and the knowledge is beautiful and it can be deeply entertaining, let alone revealing, to probe the knowledge, but it's not what it is all about. I know so many people who, in the study of the knowledge, miss the truth. The truth here is how you operate. If you operate according to your Strategy and Authority, this is what changes the life. It's the only thing that changes the life. It's the message that will always be the message of the knowledge.

Love Yourself.

* * *

THE MANIFESTOR



Strategy: Ask Permission
(youth)
Inform (adult)

Not-Self Theme: Anger

Mechanics: Non-Sacral, Throat defined to motor

Aura: Closed and Repelling

Questions: How do I impact? Will I be answered?

Signature/Goal: Peace

Technical Description

A Manifestor design will have one or more of three motors (Heart, Solar Plexus and/or Root) connected to the Throat and have an Undefined Sacral Center. Approximately 8% of the population are Manifestors, so they are somewhat rare.

Role in History

Historically, the role of the Manifestor has been the king or the high priest. They ruled throughout history because they are the only pure doers, and so they gained all the power

and authority. They established the laws, and all spiritual and material hierarchies are a result of their attempt to maintain control and to avoid being challenged. They are the instruments of the Yang/Yang principle. Historically, the traditional role of Manifestors ended around 1781 when human beings transitioned from being seven-Center beings to nine-Center beings.

Overview

The Manifestor's special gift is to initiate action and to have an impact on others. Because they have a motor connected to the Throat Center, they can simply manifest and be independent. However, this ability to initiate and act independently makes others very uncomfortable around them, and thus Manifestors, unless they follow their strategy, will meet a lot of resistance. Because other people don't understand Manifestors, they will try to control them and this makes Manifestors angry. They just don't understand why anyone would resist and control them. The Not-Self theme for a Manifestor is Anger. How can they avoid the resistance? Through informing others of what they intend to do. Informing puts people at ease. Then the Manifestors can do their own thing and spare themselves all that resistance and anger.

Depending upon the type of conditioning that the Manifestor experiences in their life, the Not-Self Manifestor is either going to be very angry and rebellious, or very passive and accommodating. In either case, this is due to a history of others controlling them.

Manifestors are not much interested in themselves. They are not like Generators who need to interact with others. Nor do they possess the Generator's need to learn about what brings them satisfaction. The Manifestor simply does not need the other in the same way, in fact, they see others as rather alien, and so in a sense they are the lone wolf and are comfortable with solitude, to be left alone to do what they please.

Strategy: Inform

Manifestors are unpredictable, and they have a reputation of being a threat to order and stability. The Manifestor's aura literally pushes energy outward and repels the auras of other types. Because of the repelling nature of the Manifestor's aura and the fact that they don't really need someone else to initiate them, people tend to fear Manifestors. They fear that Manifestors are out of control, so they will try to control them. This begins very early in the Manifestor's life. The Manifestor grows up being conditioned by the fear of being controlled. Because of this imposed control, they rebel and learn to do just the opposite of what is healthy for them. They don't inform because by not informing, by keeping what they are going to do a secret, they think they can avoid being controlled. However, it is only by informing that they remove resistance and put others at ease without being passive. In their youth they need to learn to ask permission and to be polite. People can feel ignored, or run over by Manifestors,

but if we teach them at a young age to be polite, we are setting them up for an easier time later in life.

Everything about Strategy and Authority is related to one thing, and that is decision making. For Manifestors, they need to inform after they have made a decision but before they act on that decision. Additionally, when they have decided not to do something anymore, they also need to inform before putting their decision into effect.

The most important thing for a Manifestor is to understand their impact on others. Because Manifestors do not need the other in the same way as the other types do, they are not really concerned about what others see in them. They do not really understand their impact on others simply because they are not aware of them. They are surprised to learn that they have an impact at all. When Manifestors are operating correctly, and informing others, they will recognize their impact and begin to feel that they are getting a certain amount of support from other people.

Manifestors need to become aware of their impact. To put this in perspective, think about the emotional Manifestor who gets upset at work, blows up, quits and walks out. This is typical of what a Manifestor can do. Not for one instant did that Manifestor think about the consequences and impact of his action. And yet there are a zillion things that get impacted when he quits. If Manifestors can recognize their impact, the knowledge of it will transform them.

Most Manifestors think they are alone in the world. Therefore, a very good process for Manifestors is to write down all the names of the people that their decision is going to impact. They will then begin to see that they do have impact, that they are not alone, and they will also see the logic of informing. They will begin to recognize that they have to do something about the impact, and this is done through informing.

It's all about showing respect for the other types, and informing shows respect. When they don't inform, the other feels disrespected and ignored. And when a Manifestor shows respect through informing, it tells the other person that this Manifestor is not dangerous and that he can be trusted. The other person will realize that the Manifestor is not to be feared and controlled.

Relationships

It's not easy being a Manifestor. Just think about the rejection that the Manifestor has to deal with and potentially face. They have to "do" everything, initiate everything and they have to deal with rejection. For Manifestors to be correct, they have to do the initiating. For example, if Manifestors like somebody, it is correct for them to make the first move, instead of hoping they'll be noticed. They need to take the initiative, go after the person and let him/her know what they feel. It's a risky business, and nobody likes rejection. But being a Manifestor is about breaking free from the safe routines of the past. The Manifestor may be afraid but he or she must do it anyway.

In order for Manifestors to have peaceful relationships they must inform. They cannot just walk out of the house and not tell their partner where they are going because this will only create resistance upon their return. The partner will want to know "where did you go?", "what did you do?", "why didn't you tell me?". The other becomes very suspicious when they are not informed by a Manifestor. Simply say, "I'm going to the store and I'll be right back". It will save a lot of resistance and anger later and the partner will feel respected.

Children

Manifestor Children are very misunderstood. The moment they come into the world their aura is felt and immediately the parents are on alert. Because the Manifestor is so rare, it can feel quite different to have a Manifestor child. They need to be treated as Manifestors and be given a certain amount of freedom of movement. It's important to explain to them their Strategy to ask permission as soon as possible and it's very important to explain to a Manifestor child why they cannot do something, so they can understand the logic behind it. They need to learn that when they ask permission that "most" of the time they get to do what they want, with perhaps some modifications for safety. To put excessive controls on a Manifestor child will only result in eventual rebellion.

The Manifestor with Emotional Authority

When Manifestors have a Defined Solar Plexus they are typically very impulsive. Having a Defined Solar Plexus (if honored properly), however, can be a big benefit once they learn how to work with it and wait through their emotional wave. It's during the waiting process that they can become aware of all of those they will impact with their decision.

There is a big difference between the Mind directing Manifestors to act, and their Authority directing them to act. Typically, the Emotionally Defined Manifestor does things impulsively and under pressure, but when they wait through their wave, things can happen naturally. This part is very important. If they feel an urgency to act or implement their idea, that impulse usually comes from the conditioned mind (Undefined sacral or root or heart, etc., expressing through the mind) and not the Authority.

Their actions need to come from their Authority, not from their mind. While waiting through their wave they will notice that either the feeling of wanting to act has subsided, meaning it was not meant to be, or that they still feel that they want to make that decision or take that action, but when the time feels right, not out of urgency or pressure.

Being impulsive can be a huge problem for Emotionally Defined Manifestors; it gets them into trouble over and over again. Learning to wait out the wave before making a decision, and then informing, is perhaps the only way an Emotionally Defined Manifestor will become a true success in life.

If a Manifestor is operating correctly, being Emotionally Defined can be a real advantage. As they wait for clarity, Manifestors can make a list of those who will be impacted by their decision. By the time they get to the end of their wave, and have reviewed the list, they may decide not to take action.

Patience is the requirement for an Emotionally Defined Manifestor. If they wait, they get clarity. The emotional process takes place over time. A Manifestor needs to inform; but before he informs he must think about the consequences of his decision and whom it is going to impact.

Manifestors cannot transform their Solar Plexus overnight. Sometimes waiting can be excruciating and feel like a punishment. But waiting for the emotional depth that is available to them can be a real advantage. If they act too quickly, there may be deep, lasting and unwelcome consequences that could have been avoided.

The Manifestor with Splenic Authority

As a counter-perspective to the emotional process, if Manifestors have splenic authority then their actions will just flow out of them instinctively and naturally, from their being, not from their mind. However, they still need to wait before they act on their decisions because they still need to inform. It can be a dilemma for non-emotionally Defined Manifestors because they may have an inkling of what the impact will be, but they have not had enough time to fully know the level of that impact. Being spontaneous can get in the way of informing properly.

Not-Self Manifestors

The Not-Self Manifestors see themselves as threatened by control and punishment. They see themselves not as powerful but as restricted and powerless. That powerlessness is the deep source of most Manifestors' anger. What they do not recognize is that they are still a Manifestor. They are designed to always have an impact but they just don't know it. Manifestors need to learn how to apply their strategy, which is that they inform all those who will be impacted by their decisions.

Manifestors have grown up pretending that they are not powerful to avoid control. They behave like Generators, waiting rather than initiating and by responding to what others want from them. They have developed the strategy of a Generator because they are afraid to initiate due to all the control, resistance and rejection they have experienced in their life. Obviously, this does not work because for anything of value to happen in a Manifestor's life, it is the Manifestor who has to initiate it. When Manifestors behave like Generators they are very busy but nothing seems to get accomplished.

The question for a Manifestor is "Will I be answered"? They are afraid of rejection and being told "No" so they have developed Not-Self strategies to avoid informing, to avoid being told "No." They never like to hear the word "No". This Not-Self conditioning is detrimental to Manifestors as it leaves them powerless.

Manifestors who behave like Manifesting Generators are impulsive workaholics driven by the Manifesting Generator conditioning. Their timing is really off as they aggressively initiate, don't inform, and generally just crash through things, creating all sorts of resistance in their life. These Manifestors are most likely very exhausted and ineffective.

When Manifestors enter into the experiment of following Strategy and Authority they will have to deal with their fears, such as:

- Fear of upsetting someone.
- Fear of informing because it might cause confrontation.
- Fear of informing because someone will try to control them.
- Fear of informing because they might meet resistance or rejection.
- Fear of their own anger.

Signature/Goal: Peace

As we said earlier the Not-Self Theme for a Manifestor is Anger. What the Manifestor wants more than anything else is Peace. Peace is a state of being for the Manifestor when there is no resistance. Breaking away from their mind running their life gives them Peace. It's a sense of calmness and stillness within them and a sense of quiet and peace within their spirit, to be left

alone to do their own thing. When they find themselves in a state of Peace, then they know they are operating correctly with their Strategy and Authority.

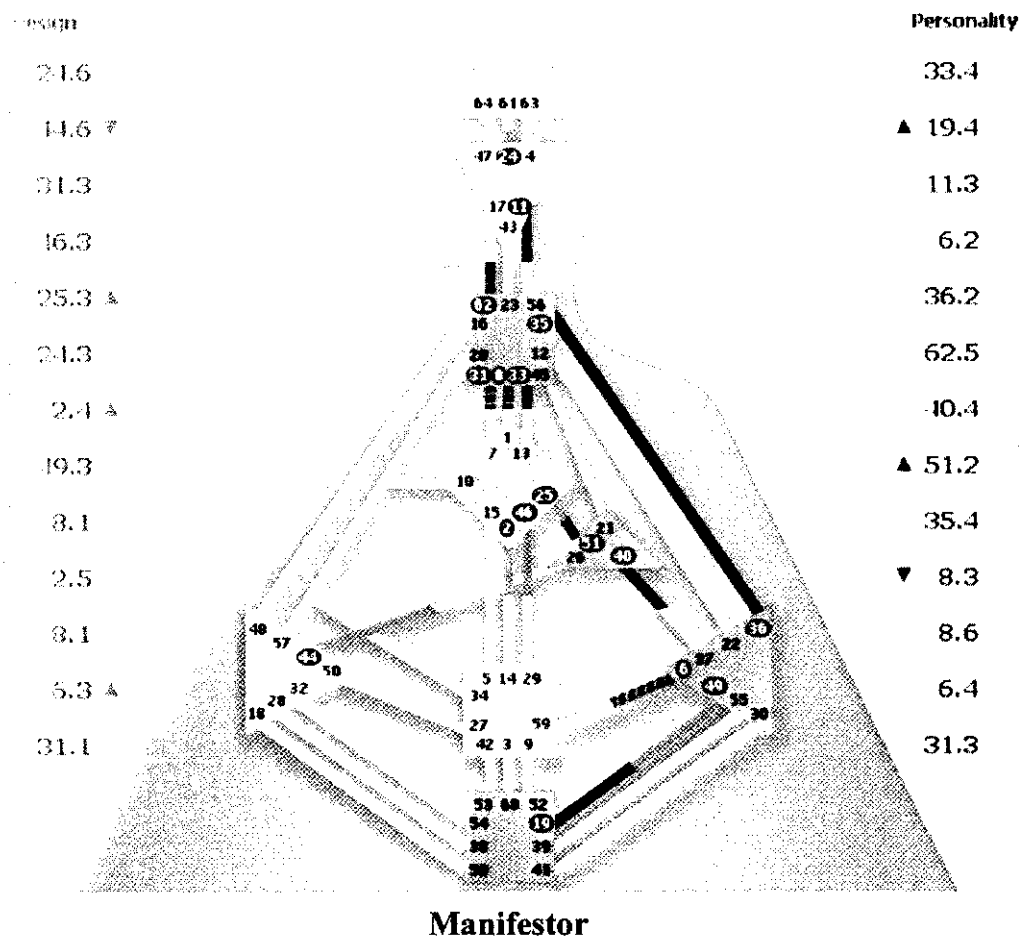
Metaphor

During this discussion of types, we will use the metaphor of a soccer team and see what kind of role each type has. The Manifestors would be the forwards. They are the ones who get things done; they shoot the goals and are the top scorers. They are often wild and unpredictable characters, but they are very talented. They are always in the limelight and attract everybody's attention. They have a lot of fans, the crowd loves them and the press constantly talks about them. The price they pay for their popularity is that they are often very lonely, because others resist their true nature.

Some Famous Manifestors

Adolf Hitler, Johannes Kepler, Helmut Kohl, Elisabeth Kubler Ross, Krishnamurti, Hermann Hesse, Jack Nicholson, Bruce Springsteen, Mao Zedong, Jesse Jackson, Maya Angelou, Art Garfunkel, Tracey Ullman, Martha Stewart, Tommy Smothers, George Carlin, Robert de Niro, Bob Newhart, Jennifer Aniston, Susan Sarandon, Tim Robbins.

Living Your Design Example: Manifestor



In this example we have a Manifestor with 3 motors defined - this makes for a high energy Manifestor. The Solar Plexus is her Authority. The energy and fuel from the Root Center moves through the Solar Plexus Center so you have the power of two motors connected to the Throat Center for action and expression. She also has the Heart Center defined to her G Center and

this piece of definition is split off so we have a Split Definition Emotional Manifestor. She is designed to initiate but to use her energy correctly she needs to wait for emotional clarity before making a decision and taking action. And since she is a Manifestor, she needs to inform those whom her decision will impact before she takes action on her decision.

The Undefined Centers are the Spleen, Sacral, Ajna and Head. With an Undefined Spleen, it is detrimental to her well-being to be spontaneous. She needs to learn to know when enough is enough with the Undefined Sacral. And with the Undefined Ajna, she will be conditioned to be mentally certain about things, to be a know-it-all, and with the Undefined Head Center she is under pressure to answer and resolve questions. With the tremendous energy moving through her Root and Solar Plexus she is under enormous pressure to be impulsive. She also has a closed and repelling aura which makes it difficult for others to become close to her and get past this barrier. Her split creates an additional level of impatience. The gates that bridge her split have "driven" her to become a leader (gate 7), a witness (gate 13) and to demonstrate creativity (gate 1) with an emphasis on family (gate 37).

She has spent her life upsetting people because she does not inform before she takes action on her decisions. She is so impulsive and spontaneous that she is surprised anyone is upset with her and would try to resist something she is doing. Without waiting through her emotional wave she impacts people with the volatility of her emotions which spike up and then crash down when her expectations are not met.

Her mind has been conditioned to make decisions to relieve the pressure by answering all the questions so that she appears certain and smart. She is spontaneously going about her business unaware of others and the impact her behavior has on them. She is a workaholic because she does not know when enough is enough and has no idea how to set boundaries. She often puts herself in jeopardy through being spontaneous.

The solution is: She needs to slow down and learn patience and realize that she has impact on others. As she moves through her emotional wave, it will be helpful for her to consider whom she will impact with her decision. Once she begins to inform others before she takes action, she will experience less resistance, less anger and have a much more peaceful life while doing as she pleases.

Her de-conditioning process will start once she begins the experiment of waiting through her emotional wave and informing before taking action on her decisions. While waiting, she will become aware of many conditioned habits. She will notice how the energy of her Root and Solar Plexus want to be impulsive and take premature action. She can observe this energy rather than acting it out in her life and being a victim of it. She can also observe the habit of being spontaneous with her Undefined Spleen and begin to unplug from this habit while waiting. She can also begin to notice all the unhealthy relationships she has been holding onto, out of fear of survival and begin to let go of them.

By being patient, she will notice when she is feeling the mental anxiety to be certain with the Undefined Ajna, and through noticing this she can simply take her attention off of this urge and realize that she does not need to "do" anything about it. She will also notice that she does not have to try and show how certain and smart she is, because her natural intelligence will come forth at the appropriate time. And by slowing down she will also see that there are many questions that don't need answering (Head) because while waiting, if the answer is important for her, she will get it at the appropriate time.

While waiting she can become choosy as to where she puts her energy or not. As she learns to wait through her emotional wave and as she becomes the patient observer of her own internal habitual dynamics, her cells begin to transform and she begins to realize what a wonderful process it is for her to wait through her emotional wave and to see how her Authority actually protects her and supports her in her life.

Manifestor

Manifestor Processes

Anger is the Not-Self theme for a Manifestor. In order for Manifestors to come to a new place and be ready for the LYD course, this anger will have broken them first. Manifestors naturally reject outer authority. No one can tell them what to do, so having a Manifestor at your LYD is really something. They are angry about their conditioning, whether they are aware of it or not.

The Female and Male Manifestors will be different though. More women will be interested in systems for self-knowledge because such systems are closer to the female spirit. Female Manifestors will more readily see that this class is not going to harm them. You should instruct the Manifestors to bring charts of people they are close to. They need to learn how they have an impact on others by looking at their designs. Manifestors should pay attention to the Centers that they have defined. Ask them to look at the Undefined Centers of the other charts, and then look at their own Defined Centers. Tell them, "This is how you impact others." Manifestors benefit greatly from seeing how they influence others and how others influence them. Manifestors condition others. Ask them, "Do you see what you are doing to others?"

You need to describe impact to the Manifestor. The Manifestor is really going to enjoy that they are conditioning other people. Until now they have thought they were powerless because of all the people who have been controlling them since childhood. They have been operating like Generators because they are afraid of hearing "No".

You will be educating them about the strategy by telling them, "When you inform, all the problems just flow away." The reason they don't inform is because they don't think they have an impact. No Manifestor is truly designed to ask permission or inform. Informing is a technique that they can learn in order to put others at ease. They came into existence to drive the mechanism through initiating.

Manifestors now live in a time when they are no longer at the top of the hierarchy of Types. The technique of informing allows them to do what they want, without meeting the same resistance and experiencing the same anger.

When they make a decision, it is imperative that they make a list of all the people that their decision will impact and then inform those people.

Ask the Manifestors to think about a recent decision they made, or one that they are thinking about making, and then ask them to make a list of all the people that will be impacted by their decision. This will open their eyes to their own impact. This simple technique will enlist support from people rather than resistance. If Manifestors make a decision and take action before informing those key people, those who are impacted will feel ignored, upset and run over and will create resistance for the Manifestor.

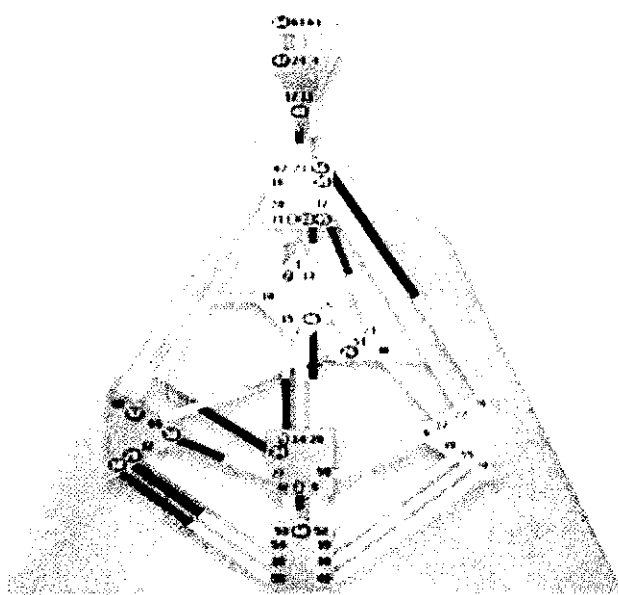
Ask the Manifestors to think about a decision they made where they did meet a lot of resistance, and then make a list of the people they could have informed and how that might have changed the outcome.

We want to wake the Manifestors up to their conditioning and also to their power and impact. And always emphasize: You need to inform before you act on the decision. First make the decision, but before you act, inform.

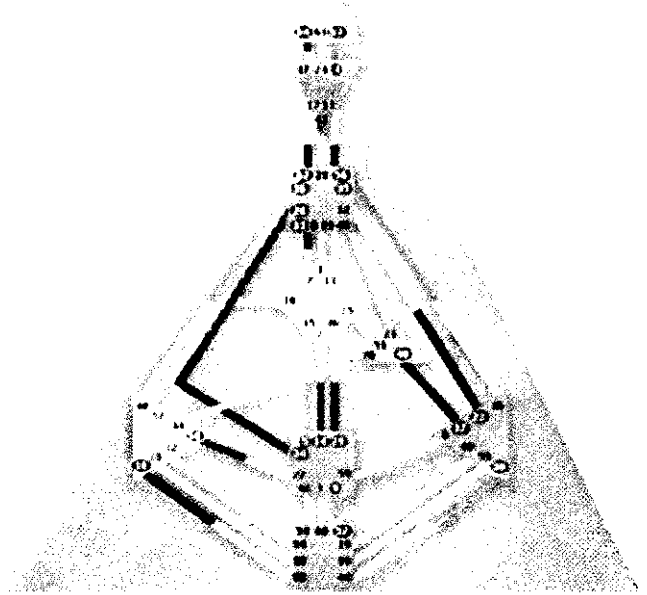
Manifestor

- **Impact**
- **Make a list of those who will be impacted by your decision and inform them**
- **Know how your Design impacts others**
- **Know how others condition your Design**

THE GENERATOR



Pure Generator



Manifesting Generator

Strategy: Respond

Not-Self Theme: Frustration

Generator: Sacral Defined, no motor connected to the Throat

Manifesting Generator: Sacral Defined, motor connected to the Throat

Aura: Open and Enveloping

Questions: Who am *I*? Will *I* be asked?

Signature/Goal: Satisfaction

Technical Description

We distinguish between two kinds of Generators: Pure Generators and Manifesting Generators. Both kinds are easy to spot, since they always have a Defined Sacral Center. A pure Generator has a Defined Sacral Center and no motor definition to the Throat; a Manifesting Generator has a Defined Sacral and a motor defined to the Throat. So when you see a design with the Sacral colored in you are looking at one of these two variations of Generators. The ratio in the population is approximately 37% Pure Generators, 33% Manifesting Generators.

Role in History

In history, Generators have worshipped and been enslaved by Manifestors because they could not compete on Manifestor terms. Seventy percent of humanity have been slaves, totally

ignorant of their potential and frustrated from trying to copy Manifestors. Their new role is to become the builders. This new phase is slowly evolving and will be a reality when Generators give up initiating and learn to respond.

Overview

Both Generator variations are designed to respond with their Sacral Center through sounds, a gut reaction or a movement towards or away from something. The Sacral response is about the availability of energy for something.

There is a difference between the two kinds of Generators. Once pure Generators respond and engage in an activity, they go through step-by-step stages of development, hitting plateaus along the way and feeling stuck at times (since they don't have a motor connected to the Throat). Their gift and purpose in life is to have the work that they love and demonstrate their ability to perfect things by going through all the stages, steps and plateaus, covering all the bases. If they have responded from their Sacral then they will be able to move through each stage without quitting. But most Generators enter into something from their mind, only to quit once they reach a plateau, because they just don't have the energy to stay with it - they get frustrated and quit.

In contrast, Manifesting Generators can move into manifestation after their response, because they have a motor connected to the Throat Center. The Manifesting Generator's gift and purpose is efficiency. Because Manifesting Generators have a motor connected to the Throat, they move from response to manifestation very quickly. They are not designed to go through the step-by-step process. The dilemma for Manifesting Generators is that they tend to be so impatient and move so fast that they can miss essential steps, and then they have to go back and complete the necessary steps they missed. This can be very frustrating, so Manifesting Generators need to learn to slow down. Their purpose in life is to have work that they love and to demonstrate their gift for efficiency (knowing which steps are necessary or unnecessary).

Manifesting Generators will always try to initiate and manifest, and when they meet resistance they will smash through it again and again, leading to a damaged body and eventual ill-health. They suffer from impatience and aggressiveness, and they have a theme of anger and frustration in their lives because of their inability to wait and respond to decisions with their Sacral. Their manifesting capacity has been running their life creating all sorts of problems. It's really quite something for a Manifesting Generator to learn to wait to respond. It may take them longer than pure Generators to get in touch with their Sacral response, and may require more practice.

As the statistics show, Generators are the most common of the Four Types. Generators rule the world, and they are our great workers. Generators have an enormous wealth of energy and power but they cannot use it correctly unless they respond. The portal to their power is through response, and there is nothing more powerful than a Generator responding to life. The Sacral Center is the energy of life, and Generators pull everybody into that energy with their open and enveloping aura. When Generators are waiting, they are like magnets. People will come to them and ask them to do things because this is what the Generator is designed for. Generators have great power when they live out their nature. They are like the priestesses of Delphi; you have to come to them and ask, otherwise they give you nothing. Life happens if they wait, and they can live in perfection when they respond to life.

Strategy: Respond

The Generator's strategy is to make a decision out of response, and not to make any decision unless it is in response - it's that simple. Some Generators think this is very hard to do because they misinterpret "waiting to respond" as "doing nothing." It is not meant that they should do nothing. In fact, it is impossible for them to do nothing as they are here to generate. They are here to do what they love. They can't help but be busy generating. If they are doing what they love, then they have responded.

Action arises out of receptivity, and Generators need to trust in the power of waiting and patience. The Sacral is the source of life and it responds to life as long as life goes on. There is always something to respond to: A dog growling, a bird singing, a piece of music, a conversation. The response can have the tonal quality of Sacral sounds such as "ahunh" or "unun" or it can be a silent response such as a feeling inside, a movement toward or away from something. Fortunately, when Generators begin to respond, they will see the rewards immediately in their life.

For Generators, strategy is the key to eliminating resistance in their life. Strategy enables them to find what is correct for them. By using their strategy to make decisions, they will stop quitting things all the time. If they ignore their strategy, they will get stuck in the wrong careers, the wrong relationships and the wrong life. Their life force will stop generating and begin to degenerate. The "juice" of their life will be gone.

The handicap of Generators is that they lack patience. Instead of responding, they initiate and jump into action. They usually do not wait to respond because they don't know that they have a built-in genetic capacity to attract others. They are so afraid that nobody will ask them or that nobody will ask them what they want to be asked. Generators have to respond in order to know something, to know what their values are, what is right or wrong, etc. They cannot live correctly from the dictates of their mind, as their mind just makes up stories based on past conditioning. Only through response will they find the truth.

Here is a story to help you understand the Generator: The scene opens in a dusty western town with its wooden sidewalks and we see the sheriff's office. Sitting in front of the sheriff's office, in a wooden rocking chair leaning against the wall, is the sheriff. The Generator Sheriff is just sitting there spitting into his spittoon. The town is in an uproar because they have heard that a gunslinger (a Manifestor) is coming to town. Everyone is afraid of the gunslinger. He is dangerous and they want to stop and control him. So everyone in town from the mayor, the priest and the girlfriend, all try and get the Generator Sheriff to get up and "do" something to protect the town.

The Generator Sheriff just sits there and rocks in his rocking chair, spitting in his spittoon. The Sheriff knows that if he gets up to go looking for the gunslinger he is going to lose because he is not a Manifestor. He just rocks back and forth in his chair and waits. All the townspeople are disgusted with the Sheriff and they use every manipulative guilt and shame tactic they can to get him to "do" something but he just sits there waiting.

The gunslinger finally comes to town all dressed in black and steps into the middle of the street and he calls the sheriff out. The sheriff responds and steps out into the street. The gunslinger draws first and the sheriff shoots him dead. This is the inherent power of the generator. Not only is the Generator clear and correct but they are empowered through their response.

There is a time for everything, and for the Generator, there is nothing to do but wait for that time. Waiting is magic for a Generator. Generators are an incredible force, and everything in life is rooted in this incredible force, the Sacral Center. We have life on this planet because of the Sacral. If Generators learn to make decisions only in response, they will stop being slaves of conditioning. They will make their own great contribution and enjoy a life of satisfaction rather than be filled with frustration.

Generators have the easiest opportunity to become awake because their path to being themselves and/or attaining freedom from the mind is very simple. All they need to do is respond. Nothing else. If they live this strategy, they will see what is for them, who is for them and why it is for them. It's an easy concept, but surrendering to their true nature after years of conditioning is not necessarily an easy thing to do. Generators have become so comfortable living as their Not-Self that it feels very scary to change. They have no idea what life lived in the true Self will be like - it's the unknown. They might find out after years of being a vegetarian that their Sacral responds "ahunh" to a steak!

Generators can begin responding as soon as they find out about their strategy. Life is all about responding. They respond from the moment they get out of bed in the morning until they drop back into bed at night. Generators have the quickest path to enlightenment because they can immediately begin to discover who they are. Responding shows them who they are. Since Generators have a deep yearning for self-knowledge, it's important for them to focus on who they are. Discovering who they are by responding is one of the greatest gifts they can give themselves.

Generators need to understand that what their mind thinks is not necessarily related to their true selves or their true purpose. They need to give up all ideas and thoughts of who they are and what their mind thinks their life should look like. Their strategy is to let go and open to the journey of Sacral response, to allow the Sacral to show them who they really are and what they love!

Generators don't know anything about themselves "for sure" because most of what they think they know is a mental construct. They have a Sacral that is not functioning correctly because they have been conditioned all their life. Their Sacral motor is not humming at all. There is a level of atrophy. The Sacral is an instrument and unless it is played, it never attains its full glory.

Most Generators become enslaved to jobs they don't love and use the Sacral to push through and force themselves to carry on. In order to change this situation, they must use their strategy to wake up to the truth of who they are and what they love to do. The Sacral Center needs to be revived. It can only find its true power when it is used as the focus of the waiting strategy. For a Generator, the Sacral Center is the heart of living correctly but until the Sacral claims its authority, it is a slave to conditioning, rather than a life force expressing and fulfilling itself.

Generators need to know that they can respond to anything. For example, they can't decide from their mind about what they want to eat, they need to hear what is on the menu, and then they can respond to it. Most Generators are living from their mind. They are out of touch with their "humming masterpiece". To get back in touch with it, they must respond to something that comes from the outside. This is especially important for beginners. Asking themselves questions, talking to themselves in the mirror or responding to questions they have written down is not responding to something coming from the outside. These short-cut techniques will not bring Generators to their inner truth.

Relationships

In a relationship, Generators need to ask each other so they can hear their Sacral response. If two Generators are in a relationship, and one of them has an idea, they should check it out with their Sacral first. Then they should get their friend/partner to ask them if their idea is really something that they want to do. This way Generators will be able to differentiate between an idea that comes only from the mind and one that expresses their inner truth.

If a Generator begins a relationship correctly, when they leave it, they do not blame anyone and do not carry any guilt. If they go in correctly, they will go out correctly. Going out correctly is just as important as being in a relationship correctly. What happens to human beings is that the Not-Selves meet; they do not know how to be with each other, and if the relationship falls

apart due to tension, it takes them seven years of pain to really let go of that relationship. If they did not go in properly and they don't go out properly, they carry a wound inside them. That wound conditions them negatively in every other relationship that they form. Every time Generators meet a force in this life, they have to be themselves. Otherwise they don't get out of the encounter what belongs to them, and they certainly will not get the pleasure and satisfaction that can come with it.

A Generator alone can never be correct. They need allies and should respond to the ally that is correct for them. They should ask others this question: "Could you ask me if I really want you to be my ally?" A useful strategy for Generators is to ask their friends and family if they will support them in this new experiment by asking them yes/no questions so that they can get in touch with their Sacral sounds.

Children

When Generator children answer with their true voice of "ahunh" or "unun", they are told that this is not polite. They are forced to stop making sounds and to articulate in words. When this happens their doorway to the truth closes, and they are cut off from developing self-esteem and self-love. Parents of Generator children have to learn to respect the Sacral sounds of their children and not condition them away from their truth. Generator children are designed to be busy and active until the Sacral energy is complete for the day and they drop into bed at night exhausted.

The Generator with Emotional Authority

For the Emotionally Defined Generator, the challenge is that they have to be hard to get. No one has the right to gain immediate access to them! No one does. This is very different from a non-emotional Generator. For a Generator, being emotional seems to increase the level of frustration because a Sacral "yes" does not necessarily mean "yes". They must wait out the emotional wave before they give their final answer. Once the waiting period is over, a "yes" may have turned into a "no". With emotional definition, the Strategy and Authority are much more complex.

The Defined emotional system impacts everyone around it. There can be great reward in processing things over time. Emotional definition, however, compounds the issue of waiting to respond. When emotional Generators experiment being hard to get, they will really begin to understand how beneficial it can be. When an emotional Generator says **"I** am not ready right now," or "I can't process this right now," it does not mean rejection. It just means that now is not the time.

People will wait for Emotionally Defined Generators. Their energy has enormous value and there is enormous power in being hard to get because when they wait, they will be able to shape the encounter on their own terms. If they make the mistake of initiating, they won't get their terms. However, the Emotionally Defined Generator does not understand how this process works; how playing hard to get makes people want them more. They have been saying "yes" and initiating all of their life, so this may be a foreign concept to them. They need to realize that while people wait for their answer, they're usually thinking: "How can I/we sweeten the deal and get him/her to accept?" Generators should also understand that if the opportunity or offer does get withdrawn, it wasn't the right thing for them anyway.

When an emotionally Defined Generator is asked, they need to move through their emotional wave before they can respond correctly. They need to take samples of the Sacral response as they move through their wave. And as they move through their wave, they should check in with

themselves and see if they feel a positive or negative response to the question. Depending on the question, this can take hours, several days, weeks or even months. Emotional Generators should never jump in or out at the high or low end of their wave; if they do this, they are setting themselves up for regrets. Accepting an offer too soon limits their potential, so buy as much time as possible. As they wait, they become clearer about their answer and their terms.

Being emotionally Defined is not a burden. It's about not having access to spontaneous knowledge. It is a way of hearing, seeing and learning that takes place over a period of time. This period in which the full emotional wave is experienced has much greater depth than the fraction of a second that the splenic system recognizes. The Solar Plexus is very profound; it teaches the Generator that their knowledge arc follows the wave. Before emotional Generators are ready to say "ahunh", they have to go through the complete emotional arc, because they have to know everything in a much broader span, with much more detail.

Remember that Generators have the life force energy that everyone wants; this is precious energy. Why would they give this away without respecting their need for time and clarity?

No one is more ready to take on the process of Strategy and Authority than a Generator. Work is very important to Generators, and living a life, in which they can experience satisfaction in their work, is the key to their happiness. Unfortunately, they have been frustrated most of their life because they are so attuned to the incorrect strategy. This is doubly significant because no other type is so concerned with living their purpose. It's part of their path this lifetime - to wake up to who they are.

Not-Self Generators

Generators are conditioned to be Manifestors. All their lives they have been told to "go out there and make it happen". Instead of being receptive, they run around acting as if they are Manifestors, and then become very frustrated because nothing works well for them. This simply continues the cycle of frustration in which they start and quit things.

The Not-Self theme of Frustration for Generators occurs when they fail to follow their strategy and thus meet resistance through initiating. When Generators attempt to manifest or initiate without waiting to respond to what life naturally brings them, they experience intense frustration from the resistance that gets created. Not having waited to begin something according to their strategy, they rarely stick at anything long enough to achieve the mastery that is their potential as natural builders. They simply give up. Most end up being enslaved, doing work that is unfulfilling.

When a Generator initiates, the energy gets stuck and can't move forward. That's why Generators are also great quitters. They must learn to let go of attachment and expectation. Letting go of such attachments may not be easy because our world has been conditioned by Manifestors, and all of the other Types are habitually trying to behave as Manifestors by initiating and pursuing what their mind dictates and what they think they want.

A pure Generator's design is very different from that of a Manifesting Generator in that they do not have a motor connected to the Throat. The Throat Center is the center of manifestation; it is the "gear box." It is what allows metamorphosis to take place, but the pure Generator does not have this metamorphic capability available to them consistently.

If pure Generators enter into something correctly, they will move through stages of perfecting or developing without the frustration that pressures them to quit.

Many Generators may have difficulty getting reconnected to their Sacral response because of the years spent suppressing or denying it. In some cases the Sacral response was conditioned

out of them since early childhood, and they never developed a relationship with it. Instead, they are living a life based on the Not-Self commentary coming from the mind that carries the themes of the Undefined Centers.

The question for a Generator is "Will I be Asked?" Their fear is that no one will ask them and therefore they won't have anything to respond to, so they don't wait to respond, instead they initiate. They just need to know that their open and enveloping aura will cause people to ask them.

As Generators begin to honor their strategy, they will have to deal with fears such as:

- Fear of losing control over their life.
- Fear of the unknown.
 - Fear that nothing will happen in their life and that their survival will be in jeopardy.
- Fear that no one will ask them.
- Fear of failure.

Signature/Goal: Satisfaction

As we know the Not-Self Theme for a Generator is Frustration. What they want in place of this frustration is Satisfaction. They want their energy to be used in satisfying ways. Their mind can never figure out what will bring them satisfaction. This can only come from their Sacral Center and their Authority. It's through following their Strategy and Authority that they discover themselves, wake up to who they are and find out what brings satisfaction to their lives. There is nothing more rewarding for a Generator than to feel a sense of Satisfaction in the work that they do in the world.

Metaphor

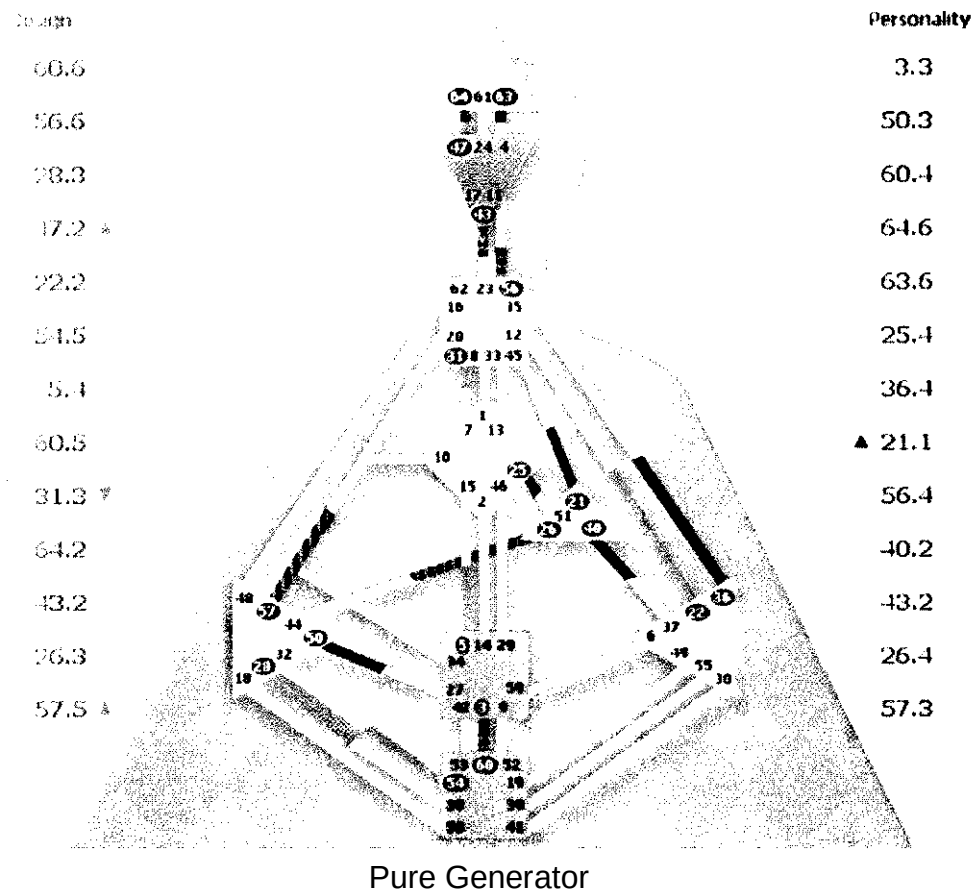
In our soccer team, Generators play the part of the defenders. They wait until the ball comes to them. If they can live with the fact that they are not a forward and accept this limitation, they can be very successful. Their power lies in responding to what comes to them.

Some Famous Generators

Pure Generators: Dalai Lama, Albert Einstein, Carl Gustav Jung, Mozart, Madame Curie, Luciano Pavarotti, Dustin Hoffman, Greta Garbo, Madonna, Elvis Presley, Walt Disney, Anthony Perkins, Dolly Parton, Mel Gibson, Meryl Streep, Eddie Murphy, Robin Williams, Celine Dion, Garrison Keillor, Ram Das, Kreskin, Johnny Carson, Oprah Winfrey, Ellen Degeneres, Paul Simon, Truman Capote.

Manifesting Generators: Mother Teresa, Vincent van Gogh, Friedrich Nietzsche, Alois Alzheimer, Marie Antoinette, Mata Hari, Arnold Schwarzenegger, Bruce Lee, Charlie Chaplin, Bill Cosby, Barry Manilow, Donald Trump, Tom Hanks, Elton John, Billy Joel, Liza Minelli, Angelina Jolie, Nicole Kidman, Arlo Guthrie, Sidney Poitier, Gwyneth Paltrow, Lily Tomlin, John Denver.

Living Your Design Example: Pure Generator



In this example we have a pure Generator with the Root defined to the Sacral and the Head defined to the Ajna. This creates a wide split in her design as it takes multiple gates to connect both parts of definition together. Having a Sacral defined in the design means she needs to wait to respond to things in life in order to know where to involve her energy. When she initiates she creates resistance and frustration in her life and a pattern of starting and quitting things. Her Authority in life is the same as her Strategy, which is her Sacral response. Her Sacral is her decision making tool.

The Undefined Centers are the Throat, G, Heart, Spleen and Solar Plexus. One of her challenges is that she has a lot of openness with these Undefined Centers, which can drown out her ability to be in touch with her Sacral response. She also has a defined mind which she cannot turn off. It is constantly thinking and making her decisions. Remember the mind is the "spokes-person" for the Undefined Centers and so with this defined mind and so many Undefined Centers she has a very noisy mind. She also has an open and enveloping aura, which takes in the energy of the other, so she needs to be very careful about who she allows into her life.

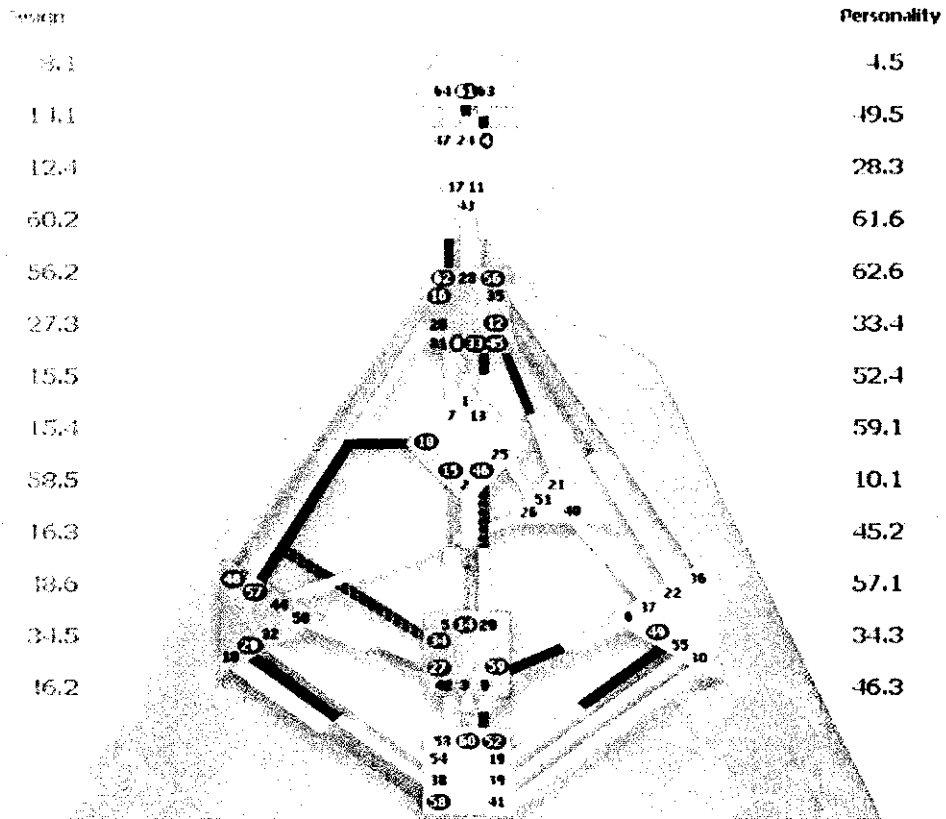
With the Undefined Throat she is under pressure to attract attention so that she can get a sense of identity and direction (G) in her life. She will also try to prove (Heart) how great, pretty, etc, she is by attracting attention (Throat) which will give her a sense of Self (G). With the Undefined Spleen she will hang on to relationships that are no longer healthy for her because she is afraid to let go. With the Undefined Solar Plexus she falls into the trap of making emotional decisions and she will avoid telling the truth and confronting because she is afraid of the emotional backlash that may result. You take all of the "noise" from the Undefined Centers and you add it to the noisy mind and the Sacral Center is overwhelmed!

The solution is: Once she gets in touch with her Sacral sounds and begins to make decisions from this place she begins the de-conditioning process. This process will bring many things into her awareness. She will begin to notice that she no longer needs to make decisions based on attracting attention (Throat) and that the right attention comes when she makes decisions from her Sacral sounds. Through her Sacral decisions she will also discover what makes her happy and brings her satisfaction. She will begin to see the difference between what her mind (Head, Ajna) thinks her life is supposed to be like versus what really and truly brings her fulfillment and satisfaction. There are many mental shocks that take place as she begins to see just how different she really is compared to what her mind thinks is correct for her.

With all these Undefined Centers, the conditioned self was always trying to keep the peace and she developed a protective persona, smiling like a Cheshire cat (Solar Plexus) in order to play nice and be what everyone wanted her to be. As she goes through the de-conditioning by being true to herself with her Sacral responses people around her get very confused. They are not used to her new way of being. They are used to her before de-conditioning and so some relationships drop away as they cannot accept her for who she is becoming - her True Self.

By allowing her Sacral to make her decisions, she begins to discover and love herself without proving anything (Heart). As she lets go of 'finding' her identity (G), she discovers that her response (Sacral) guides her direction and identifies who she is. She begins to face her fears and each time she does, she feels more and more content and confident with who she is. She soon realizes that she has nothing to prove and the new relationships with people that are coming to her, accept her for who she really is. She slowly drops the inauthentic Cheshire smile. She also realizes that there is nothing that she needs to do to attract attention (Throat) because she naturally draws to her the attention that is meant for her. She only becomes involved in jobs, relationships and activities that are truly correct for her and she feels very content and satisfied with her life. She learns a great many things about herself while she is going through this cellular transformation. Most importantly, she is happy and satisfied and her own authority.

Living Your Design Example: Manifesting Generator



Manifesting Generator

In this example we are looking at a Manifesting Generator with the Sacral Center as his authority. The Sacral, Spleen, G and Throat are Defined and connected continuously by the channels, so this is a single definition design. The Undefined Centers are the Head, Ajna, Heart, Solar Plexus and Root Centers. Manifesting Generators are designed to be efficient and they are pretty fast moving individuals. They are also very powerful so they can create a lot of resistance when they don't operate correctly. Manifesting Generators are conditioned to be Manifestors so they continually initiate things and create a lot of resistance in their lives. The manifesting aspect in their design completely overrides the Sacral response.

In this design we have someone who is in a big hurry to be free of the pressure from his Undefined Root. He is trying to prove (Heart) how smart he is (Ajna) by demonstrating how quickly (Root) he can get things done. He is living in a pressure sandwich with the Undefined Head and Root combination. This guy is in a big hurry and just crashes through things without waiting like a bull in a china shop. He is also in a big hurry to avoid confrontation and truth (Solar Plexus) and he is so busy he has no time to deal with these things so it makes it easy to avoid.

The solution is: As soon as he begins to get in touch with his Sacral response he begins the de-conditioning process. He needs to learn patience as is the case for all Manifesting Generators. By slowing down and waiting, he gives his Sacral a chance to respond to life. By responding to life he will know what is correct for him. As a Manifesting Generator, if he can slow down enough to get in touch with his Sacral response he is really accomplishing something. It's not necessarily an easy thing for him to do. However, the rewards will bring great satisfaction with his life.

Being in a pressure sandwich (Head and Root) has become "normal" for him. He has a habit of hurrying up to get things done so he can be free of the pressure. The reality is that he will never be free of the pressure. He is designed to take in outside pressure and he cannot stop this. But he can learn through following his Strategy and Authority the difference between the pressure that needs immediate action (the house is on fire) and the pressure that is not an emergency (shaving). He can learn to use the correct pressure to his advantage. But by being unaware of this and allowing the pressure to run his life he will experience more missed steps, careless results and eventually adrenal burn out.

He has the potential to become very wise about the egos of others as long as he does not get caught up in the "proving" game. He has nothing to prove to himself or to others. He is naturally bright (Ajna) and does not have to prove (Heart) that he is certain (Ajna). When he stops trying to prove how smart he is, his natural brilliance can come forward. While he is going through the de-conditioning process he can become wise about which questions (Head) are correct for him to ponder and think about. By giving his Authority for decisions to his Sacral Center he can then let his mind do what it was intended which is to be a creative resource for him. He will become wise about which confrontations are important and which ones are unnecessary. He will learn that he is simply a witness to the emotional climate and that he no longer needs to personalize what happens here.

By following his Sacral responses he will learn that what really makes him happy and satisfied is very different than what his mind thinks "should" bring him happiness and satisfaction. He will discover himself and begin to love himself. By becoming who he is he will stop comparing himself to others and find a sense of peace, contentment and satisfaction with his life.

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Generator

Generator Processes

On the second day you may want to break the Generators up into twosomes and have them go through the exercise of asking each other questions from a list that you provide during the course. (See the Appendix section.) Instruct them that the answers are not important, and to not focus on the answers. What we are trying to do here is wake up the Sacral and get familiar with it. Your students need to feel what it is like to respond from the Sacral, and once the session is over, to share their experience.

If you have a mixed group of types you can set up the Sacral sessions so that the non-Sacral people ask the Sacral people the questions. This gives the non-Sacral an opportunity to practice asking questions and sensing if the answers are really coming from the Sacral or the mind. Projectors have a natural talent for refining questions to the core and this will give them an opportunity to practice asking. And it will give the Generators the opportunity to sit with a Projector and experience being asked by a Projector. You can demonstrate this with a seasoned Projector and Generator before you start the process. Your class can really experience through the demonstration how this can work successfully. You can then ask the class if they would like to try it in groups of two or three people, giving the third person the opportunity to observe.

They need to hear their Sacral in response. They should not be using words, just sounds. When you use words to answer questions you don't know if it is your Sacral truth because the mind is

involved. They need to hear the sounds and become familiar and comfortable with the sounds. Grunts, groans, ahunh, unun, growls, anything.

Let them go through the question and answer session for about 10 minutes. Have them share how it felt and then have them continue with a new list of questions for another 10 minutes. Have them share again. The first time they will be thinking a lot but by the second session they should have some of that mental stuff handled and be ready to feel their Sacral response. The second time will prove to be an easier experience for them. You should have two different lists so they do not get the same questions for the second session.

You want them to respond from their Sacral and hear it. Chances are they will discover that their Sacral always has an answer and it won't necessarily be the answer that their mind expected. There is no mind in the Sacral. No logic. It is just the truth. You want to guide them to discover this extraordinary mechanism inside them that they have been ignoring.

Generators need to fully understand what it means to respond. Waiting does not mean you are not doing anything, and it is not a punishment. Reinforce this for them. They will be worried about how to do this and what it might do to their life. Generators need someone to ask them questions. It is important to have a discussion with them about how to live as a Generator. Share with them your own experiences of how you learned to know your own response. Tell them what you have been through. If you are early in your own de-conditioning process or are not a Generator, have a seasoned guest speaker join you. This can be very effective.

After the LYD Weekend

When Generators go back to their life at home they will benefit from the cooperation of their partners, family and friends. Warn them that initially their new way of responding may not be well received, because most people will not understand and may want more than a grunt for an answer to their questions.

Generators may be more easily accommodated, by their family and friends, if they explain what is going on and how it will benefit everyone. Tell them they can say something like "I'm trying this new experiment to find out what my inner knowing is versus what my mind is telling me. Would you help me with this experiment by phrasing questions to me in a 'yes' or 'no' format, and then humoring me with my simple 'ahunh' or 'unun' answers? It would be a big help. And you will learn a lot more about me in the process!" Most people will help them. It's all in how they ask.

You can also create a support group to help Generators. It is very helpful for people to stay in the conversation of Strategy and Authority for some time after their LYD course. You can offer to create a discussion group for them so that they can share experiences after they have left the course. If you ask, during the workshop most people will indicate that they would like to stay connected and share experiences.

Generator/Manifesting Generator

Who am I?

- Support Network
- Study of self
- Sacral sessions
- Emotional - support network; sharing experiences



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THE PROJECTOR

Strategy: Wait for the Invitation

Not-Self Theme: Bitterness

Mechanics: Non-Sacral, Throat not connected to a motor

Aura: Focused and Absorbing

Questions: Who are you? Will I be noticed?

Signature/Goal: Success

Technical Description

A Projector has no motor connected to the Throat Center and an Undefined Sacral Center. Projectors can have many different configurations to their design and be so complex that as many as eight of the possible nine Centers can be defined without the potential of generating or manifesting. Because they possess no reliable means of either manifesting or generating energy, Projectors are the first of the two non-energy types. The other is the Reflector.

Projectors make up approximately **21 %** of the population.

Role in History

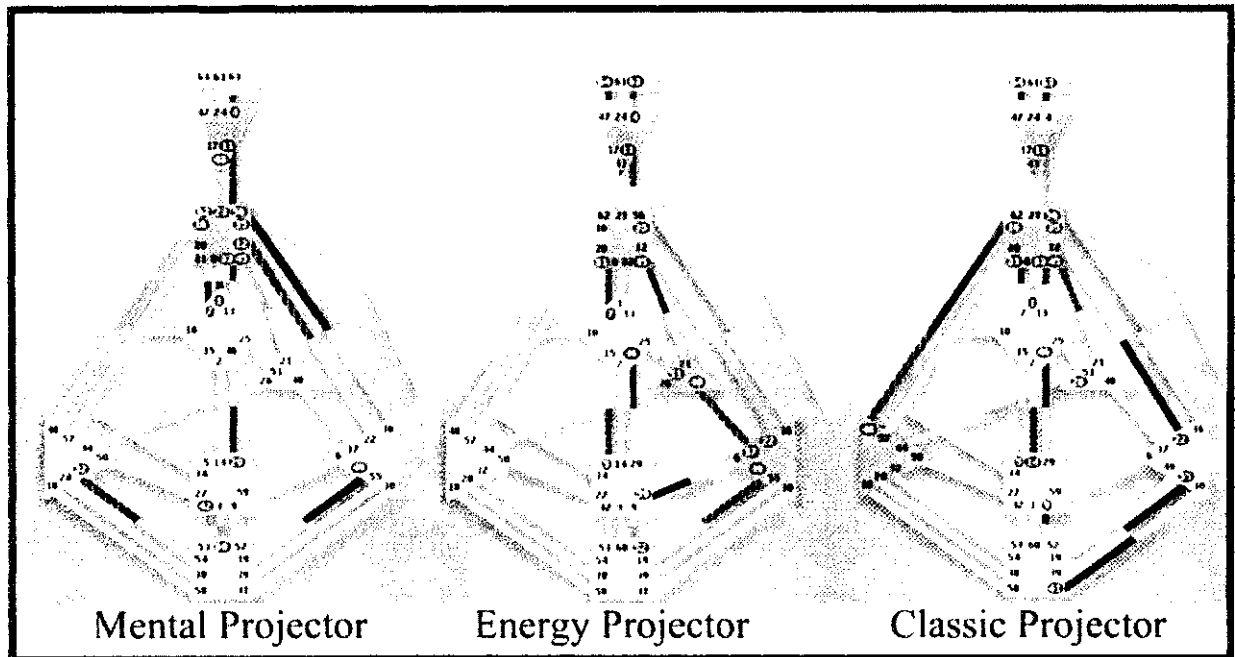
In the past, energy types have run the world. Projectors have never been recognized for their natural potential at the top as guides for the energy types. In the future, they will move into positions of great power, taking the place of Manifestors. As Generators begin to regain their natural power as creative builders, Projectors will emerge as the administrators of the new order.

Overview

It's the Projectors' openness that allows them to be guides for others. Once they stop living their life through the Not-Self themes of their Undefined Centers, they can begin to use their openness to "read the energy of others" and know how to guide them. They can become great resources to help the energy types use their energy efficiently. Their role and purpose is to guide the energy types by asking the right questions. Because Projectors are masters at knowing how to use energy efficiently, they see things that the energy types might miss. They can point out these things through asking questions to guide the energy types to a more efficient way of energy usage.

Projectors are at the top of the Type hierarchy, but they have a long way to go before they can fill the shoes that were designed for them. Projectors need a system to help them understand people. Once they have found that system, they will be able to guide others effectively. Projectors will always be more interested in someone else's design than in their own. Projectors care about understanding the other and how people can work together efficiently and effectively. They can guide because of their ability to read this energy.

Three Basic Categories of Projectors



A Mental Projector has a design in which the definition includes any combination of the Head, Ajna and Throat, and no definition below the Throat Center. An Energy Projector has one or more motors defined in their design (no Sacral). A Classic Projector has definition that does not include a motor.

Mental Projectors have a very open design and a deep reliance on the mind. They tap into the collective program to read the energy with all their Undefined Centers. Mental Projectors are the archetype of Outer Authority. It is difficult for them to understand that their Outer Authority (their own mind) is not their Inner Authority. It's important that they understand how others impact them through their Undefined Centers. Through the fascination of this process they wake up, and through studying other people's designs their own strategy can begin to work. It's important for them to bounce things off others so that they can hear what they themselves are saying and also what others are saying. This will help them with their decisions.

Energy Projectors need to be very careful about the invitations that they accept. Because they have energy through their motor definition they are under tremendous pressure to release this built up energy. Because of this they can become the ultimate Not-Self slaves and be deeply dependent and conditioned. They have to be extra vigilant about accepting the correct invitations.

Classic Projectors know how to be more objective and more choosy about the invitations they accept. Because they don't have any motors defined in their design, they can "taste" the energy fuel from the motors of others and therefore know which person is correct for them or not. They can read the energy more clearly because they are taking in all four motors or energy from the other.

Because of the Undefined Sacral, Projectors take in and magnify Sacral energy and this is what gives Projectors the feeling of life force energy. They take in that life force, which means they are conditioned by it and any "stuff that comes with it. Since toxic energy is very detrimental to them, it is critical that they be conscious of the relationships accepted into their lives.

When Projectors make a decision, they are signing up to become a slave to the energy they are saying "yes" to. It's a long-term decision, so it needs to be a very careful one. Authority will tell a Projector whether it is the right energy for them.

The Projector's aura is probing and focused on the identity of others. Projectors have a talent to read the energy of others and recognize who can get things done, even though they are not energy types themselves. They don't lack anything because they are a non-energy type, but rather they are middlemen between the two energy types. They are great organizers and have a gift of bringing people together. When invited, they can direct and advise the energy types how to use their energy for maximum benefit.

Projectors want to be recognized by energy types because once recognized, they can use the other person's energy and begin to fulfill their purpose, which is to manage energy. Thus the Projector's personal fulfillment and achievement depends upon having the right people in his or her life.

Projectors get confused early in life about the need to be recognized and can attach themselves to anyone that recognizes them, even if it is negative recognition. What they must learn is that they need to recognize themselves and stop looking for any type of external recognition.

Projectors need to know that the right people for them are those who recognize them for who they are. Let's imagine a Projector who is, say, a classical guitarist, and who finds himself playing for an audience that wants rock and roll. Rather than trying to convert the audience to classical guitar, the Projector would be better advised to find an audience that appreciates and recognizes his classical guitar talents.

So for Projectors to try to convert others to appreciate them simply does not work. They must accept that those people don't really recognize them, and they must also understand that that's OK, because they have just been informed by the universe that such people are not the right ones for them. The Projector must simply move on and wait until he or she feels the appropriate recognition.

Nothing feels better to a Projector than being recognized. If you are living with a Projector and are not recognizing them, they will be very bitter people to live with. Projectors get very bitter when they are not recognized. When Projectors try to get recognized, the person to whom they are appealing may feel that they are very needy. This places Projectors at a huge disadvantage, since they are giving their power to the other person. But all they need to do is stop trying, be themselves, and move on if that is appropriate. If the person concerned is a family member and the Projector can't just drop the relationship, he or she can still shift the energy by not trying to be recognized and then just watch what happens to the relationship.

Projectors are designed to get recognition, and they are always being seen. It's really all about "what" gets recognized. In other words, are they being recognized for their true gifts?

Strategy: Wait for the Invitation

The Projector has a design of waiting that has a specific quality to it that is unlike the waiting strategy of the Generator. There is a great deal of waiting in the Generator life. They wait for whatever input or question comes their way in order to define their world through response.

Projectors, on the other hand, are waiting for the specific, formal invitation. They are waiting for investors to recognize their special skills, and their strategy is to wait for that formal invitation. That invitation is the offering of energy, the offer to manifest or generate.

The strategy of a Projector is not a moment-by-moment strategy like the energy types. It should only be applied for major decisions in life. The formal invitation generally is about four things: The invitation to love, the invitation to career, the invitation to bond with others, and the invitation to a place to live. Once these invitations are received, the Projector can then maneuver within these invitations, as they like.

Projectors have to understand that once they do what their Type requires, their aura does the talking. If Projectors remain silent, their silence will bring out the invitation of others. The "wrong" people, and the wrong invitations, will slowly fall away when the Projector stops initiating invitations. Projectors must be very careful who they allow into their aura and their life. The wrong people are like a poison that smothers and destroys the gifts of their true life force. When Projectors learn to trust in the silent magic of their chemistry, many opportunities come their way.

Waiting for the respectful, formal invitation is the mantra for the Projector that will eliminate resistance and get rid of bitterness. This is how their life loses its sourness and becomes sweet. The invitation is the entry key to life for Projectors and it ensures that their vehicle operates properly. Everything else will unfold for them; it just happens, because the Projector is in tune with his or her mechanical structure. Projectors are always getting invitations but they have to be very clear that receiving the invitation does not of itself mean that what is being offered is the right kind of relationship for them. It just means that the basis is established.

When Projectors hear people recognizing them from the keynotes in their definition, they know they are being recognized because the keynotes reveal their qualities and strengths. If they have a logical mind and someone says "I love the way your logical mind works," then they are in the right company and they will get energy from the other in return. Projectors who act as if they are Manifestors or Generators suffer from exhaustion and burnout because they are not genetically equipped to be an energy type.

Projectors do not have consistent access to energy of their own. They rely on the other for energy, and this energy comes through correct recognition followed by the invitation. Projectors and Generators are designed to be deeply interdependent. Projectors need recognition from the Generators, and the Generators need guidance from the Projectors. Neither has the power to truly fulfill their purpose without the other.

Recognition coming from the other allows the Projector to know if they are with the right people. People who recognize them for the wrong things are not the people for them. The right people are those who recognize and understand them. In order for Projectors to know or recognize a proper invitation they need to understand their own design. Projectors want to be recognized for their gifts, and Human Design can help them understand their gifts through understanding the definition in their design. Relationships founded on the wrong recognition never work out well for them.

Projectors are great students of humanity. They have a need to study systems and understand others through such systems. Through the study of others, they learn about themselves. Human Design teaches them to learn about themselves through their interactions with others. For example, if you are an Emotionally Defined Projector and someone recognizes you for being spontaneous, then you know they don't really 'get' you because they are recognizing the wrong thing. If you accept the invitation from the wrong recognition, you can end up being involved in the worst (for you) things in life and become totally exhausted and incredibly bitter.

Projectors need to learn about the sanctity of their aura. It is essential that they have an aura-free space where they live. To sleep alone is so important for a Projector. Projectors also need to know how to separate themselves from the connection to their Undefined Sacral so they can properly relax. They need to learn to know when enough is enough and when to let go of the Sacral aura of the other. They need to learn to know when to let go and be alone. They need to know their role among all the types, and they need to know how best to behave in the world so that they have the opportunity to truly be seen.

Relationships

As we have already discussed the quality of the energy in the other is extremely important for a Projector. For a relationship to work correctly, they must be recognized and invited into the relationship. A relationship where a Projector is not appreciated nor recognized will leave a very bitter taste in the Projector. It's difficult for them to extract themselves from the wrong relationship so it is very important that they follow their Strategy and Authority so that they can have a successful relationship.

Children

Projector children need to be taught to wait for the right audience. And they need their parents to recognize them and teach them early what it means to be a Projector.

Parents who invite and recognize their Projector children for their qualities give them a chance to develop and express those aspects of their character. True recognition from parents allows children to feel the power of being who they are and to be clear as adults if they are being properly recognized. Then, when invited to do so, they are able to express that power in the world.

Emotional Projector children have to be invited to the potential of their definition without the pressure of having to accept the first time they are asked. When there is no pressure, the child can get into contact with his or her energy. Let's take the example of a child having the Channel of Community (40/37). This child has to be invited into groups, such as which playground she wants to be in, and to be given time to consider and be re-invited. If the child is in the right community, she will grow, develop and thrive. If she is put under pressure to accept the invitation, she will easily end up in the wrong community and be deeply unhappy.

The Projector with Emotional Authority

We know that every Type, except Reflectors, has an emotional version, which changes the strategy. A Defined Solar Plexus is always the authority in a chart, and for Projectors it means that they cannot accept an invitation at once because there is no truth in the now for them. They have to sleep on it and be re-invited. What appears to be a great invitation when they are up in their wave can turn into a horrible commitment when they are down in their wave. So, emotional Projectors have to experiment with that in order to see that their aura really makes the other person renew their invitation.

Being emotionally defined can be very difficult for Projectors. Because they have been waiting for these moments in which invitations occur, they have a tendency to jump at the opportunity. We are all conditioned to be polite and answer spontaneously when someone

invites us to take up a job or attend an event. It's easy for an Emotional Projector to get hooked into someone else's energy field. It's hard, because even after the invitation they still have to wait; they can't be spontaneous. They need to wait, discuss it again, wait and discuss it yet again. By waiting for clarity, they may in fact receive an even more delicious invitation. The strategy for Emotional Projectors is to simply ask if they can get back to the person to talk about it again in a day or two. If they're still not clear by then, they should ask for more time.

Not-Self Projector

When Projectors hear about the four Types, they naturally believe they are Manifestors because they have spent their lives trying to manifest or initiate. They feel like they have tons of energy. But when they don't wait for the invitation, they meet resistance, and this makes them bitter and resentful as they think they have to compromise who they think they are and what they think they are here to do.

The question of a Projector is "Will I be noticed?" Projectors are waiting for investors to recognize their special skills, and the invitations that are correct for them have to be perfectly tailored to fit their design. Because they are so concerned with being noticed they try to get noticed and this leads to nothing but resistance and bitterness.

As a non-energy type, having no consistent access to energy, no motor to Throat and no Sacral definition, Projectors often find themselves exhausted. They are using their energy trying to be seen by people who simply do not recognize their ability to guide and are left feeling invisible.

Projectors think they are energy types because they have this Undefined Sacral or life-force energy, which is a very powerful force, especially when the energy is intensified by the magnification of the Undefined Sacral Center. Projectors, if unaware, become enslaved to the energy of others and then don't understand why they are so unhappy. They can end up running around like Manifestors and Generators. Remember, the Undefined Centers, when conditioned, are magnified. That's why Projectors can seem like energy types.

They need to know that they do have choice about what energy they accept and are comfortable working with. Projectors need to realize that they can decide what energy they want to magnify.

Projectors can become exhausted and need to learn to manage their energy properly, to know when enough is enough. Having an Undefined Sacral Center, they get conditioned to become "super-slaves" and work twice as hard as everyone else. This is not healthy for the Projector as they are allowing the Sacral conditioning to run them like a Generator.

Projectors are deeply pessimistic that people won't be interested in them. This assumption comes from a lifetime of not feeling recognized. When Projectors hear about their Type, they immediately resonate to the keyword "invitation". They remember that they have been doing more inviting in their life than being invited. In their restlessness and deep insecurity, they treat others the way they are meant to be treated. But that is not how the Projector design works.

When Projectors feel starved of energy they will compromise and settle for the wrong energy, which leads, again, to bitterness because they are not properly recognized. If they are not properly seen, they cannot have their talents and gifts used correctly. They must have energy in order to thrive. Projectors who have been recognized are of value to the other because their gift has been set into motion.

For a Projector who is deeply conditioned, it is difficult to distinguish between a right and a wrong recognition. If they accept a life that does not belong to them, they may become ill as a

result. Only when they are recognized properly, do they get clean energy. When someone says to an Emotional Projector, "I love the way you feel," it shows that he or she is truly seen, and the Projector has access to the other's energy.

Projectors are very sensitive and are mostly focused on others. This is fine except when they interfere without being invited. Because the Projector's aura is so penetrating, the other person can feel invaded, so it's very important that the Projector wait to be invited before offering his or her advice or help.

Through understanding the other, Projectors understand themselves. But if their agenda or motivation for taking care of the other is the expectation that they will get attention or recognition, they will meet with resistance. Like all types, they need to be aware of their underlying agenda and expectation.

Projectors have a very strong intellect. They like to study and take in information. Because of this strong intellect, they tend to have a very deeply conditioned mind. They try to control their life and circumstances through the Not-Self mind strategies.

Projectors tend to feel that they will not get the life they really want, so they compromise in their relationships and jobs by settling for what they think they can get. Settling is a huge problem for the Projector, especially when there are bills to pay.

Points to Review

- Surrender to life. Stop trying to control things.
- Your aura brings to you what is right for you. If you live your design you get what is correct for you.
- There is nothing to do but be who you are, doing what you love. There is nothing you have to "do" about your life. Wait and allow life to unfold.
- Stop looking outside for validation and recognition by attracting attention, initiating conversation, offering unsolicited ideas and opinions, and inviting others.
- Invitation comes from silence. Learn to be quiet and stop seeking attention. Your aura is very strong and will pull people and recognition to you, but only if you remain quiet.
- Only when you are recognized and have accepted the invitation, are you empowered to manifest. Remember that once you are recognized, you don't have to wait for another invitation within the same structure of an existing invitation.
- You do not have to settle or compromise.
- When you feel that you are not being recognized, either you are disturbing your own aura by trying to be noticed, the time isn't right or you are with the wrong person or group. Experiment to discover which of these situations apply to you.
- When you have been invited, the energy to manifest flows through you. You are like a conduit for energy. It is not yours, but you get to use it for as long as that invitation lasts.
- Recognize others rather than trying to get recognized. See what happens.
- Go through your chart and see what you should be recognized for and how that relates to the charts of your family members.
- Have a more in-depth reading to further understand what you are here to be recognized for and to stimulate more areas of study.
- Begin to experiment. Wait to be invited to a movie or dinner with a friend and don't say a word until you are asked.
- If the invitation has lost its energy or excitement, it's possible that the invitation has been "withdrawn" or the job is complete but no one has noticed. The feeling may be

that things just aren't working out; the money, interest, support, time, etc. may have vanished. At that point, it's helpful to discuss the situation with the inviter.

- If the invitation is over, then the Projector's job is complete. A Projector's Not-Self openness may be the reason completion isn't recognized. This can be due to holding on to things, not knowing when enough is enough, trying to prove oneself, wrong invitation to begin with, fears, etc.
- Trust your being, your design, and your aura. It will take care of you.

Signature/Goal: Success

As we know the Not-Self Theme for a Projector is Bitterness. Projectors are here to recognize the uniqueness and potential in others and to guide them by asking the right questions without an agenda. The right question can be the opening to satori that can shatter, awaken or transform the other to their own unique truth. Projectors can't afford to be with the wrong people as they have no way to protect themselves. By waiting for the invitation and using their Authority to selectively allow others into their energy field, they can get clear through experimentation about how to guide properly. In seeing the potency of asking the right question, the Projector will taste the sweetness of Success. Success also means getting to a place that being a non-energy type is not an issue.

Metaphor

In our soccer team, Projectors are the midfielders. They move between the forwards (the Manifestors) and the defenders (the Generators). They manage the two so they can play together, because they prepare the ball for the forwards and give it back to the defenders. Their gift is to direct the whole game by coordinating the players, seeing where the energy can be efficiently used, which means where a goal is possible.

Some Famous Projectors

Nelson Mandela, J.F. Kennedy, Queen Elizabeth II, Fidel Castro, Josef Stalin, Karl Marx, Baghwan Shree Rajneesh, Mick Jagger, Barbara Streisand, Marilyn Monroe, Woody Allen, Steven Spielberg, Princess Diana, Thomas Gottschalk, Berthold Brecht, Ralph Nader, kd Lang, Kirstie Ally, Whoopi Goldberg, George Clooney, Jon Bon Jovi, Demi Moore, Denzel Washington, Goldie Hawn, Ron Howard, Melissa Etheridge, Katharine Hepburn, Josh Groban, Diane Keaton, Ringo Starr and Candice Bergen.

Living Your Design Example: Projector

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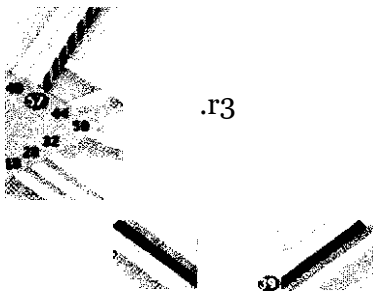
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Projector

This Projector has two separate areas of definition which makes him a Split Definition. The Spleen Center is connected to the Throat Center and the Heart Center is connected to the G Center. The Authority for this Projector is his Spleen which means that his intuitive awareness in the moment guides him. Because of his Defined Heart Center he falls into the category of an Energy Projector. He is designed to be recognized and to wait for the invitation before entering into anything new. He has five Undefined Centers and they are: The Head, Ajna, Sacral, Solar Plexus and the Root. As we have learned, it is important for Projectors to understand their definition so that they know when they have been recognized properly. The two channels defined in this design are the "Brain Wave, A Design of Penetrating Awareness", and "Initiation, A Design of Needing to be First".

This Projector has been conditioned to be a Manifestor, and initiating spontaneously rather than waiting for recognition and an invitation. There is a strong urge with his Heart to G Center definition to initiate and be first. This has caused him to create a lot of resistance in his life. He is very intuitive and has a sense of what needs to happen but he cannot offer this information unless he is invited. Through his life he has felt unappreciated because no one seems to value what he has to offer. His gifts and ability to hone in on someone goes unrecognized without waiting for an invitation, causing him to feel bitter when he is rejected. With an Undefined Sacral Center, he doesn't know when enough is enough or when to let go and stop initiating. The gates bridging his split are the gates of the Alpha (7), the gate the Creative (1) and the gate of Treading (10.) With these three bridging gates in his design he has felt that he needs to know how to behave in the world and to be a self-expressed administrator. These areas have been a driving force in his life causing initiation and resistance.

The Undefined Root and Head Centers put him into a pressure sandwich where he continually acts on this pressure to try and help or offer his certainty, which only leads to rejection. With the Undefined Ajna he is also offering uninvited insight and ideas in order to prove just how smart he is before anyone has a chance to challenge him. And with the Undefined Solar Plexus he has become so hurt and sensitive to the rejection that he has developed a "nice guy persona" to avoid the rejection. The Undefined Solar Plexus has amplified the emotions of others all his life and he has misinterpreted this as his own emotional volatility, causing him to make instant emotional decisions. Having three undefined motors means that he is taking in a tremendous amount of energy from the environment without knowing how to release it. This energy pushes him and drives him into these Not-Self behaviors.

The solution is: Once he enters into the experiment of learning about his design and following his Strategy and Authority, the de-conditioning begins. By recognizing his energy and by not looking for others to validate him, he holds his power. By waiting to be recognized for his ability to intuitively know things (Spleen) and his ability to make and keep his word once he is invited (Ego), he begins to see how his power actually works correctly. He then becomes someone who can influence (Gate 31) and make a contribution to others (Gate 8). He will learn just how powerful he is by observing what happens when he backs off and allows his aura to do the work. He will see that his intelligence (Head, Ajna) gets noticed and that he has the ability to make a difference through his verbal expression when invited.

His Splenic knowing will guide him once he begins to relax and not allow the Undefined Head and Root to drive him. He finds a healthy way to release that energy, such as exercise, singing or writing. While he was initiating and trying to be noticed he was completely overriding his intuitive guidance system, which threw off his timing completely. He will need to experiment with being aware of his Authority.

He is well equipped to know who is right for him and what is right for him if he pays attention to this information from his Spleen. He will also know who has toxic energy and to stay away from them by being very choosy about who is allowed in his aura. He has the potential to be a powerful guiding force for Generators if he learns how to wait for the invitation to ask the right probing questions. When he learns how to ask the right questions, he can have a transformational effect on the other by initiating them into new directions. He will be and feel like a success when he lets go and allows his design to work for him.

* * *

Projector

* * *

Projector Processes

Studying the other is what is fascinating for the Projector, so the second day is about expanding their knowledge about the other. Talk about what it means to wait for the invitation. It does not happen all the time. It happens once in a while. In between the invitations, they are dealing with a Generator world, and they experience this as inconsistent energy.

Projectors need the education in order to understand the other. Get them started on their study. It's the most important thing you can do for them. They will need to take courses, and get the books and the audios. Because they do need to study, Jovian Archive has a special discount called the 'Projector Endowment'. This discount is available for some materials in the Jovian Online Store.

Recommend to them what to look into and courses that they will need to take. Here, we are truly dealing with the mind. Most Projectors love Human Design and they want more information. It's the start of a long educational road for them. You need to have a special Projector Information packet that will show them where to go next. They will only wake up when they master the system, and they are here to master the system. It takes a full seven years!

No one is better equipped to be a valued guide to humanity through asking probing questions. This is a new role, and they have a long way to go. In order for them to take their place they must master the system. You want the Projector going out the door ready to study. Mastering the system is their path to transformation.

For their process, take them through all the Types so they get an understanding of who they are interacting with and the dilemmas of each Type. It will be very helpful to them, and as they go through this process, they can look at the charts they brought with them. If you have a Famous Charts notebook, bring it to share. Get them engaged and encourage them to ask questions. Give them as much information as you can to get them started on their education.

Go through their charts and look at their definition. Talk to them about how they are to be recognized and what they are to be recognized for. Ask them if they know how they are to be recognized. Have a conversation about this with them. When they begin to recognize themselves they can effectively recognize the other.

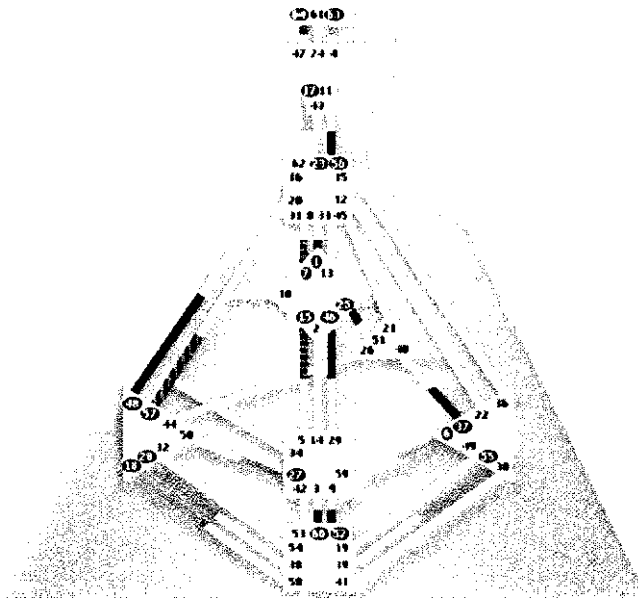
The next step is the ABC course and the Rave Cartography course. Show them how they can get in touch with teachers to take some courses in Human Design. They need to get the Circuitry book and the Profile & Type Reference Book. There are many helpful audio programs available from any of the national Human Design organizations or from www.jovianarchive.com. Stay in contact with other Projectors who are teaching and studying Human Design to see what was helpful to them in their studies and share this with your students.

Invite the Projectors into the Sacral sessions with the Generators to give them a feel for a true Sacral response. They can be the question asker. This is an opportunity for them to learn how to ask Generators questions and also to experience the Sacral specifically through the group dynamic. They will have fun!

Projector

- Who are you/Who is the other?
- Study the other through a system
- Recommended books
- Beginners' information
- Courses available
- Jovian Archive
- Human Design Organizations
- Sign up for "Projector Endowment/7 at Jovian Archive for 30% discount off some products

THE REFLECTOR



Strategy: Wait 29.5 Days
Not-Self Theme: Disappointment
Mechanics: No fixed definition
Aura: Resistant and Sampling
Questions: Who am I today? Can I be myself?
Signature/Goal: Surprise

Technical Description

Reflectors are easy to determine because they have no fixed definition. All the Centers remain white. They have a lot of activations in their design with the potential for definition through the aura of others or the transit field. The potentials are the gates sticking out of the Undefined Centers. Reflectors make up less than 1% of the population of our planet; however, that still amounts to millions of people. The way in which Reflectors process experience is different from any of the other types. They really are extraordinary.

Role in History

Throughout history, the Reflector type was ignored because the energy types ruled the world. But the future lies in a new natural hierarchy, in which the place of the Reflector in the world is that of the ultimate justice. Because they reflect everything around them, they can read and judge what is going on.

Overview

If we were to arrange the three other types in a triangle made up of the Manifestor, Generator and Projector, we would put the Reflector at the center. The Reflector is very different from the

other three types. The other three are solar types, which means that they operate in a generalized imprinting program rooted in the Sun. The Reflector is the only lunar type. What they reflect is the imprint of the Moon.

Reflectors are not necessarily interested in themselves or others. They are not really interested in their impact either. They are interested in "what or who am I today?" because every day is different. "What am I today?" is the theme for the Reflector. They are connected to the larger program of planetary transits.

Their potential is to reflect everything around them with perfect equanimity. Reflectors are not more vulnerable than the other designs, even with all nine Centers open. They are, in fact, the most resilient with their resistant and sampling Aura. The Undefined Centers are not a handicap if the Reflectors are operating correctly. In fact, the Undefined Centers can be the deepest windows to wisdom. Their aura resists taking in the other too deeply and it allows them to sample the aura of the other so that they can discover if the other is ready to step out and express their uniqueness rather than be absorbed in the homogenized world.

If Reflectors know their design clearly, they are absolutely protected from identifying with anything at all. Their chemistry magnifies everything and everyone, and they have the potential to see everything that is really happening in a way that no one else can. They are a key to a global consciousness because they participate through their openness in filtering the consciousness field. They are simply open to what is passing through, and they can become very wise to what is going on. Detecting the blip, something that is unusual or out of line, is their gift. Because they are so in tune with the world we live in, they have the potential for discovering who is ready to break the mold of the homogenized world and to point them out and support them in discovering their uniqueness. What really delights a Reflector is to be surprised by this.

The role of the Reflector is to be one with the totality. Their greatest gift is to read others. They have an opportunity for a mystical life that most of us cannot know. Unfortunately, most Not-Self Reflectors live a homogenized life, trying to be something they are not, rather than embracing the fact that they are different.

Reflectors have a special connection with the Moon; in a sense they represent the Moon on Earth. They are open and vulnerable, but resilient. They need to maintain their sense of wonder about life; this is what it means to be a Reflector. Unfortunately, they so often find the world disappointing. They need to become comfortable and unattached with each moment of reflection. If they identify with what they are mirroring, they will easily become lost and confused. They can be connected to a celestial body in an ongoing and profound way. As the Moon on Earth, Reflectors bring us the Moon's reflective light.

Place is the Key to the Reflector's Happiness

Reflectors do need to be in the heart of the community so that they can learn from all those around them. They are here to learn that there is no good or bad in the world, just diversity. It's important for Reflectors to have time alone to shake off the conditioning that they are exposed to on a daily basis. They must be careful not to become dependent on those around them, and be very careful about whom they allow into their inner circle. The right environment, the right community, is the most important issue for a Reflector.

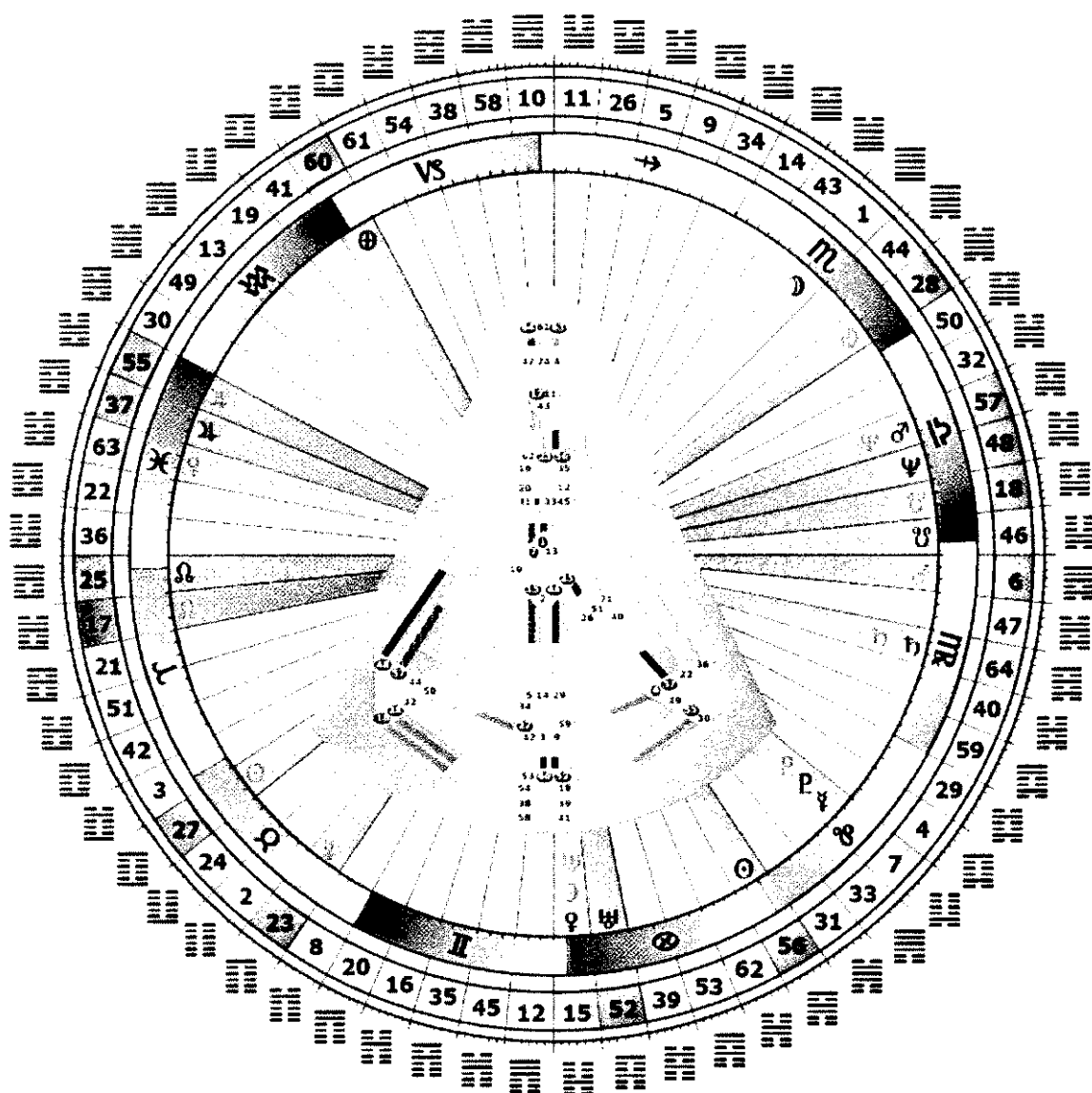
To be a Reflector is to have an Undefined G Center, and when this Center is open, the person does not have a fixed sense of identity or direction in this life. It's important that they allow life to show them the way, through the quality of the people they meet and the places to which they're taken. If someone takes them to a place where they are uncomfortable, then they are with the wrong people. Wrong place equals wrong people, and so this is their clue. The environment is very important for them because they reflect it. If Reflectors are in a sick environment, they may get sick themselves or not feel well.

Reflectors are here to know who everyone else is, so they can distinguish who is right for them. With the Undefined G Center they run the risk of becoming dependent on the other. When someone shows a Reflector something they love, the Reflector is likely to hold onto that person. Everyone is here to initiate Reflectors, to show them the way, but not control them. They do not have to hold onto others just because others showed them the way. Reflectors can enjoy where they are taken without becoming dependent and attached to the person who took them there. All of the themes of the Undefined Centers will apply to their life so it is important that they understand the Undefined Centers.

Strategy: Wait through the 29.5-day Cycle of the Moon

Reflectors are different from the other three types, which are all rooted in definition. The other types have aspects in their nature that are fixed, but Reflectors don't have any fixed definition. They are wide open. But there is an element in their lives that is very important for them and that element is the moon. Reflectors are moon beings. They reflect the lunar cycle. The moon moves very quickly, and every 29.5 days it goes through all the 64 gates in the bodygraph. For Reflectors, there is a regular cycle of conditioning that comes from the moon, a pattern that has been set for them in their lives. Therefore, despite the openness in Reflectors, there is consistency in their process. As the moon moves through the gates each month a pattern emerges. Reflectors receive definition through the cycle of the moon, and this pattern is repeated each month.

When you look at a Reflector chart you will see many gates in the Undefined Centers. These gates are receptors. As the moon moves through its cycle, it passes through the opposite end of a gate and hooks up to the receptors, creating a definition pattern as it continues its 29.5-day cycle. The temporary definition that this creates is what is consistent in a Reflector's life. Reflectors can rely on this consistent pattern, and it's through this cycle that they can find themselves. Understanding their pattern by charting the moon through their chart is essential for Reflectors.



Reflector Mandala and Bodygraph Example

Moon Cycle Pattern for a Reflector

Date	Time	Gate	Definition
01.10.2006	8:57	61	Reflector - none
02.10.2006	6:02	41	Reflector - none
02.10.2006	12:25	19	Reflector - none
02.10.2006	21:54	13	Reflector - none
03.10.2006	13:29.5	49	Reflector - none
04.10.2006	0:13	30	Reflector - none
04.10.2006	9:21	55	Reflector - none
04.10.2006	15:23	37	Reflector - none
05.10.2006	4:54	22	Reflector - none
05.10.2006	15:20	36	Reflector - none
06.10.2006	9:08	17	Reflector - none
06.10.2006	16:32	21	Reflector - none
07.10.2006	13:19	42	Reflector - none
08.10.2006	5:46	27	Reflector - none
08.10.2006	14:49	24	Reflector - none
09.10.2006	9:09	23	Reflector - none
09.10.2006	20:02	8	Projector - Throat-G
10.10.2006	2:18	20	Projector - Throat-Splenic
10.10.2006	15:01	16	Projector - Throat-Splenic
10.10.2006	23:04	35	Reflector - none
13.10.2006	1:29.5	39	Projector - Solar Plexus-Root
13.10.2006	11:59	53	Reflector - none

14.10.2006	4:01	62 Projector - Ajna-Throat
14.10.2006	7:37	56 Reflector - none
15.10.2006	0:00	31 Projector - Throat-G
15.10.2006	20:22	7 Reflector - none
16.10.2006	3:51	4 Projector - Head-Ajna
17.10.2006	13:55	40 Projector - Heart-Solar Plexus
18.10.2006	3:16	64 Reflector - none
18.10.2006	18:33	47 Projector - Head-Ajna
19.10.2006	7:56	6 Reflector - none
19.10.2006	15:34	46 Reflector - none
20.10.2006	1:06	18 Reflector - none
20.10.2006	10:37	48 Reflector - none
20.10.2006	22:00	57 Reflector - none
21.10.2006	16:53	32 Reflector - none
22.10.2006	0:24	50 Generator - Sacral-Splenic
23.10.2006	6:11 1	Reflector - none
23.10.2006	19:04	43 Projector - Ajna-Throat
24.10.2006	9:40	14 Reflector - none
24.10.2006	22:21	34 Generator - Sacral-Splenic
25.10.2006	7:21	9 Generator - Sacral-Root
25.10.2006	16:17	5 Generator - G-Sacral
26.10.2006	8:14	26 Reflector - none
26.10.2006	10:00	11 Projector - Ajna-Throat
26.10.2006	20:31	10 Projector - G-Splenic
27.10.2006	6:57	58 Projector - Splenic-Root
27.10.2006	19:01	38 Projector - Splenic-Root
29.10.2006	15:26	61 Reflector - none

Lunar Cycle through the Gates

As the moon transits through its 29.5-day cycle it creates a pattern of definition for the Reflector. As you can see from the illustration, Reflectors will experience days when they have the definition of a Projector, Reflector (no definition), Manifestor and Generator. For this particular Reflector in the example, the pattern does not include the definition of a Manifestor.

The moon pattern repeats every 29.5 days, and this is the consistent pattern of definition that the Reflector can rely on for their decision making. As the moon moves through the gates, the Reflectors' perception will change and they will gather more and more clarity. They begin their 29.5 day process when the offer for a decision has been presented and this can occur anytime during the month. As long as they wait 29.5 days from the moment the offer for a decision is presented, this is correct.

The way Reflectors process information can only take place after completion of a 29.5 day lunar cycle; they have to talk with others in order that they hear their own potential. It is not that they are seeking out advice from all these people. They simply need to collect their thoughts during the cycle. Their own truth gets articulated when they talk with others. Each conversation on the same theme can bring a different perspective on what is really going on inside them. At the end of the cycle, they can accept or reject the job. That is their way. Reflectors are lunar beings and it is important for them to get in touch with the moon and their individual cycle. This gives them something they can rely on.

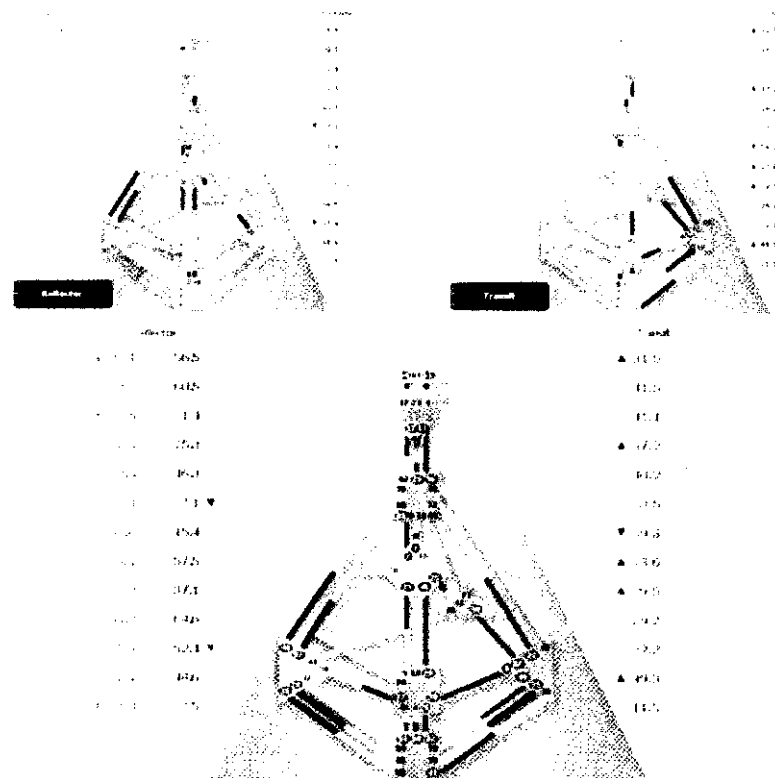
The question for Reflectors is: "Can I be myself?" The answer is: "Yes, you can. There is **a you** to discover." This is a big relief for them to hear, because it takes away their greatest pain, the fear that they are invisible. The "you" Reflectors can get to know does not get processed on a moment by moment existential basis, but through a 29.5-day cycle. It is crucial for Reflectors to truly understand what happens to them as the moon moves through the cycle.

They have a set pattern they go through approximately 12 times a year. That pattern is who they are. There is nothing inside of a Reflector to say to them that "yes" and "no" is correct. Reflectors are people

who define who they are through their association with others and the quality of aura that they build around them. That is what they are here for, to be open to the outer authority of the world around them, to take it in and to filter it. They do have an inherent structure, but it is a moving lunar structure. That is their nature. Only in that way can they find their self and answer the question "Can I be myself?"

Reflectors are designed to be attuned to the environment, to the impact of the Neutrino field. Like a canary in a coal mine, they reflect the quality of the environment on any given day. It gives them a special value. The mystical value is that they are truly here to judge. They can really tell whether communities and environments are operating correctly and who is ready to become their own authority and break out of the homogenized community.

Sample Transit for the Day



The Impersonal Neutrino Conditioning Field Impacting Humanity

If Reflectors can be attuned to the environment, and understand the conditioning field, they can see at a very deep level who is operating correctly and who is operating as Not-Self. It's the Not-Self that will be conditioned by the transit field and become a victim of it. The more people are allowing their lives to be conditioned by the transit field, the further away they are from being uniquely themselves.

Reflectors can be so attuned to the program that they can measure the extent to which everyone else is attuned to it. Daily transits are very important for them.

Relationships

There is one thing to understand about Reflectors in relationships: They are always at the mercy of their partner. A relationship with a Reflector is deeply narcissistic, because the other person gets himself or herself back completely. That is what Reflectors do; they mirror the other person back through their Undefined Centers; they magnify the definition of the other, reflecting the other back at them as through a magnifying glass.

Often people who don't like themselves fall in love with themselves through somebody else. This is a discovery process to find themselves, but for the Reflector a relationship is only of value when it is fertile and productive. So if the Reflector or their partner gets pregnant, the Reflector really feels like they are in a relationship. Reflectors who have children feel good about their relationship with their partner. Of course, that does not necessarily mean that their relationships work.

Reflectors have a very hard time, because they are not here to be secure in their decision making process. They become dependent on those who have the Inner Authority to make decisions. For the Reflector there is no rule. There is only the authority of waiting out the lunar cycle so that they can be clear when they enter into a relationship.

Children

Reflector children need to be encouraged to be patient and wait the 29.5 day cycle of the moon before making any major decisions. It is critical that they are in the correct environment and with the right people. They need to be right in the heart of the community so they can learn from those around them. These children will take in and reflect back exactly what is going on in the family and the classroom. A thriving and healthy Reflector child or a sick and sad Reflector child will say a lot about the state of the home life. They need their own space so that they can withdraw and be alone when they need to be away from others. They need to know that the world is full of difference and that they don't need to take on the pain of others.

Not-Self Reflector

This type can become the most lost of all; disappointed with others and woefully dejected about the resistance they meet in trying to initiate or manifest. Instead of being the hub of a community, which is their design, Reflectors often end up feeling left out. They endure constant identification with other people's emotions, stress and anxiety. The key for Reflectors is to stay neutral and not get identified with other people's pain. Their handicap can be their openness and vulnerability, because they don't understand how they function. If they identify with what they mirror and reflect, they get lost and confused. They can become dependent on those around them and therefore they have to be very careful who they allow to be with them. Reflectors come into the world full of wonder and when they meet the Not-Self of the world, they suffer disappointment.

The fears that Reflectors deal with are:

- Can I be myself?
- Who am I?
- Worries about having a fixed identity
- All the worries and fears from the Undefined Centers
- Fear of being invisible

Reflectors need to become comfortable with the lack of fixedness in their design. They flow and change with the cycle of the moon, and with the auras of those around them. It is vital for Reflectors to reflect their truth, rather than the pain of others. They can spend their lives very distracted by all of those Undefined Centers, or they can develop the potential for great wisdom. There is one way in which Reflectors and Generators are similar. The Reflector wants to know "Who am I right now? Who am I today?" and the Generator wants to know "Who am I?"

Signature/Goal: Surprise

As we know, the Not-Self Theme for a Reflector is Disappointment. Reflectors want life to Surprise them. By staying objective in life they are rewarded with Surprises. They are delighted and surprised when they see someone who is ready to break out of homogenization - to awaken someone and open up the possibility for that person to see what life can be for them. They see those who are operating correctly or not. Their purpose is to be a sign post to see who is ready to break the pattern. They find those who are ready to come out of the illusion and become their unique True-Self. This is their gift.

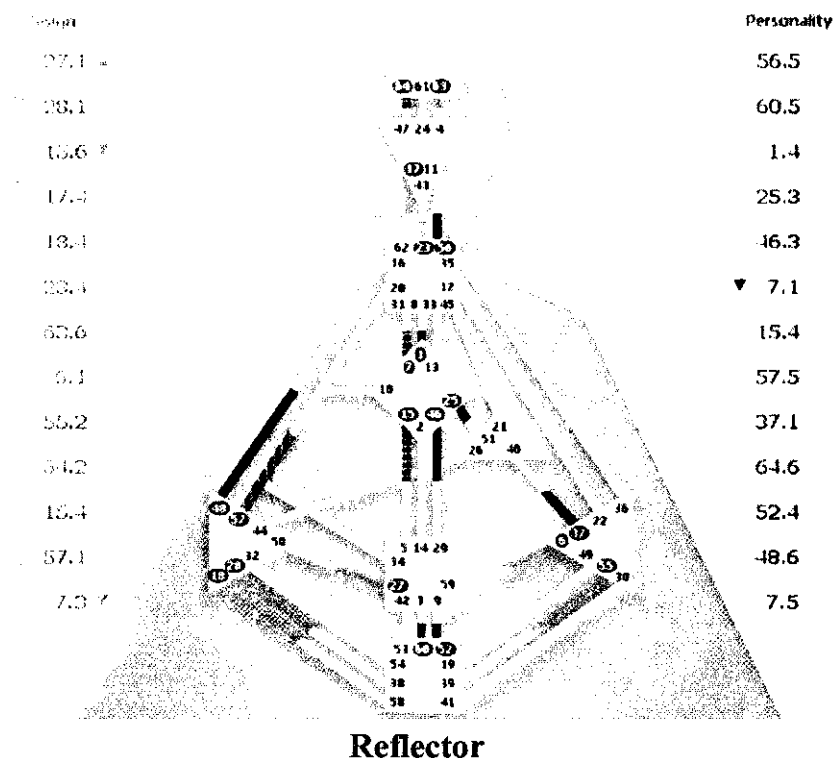
Metaphor

In our soccer team, the reflector is the goalkeeper. They do not move around the field like all the other players. They are allowed to use their hands, which is forbidden for the other players. They are a very important member of the team, but they operate under different rules.

Some Famous Reflectors

Rosalyn Carter (wife of Jimmy Carter), Eduard Morike (a German poet), Thorwald Detlefsen (a German psychologist and author of esoteric literature), Ammachi (known for her healing hugs), Scott Hamilton (Olympic gold medal skater), Dick Smothers, Fyodor Dostoevsky, Sandra Bullock, Richard Burton, H.G. Wells, Yul Bryner.

Living Your Design Example: Reflector



In this example we have the most unusual Type, the Reflector. As you can see all the Centers are Undefined and all potential conditioning from the Undefined Centers applies to this Type to a degree. However, conditioning is not experienced exactly the same way for this Type as it is for the others. Because there is no Definition there is no counter point to the Undefined Centers. Reflectors do not take in conditioning in the same way and as deeply as the other Types. The aura is a skimming aura, meaning that the Reflector skims the surface of people they encounter, taking in that energy at the surface. Their aura is skimming, tasting and reading the other. We talk about the Reflector as having a Teflon aura in which nothing really sticks. If there is understanding in how they operate then they can be great objective observers of the other. Their Authority is the 29.5 day

moon cycle. They have a specific consistent pattern, which is revealed as they go through each 29.5 day cycle.

This Reflector has felt lost and invisible most of her life. She is very confused about who she is, creating disappointment in her life. She has attached herself to different people to try and find a sense of who she is, only to discover that this does not work. She has been conditioned to be a Manifestor initiating all her life. She's under pressure with all the Undefined Centers to be spontaneous (Spleen), get attention or initiate (Throat), not rock the boat (Solar Plexus), prove herself (Heart), be certain about things (Ajna), hold on to the wrong people (Spleen), try to answer questions (Head) and figure out just who she is (G). All of this just continues to create more and more confusion, resistance and disappointment.

The **solution is:** As she learns about her Strategy and Authority she begins to step back from being identified with the world around her. She begins to see and accept just how different she is from the rest of humanity. When she hears about her design she resonates with being a Reflector because it explains so much and helps to clear the confusion. She was comparing herself to others and trying to be like others and this only created more and more misunderstanding. She now sees just how special she is and begins to own her specialness and fall in love with herself.

She now wakes up each day open to the surprises the day has in store for her. She is no longer attached to things being a certain way and enjoys the aura of others because she now recognizes it for what it is, just a temporary encounter. She also enjoys watching people be reflected and how they respond to this. She has a keen eye for seeing those who are different and those who are not following the homogenized pattern in life. She enjoys each time she is surprised by these moments.

Now she understands just how important place is for her and she is becoming more and more choosy about where she goes and who she spends time with. She notices who has a positive or negative impact on her openness by reading their energy.

She is waking up to all the ways the Undefined Centers have caused her great confusion in life. The pressures are still there but she doesn't have to do anything about them. She feels the emotional climate but knows that it is not who she is and she just lets this energy flow through her without identifying with it. And the same is true for all the Undefined Centers. She is becoming very wise about these things.

She is also noticing how the cycles of the moon are affecting her and enjoys the changes the moon brings her each month. She also is getting in touch with the larger Neutrino conditioning field, watching her life as she interacts with this field. Life has become an enjoyable, spiritual surprise.

Reflector

by Ra Uru Hu

There are a lot of Reflectors in the world; 1% is 70 million people. They are so different that it's almost the Reflector Design System rather than the Human Design System. Those of us with definition tend to look at all that openness and say, "Oh, my," because our openness brings that to us. And yet, it only brings that to us because it's a counter point to our definition. Openness is not a counter point to anything for the Reflector. They are openness, quintessential openness. There is some nice irony here in that while they are totally open, the Reflector aura itself is like Teflon. This is the aura which just touches the surface. This is a sampling aura. As a matter of fact, Reflectors are specifically designed to be impacted much more by the program than the impact that

comes from the auras of other human beings. Manifestors' and Reflectors' auras will keep people away unless the other insists. It's just something to understand about them.

It's not that you can't get in there and influence them in terms of aura-to-aura contact, it's not like they are blocking that off. You can get in if you get past their protection system. And when you are dealing with a Reflector, the Reflector would rather be in the wind of the program that moves its Reflector sails and its life than be caught up in what happens to them when they have to deal with the other. In many ways, because of the mystical importance of Reflectors, the Reflectors are here to take in the program and measure it against the sample of humans that they meet. Reflectors have a different role in this life. A different role. They work in a different time frame. It's common knowledge that with Reflectors, they need to wait out a full cycle of the moon. It's very different, and a different time frame. They have a very different way of processing information.

The moon is very important to them because of all of their openness. The moon goes around the solar system the fastest of all the objects, and this means that in a lunar cycle, they have all the possibilities of definition in their chart. They have a regular cycle of 12 times per year approximately, a regular cycle of lunar activations that go through and highlight their mapping in a certain ritual, one thing after another. So they may be Splenic, followed by being Throat dominated, or G dominated or emotional. In other words, they go through a specific cycle, but you see as children it is so difficult for them. They are so absorbed. I mean, after all, the Reflector is not here to be absorbed and overwhelmed by the physical human domain, and yet as children they are and this is the only type that automatically comes into the world with an undefined G Center.

They come into the world not knowing if they're in the right place, with the right people, and it's something to understand about all Reflector incarnations that these are special forces in the day-to-day life of the nature of being that are naturally essential, but they have very weak connections to the forces that bring them into the world. It's difficult for them, very difficult for them as children. They need to be in the middle, and not necessarily approached. To raise a Reflector correctly is quite a journey.

The beauty of a Reflector is that almost all Reflectors that I know find this intimacy with the program as they mature. In other words, they become more and more aligned to the world that we live in. In fact. Reflectors are more aligned to the world we live in than any other type, in the sense that humanity is Not-Self and operates as a puppet on a string of the program, and no one is more deeply connected to what the strings are and what's attached than the Reflector. Now on jovian Radio there is a Reflector doing the Neutrino Forecast. It is the Reflector potential and their gift. The most important thing in meeting Reflectors, and especially adult Reflectors, because adult Reflectors can really be helped, is that it is much easier to help an adult Reflector that has been

through the conditioning with the family than just about any other type, and the moment that you introduce to them the obviousness of their mechanics, then everything that they have been through immediately falls into place. And they can begin a long

process, for just like the Projector, it is a theme of non-energy types that knowledge is essential for them.

Where for the Projector the study of the knowledge has to be very broad, in other words they have to go very deep over the full spectrum, for the Reflector it's different. My advice when dealing with adult Reflectors is to make sure that they get themselves a computer program so that they can have an ephemeris in which they can draw out for themselves their cycle, watch it carefully, and see how the program influences them. In other words they need to understand the way in which the transit field operates and the impact of the transit field on them.

Surprisingly, they do not need an explanation of what the planets do or what the planets are like. The reality is that the Reflector has the ability to learn all these things themselves just by being tuned into the program and taking it into their natural receptivity to the program. Out of that will come their own realization and their own depth of knowledge. For the non-energy types, information, knowledge, is something that can be very healing, and can be truly nurturing for them as they slowly come to grips with their Strategy and Authority.

Reflector Processes

A general understanding of the Human Design System is important, but most important for the Reflectors is to show them how the transit field works. The Reflector needs to be attuned to the program, to be able to answer the question, "Who am I now?" This attunement gives them stability in their process. They need to learn how to watch the transits, and what this process does for them.

You want to help the Reflectors understand their connection to the world and the program. Talk about the Moon as the most consistent process in their life, as well as the impact of the transit field.

If you have a Reflector in your class, make some special preparations. If you don't have the MMI transit software, work with someone who does. Get the Moon's pattern for the Reflectors and review it with them for their process. Prepare the transit chart for the day, and create a connection chart for the Reflectors so they can see how the transits impact their design.

Reflectors really need to understand that their design is always changing and is never fixed, but that they do have a pattern they can rely on, namely the Moon's pattern. They can attune to the program physically. They can sense it. They absorb the program and they need to see it clearly.

There are two areas they need to be aware of. First, the transits of the Moon and the consistency this brings to them on a monthly cycle. This is the consistency that they can rely on. Second, the larger transit field, which is also very important for them. The cycle of the Moon is more personal, and the cycle of the larger transit program more impersonal, but the larger transit program is what they reflect back to humanity.

Guide them into a more in-depth reading with an experienced analyst who has experience working with Reflectors. Also guide them into finding out about the transits and how these transits impact them. The Rave ABC course is a good course for them to take, as this will show them about circuitry and how the definitions through the circuitry via the transits will impact them. The Reflector does not need as much education as the Projector. The ABC course is enough for the Reflector to see what happens when the program changes.

The MMI software has a transit module that they may be interested in purchasing at www.jovianarchive.com.



Who are they?

Who am I in this moment?

Moon Cycle

Transits (take a transit course) ABC

course

Reflector Network group

Healthy Sleep Habits by Type

Sleep is a time for rejuvenation, and if you sleep in the aura of another, then you are not getting the rest that is correct for you. It's important that you wake up in the morning as yourself, not as your partner. For some people, sleep time is the only opportunity they have to be alone and separate and in their own aura. It is important for all of us to spend some time in our own aura without the constant conditioning

that takes place when others are around us all the time. How are we going to know who we are unless we spend time alone?

Everyone should sleep in his or her own aura, so that they can wake up as themselves.

Manifestors, Projectors and Reflectors should go to bed before they are tired and relax their way to sleep. Because they have an Undefined Sacral Center they should always go to bed before they are exhausted so they can let go of the energy of others and have a peaceful rest. Sleeping with someone who has a Defined Sacral Center is not healthy for non-sacral people because they are not truly resting; they are vibrating to the Sacral energy!

Generators should drop into bed when they are exhausted and finished with generating. The Defined Sacral Center needs to burn off all that energy until they are exhausted. They will feel fresh and new in the morning.

Manifesting Generators should get into bed before they are exhausted and work, read or watch television until they are finished generating. They need to move their energy to a point of exhaustion.

In Conclusion and Final Words

You now have the understanding and tools to begin the process of the cellular transformation that will take place as you become yourself. The purpose of Strategy and Authority is to bring you back to your uniqueness. To learn how to be yourself you need to rely on your Definition. Human Design shows you **how** to rely on your Definition. Now you have the tools to be the objective observer of your own life; to recognize where you have been conditioned and how this conditioning has taken you away from your Definition (who you truly are). When you see where you have been conditioned you will see what you are not, and by seeing what you are not, you begin to see just who you really are as a unique person.

The reward that comes from being yourself and recognizing your own nature is worth the effort. Knowing and understanding your design protects you from being a victim of your conditioning. To be you is to be fundamentally healthy. If you are yourself and you get ill, you get conditions that you can manage. To be what you are not, to live a conditioned life, means that you are very likely to get ill, because you constantly confront yourself with energies that you are not genetically equipped to handle. Human Design is a tool that can tell you how your body is designed and how it is meant to run properly.

Spiritually speaking, Human Design shows you your individual flow of energy and gives you the possibility, through experimentation with your Strategy and Authority, to harmonize your individual flow with the greater flow. This is what the ancients called being in harmony with the Tao.

It is obvious that hearing about your unique design, your Strategy and Authority, is not the same as living it. To live according to your nature takes great courage. You can learn to understand your design intellectually, but living it through your Strategy and Authority can only be learned from life itself. You have to experiment. Human Design is a logical system, and logic requires repeated testing to verify the pattern. It is wonderful that you don't have to believe any of this. All you have to do is see for yourself that it works.

We hope you have enjoyed this journey through Living Your Design. Your process of awakening has just begun and there are many surprises waiting for you down the road of life. There are no mistakes in all of this. There is no right or wrong way. There is just your way, and your way is perfect for you.

There is a world of Human Design before you. It's a very rewarding personal growth experiment and also a very rewarding professional path. There are many ways to become involved in Human Design. You can visit www.jovianarchive.com and www.humandesignamerica.com to learn more about the opportunities available.

Good luck on your journey, and good-bye for now.

The Experiment Student Questions and Concerns The Seven-Year De-Conditioning Process

You will get interesting questions from the Types!

For example, **Projectors** will wake up to the realization that their life is a compromise, and they are in a job where they are not being recognized, heard or appreciated. They will want to know "What do I do to fix this? " There is no simple answer. They have a Not-Self life and it will take time for this to shift.

Assure them that once they begin the experiment of becoming themselves they will begin to see changes in their life. For Projectors this takes time. Each day that they do their best to live correctly, they get closer and closer to becoming themselves. They need to enter into the education process and begin to notice their selves and their life. They need to begin to see where the Not-Self plays out for them, and begin to see the True Self emerge.

It's a seven-year process to become you. It takes seven years for all the cells in your body to be renewed. Although this does not happen overnight, the journey is very rewarding. Projectors need to Study and Experiment.

From **Generators** you will get questions like, "Well, if I am waiting to respond how will anything happen in my life? I will be doing nothing. " This is what you can tell them: Doing nothing is not what waiting to respond is all about. Do what you love; go through your days; respond, and experiment and make mistakes. If you 're thinking of going to a network meeting, but you're not sure if it is correct, go anyway, and see what happens. Don't be afraid to make mistakes because this is how you will discover what is correct for you. Observe the resistance and notice what happens if you do something this way or that way. Each Generator has a uniquely Defined Sacral, and for each person it feels different. You need to find your own connection with your own Strategy and Authority. It's a very personal thing. Experiment.

Manifestors may say, "I don't know what I want to manifest. " They can be so shut down that they don't really know what to do. You can tell them: Simply go out into the world with this new knowledge and begin to inform. Your life will open up to you in new ways and you will

begin to know what it is you want. Experiment. Make a list of all the things you think you might want to do and who they would impact. See what begins to crystallize. Begin to initiate action in your life, with and without informing, and see what materializes.

Reflectors may say, "I don't know what to do or how to be ". Here is your answer for them: Work with the knowledge that has been given to you; take some HD classes, and experiment with the transits and waiting through the Moon cycle. It will become clear to you. Experiment.

If a person is without a job and he wants to live correctly, he would be well advised to stabilize his life first by getting a job and then begin the experiment of becoming himself. You might tell him this: It will be very difficult to enter into this experiment while your life is in chaos. Your job will probably change again as you become yourself, but so what? Your life is going to change anyway.

You will also get questions like, "How do I market myself? " "How do I find a job if I'm not supposed to initiate? " The answer is: Follow your Strategy and Authority. If you are a Generator, have Sacral sessions with a friend to discover what you love, and if it's time to send out those resumes, etc. If you have responded "yes " to sending out resumes, then do so. If you have responded "yes " to going to a network meeting, then do so. Do what you love, and you will have things to respond to. Work it, experiment with it. You've already made plenty of mistakes in your life as your Not-Self. This new experimental phase is a productive way to make mistakes because you will be discovering yourself If you are Emotionally Defined, wait for clarity.

If you are a **Projector**, find an area of life that you love, go to any meetings about it, and go to job interviews. Do what you love and the invitations will come.

Some people, strangely enough, will use anything to disempower themselves. Strategy and Authority need to be seen as tools that help people become empowered in their own life. Human Design is not another authority telling you what to do, and how to live your life. It's about becoming your own Authority. It will take some time to get to know the new you.

If you are emotional then you can expect a long learning curve; at least this is what most emotional people say. We are all different of course.

End of Day Two

Ongoing Support

After the LYD course is complete, you have the opportunity to offer ongoing support for your students. This is especially needed for the Emotionally Defined students. At a minimum you should call your Emotionally Defined students a week later and just check in with them to see how they are doing.

Opportunities for continuous support include:

An email discussion group to share their ongoing experience. Your students will bond with one another during this course and they may feel the desire to stay in contact. This is a nice opportunity to offer to set up a Yahoo email discussion group for them so that they can stay in touch, and you can also use this discussion group to keep them up to date on any additional ongoing LYD or Human Design announcements

As a community, the LYD Guides may offer additional teleclass support calls for the different types. A monthly type-to-type call perhaps.

If you are a life or professional coach, your students may want some additional support.

There are many ways to offer continual support! This is an experiment we are all in together.

APPENDIX

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Plexus Center Handout

Index of Channels, Gates and Their Keynotes

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Sacral Session Handout

Preparing for a Sacral Session Partner with another person.

If you are the person who is responding (Person A):

- Get comfortable and relaxed in a sitting position. Make sure you are grounded.
- Take some breaths to relax your body.
- Be willing to be in the experiment without expectation.
- Relax your jaw.
- Place your attention on your gut area.
- Observe the reaction in your body when you are asked the questions.

If you are asking the questions (Person B):

- Use the questions on the handout provided.
- Ask yes or no questions only.
- Person B has a dual role; you are the question asker and also the observer.

- Observe, without judgment, where the answers are coming from.
- As you ask the questions, notice if Person A is answering from their mind or gut.
- Ask if you can give Person A feedback about your observations.

Warm-up Questions for Sacral Session

Do you like ice cream?	Do you speak English?
Is blue your favorite color?	Do you have a pet?
Do you live in America?	Do you like flowers?
Do you own a car?	Do you like chocolate?
Do you like to watch TV	Do you have brown hair?
Do you like Chinese food?	Do you trust your sacral response?

Questions for Sacral Session

Living Conditions

Do you want clarity about your living conditions?
 Do you need clarity about your living conditions?
 Do you love where you live?
 Do you love the home where you live?
 Is your home big enough?
 Is your home too big?
 Should you rent a home?
 Should you buy a home?
 Would you like to remodel your home?
 Can you afford to remodel your home?
 Is your home okay like it is?
 Do you love the city where you live?
 Do you love the neighborhood where you live?
 Do you love the state where you live?
 Do you love the country where you live?
 Do you need to move?
 Do you want to move?
 Do you need to create a space for yourself in your home? Is it important for you to own your own home?

Automobile

Do you like your car?
 Is your car reliable?
 Do you need to have your car checked?
 Do you need a car?
 Should you get a different car?

Love Relationship

Do you want clarity about your love relationship?
 Do you need clarity about your love relationship?

Do you get what you need in your relationship?
Are you content in your relationship?
Is it okay to be discontent in your relationship?
Is your partner your friend?
Is your partner your lover?
Is it important for you to be in a relationship?

Do you want to improve your relationship?
Do you need to improve your relationship?
Can you accept your relationship the way it is?
Do you spend enough time together with your partner?
Do you need to spend more time with your partner?
Do you need to spend less time with your partner?
Do you feel emotionally satisfied in your relationship?
Do you feel mentally satisfied with your relationship?
Do you feel spiritually satisfied with your relationship?
Do you feel physically satisfied with your relationship?
Do you need challenge in your relationship?
Do you feel that your partner cares about your feelings?
Does your partner respect you?
Do you and your partner have enough sex?
Would you like your relationship to be more playful?
Would you like your relationship to be more romantic?
Does your relationship nurture you?
Do you want to explore this subject more deeply?

Friendships

Do you want clarity about your relationships with your friends?
Do you need clarity about your relationships with your friends?
Do you have enough friends?
Do you need more friends?
Do you spend enough time with your friends?
Do you have a best friend?
Do your friendships nurture you?
Do you have friendships that you would like to deepen?
Is it time for you to make new friends?
Do you get enough time alone for yourself?

Health

Do you want clarity about your health? Do you need clarity about your health? Are you eating correctly for your body? Do you need to change your diet?
Are there things that you can do right now to improve your diet? Do you need to get more information about a healthy diet? Do you need to lower your fat intake? Do you need to eat less?

Do you need to eat more?
Do you need to eat meat?
Is it healthy for you to be a vegetarian/vegan?

Do you love your body?
Would you like to change the way your body looks?
Do you accept your body the way it is?
Is it okay for you to accept your body the way it is?
Do you need to exercise more?
Is it right for you to have an exercise schedule?
Is it okay for you to work out only when it feels right for you?
Is running the right exercise for you?
Is yoga the right exercise for you?
Is dancing the right exercise for you?
Is walking the right exercise for you?
Is swimming the right exercise for you?
Is working out with weights good for your body?
Are you satisfied with your physical health?
Do you feel healthy?
Is there something going on with your body that you need to pay attention to? Do you need to see a doctor?
Do you need to see an alternative health care provider?

Creative Fulfillment

- Do you want clarity about your job?
Do you need clarity about your job?
Do you like your job?
Is your job good for you?
Is it healthy for you to stay in your job?
Does your job satisfy your heart's desires?
Do you love what you do for work?
Do you look forward to beginning work each day?
Do you have to have this job?
Do you want to leave your job?
Can you stay in your job even if you (hate/dislike/want to leave it)?
Can you make your job more satisfying?
Do you feel respected at your job?
Does your pay reflect how hard you work?
Would you like to earn more at your job?
Do you like your co-workers?
Do you feel supported by your co-workers?
Do you feel valued by your co-workers?
Is your job stressful?

Do you need to take time off from your job?
Do you have time to pursue your creative desires?
Do you need more time to fulfill your creative desires?

Prosperity

Would you like clarity about your relationship with money?
Do you need clarity about your relationship with money?
Do you earn what you believe you are worth?
Do you have financial fears?

Are you satisfied with your financial situation?
 Do you make enough money?
 Would you like to make more money?
 Do you need to change the way you spend money?
 Do you and your partner agree on money issues?
 Do you need to spend more money?
 Do you need to spend less money?
 Do you need to save more money?
 Do you need to change your lifestyle?
 Do you have all the money you need?
 Do you have all the money you want?
 Are you afraid to have more money?
 Are you afraid to have less money?
 Is it safe for you to have more money?
 Is it safe for you to have less money?
 Do you feel prosperous?

Not-Self Talk Handout

Notice your mind and what it is saying or telling you about your life. Notice how the mind will continually try and make your decisions. Notice the mental dialog and how it relates to your Not-Self Undefined Centers.

Undefined Head: **I** need to find something inspiring. Maybe if I go there I'll find something inspiring. I need to find an answer to my questions. Where can I go to find the answers? Who has the answers? I've got to understand this and/or make sense of this. Where can I go or whom can I talk to in order to find the answers?

Undefined Ajna: **I** better figure this out; we have to figure this out. What should I do with my life? I've got to figure out what to do with my life. Where is my next move? I am certain that _____. I have to figure out my life because it feels futile. **I** have to know the answer. **I** have to put order into my life to get rid of the chaos. I have to make this new idea a reality in my life. I better not share this because people are going to think I'm weird or strange. I'm not going to share my opinion because I don't want to be challenged. I have to be ready for the challenge. What am I going to say?

Undefined Throat: Where should **I** go so that I can get the attention I want? Is anyone noticing me? If I say this then I will be noticed. If I initiate this conversation then I will get the attention **I** deserve. **I** better say something because this silence is making me uncomfortable. What should I manifest? I better manifest something. What or who will I become in life?

Undefined G: Who am I? Where should I go to find out who I am? Who can show me? Who am I going to love? Who is going to love me? How do **I** find them? Where can I find them? What am I going to do with my life? Where should **I** go to figure out what to do with my life? Is it there? Is it here? Where is it? Do I feel lost? Let's go here because we might find something that will show me who I am or what to do with my life. Let's have a relationship with this person because I will get a sense of who I am.

Undefined Heart: I better do this because if I don't I won't be worthy. I have to be in control. I have to be brave. I have to pump myself up so I feel worthy and good about myself and then

others will see my value. I have to be loyal so that others will see how valuable I am and so that I can prove to myself how valuable I am. Well, if I just tell it like this and make this promise then they will see how wonderful I am. If I show them how trustworthy I am then they will like me. They think I can do this so I better prove to them that I can. If I am in control then I can prove my worth. I'm not a good wife, lover, friend, son, daughter, mother or father unless I prove it.

Undefined Sacral: *Let's keep working. We really need to get this done. We need to say yes to that otherwise we might miss out on something. I can keep going. Let me just get a cup of coffee. We can do that too. Not a problem. We're not tired yet. I don't want to take a nap or lie down - there's too much to do. Let's take care of that for them. I have to do it myself. Let's go find a mate. Who can we take care of? Life is juicy - who wants to say no? Yes, we are doing all the work but then someone has to do it. I don't think it's enough yet. Boundaries? What boundaries?*

Undefined Spleen: *Let's not do that because it makes me insecure or because I'm afraid or I feel fearful every time I think about doing that thing. Let's not say that because it might upset that person. I'm afraid that I will feel inadequate if I do that. I'm not going to do that because I might fail. I'm afraid of doing that because I'm afraid of what the outcome will be or what the future will bring or I'm afraid of the responsibility or the criticism. I can't do that because I might lose my connection with that person. They might leave.*

Undefined Solar Plexus: *I don't want to go there because I don't want to deal with the confrontation. Let's go here because there won't be any confrontation to deal with. Let's not say that because it might upset that person. Let's say it like this to soften the potential confrontation. Let's be really nice and smile a lot so they like me. There is no point in going there because I might be disappointed or be rejected. It's not worth it. I'm afraid it won't work out so why bother? I'm afraid to tell her the truth because I don't want to hurt her feelings.*

Undefined Root: *What am I going to do to make my life better? Where is my purpose? I have to achieve something in my life. I better hurry up and get this done. I have to start something new now. How can I get past this limitation? What am I going to focus on? I need something to focus on. I need to be needed. Who needs me? Where can I go to be needed? Where is my passion? What am I passionate about? I feel like a new experience. I have to hurry up and initiate a new experience. I don't want to waste any time. I have to get this done.*

Undefined Center Handout

Spleen

Are you still holding on to what's not good for you? (relationships, jobs, places)

The mind says: *I can't let go of this relationship/job that is not good for me because I won't find a better one.*

Wisdom: *Knowing what is healthy for you or not. Ajna*

*Are you still trying to convince everyone that you're certain? **The mind says:** I have to be right and certain about things. **Wisdom:** I'm fine with not being certain.*

Solar Plexus

Are you still avoiding confrontation and truth?

The mind says: *I'll just tell them what they want to hear so I don't rock the boat.* **Wisdom:** *I can experience the full spectrum of emotions and survive.*

Head

Am I thinking about things that don't matter? Are you still trying to answer everybody else's questions?

The mind says: *I have to think about this.*

Wisdom: *I correctly discern what is important for me to think about or not.* **Root**

Are you still in a hurry to be free of the pressure?

The mind says: *I have to hurry up and get that done so I can rest.*

Wisdom: *I know what pressure is correct for me or not.*

Sacral

Do you know when enough is enough?

The mind says: *I will ignore how tired I am and push through.*

Wisdom: *I know when enough is enough.*

Heart

Do you still have something to prove? (are you smart enough, successful, sexy, etc.)

The mind says: *I'll make this promise, and then I can prove how great I am.* **Wisdom:** *I have nothing to prove.*

G

Are you still looking for love, and for your way? (for the "right" person or place?)

The mind says: *I have to find someone to love. Who am I? I have to know where I am going.*

Wisdom: *I no longer look for love, my life, direction and self "out there".* **Throat**

Are you still trying to attract attention?

The mind says: *I have to keep talking otherwise no one will notice me.*

Wisdom: *I don't have to do anything to attract attention. It happens when it is correct for me.*

Solar Plexus Center Handout

50% of Humanity are Defined and 50% are Undefined

It would be good to use this as another handout (or something similar to it) so the Emotionally Defined can re-read and digest it over time. And, of course, feel free to modify it so that it suits you and your unique expression.

The Solar Plexus Center is the most powerful Center in the Body. This cannot be emphasized enough! Whether it is defined or undefined, the Solar Plexus Center has the most significant impact on our lives; it is the Emotional System of the Body.

The Solar Plexus is an Awareness and also a Motor Center. It operates in a wave that goes from hope to pain, and it has an impact on all people, regardless of Definition. If you have a Defined Solar Plexus Center you have an Awareness Center that operates over time. You are here to wait for the emotional wave to reach a place of equanimity and clarity before making any decisions or taking any action. You don't want to make a decision while you are feeling low or feeling high. Actually, the only decision when you are low or high is the decision to wait for clarity! It is also important to recognize that emotional clarity only comes over time. If you have a Defined Solar Plexus, at a minimum, always sleep on things before making a decision or taking action, as there is no truth in the now.

If you have an Undefined Solar Plexus, you are vulnerable to the moods and feelings of others. It is important to note that you may be expressing an emotion that is not yours. Allow yourself space outside of the emotional fields of others to gain your own emotional clarity. The emotional wave dominates the world we live in. We are all surfing in this sea of emotions, riding it or drowning in it. Even though Undefined Solar Plexus people feel very emotional, this is not the case. They are actually reflecting or mirroring the emotional chaos felt in the world, or in the presence of a Defined Solar Plexus.

The Solar Plexus is a powerful motor with many purposes, one of which is to release primary action. It is the motor or the energy of the human "experiential way." It takes us in and out of experiences. This Center is very complex; it dominates the basic things of life like making love, bonding, food, moods, romance, and entering into new experiences.

The Solar Plexus operates in a "wave" of emotional chemistry, and this wave moves from HOPE to PAIN and back again. Because this is such a powerful Center, it operates very deeply within us, and is the Center we are the most identified with. The energy of the emotional wave goes up and down, and this repeats over and over again. Where you are "at" in your emotional wave changes moment-by-moment, day-by-day, and week-by-week. It is not something that can be controlled or predicted. However, it can be understood and, once understood, it can be used properly to great benefit.

Here is an example to help you understand the value of the Defined Solar Plexus: Let's say I'm a photographer and I'm going to take consecutive pictures of a flower as it is blooming. To really fully understand what it is for a flower to bloom, I will need to look at all the pictures. If I look at only one picture from the sequence, I will only get one very small perspective or, actually, no perspective at all. So, we could say that to fully experience a blooming flower, we would have to "wait" for the flower to finish its cycle of blooming. Yes, "wait" is the operative word here! So, for people with a Defined Solar Plexus, their motto is: "There is no truth in the now." Truth for these people reveals itself over time. Time provides us the opportunity to see a different perspective. You get a different perspective when your emotional wave moves to a new place. And when you wait and allow yourself the time, you see and hear things that were not available to you until your wave moved to a new place.

When a Defined Solar Plexus individual takes the time to absorb things in depth on an emotional level, the result can be clarity, a new perspective, and profound understanding. Such individuals make choices based on the clarity of their feelings. When they jump into something without first giving their feelings time to attain clarity, they are setting themselves up for

disappointment and failure. This is because they only have a small piece of the information that they need. This is why we say "There is no truth in the now" for these people.

You've heard this before: "It's not the end result that counts, but the journey." Taking things in slowly and deeply requires present-time awareness, which keeps you in the moment. It also requires impeccable honesty with oneself. How easy it is for the mind to butt in and try to convince the Solar Plexus to "Go ahead, jump in . . . it's all right, we have to do this because . . ." The mind will argue and give "reasons" as to why we "should" do this or that.

Remember, we said earlier that the mind has no Authority. It thinks it does, but it doesn't. The Body has the Authority, and if you have a Defined Solar Plexus, this Center is your inner authority. It can only do its job properly, however, if it has enough time to feel. A Defined Solar Plexus rules the decision-making process no matter what else is in your design.

*The Solar Plexus dilemma: When we feel its impatient force, we want to act on it immediately. When we are excited about something, we feel this incredible wave of emotion. Waiting becomes the hardest **and** the last thing we want to do in that moment. Patience, patience, patience, is the motto for the Defined Solar Plexus individual! Patience gives truth time to reveal itself.*

If you have an Undefined Solar Plexus it means that you are vulnerable to the emotional climate of people with a Defined Solar Plexus. If you are not aware of this and how it affects your emotional stability, you helplessly ride the emotional wave or chaos of those around you.

If you have an Undefined Solar Plexus it also means that your childhood emotional environment had a tremendous impact on you. The emotional climate you grew up in caused you to develop and use emotional self-protective ("conditioned") strategies for survival.

As soon as a baby with an Undefined Solar Plexus enters the world it meets an emotional climate. Imagine how this might feel. As soon as the baby is born it feels the positive emotional blast from its mother and father. When the mother gets tired and her emotional wave drops (maybe because the baby is crying and the mother has had little sleep), the baby feels this right away. This child will grow up learning that he or she does not want to deal with a negative emotional field. It's too painful and makes him or her feel tight and uncomfortable inside.

Children in this situation learn to hide or make up stories to avoid getting in trouble. At all costs, they (as well as the adults they become) may lie or hide the fact that they are sick or did something "wrong" to avoid confrontation so they won't receive a blast of negative emotion. They feel they could drown in these emotions if they cause anyone to be upset with them. They have been lying and emotionally hiding for years trying to "keep the peace" and "make nice." They have developed a false persona to help protect themselves.

These emotions can build up over the years and explode like a volcano.

Those with an Undefined Solar Plexus don't even know when they are doing it because it has become such a learned and conditioned behavior. They will do anything to avoid dealing with an emotional confrontation. This is deep conditioning that is carried into adult life.

If you have an Undefined Solar Plexus, you will have to learn to deal with emotional confrontation, even though you would rather avoid it at all costs. If you continue to hide from the confrontations, the negative conditioning will continue to be enforced. You need to understand these vulnerable places and not hide from them. This is part of the process of

becoming aware and fully alive in life and not living in reaction. You will need to ask yourself, "Am I still avoiding confrontation and truth?"

People with the Undefined Solar Plexus need to use discernment in relationships. They need emotionally responsible and stable people in their lives. Otherwise, they continue to play the game of "making nice" so as not to rock the boat and experience the negative emotions of others. If they are doing this, they are not being themselves.

If you have an Undefined Solar Plexus, you have come into this life to filter, experience, and know the emotional climate at a very deep level, to be present to it without personalizing it, and to become wise about emotions.

Ultimately you can get to a point of emotional awareness and feel what is going on around you. If you are not personalizing or reacting blindly to what you are feeling, then you can really tune in to the various energies and more accurately size up a situation. You can feel when things are emotionally charged or out of balance and use this information to help find clarity or guidance, rather than being a slave to your Undefined Solar Plexus Center by constantly overreacting defensively or passively to the emotional climate.

These Undefined Centers are where we get our biggest lessons in life. If we continue to hide and allow ourselves to be held hostage by other people's fluctuating emotions, we are not allowing ourselves to receive the self-knowledge that is available to us through this Undefined Center.

(You can use this example or not - or you can use this as a handout.)

Here's an example of a new relationship: Let's say Sue has a Defined Solar Plexus and John has an Undefined Solar Plexus. They meet and fall in love. During the beginning stage of the relationship Sue is really high on her emotional wave. She has so much hope and expectation (attachment) at this stage. John is feeling this attachment twice as strongly as Sue because he has the Undefined Solar Plexus and is reflecting her "high" back to her. She feels this and goes even higher, and this exchange continues. They are really having a great time!

But as they say, what goes up must come down. Eventually, Sue's emotional wave starts to come down and her mood changes. She is having a bad day and not feeling all that great. Maybe she needs some time alone and does not know it or may not want to admit it. She is just feeling a bit low. John feels this and reflects it back, and then Sue goes lower and the exchange continues.

Now, if Sue and John did not know about the chemistry of the Solar Plexus, they could get into all sorts of reason-making or projecting about it. John could be thinking, "She's not the same woman I fell in love with," or "Wow, is she ever moody!" Sue could be thinking, "He's just not as romantic as he used to be." They fall into the trap of reason-making or pointing the finger at the other through blame, shame, and guilt. What is really happening is that the chemistry has just moved to a new place, a place they have not experienced together before. They get confused because things were so good in the beginning and now they appear to be not as good.

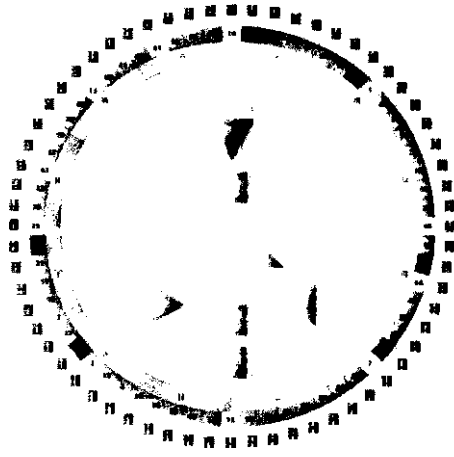
Remember, it's just the chemistry of the moment. And we get into deep trouble when we try to give reasons for our chemistry, thus perpetuating our reaction to it. Rather than try to reason it out and make the other person wrong or bad, a good way to handle this is to just acknowledge where the chemistry or emotional wave is in the moment and be with the current mood. This could mean taking a walk alone, doing something creative, etc. If we force ourselves to be what

we are not because of the expectations of others, or expectations we have of ourselves, then we are living in pain and struggle.

Ideally, through time, Sue and John will come to accept the emotional climate in their relationship and handle it just fine. Time is important for both of them. John, being the person with the Undefined Solar Plexus, needs to discover if this is truly an emotional climate that is healthy or right for him. If he ends up being constantly thrashed around emotionally, this relationship might not be the right one for him. Here is another way to look at it; John could make the choice as to whether this "conditioning" is correct for him. After all, he is being "conditioned" by Sue's Defined Solar Plexus.

Of course, Sue has an important decision to make as well. She needs to be aware of how John reacts to her emotional wave or moods, and also the general emotional climate in the world. If John personalizes and overreacts every time Sue goes down in her wave, or has a highly charged emotional response to things in general, he may not be the right mate for Sue. She may not want this type of highly charged emotional response reflected back to her. We all get to choose!

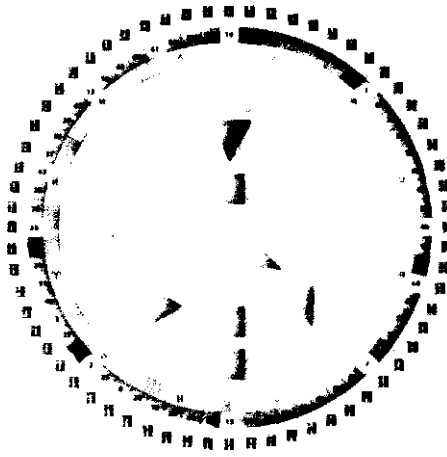
So, you can see from this example that Sue and John both need to take their time and feel whether this is the right emotional climate for them. They will have to ride the emotional roller coaster for a while to see if this is the ride they want to experience in their lives on a permanent basis.



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