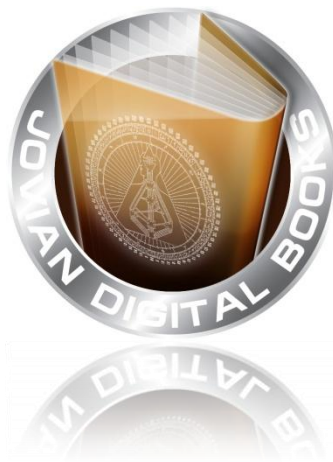


PRIMARY HEALTH SYSTEM

YEAR 3, SEMESTER 2 LECTURES

PHS Practitioner Certification

RA URU HU



INTERNATIONAL HUMAN DESIGN SCHOOL



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The IHDS PHS Certification Year 3: PHS Practitioner

The Primary Health System (PHS) is a revolutionary approach to well being. PHS was first introduced by Ra Uru Hu in April 2003. As empowering as Human Design is for the Personality Passenger, PHS is the awakening key for the Design Vehicle.

PHS is the result of years of ground laying work in the sub-structure of the Line. The PHS Practitioner Program Year Three focuses on the Practitioner Certification, Examinations and Projects.

The PHS Primary Health System Analyst program is open to any student who has completed PHS Analyst Year One program.

The IHDS is the official Human Design and Global Incarnation Index certifying and licensing authority. The IHDS offers programs leading to official certification in both teaching and practice.

The PHS Primary Health System Practitioner is such a credit program. To complete this program for certification, students are required to complete the entire program of three years.

This book is a transcript of the third year, second semester originally taught in Winter of 2008.

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Special Downloads

Special downloads from three concurrent IHDS classes were made available to Rave Psychology students to supplement RP training this semester. A list is below in the order released.

LPC – Lunar Planetary Color, transcripts available

Special LP Color Analysis “The Color Effect”	LPC1.11
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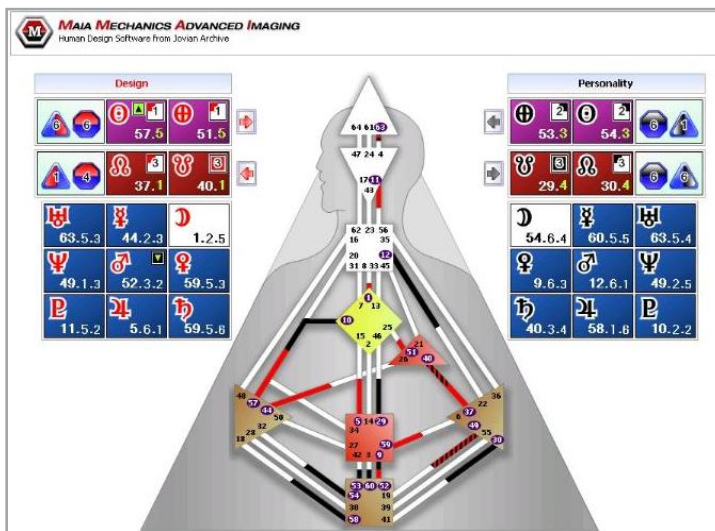


Lesson One

Holistic Properties 1

Hello and welcome back to all of you. Before I actually get into today's work, I want to talk about my approach in terms of this semester particularly. As you well know, this semester I will have a number of actual tests for you; really practice runs more than anything else. But its time in which I begin to work differently with you. For seven semesters I have been a traditional lecturer, but now it's time for a very different approach. And one of the things that would be really nice by the way is to make sure whenever you come to the class to check your microphone.

It's often a lot easier and more personal to hear questions that are coming from somebody's voice and answers in this particular case so that everybody else can participate and it's much more difficult to write answers out. Because basically I want to guide you in a way in which you provide the information. That is, you provide the information for each other in beginning to assimilate all of this so that you can begin to work with all of this professionally. So, my approach is going to be different and I will be asking you questions and I will be waiting for you to join in and respond.



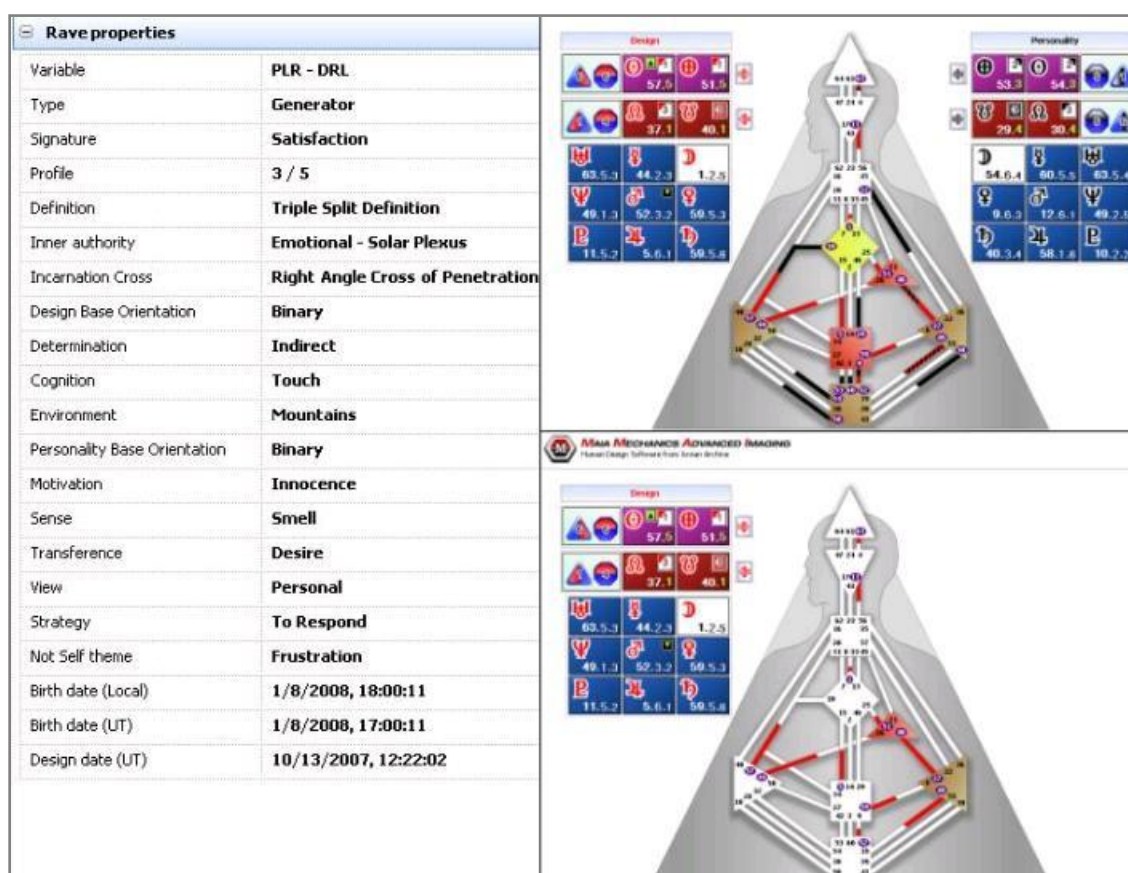
The Rave Properties

The place where I want to begin is in trying to get you to a place where you start looking at a being from the database and interpreting the database without paying much attention—obviously, ultimately you're going to have to pay a lot of attention to it. What I'm really getting at is that if you're looking at this particular illustration you really have two different stories, because the moment that I'm looking over here on this right is the moment that my attention is constantly going to be taken to the bodygraph. We well know that the bodygraph reveals its story, its information. All



of you have been involved with it, some of you for a very long time. The bodygraph is something that we have worked with very deeply to get to a certain point, because the bodygraph in and of itself is its own limitation, after all.

And one of the things that we get to see within the bodygraph itself is that the first advantage is that it gives an insight into what are the mechanics necessary for us to be able to operate in a healthy and efficient way on this plane. The Strategy and Authority that is inherent in being able to look at somebody's design. But one of the things that the bodygraph always presents us with is that it presents us with the open dynamic of the conditioning that is going to be there. In other words, when I started doing analysis it was so difficult not to see just the not-self. I knew it was the not-self sitting beside me, I knew the not-self was controlling their life. It was very difficult to try to just get them to see the possibility of who they really are.



Our work is about healing the whole being. That is literally the work, to heal the whole being. There is something really magical that emerges out of the profundity of the detail and the data that we have been working with, and it's what's labeled: Rave properties. What you're looking at in this configuration, this line up is the foundation for another level of interpretation, another level of analysis, but a level that's very, very different because it doesn't depend on the bodygraph. It is a way to add depth to the view of any being.



But I want you to begin to interpret the properties without reference to the bodygraph. It's very important. It is the only way that slowly you can begin to integrate all the information. Oh, there are places that are going to point to the bodygraph. The Type is going to point you to the bodygraph, if you know what I mean. But it's very important to see that we need to develop the skill to be able to grasp a being's uniqueness, their potential here in these properties.

We already know this stuff. I don't want anyone to misunderstand my emphasis at this point on the properties. I take it for granted that the bodygraph analysis capacity is already there. In other words, the ability to look at the bodygraph and to understand what it represents in terms of how it's conditioned, how it is intended to operate, how it dysfunctions, all of the things that are evident within the bodygraph.

The Variable

But something is more intriguing for me. And it begins with the very top of the list. That is, it begins with the Variable. Now of course, the Variable is what we get to see in terms of the fixing of what is the Internal and the External both on the Personality and the Design side. This is where the Variable comes from. And in this particular case, you can see the Variable is Personality Left/Right, Design Right/Left. We have 16 different Variables.

When Asi and I were working on the Design of MMAI, one of my priorities was to finally complete what I had envisioned as a property table, this rare properties. And a property table that was going to be organized in—how shall I put this—the best way I can say this is that this ordering from Variable down to the not-self theme, because that's really what it is, the bottom part is just the data, but in going from the Variable down to the not-self theme is not a random ordering at all. In other words, that placing Variable at the very top of this is something to recognize because in many ways it is representing everything, sort of. Don't take that too literally. Now, what is it?

I start tomorrow morning 11 weeks of Variable analysis and it is one of those subject areas that intrigues me profoundly. And it intrigues me profoundly for a very, very simple reason, or at least I try to keep it simple. What creates these Variable configurations, the Left-ness and the Right-ness? What creates this is the Tone. And of course, what we know about Tone is that Tone is the architecture for our cognition. So one of the things to see very clearly is that if you take the four different kinds of cognition that are represented in what are those four different arrows, if you put this together, it is basically a self-reflective cognitive awareness structure. In other words, it is a grouping of a specific way in which the potential for awareness operates. It's all about cognition.

And it's not about cognition from the point of view that it's a Personality concept. It is not about the inner authority, per se. It isn't, because it is something else. When it comes together as a specific Variable it is a whole that is larger than the sum of its



parts. Perhaps one of the most fascinating things to contemplate is one's Variable the other Variables. The fact of the matter is that what we're dealing with is 16 different ways in which the potential of human bio-form awareness operates.

But it's more than that. It is a linkage, after all. That is, those of us that are similarly structured in terms of our Variables are grouped together in a specific awareness potential field. This has nothing to do with looking inside of the bodygraph and figuring out what is there mechanically in terms of that particular being. It is something that is transcendent of that. It is the whole being greater than the sum of its parts. It is beyond all of that, in a sense. And it is where we begin when we're looking at these properties.

Now the knowledge is not there yet to be able to point to this specific Variable and give it a set and structured keynote. It's one of the things that I'm going to dabble with over the next 11 weeks. But it's something to understand that what we're looking at here in the properties, we're looking at all the thematics we need to understand how this variation is going to operate within its framework. It's sort of like the check-off list, all the things that are the components of what it is to be human in each of these basic categories.

We're not looking at the pure uniqueness, because it is the combination of the two. The properties properly integrated into the understanding of the graph. But we need to master what are these very, very special generics. It's possible for somebody to have the same rave properties and have a different design; it is. So it is a form of generic. It's a quality that we can begin to master and will begin to see the patterns as we work more and more from this level. One of the most important aspects of this new program for those of you that are now using it, is to be able to look at the properties and to begin to read them without the bodygraph to get a sense of it. We can do that, can we not?

The Rave Properties List

If the Variable is what brings us our awareness potential in this life, it is the Type that guarantees us the ability to be able to take full advantage of that awareness, because the Type is a mechanical configuration. And as a mechanical configuration we know what Type leads to. That is, Type leads to strategy. This is a Generator. Oh, we know a lot about Generators. And it's not like we have to go over to the graph, because what we will need to know will be here in the properties. And we know that the essence of the Generator is that all of its power, all of its potential is rooted in response. And you'll notice something here that as you move down—the potential of awareness, the mechanic to be correct and then the Signature—this is the goal, if you will. It's always the goal to live your Signature.

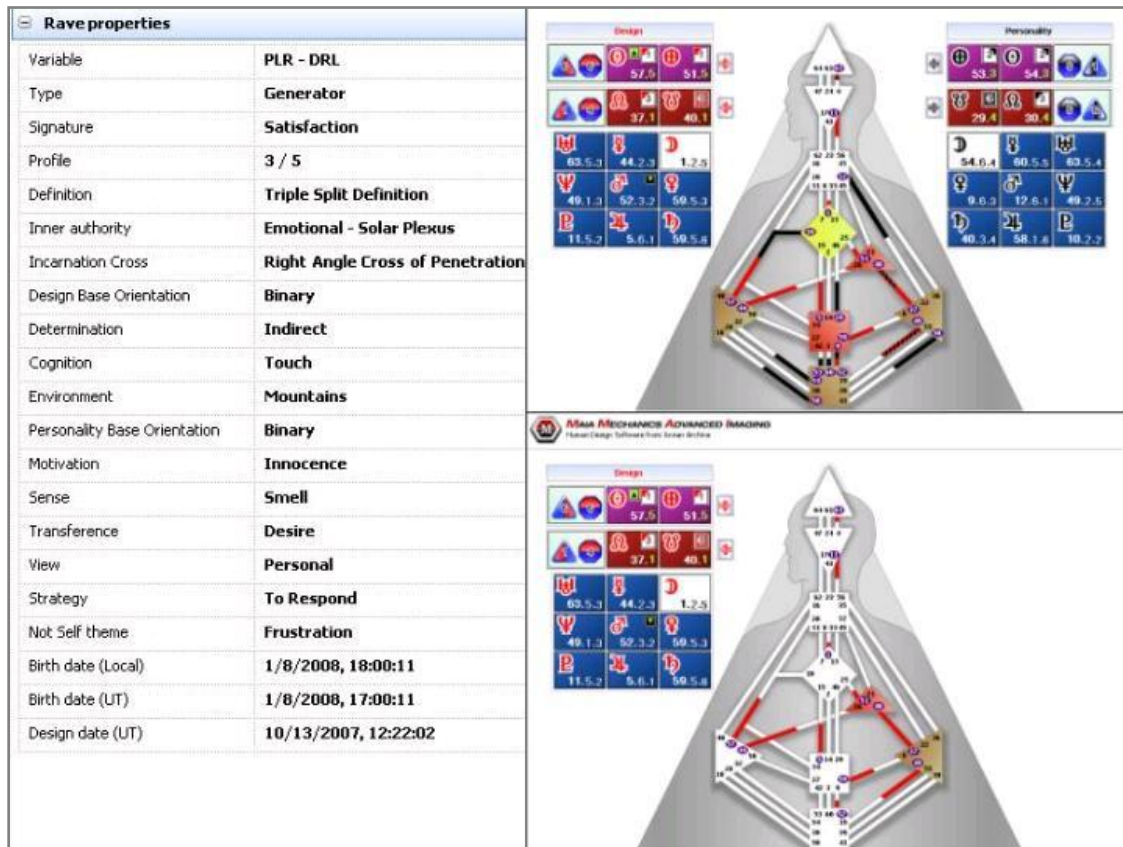
And one can see that the moment that you're dealing with a Generator that is operating correctly so that they are satisfied in the way in which their energy is being used, then they open up the full potential of their awareness, whatever the Variable



LESSON ONE

Holistic Properties 1

happens to be. And you'll see in that, the way in which the properties are structured is that there is the general or overall view. And then you have the Design information, and then you have the Personality information, and you close with the not-self.



So you have the different setups here in that order. So, we have the awareness potential, we have the Design mechanic, we have the Signature which is satisfaction, and then we have the Profile. And you all know at this point in your careers how profound just thinking about a Profile is. The martyr here, the martyr heretic, the potential of the trial and error that leads to projection, and all of the various things that we understand about that particular configuration, and it is followed by the definition. And so we have a triple-split and there are all these things we know about the triple-split. We have the basic of what is the inner authority. And we complete the overall view with the Incarnation Cross.

Now, basically this zone, this is what traditional Human Design, with the exception obviously of the Signature and Variable, but the Type and the Profile and the definition, inner authority, the Incarnation Cross, is all very much a part of the surface dynamic of this being. But, it tells us a lot. This is what the bodygraph brings to the properties; you'll notice that. It is the bodygraph that brings us to the properties; whereas, when we go down here it is the specific of either the Design or what the Personality brings. But here, in this holistic, this is derived directly from the bodygraph as a whole. And that obviously includes the Variable and the Signature.



Where it gets different, where we enter into our specializations is when you get below that, you know you leave behind the holistic, in that sense, and you enter into the domain of either the Design or the Personality.

Base Orientation

Base orientation is something that is relatively new to you. And Base orientation, as you'll begin to see, is something that is very fascinating and it is very fascinating because in fact, it gives us another one of these indicators of the way in which a vehicle or a Personality is going to operate. When we're looking at the Design Base orientation and we see that it's a binary that this is a body that can go one way or another, and it really can. It is a body that can, as an example, appear to be docile and suddenly be very active. In other words, there's always a binary in the way in which this vehicle is going to work, sometimes tense and sometimes not. There are always these kinds of things; there is no real one way for this body.

Determination and Cognition

Now, the determination we understand right away. The determination is indirect, we have a nocturnal feeder. We have somebody that is here to eat when the sun is down; this is the ideal for them. And the physical cognition is one of touch. Now, think about this for a moment. Think about this body just at this level. We have a body that we know is not going to be healthy if it's taking food into its system when there is a lot of ultraviolet light available. We know that right away.

But there's something else to see in that, indirect is indirect. In other words, it is a body that doesn't necessarily come directly at you, as an example. It's like looking at the cognition, this cognition of touch. What you know is that this being needs to make physical contact; their body needs to make physical contact. It doesn't mean their mind is going to be comfortable with it. But their body needs that contact in order to get the information that it needs. So they're going to give the appearance of being physically warm, as an example, physically putting out their body, the kind of person that touches you when they meet you, the kind of person that needs to have that kind of connection. And it's not like it's something that they're thinking about. It becomes part of the way in which they operate physically.

Environment

The environment—mountains—remember something about the environment. The environment comes from the Design and it's coming from the Design External. And the thing to recognize about the External is that we have different kinds of Variables. This is what's called the independent Variable. Everything is based on this. The Internal is the dependent Variable. It is dependent on the alignment of the vehicle, the correctness of the vehicle in its movement in space.



One of the things so interesting about the environmental aspect is that the environmental aspect is pointing you towards quality of life. Quality of life is a combination of having the least resistance to deal with, whether that is resistance in terms of situations or resistance in terms of the other. In essence, it is the protected environment for the particular being, in this case mountains.

Again, if you go back and you review the material on mountains you'll see that we're really talking about the high ground. This is somebody that always likes to take the high ground. And of course, in English that's a double entendre, there are many meanings that are there. The fact is this person in essence likes to look down on things in order to figure them out. It likes to get above things, which means it doesn't necessarily like to mix things up.

Rave Properties Show Possibilities in the Being

One of the things that is so important is to begin to allow your creative process to latch onto these keynotes and begin to see how they become a possibility in a being's life. Remember something about the properties. The reality is that this is about being a PHS practitioner for beings who've already entered into the experiment of their Human Design, because there is no point otherwise, because most of the information that is here in the rave properties is going to be lost in the dysfunction of not-self. There's no point talking about Base orientation and determination cognition and environment when you're dealing with somebody that cannot operate correctly. It doesn't work.

What we're looking at here is a possibility. You're looking at the potential that needs to be filled in, that possibility that looms there. It's always the same thing for me, for years I've described the nature of Profile. Profile is a costume and you can see that in Profiles that operate without cognition, you can recognize the Profile in them. But of course there is all that dysfunction that is there. They're not really wearing it well. And they end up with all of the negative aspects that are inherent in the Profile. It is a spectrum like anything else. And those aspects end up being very, very difficult to deal with. Three-fives who are not-self have a really hard time. And yet, at the same time, this is an extraordinary potential to be able to discover, to be able to place things out into the world, to really be of value in that sense.

But again, in looking at the properties, the properties are what we are honing somebody towards. Let's take a step back. Let's think about somebody that comes to you. They're into their design, they're fascinated by what they've heard about PHS, and they come to you. One of the things to realize in looking at them and understanding that in order for them to be able to truly learn from this process that what we have in front of them in terms of the properties, at least what we get to see in terms of the properties is a kind of measuring stick. It is a kind of signpost of how close they are to the full potential of the inherent properties that are there in their design. These are their inherent properties. You can call it whatever, inherent traits, gifts, possibilities, potentials.



Rave properties	
Variable	PLR - DRL
Type	Generator
Signature	Satisfaction
Profile	3 / 5
Definition	Triple Split Definition
Inner authority	Emotional - Solar Plexus
Incarnation Cross	Right Angle Cross of Penetration
Design Base Orientation	Binary
Determination	Indirect
Cognition	Touch
Environment	Mountains
Personality Base Orientation	Binary
Motivation	Innocence
Sense	Smell
Transference	Desire
View	Personal
Strategy	To Respond
Not Self theme	Frustration
Birth date (Local)	1/8/2008, 18:00:11
Birth date (UT)	1/8/2008, 17:00:11
Design date (UT)	10/13/2007, 12:22:02

No Limitation

And more than that, there's something very, very special to understand, we have no idea where this leads to. I no longer accept that there is such a thing as limitation. I don't. It's clear to me that within uniqueness and in the ability to operate uniquely that there are no rules. There aren't, there can't be, which means that concepts about what is possible or not possible don't mean anything. All we're doing as a practitioner is we're trying to guide our clients, we're trying to guide them towards the fulfillment of these properties. And they will fulfill the properties through the unique configuration that is there. But they still need to fulfill each of those, in that sense.

So, what we're doing is that we begin a process of guiding them. It's like looking at the Base orientation, the binary, and seeing that they're indirect. You know the way their body is going to function in the daylight and the way their body is going to function when the sun goes down is going to be totally different; very different kind of body, very different way in which the body is going to react. One of the things that we are going to be able to see is that if they enter into the experiment of their PHS regimen and they begin the process of following the indirect determination, one of the things that we're going to see out of them, and one of the things that we can project for them is that they're going to develop very different kinds of patterns for the daytime activities and their night time activities, or the sunlight activities and the lack of sunlight activity.



It would be quite different, as an example, if the Base orientation were focused. Again, there are these factors that in being able to see them as a property in working with the client we can see very clearly how they move closer and closer and closer to the framework. It's only then that you leave it behind. It's one of the jokes about—it's a black joke—the Incarnation Cross, this assumption about being on a cross and it is really your cross, well it isn't really. I mean, it doesn't become yours until you're overwhelmed by it, literally.

This is one of the things about all of these aspects. If you go up to the top this is where we have the most connection when we begin. We begin with these very, very basic things that we get a connection to, and slowly we begin to see that we're fulfilling those properties, the Generator that responds, the correctness that allows the Profile to begin to operate correctly, the definition that is allowed to operate the way in which it should, and so forth and so on, the inner authority that guides the vehicle. More profound is when one begins to recognize one's approach to the potential that is there in one's own unique framework. And the last thing you get to on the Design side is the environment. It's the last thing you get to, it really is.

PHS is Dangerous

PHS is something that's very dangerous. And I mean that it's very dangerous within. We have a certain protection, all of us. We are abnormal, and we are involved in breaking the covenant with the program. And yet at the same time enough of our behavior passes for normal so that we're not ostracized from our societies. One of the things that PHS does, though, is that it puts all that at risk. It really does. And it puts it at risk because it sets up a momentum for establishing fully the unique authority that can defend itself from homogenization.

It doesn't matter whether or not you are operating correctly according to your Strategy and Authority. As long as your vehicle isn't operating according to its PHS you cannot avoid the homogenization that takes place within the vehicle. It's like what I was mentioning to you earlier, Stephen, about your cold. It's the same kind of thing. You deal with a homogenized environment and it's very, very difficult to avoid contamination from that environment. But if you're in the right environment, you do avoid it. It's one of the most extraordinary things about the Design External is that this is the protective bubble, this is the environment that is the nurturer of the security of one's bonds and one's lifestyle, one's longevity, one's well-being, one's spirit.

It's not something that you can decide. None of this is about decision making, but it really is about understanding that for this particular being the high ground is so important, the high ground where they can have the physical contact, the high ground where they can have the physical contact and live out their night life. This is them and this is what their vehicle is going to demand if it's correct. It doesn't mean that the Personality gets it, by the way, it doesn't.



Personality and Design

Personality and Design, they are very far away from each other and they're very different from each other. They really are. And of course the Personality is always at a disadvantage because it is not running the show. That is, it's not the vehicle. And though the not-self can certainly get in the way of that and distort all that, the moment the not-self is present you kiss these properties goodbye and you go back to go, don't collect \$200, no get-out-of-jail-free card, you go back to go and you start all over again.

PHS changes fundamentals in the way in which you're going to live. It just does. And it creates enormous dilemmas. I'm deeply aware of the fact that PHS at this stage can be of deep value for personal development; yet at the same time, create a lot of dilemmas. I see it myself. I happen to be very fortunate that I get to live in my environment. But my children who have different environments, my partner, we all have four different food regimens; there are all kinds of complexities that arise out of this.

2027

I think with the knowledge of PHS what I'm reminded of is the stress that the Voice placed on 2027, this change that is coming. I've said this before but this is why the knowledge was given as a preparation for the changing of this cycle, to be able to prepare human beings to be able to operate out of their own authority and to operate out of their own authority in an age of diminished fertility, a diminished fertility that's going to mean that lives are going to be lived out and the maturation of those lives are going to be lived out very differently vis-à-vis relationships with the other, that the sexual bond, because of the impact on the 55 and the 59, is no longer going to be a dominant thing for the survival of the species.

As a matter of fact, it is something that again is going to lack the attention of the program and is something that is going to begin to fade. So much of what PHS is about is about the power and freedom that exists in an individual as opposed to somebody who is bonded. And we all know that, we all know that. The genetic imperative has trapped us, basically, and has trapped us in the bond and we all know how good we feel in those occasions when we can step outside of the bond and not feel that we have to be responsible or that we have to pay attention to the needs or demands or concerns of others relative to what it is that we are doing.

This is something for another age, it really is. It is not even necessarily for our children, because I think that it will create as I said social dilemmas unless they bond together in the sense that—I see, obviously, there is some level of movement out there for communities of people involved in Human Design. I have always assumed that at some point or another, these things would exist. It's clear that in those kinds of environments that certainly it would make an enormous difference in terms of being able to share the difference and the pleasure of the differentiation. However, in the general sense it's the grandchildren and the great-grandchildren from now.



They're the ones who are going to have not just the opportunity; they're really going to live it out.

We forget that we lived forever as seven-centered beings in a Saturnian cycle. We do not know what it means to only become adult at 40. We're one of the very first generations since the transition of 1781 that begins to grasp the fact that it takes a long time now for us to be mature. And when you have the diminished impact of the sexual imperative and you have an extended maturation process that the potential of PHS for the well-being of somebody is extraordinary. I mean, it really is.

And again, there you have a situation where here is somebody where the environment is the mountains and they don't have to deal with the situation in which yes this would be wonderful for me, but, I can't. I can't because I have a partner, I have children, I have this, and I have that, whatever the case may be. Again, it is really something to grasp. And it doesn't matter whether your partner's aware and into Human Design, and so on and so forth. It really doesn't yet, because it is so deeply, deeply personal. And the fact that you have a bond with somebody else doesn't mean that you actually have a natural tendency to be in the same environment at the same time. It doesn't.

And again, I want you to be very careful and not to misunderstand this and begin to make judgments about your relationships in this way. It is our job to be the seed of this knowledge. You are the first generation. We carry the seed of the knowledge, and we can take certain benefits from it. There's no question that following your determination is something that can bring enormous benefits to the way in which you operate as a physical being. There's no question about it.

I've seen the result over and over and over and over again. It is simply something that obviously is something that the body relishes to be able to function out of its determination, and that that determination in and of itself is something that can be of great value to somebody who is entering into their process, particularly those who have been deeply conditioned; Projectors, as an example, where it can be of great value for them to really begin the deeper cleansing process, the deeper de-homogenization process by taking advantage of PHS.

The Single Authority

But again, it is something that we have to deal with and understand that the deeper we go into these properties, the deeper we go into the domain of the single authority that cannot afford dependency, the single authority that lives by what is correct for it regardless of the circumstances, regardless of the consequences. And that is not something that we understand yet. It seems enormously selfish.

It's always amusing to me, you look at the transition of the global cycle when it moves into the 55th Gate, the first thing that it does is that it hits the 6th Line, the 55.6, selfishness. We're going to have decades and decades of selfishness as this theme. And to see what this all means, to understand our work in preparing the



ground so that we can empower individuals so that they can thrive in their time, in their era.

I don't see it as a negative, please understand that. I don't think that everything is going to hell in a hand basket and it's all terrible and it's all going downhill. I don't like everything that I see. I'm not a great fan of raves and stuff like that. I'm not, because they're not me, they're not my kind. It's interesting, but the thing that is so profound for me, that is so incredible for me, is this gift that has been given to us, to us humans, us transitional nine-centered beings, us very, very different beings.

Here is our opportunity. We actually have a road plan, we have a map. We have a way of seeing what is there. And a way of being able to recognize as we realize that, because of course, this is what it's all about, to begin to see what it is to be a Generator, to experience what it is to be satisfied, to see what it means to truly be this 3/5, to live out the essence of being a triple-split, to live out the deep power of emotional awareness, to live out your cross. This is what it's all about. Each and every one of us, as you move down the properties one by one by one, this is the setup. And once you can recognize them, you're recognizing them out of the uniqueness that is you, your unique take on this construct, this framework.

Dedication to the Process

At the beginning of the process, everything is really about this. And it begins with a caution. It begins with caution to anyone who is going to enter into the Center for Human Differentiation, anybody who enters into that process, to understand that this is what we are after and whether or not they are ready to make the sacrifice that is necessary. It is one thing to experiment with your strategy and inner authority, but it is another thing entirely to enter into the process of enhancing, cleansing, and bringing about what is a sensitivity to your form that in essence has never existed before, because it calls for a dedication that is very special. Not everybody is going to be capable of that.

The fact is that determination is something that is most easily established in babies. The ideal of positive conditioning, if one can put it that way, to start them off that way so that it will, because it is correct for them, always be the only way after that, because anything else will make them feel uncomfortable. Again, it is a dilemma for us when we're dealing with somebody who has spent most of their life as not-self. There is so much work to be done. And not everybody is ready to operate at this level. Not everybody has the dedication for that. And you cannot judge it by yourself or this classroom, after all.

I've been running the Encounter film and I was surprised to know over a period of three or four days a couple of thousand people have watched it so far, downloaded it. I don't know where they all come from. I don't know who all these people are who show up every day, and there are so many of them now. At their level of Human Design, PHS, despite whatever its attractiveness can be is a long ways away



from them. They still have to go through this process of beginning the experiment, entering into that experiment, beginning to see the signposts that are above.

This is the first level of grasp. The first level that says, ah, this works. Now, I don't mean the Variable particularly, you understand I'm just talking about the top half of this. But this is what you get to grasp first. You all know this. You begin to live out your design and these are the things that really come to the surface. And it's your signpost. It says, aha, yes, this is what it's like to be this, this is what it feels like, this is what this means. You get the examples as you live it out as you're aware of it. But the deeper you go, the subtler it becomes. We haven't even stepped into the domain of the Personality and its complexity.

Healing Starts With the Body

The only way that you can heal anybody is that you start with their body. This is the great gift that we bring. And we're not going to be able to avoid having to deal with all of those beings who think that PHS is a panacea or who think PHS is a diet or whatever they think it is. We have mechanical knowledge. What the PHS is really saying is mechanically this is what is correct for you, and nothing else. And anything that you do that is not correct for you, the result is homogenization.

If you're somebody who is following your Strategy and Authority and you're not following your PHS your vehicle is aligned. You're getting the advantage of the level of cognition that you can get advantage of, but you can't go any further. There's no place else to go. For most human beings, by the way, that really is enough. You follow your Strategy and Authority, your life is going to work for you. This is a whole other area. This is a place where you have to deal with an absolute, because that's what it is. You want to enhance the vehicle? Here's the absolute.

Limitations in Following PHS

I still don't follow my PHS one hundred percent. I don't. As a Manifestor father to begin with if I don't have a meal with my family, I barely ever have anything to do with them, in a sense. It is very, very difficult. I just try to deal with it as best that I can and it seems to be sort of okay. I take two meals a day by myself. My determination is calm. And most of the meals are in fact rather calm. But of course, when they are, that's a disadvantage for my oldest son who is the opposite of me who's nervous and needs the stimulation. There are all of these things that come into all of this.

It's why I so clearly understand the limitation of it in the sense of what happens to somebody in any kind of family situation, bonded situation, the pressure that is there. As I said, this knowledge is really for what is coming. Yet at the same time, it's not like we put it aside and say, we're going to build up all of this theoretical information until we get 40 or 50 years from now when it's really going to be useful. That's not the point. We can all take advantage of it.



I have mentioned to you over the years that we've been doing this class; I began my full-time experimentation about five or six months before the first PHS class. For me it's been remarkable. That is, the way in which I've noticed it is in terms of my physical vitality and physical vitality in terms of my mental vitality, how much stimulation and teaching and so forth and so on that I'm capable of, that frankly I never expected it could be possible. And it's clear to me that the only thing that has been responsible for that is that I really changed the way in which I was eating.

So even in the sense for me that it is partial, as an example, I've clearly recognized the benefits. So it's very important in the sense that because it presents a lot of consequences and it often creates situations that are difficult—it's why, for example, if you're somebody who gets PHS knowledge and you happen to be single, it is so much easier, because again you have that ability to be able to establish what is going to be your pattern and then after that anybody wanting to deal with you that's who you are, that's the way they're going to have to deal with you.

It's very different than being in a relationship with somebody and saying, look, dear, from now on I really can't eat with you. And the thing to grasp is that it is such an important thing, PHS, it is so incredible. When you think about it in the context of babies, the PHS babies, those PHS babies who are not going to have the neural shutdown that all of us had, they're not going to have it, not in the same frame. Whatever that is going to lead to in terms of enhanced cognitive potential is something that is really remarkable.

For us, in terms of the deep conditioning and homogenization that we went through in our first three and half years, because after all that's when we were the most deeply homogenized, the food homogenization at the deepest level, unless you are very lucky, the serendipity of being very lucky and some people can be; but nonetheless, most of us deeply homogenized at that age. We were already then working from a limitation. What we discover in being able to operate correctly, that is, to be able to go through our process of operating in a way in which we are aligned correctly, that we begin to reduce the resistance and we end the ongoing contamination, the ongoing negative conditioning.

This opens up the possibility to slowly begin to shed what we talk about as the seven-year cycle, the cellular transformation, slowly be able to shed all of those old conditioning patterns in order to begin to establish one's new pattern. But even after your seven-year cycle, it doesn't mean that you've removed the effects of the deep homogenization on the cognitive potential that is there in you. You can't do that. That's what PHS is all about. That's what it means to be determined, because the right determination is going to provide you with the nutrition that exactly empowers those aspects that are your differentiation. In other words, that indirect leads to the emergence of the depth of cognition that is potential there in the 6th Tone in the touch.



Accepting the Consequences of PHS

So we're, as you can tell at a kind of this and that. We're going to have certain opportunities to be able to prescribe this as an absolute. Somebody that comes to you who's on their own, somebody who comes to you in regards to their child, to their infant, here you can apply the absolute. But when you have somebody who is coming in who has a complex bonded life and all of these things, they have to be very, very clear, deep within themselves the correctness of whatever is their authority that this is something that they are ready for and that they are ready to deal with the consequences of it. It is quite a step to take.

And not everybody can benefit from—like me, doing it sort of two-thirds of the time. Not everybody has the kind of—I'm through three cycles already. It's different. It's not even fair to use my example except for the fact that it just explains so clearly the dilemmas of what it is to introduce PHS as any kind of general thing for people in Design.

Again, one of the things that is so important in the role that we play is the counseling that we bring in this. Yes, these things are deeply important. There is no question about it, but you do have to be ready for it. And you do have to understand what it is. And I think one of the most important things—the way in which the Center is going to be presented, we're going to have very, very good detailed introductory information so people have a sense that this is not just a whim to get into, this is not something that you just sort of try out. This is part of an ongoing process of being holistically transformed, because that is truly what it's about.

Different Ways in Applying the Knowledge

So, one of the things that we need to deal with in terms of the PHS is to understand that there are going to be different ways in which we apply the knowledge in terms of the way in which we offer the knowledge depending on the client itself and depending on the demands of the client itself. There is no fixed rule after all. I want you to be very clear about that.

I made the comment earlier about Projectors. Projectors take in such deep, deep conditioning, and that deep conditioning leads to tremendous levels of homogenization in all kinds of areas in terms of the way in which they operate. Of course for them what it is, is that they don't really notice it very much. They just carry it around as baggage. It's very important for them to clean out that baggage, there's no question about that.

The same thing is true as an example for personalities that happened to be Right fixed, because personalities that are Right fixed need to have a quick access to the authenticity of their process and you cannot do that with deep homogenization. In other words, PHS for somebody who is Right fixed mentally is something that is going to be an important tool in helping them begin to get to the hidden qualities that are there in their cognitive potential.



It is one of the things that we have to deal with in dealing with the Right is to understand that PHS is one of the few things, if any, that really can bring the potential of the right to the surface. And obviously particularly in the physical sense in regard to the 4th, 5th and 6th Tones on the Design side, how significant PHS can be in helping these people get in touch with their deeper sensory potential.

Well, and see I said that I was going to ask you stuff and I went much longer than I thought I would. But, I'm pleased that I did. We will continue, by the way, with Personality next time. I want you to start looking at the properties and begin to lay out your own measurement. When I look at the rave properties it's sort of like the kind of things you draw for your kids that you paste up on the wall so as they're growing in height you can mark it off. I have a huge paper giraffe somewhere in this house where the kids as they grew, their height was marked off. Well, this is our paper giraffe. This is a way for all of us to begin to look at ourselves and to begin to ask some very basic questions. How close are we to living out our framework? It's all there in front of you.

Okay, nice to be back in the classroom, nice to be back with PHS. Anyway, to all of you until next week; bye for now.

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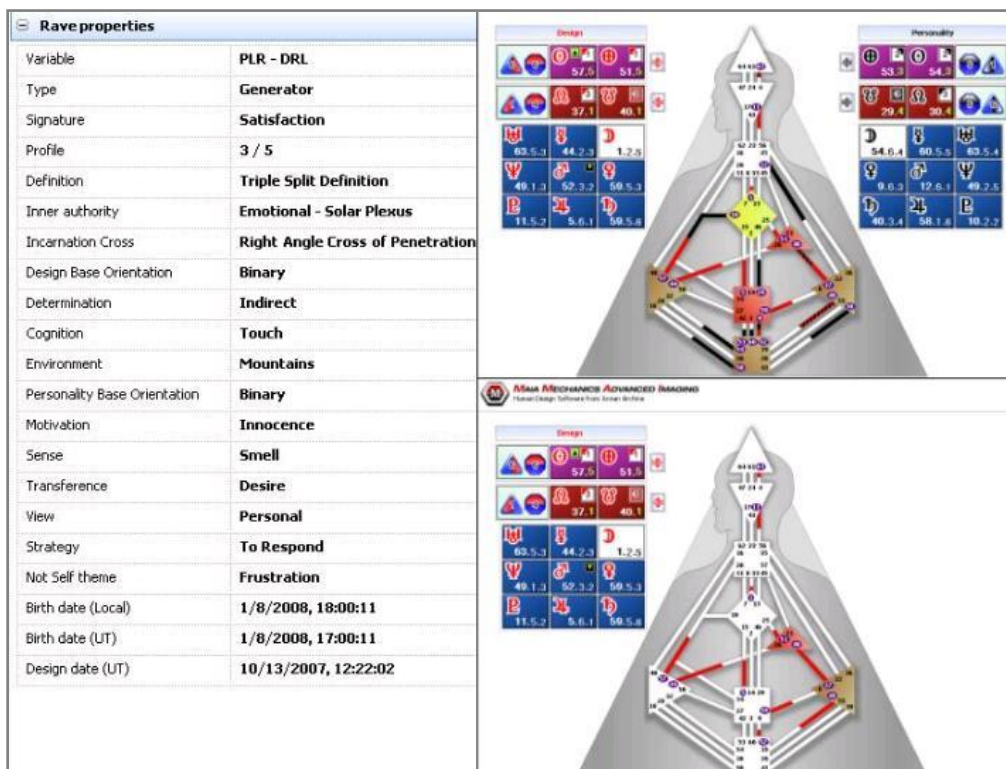


Lesson Two

Preparation Analysis

Aligning the Vehicle to Its Precise Needs

Let's get to work. Everything about what we've been doing for the last several years in terms of the basic tools, what are in fact revolutionary tools in terms of analysis, relative to the PHS side, that all of that is here in this box. This is what we've been working with. It's very important to see that this data is about guiding somebody towards the possibility of the enhancement of what is their physical system, and their physical system not simply in terms of their general well-being, which we well know is a part of this, but the enhancement of function. That is, the function of the brain system. And as a byproduct of that, the function of other systems that are inherent within the vehicle whether they be glandular systems, nervous systems, whatever the case may be.





Food and Homogenization

In other words, what we're dealing with here is we're dealing with aligning the vehicle to its precise needs. And these precise needs are, in fact, differentiated needs. The real differentiation doesn't really emerge until you see the being holistically, because after all, what do we get when we look at what we have discovered? The first and most important thing that we know is the determination and the cognition. The core in the center here, this is what fundamental to the work that we have been doing, and understanding that if we are truly going to transform the vehicle, then it has to do primarily with food. This is something very basic to grasp.

It is the greatest agent of conditioning in the life from the moment you emerge into this life, from the moment that bottle, that spoon is being stuck into your mouth, the moment you come into this life you are homogenized and you are taken away from what is healthy for you specifically. And you were opened up to all the homogenized problems as a result. Most of the dilemmas, most of the difficulties, most of the physical ailments, are a byproduct of vehicles that are not allowed to be natural, but vehicles that are conditioned to operate in a different way, to be less responsive, to carry more weight, to be this, to be that, whatever the case may be.

We also know that there is a psychological bridge that needs to be crossed in order to get to a place in which such a recommendation, the PHS regimen, is something that can be realistically embraced. After all, PHS is actually knowledge that was designed for babies coming into the world. That's what it's for, that's when it's natural and correct and easy, all the way down the line, because there is no conditioning, there is only the natural nurturing of the young.

We're not like, we know that. And of course the dilemma of our lifetime is all of this incorrect nutrition that we've put into our vehicle. Again, it doesn't mean that the food was "bad" for us; it has nothing to do with that. It was going to maintain us in the homogenized pattern of what it was to be a physical human being. But it certainly wasn't going to allow us to be able to develop what would be our differentiated physicality.

Differentiation Begins in the Body

Differentiation is something that begins in the body. It's very nice on the Personality side to think about the motivation and its sensory cognition and what the view is and the strategy and the blah, blah, blah. But none of that is going to operate correctly unless this operates correctly. It's what we learn in Human Design. That is, you follow Strategy and Authority in order to align yourself to what is correct for the vehicle; the Personality be damned.

Our job here as a PHS practitioner is not to simply give a Color analysis. Anybody with a little bit of background in Human Design and a PHS graph can figure out what to tell somebody—okay, your thing is indirect; you're a night eater and touch your



food. This is not rocket scientist work. This is not the point of what it is to be a practitioner. After all, we are here to deal with the holistic well-being.

When you enter into your Strategy and Authority and you begin your process that does not mean that you're doing the best you can for your vehicle. It doesn't. It means you're not making things any worse, because the moment that you take away authority from the mind, already you begin to put yourself into a trajectory where there's going to be less resistance, where it is going to be easier for you, as your vehicle, as your life, to be able to function. That all you've done is arrest the conditioning.

It's all about the body. I think about the possibilities of the passenger, that is, the possibility of passenger consciousness. It is so obvious to me that passenger consciousness is really part of the truly dependent Variable. It is exactly the dilemma. There is the dependent Variable. Here is the independent Variable. That mind, that Personality, its possibility, its potential awareness is deeply, deeply, deeply dependent on the vehicle.

Think about the possibility of mind. The possibility of mind is going to be dependent on the potential of brain. And the potential of brain, we already know that we were so deeply conditioned as a species that most of us had neural shutdown by the time we were three and half years old and that was the end of the possibility of the capacity of our brain to nourish our potential consciousness. Following your dietary regimen is a cleansing system. There is no wastage here. Nothing is being given nutrition that doesn't deserve it, if I can put it that way. It is extremely efficient.

And like anything else having to do with deconditioning we're talking about an extended process, we're talking about a seven-year process. Oh, I'm well aware of the fact that those that have engaged in their PHS have discovered that transformation, transition, is something that occurs very rapidly. That is, for many the onset of it is rather rapid. But I'm talking about the deconditioning process that leads to the cleansing being done. It is, again, this kind of cellular process.

We have to be able to deal with the whole being in order to be able to deliver what is the most effective medicine for them; the whole being, because of course we need to understand them and to understand how they will get to this place. This is a Just Now that I brought up, I think it's the 8th of January, this particular chart. So, it's a newborn baby in the world.

Wouldn't it be delightful if this baby—this is a baby that is going to drive the mother crazy because it's always waking up in the middle of the night and only really likes to have milk in the middle of the night, because it's a nocturnal. To really understand that the damage has already been done, this baby is only like seven days old and the damage is already done. And the process of cutting off the potential of what is the underlying cognitive power of this being is being homogenized.

But let's say that we're dealing with an adult. The moment that we're dealing with an adult we have to see what dilemmas are there for that being, because we know clearly that they are going to be there. In this particular case, we have a very com-

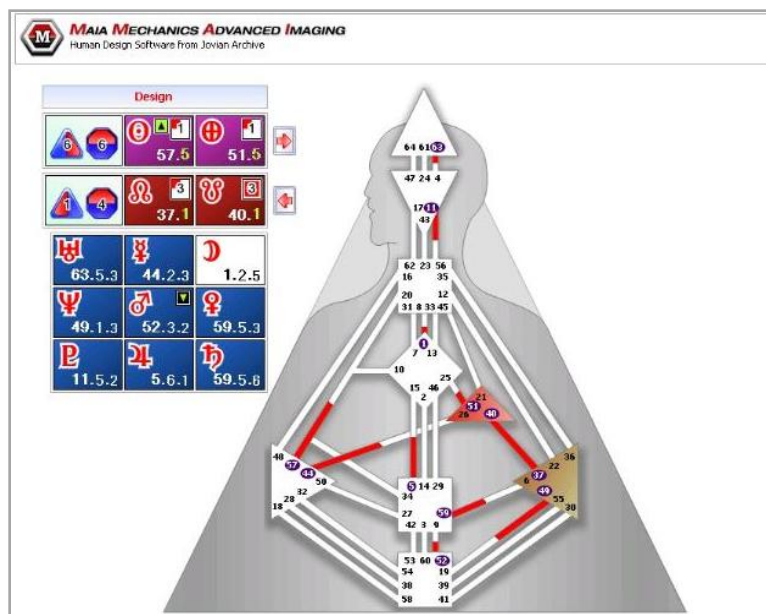


plex triple-split definition. And there are all kinds of things to see in that in terms of how to deal with the being.

Bedside Manner

I'm very concerned about bedside manner. And what I mean by bedside manner—it's a cliché, it's an expression. That is, the doctor, as an example, that deals with you in a way in which you feel comfortable, in which you feel informed, all these kinds of things, a way of being able to deal with the other, an understanding of how to approach the other. Now, usually bedside manner was dependent on the Perso-

nality of the doctor. And of course that's not what I'm talking about; I'm talking about understanding the being. You have to understand the being in order to know how to approach them.



You think about this person. Here is somebody that has a 3rd Line Personality. And what we know about the 3rd Line Personality is that the 3rd Line Personality, if it is not correct in this life, if it does not understand its process, it can often feel overwhelmed by life, it

can be deeply pessimistic. It constantly has to deal with things that just simply don't go the way they want them to go. Think about what it means when you have somebody who is a 3/5 as in this case, Cross of Penetration 3/5, and you think about this person and they come to see you. You have to understand that their Personality expects all of this to be pointless. They have an unconscious 11th Gate, this is a little bit of idealized hopefulness in there somewhere, but you really have to see that with the 3rd Line Personality, no matter how much they are drawn to the possibility of what you have to offer them, there is a fundamental pessimism that says 'this is not going to work unless it works,' do you know what I mean; show me.

The Need to Understand the Personality

You need to understand the Personality of someone that you're dealing with. You need to understand their dilemma. It's very simple to say to somebody, 'here's your PHS, let's begin with step one, here's your dietary regimen, this is what you have to do.' But this is not what it's all about for this being. Remember who these people



are going to be. The Center for Human Differentiation is dedicated to people who have entered into their experiment. It doesn't mean that they're going to stay in it. It doesn't mean anything. It just means that they've had a reading or whatever and they're interested and they've started their experiment, but most of all, they want to be healthy. And there's something that's bothering them. If they think for one moment that you telling them that they're a night feeder is the answer, it isn't.

The answer for them is their ability to go deeper and deeper into trusting the authority of what is a very, very difficult emotional system to access. You're the one that has to be able to caution them about time. It's very interesting when you look at this configuration, and you look at the Design. When you look at just the Design by itself, here you're dealing with the 51st Gate and you're dealing with the nodal system, and the 40th Gate happens to be the Gate of the stomach and this is the Gate of the mouth and so forth and so on, that in order for them to be healthy in any way shape or form, if they don't pay attention to their emotional system as their authority, nothing is going to work for them. It is where their trajectory is, it is what points them towards their environment. There is the link node that offers them this transition to the other side that aligns the Personality to the correct view. Here is the heart and soul of what is going to make things work for this being. And you've got to be able to see that because the focus for you for them has to be on their emotional system.

Emotional People

Emotional people—51% of humanity is emotional—emotional people eat differently than unemotional people. They just do. They eat differently. And they eat differently depending on where they are in a particular wave. And when you have the emotional system connected to the stomach you can have enormous digestive problems. You just can. This is the direct connection of the emotional field to the stomach itself. And then you look at this being and you think about them as a homogenized being, they're not going to be nocturnal feeders. Give me a break; that's a joke. The closest they're going to come is that they really love that late-night snack. And if they're fortunate they live in a society where the late meal is really a late meal, because it's something that would be generally healthy for them.

But from the moment that they come into the world, they come into a family where the moment that the light is up they have breakfast, they have lunch and their dinner before the sun goes down. They never get access to the cognition underneath. If you're going to be a 3/5 and bang into things, it would really be good to have a sense of touch. They don't get any of it and it's all rooted there.

One of the things that we have not done, one of the things we're going to do more and more of as we move along is to integrate this into the holistic design of the being—the Gates, the Lines. And all of that is so that you can be an effective guide for them, because it's quite a process to go through. And for this person, everything about it is about their emotional system; everything. This is the key to being able to



bring what is correct to their physical body. And of course it's the center of their design. It is their authority. It is the thing that they have to rely on.

And look at them. It's not like they're relying on this; they're not. the only entry point, roads and tunnels, the only entry point, the only thing that actually turns the emotional system on, the unconscious 37, the link node, which means that if they're not in touch with their emotionality, they're not going to be able to see. They just won't, because they won't be aligned to it.

Holistic Trainers

I don't know yet how well I haven't this across to you. I don't see a practitioner or a psychologist as being analysts. I don't see any relationship in those things. There are two different processes here. The PHS is the primary process. It's a primary process because it deals with the vehicle, but it means that the whole person has to be nurtured, that the whole person has to be guided, that they have to be focused to those areas that they can have concrete access to. You cannot just simply give them their regimen. You have to work with them. You are there as a—you know they have these personal trainers—you're a holistic trainer, let's put it that way; to really see because they're going to need that.

You cannot just give them the information and drop them off. Aside from that, as you'll see, we have many things that we can do with all of that information that can benefit them. But the first thing for you as a practitioner is that you need to understand what's the key for them to keep them aligned to what is correct. This is the difficult area; this is where the whole thing is going to happen or not. Because they have such weak access to their emotional system, you can't really talk to them about it, because they don't know what you're talking about. As far as they understand they have emotional reaction, they know what happens to them in their 19, 41 confrontations out of their 49 and their 30. And out of that seems to arise emotionality.

But remember, if the only way your emotional system or any center for that matter is linked up at the unconscious level, that is, the entry point to it, the fact of the matter is that you don't recognize that as you. This person does not think of themselves as emotional. They don't. They are just simply not connected to it. So you can't go up to this person and say, 'look, you understand that your wave is so important to you,' and they look at you with cow eyes. It's about timing. Timing is their thing.

And you know that you can appeal to that sense of timing, because it's inherent in them, again from the unconscious. This 5th Gate, the pattern, the habit, to get them to begin to understand how important waiting is, how important time is for them as an ally, because the moment that you lose the battle of who is in charge of the life it doesn't matter how wonderful the information is that we have, we're not going to be able to help them.



Developing Relationships

So we need to be able to remind them. One of the things that's very important is that in the Center for Human Differentiation, when somebody comes into that center and they are interested in having an appointment with a PHS practitioner, that that very first meeting between the practitioner and the client is basically the practitioner going over their design, because the practitioner knows what the key is going to be. And at the end of that process with them to set it up in such a way as you ask them, you invite them, you inform them, or whatever the case may be, to make the decision of whether they want to really enter into this process. If they think, if they feel they are ready for that.

It's not simply a matter of they come, you give them a little bit of information, you send them along their way and you're available for feedback, because we're different. And we all well know that the battle begins with that first couple of years of dealing with the dilemma of your mind and the possibility of what being correct can be for you. I don't want anybody to be able to walk into that center and simply buy a piece of information that they think that they can use, because I'm very concerned about the way in which PHS is brought out to the public. It is something that is important for me.

Providing a Holistic Service

And it also is very important for me that the role of the practitioner is the equivalent of Human Design's family doctor, the kind of doctor in the 50s that if you were sick would come over to your house and look after you, if you know what I mean. In other words, that this is more than simply a place where you get a reading, this is where a unique kind of relationship is established, and a relationship that is there to go quite deep, as a matter of fact, and to be able to provide that client with somebody that they can truly trust and rely on as they go through that process.

It's also very important for us as scientists. Again, we're dealing with a new science. Our observations, our ability to take information from our clients, to gather this information is something that is very, very important. Again, I want you to grasp how different a role this is. This is not simply about giving out a prescription, it really isn't. It is about providing a holistic service. It's a very special service. For me there is no example on this plane of anything that is there to provide for us, that is, to provide for nine-centered beings that are aware of their mechanics. There is nothing; there is only us.

And for me the development of you as professionals, both practitioners and psychologists, is the first generation of beings that are trained to be of service to nine-centered beings. For me this is an enormous step in our ability to be of service to whoever in humanity is ready for this kind of process. And it means that the roles that we play out within this context as practitioner/psychologist are that we are truly there to be a very deep intimate guide for the other. And it all begins with our ability



not simply to recognize who they are, because we need to recognize who they are in order to be able to communicate to them properly.

It's like sitting with or talking to a triple-split. You can never in the moment ask them for a decision. And of course, this is compounded by the fact that they're emotional anyway. But let's say they were a triple-split and they were unemotional. What we know about triple-splits is that they need to move, they need to have aura shifting in order for them to draw a correct conclusion, whatever that happens to be in terms of their authority.

It is about understanding the other. It's about understanding that there is an unconscious underlying paranoia in this being, so don't be mysterious. And you also know that because they are a 5 they like things that are practical. So you talk to them about things in a practical way. All that does is put them at ease.

Recognition and Healing

This is one of the great gifts that Projectors bring into the world. I think one of the most profound tools for healing is recognition. In the factory hospitals of the world, where the doctor barely has time to ever know who you are and in many cases will never meet you, never see you eye-to-eye, that your inner trust in what is going to be the result of all that is deeply, deeply diminished.

This is something so important to understand about knowing the other. You're not just putting them at ease. You are setting up the ability to truly be able to communicate to them, your outer authority, the outer authority that has come through your work and study, that outer authority that is simply there for them and they're ready to take it because you know how to deal with them, you know how to approach them. This is what gives us such a tremendous advantage. And so often it's just ignored.

One of the things that will be there in the Center, and by the way it will open in September, is that when somebody wants to have an appointment with either a practitioner or a psychologist they have to enter their data. So that before any practitioner or psychologist gets to meet them they have their data, they can see what's there, so you know how to deal with them. It makes an enormous difference.

So when we look at this human being and we look at them holistically, we begin to see that yes, we can give you wonderful things, but you have to get there. And the way that you're going to get there is that your priority is dealing with your emotional system and in this case, the food is going to be very, very, very important for you. And it's going to be very, very important because it's obvious, the complexity that is all focused and the only definition on the Design side, and it's all focused on the stomach.

So here is somebody that in our discussion with them, your discussion with them about the dilemmas of their emotional system, about what it means for them to wait,



what it means for them not to initiate, what all those basic things mean that any analyst would have given them, hopefully, but a reiteration within this context. If you cannot wait, if you cannot develop patience, if you cannot feel your way, then you're not going to be able to help yourself.

The one thing about an absolute of the maya is that it can be very rigid and in its rigidness be absolutely correct. There is no middle ground here. There is no way that the not-self is going to be able to take advantage of these formulas. It will not work and it will not be good for them. And we have to see very clearly that the main responsibility when somebody is in this process is constantly putting them in touch with what they have to deal with.

The Determination and the Cognition

So they have to be ready, and when they're ready then that process can begin. And think about what that process brings. Let's just talk about the combination here of the determination and the cognition for a moment. Obviously their lifestyle is going to change. Anybody who enters into their PHS notices immediately that obviously it is going to impact the way in which you operate in your life. Food is so deeply connected with basic social mechanisms that we have, and so forth and so on.

It is going to make a difference whether this person is single, whether this person is with one person, a partner or lover, or whether this person has a family, because as we well know as I've explained to you in my own context that to have a family leads to very, very complex issues when it comes to eating. And for many modern families, and particularly families in the West, it's the only time they're normally together. And there are many at that dinner table that are suffering as a consequence.

So, all of these things have to be taken into consideration. Again, it's part of the responsibility of the practitioner to really understand their client. And that means that in that initial meeting you need to have a conversational level with them as well. You need to find out certain things about their life, again to find out whether they're single or with somebody, so forth and so on. Find out where they work, their environment, all the kinds of things that ultimately are going to impact them so you have a real sense of who you are dealing with. The deeper you know them, the more successful your relationship is going to be. And what I mean by that is the success of the relationship is the transformation that can take place in the client.

Determination: Indirect

Now obviously, this is a client that is going to have to deal with a radical dietary shift. By the way, anybody that has indirect has the most sensitive digestive system. And I guarantee you that this baby that's seven days old is going to develop extraordinary colic, they just will. They're going to have all kinds of problems with gas and all kinds of things because of the homogenization taking place in the day feeding. In order for this person to enter into that indirect you cannot just say to



them, 'look, here's your determination and what this determination represents is that if you take nutrition in according to this determination, this is going to benefit you in the most positive way,' all the stuff that we've learned.

But you cannot tell them to do that, you cannot lay that out as whatever, you have to deal with them according to their nature, you have to deal with them according to their Personality, that pessimistic Personality that says, 'I can't do that, I'm going to be starving all day.' And of course, anybody who is nocturnal discovers right away that they're not hungry during the day once they're eating properly at night, or eating properly before the sun rises. This being, because of their Personality, because of their lack of contact to their emotional authority, that every single step along the way is going to require you to let them know that they have to wait, they have to process it.

Respect for the Client's Nuances

Every single human being has to be respected for their nuance and treated accordingly. We know that in terms of the cognition that to have contact with the food is something that is very important, all of these kinds of things. But it's something to really be clear about, is that the only way that you can bring somebody to this knowledge is as themselves. So every step along the way when you're dealing with a Generator or you're dealing with a Projector, and by the way, which will be far beyond their actual percentages, 95% of your clients are going to either be Generators or Projectors, every step along the way is an invitation or a question. And an invitation or question that can either be answered spontaneously or not; half will be spontaneous, half won't be.

And in dealing with them, in understanding that, you're constantly reaffirming what is the key to their process. In other words, everything that you do with them is coordinated to the way in which it is supposed to work. This emotional being is simply going to have to process it over time, and you know what's going to happen, look at that mind. You have this open headedness, open Ajna, and it's buzz, buzz, buzz, buzz, buzz, buzz, buzz, buzz, and it's all over the place. Many of us have been at this a very long time, you get kind of blasé about all that. But you have to remember what that was like, what it's like for them, what it will be like for this person when they have somebody say to them, 'look, you should only eat when the sun is down,' and what that will do in terms of their mind.

Yet, at the same time I want to tell you something, that if you treat them according to their nature, if you speak directly to whom they can be, they will get it. And it will be the exact support that they need. But they constantly have to be brought back to what this is all about. It is about maintaining the integrity of your decision making process. That is the key. There's something else. There are levels, and again, I will take you through that as we go through, there are obviously additional levels that have to be dealt with. When we're looking here at Base orientation, and when we're looking here at environment, these are steps that come afterward. First here, and



before that the actual integrating of the relationship, the establishing of the way in which the relationship is going to operate.

The First Appointment

And again, by the way, this will be no surprise to the people that come into the Center because everything about the way in which the Center operates, the way in which professionals of the Center operate, this is something that is going to be clearly listed there for any would-be client to see. In other words, the groundwork is established so they understand, for example, that when they have an appointment with a practitioner or psychologist that that first appointment is not something where the meat of the process is going to be dealt with. In other words, it's not when you're going to get your "this or that," this is simply to establish what's possible.

It's really to establish the relationship and to see what's possible, and to see where that person is relative to their particular progress, to be able to assess them. And obviously in that kind of encounter is the ability to be able to re-inform them about certain aspects. And certainly to be able to point out to them where their dilemmas are, and the dilemmas that they're going to have to deal with in order for them to really be able to take part in this process. Once they're in, is the beginning of working with the dietary regimen and the underlying values and the cognition.

Open Workshops

Now, one of the things that I have planned for the Center is that during the course of a week, six days a week each day there will be a kind of open workshop for people of a specific regimen. In other words, however we want to look at it—1st Tone, 2nd Tone, 3rd Tone and so forth and so on—so that people will have a chance to be able to meet with others to find out more about the way in which, for example, the nocturnal is working for different people, to be able to share in that process and to be able to have an ongoing connection to the experiment itself.

The Next Steps

And in working through that, in working through their dietary regimen, then one ultimately can get to the next steps. The primary one that follows that is the environment. That is, dealing with the External and dealing with the importance of the External in their life. There is no reason to rush in and get into all of that, even though we know that it is deeply significant in terms of the long term well-being of the being as well as the values inherent in their potential social interactions.

However, it is only when they are really into their process and only when they are truly involved in that PHS program it's only then that that's something that you can begin to discuss with them, to slowly begin the orientation. Please understand, it's



one thing to change your life by suddenly going “uh-huh, uh-uh” all the time. It's another thing to change your life when you say I can't eat with you anymore because all of you disturb me. I can't sleep with you anymore because I have to sleep by myself. And frankly, I have to leave home because I'm not supposed to live here. Human Design can put a crimp in the traditional conservative social life.

The Knowledge is for Tomorrow

But anyway, it's something to grasp. These are real transitions in the way in which we operate on the social plane. And again, I cannot stress it enough, the knowledge I was given was for tomorrow. And all the work that you and I do is about establishing that tomorrow, it is what we are. We are the beginning of this process, the first generations of this process. We're establishing the possibility so enough human beings can understand this so that ultimately there are going to be those children that are going to be raised this way. What a journey to deal with deconditioning.

I am so deeply aware of the incredible power of the program. The program is the movie, after all. The program has such a dense, dense control over humanity. And those that break out, those that are abnormal, they still have to go through this agonizing deconditioning process. And the fact is that as you go through that deconditioning process and you all understand this, it impacts everything in your life; it just does.

Deconstructing Keynotes

Now, again, one of the things that I was mentioning before the class as regards to environment is to really recognize something about the power of deconstructing values, deconstructing keynotes. Again, the mountains—that was a nice input from you Joanne about the bunk beds, just get to the higher ground and take advantage of that higher ground. Now, of course, this isn't going to be great for social meetings unless you make love to somebody in the upper bunk. But the reality is that the introduction of the environment isn't an immediate demand that, 'look, you should be living on a mountain somewhere, and you're in the wrong place, oh my god, I'd better fix that,' because people that are involved in their design and working with their design once you're in there you want the full results, don't you, you know.

So again, this is about being able to open up the diversity inherent in any of these keynotes. My favorite example is from Stephen, in regards to the cave-man/cavewoman diet. He's asked me questions about nuances that frankly I have no answer to—is a smoked piece of meat mixed? It's a great question, but it's like this is a nuance. I don't think it makes a hell of a difference, but I assume in the spectrum of people that are cavemen or cavewomen that for some of them it really would make a difference. The same thing is true for whatever it is—mountains, this, that, the other thing—to begin to understand that there are many, many nuances in that that have to be discovered.



Sharing Information

I don't have all the data, you know that. I have the mechanics, I have the framework. It's why AI is designed for note taking, sharing information, so that we can build up a formal database about the nuances of any of these particular aspects. And you see the way I've guided you to your diet. In other words, I've given you only the basic mechanical rules; nothing more, nothing less. And every time I'm asked a question, and you all know that because you've heard them, every time I'm asked that question my answer is, yes, that's possible, because it is a nuance within the general theme.

And what is always clear to me is that we are differentiated beings and what caveman means for one person is different than what caveman will mean for somebody else and yet they'll both be following the generic of that regimen, but it will be effective for each of them in their different way. So there are nuances in this.

Those clients that enter into the experiment, into the work with us, one of the ways in which they need to be engaged is in terms of their feedback. That's why these group gatherings are something that I think are going to be very, very effective for us in the long-term development of the knowledge. In other words, to be able to hear how people are going through their process and how people are going through their process relative to being similar. In other words, ones that might have the same determination and ultimately those for example that have the same environment, to begin to see how they are living out the possibility of that environment and how significant that is for them.

The Environment

Remember, that when we get to the External we're actually finally, in a way, completing our work as a practitioner in terms of laying out the long-term well-being of a person. Your determination establishes what is the correct nutrition; the environment establishes what is the correct positioning on the plane, what is going to be the healthiest environment for you. By the way, it's not just that. There are deeper levels to that. I'll talk about that tomorrow morning in Variables. That is, we need to have those that are participating in every kind of environment. It's part of the whole story.

Base Orientation

So, the elements that are there, once we have established the environment, the last place we go to in that sense in terms of what is specifically simply on the Design side, is ultimately dealing with the Base orientation itself. And of course, the Base orientation is actually something that is very fascinating and very helpful because it tells us something about the way in which the brain system operates.



And of course, the way in which this particular orientation operates is that it is a binary. What that means is that this is somebody that is literally of two minds. They have two very different ways in which they will deal with anything from the infrastructure point of view. And again, I will go into more detail into this as we move along and we investigate how we work with the client in each of the stages of this particular process.

The PHS Practitioner's Role

Today what I wanted you to have a sense of is to begin to grasp your role in this process. In other words, the holistic service that is inherent in that. And again understanding that you're not dealing with what will be a client that you will meet once and probably not deal with again. Here you're dealing with somebody who is going to work with you over time.

Now, the density of that work is another story. But the fundamental relationship, if it is a good relationship that's established, no matter how good you can be aware of the other and do the best you can, it doesn't necessarily mean that there is a real fractal connection there and that you're going to be able to maintain a long-term relationship. But my ideal of this is that anybody that enters into the Center for Human Differentiation and develops a relationship with a practitioner or a psychologist, that that relationship may last decades. Those very people may bring their friends, their children, whatever the case may be; it's an ongoing service to whatever that particular line of connection is all about.

Again, it is very important for me that your understanding of what the role is to be involved in that, what it means to take on that kind of responsibility as a professional, and what it means in that sense to really be deeply involved in processes that human beings are going to enter into. It's also going to be financially rewarding. And I say that simply because if it isn't, it's not worthwhile for anybody. This is a very different kind of relationship.

When we get to the 3rd semester I will give you some parameters for all of that in terms of the way I'd like to see it established in the Center. In the 3rd semester, by the way, I will also find out how many of you actually want to work in the Center itself and to begin to build up the infrastructure of the way in which that's going to operate. So there are a lot of things technically that we will deal with.

But here is our beginning, the beginning of what our role is that we are truly here to be of service to the other. And that means that we need to be specifically honest. We really have to deal with them in a way that is going to be correct and we have to deal with the methodology that is going to be the most effective for them.

Now, I will discuss with you the differences between dealing with those that are Left and those that are Right. But frankly, at the PHS level it is very, very different and much less significant than what it is at the Rave Psychology level. But the fact is that this methodology of the way in which we're going to help them to move through



their process, to move through their experiment, I think this is going to allow us really to be able to demonstrate the success of what this knowledge can bring into a human being's life.

I think that when you take it all together holistically and the kinds of results that we can get out of the consistency of operating correctly and operating correctly in terms of your PHS, this is going to be enormously rewarding and going to open up the doorway, that what I envision that everybody who has ever been connected in any way whatsoever to Human Design is going to go through the doors of the clinic. That's something that is really part of my vision that this is where you get your checkup, this is where you find out where you're at. This is where you can have help in working with the nuances of dealing with your mind or body, whatever the case may be.

But this will be the only place in the world and the only place for the Human Design world where there are those that are trained truly to be of service. So for me it's deeply exciting and very exciting in that sense to have so many wonderful students involved in all of this. I look forward to the opening up of the clinic. I look forward to it. I think that the Center is going to be a remarkable achievement for Human Design and will really be something of value to others. Time will tell; we'll move along.

Anyway, to all of you as always, it is a pleasure. Do remember, Digital Books, it's a great set up and I hope that it's very helpful to all of you in terms of the work you're doing. And until next time, all of you, you take care; bye for now.

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Lesson Three

Review and Test Preparation

Welcome to all of you and to the few of you that are downloading. This is really a historic moment for Human Design. It is one that is very important to me and it's very important to the future and integrity of these programs, that is, PHS and Rave Psychology. They obviously are, as you're familiar with by now, the fact that these are the only programs in Human Design that are going to be tested. That it is an essential ingredient in order to establish the professionalism involved.

I've had a vision for a very long time. That is, I guess it began about 10 years ago when I first started to think about how to develop the physical and psychological aspects of the knowledge. It was clear to me that the nine-centered being was something different. And that the procedures, the human services as we had known them, as had developed out of the seven-centered history that they were no longer things that truly served us. It is clear that even a basic understanding of Human Design offers more in terms of stabilizing the Personality than any kind of traditional psychology has ever been able to achieve. It is simply mechanical and directly to the point.

The Center for Human Differentiation

It is clear and will become clearer over time that the PHS regimen is something that has enormous capacity, enormous potential to provide secure well-being physically in a human life. That vision was an environment in which nine-centered beings could be served. It is what the Center for Human Differentiation is all about and it is truly my great good fortune that I have not only the vision and the knowledge but the allies to be able to realize something that is so far ahead of its time, in a sense. It has made my work much, much, much easier to have had Asi Farran as are our technology whiz, because that is literally what he is.

The Center for Human Differentiation is going to be truly a state-of-the-art environment, and frankly unlike anything you can even imagine, even from the little bit I have told you. We've been doing developmental work on the environment itself. And it is really going to be quite a place. I'll tell you more about it as it is pertinent to share it with you. But it will be up and running in September and it will really be something. And it is not able to fulfill its potential without the staff that is going to be there, that is going to bring this knowledge and be able to provide with this knowledge, services that really are going to be of enormous value to those who have entered into their experiment.



Education in Human Design

It is clear to me, because we are going to be dealing with the physical well-being of human beings and their psychological well-being and because we are going to be offering this directly as a service to them that it is essential for me that only the highest standard of staff is acceptable, nothing less than the highest standard. For me this educational program, and quite a few of you take both programs, which is quite a thing to do, these are the most complex and most sophisticated teachings ever in Human Design, ever organized into single programs. Nothing in Human Design has ever been given so much dedicated time for exploration and expansion and the development of analytical skills and a deep, deep knowledge base.

For me, anyone who is going to be a PHS Practitioner or a Rave Psychologist stands head and shoulders above anyone in Human Design in terms of being able to use the knowledge as deeply as possible for the benefit of the other. And in that way they become the standards for me of what it means to master this knowledge. More than that, my security in that those that are going to come to the center, those that are going to be involved in long-term therapeutic processes, what I would prefer to think of as outer authority environments, people who are going to spend their time in that that they are guaranteed the best quality that we can offer in terms of the knowledge and in terms of the dedication to the work. And at the same time, that means that the client is protected and we are only going to get the best possible results out of that.

All of this is one of the keys for me. When I first built the basic Jovian Archive website, when it first started, already in the plans was this kind of environment. It never got realized because there was just no point in being able to do it until there was a group of beings properly educated. The other thing is something very important for you to understand about this whole testing system. Aside from making sure that the best level is represented, I also want you to understand that it brings you extraordinary protection, that is, the protection from unlawful and illegal competition. In other words, people who claim to be a practitioner or a psychologist, people who claim to have this knowledge who do not.

The fact that this is a tested program, aside from the amount of time involved, that it is tested and certified means that we have the legal framework to deal with anyone who tries to pretend that they are these things. And by the way, we are actively involved. This year we will take our first legal actions in protection of the rights of Human Design. I want to make certain that a little bit of knowledge which people can grab here and there doesn't become the framework of misleading people and creating problems for them.

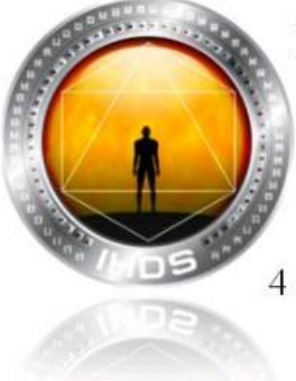
So, the testing, in that sense, has importance at many different levels, and it's something that I just wanted to be able to share with you and also share with you the historic nature of it, because it really is. It is for me the maturing of this whole educational process and that these programs are as sophisticated as any program



offered in any university, as a matter fact. Literally, it is much more sophisticated. But it is something that is really an accomplishment. And for me, it is really a stamp on the level of excellence that we're able to achieve in terms of education in Human Design.

Examination Schedule

Okay, let's get to some of the basics here. This is the basic outline for candidate programs; that is, PHS and Rave Psychology. You can see that first of all, the components of it are broken up into two parts and the first part is made up of online examinations. The first one as you've already seen is for next week. There will be another one in the 10th week, that is, the week of March 10th, so it will be on the 11th of March. That will be the second one in this semester. There will be two in the next semester. So, altogether there are four online examinations.



International Human Design School

Candidate Programs

Examination Structure

Components	Percentages
4 online Examinations:	
1. General Knowledge (Basic)	15%
2. General Knowledge (Advanced)	15%
3. Analysis (General)	15%
4. Analysis (Specific)	15%
1 Thesis Project:	40%

Certification

Candidates with grades below 50% are required to audit the third year again before re-testing
Candidates with grades from 74%-50% can register for re-testing in the next academic year
Candidates with 75% or higher achieve certification

You can see that each of the online examinations is worth 15 percentage points of your grading overall. And that they are progressively more difficult. In other words, it is very conscious on my part, that is, starting off with what is general knowledge and slowly getting more sophisticated in terms of the questioning. So as you can see there are the four examinations, each of them that is worth 15% of the grade, and of course the thesis project, which is the other 40%.



Just to go over this and then I'll come back and look at various aspects with you. The whole grading system—if you're below 50% for the year, that is, all of this, then you're required to audit the third year again. In other words, go through the program again before you would be allowed to do retesting. If you're between 50% and 74%, you don't have to audit the next year. In other words, it is not a requirement. That is, you can register for retesting and there will be a special testing regimen that will be available probably in October of this year for those who wanted to be re-tested. Anyone who gets over 75% or higher, this is certification. So as you can see the standard bar is placed relatively high. And I think that's very important.

Relax and Enjoy the Testing

I think it's also important for you not to get caught up in, because I'll talk about approaches in a moment, how to approach this, I simply want you to go through this relaxed and enjoy it as much as you can. The fact is that you've all taken in a tremendous amount of knowledge. I am very confident in all of you, but everybody has different reactions under testing regimens. Not everybody works well under pressure, all of these different things.

So I want you to understand that nobody who goes through this process is denied the potential for the certification. In other words, it's not that you fail and you're out and about all that stuff. It also means that you can put off testing. That is your right. Nobody is being pressured into all of this, you have to do what you feel is correct for you. I suggest, by the way, that if you are thinking of such a thing to take the first exam anyway. I think you need to find your confidence in this kind of a process and be comfortable within yourself and in that way you can make a much clearer decision about the way in which you want to approach this.

But it's very important for me because the people who are going to be coming in the door of the Center are people who have begun their experiment with Human Design and they need the best possible guidance. They've made a huge step in their life and they need the best possible support. I think it's very important that that is there for them.

And so, this testing regimen yes, the standard is high. I wrote the first exam today, that is, what you'll take next week as your PHS exam. When I first started I actually tested people. There are a couple of people that took tests. Martin you certainly took them, Andrea I think you took them. I don't know anyone else in that generation, Alok, for sure. He took one of the weirdest ones, one of the first ones that was impossible to do. It was all trick stuff. But there were tests; there were really tests in the beginning.

It's just interesting after all of these years I really enjoyed writing it, I must say. I don't know how much I'll enjoy correcting them, but nonetheless. I certainly enjoyed writing it. It was a very, very interesting experience to look within myself, to see what comes out in terms of what I think is a good question and that's funny for me, because that's not my trip. I'm not a 63 after all, I'm a 4. I'm wise about ques-



tions. The danger for me is always getting too clever, so it was very interesting to go through this process. There are no trick questions, by the way. It really is very straightforward.

The Technical Aspect of the Tests

First of all, about the technical aspect of this, because the technical aspect is really brilliant, if you could see what I see, because I see behind a veil in the backdoors that Asi has created, these administration places, the ability to be able to create on-line examinations—by the way, I could go between straight questions, which is what this first exam is, I can also choose to set up multiple choices. And ultimately by the way, as teachers, if you want to develop testing for students, not necessarily as a grade, but for them to really get a sense of how well they're grasping the knowledge, ultimately, I will make this facility available because it's brilliant.

So, for example, I'm able to put up, post a question with its own illustration, if I want. Or in the case of the examination that you have next week there are ten general questions and then there are five questions that are related to a single chart. So I can put up a single chart as a standard, and all these kinds of things. It's fascinating the way in which it works. And then post it and give it a date and time.

You'll notice that it has a specific time. That is, next week the exam window opens at what is 17:15 GMT. So 15 minutes after what our normal class time is. And by the way, I will be in the class at the normal time, that is, 20 minutes before its normal opening. So, if you have last-minute jitters or you just want to have company or you have questions or whatever, you can. The actual examination will be in 15 minutes afterwards. You'll have to go out of the main class. And what you've noticed today when you came in you saw that underneath where we normally go into the class there's the examination box and in that examination box there is a button that will appear that says take exam and that will open up at exactly 15 minutes after the hour.

You get 45 minutes for the exam: 15 questions, 45 minutes. If you go over the time, there's nothing that stops it after 45 minutes, but you'll be penalized for going beyond the time because you're not supposed to. And then what happens is that it gets posted to a file for me where I'm able to grade it. The moment that the grading of it is done and I finish the grading, you automatically get an e-mail with your grade and a copy of the examination and how you answered it. So it's an incredibly efficient system. I'm very impressed with it and I think that it's one of those things about having good tools. It's a really good tool.

Right Mind Studying

Before I open this up, because I assume that you have questions, there is something that I want to talk about that I think is very, very important and it has to do with whether you are Left or Right minded. That is, if you are Left on the Personality side



or right on the Personality side. In terms of preparation for any examination or any testing it is essential to grasp this, because otherwise you just do yourself a lot of damage.

First things first, dealing with the right, obviously the right is receptive, it is its nature, it takes things in. It is an absorber. If you are right minded do not put yourself under the pressure of studying. In other words, don't put yourself under the pressure of trying to figure out what you think you think I think, what you think I think I will put there. In other words, don't get into that whole process of trying to figure out that I have to cover this and I should cover that and I'm weak over here so I'm going to cover this over there. This is very, very unhealthy if you're right. It's not the way your mind works and it is not what is healthy for you.

What is healthy is, look through material because you enjoy looking through the material. And don't worry about whether when you're looking at this material you should be looking at something else. Just take things in. And don't take things in for a specific reason that you think that this is what the subject is going to be. In other words, just relax. It's already in you. If you are right, it is already in you. It's there. And one of the most important things to do in this life is to trust your gift. It's very, very difficult for the right, living in a strategically oriented plane where the not-self is still living out the old strategic way of the seven-centered being, where everything is about strategy. Well, it's not for the right.

So, when you're preparing for an examination you're not preparing at all. You're not; you're just going about your business, going about your business enjoying, because you do, I know that, enjoying your process of going through this material and working with it. It's more important for somebody who's Right, simply to be busy working with charts and investigating them for clients or otherwise than to be concerned about just digging in and trying to figure out this or that.

So that is my advice to the Right, and it's good, good advice. So, take it in. Save yourself the grief, because the moment that you try to focus on the strategy, the moment you think, oh my god, I don't remember anything about that, you're screwed, you really are. You're going to be so confused then when the questions come up, because you have this thing that you were trying to stick in front of you that isn't supposed to be there. So let go of all that.

Left Mind Studying

Now, if you're Left, this is a different story. Everything is strategy, and you haven't taken it all in, in the same way. Strategic beings take things in according to what they're interested in, to what is part of the world around them, to what their basic focus is. They often don't pay attention to those things that don't have anything to do with what seems to concern them. And there are often areas where they're very weak.



So, if you're strategic you've got to look at your knowledge base and say, where's my weakest area and go there and dig into it. This is what it is to be strategic. Strategic is that you have to weigh things. Okay, I know this pretty good. And I sort of know that okay, but oh that over there, I don't remember a thing. This is strategic thinking.

And if you're Right and your mind is working like that, you're not doing a very good job with your not-self. You have to deal with it. This is the great challenge for the Right, just breathe, and work with the knowledge. But if you're Left, you can't afford to be blind or arrogant about where you stand, nor can you be the other side of that. Oh, shit, I don't know anything, because it's not true. To be strategic is to be able to see very clearly where you don't need to put energy but where you do need to put the energy, where you need to put the focus. So it's two very, very distinct processes.

All right, I'll open it up to your questions.

Question: *Are these tests going to cover everything from semester one onward?*

Ra: They cover the entire PHS program. They can reach into any aspect of it. The first test itself is just general knowledge and it's very much general knowledge relative to the basic needs for anyone in PHS. I don't want to say anymore than that. As a matter of fact, you're responsible for much more, in that sense. You need to know your Human Design; you need to know the whole thing. After all, this is what it's all about. And as it gets more sophisticated it will go into deeper and deeper nuances. But yes, you're responsible for everything that is necessary in the level that you're at.

Question: *Ra, I have a question. I'm strategic and I immediately checked out my weak areas and I just found one and I wonder if that would be a level that is included in the exams since we didn't do a hell of a lot of work on it. I'm talking about the Base orientation, this binary and all of that. Is this going to be part of the exams? Just to know whether reviewing those classes would be something that's—it's always worthwhile, but specifically because we haven't done much work on them.*

Ra: It's not in the first exam, but it will be part of the future.

Question: *Is it possible to get all the dates, because I have my PHS project that is going on and I have patients to visit and I had to select some date and it was obviously Wednesdays. Of course, it is the Rave Psychology so what are the dates?*

Ra: First of all, it was something I wanted to mention that you should know, though I would appreciate that it would not happen very often, but if for any reason you can't make it to the exam, because they're set at the same time, I will set up some kind of makeup exam for later in the year to make up for it. But in terms of the dates, that is, the first one is going to be next week on the 30th and the second one is going to be on the 12th of March. And those are the two for this semester for Rave Psychology.



Question: *So that means we only have two this semester?*

Ra: Two this semester and two next semester. So, number one and two, general knowledge basic and general knowledge advanced are the two exams that we will have this semester and then the analytical exams will be next semester. Remember, we're going to continue, obviously, with our classes in between. And so we're still going to be working with—and for example, Alok, your comment about Base orientation, these kinds of things we're still going to be working with these subjects along with Variables and other things in terms of the teaching process.

Question: *Ra, in the Jam Player under Rave Psychology it says the test is going to happen on January 29th.*

Ra: That's a mistake. It should be the 30th. I make mistakes. What to do.

Question: *I would like to ask a question, in the first year, and also what Andrea did, was this whole process of the embryo and the cycle of creating a being, is that something that is an important factor to focus on?*

Ra: No. It's important in the sense that it lays a foundation for understanding the originating mechanics of developing the whole form principle. In and of itself, ultimately I think that that is knowledge that will be spun off into dealing with pregnancy and with mothers, and so forth and so on. But it is not going to be tested.

Question: *What was it that Popeye used to say: Shiver me timbers; or something like that. We can tell how serious we have all gotten here. And yeah, me, too. I'm a little confused. Are there two test days, for those people who are in PHS and those people who are also in Rave Psychology?*

Ra: Yes, again, next week is the testing week for both programs. On Tuesday is the PHS testing, on Wednesday is the Rave Psychology testing. It's on their normal days and so yes, if you're taking both programs you have a test on Tuesday and you have a test on Wednesday.

Question: *Another question I have, we're dealing with clients and PHS and food regimen intake, so is the main focus area the Sun/Earth or will we be including the External Nodes as well?*

Ra: It is general knowledge. And general knowledge covers everything. It covers all the basic knowledge that you need to have, all the basic knowledge that you need to have in order to be able to work with PHS, to work as a practitioner. So no, it is not limited to the Sun/Earth at all; it is general knowledge.

Yes, it's March, Alok.



Written question: *the questions and answers will be written or spoken?*

Ra: No, it's a written exam. You go in and there is a written exam. There are questions and then underneath the questions you type in the answer. And by the way, I do not reward essays. I really appreciate brevity. It's very important in answering these questions, because the moment that the answer is too long I'm always suspicious that the person really doesn't get it. So brevity is something that I really appreciate. And these questions are designed to be answered directly, in that sense. So, I'm not looking for huge answers. That really isn't going to add anything; I'm just looking for the answer.

Question: *That's very nice. When is the thesis project to be delivered? Is there a fixed date already appointed, and even though I know you like answers to be to the point, I guess that's also valid for the thesis. Is there any minimum standards, like for example you do an audio, you have to a minimum of 10 minutes or a minimum of standards that have to be considered as to what kind of a presentation we're talking about in practical terms.*

Ra: The thesis, the projects are due, because I have to go through them all and grade them, it will be the sixth week of the final semester, so that will be sometime in the beginning of July, I think the first or second week of July, something like that.

I wouldn't grade a 10-minute audio. It wouldn't do it. I think if it's an audio presentation, I think any kind of media presentation that it really has to be at least around half an hour. I don't want two or three hours, obviously, but it really has to be something of substance. It's a very important statement of one's intellectual grasp and the ability to communicate however one is communicating, whether it's audio, audiovisual, whether it is a PowerPoint and written, and so forth and so on. Whatever medium is being used you have to see that you have to be able to provide something that can measure up to 40% of what your grade is. It has to be something that is significant in its depth, is basically the only way that I can state that.

Written question: *did you say you would check in on our projects in this semester sometime?*

Ra: Yes, if there are any of you that—I really don't want to get into a situation where I get everybody's work in progress and become a guide, in that sense, because that isn't what I would like to do. If you're in trouble, and you're really uncertain, then yes, I am open to that. If you're comfortable with your work in progress or the subject matter or whatever, no, I prefer that you go about the business of putting that together. Again, it's only in those situations where you have problems, then obviously I'm there to be of any kind of services that I can.

I've already had a couple people say to me that they're doing fine and would I like to see it. And I said, no, I'm going to see it anyway; for me that's much more enjoyable, the surprise of what it is and enjoying that process.



Question: *When does the third semester start, Ra? Is that the second week in May?*

Ra: It's May 12th. It starts Monday, May 12.

Question: *So that puts the thesis due in the middle of June, if it's the sixth week; not July.*

Ra: You're right, thank you very much. That's true; it will be the middle of June, exactly.

By the way, Eileen, I didn't get to your question. It really isn't a matter of how to recognize which side or the other. The fact is that the basic caveman diet in essence really doesn't matter. I don't like to say that too loud. It's good for them to follow what is defined as Left and Right, but it's very, very straightforward. It basically is one thing at a time, and that is the key. So, there is a tendency that they can go to one side or another, but it really isn't that much of a difference, if you know what I mean. It certainly isn't that much of a difference that it would deeply impact them in terms of the potential that you gain out of your correct PHS.

Question: *Are there any sample questions that you can throw out at us so that we can get a feel for what might be, a question that we may encounter?*

Ra: No, no, no, no. My interest is simply very straightforward to begin with, questions like: what is this and what is that. These are just straightforward questions. You'll see; it's just very straightforward. It's very basic in that sense. It's simply: what is this, what is that?

Question: *I have another question. We had a transcription of the Primary Health System and Internal Colors year one semester two, and then we have these Digital Books out for year three. For me we seem to be missing year two. Will that be coming at any point this year, or do we wait for that until the three years are finished?*

Ra: Hopefully we will have all of the material for all the semesters for PHS and Rave Psychology in digital form as soon as is humanly possible. So, you won't have to wait that long. It's coming. I'm well aware of the need for the materials and they will be there for you.

Question: *I don't really have a question, but I just wanted to say that this process is putting me through—I feel like I'm 14 again, coming up to 16 to do my GCSE's. I eventually got them when I was like 30 because I had to redo them. I have nearly quit. I am resigned to doing the third year, but I'm just going to go through it because the difference between how I feel now about myself and how I felt then about myself, it's quite different and it's really dealing with that open Ego malarkey.*

Ra: Yeah, sure it's what you were talking about on the radio today, and it was a really good piece, Joanne. Once your spirit changes everything that you have to deal with in life, the way in which you approach it is different. It's obvious to me that it makes you nervous. As a matter of fact, if it didn't make you nervous I think that



there would be problem, because that's part of the pleasure, in many ways, of all of this. It really is. All of you have taken a very complex path, and it's a real accomplishment. And you want to do well, and I think that is what makes the nervousness something that is of value. It gives you a certain heightened intent in the way in which you look at things.

And at the same time, my hope for all of you is that as you go through this process you recognize your own depth, you recognize what is really there and you can begin to relax into what is a career, relax into an ongoing process of both expanding your own awareness and providing services for others. It's an exciting process. And without the nerves there is no real sense of what this is, which is a proper challenge for you at this level of your work. It's something that's very exciting.

Question: *I find it exciting. I also realize we're dealing here with heart pressure, especially I feel it because I'm an open Ego, so I become aware of that apprehension. It's like insecurity. Of course, wanting to succeed, it has to do with letting go of the controlling aspect of it and also just trusting that what needs to come out will come out. Of course, I'm Right oriented. I'm sharing, so hopefully it's helpful for open Egos not to feel we have to prove anything.*

Ra: Oh, that's exactly what I was going to say, it was well put. You have an open Ego; this is not about proving anything. It isn't; it really isn't. It is a certification process; it's nothing more, nothing less. If you do this or that it isn't going to make any difference. It's about relaxing. It's about trusting in yourself. It's about trusting in your depth and I think that students of mine are burdened, I'm aware of that. I have given you an enormous amount of information. It is just an enormous amount of information.

It is really something to understand how much you've taken in. And you only get to see that in certain ways. You get to see that professionally when you're working with somebody and somehow there are things that you're talking about that you didn't even realize you had inside of you and there they are and they're coming out. You realize it in experiences like this where you are directly challenged in terms of what is your depth. It's wonderful to see it come out.

And ultimately, that's what it's about. For me in the end, I look at all of this because it's something I have avoided all of these years. I look at it sort of like Genoa's comment about aren't we getting serious, and I'm never really serious. But, I really love to see it mature.

I will probably only teach these programs one more year, and will never teach them again. And, they are programs that to me are deeply important. And with your help I've been able to establish what the framework of these programs is. And with a consistent high level candidate program with proper examination I know that whether it's this graduating class or the next or the next or a decade from now that these are going to be beings that are really well-trained. And they're going to be of real service. For me at that level, it's very exciting.



Question: *It's helpful, for me it's really the timing. It gives me this frame to do the work, so actually I enjoy it.*

Question: *Just out of curiosity, if you do let's say really well on the first two tests and bomb on the second half, do you have to take the whole four parts again next time if your average is below 50 or below 74?*

Ra: It's all based on the final result. So whatever the criteria is, below 50 you have to audit the program to be retested. If it's below 74 you don't have to audit and you can retest within three or four months. It doesn't matter. In being retested you have to go through the whole thing. That is, you would have to go through all of the testing.

The other thing is that it will also depend on the quality of the project. It will be up to the student to decide whether or not given that if they don't do well and if it's the project that's the problem, whether or not they would want to edit it, redo it, whatever the case may be. I can imagine in the future obviously that there will be many, many different kinds of variations that arise in all of this. But nonetheless, the only way to really work with this is just simply to have a very clear and strict outline of levels.

Question: *I have to say I find this very exciting and very empowering to go through this testing business and the thesis project. Having done tests and projects a long, long time ago I really don't care if I pass this or not, I am simply going to enjoy it. And if I have to do it a second time, then I'm sure I'll enjoy it even more. So, I think that's an important thing to keep in mind, just to enjoy it.*

Ra: Oh, I think that's true, I think that is the only way to approach any of this. You can approach it if it's in your nature to be competitive to want this, want that. You know what people are like. It's human nature, all of these things. Everybody loves to do well, blah, blah, blah.

For me it's all relative. My interest is not so much in who is going to be certified. My interest is that everybody participates in this process and grows out of this process. And that regardless of what the time frame is for anyone, it is not the point, it really isn't the point. If this is a direction you're taking in your life you want to be equipped and you want to feel good about your ability to be able to do the work and this is what's there.

For me, all of you are worthy candidates in this process, there is no question. I'd be very happy to see all of you certified. This is not a judgment on people or anything else. It's simply about having a standard that we establish for every generation that is going to take this program, and is going to demonstrate in this their capacity.

Question: *Yes, and everyone has their own timing and their own essence to communicate. And instead of looking at it as a pressure, to look at it as an opportunity to communicate and explore what you are here to communicate to the ones that come on to your place, as it were.*



Ra: Something else for me as well, it's about the establishment of a very important professional class in Human Design, because for me everything attached with the Center for Human Differentiation and the environment, the way in which we will be able to work together in that environment, to research together and all of these things that we're establishing a very important professional community. In essence, it's really the first professional community that is dedicated to the well-being of nine-centered beings. I see in that a unique bond amongst all of us. And I think in the end certification in this is a way of establishing your place within that generation and ultimately I am convinced if it is what you seek, it is what you ultimately will find.

Question: *I think for me it's going to move me from a place of being quite dependent on my husband and our business and how we earn money, to stop using Human Design as a nice hobby that I do, into the business world, really, more constructive, my own being independent.*

Ra: Yes, it's one of the most beautiful things in my work over the years in watching people mature in this process is when you're really ready to make it your material life, the key to your material life, when you're ready for that you get it. I mean, the moment you're ready to dedicate yourself to this knowledge professionally you get your rewards and it is always the case.

For me this is where I see the whole future of Human Design as a service industry, separate from bringing in newcomers. In other words, the two avenues of this knowledge; one is that we bring in those that are ready and we show them the possibility, their possibility in having an analysis, maybe a Living Your Design, and so forth and so on, being able to get involved in the process.

And then the one place that they can go to once they've made that step to get the guidance they need for the rest of their lives. For me the Center of Human Differentiation is something that not only will it offer an extraordinary service, but I think that the staff of the Center is going to be rewarded financially commensurate with their abilities and with the gifts that they have to offer.

I have always been an entrepreneur. Nobody ever had to give me any money to build Human Design. I've worked very hard all these years and the business acumen is something that has always been so important because it opens up these possibilities for so many to begin to benefit. And for me I see the Center for Human Differentiation as an enormous opportunity, an opportunity for professionals and at the same time a win-win situation in the sense that it will provide the highest level of service that we can offer to anybody who has entered into their Human Design process. So yeah, as I said, we're part of a fascinating and deeply, deeply exciting journey.

Question: *I am excited about the exams. I always like exams because it just really shows what you have taken in. But professionally I am already so busy that it is really not what my drive is, even though I understand the profundity of the services that can be provided by that Center for Human Differentiation, and in that what I see in my own process is something that what I find is most enriching. I remember when we first started and students would find something that they thought is amaz-*



ing in some chart and they would show you, and you would go, yeah, yeah, that's interesting. It was like how do you look at the chart, what do you see in a chart?

Not that I think I know, of course, but in this journey that you have been taking us both in PHS and Rave Psychology, to see this deep connection between the mechanical universe that we speak about and our personal experience at some level or another. So to really start to understand the mechanics of the maya on the level where we truly see the potential for the differentiation and now analyzing the homogenized frustration of the not-self, homogenized bitterness and all of those things that are obviously so practical and of value, but as a professional and personally in my journey as realizing what it is to be a Personality in the body, to just to breathe it in from this perspective. The race is quite a heavy load of seriousness in all this business. I just wanted to share that and thank you very much.

Ra: Yes, it's been quite a journey. For me as a teacher when you go through a process like this and you build up a knowledge, to get to a point where you can establish programs like this is really amazing. I look at it and I just sort of wonder sometimes, because it's so revealing, it is such incredible information. And 21 years later there are students who have gone through such an incredibly deep process in this knowledge over years and years and years and for me what this center represents is a demonstration, it's a role model environment, it is a demonstration of what happens to you when this knowledge becomes your nature.

And I think in the end that's its most beautiful aspect. That is, to be those who are the first to understand what it is to be this kind of form in this kind of era and to have truly practical, efficient information to impart to others that can transform their life. If you don't know anything about any of this you'd think that's some kind of mad fairytale, and it's not. It's our future together.

Anyway, to all of you, I do wish you the best of luck and to enjoy this whole process. As I said next week I will be in the classroom at the normal time. The exam doesn't start until 15 minutes after the hour. So, you're more than welcome to drop by. You don't have to, by the way, if you're really nervous and you don't want to have anything to do with anybody.

The other thing is that obviously this is honor system, and I'm sure you're aware of that, obviously. So, I won't say anything more about that. The other thing is that we're officially in the new year and I think that it's a great way to start this. For me it's the beginning of a new cycle for Human Design. It's the fourth seven-year cycle. This is really what marks the beginning of this cycle, is this gathering together to establish a highly sophisticated framework for work in the future. As the 41.1 says, stay cool, trust in what you have and prepare for the unexpected. Anyway, until next time, all of you take care, bye for now.

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Lesson Four

Candidate Examination 1: no transcript

There is no transcript for this Lesson/Test.

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Lesson Five

Candidate Examination 1 Review : no transcript

There is no transcript for this Lesson/Test Review.

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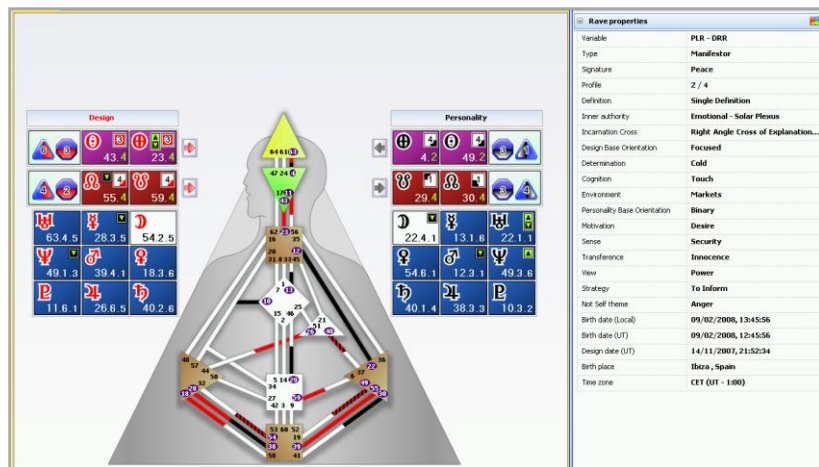


Lesson Six

Rave Properties

All right, welcome to all of you. I want to take a bit of an overview journey with you today and pinpoint again through overview the various aspects that have been part of the process we've been through, that is, the testing process and the kinds of questions that are being asked. I want to go back now and I want to take you through the elements themselves so that you can begin to see where the responsibility is in terms of what keys are important to you and what is the chain relative to whatever those keys happen to be.

Rave Properties—when you open up MMAI, when you open up MMI anyway, but obviously the AI version



has extensive additions in terms of properties. This term, this is the technical overview term for all of the aspects that are studied in Human Design, whether it is a Type or Profile, the things that we are most familiar with, all of these things are part of what is called Rave Properties, the various attributes of the rave itself, and the attributes broken down into various categories. In the alignment that is there in AI you can see that it always begins now with the Variable itself. I'm just going to go through here; we'll get into details as we move along.

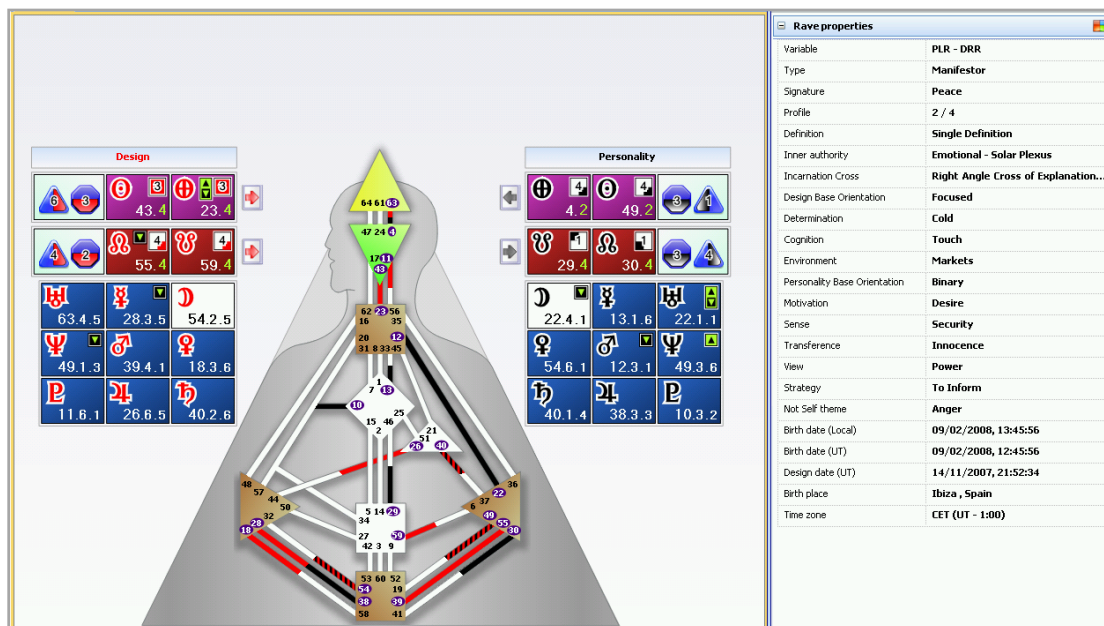
Variable is deeply significant. It is one of those pieces of information that obviously was added on to the curriculum in order to be able to get all of this material together for this process, and there is no more of it is, that is, there are no extra or additional programs to be running that are necessary for students of this program. But Variables are important. They're important because they represent an extraordinary way of being able to see us in a different kind of light. That is, to see the way in which we are integrated into the larger program itself and to see the various relationships that exist within that.



However, it is not necessary for anybody to master this, this year, because you won't. Variable is not something that to begin with that any of you are going to use professionally. You won't. Variable is there for the future, and it's there for the future because one of the things that I think is very important is that we're going to see that because the Variable is built on the nodal infrastructure, that is, the Variable is built on the independent Variable, that ultimately through the work of the Center for Human Differentiation, through our statistical mining and gathering of information relative to conditions that clients have, I think that one of the things that we will see is that there are groupings of phenomena relative to Variable. It is the kind of thing that we cannot see now. And the work that I'm doing in Variable this semester is simply to lay a groundwork for a basic grasp of what Variable is.

Type / Signature

It obviously begins with Type. The Type is something that again, we're dealing with all the basic elements that are there in the chart, it's taken for granted that you know these things. I think one of the things to notice is the importance of the positioning of Signature as opposed to the not-self theme, which is the very last thing that is laid out in the Rave Property, because Signature is something that is important for anyone to consider in terms of any kind of holistic service that you're going to bring in dealing with others. Remember that what the Center for Human Differentiation represents is an environment for those who are operating according to their Strategy and Authority to enhance their process.



One of the ways of understanding what that will mean for them is relative to their Type. The enhancement of the process for the Manifestor is that the sooner that they can get to their peace is what is important for them, as the satisfaction is im-



portant for the Generator, and so forth and so on. In other words, it's one of those elements to keep in mind. Remember, the Center itself is going to be very personal. That is, it's an environment where human beings will deal with human beings, it's going to be personal; you're going to deal with people.

It is so important that you don't simply understand what you need to deliver to the client, but because the Center is a place of community where you will see people over and over again, that it's very important to know how to handle them as beings. And when I say handle, I really mean that in the most positive sense. That is, to be able to encourage their correctness by being correct with them. It also means an understanding of what is their goal, the peace that is there, to be able to get a feel for the being.

Profile

Profile is one of the most important keys when dealing with a client, because it allows you to see very clearly the way in which you need to appeal to this being and to understand them. You're dealing with a 2/4 in this particular situation. We know the nature of the 2nd Line Personality. It is a hermit Personality, it needs to be drawn out, and it needs to be called. You've got to do a good pitch to reach the 2. You can't assume that because they're there they're fully there. They need to be called.

But not only do they need to be called; they need to see within themselves the possibility of friendship. After all, they're a 4th Line, the quality of the relationship that they're going to have with whoever is going to work with them is very important to them. There are many, many insights, obviously that are there. I don't want to go through a whole Profile class. It's endless the material that one can have in relationship to the client.

Remember something, when you know somebody, when you really truly deal with them according to their nature you speed everything up. This is the way in which you eliminate resistance. And because we are dealing with the Center for Differentiation please understand that your approach to each of these beings is essentially different because they are different. And it is important to recognize that difference, what it means to be a single definition, they're an emotional being, Solar Plexus authority, all the things that are there for you to grasp, the Right Angle Cross of Explanation; you have all the basic data.

The Nuance Material

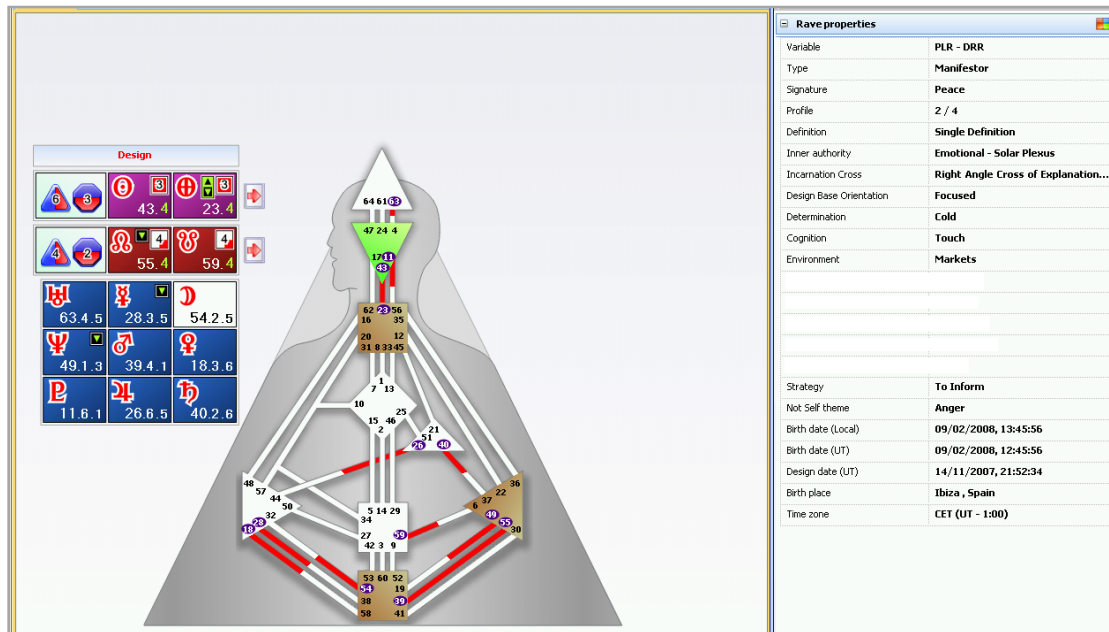
And then we get into what is the nuance material, what has been added through basically our studies together. There are the Design aspects: Base orientation, determination, cognition, and environment. So in terms of PHS, this is what one is responsible for, because this really is what it's all about. Then you add this final element, because after all without that, it's not going to work. And when you're dealing



with a Manifestor you can't tell them anything. You can talk out loud to them and leave it up to them whether they want to be informed or not.

Everything is about understanding who you're dealing with. But the real key here is the familiarity that we need with the new material, because it is new. It's not like what you have been through in terms of the other properties that are there. Obviously, I recognize that, and I recognize that that is what the challenge is. But this is where the key is in terms of the difference between what it is to be a Human Design analyst, which is this, and to be a practitioner, which is this. This is the world that makes the difference. So this is the area where the focus has to be in terms of making sure that you're comfortable with the keynoting, with where that comes from, how you access that.

Here I have sort of made it simpler and taken out the Personality information so that you know this is the thematic that we work with. We have a process that we need to be able to take any client through. Their interest is in their well-being. It's certainly something we can understand. And we possess a great deal of information. Our basic process is to be able to educate them to what can be correct for them and align them to going through that process correctly as themselves.



Basically, our responsibility in PHS is the independent Variable to Rave Psychology's dependent Variable. If the job doesn't get done over here, it isn't going to get done over there. It isn't. It's what makes this work so special. The deepest immediate knowledge that is so important is the knowledge of bringing physical well-being into somebody's life, their Strategy and Authority. And out of that their PHS. And ultimately out of that their environmental alignment. And out of that the possibility of what can be achieved in terms of the passenger consciousness, but you have a vehicle that is healthy and is in the right place, and is eating properly and is in an envi-



ronment that is nurturing. At least it's going to give the Personality a longer life to see if it can live up to its end of the bargain in the awakening business.

I know by the way, that this is going to be small on your monitors, you will of course get the PowerPoint in the download and that it's really a great reference graph for you to keep in mind. Basically what I wanted to do here was I just wanted to illustrate the elements for you, to give you a way of looking at all of these elements all at once and seeing them all integrated to the graphing itself so that you can really have a sense of where is this, what is this, and then to put it in its place and by the way, you don't see Variable in the box here, but obviously the Variable mat is laid out. Again, just to be able to give you an indication of the elements and where the elements are derived from.

Determination

Let's begin with the basic that is the key to the beginning of the knowledge. That is, in dealing with determination. And when we're dealing with determination we are up here in this box. This is the Internal Design, Internal keynote configuration. And you can see it with its active, its passive, the Left and the Right. You can see the group running down so that we have the appetite, the taste, the thirst, the aspects that are there of the conditions. We have the circumstance above, the touch and the sound and the light. And of course the way it breaks down tonally whether it's going to be, for example, in the light, whether it's going to be direct or it's going to be indirect.

So, basically what we're looking at is the Design Internal, that is, we are looking at the Design Sun/Earth. And we are looking at the Color configuration and we are looking at the tonal configuration. And here we see the mirror of this, the phenomena, the way in which it operates. That is, being able to see that each of the elements that we have been studying, that is, the Internal above, the External below, that these are just keys that are simply just directly related to that. The thing about this is simply to know what goes with what.

It is so interesting to think about what happens to us the moment that we are dealing with somebody in terms of just simply being able to guide them to what is correct for them in terms of their determination, because the reality is that their determination is everything. Because they have 6th Tone, that 6th Tone means that they're going to be on the Right side, that it's going to be cold, and it is so important for them to be able to understand what this mechanism means for them.

I think one of the most difficult things for people to grasp about PHS is to really understand how profound the digestive process is and what that truly means to us. And it's not about what people normally associate with digestion, that is, to have good or bad digestion. It isn't about that at all. It is about the intelligence of the gut, the intelligence to be able to take from the sustenance precisely what is necessary and to be able to deliver that to those areas that are only going to be aspects



that are going to be directly connected to the differentiated being. It is really something to grasp.

And it was one of the interesting things because in one of the questions that I asked, I asked you about what is the cognitive value relative to the PHS regimen. When you begin with somebody, the first thing is that they need to understand why the regimen is important, the way it works, and specifically what will work for them. In this case for example, food that is under room temperature.

But we also know something else that is truly profound. That is, we have the cognitive architecture underneath. So if we're dealing with the 5th Tone for example, we're dealing with this radar, in a sense, the auric connection to the food itself, being very, very sensitive to it, taking in the information of it, to be able to help people develop what is their cognitive potential. And of course, the moment that it is the cognition that is the triggering agency for taking the food in, in other words, that the cognition precedes the food going into the mouth, is that you begin this chain of events in which the cognition becomes more heightened the more it is used.

Think about it in relationship to the Sacral center. Sacrals are basically dysfunctional and it's an extraordinary thing when you're a Generator and you begin to trust in this mechanism—body temperature, you are correct, Cathy, body temperature—now I lost my thought, but anyway, Cathy you are correct, it is body temperature, not room temperature.

Cognition

The cognition as a mechanism with the nutrition—one of the things that we're trying to do is we're trying to open up the possibility of what can happen for the passenger. Now, one of the dilemmas of the passenger is that the passenger is dependent on the brain system. What we know about the Internal is that the Internal is there to efficiently align the brain system to what is correct for it. That's done through the determination. In other words, to be able to bring proper nutrition into the body in order to nourish and enhance those areas of the brain system that are the most important to the differentiation.

The key to it is the cognition itself. It's why the Tonal value is so important. If you're the kind of person that has a 4th Tone, it would still be cold, but your approach would be different. You would close your eyes before you would take the food into your mouth. There would be this anticipation more than anything else, and yet the ability to be able to take that in. If we were to end up on the other side, if we would go over to the Left side, again, the cognition becomes the key, the smelling, the tasting; these are things that are very, very, very important.

What we're looking for is the expansion of the capacity of the brain system itself, because the thing that is going to experience that, at least the part of us that is going to be able to be aware of experiencing that, is our Personality. When PHS was first introduced, and I guess a group of maybe 25 or 30 people at the very beginning



started into their PHS, it was really something. One of the things they noticed was, and it was hard for all of them to describe it, a certain kind of clearness, a sparkli-ness in their sensory perception.

Life-Giving Nutrition

One of the things to recognize about how dysfunctional our cognitive system is, we've had layers and layers and layers of conditioning, and one of the most important things that we're doing for a human being from the PHS point of view is that we are aligning them to what is life-giving nutrition, because instead of just maintaining deterioration which is what nutrition is for the not-self because it is simply a deteri-orating form, this is life-giving nutrition. And obviously that brings with it its relative vitality because it's correct and its limited amount of waste.

In other words, of the nutrition that is being taken in or of the volume that is being taken in, because you're dealing with somebody who is operating correctly, Strategy and Authority, because they are environmentally taking the food in, in a way that is correct for them there are enormous advantages to the well-being, to the physical well-being. But it's more important to really see what that means for the brain.

There is all this old homogenized gunk that's there. And it's gunk that's there from things that never belonged in your body that that's where they ended up being stored. After all, one of the things about operating correctly according to your PHS is that it is physically much more efficient for your vehicle. It takes less energy for you to be able to break down the sustenance that you actually take in, the quality of the nutrition, the value of the nutrition is something that is increased, which means that the various functions within the systems, the neural, the glandular, whatever the case may be, they're all going to have a renewed vitality to that.

Fundamental Keys: Determination and Cognition

So, when we're looking at properties and we're looking at determination and cogni-tion we're looking at the fundamental keys that we are bringing. These are the keys that we bring to the beginning of this process. One of the things about it is that in terms of the way I envision this, this is not something that is dispensed in a mo-ment, that it takes place over time, and that is connected to working with it, to ga-thering together in order to maintain the integrity of the process and the develop-ment of the process.

But this area of the knowledge is simply a matter of being able to know the compo-nents of the box, because that's basically what it is. And given the depth of the ma-terial that is there each of these aspects has their own story to tell. Obviously, that is there. The moment that just about any of you are capable of talking about the difference between somebody who is calm or somebody who is closed, this is the ba-sic language of the dietary regimen. So here in the center of what is the Design in-formation, this is the key. And these keys are all essential. So the phenomena of

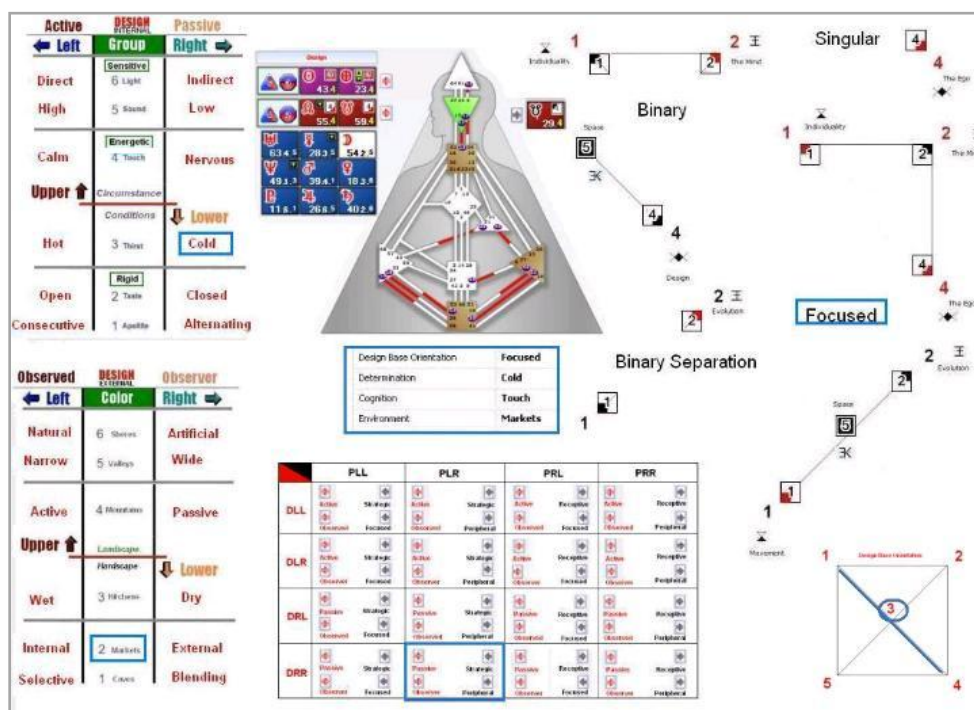


the active and the passive, the upper and the lower, the conditions and the circumstances, the Left and the Right, all the keys inherent in it, this is just the basic database that you need.

The assumption is that if you can remember the key, the rest of it is always there. Now obviously, in the normal terms of things you don't have to be concerned with that. That is, you can look things up and so forth and so on. But again, this is part of the process of moving this deeper into your system, being responsible for keeping this in mind. It's not as bad as the 384 Lines or stuff like that, that people have gone through in this process, but nonetheless, this is what this is all about.

Three Parts of PHS

All right, let's take a look at environment. We were talking about this before the class actually began. Environment is one of those areas that I see as kind of like the crown jewel of the PHS process. For me PHS begins with Strategy and Authority. As a matter of fact, the moment somebody enters their Strategy and Authority they've entered into a Primary Health System program, they really have. But it doesn't mean they will. But for me Strategy and Authority is PHS. I can't think of it any other way because it is about healing the vehicle. Obviously there are other ways that one could look at it, but for me, clearly it is PHS.



For me I see PHS as being three parts. That is, Strategy and Authority is number one, number two is dietary regimen, and number three is alignment and orientation. These for me are the three stages of the perfection of the vehicle. The greatest



pressure obviously is on the nature of Strategy and Authority and how important that is.

Because the Center for Human Differentiation isn't a place that is going to be offering readings, not in the real sense of the word, but because it is an environment for community and for healing, nobody who is interested in PHS is simply going to be given their regimen and sent out the door. It is very important for people to understand basic information; you need to really be able to see that they really are committed to their process. You need to give them the tools that will work for them. There are many, many things in that.

The Right Being

Nonetheless, for me once somebody has entered into the PHS process—let me give you examples of that. It's clear to me that PHS is something that naturally should enter into anyone's life after they've completed their seven-year cycle. I don't think it is essential beforehand normally speaking. But then again there's the dilemma of the Right and with the dilemma of the Right PHS is something that is really necessary. And it's necessary as early as possible, particularly when you're dealing with Right Personality or you dealing with Right brain system. In other words, if you're dealing with dependent Right Variables PHS is an essential key. It gives them a head start in being able to come to grips with the dilemma of what it is for them to be Right.

Parents

Also PHS is something that should always be offered as information to parents. One of the things that is going to be very important in the Center is lectures, workshops for parents on how to work with their children, how to provide for them according to PHS, how to make sure in the combination of knowing their design and offering them the correct nutrition, how the lives of their children can be transformed.

So, in the same moment that I say that going through the seven-year process after that PHS is something that needs to be considered, at the same time, you can see that there are many exceptions to that rule. And again, it is going to be a judgment call of the practitioner what is important and whether somebody is ready for that or whether it really is important that they receive that information.

The Environment

When we get to the environment, for me it's the final step. That is, the final step in the healing of the vehicle. You can take certain liberties with the nine-centered vehicle because inherently it's designed to last longer. So it is a much more resilient vehicle than the older seven-centered vehicle was. Yet, one of the keys to the nine-



centered vehicle in order to be able to maintain the vitality necessary for the continuance of healthy brain function, because most of the great dilemma of aging today is the vast deterioration that is taking place in the homogenized mind, what they call Alzheimer's or all of its related problems. The fact is that the nine-centered being is here to live a very long life. And it is clear to me that the quality of that life is something that can only be enriched through the environment.

Now, the dilemma of environment is that environment is the most radically selfish stage of anyone's development. Everything about Human Design to one extent or another is selfish. That is, it is about us, after all. It's about each and every one of us. It is about our potential, our possibility through being our own authority and obviously in that context it is very selfish, what I like to call enlightened selfishness, which I think is really cute.

Each step that you go in the healing of the body you challenge those that are around you. If you start following your Strategy and Authority and every time somebody asks you something and you go uh-huh, you have to deal with the challenge of being different, odd, whatever the case may be. The reality is that you're immediately dealing with social consequences to living out your Strategy and Authority. But, that's minor compared to what happens when you enter into your PHS because of course PHS demands that you are deeply selfish in one of those areas that is considered to be the most important social area in one's life, and that is all the stuff that we've built around food and the way in which food is the great homogenizing agent of the bio-form.

So, when you take that PHS stage, go to that next stage, that next stage of it's not that I don't want to sleep with you anymore, I don't want to eat with you anymore either. And that isn't comfortable for everybody. That's quite a step to take. That is, these elements that are there in Design in order to enrich the individual authority, each of those stages leads to a potential for deeper and deeper alienation from those around you who expect you to conform to whatever the homogenized standard of morality happens to be, that you're supposed to be there and eat with them and eat what they like when they like it and all of that stuff. This is another step.

One of the reasons why I'm always very cautious about PHS or my discussion about the environment is that this takes a tremendous amount of inner trust. You really have to trust in yourself. You really have to trust in your process. You really have to be comfortable with your own authority in order to be able to deal with that, because you're going to meet a lot of conditioning pressure.

And of course, the final step in that is environmental. Because the moment that you're looking at the External Nodes, right away it's saying to you, there is a place for you. It is an environment that is going to be the exact right environment for you—ideal markets, you get yourself a flat in a busy shopping zone, and you're right above some store. Wow, is that a buzz.



The Nodes

The Nodes are miraculous, because they are not caught up in the propaganda of the Sun, they're something else. And the beauty of them is that they're not just simply providing us with a direction. But they're providing us with the protection that that direction brings. They provide us with precisely the environment to nurture the vehicle, to nurture the vehicle for its whole journey, to be, relatively speaking, okay until the moment you step off this plane. And this is what the nurturing environment is about. And yet, in and of itself it can be very, very radical. It's radical because you're not going to be able to be in a situation where you and your family, if you have one, or your friends or whatever the case may be, that you're all going to be long in the same environment. That kind of serendipity would be very odd indeed. You don't.

That's why for any human being it takes until the Saturn cycle before it is time for them to seek out their environment. You can see it's not like us who are all ass-backwards where we have to go backwards and recondition, decondition and blah, blah, blah. This is for those beings coming into the world so they know that that's an environment they have to move towards in their life. For us it can be a terrible situation, because you can't always deconstruct the environment enough so that it's healthy for everyone. It's like being here on the shores, my partner is also shores, so for the two of us it's wonderful, but the children aren't shores. It's okay; they're young. And I'll make sure they know what environment is the one to be pointed at.

But to take this final step to place yourself in the environment that's correct for you, you cannot at the same time take somebody with you and it's not correct for them, if you know what I mean. It's very selfish. I think it's one of the most difficult things to introduce to an adult is environment, I really do. You can see that I didn't teach it to you until the sixth semester despite the fact that I am incredibly impressed with the profundity of it because it really is amazing, I will never leave the shores, I can tell you that. There's no way, because I recognize that this is one of the most important ingredients in my life, because it's nourishing.

And when you're in a nourishing environment you gain advantages. It's the nodal advantage, the advantage of eliminated resistance, the advantage of being able to meet like forces, the advantage of the longevity, the advantage of the physical well-being in that longevity. This is where you go.

I guess for the nine-centered adults that learn this knowledge later in their life that basically they can sort of see it as where they close out their life. Maybe they can point themselves in that direction and get ready to make that kind of a move. It's what Variable teaches. Variable is really incredible. Variable says everything has a place. We're supposed to be in the right place. If we're not in the right place we're not seeing the right things, the passenger does not have an opportunity to be able to gain access to the basic information that is there for it. It's no wonder that the personalities are so confused.

These three stages are incredible things, because what they do step by step is that they bring us exactly to where we're supposed to be and how we are supposed to be



there. And then the curtain rises and you watch the movie, because that's really what it is. After that, it's all a matter of the passenger, what's possible for the passenger.

Base Orientation

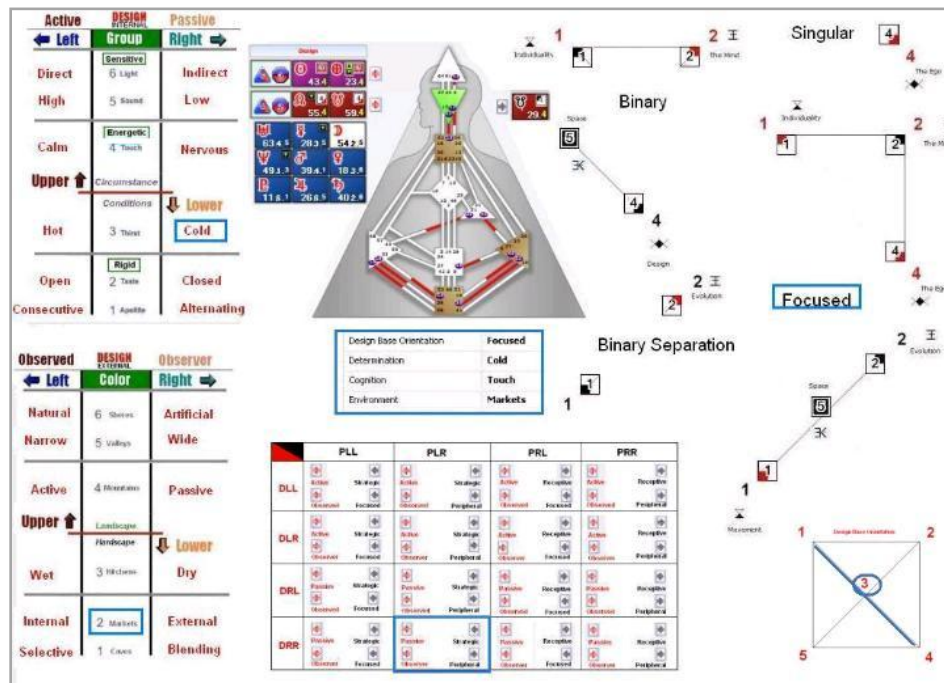
When you're looking at this graphing in the center you have this dietary key, cognitive key. And on the outside you have the environment and its orientation. And the orientation is actually something that is in its own self deeply profound. Again the Base orientation material is available in the Digital Books in the *History of Geometry*. In looking at the Base orientation, what we get to see is that within that environment that what leads to us to that environment, because the Base obviously is coming before the Tone and the Color, it is the initiating force, is the way in which we are going to take in or the way in which we are going to experience the field of the direction and trajectory we're in.

It's like Variable at this point. This is information that needed to be introduced to you so that you can see that it's there so that you can begin to recognize what it is over time. It is like learning to understand the design; you learn to recognize it through the traits as they express themselves. Base orientation is very, very subtle because it has a lot more to do with our fractal alignment to the other, because what Base orientation does is that it points us to the way in which we are going to affect the other physically and at the same time the way in which we're going to take the other in physically. It is our orientation. And that orientation is aligning us to a specific fractal group.

Link Nodes

And over here on the right you can see all of the possible combinations, the singular, the binary, the binary separation, the focused, and the singular that is up here. This is the construct of the Base structure on the Design side. And when we're working with Base orientation this is where the Link Nodes come from, it's where we use the Link Nodes.

That is, in this particular case we take out that Design North Link Node because it goes to the other end, the other side. Here is the Personality south link node and it comes together with the Sun/Earth, and it comes together with the Design South Node and we look at the Base numbers and we see what we have. In this case, we end up with 1, 3 and 4 and this is called focused. And what it means is everything is focused on the 3. So basically what that means is that you have a body that is open to quite a bit of information. In other words, it is a relatively sensitive body, yet at the same time it is very focused in the way in which it is going to take things in or the way in which it is going to impact the other.



And by the way, it will have the strongest impact on somebody that's going to have a 3rd Base orientation on the Personality side. It'll still be able to have some kind of relationship with the 1s and the 4s, but the dominant theme is going to be with the 3s and it's going to have more interest in the 3s than any others. And it is a subtlety that gets caught up with whatever the environment happens to be. And in that environment this is the way in which the orientation is going to work. It is a discernment mechanism. In other words, it's not going to be interested in the 5s at all. There's no way that it's going to be able to get across to that 5 what it wants to.

Now, obviously there are deeper levels in this, I am just giving you the surface and as I said the *History of Geometry*, which is available as a digital book, has all of these aspects in it. That is, all of this is explained and again, if that's an area where—what's really important to grasp about this is that it's important to know how this works. At this stage, that is what's important. We may get to a point in our work with clients where we can begin to look at people that are around them where this kind of an aspect can be very, very interesting to see what their orientation is.

Understanding the Basics

It is also necessary for us to have the first generation of practitioners understand at least the basics of all of the aspects of the mechanism. And even though that this is an obscure aspect, and it is, I'm not going to ask you any heavy questions about what are the specifics of that Base orientation. Again, it is laid out in the *History of Geometry*.



What I'm more interested in is can you tell the difference, do you know how to find which is a binary, which is binary separation, do you know how to take the physical mechanism and see it, how you take the link node and bring it over to the other side and look at the Base orientations in the upper boxes and see how you figure this out. That's what's important. So you know where it comes from, because this is the way in which you get the basic structure. After that, this is the kind of information that as you're working with the clients, because we're going to have a very, very sophisticated statistical engine connected to the center, we're really going to be able to do extensive research.

This is where these areas—because they have to be there because it's part of the mechanism. For me, Base orientation, like Variable, is something that we need to know what it is, we need to understand the mechanism, but we also have to wait before we have the deep interpretive tools. When it comes to the interpretive tools and the directions that we are going to be working with in a client, these are the areas that really matter. And these are the ones that we really have to be knowledgeable about. But because we are holistic practitioners it is essential that we understand the full mechanism.

PHS Base Orientation is More about Rejection

The other thing is that some of you ultimately may have very, very significant contributions to make through your work in understanding subtleties about the value of Base orientation. For example, for me Base orientation on the PHS side is more difficult to grasp than it is on the Personality side, because on the Personality side you can simply see preferences, because there are going to be mental preferences that are going to arise by having an orientation towards one person rather than another because of this underlying phenomena.

At the physical level, whether that is really working at what level of attractiveness it's working at, what I do know is that it's much more about rejection than it is about acceptance on the PHS side. In other words, the Base orientation, given whatever your environment happens to be, that the Base orientation is what turns you physically off from others; not so much turns you on to them, but turns you off. Whereas on the Personality side it's much more turning on to something or the other rather than the turning off.

So again, there are these fascinating differences that exist between the Design and the Personality. They are fascinating differences, and it's in the infrastructure. It's certainly not on the surface other than the obvious that one is conscious and one isn't. But I mean the moment you go down into the structure you step into a very different world in which Design and Personality are really very different from each other.



Master the Information in the Boxes

So here is where the keys are. So this is what you're really deeply responsible for in terms of your PHS knowledge, to be the master of the information that is there in these boxes, because that is really what it is all about. And obviously, once you can be comfortable in recognizing that, it's the kind of thing where you turn this into a flash card, if I can be so basic, but it's true, you just turn it into a flash card and you keep on looking at different ones and you just make sure that you know what they are, because that's really what this is about.

This is the information that you have to be aware of. The moment that all of that is just natural for you is the moment that whatever the question happens to be, that you have access to the answer because the answer invariably—that is where the answer is going to be. So, it's a matter of just mastering these keys.

Variable

As I said, when it comes to Variable, when it comes to Base orientation, Variable is something that is very helpful to you in your own process as a teacher, as a guide for others, as a practitioner. To understand Variable is important because it gives you a deeper understanding of the relationship that exists between the nodal construct and the Sun/Earth construct and how different they are and what the various combinations mean. Because again, part of your bedside manner is to be aware of the holistic being that you're going to be treating, that you're going to be working with.

And Variable is one of those things that is very, very helpful in understanding these 16 different combinations of the four aspects, the Left-ness and the Right-ness of them. Again, the real key is grasping the difference between the independent and the dependent. It gives you a sense of how it works. And more important it will give you a sense of how the person you're dealing with on the Design side, to be able to see how their Design side integrates in terms of their Personality.

Goal: Take the Person through the Three Stages of Transformation

But our job, the goal of the Center relative to PHS, is to be able to take whoever is ready through the three stages of transformation of the vehicle, and in that transformation of the life. When somebody enters, one of the first things is to really make sure that they're clear about what it is to follow their Strategy and Authority.

There will be open classes and workshops, the kind of things where people that are interested can learn about making sure that they are on the right track. I can see a kind of a Living Your Design intro level for many people just to make sure that they're really on the right track before they get to the deeper levels of what's available at the Center.



But the goal is to take them through those three stages, to get them to a point where they are ready for their PHS, that this is something that is correct for them, that we can work with them as they go through that process. And that ultimately we're there to provide them with the nourishment that is there in the correct environment.

Environment and Emergencies

The other thing is environment is one of our answers and one of our most important answers in an emergency. And I really want you to remember that because this could save somebody's life; no joke. In an emergency, environment is something that is incredibly important. So you have that child who is suddenly very sick and the child is mountain; get that child up, get them to a higher elevation, whatever that means, you get them to a higher elevation. It will immediately make a difference.

So, one of the things that you keep in your little practitioner kit box is to understand that in those times of emergency this is something that is extraordinarily important. To be able to have a sense of environment in the most practical level, to be able to make sure that the ability is there very quickly to really make that kind of environmental suggestion.

But I tell you, this is one of those things between you and me I think it's one of the most fantastic things I've ever seen in PHS, those moments of deep risk for people in certain situations, whatever it may be, people have attacks of all kinds and accidents and all of these things and the healing process is more important. Rather than being super dramatic, the kind of thing where you have to go through a recuperation process or a healing process, how essential it is to have the right environment to do that. It is so incredibly nourishing.

One of the things we have is the knowledge to be able to help people in situations in which they are very, very uncomfortable and this is one of those magic ingredients; that is, environment, because it will make all the difference. You'll see. It will not heal it by itself, if you know what I mean, it will transform the whole healing process, it will speed everything up, and the being will feel much better because they're in an environment that is naturally nourishing to them. So, that's something to keep in mind.

Anyway, I hope that was helpful to all of you, I think that it's important just to see so that you don't feel overwhelmed by all of this, that basically it's very specific, in that sense. In this graph, this is really what you're looking at that you really need to be comfortable with as information. And as long as you're comfortable with it, as long as you're comfortable with this structurally, if you know the details of the Internal and External, you have your keys, then you've mastered the mapping, the way to move through all of this information. This is something that is really very important. So, I hope that's helpful and until next time all of you take care; bye for now.

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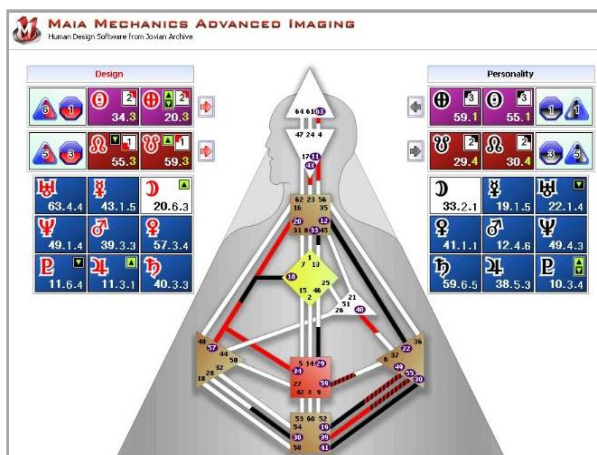


Lesson Seven

Determination and Cognition

Welcome to all of you and to those of you that are downloading. I want to enter into a process of making sure that each of the various areas that you're responsible for are things that we are absolutely clear on, because of course they are going to be the bedrock of your work. I'll repeat it because I said it last weekend and I don't know how many of you really grabbed that, but this semester is the last of the direct teaching semesters in this program. And what I mean by that is that there is nothing new that is going to follow in the next semester.

What we will get in the next semester is I'm going to be training you how to actually implement all of this. I have been very involved in designing programs that are going to be operating in the Center for Human Differentiation and what I'm going to be teaching you in the next semester is how to run these programs and how to work with the client through specific long-term programs. So we're going to actually have very different experience. Basically next semester for me is preparing you for your actual professional work. So, as we build up to the end of this semester and to that lovely second exam, that I'm sure that you're all just dying to do, I am going to go through the various aspects each class.



I'm not going to do it in lecture format; I'm going to do it interactively. I would like you to get involved; I would like you to ask questions. I think it's very important. Many of you have the gift of asking questions for others, so don't feel uncomfortable if you always want to ask a question, you go and ask. It's the way these things operate, so don't be self-conscious if you've got questions to ask, just ask them. I want to stay with specific themes so I don't want questions outside of what we are going to cover. That way we can keep things concise and we have a nice process in that we can share going through this material.

Okay, so let's begin and let's begin at what this is really all about, after all. When I think about what Human Design is about, I think about you give somebody their Strategy and Authority, this is Human Design. When I think about Primary Health System what I think about is that you give somebody their dietary regimen. That's



what it's about. Now, we know that there is much more. We know that. And it is clear that there is much more.

But again, we have to keep things in perspective. I assume most of you have seen the front page of Jovian or the newsletter that went out yesterday. It was the first public presentation yesterday that went out to 23,000 people announcing the Center for Human Differentiation and the fact that the Center will open in September. Those beings that are going to come through those doors, those beings that have had a reading or experimenting or have begun their experiment in their design, that there are certain specifics that they are coming for. They are not coming, necessarily, for any broad-based education. They're coming for their own enhancement or their own enrichment. This is why they're there.

And of course, our task is to make sure that we understand the primary way in which we can best benefit them in terms of PHS. Now, as you'll discover next semester, for example, somebody getting their actual PHS regimen will not take place until the third week of the general entry program. In other words, one of the things I really want you to understand about the Center and about the way in which PHS will be offered is that this is not a reading-based, analysis-based service. It is a holistic program. And as a holistic program it will involve many different levels of the way in which people are going to be given information, whether it's going to be personal, whether it's going to be in a group, whether it's going to be in a classroom, whether it is going to be specific to their particular condition or not, and many other things.

So, I don't want you to think about this in terms of the way in which you learned this in the first year. In the first year I wanted to give people basic tools so they could begin their experiment. And of course, that was done in a kind of reading analytical construct. And I just want you to put that aside and just think about what these regimens are and how important these regimens are to a human being and why they are important to a human being.

So, let's begin our particular journey here and I'm going to take you over to just the Design mat just to reduce the "dynamic clutter" that you get in AI. The first question that I have and I open it up to you is that can somebody please tell me what this person's basic determination and cognition is.

Determination: Alternating

1st Color / 6th Tone

Question: *It's a 1st Color and it's fixed by the 6th Tone, which is Right, so it it's the alternating caveman diet.*

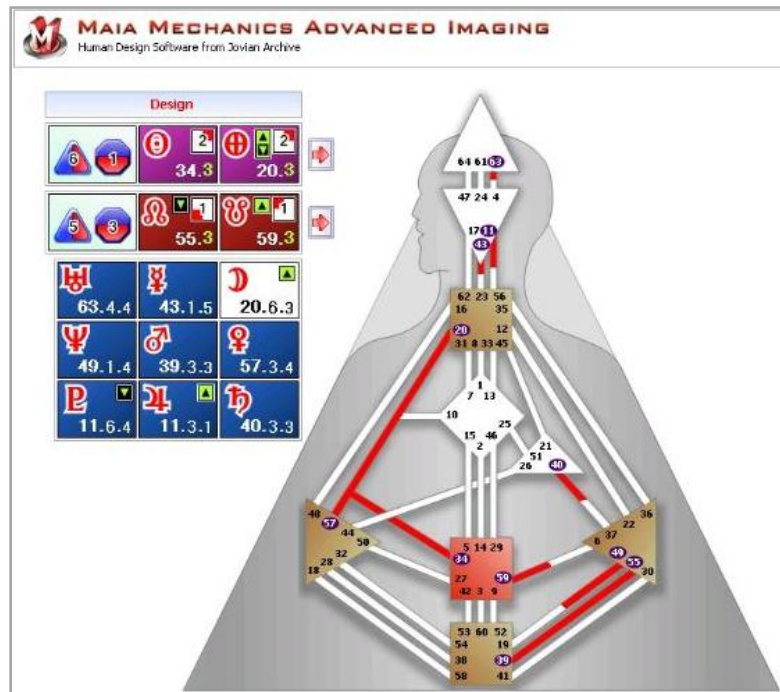
Ra: Absolutely, it's the alternating caveman diet. Would somebody like to give me a little dissertation on what it is to be a caveman or a cavewoman and what it is to have that as an altering, as Right fixed.



LESSON SEVEN

Determination and Cognition

Question: *I just woke up so forgive my voice. Alternating is eating one thing at a time, not mixing food, one ingredient at a time. I can, for instance, have potatoes and then fish and then back to potatoes and then fish. It is a very rigid diet, very, very rigid. Actually I would like to share with you guys what I discovered that I'm a 5th Tone and not a 4th Tone and that was Andrea. And Cathy helped me the other day in the study group. So I am entering into this new sensitive. And I'm so sensitive and it's so limited for me, my diet is so, so limited. I cannot have lots of bananas and dates like other 1st Color people here. So that's it.*



Ra: Ok, somebody else want to give me an insight into what the cave-man/cavewoman is all about?

Comment: *The caveman has the most primitive digestive system. It's the original based on the Spleen. Now, this is a Right being, so they might be called more of an evolved caveman in the sense of the emotional nervousness associated with the eating, the touching of the food which is a prerequisite of the 6, the skin carries information to the digestive system so that it's prepared for what it's about to receive and they may also do better with less food, because the Right, by nature, is cold and so a raw diet might actually suit them.*

And to stick to the premise that if the caveman didn't have access to it, they shouldn't either. But they might see the consecutive caveman might need a lot more nutrition than the Right caveman, so to not get caught up in what the mind thinks it needs to be full, and just be more sensitive to the touch of the food and the nervous satisfaction of eating that should happen almost by osmosis that they're not going to really focus on the food, the food will basically pass through their hands into their digestive system and be very fluid in that sense.



Ra: Yes, that's good. Somebody want to describe to me how you explain to somebody what it is to be a caveman/cavewomen?

Comment: *A person with this Color it's indicating the evolutionary development of their genes, as Stephen said, this is the most primitive. When they eat according to that regimen they will support the predisposition to the uniqueness of their form. And they will be able to absorb the nutrients in the exact way that their body and the body's uniqueness is supported. So the brain is physically transformed over time. There is a seven-year cellular regeneration process and it's not a quick process, but usually there is some immediate impact that can be noticed that can really keep you going. And because modern cuisine is pretty much full of mixed and processed foods, and because they have the most sensitive Tone they would be immediately benefited by absorbing nutrients that support their form.*

Ra: Yes, that's very good. Somebody want to give me a practical? I can remember that when I began talking about caveman/cavewoman I had endless questions. I think some of the most nuanced came from Stephen, who is a caveman. But I would be interested in hearing how you explain to somebody the practical of it. You touched on it very nicely, Kumud, when you talked about modern cuisine and the fact we have so many processed foods, but people who are going to have this diet, they are going to be particularly interested in what are the specifics, what do I have to do?

Comment: *Well, taken that I had my own practical experience, the way I would advise somebody initially entering into this would be to first of all not start off drastically. As best they could I would recommend that they break down the meals that they currently eat into their individual components and then see what the components are made out of, for instance the sandwich that has the components and the bread becomes the complex, separate ingredient that you can say that the bread has more than one ingredient so to slowly dismantle their traditional eating and to begin through touch, through what feels right for them, to in a very sensory level explore the right foods and of course respond to the correct foods as the Generator to see if they can feel their response mechanism aligning with what the recommendation offers, so that they can begin to recognize for themselves that they are getting the right practical food that feels right for the system.*

And over time their body, with my own experience, their body will make the determination that they will not be able to consume the multiple ingredient food without a cost extracted in terms of its goal or even mental confusion and that they can begin to separate their processes down and see what really works. The practicality should eventually become its own guidance mechanism.

Ra: What do you tell a mother after she has discovered her dietary regimen and she takes a look at her children and sees their dietary regimen and everybody's different? And she says to you, what do I do? Anybody like to answer that?



Comment: *The thing that I would like to consider is the 1st Color is appetite, so what the child has appetite for, and also the caveman/cavewoman has to do with the hunter, so the kinds of simple food that a hunter would go for.*

Ra: Yes, that's quite true. But again, my question, you have a mother and she's interested in PHS and you give her her PHS and you give her the PHS of her children and they're all different and she asks you, what do I do, what's the answer?

Comment: *She has to make different meals for all the different kids. She cannot expect all the kids to eat the same food. So, it's quite a task and somebody needs to really have a good understanding of that, because it's a unique digestion system for everyone.*

Comment: *Well, it's also conditional upon what their recommendations are. Sometimes they come together in an interesting fashion. If there is a consecutive, hot, and indirect you can say simple hot meals that you serve after the sun goes down, and that could accommodate all three people. Not everybody has to eat everything that is made. There can be selective items that are hot that are a single ingredient. I've had that practically with many situations so far and there seems to be ways to integrate that that can limit the downsides.*

Comment: *I would tell them that the old adage that I was brought up with—don't play with your food—what I would tell them to do is to play with their food and not to take it too seriously. It's very interesting information, but what you do not want is a mother that is on her knees, depending on what Type she is, of course, trying to feed everyone correctly instantly.*

Ra: Oh, absolutely. It is a real dilemma and it's why I pose that question. I think it's something that's very important for all of us to keep in mind, and particularly when we are counseling others.

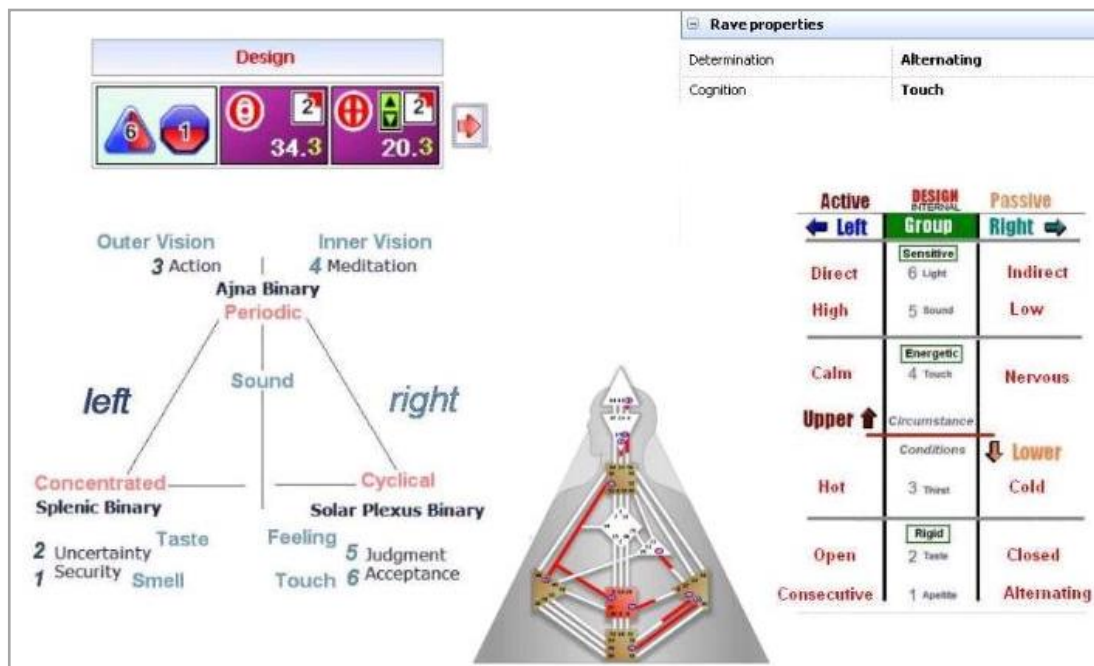
Eating in One's Own Aura

Genoa, the other night in your lecture you touched upon this, and I think this is something that we have to see that this is a revolution in relationship, after all. Human Design changes the way in which you relate to other people. It changes the way you are. It begins with sleeping in your own bed in your own bedroom, which is a revolution. And it's a revolution, by the way, that is only possible because there is such wealth.

After all, the greatest luxury is private space. And to have a private space to sleep is an enormous luxury in the world when you look at the sleeping patterns of the planet that we're on. It is a revolution. And it often, I know, because I've had all this experience over the years with so many women being involved in Human Design and their relationship with their men and the tensions and the problems that can arise out of just simply stating, look I need my own space.



When we go to PHS we take another revolutionary step, we really do. That is, it is one of the most revolutionary steps and one of the most difficult. And it is difficult because of the huge social framework that has been wrapped around eating because this is the way in which we get so easily homogenized. The program wants us to be deeply, deeply social in our eating patterns. And one of the things that PHS points to, despite the fact that you're quite right, Stephen, that there are combinations that will work, that the fact is that you can see clearly that enlightened selfishness includes eating in your own aura. It is something that again is a deeply transforming process socially. It is a social dilemma within the context of the family, there's no question about it.



And it is simply something to understand that each human being has to weigh the advantages of transformation. I have made the comment before and I will make the comment again many times that if somebody does not practice their PHS, they're not going to Hell. If they're following their Strategy and Authority they will basically get a life that is satisfying enough for them, in that sense, because they're going to navigate it correctly, they're going to have less complex things to deal with; they will generally have a better quality of life. But it's not the same thing as following through in the revolutionary process.

Remember we are adults. Those that we're going to serve mostly will be adults. And this knowledge is not for adults. Whether it's Human Design or PHS it really is for those who come into the world and their lives are automatically saved from homogenization, because the power of this is extraordinary in terms of the potential well-being of the physical system and the potential success of the development of the self-awareness platform that we call the brain. And everything about the Inter-



nal ultimately is about the perfect nutrition, because it's perfect for you, the perfect nutrition of the brain system.

But we have to see this as a major revolutionary step. And I bring this up because this is something that you're going to have to deal with each person that you're going to work within your career in PHS, is to remind them that this is not a step that they can take easily. And that this is something that requires a great deal of commitment and can be very transforming in their lives. And for me the answer to that mother with the children is well, let's see. Let's see what it really looks like. Let's see what's possible and what's not possible. It's like me, basically if I step away from the table everything is okay for the rest of my family, it is basically okay; the serendipity of certain good fortune.

But the fact of the matter is that for most families it is not going to be something that is going to be possible all the time, not when we're dealing with a homogenized world, homogenized conditioning, where there are only certain amount of times for family to be together, where children have to be nourished, and so forth and so on. You do the best that you can, because remember something, Human Design is personal. And it's always been that way.

This knowledge was given so that the individual could be transformed, that each unique being could ultimately flower. It isn't about groups. It isn't about the collective, it isn't about all of that, it isn't, regardless of how that comes about later on. The fact of the matter is that the revolution is a personal one, which means the dietary revolution is also a deeply personal one. First of all, given the way in which human beings have been conditioned to eat in the West, particularly, there are horrendous problems associated with trying to transform the way in which people operate in terms of food. Again, we have to see that they really have to understand the challenge of this, because the rewards are there, but it's grasping what that challenge is.

The Chain: 3, 1, 6

Anyway, okay, so we have this 1st Color and we have the caveman/cavewoman and I've given you the whole layout so there you go with the alternating on the right side. Anybody like to tell me what the chain is?

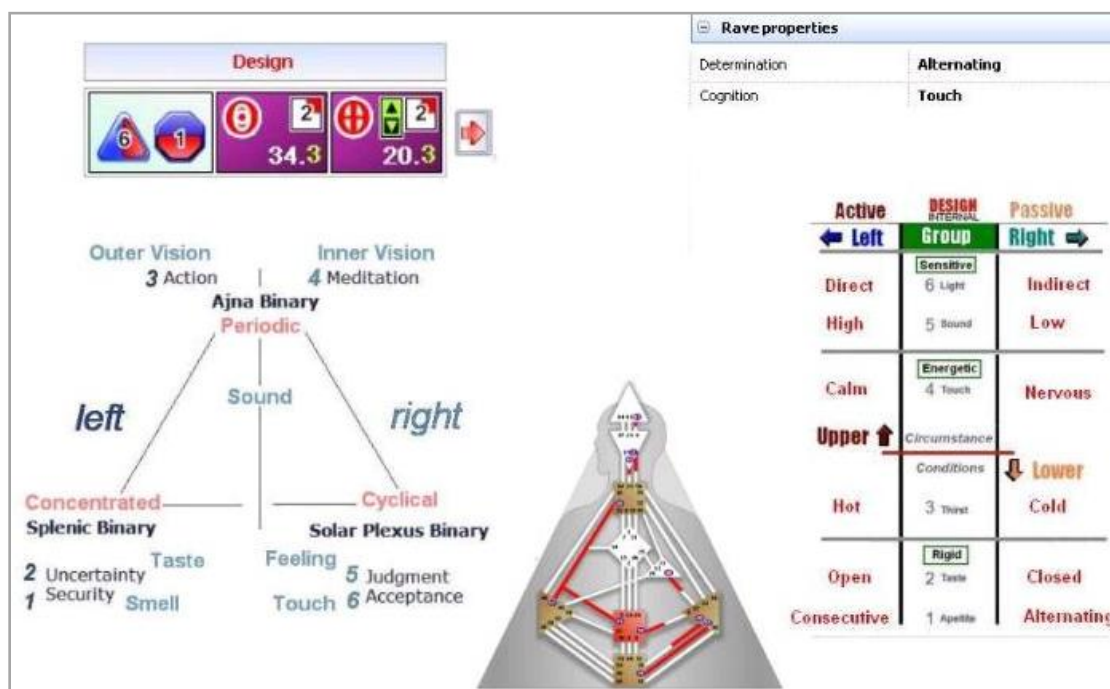
Question: Is it 6, 1, 3? It could be 2, 6, 1, 3.

Ra: No, it's the other way around. It's 3, 1, 6. Remember, when we're doing chains: Line, Color, Tone. These are the basic chain configurations. And by the way, the digital books for the chains are now available and that's wonderful. Thank you Becky, because I'm having a good time with that. It's nice after going through that very deep process of going through all the chains, see it written down, it's very interesting.



But anyway, the chain is a 3, 1, 6. So if the chain is a 3, 1, 6, anybody want to give me a sense of what the body type is.

Comment: It's a 1st Line body which is an investigating body, so this child will probably be interested in its toes rather than External things happening. And that by following the PHS the sensory capacity of the 6th Color touch will be—oh, thank you, Deborah, I'm on the wrong answer.



Ra: That's okay. It was fun to listen to. It's a 3rd Line body, so does anybody want to tell me about a 3rd Line body?

Comment: Bumping into things, accident, and an emergency.

Ra: Yes, absolutely, and what does that mean about this kind of body?

Comment: Basically a resilient body if supported with cognition and as Deborah said, a martyr body losing the capacity of that resilience to bounce back if not supported by cognition.

Ra: Yes, absolutely. The resiliency is the thing. It's one of the most remarkable things about the 3rd Line body. You see that particularly in a 1/3. The 6/3 is more complex because it has a much more dangerous life arc and has to deal with very deep conscious pessimism when it's young, so it is different. But the 1/3 body is an amazing body when it's correct because of the resiliency.

Again, I want you to not lose track of the extraordinary stuff we have at our call. And the chains are very important. Now, obviously you don't have to remember all



of them and you do have a written reference for all of them and clearly you're going to be able to work effectively with your clients in the sense that you're going to know what you're dealing with. But you have to familiarize yourself so that when you're looking at somebody's design you think about that body, because after all that body is important for us. And particularly since a great deal of our work with clients is going to be virtual, it's the only way in which you really have a sense of the kind of body they really have.

Remember that this is the holistic imprint, so you're really getting to see 70% of what the body is. And it means that body type from the 1 to the 6 is something that if you don't remember or if you can't intuit it out of what you know about the Lines, go back and review it and make sure you have a sense of it. In the test last time I asked you about the 4th Line body. Again, this basic understanding of aha, if you don't do your PHS, exhaustion is something that is going to come easily into this physical body and that physical exhaustion is going to be brain exhaustion, hormonal exhaustion, neural exhaustion, you name it.

So, when you're looking here and you're looking at this resiliency, a 1/3 needs to be resilient in order to master the world. They are the ones, after all, that challenge the material plane unlike any other. This is their great gift. And if they have resiliency you can never really knock them down. You can't. They have this incredible power to keep on keeping on. So what we know about this body, when we think about this body in this context, we see very clearly that when we're looking at the client we're looking at them and we're saying, you have a body that needs to be deeply resilient. You're designed to have a body that can really take just about anything. But it can only do that if you're going to follow an alternating dietary regimen, because if you don't do that, because you do have a primitive system, and because that primitive system cannot handle all of these mixed processed, all of that stuff that is just thrown together in the modern eating world, that if you get stuck in that, your body loses its resilience.

And it isn't just your body. It is the brain system itself. It loses its capacity to really stay with it. So, this is not just a matter of getting rid of your gas. This is a matter of being able to give your body back the resiliency it needs in order to be able to deal with life. And you can see that this is coming from a 20/34. This is this manifesting Generator power. And you can see that if this being is incorrect, the resiliency will break down and I bet you any day of the week that if it's homogenized enough at some point they're going to lose their thyroid, period; breakdown.

So, the body is important. And you see the body in the context of what is the regimen because every human being is aware of the "this and that" of the potential of their body type. They just are. And of course, the moment that you put it together with the dietary regimen, you're giving them a concretized outside thing that they can attach to. It's easier than understanding that they had neural shutdown when they were three and they got a homogenized brain system and they've never been in touch with their true cognition.

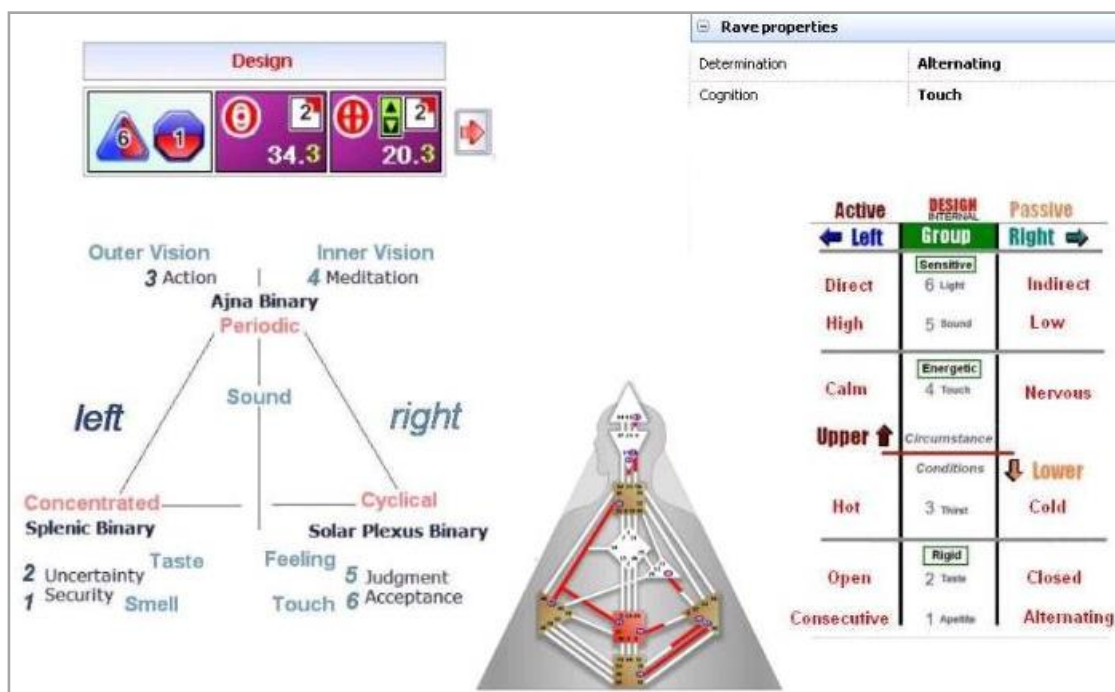


The Cognition: Touch

Okay, let's change the subject and let's move to cognition. Who would like to give me, any number of you can give me your insights on what this sense is and the way in which the sense has to be applied to the dietary regimen. And what its potential is.

Comment: The cognition is 6th Tone which is touch and that's all about, I suggest to them that they touch their food when they're eating and they might like to hold the food when they're preparing it and when they're washing it. And just how important touch is for them generally—touching people to get a sense of whether things are safe or not for them.

Ra: Yes, that is good practical advice. What does the sense actually do? And what I mean by that is why do you tell anybody about what the cognitive sense is? In what context are they given that information?



Comment: I would say that the cognition has to do with how the body prepares its cells to actually take the food in. And also to prepare the digestive enzymes and so on and so forth to receive that food, so the cognition is particularly useful information because that's actually the means through which the vehicle can begin aligning itself with the dietary regime. And in some ways, to me it seems like cognition is a way to really interest the person in their PHS because on the one hand they have their authority and on the other hand they have a means to find their way into it and explore it for themselves.



Now, the touch, of course, is just that. It's a person who needs to touch their food and to hold it and handle it and to have a feel for it, so to speak. That's their means of being able to eat at all, actually.

Ra: Yes, exactly, very well expressed. What's the higher level of this potential? After all, when we're dealing with Tone and we're dealing with the Right side we are dealing with the evolving phenomena of Solar Plexus awareness and particularly when we're dealing with 5th and 6th Tone, we're dealing with the deep potential in these particular senses for a manifestation that we have yet to see. Any comments on it? And in this particular case the comments on the 6.

Comment: *It is this extreme sensitivity because it's a 6th Tone; cognition has to receive information from things from other people, who they touch.*

Comment: *I would say that this body is designed to make its way through the world literally through its skin sensitivity to whatever it's receiving and it's a highly, moody, individual freaky tonally sensitive, highly melancholic being that is very sensitive to its auric environments and can really pick up much more information through that emotional feeling context than they ever will in terms of what they're thinking. And to begin to make sense of that in terms of how the mind has been interpreting the intensity of what's been going on in their life and this passivity of how the body is designed to move and it's been so strangle-held by the Left in survival that it's never been really given an environment to flourish in terms of how that cognition process is designed to operate and that by simplifying the diet, that this is a lead-in to calming down the disturbed auric energy that they are currently experiencing and start to begin to see themselves.*

Ra: Yes, that's very good. I like your comments, Elfriede, or your statements. Yes, the potential is in fact healing hands. I think healing in the sense of being able to contact somebody, a hug, a handshake, even a hand on the shoulder. And it's a two-way street. That is, this is the thing that makes it interesting because it's the basis of, in a sense, what is another kind of communication.

One of the interesting things about the whole business of the practical side of the touch, for me anyway, and it is particularly suitable in this case of the caveman, this would be somebody that I would recommend that they always eat their food with their hands. They're a caveman/cavewoman anyway. And if they're going to go whole hog they might as well go all the way. But there is so much information that is possible. And of course, what that means is that you need to train your senses. After all, our senses have been dulled, they've been homogenized. They need exercise, in that sense.

One of the interesting things that I was mentioning earlier about the movement of these basic keynotes into a larger frame, I think it was you, Elfriede, who made the comment about it not too long ago, you take the example of caveman/cavewoman, one thing at a time, so they would be probably best off touching one thing at a time, thinking about one thing at a time, dealing with one thing at a time. In other words,



it is interesting to see the way in which all of this can be integrated together, and yet at the same time something that comes naturally out of the process itself.

First you have to cleanse the sensory system. I have my thing about those that are Right that PHS is very, very, very important for them and the younger they are, the more rigid it has to be in order to really protect them and give them an opportunity to open up these deeper aspects that are there. I think as well that it's very important when you're dealing with those that are tonally Right, that they are given a sense of the promise of their sensory system. For the Left it is a strategic thing. And it will always remain that. But for the Right there is something deep, deep, deep to be explored. And there is a whole sensory potential to be opened up.

For me, this 6th Tone is so extraordinary that I find it very, very difficult to feel it because I realize that this is the far, far edge of difference from what I am. I'm very Left and I can see this very, very far Right-ness to this in which there is a capacity to integrate another level of information. And Genoa's comment, which is the classic teaching of this that the senses provide this incredible information necessary for the digestive system to function in a differentiated way. But I have a suspicion that with the Right that there is a cognitive potential to penetrate into the sustenance at a very, very different level and to actually be even more selective about the way in which nutrition is broken down in order to serve the mutation that is the Right.

I see a lot of things coming up, why don't you just share them with us verbally.

Comment: *It was coming to me in this connection between the Tone and the Color that given that this is an alternating caveman that probably there's still the question of what to alternate with what, and that through touch probably you would best know what to alternate with what, if that's your diet.*

Ra: Oh, absolutely. That's right on. And again, what's so interesting for the psyche in that is that because we're talking about what somebody naturally has, and by the way this chart is just today, as a matter of fact, today's Just Now, what somebody naturally has, they can get very excited by that, because after all, this is their central cognitive gift.

Again, Genoa, I think that you make an excellent point in that the cognition has to be something that is very, very attractive and made attractive, the importance of it. Because our tendency is to see the Color and in seeing the Color recognize the regimen, and simply using the Left and Right as a way of keying on exactly which part of the regimen they're about and then we get into that.

But one of the things that I want you to be able to see is how important it is to develop this whole cognitive area and to be able to help somebody identify with this cognitive power within them. Again, we're dealing with something that is so new and we're the ones that are here to nurture it. That is, we're the ones that are here to bring this into the world and I think that speaking holistically about the healing potential, because I see comments about the healing potential, that there is no question that both the 5th and 6th Tones have a capacity to penetrate and receive information from the physical form of the other in a way that the eyes cannot nor can the



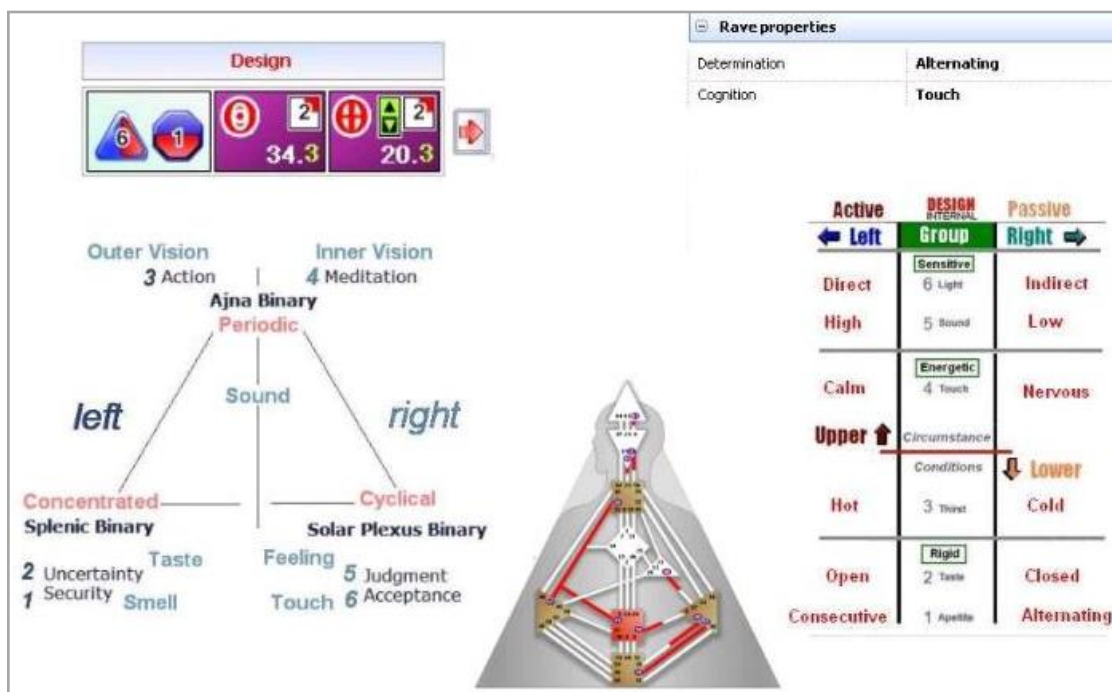
LESSON SEVEN

Determination and Cognition

taste or smell. In other words, it's a whole new level of higher frequencies that are being interpreted.

And again, we have no language for this yet. I'm hoping that the collective work we do on the Right, in the Center over the years, will lead to a breaking down of the code so that there is a way for all of us to begin to understand, through the outer authority of those that are Right, what the code is and that the others that are Right recognize the code; in other words, a communicative language.

The 5th Tone beings, in their ability to feel the auric frequency and to grab information, as an example, from the aura, if they can develop a language between them, if they can decode, in that sense, then out of that we get a whole new system of analysis. That is, a whole new system of understanding the other and taking in information.



For me, this is the equipment that is going to be fundamental to the emergence of the rave as the next best thing and all the juice of the cosmic program is no longer pointed at the Left, but is almost exclusively pointed at the emergence of the Right. So, in our small way we open up the possibility of beginning to allow the Right to emerge and to emerge in a healthy way.

Comment: I just actually did a reading for a family in Brooklyn, a Projector mother, a manifesting Generator father and five-year-old Generator son. I did it in terms of the family for her and just for her. They went out and when they came back I offered the child's health reading since he was so young. He was a 1-5 and I explained the alternating and they told me that the biggest problem they have at din-



ner time was when one of his foods would touch another food, and that they bought the compartmentalized dish so he could have everything separate.

I said, yes, here it is, he knows. Now, just don't interfere with it. Allow through his auric way of sensing what is correct for it and even sensitive to maybe who prepared it, where it came from, because they know if they go out for fast food the vibration frequency of that could be disturbing. They totally got it. They were already vegan-based kind of diet so it fit right in, it was very fortunate.

Ra: A Right 6?

Comment: *He was a 5th Tone.*

Ra: No, I understood that. I'm just curious if anybody here is a Right 6?

Question: *Ra, I have a rather general question and I'm not getting confused, but before I get there, I've heard you lately speak a lot that to follow your PHS is to eat in your own aura. Now, I thought that was for people that are circumstance, like myself, I'm 5th Color so I am circumstance person, but lately I just don't like it to be sitting in the restaurant and waiting for the waiters, I don't have that much time, so the way I'm playing with it is that I sit here in my living and basically I turn CNN on rather loud, I have Tone high, and I'm eating all by myself. I'm just wondering whether that's enough. So, I wonder if that applies to circumstance people as well, to all of them or whether it's not just eating in your own aura, but you were more saying follow your regimen; if that's circumstance, the circumstance has to be the correct one.*

Ra: I'm circumstance and I'm calm. Yeah, sure it's possible, I can be in a room where everybody is calm, the chances are slim, most human beings are screwed up and I feel everything. As Stephen pointed out earlier in his comments that there are many serendipities of being able to be in different kinds of environments and still being able to go through with your process, it doesn't change what has always been the bedrock of what I understand about PHS.

That is, that for me all of this knowledge is for the next cycle. When I look at the end of the Cross of Planning and the emergence of the Phoenix it's clear to me that the individual process is going to be the fundamental process and the healthiest way to maintain your vehicle will be to eat in your own aura. And I think that this is something that is simply going to be a construct that is going to be something that is incredibly healthy for the future.

I think our whole social understanding will be transformed, in that sense. I think it's very difficult for us in our lives, in the way in which the homogenized world has controlled all of this so deeply. I think it's very difficult, but I think that essentially every human being should eat in their own aura. It would be regardless of whether you are this or that. For me it's clear that the only way to actually eat in a way that is absolutely correct is to eat in your own aura and to eat in your own aura in what is the correct environment and to eat in that environment according to the rules of your cognition. I think that, ultimately, is perfection.



6th Tone: Touch, Acceptance and the Rave

Question: *Ra, someone asked, why acceptance for the 6th touch. I can understand judgment, but I'm curious about acceptance.*

Ra: It has to do with what it is to be a rave. A rave is part of a conscious penta, and as a part of a conscious penta it gives up its identity, something that we will never do, but something that it is forced to do. The 6th Tone is actually the Tone that binds the conscious penta together. That is, it is bound together through the frequency phenomenon of the cognitive touch. It is acceptance of a greater life. That is, it is acceptance of being an aspect or a component of a larger whole, and it is the 6th Tone that makes the bridge as all 6s do, that makes the bridge to the surrender of individual identity and the acceptance of a larger consciousness.

In that sense, it is very profound. That is, it is what we are unable to participate in. That is, we have enough trouble bonding with somebody, let alone to give up our identity to be nothing more than a component in a larger life. That's what the rave is designed for. And the 6th Tone, which is the most incredibly mutative of all the Tones, the ones that I hope I can live long enough to see even a taste of it, this is the sacrifice of the individual life. It is the deepest acceptance of what it is to be alive in a way that we cannot and will never truly understand.

I do have a sense that within human beings there is this possibility in the 6 to have a much deeper psychic connection to others and a psychic connection rooted in, obviously, the dynamic of the way in which this sensory touch operates. But its full potential, for me its full potential is a horror. I have to be brutally honest. I had that experience when I taught this in Rave Cosmology. I'm not a rave. I'm a nine-centered human. Homo sapiens in Transitus, that's me, that's us, and we are not going to be raves. We are not here to surrender our identity; we are here to express our unique differentiation because this is what it is for us to be masters within this form in this part of the evolutionary process.

For me, what the 6th Tone represents is something that is a place I can never go. It is a place I will never go. It is a place I can't even imagine going to. So, for me it's very, very profound. It's an extraordinary Tone, it really is.

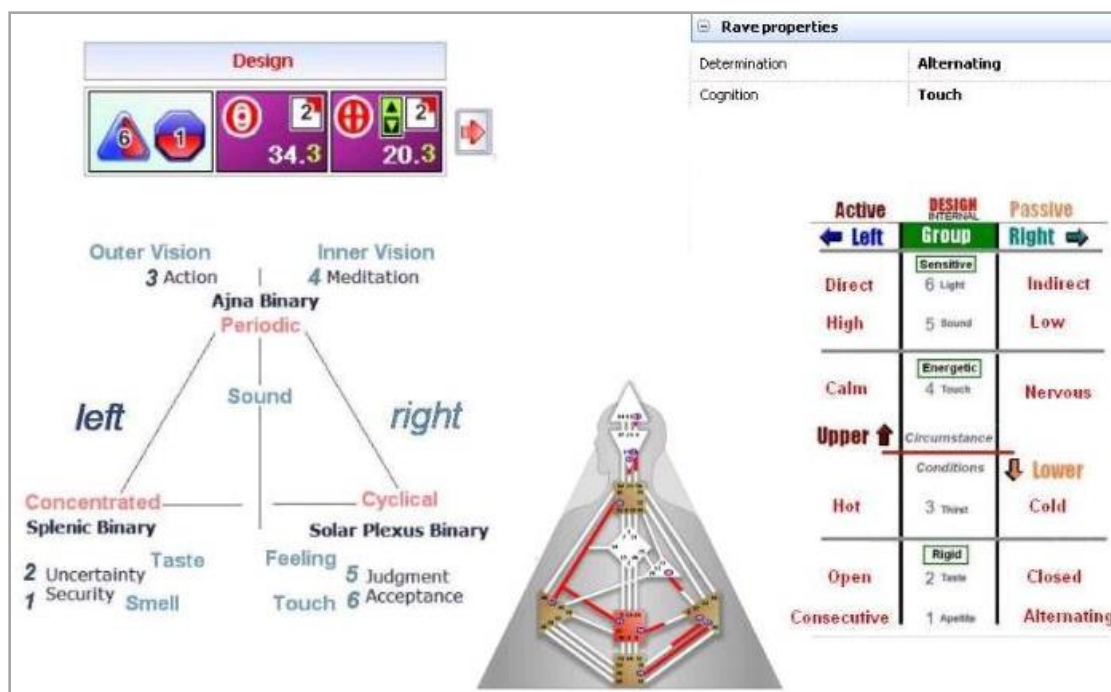
Comment: *My husband is a 6th Tone and before class you were talking about the things with computers and energetic fields and things. So touch is important to him. But he is not a hands-on healer. He has done Reiki in the past, but what he's done is he uses computers as his tool and he has invented a system where he can get information, computers to talk to other computers, something no one else has been able to do. So, it's quite fascinating. It may not make much sense yet, but he is under investigation and study.*

Ra: Yes, very interesting, very interesting indeed because that is the kind of thing—as I say, I find it thrilling and horrifying at the same time, because I see where it's



taking all of us. After all, in the same way that we talk about the caveman as the most primitive, smell is the most primitive, and we've come a long way from smell. And this is someplace else entirely. It is an extraordinary leap forward into cognitive potential.

We know it's there. After all, we've had this interregnum, this transitional form since 1781. And we've seen the undercurrent of the Right beginning to move. The séances of the 19th century, those kinds of things, all that kind of stuff, the Tibetan, all of that stuff, all of these people, all of the things that they were into, all of this phenomena that would become the New Age, the rise of guru-isms and all of this stuff, all of this flowing out of the Right. It comes from the Right; it doesn't come from the Left. It comes from the Right. And you end up with all of this Right influence saying to the Left: no mind. Stop your strategy, all of this stuff.



And of course, we only get to see it in the horrendous homogenized world. It was Alice Bailey, Theosophical society; odd people. Anyway, the Right, all the sensitives and the mind readers and the PSI people and the "this and that" and blah, blah, blah, it's all coming out of this. You think about Maharishi Mahesh Yogi, who just hopefully went back to his bundle, and you think about meditation and you think about all of these techniques that emerged particularly since 1961 since we went into the 1st Line theme, the end of the cycle. All of this is mutative 4. It's what the mutation is bringing. It's bringing a whole different approach to the way in which sensory phenomena is both taken in and ultimately expressed.



The Penta

Yes, Cathy, go ahead.

Question: *Well, one of the things that all of this is causing me to think about is you're giving information for Homo sapiens, could one of the survival techniques for Homo sapiens in the future be to teach the Homo sapiens that are receptive, how to be very attuned so they can understand interaction with the raves and sense when the danger is there and help people see what correct action is, because if they're completely strategic they may not be able to really have the right cognition to be able to tell.*

Ra: Well, it's an interesting question, Cathy, but I think that the moment that you have a conscious penta you have the most strategic thing that exists. That's why penta is so phenomenal. And it's why penta has its application at the business financial commercial level that it does. The penta is a form that is deeply, deeply materialistic and deeply strategic. It is the phenomena of this combination of the surrendered consciousness of up to five creatures, human capacity in the sense of if you try to quantify the available perception intelligence, whatever the case may be, you have these five creatures that naturally surrender the potential of their consciousness to the strategic conscious penta. It's why I don't like what the future looks like in terms of—we're not going to be able to have anything to do with that.

I do think that there are certain beings on the Right who will be sensitive to pentas, but the conscious penta isn't going to be particularly interested in them. And I don't necessarily think that because somebody who is a transitional Right because they have enhanced capacity, I don't think that is going to be in any way sophisticated enough to be able to deal with the ultimate communication that is inherent in what the conscious penta is about.

Aside from that, there are many things that I don't understand. That is, we know from penta analysis that pentas have their own inner homogenizing or harmonizing process. So it means that the consciousness field is being harmonized. The wholes are always greater than the sum of the parts. Remember that the Right as we see it within our practical context, the Right is here to be drawn out, you can take great wisdom from the Right, you can draw it from their well. And what you see in the conscious penta is that the conscious penta always has access to all of the wells in the penta.

For me, it's very different. I think that the best thing that we can do for human beings is to make sure that they know how to find their inner authority so that they can be correct in this life. And if we can take them steps further so that ultimately we can take them to a state of physical and psychological awareness that would be wonderful.



But, I think that any illusion that one might have that somehow we're going to have a relationship with conscious pentas, forget it, any more than Cro-Magnons and Neanderthal, they didn't become cosmic buddies. They didn't have anything in common. They really didn't. We're not going to have anything in common with the conscious penta; absolutely nothing. That's what evolution does.

Anyway, I hope you enjoy this process. We'll continue to go through various levels of the knowledge this way. To all of you, you take care, I enjoyed that and until next time, bye for now.

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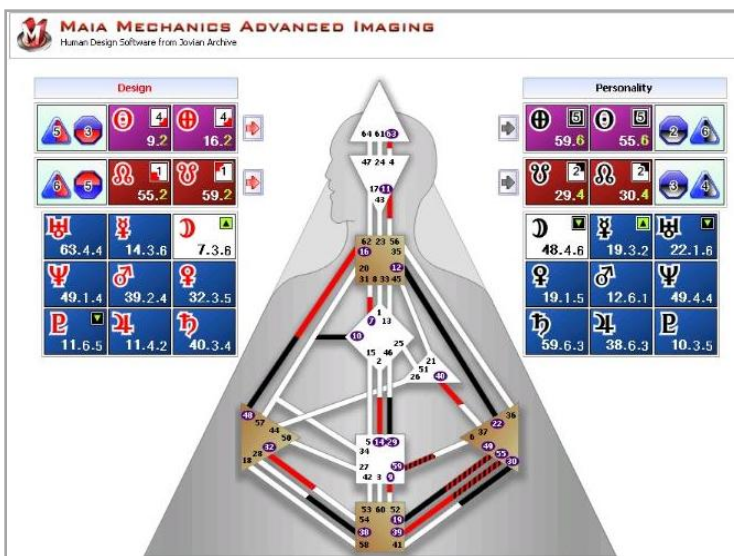
Lesson Eight

Environments

All right, we're in the world of environments and I'm actually going to move along and just get to the point. As I was saying before the class began, for me this is the great surprise of my work in Primary Health System. I'm not surprised by the knowledge of the Internal. It has always been clear to me from the moment that I began to look at the first 88° of life from conception, it was clear to me that every being was going to have a unique physical configuration and that every unique physical configuration was potentially able to find its nourishment, it's unique nourishment.

We are here to be uniquely nourished. And I don't mean that just in terms of food. I mean that in terms of the information we take in from the other, from the world around us, what in our porousness, in our openness that we are subject to take in. I look at the External and I have this old magician's grin, because that's what I'm grinning now. I've seen so many things now in the knowledge. I have seen things that are really astonishing. I am still in awe of how all of this is woven together. It is a magical thing. And when I come to the External I have this, "can there be so much more," because this is so much more.

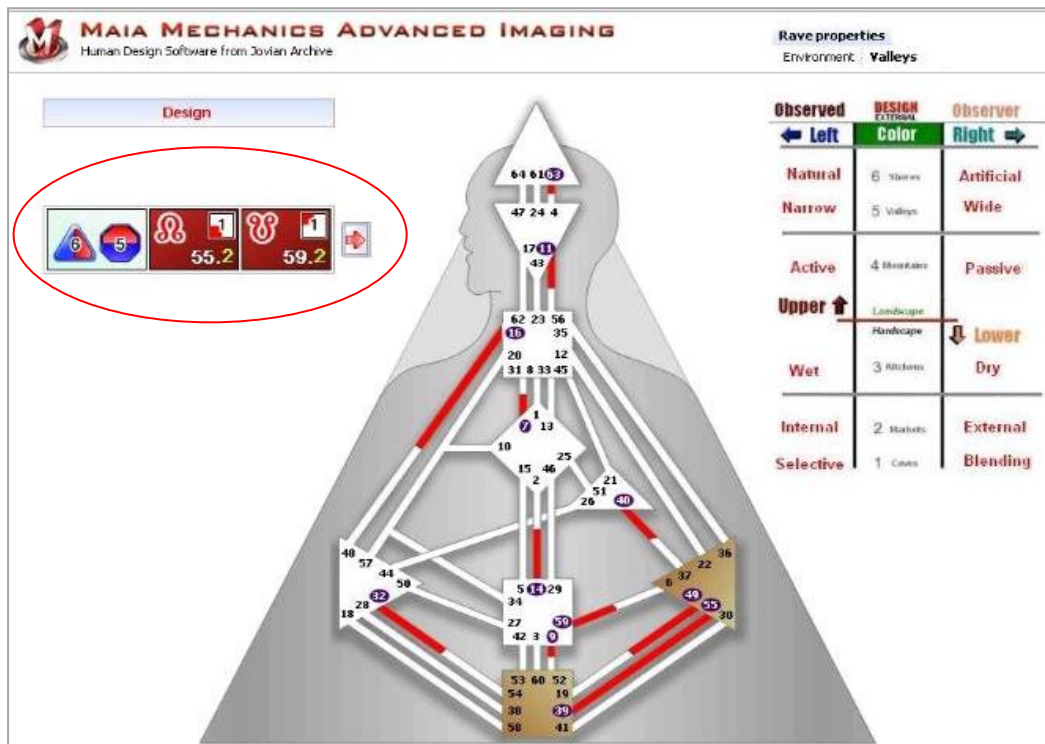
I'm beginning to understand how the whole history of consciousness has been aligned in its movement, how the Personality Crystal is so deeply, deeply connected to the overall way in which everything moves and is held to that line in these forms through the wonder of the Magnetic Monopole. And the more I repeat over and over and over again my deep recognition of we are objects moving in space in this maya, the more I think about that, the more I understand that that is about as profound as anything one can say. People have said "I think, therefore I am," and stuff like that. I am movement. This is what we are. We are movement. We are nothing else. It is the movement that is everything. It is the movement that is existence itself.





The moment that you go deep, deep, deep, deep down into the movement and then you take a breath and you come way up to the surface, way up to the surface, you come here [red circle], because it's the secret. If there is any secret, this is where it is, because this sets it all in motion. The Internal, the Internal is a gift. It's the "this and that" of the potential of the brain system. It's the foundation for the presentation of the dramatic Personality. But all of it is dependent on the "where."

We have a place. What we get to see in our work is that we get to see that the place can be very, very sort of specific or general, the difference between the hardscape and the landscape, the difference between the upper and the lower that we see wherever we look. These environments are so incredibly special. I understand the excitement, because of course I took a long time before I taught you anything about the External; in the sixth semester. I wanted you to feel the intensity and the revolutionary power and the focus on the Internal and the transformation of the potential of us as cognitive beings, because after all the correct nutrition is not a question of just simply the surface of the vehicle. It is about the enhancement of the potential of any vehicle to operate at its full potential.



To realize the full potential cognitively is an extraordinary thing, but it is dependent. It is dependent. In Variable we understand that the External is always the independent Variable. Everything is based on the External. And it isn't about the Personality External either. It's all focused here. And it operates in many, many different ways. It does. We know that there's a difference between what is going to be in the active and the passiveness of the vehicle itself, of the way the body meets its environment.

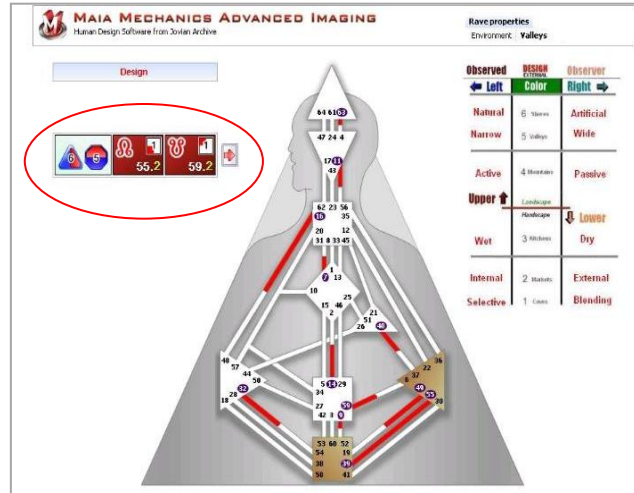


LESSON EIGHT

Environments

We know that the environment itself is nourishing. There is a protection. There is an elimination of the crudeness of the resistance field.

We know that it is here and only here [red circle] that we really have the tool for being able to operate correctly in a nine-centered vehicle with a Uranian lifespan. And the demand that the vehicle is able to operate correctly over an enormously extended life span, from the Saturnian cycle of approximately 30 to the Uranian cycle of 84, a very different body. As I've mentioned before, a body that runs hotter than the old seven-centered vehicle, a body that needs finer nutrition. This is for the refinement of the vehicle.



What I want to do today is I want to lead you through a discussion of environment and as I've been doing, I started to do last week, I encourage you to be interactive in this with me. And I want to begin as we always do, we begin with the foundation of things and I would like to hear some comments about caves. This is an environment. And what I'm looking for is first of all the kinds of deconstructions that you think about when you think about cave, what is the cave all about, what you think about it philosophically, what you think about it mechanically, what you think it could be or couldn't be. In other words, share your thoughts, your outer authority on your grasp.

Caves

And by the way, I suggest that the best spokesperson for any environment is somebody that carries it. So if you're a cave person let's hear about what it is.

Question: I'll start off. Can you hear me okay?

Ra: I hear you just fine. Is your environment caves?

Question: Yes, it is indeed. 1st Color and 1st Tone, so should I carry on?

Ra: Yes, yes, please do.

Question: Well, when I first got this information when you started to talk about the environments there was just something that really ignited inside me, I just went berserk because it was a confirmation of something that I thought that was really something wrong with me. But it confirmed that cave for me is really exactly what it was explained to be.



Now, a few months ago, about six, seven months ago I was living downstairs in a huge room which was like a bedroom-come study with an en suite facility. People, family members used to come in and out. Also, when we had visitors staying I had to leave and I had to leave my cave in order for people to stay. However, I had to change the setting of the house because of a change in family circumstance and I ended up going upstairs with two small rooms. Now, the study I have now is very tiny, but is very compact, and is the first time for a long, long time that I feel really, really secure within myself. And I have far more concentration span and patience.

I always like to spend time here and when things get too heavy around me I just disappear. Also, for me cave is my car. That rang a bell with me as well. I really enjoy being in my car and when I do meet people, dealing with people, I prefer to do it one-on-one. It's very difficult for me to concentrate with many people around. So, it's just been an amazing revelation for me. Any questions, I would be glad to take that.

Ra: Yes, thank you. Anybody else want to talk about caves? It's one of those interesting foundation subjects.

Comment: *Well, when I first heard that I was a cave person my not-self was horrified. I have been wishing that I could be more sociable, more able to connect. And basically beating myself up for wondering why I was not very comfortable in those environments. So, it has been a sort of process of settling into amazement at how much I enjoy being quite solitude, alone in my cave. I had a cave a while ago that had a lot of traffic outside, that didn't work. It had to be a quiet cave.*

There is a kind of—I have one window in my bedroom, but there is a kind of cubby hole that goes out to a real storage area on the bottom of the house, and that cubby hole bothers me, it kind of like—I don't think I'm going to make it in this cave. This is where I am for the moment, but eventually I will have to find a more watertight, for want of a better phrase, cave. But it's making a huge difference to me and I'm kind of amazed to settle in that.

Ra: Yes, push a chest of drawers or something in front of it and just make it disappear. It will make you feel better. I remember describing when I was first doing that about children and their fears at night, you have a cave child and there's the door and there's the door to the closet and that closet door terrifies them. It's very, very difficult. And if they're a Projector child it's even worse because of course the Projector can only focus on one thing at a time. So, they never feel secure because there are these two doors and it makes them very uncomfortable where their focus should be or where their attention should be.



Markets

All right, that was interesting. Let's move on. Do we have any market people? Anyone who is a market person would like to make some comments about what that's like?

Comment: *Yes, I'm a market person. Again, my voice is a morning voice. Having my business at home has been what felt good to me after trying to have my business outside of the home and physically going to a business place and then coming home in the evening. So, now the Internet was a revolution because I can run the business, for instance, this classroom, this is a wonderful medium for me, and doing readings over the phone online, and having people coming to my business, to my office at home. And one-on-one is what I prefer except for teaching and when it's a group I also like that. When they come too close to me and I don't have to go anywhere is what I prefer. But I like, though, going to stores. And I always meet people in markets, actually in the health food store or any store that I go to, it's very interesting, it's easy for me to start talking to people about profound things.*

Ra: Anyone else? Thanks, Josette.

Comment: *Yes, I'm a market External. And to be honest, what I like most is traveling around. And I have an office in Vienna, so I travel from home to my office where I give readings and teach. What was the most astonishing for me is that of course the business environment is the healthiest one.*

Last year, three weeks after my accident I was teaching. I could hardly walk, everybody had to help me, and I needed to sit on a very soft chair with my leg up and I was teaching. And basically, every time when I was teaching, when I was working giving readings out there in Vienna, I always had the feeling that my leg was healing. And that was really astonishing and everybody thought I was crazy that I'm doing that, but this was absolutely healthy for me.

Ra: Yes, that's a very nice description of it. And of course, yes, indeed it is healthy. Are there any other markets; nice information.

Comment: *I'm a market and I'm an External market because I'm fixed to the Right. I really have always had to go out and my family has always thought that was bizarre. One of the things I seem to have to do for my markets is travel, and usually it's travel driving. And a lot of times it's all by myself. When I look back at my life, even my father who wasn't very sensitive or kind about most things, would pull me out several times a year and take me on a road trip with him and he didn't do that with any of the other 10 kids.*

And it would just be that I would be too overwhelmed. Many times when I didn't feel well, and this is an endorsement for your statements, Ra, when I didn't feel well, the single best thing I could do was take a thousand or a two thousand mile drive for 10 days to two weeks and I would always feel better. And one very odd thing that has



always annoyed and perplexed the family is if I'm really ill, I have to go away from home. It feels like pilgrimages. I feel like my way to wellness for most of my life has been to go on a pilgrimage.

Ra: The markets External is very much the classic traveler, going from place to place. Everything becomes your business, in that sense, going from one market to the next market doing the whole External number. Are there any more markets? It seems like there's a lot of you in this class.

Comment: *Yes, I'm Internal market and I'm laughing because I've eaten with all of these people and they all seem to be External. The number of times I've had Cathy there, so it's like an extended family leaving home from the caves. I'm just now getting my house sorted out so I can have people come here so I can work from here. Got rid of my husband to an office; he's a shores. I got rid of daughter to a cave. It feels like it's working out quite nicely. But I am laughing about I think particularly Cathy. I've eaten with Cathy so many times, I'm sort of stuck to her like an extra appendage, and it's quite amusing.*

Comment: *I am External market and since I know this, I understand why I like it so much to travel around and to go just to the market place here downtown. I notice how easy it is for me to make contacts and to talk to people and I really enjoy it.*

Comment: *One other thing I'd like to say about markets is it's been one of the most amazing places that I've seen the genetic continuity you talk about in the chart, Ra. If I think about all the Variables in my chart and lots of other people's I've looked at, they so support that. It's just amazing.*

Ra: Yes, there is no question about it. As I said, I find this whole environmental subject to be thrilling, actually; beyond exciting. The first thing is that nobody ever had a map before of the mechanics, nobody ever had the map, people had good ideas, but nobody had the map. So you end up with the map and you end up with a map for the individual. The thing that I found so astounding about the emergence of Variable is that you have a map for humanity.

When we're looking at the Design External, we are looking at taking another step in our consciousness, we're moving beyond the personal, we're moving beyond the Internal and we're moving into the positioning of ourselves precisely in that sense where that positioning is intended to be. And there's an incredible reward in that. There is just this incredible reward of what it means to be correctly nourished and not simply correctly nourished by what you take into your body, but the environment that nourishes you, the environment that envelopes you.

Kitchens

All right, let's move away from hardscape, let's move into some landscape and do we have any mountain people.



Question: *How about kitchens?*

Ra: Oh, I'm sorry, you're absolutely correct, my apologies to kitchen people. Do we have any kitchen people, please?

Question: *Don't tell me I'm the only one. I've gone so much blah, blah, blah about this. Isn't there anyone else?*

Ra: Come on Deborah, do the blah, blah, blah. It's fun; go ahead, do it.

Comment: *Ok, I'm kitchen, too. I'm kitchen wet. I completely resonate to the wet because I'm just sweaty, I like sweating, I have always looked for the heat, for the warmth, I hate the cold. It's just discomfort in the body. In my changing life, of course, as a jack-of-all-trades I had chance to actually to feel the difference of the comfort in my body and of course I so much love the Mediterranean environment with all its wetness and of course also here where I'm living it's very humid.*

The kitchen thing—partially I have a question. This thing is like as if it was moving out from you, the cave, and then it gets surprised that first is the market and then there is the kitchen, so I don't really understand the kitchen because I like kitchens, I have a personal feeling of people's kitchens when I visit their home, for example. I'm a visitor until I'm in the kitchen. When I'm in the kitchen I'm a friend already, I feel like an insider, so there is a certain intensity of the energy, if you want. When I'm in the kitchen, any kitchen with somebody, it's as if I had more energy, it's like the kitchen is an action place. You get into the kitchen because you're dealing with something. You don't go in the kitchen to hang out.

But it's not like I spend a lot of time in my kitchen. The one thing I do remember though from when I was a boy is that we were a big family so we were always meeting in somebody's place and house, and of course, it was always about eating together, so there was this moment where all the women were in the kitchen and all the men were somewhere in the living room or outside and I remember that I had an absolute preference to be in the kitchen with the women. I'm an 18/58 as well. So, those are so to say the deepest resonance places that I have to what are the key-notes. And I must say, I have a little doubt that the kitchen seems to me as if it was something more than just the place where you cook in the house.

Ra: Oh, yes, it's more than the place where you cook in the house. The movement from cave to market to kitchen, the kitchen is mutative. That's what a kitchen represents. You pick up the produce in the market and the produce is transformed within the kitchen. The kitchen is the place where things are cooking and environments where things are cooking. Again, this is one of the things about the imagination of deconstruction. It is obvious that the kitchen in and of itself is a place of enormous importance. That is, for example, if you feel bad, go sit in the kitchen. And the kitchen itself is actually a physically healing environment.

Yet, at the same time it can be deconstructed, obviously, into many, many different levels of what that mutative cooking is all about, but there's a lot of cooking going on. Come on Deborah, you have to make a contribution here.



Comment: *Let's see, I think I'll tell the Jacuzzi story. I'm staying in this house where there is this Jacuzzi that's been broken for awhile. And of course, I really need to get into the Jacuzzi. I even take my computer there. And I write in Jacuzzis if there is a big enough lip on it, which sometimes there is and the computer doesn't fall in or anything. It's been broken and over the past month or two one thing I really need to get fixed is this Jacuzzi, and where's the motor and where is it coming from. I almost went to Barcelona to get it myself. Finally it showed up.*

But it sort of works and it sort of doesn't, so environmentally, naturally about every day I wander out to the Jacuzzi with the guy who comes to fix the Jacuzzi, we stand over it, it steams, we have a conversation, things cook or they don't and I go away. And the next day it happens again. I'm naturally out there or I'm in the kitchen all the time. And I just watch it.

Again, I'm on the other side of the kitchen wall right now. I'd be in the kitchen except my internet line doesn't go in there and this computer is not wireless. It's just a very natural, comfortable environment. And mutation is comfortable. If there's not something cooking on my stove, there's an essential oil vibrating. You can smell it so I guess that's 1st Tone, if that works, and it's the kitchen.

What those things do is they change you because the chemical substances cook you. And I'm kind of riffing on stuff that isn't exactly kitchen because there was a request for that since kitchen is so literal. All you have to do, as far as I can tell, is put together an enclosed environment, heat and something wet and stuff starts changing. So, that would be something about it, the wet one.

Ra: Oh, yes, factory can be kitchen, a sweatbox, a sweatshop, a disco in a way can be kitchen, one of these hot places where things are cooking. There are many, many variations of it, quite frankly. But again, it was a comment I made before the beginning of the class about the nature of healing. If healing needs to take place the closer you can get to the purity of the keynote, if you're wet kitchen, go into the kitchen and make sure that the humidifier is on or you're in a damp place and it is going to be very, very healthy for you and it's going to help you be able to heal your body.

So, the more literal one can be in the healing situation, the more important it is. In the deconstructed sense we have the realities of people's lives. How do we find an appropriate deconstruction that at least gives certain benefits, particularly the various possibilities in the deconstruction that can bring the benefits to children, for example, or to people that have long-term problems but are unable to be able to resettle their lives, and so forth and so on. It's one of the things that we need to master in that sense and we will over time, a categorization of all of these. I have a surprise for you coming up, anyway, a little later on in this semester, it will give you a lot of tools to work with.



Mountains

Okay, let's move forward. Let's move up now to the landscape and mountains. Do we have any mountains? Is there nobody here to take the high ground?

Comment: *My husband is a mountain, but that's as close as I get.*

Ra: All right, I'll speak for mountains. I'm not a mountain person. It's obvious to me when we're dealing with landscape one of the things that we need to grasp is that this is highly generalized, much more easy, in that sense, to deconstruct. One of the keys of mountains, though, is oxygen. It really is. One of the most important things about these beings is that their place is not only a physical orientation, in that sense, but it is one that is truly connected to an environmental factor, that is, it's connected to the level of oxygen that's available.

It's not healthy for these people, as an example, to live at sea level. It just isn't. It is very important for them to be able to get to the high ground because they need the thinning out of the oxygen in order for them to be able to function correctly. When you think about how significant oxygen is, remember what we got to see when we were looking at the Internal. When we were looking at the Internal we got to see this progression of sensitivity as you move from the 1 to the 6. And again, you have the same thing. This is an evolutionary pattern, after all. We're moving out of the cave and eventually to the shores. It sort of sounds like Star Trek, or 2001 Space Odyssey when the caveman throws his bone in the sky and it becomes one of these space ships.

This is an evolutionary process. There is a sensitivity here that begins with mountains and it's a sensitivity to the actual environment itself. In other words, this isn't about whether you're inside or outside, it is actually about oxygen. And it's about thinning out oxygen. One of the things that's interesting about mountain people is that you're going to discover that mountain people are probably some of the heaviest smokers of people who smoke because one of the byproducts of nicotine and tobacco anyway is that it reduces the level of oxygen in the neo-cortex. And don't say that Ra recommended this because somebody will lynch me for it, but if you're a 4 and you have to live at sea level and you have no other choice, I suggest you smoke a pack a day, because at least you'll reduce the oxygen in your brain. But that's really what the whole mountain thing is about.

Of course, you can see that the active/passive in this context gives you a much deeper understanding of active/passive. In other words, think about those themes where there is a cave-in in the cave and everybody is worried about the fact that there's no oxygen to breathe and everybody's telling everybody else to calm down, because if you calm down you're going to use less oxygen, which means you're going to live a little longer. And of course, when you're active you're using up a lot more oxygen, in that sense. But it's all oxygen related.



Yes, the mountain did come to Muhammad, indeed. Anyway, so the mountain for me is something that is very unique. It opens up an environmental sensitivity that goes beyond in these Internal constructs that are there in the caves, the markets, and the kitchens. Here we're stepping out into the larger environment, which means that the criteria are different.

The most interesting thing about oxygen depletion is that oxygen depletion leads to altered states of consciousness. Aldous Huxley in his experiments, all of this was about reducing oxygen in the neo-cortex. Anything that reduces oxygen in the neo-cortex will create an event. It's one of the things that happens when people take LSD, as an example. You have a depletion of oxygen in the neo-cortex; it leads to, amongst other things, hallucinations, altered states of perception.

So, when you're dealing with oxygen people you're really looking at this mountain in this context. The worst kind of thing is for these people to have oxygen therapies. The higher they are the better they are. And obviously because they are environmentally sensitive, they don't do well in polluted cities, even though they can get to the high ground. It's one of those things about mountains is that yes, you can de-construct it; put the child on the upper floor when they're sick, and so forth and so on. But the reality is that it is very, very deeply connected to oxygen intake. So, it's something to keep in mind about it.

All right, do we have any valley people or any comments?

Question: *I want to first ask a question about this oxygen depletion. I think when you just now said that it allows people to go to higher states of consciousness, I just keep trying to think of what each one of these things brings to the evolutionary process, and so I'm guessing that the main thing mountains do is allow us to think differently so we could expand the maya. Am I on the right track?*

Ra: Oh, expand the maya and more than that, Cathy, you hit the nail on the head, because of course when you think about mountains that's where the gods were, always. The gods were always on the mountains. We were always climbing towards the top of the mountain. We were always trying to reach out to the gods.

And of course, remember that when we're dealing with the nodal External we're always dealing with social complexities of life. And so this mountain and this increase in the potential of consciousness is the expanding of consciousness into the larger world. And it's trying to find the Godhead. It's looking towards the stars. It's all of that. And of course, you can see what happens that you start that journey of climbing upwards and of course, you end up having to climb back down, anyway. There's a world to be lived in.

But I think in many ways these beings, if they're correct, would have a tendency to mysticism and to magic and to drugs and to many other things. Again, though, within the social context and obviously when it's correct. So, they're all fascinating to me. It really lays out the whole infrastructure of the way in which we're supposed emerge as a consciousness field.



Valleys

All right, valley people can we have some valley?

Ra: Yeah, they're low on the rung, Kumud; tough with them. Okay, any other valley?

Comment: *I'm valley, but I'm not sure that my mike is adequate. Are you able to hear me?*

Ra: Yes, yes, we're able to hear you.

Comment: *I think that was a valley joke. I am Right-fixed valley, 5th Color, 6th Tone and for me I have a lot of questions about this subject. I spent 23 years of my life in a very high elevation, vast valley, a giant valley. This valley was so huge that in parts of it you could look over the curvature of the Earth as mountains were receding 120 miles in the distance.*

This environment was very empowering for me. It's like there was an acoustic density there, but it was an acoustic density of silence that the words disappeared and the spaces between the words became an acoustic density. It was a very empowering place.

Since I moved to Santa Fe, Santa Fe is a city that is built kind of on the side of a slope coming off of the mountain. I have been very challenged in my health since I've been here. I'm just wondering if you could make some comments and observations.

Santa Fe is on the side of a hill. There are some valley elements to it, but it's been very challenging to my health. Also, being in the outer acoustic density is really hard for me. There needs to be silence in this vast valley. Some comments please.

Ra: I think one of the most important things to grasp about valley is that it's not about like mountain, it's not about oxygen. The valley is about pressure. The valley that you talk about, when you stand in a valley like that there is this enormous pressure. Any valley floor, it doesn't matter whether the valley floor is suspended at 14,000 feet or the valley floor is at sea level, it doesn't make any difference because it isn't about being down at the bottom, it's about the pressure that is there.

Of course, these are beings that need to be attuned to exactly the right pressure. Do you remember when they introduced Samadhi Tanks? Samadhi Tank was a place where you floated in water that was exactly set to your body temperature so in a sense you literally let go and disappeared. You ended up floating in space. I think fundamentally that's what valleys are all about. That is, this place of finding the perfect pressure field, the specific density of pressure is something that is very, very important to these beings. And it's only within this kind of pressure field that the benefits of their system and the benefits of their interaction really get revealed.



Question: *So, following this thread about how it evolves us, how does the pressure evolve us?*

Ra: Population. Look at any given city in which you have 8 or 9,000 people living in a building complex. This is an enormous pressure field. When you're on the bottom of that, there are some human beings that will absolutely thrive in being in that kind of pressure. It is part of our vast expansion. It isn't just simply the physical barometric pressure, which is the physical essence of it. It is all the other pressures.

These are beings that have to find the right pressure environment. Is it right to be in the madness of the core of a city? Is that the pressure that is correct for these beings? Is it the pressure that is there in the emptiness of an environment in which the whole environment, the night—I've lived up in that country—the night itself is this huge pressure of starlight beating down on you as if it were ready to fall on top of you. It's about attuning the vehicle to the right pressure. But that pressure physically is always something that needs to be in the hollow of something, within the embrace of something, like being in the cauldron, in that sense.

Shores

So, we can close without forgetting anything. I'm shores, so I guess I can talk for shores. And I'm natural shores. I've always been so deeply aware of an odd anomaly about me that I was aware of long before I had this knowledge. I liked being close to water, but didn't like going in. I grew up in Canada and we all learned how to swim and we all have to go through all these various levels and proficiency and blah, blah, blah. I went through all of that process. But what I really noticed in my life is that I loved being near water, but I just wasn't really interested in the water.

I was born on an island. Montreal is an island in the St. Lawrence River. I've lived on many islands. For nearly the last 25 years now I have had Ibiza as my base. It's clear to me that it is something that has been a great serendipity in my life. There is something deeply healing for me. The moment that I step on to the continent I feel physically challenged. It's very different the way my body reacts.

Being a shore person is life on the edge. There is an edge here; there is always an edge. There's an abyss on the other side. And the shores are varied. You can live in the suburbs on the shores of the city. You can live in exurbia on the shores of the suburbs. You can live in the country. You can live on the banks of the river or the side of a lake. There are many, many shores.

But it says something very fundamental about the greatest expansion of humans and the densest environments in which we find humans is by shores. Every great city in the world, every great older city in the world is built on a river or built on a shore. They all are. It becomes places in which the huge confluences of life meet.

After all, these are about environments. From the moment that you move from the mountains and away from the Godhead and you move down into the expanding



world, it simply says there are more and more beings that have to be dealt with—more and more and more beings that have to be dealt with. It's why it's so important to be in the right place. It's why it's so important that your environment is something that is a place where you naturally go to revitalize your system and your life, because that's what it's for.

I will never move away from the shores, my natural shores. It is so obvious to me. I know whenever I am isolated too long from the shores, my immune system breaks down. Those are the times that I actually get sick. I see how extraordinary it is to be in the right environment and how grand that environment is, it's vast. They all are when you spread them out and you see them for what they are.

But they're pointers for us, because in and of themselves they're generalizations. We must never forget that. We are unique. We have a very, very specific and unique positioning in this life, this unique orientation, this unique environment that is going to lay the foundation for the expression of our outer authority that is going to provide for these vehicles throughout their whole term. It's going to enhance the potential of the consciousness.

We have the most magical tools that any human being has ever been gifted with. It is so extraordinary to be able to look at this, to be able to see it, to be able to know it deep within you, to understand how mad the world is that human beings are not in their place. And that if they're lucky they have some kind of remotely deconstructed possibility. But they're homogenized, they're not-self. They don't operate correctly. They're not making decisions that align them to what is the right geometry for them.

The Difference between Natural and Artificial Shores

The difference between natural and artificial, as the Zen master would say, is the difference between natural and artificial. There are artificial boundaries, there are artificial shores. There are walls that separate a property from another. You can live on that shore; you can have a shoreline. You can have an artificial fence. You can have a highway that separates this side of the environment from that side of the environment. What used to be the different side of the tracks, as it were.

Natural is natural. There are places where things naturally come to an end, where cities end. Is a house artificial? I would guess so. I certainly would guess so. I can't see how it's going to be natural. Yes, sure, Elfriede, help yourself. Oh, you want me to say something about wide valleys.

The Difference between Narrow and Wide Valleys

Well, again, I don't mean to be facetious, but there's a huge difference between narrow and wide. For example, in my American language a gorge would be quite narrow. The kind of valley that you can see the curvature of the Earth, as Genoa describes, would be quite wide. Again, these are very pure keynotes. So the dilemma



is not understanding what they mean, it is in the deconstruction or in the poetry. I encourage all of you, when you meet together in any of the groups when you're talking about things, to play with these deconstructed values, to imagine what that is all about, because after all, nobody has ever known this before.

My job is I lay out the mechanics and I have the essential values for those mechanics. But there is a great work for us in what we are doing together. This is a science and an emerging science of the vehicle. There is an enormous amount for us to discover. This is a place where I take satisfaction in saying I don't know at this point. There are so many things where we will have to wait and see where it leads to. But a part of it is the imagination that you bring to this, in that sense.

Synthesizing the Knowledge

Question: *As Cathy is saying, it's about sound, too—narrow and wide sound, and natural and artificial light—does that also play into this?*

Ra: Yes, it can. Resonance is one of the deepest levels of the knowledge; is ultimately to be able to synthesize the Variable down to the Base. That's an enormous amount of depth of knowledge and technique. I can foresee in the next couple of years, because I plan to offer post-candidate programs to really deepen the intellectual journey into all of this knowledge.

There is real magic in being able to synthesize all of that because we then get the true holistic picture, or at least the holistic picture of what's possible. It's living it that for me is what this is all about. I go deeper and deeper in my process so that somehow in moving back from the depth that I can get to that I can find a simple way to create tools out of this, techniques out of this that can bring about the transformation of consciousness. Once we have been given the equipment, I am not about to be denied.

And this is part of the story, because I realize that all of the elements have to click into place. If all the elements click into place, if everything is correct, the unfolding then takes place, and this is a cabal that begins in the Design, Internal and External. This is the revolution. This is what transforms the life. It liberates the mind. It transforms the physical life, it opens up the brain system, it moves one into a healing and extended environment, changes the nature of one's relationships with the other and lays the foundation for the perception that is going to emerge in the self-reflected consciousness of the passenger as outer authority. That's the movie; step by step by step.

But this one, this is a key. Again, I see that those of you that have a valley location and those of you that have a mountain location and those of you by the shores and those of you that have big huge kitchens and those of you that have a shop and those of you that have a big enough cave, each and every one of those places can be a place of healing for people that need that. It's environmental, it really is. This is



LESSON EIGHT

Environments

going to be one of the engines of incredible transformation, is to begin to align human beings to what is environmentally correct for them.

One closing note, thanks to Becky, she has prepared an index of the entire PHS program. That is, all of the indexes of all of the digital books, just the index, so that every single subject and every single topic and all of those things are all listed in one PDF. That's going to be part of the download that's going to be there for you after this class. So thank you, Becky, and I'm sure all of you will enjoy having that.

Anyway, until next time, all of you take care; until then, bye for now.

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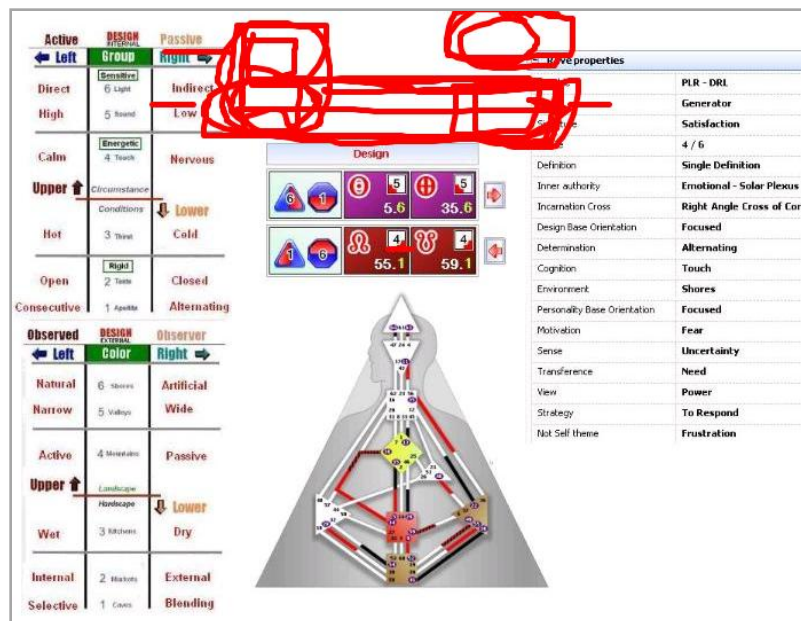
Lesson Nine

Exam Preparation

Welcome to the week before. I want to be able to open this up to all of you so whatever you need clarification of or whatever you want to discuss, I think it's very important that you get that out. But I want to give you some insight into the exam itself. I haven't written it yet, I won't write it until the weekend. But I've been giving thought as to what the focus of it is. And I think it's very important after our experience going through it the first time to learn the lessons. I want you to have a sense of being prepared.

The Exam Focus: The Internal and the External

My focus in this second exam is the basic focus of the Internal and the External. This is the focus. That is, the focus on the PHS regimen, the focus on the cognition, the focus on the environment. In other words, these are the areas that I'm concerned about. Now obviously, as I mentioned from the very beginning this is a progression in terms of what I would consider the difficulty of these tests. So, that's going to be the general area. And what you'll find in terms of the questioning is that you're going to be questioned relative to charts. There will be a number of charts that will be included in the exam. And basically the way I see it is that there will be three charts and there will be five questions for each of the charts.



So to begin to give you the variety, begin to give you the kinds of things that you going to meet in your professional work, that is, how you deal with what you see, what is your recognition,



what is the level of that recognition. And the questions themselves will be more nuanced. In other words, they're going to be less general. We're going to be dealing with specific situations. But the general thematic of what we're going to be looking at, in other words, the areas where you need to focus your attention or the areas where you need to just simply work with the material, is that basically what we're looking at is going to be limited to this. There will be no questions in this second examination relative to Base orientation or Link Nodes. This is something you'll be prepared for in the next semester because they will come into the next examinations.

You're going to be responsible for the basics that are here. The difference is that rather than needing to simply understand the general generic, obviously the questions themselves are going to be deeper, and is going to be specifically related to a selection of charts. That gives you the basic level of where you need, as a student, to be able to prepare yourself and what is important in that preparation. And obviously, this kind of thing, the tonal infrastructure as well, obviously is something that you need to have a good grasp of, but all of it related to the basic thematic that are going to be here.

Let's be frank, the fact is, this is the core of your work. The rest adds deeper and deeper nuances. But, we are getting to a point where most of what I will do with you in the third semester as I've mentioned to you is preparing you for the programs and the way in which these programs, the way in which Primary Health System is going to be presented to the Human Design community, and the way in which our work with a client in Primary Health System, the way that is going to be laid out.

The Center for Human Differentiation

As I said, and the Center for Human Differentiation, I hope you all had a chance to see it, it's still going to be up until Thursday morning, the front page of Jovian, there is an article on the Center again and it's one of those things that will be a continuing feature. That is, I'll continue to promote it in that way to the community.

Clearly the Center for Human Differentiation is not about the kind of way in which we have developed the professional aspect of Human Design to clientele. That is, the tradition so far is that professionals offer readings. That is what goes on. And if they're not offering readings they are teachers that are teaching, but basically, the way in which the professional delivery system works is that it is being delivered in readings.

What you'll see and what is for me a major step in the development of how to be of service through this knowledge is that I've developed what is the outline of a program that people participate in that includes obviously aspects of what we would call a reading, but also include workshops, also include classes to be able to bring them through a holistic process and a process that is going to involve them having to deal with different, for example, practitioners doing different things, who specialize in different things.



So what is being developed is a program, a presentation. When somebody is going to come into the Center and is going to be interested in going through the initial, because this is an initial program, the initial PHS program, they're signing up for a six-week program. In other words, they're signing up for what is more than simply the bare bones of a reading. They are different and we have to treat them differently. They're nine-centered beings. And as nine-centered beings we are the only ones that are here to be able to specialize in being of assistance in the development of a nine-centered being.

The Primary Health System Department of the Center for Human Differentiation is all about enhancement, to be able to enhance the potential of the vehicle. These are people who are experimenting with their design. So our relationship to them is different. In other words, they've earned a different kind of treatment. They've earned a different kind of respect because they're already involved in the experiment of transforming their process. Our job in that isn't simply to give them another piece of information to specifically act on. Our job is to enhance their whole process. And that enhancement involves both educational aspects and very personal and very unique and differentiated aspects.

The Exam Will Focus on the Basic Tools of PHS

So, when you start thinking about it, I think that many of you have begun to wonder, but I hope by the way that sometime in August I will be able to take all candidates, regardless of whether you're certified this year or not, take all candidates on a tour of the Center. If it turns out to be even 70% of what we plan, it is really going to be special. The basic tools we need are the things that you're going to be tested on next week. The basic tools; the basic understanding of PHS and the basic understanding of the External; Internal and External, dietary regimen, cognition, environment, this is what the focus is going to be. And as I said, it will be more detailed. But again, the detail is only about different levels of elaboration. What I hope to achieve in this test is to be able to bring out a higher level of your own unique authority, let me put it that way. In other words, to get you to a place where you can express your own whatever, understanding, sense, insight, whatever the case may be.

But then again, it is my intent; I haven't written it yet. And as a creative being, I know that what happens in those situations is what happens. But nonetheless, this is a direction that I'm moving towards in terms of this and as such, again to really stress to you that there's no trick in this, so you're not going to have to deal with things that are outside of this basic area, this is what you have to deal with.

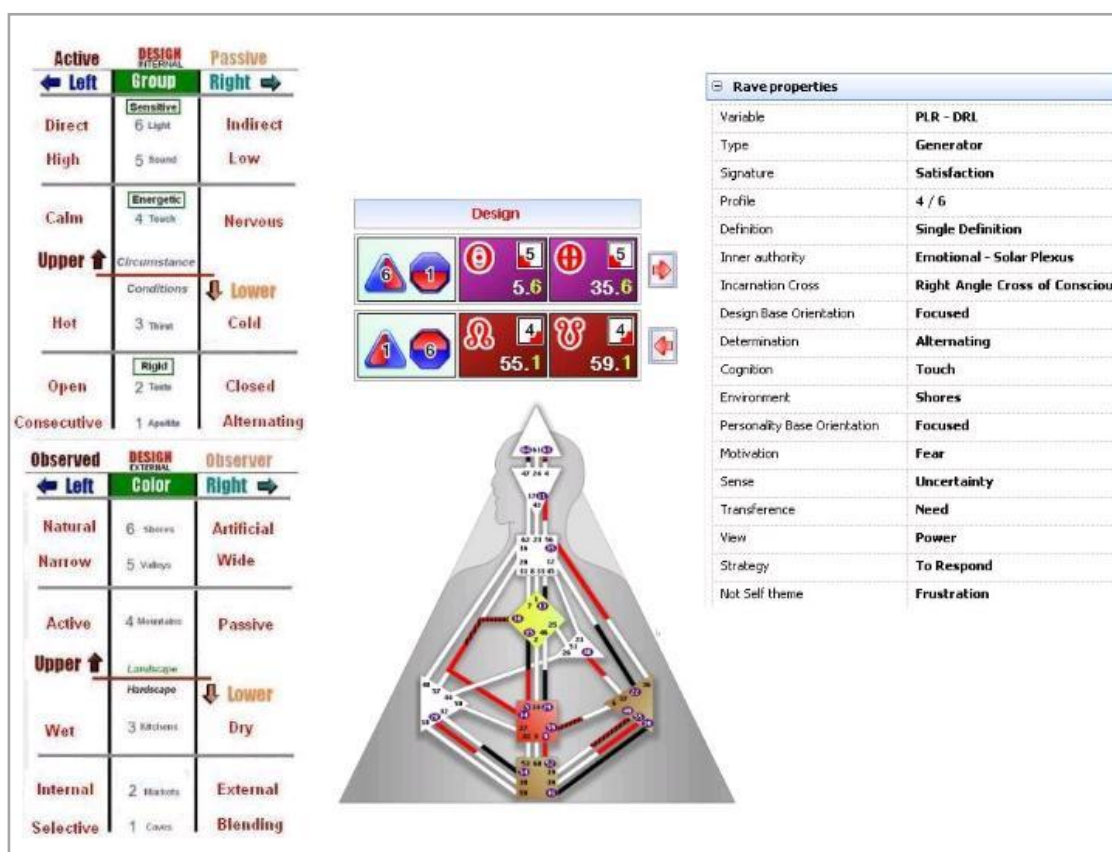
Different Study Procedures between the Left and the Right Beings

Okay, the second thing: Left-ness and Right-ness. They are very different processes. They really are. They're very different processes. And it's important



that if you are Right that you don't indulge yourself in the pressure of this. If you're Left, indulge away. And what I mean by that is that pressure for the strategic brings out the real honesty of, what do I really have to remember, what do I really have to look at, what do I really have to focus on, where do I really have to put my attention.

It's very different for the Right, because the pressure is there for both, obviously. Any test, any examination is by its very nature something that demands adrenaline. I've said this before, if you don't have the fear that you're not going to do well you're not really healthy, because it means that you're not really an intelligent being. We're driven by fear. We are. Now, the not-self ramifications of that kind of fear, the immediate readiness to judge oneself and to wonder how one's going to be judged and seen, all the mind crap, that's another story. I'm not talking about that. I'm talking about just simply the excitement, because it's partially excitement that drives this energy that's there.



If you're Right, the thing is use the energy creatively. And what I mean by that and it is always my recommendation for the Right, just to do what you normally do in your connection to the knowledge. In other words, use it. Just use it. And it doesn't matter what you're using, just take it all in. Just take it in. And it doesn't matter what you're taking in, you don't need a plan of what to take in. Just take in



what feels right to take in at any given moment according to what is correct for you. It's a different process; and relax, trust in yourself.

To be Your Own Authority is to be Beyond Measurement

I want you to understand something. If you do not pass this, you do not pass it. That's it; that's all. It is neither the beginning nor the end of the world. It isn't. To be your own authority is really to be beyond measurement. Some things have their time. There are things that have their time that have nothing to do with the time that I construct. The way in which we learn, the way in which we metabolize information is different for everyone. It isn't about any of those things. It really is a test, in a way; this is a test in the sense of how aware you can be in this process. It gives you a fabulous opportunity to watch yourself, watch how you deal with all of this. And watch it without being critical. Watch it without being concerned that it's not going where you like, just watch it.

It's an extraordinary moment just to see the life, your life. And to see it with these wonderful unique eyes, because it is all part of what it means to become aware. I love the fates. I do. I'm a 41. I look at the 30 all my life, the hand of the gods, this thing that gets in the way, this thing that blocks you, this thing that points you in another direction. All my life I have found victory in defeat. It is something to grasp. When the fates are there, and we live in the time of the fates, please remember that, you're taking this exam with the node in *burnout* in the 4th Line. We live in a time of the fates, they're there.

But what I've learned is that it gives you an extraordinary opportunity. It always does. It always does. It just does. If you're in your awareness, if you sit back as a passenger, it all unfolds. And it unfolds the way it should, there is no other way. It is going to be what it is going to be. It is something for you to watch. And as a being, to live your Signature through your process, that as a Manifestor you're at peace with it, whatever it may be, that as a Generator the process itself is satisfying, that for the Projector just being able to master as much information as they have is an extraordinary success.

It's hard. Homogenization is really difficult to let go. Just before the class somebody in my house sneezed and I could feel myself getting ready to bless them. And I didn't. But I could feel that "God bless you, gesundheit," all that stuff. And in that moment of feeling it and nothing happened I realized how incredibly homogenized a force that is. That's an incredible homogenization. It really is. It's a very, very old superstition. And that you can see how it's infected everybody. It's how homogenization works, the knee-jerk response to things. We have a knee-jerk response to measurement. Whether you're on this side or on that side of the measurement, there is this knee-jerk response.

And you know why? It's not about you. It's about what you assume others will see in you, it's not about you. As long as you do not operate correctly, as long as you are not an absolute, as long as you do not love yourself, you cannot fail, because



you lose face, you feel worse and so it becomes a big deal. It does not matter what I think, what anybody else thinks. It doesn't matter what I think about this or that relative to you. It may be interesting or not, valuable or not, but you're the authority. And if you are the authority and you were operating correctly then what is going on is correct and is not to be judged. And that begins within you.

The expectations of homogenization, the delusions of it, all of that pressure, all of that homogenized pressure, that's what's sitting on you now. It is. This is when you go into the telephone booth and you spin around and you come out as superman/superwoman, you blow the homogenization away. This is a great liberation for the spirit. I cannot judge you. This is not what this life is about. Once you are correct, life is only acceptance, it isn't anything else. It isn't. It is the acceptance of the "is-ness" and the "it-ness" of what it is. It is the extraordinary privilege to be able to just sit back and watch the movie, because that's what this is about.

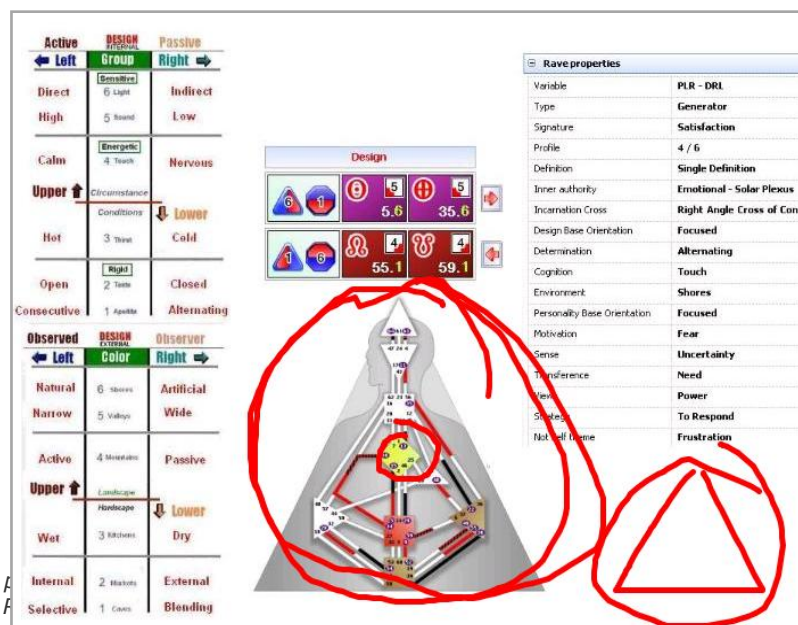
It's like breathing. At some point it's just got to be breathing; the life just breathes and moves. There is no inner dilemma. There is no resistance between the "this" and the "that." There is an absolute in motion. And we in this program, what we have are the most important enhancement tools, these tools that are specifically designed for this unique vehicle, this nine-centered wonder. But this is more than a test of how you can answer a question or whether you can answer a question. It's how you move through it. You'll know; you'll know when you get to the other side. But watch. This is a movie to really watch.

Okay, enough of my philosophizing and all that stuff. I'd like to open this up to make sure that if you have any questions or whatever, I am open to you.

The Magnetic Monopole and Capture Frequency

Question: As usual I do have one. The Magnetic Monopole, when the person is not operating at all from Strategy and Authority, does the Magnetic Monopole catch a distorted transferred frequency from the Design Crystal?

Ra: I'm sorry, again, what happens to me with your questions is they go a long way and there's many things in them and I hook on the first one and by the time you get to the second or third one I lose you, Kumud. So, go back to the very first one.





Question: *Does the Magnetic Monopole capture frequency of the Design Crystal. Is that distorted when the person is Color transferred on the Design side, when there is no Strategy and Authority, no Human Design in the life?*

Ra: The monopole never stops capturing. The distortion is always a matter of the holistic vehicle itself. It is the thing to grasp. It is the frequency of the holistic vehicle. A comment Alok made a while ago about the acoustic and the acoustic relative to Tone, when you look at the infrastructure, when you look at the architecture, despite the fact that we have the three binaries, or those six fundamental senses of the nine-centered being, all of this is integrated by what is in fact the acoustic and to see the acoustic as simply frequency. In other words, this is where the frequency begins. And these frequencies, in essence, break down into the six possible frequencies that are highlighted in what are the binaries that are there in the tonal structure.

Everything about this architecture is that this architecture as a whole is a frequency. The thing to grasp in the illustrations that I do when the neutrino is going into the crystal that it's here inside of the crystal, the movement through the crystal, there is a frequency that is established in here. This is the cognitive frequency that's being established based on the inner architecture of the crystal itself. In other words, cognition is a frequency; here is the frequency as a whole.

And ultimately just as when you're looking at the nodal graphic, that is, the triangle that matches the bodygraph, what you get to see is that not only is the construct moved upwards into the holistic form, but the basic construct that this is frequency becomes this is frequency and ultimately what the Magnetic Monopole can't do once the holistic form is together is that it no longer directly holds everything together. It holds everything together through the dynamic that we refer to as the bodygraph and the agents of that.

What we have is a holistic form that automatically doesn't operate correctly, that is, maybe for a few minutes until it's first fed when it comes into the world. Homogenization begins with food, and it begins almost immediately and immediately the frequency is being distorted. As a matter of fact, I have a sneaking suspicion that that the homogenization of the pregnant mother has a deep impact already on predisposing the infant to homogenization, which of course is the way of the world. In that sense, it's the mother predisposing its child to be normal, if you know what I mean. I just think that it's something that is very much a part of it in that way.

So, to answer your question I think it's an important point, because it is a predisposition, you come out of a homogenized form and it just seems only natural. So, when we're looking at the frequency, as long as the person is not operating according to their Strategy and Authority, period, the frequency is wrong. And that means the transference is always taking place, never stopping. As a matter of fact, the transference becomes the consistency. That is, the harmonic becomes the consistency and this is what the life gets built on, both its motivation and the way in which it's going to operate as a vehicle.



Again, this is really the extraordinary thing about what design illustrates. It illustrates that if you look at the mechanics of a human being, what you get to see is that human beings are out of tune, because that's what they are, they're out of tune.

And basically Human Design is a tuning fork. What it's here to do is to get somebody into tune; in other words, to change their frequency. And of course the moment that they change that frequency, and by the way, where that frequency is changed is within the aura of the vehicle, within the aura as a byproduct of what becomes immediately an impact on the inner physical system itself.

And the key is very straightforward. It says that the moment that you operate according to Strategy and Authority, this is the moment that you enter into what is the tuned range. You don't have to be precisely on. And I think that this is part of what PHS and Internal and External brain to a being in terms of enhancement is this fine tuning of that tuning fork, that fine tuning of that frequency so that frequency is getting the clearest possible cognitive information without the transference.

Establishing the Platform for Personality Passenger Awareness

Question: *Okay, so I have this picture and I think this is what you are saying also, that the monopole is picking up two threads, one from the Design and one from the Personality. So, once you're using Strategy and Authority this is probably where my language is off, the frequency it picks up from the Design Crystal is no longer distorted, but it's still out of tune holistically because the Personality is still lost in the mind somewhere.*

Ra: Yeah, exactly. What you're looking at is the stages of building the seat. You build a seat and the way you build the seat is that you build it on the Design side. That is, the first thing is that you have the Strategy and Authority, and the Strategy and Authority immediately impacts the brain system. And of course, at the same time it begins to align the vehicle nodally speaking. And the moment that through Strategy and Authority that you correct the frequency of the vehicle, because that's what you're doing, this is where we get the whole story of the Base orientation, but I should say the Link Nodes, that is, there is this unusual relationship that exists between the Nodes. And this relationship that exists between the Nodes because they are instruments of the monopole is that the moment that this is correct. In other words, the moment that the vehicle's frequency is correct is the moment that the Personality in terms of its perspective is given its proper alignment or its proper view.

Now of course, holistically, the tuning is not finished, as you well state. And the thing is that each of these steps, because they are steps, in a sense, each of them require a different level of correctness, those levels of correctness that we build up through deconditioning through the Strategy and Authority, the PHS regimen, being able to align ourselves to environments as closely as we can whether deconstructed or not, all of this leads to the fine tuning of the perspective and of course all that is Left is that final honing of it all, which of course is the business of the Personality



Crystal itself. And of course, what you get in this, this is my joke illustration of here's the backseat and everything gets prepared and the final step is the Personality.

What we do, or better put, what we will offer through Primary Health System in the Center for Human Differentiation is the possibility of establishing the correctness of the backseat. We set up the platform for Personality passenger awareness. And in doing so, we're not just simply doing something to get somewhere. The very doing, the very establishing of this platform is the establishing of what is a healthy and correct life that is going to have its proper vitality and direction. So, it's wonderful work.

The Parents' Conditioning on Children

Question: *By the way, I just want to make a comment about mothers being not correct. I have an example where a student of mine got a Projector baby, 1st Color and the determination consecutive. They tried very hard to feed the baby correctly, and they did everything they could, but this baby just refused the consecutive food. It only wanted food that is mixed. So the conclusion of my student was actually that PHS is a crap, to be honest. And I was really upset with that. And then I said to him, well you know, maybe your wife wasn't correct during pregnancy and was never correct before and this is the result of that. His comment was that every time when I talk to you, you always have an answer that somehow in this case sounds like an excuse. This is now very important for me that I was right with my statement.*

Ra: Oh, I don't think there is any question about the fact that homogenization is passed on both psychologically, for example, the male partner sounds like there's a great deal of resistance, and that resistance is there at every meal. There is this: what are you doing to my child, and how can you listen to this kind of stuff? It operates in many, many ways.

The thing that I find so sad is that it's one of the great dilemmas I've dealt with from the very beginning, that is, dealing with the dilemma of so many women who are interested in Human Design, who are open to Human Design who had to deal with their partners and the lack of awareness in their partners and the kinds of dilemmas that could arise out of that. And I think that for many people, particularly when it's dealing with children and infants, that if they really do not understand the process within themselves it is going to be exceedingly difficult to be able to have that work for the child, which is really unfortunate and it really is a caution, more than anything else.

I would love to see all children fed correctly, yet at the same time, I'm a very practical man and I understand very clearly that if the parents are not correct there is no point in that, no matter what their intent might be. In that situation where you have an infant that really is ill and parents are concerned and they don't really know what to do and they turn to all kinds of alternative things, if they're not correct within



themselves, it is not something that is necessarily going to actually be advantaged for the child.

The being is in your aura. When you're standing with somebody and they're telling you something and you don't believe them, it's in their aura. You put it inside of them, in the same way that what they're doing is inside of you. This is the way that we work. When you're dealing with the young, they're enormously open to that conditioning. What to do.

Question: *Another thing I would say that the child despite how young it is, hopefully that seed has been planted, so it might get to a point in its life where it can take up its own gauntlet. So it's never wasted.*

Ra: Oh, I think that there's truth in that. Again, all of us are conditioned from the moment we come into the world that we can see. From those of us that are here, there are many, many human beings who find a way, that there is a way, rather than they find one, that there is a way. And I think that yes, that there is a seed that is planted.

For me, it's always so sad to see how difficult it is. One of the things that I thought about from the very first moment that I was given this responsibility was that you have to be able to train adults, you have to teach adults, you have to get adults to truly live this, and then and only then is it going to be possible that their children are going to be transformed. It's only those beings that I know who are really dedicated to Human Design in their life and it's become part of their family environment where the children really benefit from it, and because they have role models that are not hypocrites. That is, if you live your design, if you are true to your inner authority, this is enormously impressive to your children. It is something that they can truly begin to trust and see as something that's so important for themselves.

It's very difficult when somebody is telling you to do something that they're not doing themselves, that they're not living themselves. The kind of parents that think it's a great idea to tell their kids about Human Design, but they themselves don't have any time for that. This is where it doesn't work. It's why my vision is always generational. I'm always looking far into the future in terms of laying the foundation broad enough that the tools are going to be there, that as more and more human beings enter into Human Design, as more and more Human Design relationships begin to emerge, that there is going to be a generation of children that really are properly cared for. I can't move the river. I can only watch it flow.

Technically Express Answers Simply and Straightforward

Question: *Ra, on the test, do you expect us to give a short answer form like the last one, or is it going to be a different format?*

Ra: Oh, no, this is Ra. If you've ever received e-mails from me, if they're more than a sentence, you know that there's something seriously wrong with me. No, I'm



Mr. Brevity. For me as a teacher and I've been teaching now most of my life, everything is about distilling downwards to as simple as one can be. The moment that you can be simple you can be absolutely clear for somebody else. Complexities, elaborations are often just simply coloring. And I truly consider what I do to be the work of somebody who is laying out the complete foundation of a science. Primary Health System is a science. Human Design is a science. And in that context, the language is technical. We all know that. We speak in technical language in design. It is a technical language.

It is a technical language that is meant to be expressed in terms of this level, that is, in the educational process, that what's required is that you technically express this as simply and as straightforwardly as you can. That's what I'm looking for. For me it is something that is very important in the development of a teacher. Every teacher needs to be able to get to the kernel, get to the core. Once you know how to describe a complex thing simply, wow, have you accomplished a great deal, because this is the magic of being able to pass knowledge on. To be a messenger, is to take deeply complex things and make them simple, not easy, not stripped of their potential to out of that seed that can be planted by the simple that so much can emerge.

And at the same time by being very technical, because we are technical, being very technical in your language maintains what is necessary for all of us in our profession. This is a highly specialized language that is going to develop over the decades in which the roots of this knowledge will be elaborated on. And it's very important for us to be consistent in it. So, what I am looking for are technical terms. I'm looking for technical answers. I'm looking for simple direct answers.

Question: *Ra, I take your point about a simple, direct answer. And at the same time, I'm going to put a "but" here, I sense my Right fixedness not so willing to focus. It wants to give a little bit of broadness to the answer. Does that make sense?*

Ra: Yes, it does.

Variable

Question: *I would like to know how much we have to know about the Variables.*

Ra: No, as I said, the arrows have to be there, but, the Variables aren't there, because a Variable only exists when you have the four elements together of the Design and Personality Internal and Externals. And as I said no, Variable is not going to be a part of the examination either, nor are the Link Nodes or Base orientation. The focus of the examination is going to be exclusively on the Internal and External. That's where it's going to be.

Question: *So that means that it's only chart oriented and you don't want to have any definition of any term of the Rave Properties. Is this correct?*



Ra: Yes, as I said, my plan is that there will be three charts, there will be five questions associated with the charts, and those questions will be directly related to the Internal and the External. And the Internal and External as it is displayed here, obviously along with the tonal that is underneath, the cognition is going to be a very important part of it, but basically these are questions that are the kind of practical questions that would need to be answered or at least need to be expressed to a client in looking at their particular chart. And as I said, I'm looking for technical language, and I'm looking for simple and direct answers.

Tone

Question: *I'm not clear how the Tone affects the environmental Color. I understand it makes it active or passive, but if it's a 1st Tone like here, what slant—is that something we have to know about?*

Ra: Well, it is part of the information. We did not look at that a lot. I think we did one class in that last year. No, it's not something that is going to be brought up because the focus in terms of the External, which is really what is important, is simply what the Left or Right-ness brings in terms of the way in which the body interacts with the environment. But obviously, the tonal qualities are qualities that bring something.

Again, remember that when you're looking at the way in which Color and Tone operate in terms of the Nodes, they operate in resonance. And so, that is something to keep in mind, how different that they are in that way. But no, it's not something that you're going to be responsible for in this test.

Chains

Written question: *Will you touch the chains??*

Ra: Am I going to touch on the chains? Well, the chains are always there. That is, the node Color Line chain is always there. It's very important information. I may ask you, for example, what the body type is, as I did in the last one, that kind of thing. In other words, it's important to know the basic themes. That is, for the Lines relative to the chains. After all, most the work that we do isn't on the surface and the Line is actually the only value that we have that is on the surface.

So, having a sense of what the Line values mean in terms of the body, that something that's important. For example, I may ask you a question where though that may not be the answer directly, if you don't know that, you may not be able to answer the question correctly, as an example.

Written question: *In the environments? Line level that is?*



Ra: In the environments—Line level. No, Line level as it relates to the Internal. That is, what we did when we went through chains. That is, seeing that each of the Lines on the Design side represent a particular body type.

Elfriede's PDF Graph

You can find that in the index you got to download last week so that information you can easily find it in the digital books. The other thing I wanted to mention today. I have a treat for students, and it is going to be part of the download, so please make sure you pick up the download after the class. And I want to thank Elfriede. It is really a superb piece of work by Elfriede to be able to graphically put together all kinds of information relative to what we are studying.

Also I want to thank Becky, because Becky took what was Elfriede's basic graphing and dressed it up and put it all together into a PDF. You'll find, by the way, that when you open the PDF that you need to turn the image, which is easy to do in the PDF thing. But I think that all of you will appreciate that it's an excellent tool, and Elfriede, thank you very much. I think that's a lovely contribution.

I have not in any way gone through it in deep detail. I looked through it, it's a lot of material, but I think it's something that can be very helpful to students to have a way of looking at all the information integrated together in different kinds of graphing. I hope you will all enjoy that. And thanks to both of you for that.

Eating and the Environment

Question: *I have one question. I just want to make clear on one thing for myself and perhaps for others, it has to deal with the eating and the environment. Now, these two areas are two totally separate things, as I understand. The Internal is about eating, or sustenance intake. And the environments has to do with how unique the other, and the longevity or the health of the body position.*

Now, this does not mean and shouldn't be confused that where you eat is confused or integrated into the External environments that you mix the two together. It's two totally separate things, isn't it?

Ra: Well, it is and it isn't. That is, it's not a priority, for example, when you enter into your dietary regimen that you are eating specifically in the nodal environment that is correct for you. What is important is that for the determination that the right conditions or circumstances are present in order for proper nutrition to be able to take place.

However, there is no question that there is going to always be an advantage to be able to follow your PHS regimen in the environment that is nurturing for you. In other words, the fact that the nodal environment is about the other; there is no question about that. And I think one of the things it may be very helpful to people in



terms of their PHS is that it's easier for them to be able to follow their dietary regimen in their relationship to others if they are in the correct environment. In other words, they're going to have a lot less resistance within the social context of what eating is all about.

But you're quite right to state your assumption, which is that they're not directly connected at all, no they're not. But as I said, as an example, you can have one of those tests. If you're somebody who's valley or mountain, see what it's like to have your breakfast upstairs and or downstairs, see the difference. There are differences, obviously. There are nuances in all of that. But, they're not dependent on each other. That is, your correct determination is not dependent directly on your environment.

Remember that the determination that establishes what's correct for you is meant to be established in the first Saturn cycle, that is, in the first 30 years. It's only after your Saturn return that your nodal environment becomes something that is very, very important; in other words that this is where you need to go to in order to really complete your process. So, obviously the dietary regimen doesn't have to be, isn't necessarily connected to the specific environment itself. But anyway, good question.

Continuity of the Chart

Genoa, what are you asking here—keynotes as applied to the chart—do you mean the general configuration of the chart itself—oh yes, that's always possible. That is, it is unlikely that I will in any way deal with that, because after all, you're being tested on substructure in this particular thing. The continuity of the chart is something that's important. I think that that's something that is more likely to occur as we move closer and closer to the end of this process. In other words, we're going to move at some point into a much more holistic examination in which the whole individual is taken in, and that of course, will then bring in what is basic Human Design knowledge, but Human Design knowledge that has a deeper foundation, that is, has a deeper foundation in the substructure. But no, it isn't something that is going to show up in this particular test at all.

Parents, Children and Homogenization

Question: *I just wanted to bring a reference point back to Andrea; the question that Inga just asked might be a thing to look at for this baby. Obviously, the Profile is going to be important, the body type, but that nodal environment could be the key.*

Ra: Yes, there are a lot of keys, there are a lot of ways that we can make things work if the general environment is correct, and it has to be correct. I honestly don't know. I've had that experience. I remember in the early part of my career when I spent so much time doing readings for people. I'd often be delivered teenagers sup-



posedly that had problems and of course they didn't have any problems, they really didn't. They were just suffering from deep conditioning and lack of awareness like everybody else.

In most cases the problem was the parent, but there was nothing I could do with the parents. Their assumption was that they were normal and they were okay, and it was their child that was having a problem. And for them, the problem is homogenized; they didn't see it in any other way. It was very difficult talking to the parents. I stopped doing that after awhile because it was pointless and it was depressing.

This is the thing that you realize when you become a parent. I think it is one of the things that is so touching, in that moment of becoming a parent you realize that this tiny thing is so utterly dependent on you, and that its life depends on you, and to take that in very deeply. It's so obvious to me that it's not that these parents don't want what's good for their child, but they want what's good for their child within the homogenized context. Without awareness, without correctness it doesn't work. It just doesn't work. That's always the lesson; it's the most important lesson in the end.

It's why I'm so cautious about various levels of this knowledge in terms of the way in which it's presented outward. That is, you all know this, it takes a great deal of physical and intellectual dedication to be a part of this process. It really does. And not everybody's ready for that. It is a limited fractal; that is the way it is. And to really be able to benefit children, work on their parents. There's nothing else to do, because that will make a difference. That will change everything. It will change their lives and that's part of the work.

Written question: *If you have a quadruple Left being is it appropriate to take them to Color transfer for Personality motivation first when the PHS is just not attracting them?*

Ra: Yes, I would, Kumud. All Left struggle deeply with the homogenized consciousness. The advantage of the strategic is that if you teach them a trick, boy do they know how to use it. And to be so strategic that it would be something—again, given that they're following their Strategy and Authority—it would make much more sense to point them towards Rave Psychology in the same way that somebody who is quadruple Right that you have to rush them to the door of PHS.

To all of you, I wish you well. The timing, by the way, will be the same as the last time. It will be 15 minutes after the hour, so, you are more than welcome to come into the class, and the class will stay open during the test. We have upgraded all of it in terms of mailing it to you in terms of the way that I can mark it and you can see my markings and the final results and so forth and so on. I'll do my best to write a fair and interesting exam and let's see what happens. But remember most of all, it's the process. The joy is in the journey, so, enjoy the journey. Until next time; bye for now.

~



Lesson Ten

Candidate Examination 2: no transcript

There is no transcript for this Lesson/Test.

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Lesson Eleven

Studying for the Exam

The Right

For me the 5th Tone is about frequency. That is, it's about the aura, it's the environment, and it's all kinds of things. It's quite something. Anybody who is on the Right, anybody who is deeply receptive, it is all about letting go enough so that you can simply just take things in. It's not about blocking things; it's just about opening up and just allowing those things to flow. For me, the 5th Tone has the deepest sensitivity to the presence of other beings. If you're a Projector and you have the 5th Tone it means that your alignment to the other is very profound; the capacity for recognition is very profound.

One of the things that we get closer and closer to is a deeper understanding of how the vehicle is simply perfected. That perfection, for all of you, is something you begin to see now within the context of environment and that's so important, within the context of the cognition. So, we're already moving to another level of awareness about the nature of our being.

The Left

Comment: *I got caught in the trap and what I noticed with the whole process with the study groups and everything for about three weeks I just got completely energetically blind. When I was left to my own devices the first time around, I studied and I knew sort of my own weak points; whereas, I didn't have a chance to find my own weak points. It was very odd.*

Ra: You're Left?

Comment: *I'm Left. And I don't think there are that many of us and it was very interesting. And whether it was because I wasn't in auric contact with people and it was at a distance. It was very peculiar. But I do think it was the fates. But then I learned a lot because I did get caught in the trap.*

Ra: But I think that group study is something that is more suitable to the Right than it is to the Left. I really do. I think anything group-wise is much more effective for the Right than it is for the Left.



Comment: *I'm rather curious about this group study. I would have thought if somebody was collective—I know I'm Right and group study works for me, and Joanne's description was a bit the same as how I feel with the test, like I'm a rabbit caught in the lights. I'm just trying to focus. If I was going to shout at you it was a strategic test.*

Ra: That's really sweet. Yeah, testing requires answers, but it doesn't mean it's strategic. The approach is strategic or not. And this is something that I think is very important to understand about what it is to be Right. Basically you're in an evolutionary track that points one towards being involved consciously in a penta. So my suggestion about the nature of groups, that they are more productive for the Right has to do with the nature of their Right-ness and where that is moving them. In other words, that the bond with others and the interchange with others is something that is essential to the development of their process and the more variety, the numbers, in other words to be able to create the right kind of depth that's there, the more effective it can be.

Somebody that is Left needs to follow their focus. As I said, the best way for the Left to master anything is to face very cleanly and clearly where they're weak and just deal with it. Once they do that, they are always going to be a success. But for the Right, it is a very different process. They're much more dependent on the communal give-and-take in order to be able to develop their depth. But the test itself; no, the test is simply calling for an answer. And whether it calls for an answer from a strategic or a receptive being, it's only calling for an answer. That's something else. Exactly, Joanne, not somebody else's focus.

Comment: *I agree with that, being Left myself as well. I learned quite a bit from taking the last two tests. I witnessed how my mind was interfering with my focus. And I also realized that I wasn't focusing on the charts and looking properly before reading the questions. I was looking at the questions first, and then getting distracted.*

Ra: I think that part of all of this anyway is a learning process. It's a learning process at every level for all of us, including myself. What impresses me is the level of achievement, because as I was doing the grading on the weekend, I was really impressed—a tremendous jump. The fact of the matter is that there was a tremendous level of achievement in it.

Trust Yourself

Again, I think that the deeper we go into this process, the more relaxed you have to become with it all. You really do. And you have to trust in yourself. That is you have to trust in what works for you and what is correct for you. I certainly wouldn't recommend any of you who are Left to be involved in group preparation. I don't think it's healthy. I don't think it's productive. It isn't that you don't get stuff, you do, and there is a social aspect to it. I think that it's important that Human Design people connect to each other and not that there is this divide ultimately created be-

tween Left and Right. But at the same time, I think that Cathy, as an example, to experiment as you move forward with your group work, to experiment with just having a Right group and see how different that is in terms of your own experience within a group.

The Left is something that really needs to just work on its own. It needs to have its focus, its strategy and simply to work on its own. So it's a very, very different process. And we're only beginning to learn this. I would've loved to have been able to do a better job in preparing you. I will do much better for next year's students, but I had to learn as well. And part of that learning is seeing what this takes in terms of the Left and the Right, the fact to be tested at this point in your lives is something that is novel and complex and it is challenging, it's all of those things. I understand the depth of what the challenge really is.

Question: *As you know, Ra, I fell into the trap and the minute I had clicked the button to submit the test I knew exactly what I had done wrong for both tests. So I wonder what that is about. Is it the emotional something? Anyway, my other question is because I did so poorly on the first test, in both tests, when can we take the test again? I was curious. I am not sure I would get to pass the test because of my handicap.*

Retesting in August

Ra: I will have a testing regimen that will be available in August, and it will be for people that missed tests, it will be for people who feel like they're ready and it will be for any of you who have failed or any of you that have been borderline that want to attempt at raising the level of your grade. I will prepare specific tests that will be available in August, because I really need to do that for all of you in the sense that you've been the guinea pigs in this process, and I want to make sure that you really have a good shot at that. And by the way, in that sense, any of you feel that you could do better if you want to retake, I will take what is the higher mark. So, if you want to retake the test in August that will be open to any of you.

Comment: *I just wanted to say about your comment about learning to relax has been, I would say, that's the main impact of these tests. Just to see my baggage around havening to perform and kind of coping with it. One particular piece of baggage I see as a 6/3, so my childhood was a 3/3 and I actually had 15 third Lines at that time, is I have to make a mistake. I know this is mental, I know I'm designed to make mistakes, but there is a part of me that just hasn't finished dealing with tension around making mistakes so I seem to deliberately make them. I misread the 1st Line; I thought it was a 2nd Line. That was an easy question.*

Trust in Yourself

Ra: It goes back to something that Josette just said. One of the things that I work to instill in all of you is trusting in yourselves. You have to trust in yourself. It's



moments like this when you're tested where your mind gets in the way of your trust; your mind doesn't trust. As a matter of fact, mind thrives on fear. And the not-self mind takes advantage of those fears. We're here to trust in ourselves. And it's when you trust in yourself that your mind can't do that to you. It is about simply releasing the answers. It's not about finding the answers. It's about releasing them from yourself. And it is trust. You need to trust in yourself.

And for most human beings, particularly those that are Right, they've never trusted in themselves, they've never trusted that they've really got it and they do have it. And that having it is only going to be expressed when they finally just trust it. It's not an easy thing for me to say when I say to somebody that's Right, look, pay attention in class, breathe it in and you have it. It's there, it's in you. Trust that, because it's the only way in which you are always going to have access to it, that you trust that it's there, it is there.

The Right Studying and Your Tone

I just went through saying hello to the second-year student who just completed the chain program. There were questions about being Right and how to take in information and how to study and all of these things. I mentioned Cathy, by the way, my suggestion for you about touching the speaker in order to be able take advantage of your 6th Tone perception. I was speaking specifically to Chiara in that class and she's a 4th Tone, so it is all about what she should do. She said she's been taking notes all along, and I told her that's not-self, that's not trusting in what you are as a being. What you are as a Right being. And my experiment recommendation for her, Cathy, was to get on one of those eye covering things that you get on airplanes or for sleeping and to simply sit in a comfortable position and cover her eyes and to focus entirely on the acoustic frequency and just to breathe it in.

The great dilemma for the Right is the pressure on them. It's what I teach my son, Loki, who's Right, that you can't study and he knows it. And we've talked about that. I tell him the same thing, you pay attention in class, because if you don't pay attention in class you don't have it, you'll never have it and you won't be able to get it later, so pay attention in class. You take it in and you're going to be a success, and he's the top of his school. He does not study. He's the top of the school. He takes it in. And as a child, innocent enough to take that advice and to grasp it and just to do it, and so he pays attention. He gets really annoyed when the environment is disturbed because he is paying attention. And this is what the Right has to do.

In these environments when we're together you can't afford to be distracted. And look to your tonal influence, look to that sensory quality and see how you can add that, in that sense, how you can take advantage of it. Like closing your eyes because you're a 4. Or like touching the diaphragm of the speaker if you're a 6 to be able to just take that in. If you're the 5, just take in the frequency, sit between the speakers. Just take in the whole auric frequency of the moment of the experience.

And if you align that environmentally so that you put yourself in the right environment so if you're a kitchen person and you're Right and you're 4th Tone, then you sit in the kitchen with your eyes closed and you listen as deeply as you can, and it all goes in, and then forget about studying. Forget about it. That takes great courage, doesn't it? It takes great courage. It's what it's about. This is what it means to trust in yourself.

The Left Focus

A strategic person listening to me now, they will click on what they click on. In other words, that they will hook into a focus that's stimulating for them and much of the rest will just float by. They need to study because they don't take it all in; they can't take it all in. But the Right—the Left can sit there with its special way of doing things, taking notes or doing this or that or whatever it is, their strategy for being able to get it all.

The Right Being Present

But if you're Right, just be here now totally absolutely surrendered to receptivity, and then trust in yourself, love yourself. Don't allow your mind to denigrate the gift that is there in you, because it's only when you give yourself completely to the truth that you are, only then are you going to see what is really there in you. Nobody's ever pulled this out of you. Nobody's ever taught you how to be what you are, how to fulfill the experience of what it means to be born, so mutative that you carry this Right-ness. And it means that you have to shed the strategic everywhere in your life and recognize what it means for you as a life experience that everything you deal with in this life take it in without preconditions. Just take it in. And when I say, just take it in, you take it in according to your Strategy and Authority, but you just take it in deeply.

When you're present you get everything. When you're not present, you can never recover. Those of you that are Right that have had problems in the testing process, it's because you didn't pay attention in class. It's not about how much you studied, because you're not here to study. And you can't make up for what you didn't take in. If you have to, go back to the audios and take it in again; full attention, not study, absorption, not mental gymnastics, but just prana.

The Left Training

I don't have to tell the Left stuff, Left training, Left mental training, and Left exam training is what everybody's been brought up with. It means you can't trust only what you hear. It means you've missed things and you're going to have to study. It's part of the richness of what we know what we're learning to be able to transform



lives through this knowledge. And it has to be transferred through you. It's only through you and it's only through the truth of you living it that it's going to be there.

The Right & Releasing Answers when Free from the Mind

Elfriede, you're going on about something. Is it valid for the Right brain? Of course, it's valid for the Right brain as well. It's valid for Right-ness. This is about Right-ness. Whether it's Right Internal or it's Right External, it's the same dilemma. Obviously there are nuances. There are always nuances. But if you're Right-minded on the Personality side, if you're Right Personality then this is the only way that you're going to be able to take in this information. If you're Right brain-wise, this is the only way to take in this information, whether you have a Left Personality or not; to have Right-ness either Internal or External demands that if you are going to take anything in you must be fully present. This is the challenge to you, to be fully present.

Comment: *Then it means to be fully present during the test, and because I did know the correct answer, I agree with you with the test. I actually reviewed a lot of stuff, so I agree with everything you say. For the second test I knew the answers, but I still made the mistakes. So it's the trial and error. I kind of feel what Kumud was saying for me because it was like I need to make a mistake even though I knew it was a mistake, but watching myself do it.*

Ra: Again, this is trust. This is not about anything; this is about trust. The hardest thing to get rid of is the interference of mind. And the moment you're being challenged intellectually the mind, obviously, is right there and it wants to take control. And the mind is always this and that. It's always this and that. It says, wait a minute, maybe that's not the answer, maybe it's the other one. That's what mind does. My point was to release this. You can only release answers when you're free from the mind. Anyway, that's like telling you to be enlightened, I know, but what to do, I have no choice but to tell you to be enlightened.

The Right Mind: Drifting and Note Taking is Not-Self

Comment: *It's very valuable as, oh this is what I'm watching. When I'm listening to your lectures in class, I type at the same time so that I listen. Because I notice if I just sit here, and maybe I'll try putting my hand on the speaker, I drift away. So my trick to be present is typing. Then I go back and read the notes because they're really useful to refresh me. I think it's a mixture of strategic and Right; I can feel a lot of that all mixed together.*

Ra: Oh, it's your mind seducing you. It's the same thing. It's the same thing as Chiara taking her notes. It's the same thing. The fact that your mind drifts off is because it's always been forced to drift off by the not-self. My comment in the earlier class was this was really a Zen thing. It is this pulling yourself into this deep, deep presence. And this is one of the most important experiments that you'll make,

Kumud. This is what it is to exalt Rightness, is this absolute presence without pre-conditions. Typing is a precondition. It's not-self. It's the typing that is saying we're not sure, but we'll write it all down and we'll make sure that it is there. We can look at it afterwards. You don't have to look at it afterwards.

One of my fantasies is to create a one-week retreat somewhere isolated and just bring Right beings together and hammer them into being Right. Maybe it takes a hammer, I don't know, because it's so different from everything that we've had before. This is something that needs to be expressed. That the genius that is there in the potential of the Right is never going to emerge unless the Right can develop this full presence. That's what it is. It is a full presence.

Comment: *I really feel the stress of trying to get my mind to stay with it, so, it's amazing to just give it a name so clearly.*

Taking in the Acoustic Experience

Comment: *Ra, I wanted to make a comment about the hands on the speakers. I realized that at least for the last year I had had my hands on the speaker because I always had my hands on the keyboard ready to type and I have a laptop and there is exactly where the speakers are, and every time I take my hands off the keyboard I was always nervous. I felt like I had to get ready. So, I just ended up doing solitaire the whole time you were teaching. And the times I didn't my mind would drift. But if I was doing something where I was physically involved in some way and my hands were on the speakers then I had such a better recall of the information.*

Ra: Get yourself a set of speakers that actually have a diaphragm that you can plug in as additional sound for your system so you can actually put your hand on the diaphragm, where there's this fabric over the speaker, because then you're really going to pick up the frequency. You don't get the same frequency from the laptop itself. You don't get the same vibrations. As a matter of fact, you're getting too much of the machine vibration and not enough of the acoustic vibration.

One of the things I wanted to mention, apropos of your last comment Kumud, I think that for the Right the most important thing is the way in which one takes in the acoustic experience. It's not so much that it's important for you to understand what you're hearing. What's important is that you're fully taking in the frequency, that you're present. In other words, you can listen to the music of the frequency.

For me the Right is cognitively different than anything else. That for the Right, the formulas that the Left understand as my words and expressions are actually being taken in at a frequency level in which the values are much deeper and do not yet have a language or a way of expressing. It's very important when you think about the nature of the crystal. The crystal, inside the crystal, its architecture, its tonal nature, is frequency. It's all acoustic. And when you break it down into its components, that is, you break it down into the three binaries, you break it down into the six senses, they are all aspects of the holistic acoustic.



And in this experience of learning as Right beings, the essential thing is that you are totally receptive to the acoustic stream that you're receiving. You don't have to worry, in that sense, about are you understanding what you are hearing. You're Right. You don't have to go through a strategic process. I have to strip you naked and start you all over again, because you don't know how to be what you are. It is simply to take in the music.

Just think of it as music. Don't think of it as words. Don't think of it as language. Don't think of it as lessons or education; just take it in as music, take it in as frequency, because that's what you need to take in. You will break that down within the complexity of your cognitive potential. It does not mean that you have not understood. That's not what this is about. It isn't. That's very Left. It's just: I took it all in. That's all. I really took it all in.

The Right has to experience the frequency of life as a breath. This is what it is. Everything for the Right is this breath. You take in everything which means you have to be present. You're not like me, Mr. Strategic, focus, focus, focus. It's not what the Right is about. It is not about closing things off, cutting things off, narrowing the perspective. There is no censorship. There is no agenda. There is no concern. This is not something you should be thinking about. This is just breathing. You're taking in the music of life. Just take it in. Don't qualify it, don't quantify it, just take it in and trust that when it's necessary for it to come out, it will come out.

Question: *I want to ask a question about what you're describing here, Ra. The first three years that I came to Human Design, I hadn't met you or anything, I just had all your audio material and the way that I felt I learned the information the best—I want to see if this is my not-self or not—is I would take driving trips of 1000, 2000, 3000 miles and I would just load up and bring 50 of your CDs and listen to those as I was driving. To me that seems like I was almost in a brown study because I was External for my environment, and then I was listening and I was by myself. So, I'm just wondering, is that correct?*

Ra: Absolutely. Some people put on music and go for a drive. Absolutely, it is just taking in the frequency. As a matter of fact, the less attention you paid to it, the better; just allowing it to flow through your system. Right beings are different. My own realization of how profound this difference is, is only something now that is really emerging. It is profound how different they are, really. This is the way. And of course, it is so different. It's why I'm so concerned about the Right children. It's so different that the whole process has to be broken down and built up again. It is one of the things that is so important to me about the Center for Human Differentiation is that there is going to be an environment where we are going to be able to provide proper nurturing and guidance to those that are Right.

And again, for those of you that are Left, please understand this is not about you're being ignored. You're not. But again, those of us that are Left we are part of an on-going tradition and we're very well prepared as long as we're given the opportunity to operate out of Strategy and Authority that we can fulfill our strategic purpose.

But that's very, very different from the Right that has to be taught a totally different way of being. It's a tremendous challenge. It is very, very exciting.

In my Variable I'm three parts Left and one part Right. My one part Right is my Personality External, so it gives me a very peripheral view as a perspective. And I look out on the Right with that peripheral view and I see wow, this is something that is really—if we do not bring this to fruition, if we do not realize the potential that's here, we do not establish the legitimacy of the presence of the nine-centered being. And so this whole business of letting go of strategy, to be just present, letting go of the agenda to just be present. And of course, and that's very, very deep to do that. It is enormously demanding, but it is the most important transformation that we can bring to the consciousness field in our time.

Comment: *I agree with you. I feel what you say and I do feel this acoustic connection with you, for instance, I've told you before, and I never take notes and all that. But without the study group I would not have a chance to do any testing, for instance. So, there's something that needs to come back to the surface, like you mentioned, any time.*

Ra: Elfriede, what is your question? It's hanging out there. Let's hear it.

Left Personality / Right Design

Comment: *I wanted to come back one minute to the Left side mixed brain. I have the Left mind and the Right brain. Is it for me better to just to listen and to take it in or what is the problem if you are mixed part?*

Ra: As I said, obviously there are nuances to this. The fact that you have a strategic Personality means that the way in which your passenger Personality works is that it always needs to have a focus. The fact is that because you have a Right brain system it means that the potential of the Personality is to have more than one focus. If somebody's Right/Right, as an example, just talking about the Internal, if somebody is Right/Right they have this deep, deep, openness in the way in which they are here to take things in. But the moment that you bring in an element of Left is the moment that things change. The fact that there is a Left Personality that Left Personality is going to want to have its focus, and you cannot avoid that. But because there is a Right brain system, it's going to have more than one focus. It isn't going to have the peripheral depth that the brain system can really offer. It is going to take advantage of certain areas on it and it's going to be that kind of Personality that has a multi-focus.

So what is correct in terms of taking it in? It is the combination of the two. In other words, it is about being very attentive. And yet, at the same time, accepting the fact that there are going to be those areas that are going to be more stimulating than others. The best study practice for somebody who is strategic is their own; that is, a strategic Personality, even though there is a Right brain system.



It's better as a strategic Left to just listen. And if you're going to make notes, make notes afterwards, not during. So take advantage of the Right brain potential while the program is going on and when the stimulation ends then get into your Left mode and see where your strategy takes you. You'll see that you end up with certain basic focuses. That helps you because it shows you what you may be weak in eventually and of course able to compensate for that.

Right Personality / Left Design

Comment: *And how are the other combinations? For instance, I have an active brain and I have a receptive mind. What's the best way to study?*

Ra: The receptive mind brings absolute Right-ness into the experience. So, the experience demands that you are simply present and you don't do anything from the mental point of view. Basically what you get from that is it's in many ways better to have a Left brain with the Right Personality than the other way around. And the only thing that I mean by that is that what the Left brain will do for the Right Personality is it will give it the ability to focus on the peripheral. So, there is a tremendous ability to be able to focus on all of the aspects with a strategic goal, which gives it a much broader scope than the other way around where you're going to end up with only sort of limited focuses, a number of areas that you're focused on. But this way the Left brain is going to bring this focus to the whole peripheral view.

All of it still comes back, particularly for the Right Personality, in understanding that you cannot do anything but take in the experience. You have to be present and you have to be present without the agenda. This is the key; just to absorb it. And what you can do to keep yourself in the process is take advantage of whatever the tonal quality is, take advantage of the sense, begin to experiment with your sense.

My suggestion, as an example to Cathy or the one I gave earlier to Chiara, this is really about how to get in touch with deeper levels of information to get yourself to a point where you're taking in the experience in a new way, in a way that the Left can never do. And it is something that's really so important. Again, for the Left, the same thing applies in its own way. That is, it's very important to know what it is tonally for you. For example, those of you that have a 3rd Tone, how important it is that you are visually concentrated on a class.

Study Group

Comment: *I have a question. In the study group, the Left people were so helpful during the studying because they could focus, and Genoa, for instance was so helpful to make up questions you may ask. That was so helpful for us.*

Ra: Did you miss that whole audio of mine? I was just doing the whole thing. I guess I didn't have my finger on the—every once in a while it slips off, but anyway. Yes, afterwards, Elfriede. Take it in and see what's left.

All of us have to come to a point where we begin to experiment with what we are and what we are at the deepest level. My task at this point in my work is to bring about the transformation of consciousness one person at a time. And for me the opportunities are there, the dynamics are there, the techniques are there, the language, the map is there. It's about doing the work. And nobody can do it for you. This is what this journey is about, it is your own journey, each of us.

Comment: *One thing about the study group that seemed to emerge, Ra, that I'd like to bring up here because I think we'll have a big drop off of all the Left Tone people, is that people gave such great examples of their experience with different parts of their design, whether it was their environments or whatever. We did it both for Psychology and for PHS. So, it feels as if there needs to almost be two styles of groups. One is to just broaden out the descriptions. In class we've been given brief descriptions of what a cave is like, but in the study group to have these big expanded impressions and people's experience with it and their experimenting with it. It was very powerful. But then from the study perspective—I'm just trying to figure out what might happen in the future.*

Ra: I keep on losing my audio to you because you're actually able to jump in on mine, I don't know what that is, but anyway, the only way that a study group is something that can really work for the Left is that if they come into a group of Rights, and they come in with their strategic questions about those areas where they're weak, that would work.

Comment: *That's kind of what happened. It's what Cathy and I do. I call her up and just start asking her questions hoping to draw out her well. That's what happened in the study group, maybe we're on the right track.*

Ra: Yes, that is the right track.

Comment: *I just wanted to share a little bit about the taste business and the breathing in. I keep joking that I have to lick people and chew people, but what I've been doing and not on a regular basis, because I'm a Projector, is going swimming. I found a pool that's an ozone pool so that salt balance doesn't destroy my skin and my being, but what I've noticed is that my breathing technique is getting much stronger. I can breathe out much longer; I can breathe in much longer. I know it has to be done through the mouth because if you do it through the nose you drown and choke yourself. So it's just something to share with the taste side, the splenic side.*

Ra: That's interesting.

All right, folks, it is the end of our journey for this semester and we have an interesting one coming up. I assume that you're all going to have a non-vacation break working on your projects, but in the end it's a journey that's really an important one for the future. So, I wish you all well. I want to congratulate all of you. I think you did a marvelous job and you've handled a lot of pressure this semester and you've



handled it with a lot of class; so, good for you and good for us and good for Human Design.

To those of you that are going to be here in Ibiza, I look forward to seeing you. And for the rest of you, you can always join us on TV and we'll say hello. And until next semester, all of you take care; until then, bye for now.

~ The End of PHS Year 3, Semester 2 ~