

THE NOT-SELF

WHAT STANDS BETWEEN YOU AND TRANSFORMATION

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The Not-Self

What Stands between You and Transformation

This is a transcript of the third in a series of free lectures, following *Nine-Centered Awakening* and *The Four Transformations*, given by Ra Uru Hu on July 26, 2008.

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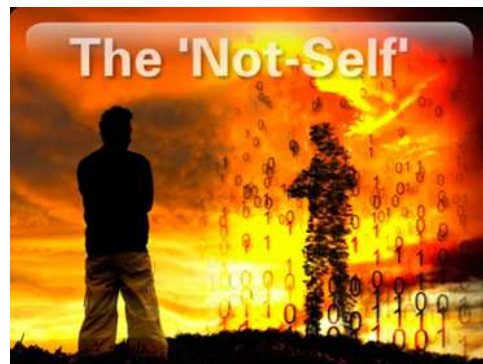


The Not-Self

What Stands between You and Transformation

Hello and welcome to all of you to this third in this series of lectures, and in many ways the one that is most significant. I've been working in Human Design for 21 years. It's a long time. And I've seen a lot of things in those 21 years. I've seen the magic of mechanics. I think in the previous lectures, *Nine-Centered Awakening*, and in *The Four Transformations*, it's clear that Human Design provides a mechanical explanation for why life does not work and how it can. And not only does it provide an explanation, it provides the tools and the techniques which are really truly simple to be able to empower any single human being to be able to change their life.

When I was given this knowledge, I began as a mystic. When I was given this knowledge, it seemed to me that it was too good to be true. All I had to do was think about Generators. Oh, I thought a lot about Generators. I thought, gee, look at that. Perfect creatures, perfect, perfect and all they have to do is just respond. Hell, it's only seven letters: just respond.



Mind Stands in the Way

I've spent 21 years explaining that, showing that. There are so many Generators now who live what it is to be a Generator. But the vast numbers of Generators who have had a glancing blow at Human Design or who will never ever, ever even get close, there's something that's standing in the way. I guess it's an irony, because the very thing that establishes the nature of being for us is the very thing that's screwing everything up. It's the mind. We are a nine-center being and what makes us truly different is that we are a realized binary consciousness. I teach form principle. What I teach is that the vehicle, the body, is the life. That if the body is allowed to live the life, its life, the experience of that life, the way mind will construct it, will be totally transformed.



It is what Human Design provides. It says here is the key to transform your life. It's called Type and Inner Authority. It is not complex. It is easily grasped by children and by fools. After all, it is universal knowledge. It is simple, simple, truly simple. And yet, there's something that stands in the way and it is mind. It stands in the way of the perfection of the Generator as it does stand in the way for the potential of anyone else. Nobody taught you what it was for, did they, this thing through which we define our existence, because nobody knew.

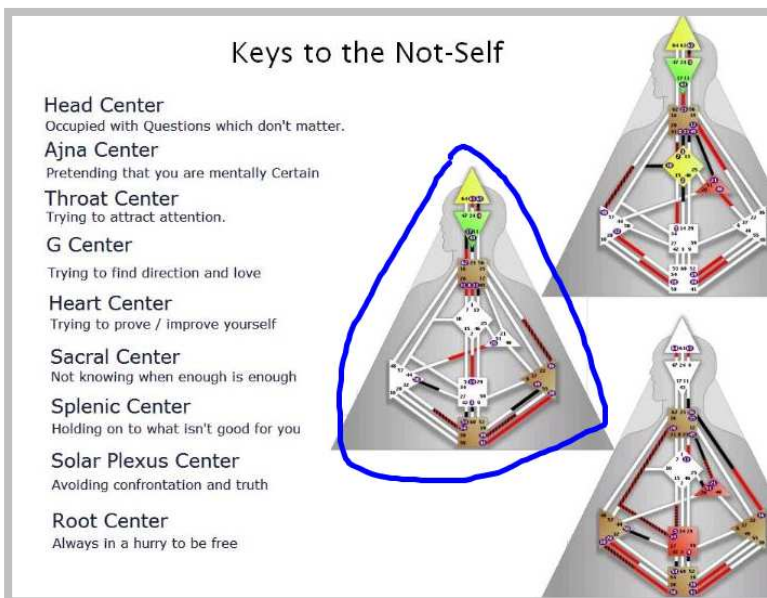
The Mind is Not for Decision Making

What stands in the way for you is that there is a deep conditioning that trains you to follow your mind. It seems appropriate, doesn't it? I like the humor of it. After all, it is through mind that all of this is possible—me to you, here, our lives. And yet, Human Design says something that nothing has ever said before. It says your mind is **not** for decision making. Your mind is **not** for decision making. That's all the mind has ever been, the decision maker. "I create this illusion, therefore I shall control it. I will make it be what I want it to be and I will shape it in the way I want to shape it." And of course, because through a lifetime one cannot, one endures what it is to be unaware. And life brings to those who are unaware the chaos and dysfunction of the world we live in.

The thing that is standing in the way is mind. It's standing in the way because the way in which mind makes decisions, that when you really grasp it, it will turn your stomach.

I'm going to show you. Everything about life is "this and that." This is the nature of being, this is the nature of the illusion, and this is the maya that we live in. It is "this," it is "that." It is what we are as a construct, as a holistic construct; one of these things [*bodygraph enclosed in blue*]. And you immediately see the "this and that." You see those things that are colored in and you see those things that are white and you see the "this and that." You're

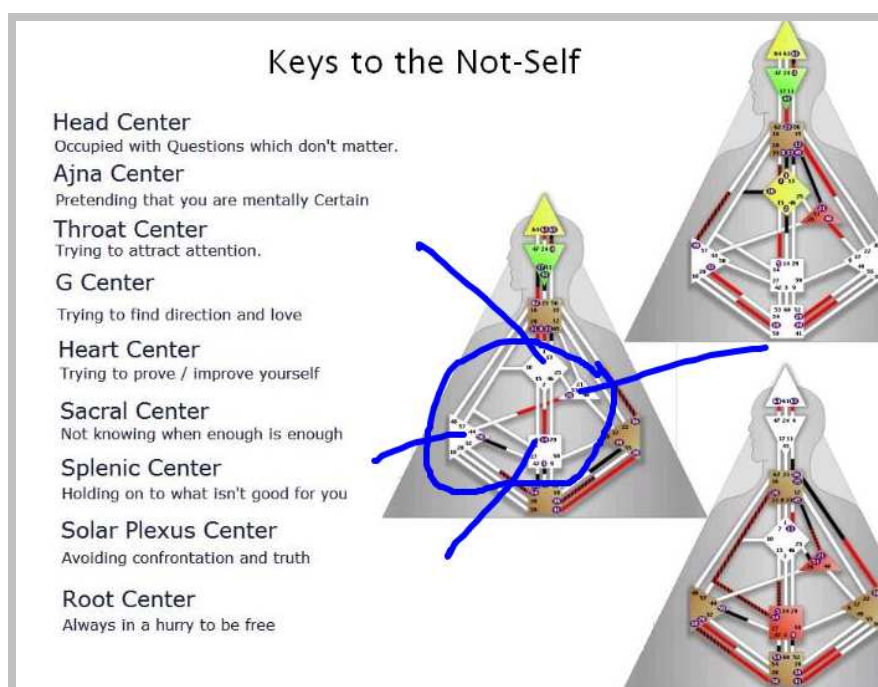
seeing two things, in a way. You're seeing the possibility of who you can be. And the possibility of what most likely you will live out. It has nothing to do with you.





Your Mind is Connected Directly to Your Openness

Think about the "this and that," because this is all about "this and that." Look at this whiteness in here. Most of us have whiteness, some people have a lot. I want you to think about what this is. We're a bio-form. We have a genetic imperative to reproduce. We have a genetic imperative to reproduce and reproduction demands that we mate with what is different from us so that we don't create genetic dead ends. So we are designed in our very openness, in our whiteness, we are designed in this openness to have receptors.



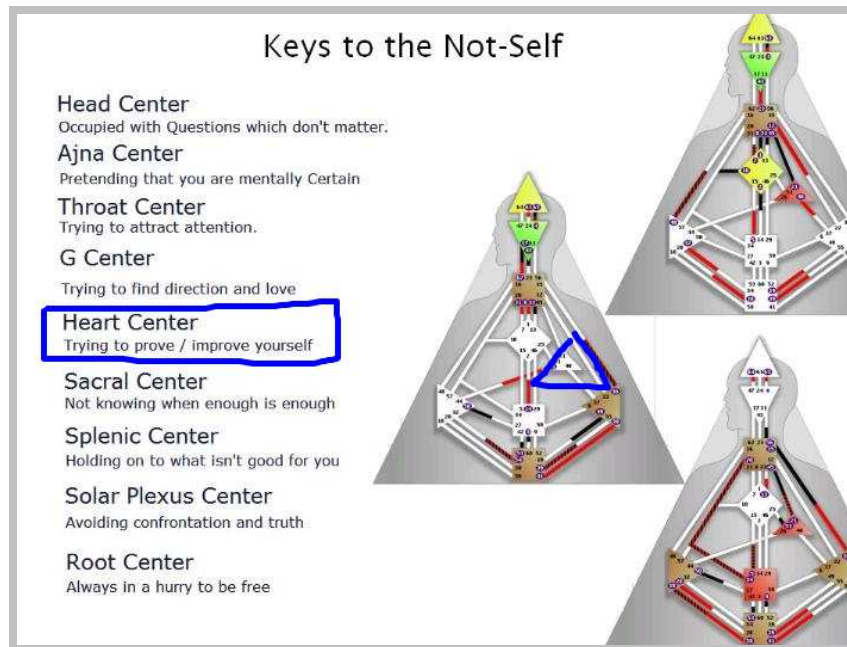
Receptors that in the language of poetry long, yearn, burn, fade and died for what they are not. Oh, you cannot imagine the pull that the genetic imperative has on the human being. Think about this whiteness when it comes into the world. Think about this whiteness when it meets the conditioning of its father, of its mother, how it comes in, how it goes away, how you can't hold on to it, and how you become seduced by what you do not have. And everything inside of you is a chemistry saying "Yes, yes, yes. You go for it."

I want you to think about your minds. I want you to think about the way they work. I want you to understand that your mind is connected directly to your openness. I mean **directly** to your openness. It will condition the way in which your mind will make a decision. It will condition it.



The Heart Center: Trying to Prove Yourself

Let's start with a crusher. This is the Heart Center. I start here because about two thirds of humanity has an undefined Heart Center. It's white. And that white center, in four billion people, is a center that drives the way in which those four billion people are going to make a decision. And what is it going to be based on? If you have an open Heart Center, if you have an undefined ego, your life is about trying to get everybody to see you are just terrific. You'll take the shirt off your back. You'll take the skin off your flesh. Look at me, aren't I worthy? You'll work for less, settle for less, and live for less.



Every time somebody asks you something, every time there's a decision for you to make, what do you think your mind is looking at it? Can I prove myself? Is this something that is going to show I'm worthy? That person who asks you to do something that really is impossible to do and you know it. And that open center says, "Oh yeah, I can do this for you. Let me show you how worthy I am. Let me show you how terrific I am. Let me show you how I throw away my life." Gone, because the mind doesn't care about **you** because you do not exist. It is this other that you want, this not-self that you feed. It's fear. The fear that you're going to be seen as something other than what you are.

Do you know what I tell people who come into the world with an open ego? Smarten up. You have nothing to prove. That's an advantage. I know. I'm an ego being. Twenty-one years proving—that's what I'm here for. You come into the world with an undefined ego you have nothing, nothing, nothing, nothing to prove to anyone, to yourself, to anything. It is not in your karma, your destiny. It's not in anything. But your mind is addicted to it. It's addicted to anything that it is not. Anything that it is not.



Strategy and Inner Authority

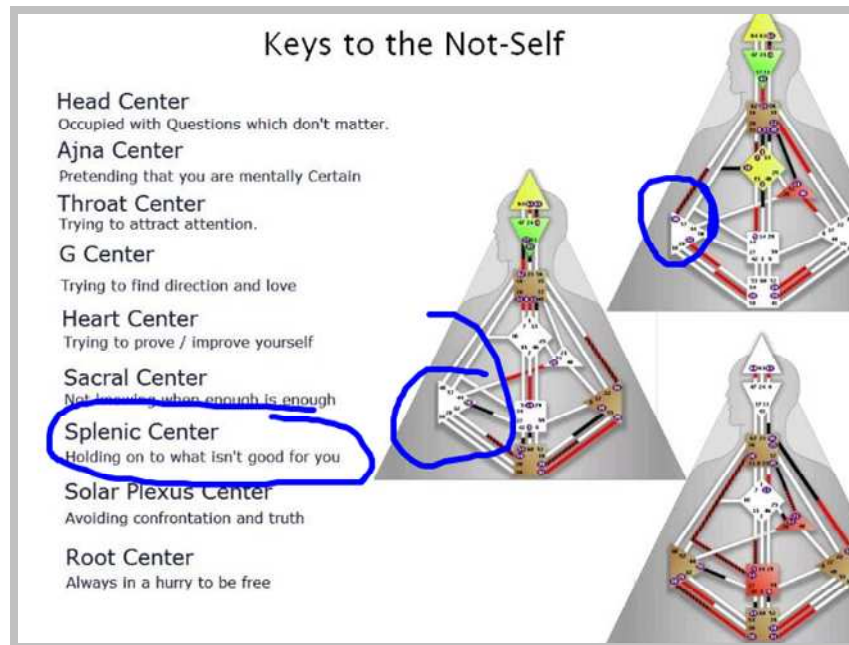
So, this is what makes decisions. What makes decisions is not you. It is all that conditioning that just digs into you and you go for it and you're lost. Human Design understands this. It is what so obviously the mechanics reveal. And it is so easy to get around this dilemma. It is so easy to transform this life and begin to de-condition so that you can live your life. It's so easy. It is Strategy and Inner Authority. You would think all these intelligent people on this plane, that at least they would be fortunate enough that they would experiment to see for themselves. We hold on so deeply and dearly to these minds as if they really are in charge of what is to be us. They're not. The mind is the gas of the brain.

We are passenger consciousness. We are here to experience the life without threat to our survival. We are not here to live our lives according to anyone's authority, any conditioning forces authority. Do you want to spend the rest of your life with your open Heart Center bending over for every single human being? And yet, there is something that stands in the way, doesn't it? It's this mind that doesn't seem to let go because it can't, and it never will. You cannot kill the not-self because it is also you. You cannot destroy it. You can transform it. It is about you being able to operate with an authority that by-passes the mind.

It is the way in which you begin this journey. Truly it is the only way. There is no other way. No one is smarter than the program. There is no other way. You cannot think yourself out of this one. You have to breathe it. You stop listening to your mind telling you what to do. There is **nothing** to do. It is about **being**. Every human being has a mechanism that allows them to claim authority in this life. Ah, the generations and generations and generations of inbred sheep. You see, this knowledge is for wolves. It is for those that are ready to stand by their own authority. The mind isn't your authority. It pays lip service to everything you are not, **everything you are not**.

The Splenic Center: Holding on to What isn't Good for You

Let's think about these two babies when they came into the world with their open Spleens *[image next page]*. The Splenic Center is the immune system. Its entire focus is survival oriented. It is the source of intelligence in the sense that it is out of the very fear for survival that intelligence is something that arises. Think about what it means to be born with this white—not empty, not broken, it doesn't need to be fixed. It's just a big receptor. Think about that baby. That baby with that open Spleen doesn't feel secure. There is something uncomfortable for it. There is a fear already in this infant the moment it comes into the world, this sudden realization of the transformation of the environment.



Let's say the mother is splenic and the mother embraces the child. The moment the mother embraces the child and the child, in its openness, amplifies that embrace, **amplifies** it. It can be amplified to a point of distortion. The child feels safe, it feels secure. And oh boy, does it ever want to hold on to that. And mama pulls away, needs a break and the baby starts to cry. That crying can become panic. It becomes a mechanism for life.

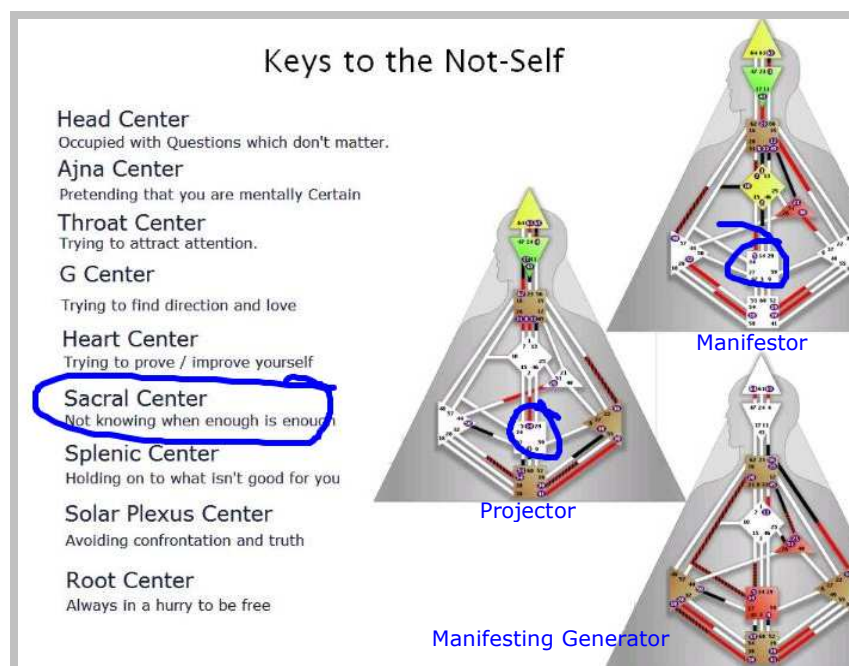
Think about the mind making that decision. There you are with your open Spleen with somebody who has a defined Spleen and they beat you up every night. And your friends say to you that you're crazy, that you have to do something about this. And the mind makes up a reason, because the open Spleen holds on to what isn't good for it and makes a point of it. It will hold on to lousy—just about everything—if you let it. And it's so hard to be clear. That open Spleen becomes so inflexible. It holds on to its thing despite the obvious.

Do you want to live like that? That you're controlled by what you are not? That you give up your whole life for that, to be a victim, to be abused? This is not insane. I'm not talking about something that is rare. I'm talking about something that is epidemic. You can't imagine the hundreds of millions of human beings who are holding on to the most incredible things. And they think that's what they're about, that that's what their life is for, and that's who they are. It comes from their mind, and they believe it. It's their mind. They believe it. They don't know how it works. Living your life, to define yourself through taking pain, suffering and never getting a chance to live what it is to be you.



The Sacral Center: Not Knowing When Enough is Enough

We have three different types that are presented in these illustrations—the Manifestor, the Projector, and the Generator, a Manifesting Generator in this case. It's one of those things that is a commonality between the Manifestor, the Projector and the Reflector is that they have undefined Sacral Centers. It is one of the more fascinating things about the nature the dynamic of the way in which life on the plane operates, to understand how significant Generators are to the world.



They are about two-thirds of the planet. They are the great generating force of life on this planet. Their not-self theme is frustration. Every time they follow that openness, every time they don't respond, that's the moment the theme of frustration is something that envelops everyone on this planet. We live on a plane of deep frustration.

The open Sacral Center is an interesting thing because it says something so deeply about the non-sacral beings, something very simple: they need to conserve their energy. If they don't conserve their energy, they will be really messed up, not knowing when enough is enough. Their not-self minds say, "Come on, keep doing it, keep doing it, keep doing it. You be a super slave, you keep doing it, don't quit." Mind won't let you quit. You can drop dead, frankly, and the mind won't let you quit.



So, you have all of these non-sacral beings who are basically exhausting their systems, most commonly in the way in which they approach sleep. Following the direction of your not-self mind, this mind that is so deeply attracted to the genetic imperative, ultimately what it does is damage both psychological and physical. The homogenized life is not a pleasant thing. We see that. We see what the world is, the billions who are hungry, and the mad creatures on this planet who would kill each other for any particular reason. We live on a plane in which the material wealth on this planet is so bizarre in the way in which it is distributed that it's hard to even understand how it survives. And we're living in a time of enormous transition.

We're Here to Display Our Unique Truth

To be caught up in this homogenized world and in its madness is what happens when you follow the dictates of your mind. It is not you. It is not speaking for you. It is obeying outer authority from somewhere else. It is obeying the authority of what conditions you. It is obeying the habits that have been established in you through what has been conditioned in you. It's killing you. It's turning your intelligence into a joke, because intelligence without awareness is just a bad joke. It's what happens when you think that your mind is going to guide you to the promised land. It's not equipped.

And aside from all of that, what about you? This thing that stands in the way stands in the way of you, of you discovering you. This is what this is about. What this knowledge is about is stripping away the layers and layers of ignorance so you can get to your place, a place of uniqueness. This is a very special word. There is no comparison. We are here to differentiate fully as a potential, each of us in our unique way expressing ultimately what our unique truth is.

But to live as an individual, to be someone who lives by their own authority, that takes a lot of serendipity. It truly does. It's not for everyone. It's not like you have a choice. All of you have an illusion that you have a choice, that you're here by choice, and that you can do this by choice. It's such a joke. It's just a movie, after all. The passenger can watch all of this. It's your serendipity to be here. It's your good fortune.

It is something to grasp about this relative to everything else, because it does not say that anything here is to be believed. It never has. And nobody can bring you to this truth but you. We don't sing as a chorus here. It's just you. It's an experiment, after all. It demands little else than the commitment to the experiment, and then it's up to you, whatever that is, a door that opens for your possibility.

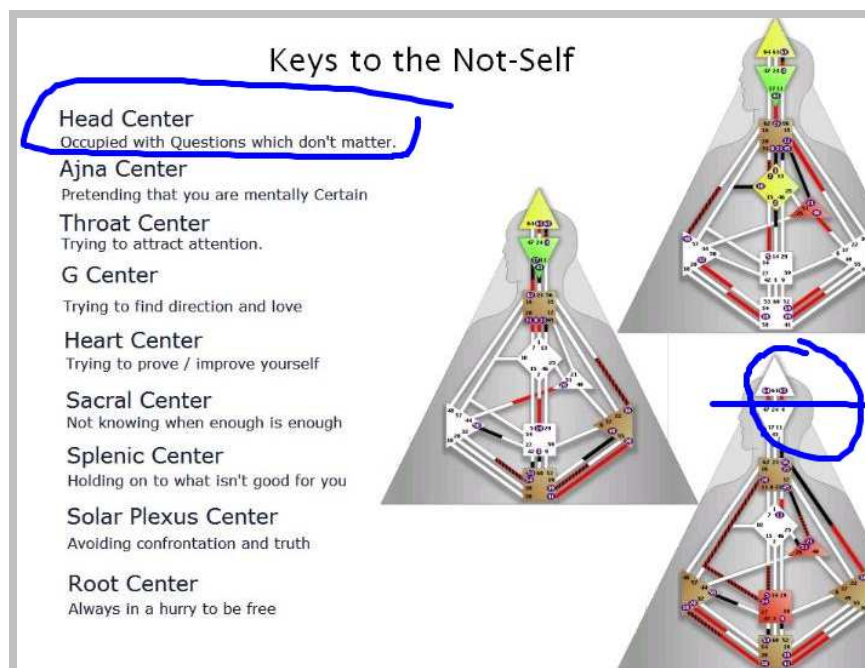
It's mechanical. Until you experiment with the mechanics you will not know. You'll begin to understand that when you follow your Type and your Strategy, the Inner Authority, you'll begin to see the shift. You'll begin to see differently, because you begin to slowly get acquainted with yourself. You never lived as yourself. Human



beings spend most of their lives being nothing but not-self. There are very few exceptions. This is our world.

The Head Center: Thinking About Things that Don't Matter

One of the amusing things for me is to think about the whole construct mentally, the thing about these two centers. The Head Center, thinking about things that don't matter. Seventy percent of humanity has an open Head Center. "Honey, the house is on fire." "Sorry, I'm thinking about something that doesn't matter." This could change your life. Yeah, I know but I'm investigating this particular exotic nuance, whatever it may be. That's seventy percent of humanity; seven out of every ten of you, including myself. Think about it.



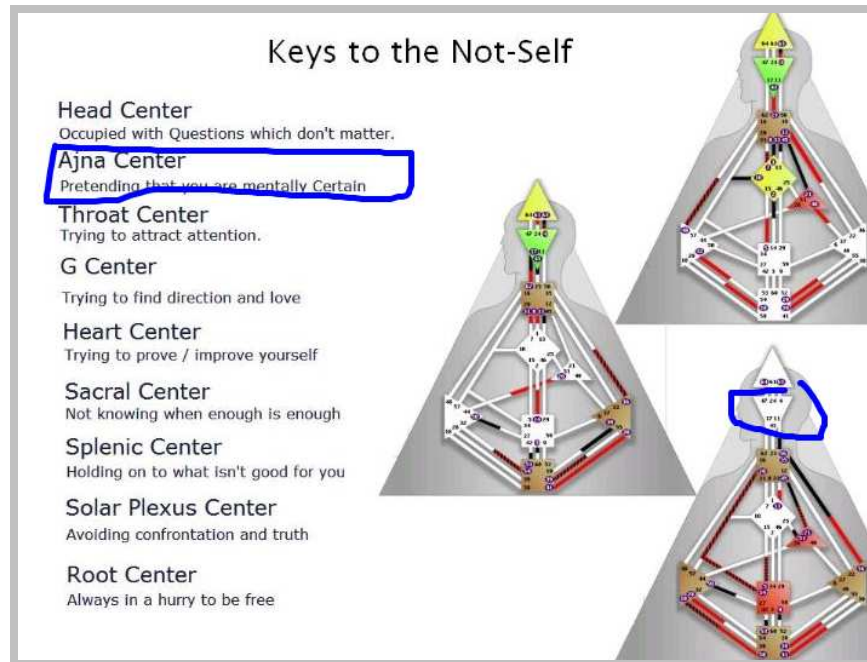
Then you wonder why the dinner table conversation, the coffeehouse conversation is rather banal. After all, the vast majority of human beings never think about what matters. It's a funny way to make a decision based on things don't matter. What about your life?

The Ajna Center: Pretending You are Certain

You know this one, don't you—pretending that you're certain. Oh yeah, I'm absolutely certain. There is absolutely no way that this is going to—boom. You know these people. It's frightening to think about what happens to us out of conditioning. It's frightening. There you are with your open Ajna Center and the



one thing you don't want to be in this life is embarrassed that you screwed up, that you didn't get it right. And you hold on to that particular concept, whatever it happens to be, and you hold on to it, and you hold on to it. You squeezed the damn thing to death. It's not yours. It was never yours. And the concept that you hold on to that you're so certain about is going to define your not-self life, which means there you go off on that tangent pretending you're mentally certain about things that don't matter. Well good for you.



Think about all those people out there like that. Oh boy, are there a lot of people like that out there. They're everywhere. This is the world you live in. It's what happens to a human being when they listen to what they are not, when that becomes their guide, when that becomes their authority. It's not bad enough that human beings accept overt authority from just about anything—lover, friend, dog, state, religion. And then you take in, in this way, **complete** authority from others. You never have a chance. It's so easy to move the sheep, the homogenized world. This world is run on a half a dozen concepts; everybody in lockstep—this side, that side.

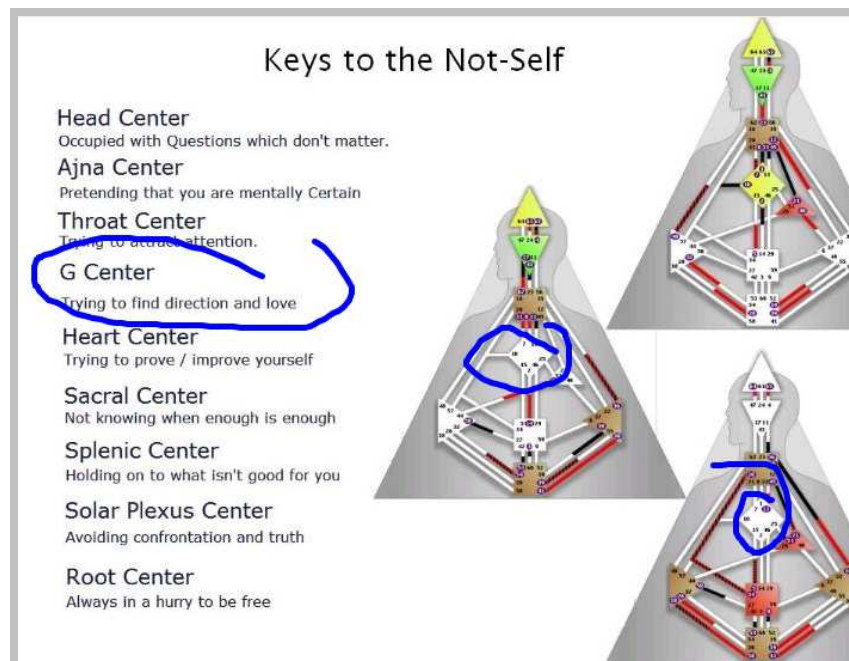
This is a momentous opportunity to establish individual consciousness. It has never, ever existed. You can't call the drib drab that comes out of somebody's not-self mind a real expression of consciousness. It is not. And individual? It's all just regurgitated over and over and over again. This knowledge is not just simply heretical, it's radical. It says you have to be here for you. That if you're not going to be here for you, if you're not going to live this life according to what is your authority, then go back out there into the zoo, because what's the point. The not-



self has never derived any point other than to suggest that perhaps after death something cool might happen. Give me a break.

The G Center: Trying to Find Direction and Love

One of the amazing things about the beginning of awareness is about movement. It's about understanding what we are, that we are objects moving in space. It means that where we are is really everything for us. And it means that how you get there, the decision you make, this is your navigation. The moment you're navigating out of your not-self, you're off on a lost track and you're far away and not pointed at what is possible for you.



In so many ways this can be expressed so deeply in those who have an undefined G Center, an open G, the G Center and its themes of love and direction, how the mind can be tormented by that. How, because of that openness, that it is unable to fully recognize when love is actually present, unable to recognize when they're in the right place because that's not where they're looking. And even if they stop for a moment and see it, there's always the assumption that they're somewhere else. Oh, it can be quite a painful process, deep.

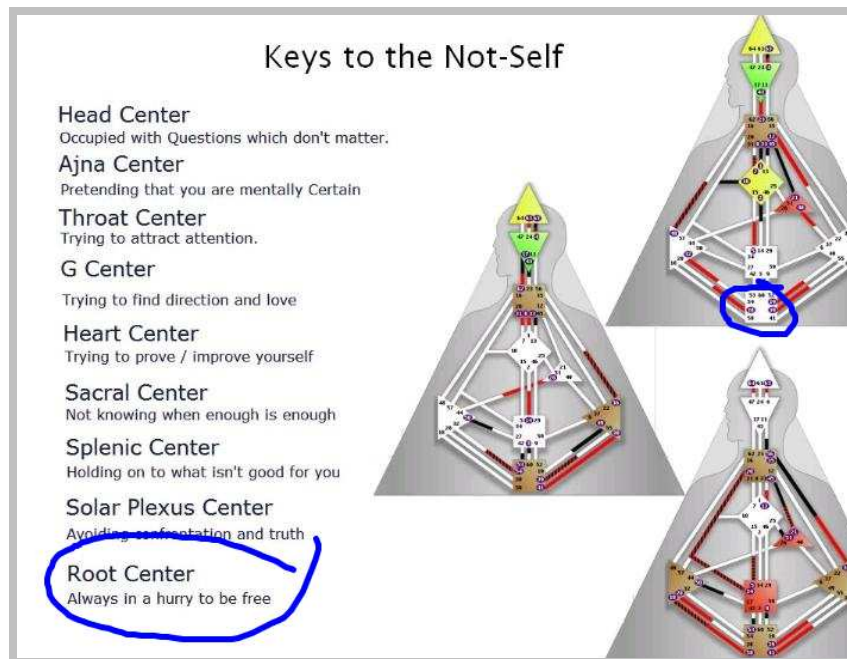
And what do they want? They want the direction. They want the love. They're the ones who end up telling you where it's supposed to be as if they actually know for themselves. They don't. Every time you make a decision, every time you navigate with your mind, you navigate away from who you are. Identity is not the point for



an undefined G Center. It is simply interesting, but it's not the point. Openness is never the point. But it is certainly interesting. I enjoy my whiteness. It is deeply entertaining, but it's not the point. The point is living what is correct so you can actually become a passenger, a realized passenger, rather than being just another extra on the stage of the homogenized world.

The Root Center: Always in a Hurry to be Free

Imagine what that's like, people who can't stand being placed under pressure. The hundreds of millions of beings who can't stand being placed under pressure, can't handle being placed under pressure, blow up or speed up, burn out, always in a hurry. You know these people. You have one of these office jobs where everybody gets a certain amount of stuff they have to do for the day, and you give it to one of these people and they get it done in three hours and everybody is pissed, because everybody else is going to be under pressure now to do what they do and nobody likes that.

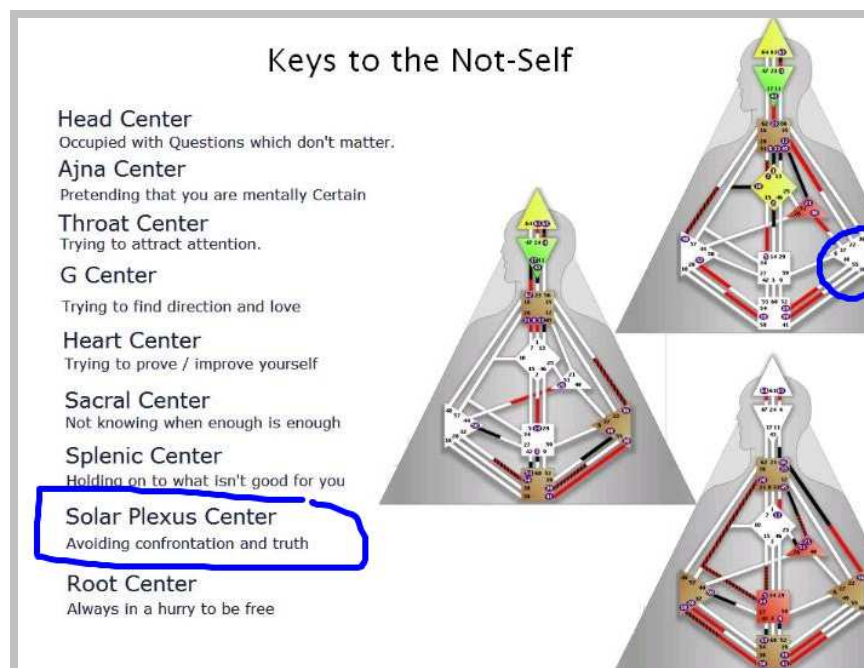


That's the kind of person everybody else in the office goes up to at the coffee break and says, "Hey, slow down." And they don't know how because they can't stand it. They can get so bizarre that they can wake up in the morning and can't stand the idea that they have to move through the day. It's not who they are. If they live that, are they ever going to be a distorted being. I know, I have an undefined Root, I know what it is. I have an undefined Sacral, I know what it is, and I know what it does. Awareness is the only thing that heals. Nothing else heals. Awareness heals.



The Solar Plexus Center: Avoiding Confrontation and Truth

I guess there's no other place where, other than the ego, the Heart Center, the not-self is so dominated by a conditioning force. And I'm speaking of the Solar Plexus Center, the emotional system in humanity. Fifty-one percent of humanity is emotionally defined. Forty-nine percent are not. It means that forty-nine percent of humanity amplifies the emotional wave. The Solar Plexus Center, the emotional system as it is, is something that operates a motor wave up and down and back again.



To be somebody with an undefined emotional system is to take on and amplify that wave. Most of the real serious impacts of the emotional plane are exaggerated and sometimes disastrously so through those with an open Solar Plexus Center. And you can see how powerful it is in terms of what it creates for the not-self mind as a tool, this avoiding of confrontation **and** truth. You live this long enough, and you have no idea what the truth is at all. It becomes all fabricated. It becomes all chimeras. It becomes your own illusions mounted on illusions.

You can imagine what happens to the child—always think about designs in terms of your childhood. It's when all this got to you, changed you, moved you away from your possibility, and encrusted you with all the conditioning. Think about the child with the open emotional system. Think about the parent who is emotional and is



upset. The child is going to have to deal with that wave. It's going to amplify that wave. It's going to feel it in a deeply intense way.

One of the things that the child is immediately going to learn how to do is avoid confrontation. In other words, get the hell out of the way when the wave is there. It eventually leads to not rocking the boat. There's a smile, I know it so well, the smile of the open Solar Plexus. It's a smile that says, "Hi, I'm really very nice but frankly you scare the hell out of me so I'm really just going to go my way and I hope that's not going to bother you at all, ciao."



You Can't Escape What You Are

Now, think about your life that way. Think about what happens to you when your not-self mind takes over your life because of things that you are not and makes them a big deal. Oh I know. I have an open emotional system. It wreaked havoc in my life. You can't escape what you are. You can't escape the way in which we are structured. You can't, but you can be smart. You can take advantage. What the mechanics provide is a way to take advantage, a way to see this and look at this and say, "I do not want to live this, that I live my life for everything but me and I actually believe all that stuff."

I want to see what's possible. You're unique. The possibilities are endless. Who knows? It is an extraordinary journey, this journey, this deconditioning, this peeling away all the authorities that have ruled your life, all of them. No rule by gods or authorities or humans. It's just you. Nobody has a right to control your movement in this maya. Nobody.

We are Passenger Consciousness

If there is any true purpose at all, it is that in finding what is truly your differentiation, your uniqueness and its expression, this is what it's about. It isn't about what goes on in the flesh. This is the trap. When you turn over the decision making authority to your vehicle, you can sit back in the backseat as a passenger. We are passenger consciousness. We are visitors. These forms offer us opportunities, fading opportunities, terminal opportunities, but there is no opportunity if we get caught up in this primitive bio-mechanism and the way in which it works. It's a mammalian form. It has an evolved trip. I let the vehicle do its thing. It's not the point. The point is to experience consciously this plane as yourself, able to navigate on this plane as yourself without having to be occupied with that.

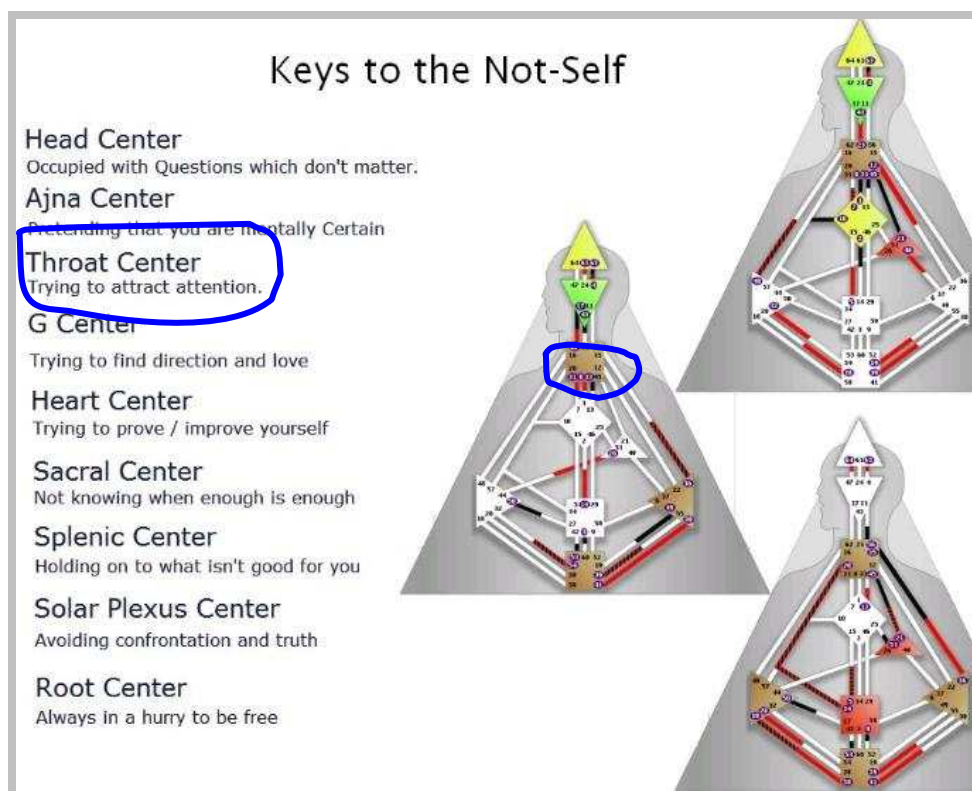


The vast majority of human beings on this plane cannot afford to be educated. They can't. And whatever education is available to them is not the education that is going to be able to transform their consciousness. And we are running out of time. This is the gift as the sand moves through, this beautiful possibility to be able to live what is your potential, not some homogenized "this or that," but something singular, something unique.

It goes back to the same thing. It always goes back to the same place. It's where I have been in my process from the beginning. The mechanics are simple, deeply, deeply, deeply simple; and yet, this not-self mind truly stands in the way. And you cannot confront it. There's nothing you can do within its own context. You have to go around. It's what the mechanics show. You give authority where the authority belongs. You strip the mind of its addiction to your openness. And you give it something entertaining to see.

The Throat Center: Trying to Attract Attention

I don't want to leave out the Throat Center. I don't have an example in these three, but you can see clearly what that is all about. Those beings who are driven to attract attention, driven to make decisions based on whether something will attract attention or not.





Life is Built on One Decision at a Time

Remember that human beings are complexities of these things. They begin to multiply. You can see the way the decision making gets distorted. They're trying to prove they can find the direction to love by holding on to what isn't good for them. It goes on and on. And you can basically just weed out most of the homogenized planet and the way they think. It's sad.

But yet, here we are. And all of this is to simply reaffirm the same thing that I have been reminding students for a very long time. It is simple, what we do. It is a simple truth that **life is built one decision at a time**. It is the only way your life is built. It is built on one decision at a time. And the secret is to make the decision as yourself, and not to make the decision because of what you think you think you think you should or could or might or would be. That's all.

And it's not like there isn't a guide. There is. Each being has a generic way in which they can approach decision making correctly. Every decision you make as yourself, each one you make as yourself, moves you further and further away from the horror of what it is to be homogenized sheep. And it opens up something very spectacular, something special. It's you.

What Stands between You and Transformation: Strategy and Authority

From the beginning, I have been teaching people to love themselves. You cannot love the not-self. It is never ever, ever, ever, ever worthy of love. But as you can discover, to truly love yourself is something very, very beautiful, to trust what it is that you are, to trust that you can stand alone. It does not mean you are without others or love or all these things.

It means you live by what is correct for you. In doing so, you begin to see the being you are. You can then begin to find that love. Out of that love grows many things, the beauty of what it is to be here. And more, the magic of what can happen to mind when it's no longer a fool, when it is no longer lost in what does not matter, when it becomes an agent for the beauty of the potential of filtering consciousness. What real outer authority means when it can be expressed. So, that thing that stands between you and transformation, it's easy: **Strategy and Authority**.

Okay, I want to thank all of you. It was nice that you were all here. I hope you enjoyed that. I'm sure that in the not too distant future we will add it to our collection of transcripts of these lectures. This is my last teaching for the season, so I'm going to go on vacation and nice to share that with all of you.

Anyway, enjoy your summer. Do take care. Bye for now.

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