



bhan tugh

Steve Rhodes

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About the author

Steve Rhodes

bhan tugh

www.bhantugh.com

Also by Steve Rhodes

The Prophecy of Ra Uru Hu

First published 2014 by
Bhan Tugh Publishing
1 Maybury Gardens,
London, NW10 2NB
United Kingdom

www.bhantugh.com

First Edition

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Editor: Stephanie Sprague

Part of the book is based on the knowledge the author received from Ra Uru Hu through many courses and lectures over ten years. The source is a mix of notes by the author, audio recordings and transcripts. Some content is based on memory. Most of the original material is available through Jovian Archive, the IHDS (International Human Design School) and various national Human Design organisations.

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*Living life on the edge of what's possible,
is a life where there is nothing to explain*

Acknowledgments

This book has been made possible by Ra Uru Hu, who was my teacher for seven years. He received the knowledge of “Human Design” in a mystical encounter that lasted for eight days in January 1987 on the Mediterranean island of Ibiza. He repeatedly said that Human Design is not *his* system, that he is a mere messenger. It’s been a privilege for me to receive this knowledge. Without Ra it would not be possible to have a product like Bhan Tugh today. He might not have been the inventor of Human Design, but it takes a great mind and person to grasp it at such a deep level and communicate the essence to us “mortals”, so we, the following generations could develop it further. It was always his wish that we express it through our own unique authority eventually, instead of turning into parrots. There is not *one* “correct” version of it. There is only *your* version. The same goes for my book *Bhan Tugh*. It could only serve as an inspiration for your own process of finding your own truth.

Various recordings and transcripts of Ra’s lectures are available through Jovian Archive, the IHDS (International Human Design School), and national Human Design organisations.

How do you pronounce Bhan Tugh?

[ba:n tu:]

Like the German word “Bahn” and the English word “two”.

*The Bhan and the Tugh were the two objects
that collided at the Big Bang.*

It's out of them that the whole universe came into existence.

*Every human being carries two “crystals” or shards
from the Bhan.*

*One of them is responsible for the body and your life,
and the other is you – the “thinker” and “watcher”.*

*The amazing thing about water drops is
that they always take the path of least resistance*

For humans it's the exact opposite

Bhan Tugh

Humanity has turned a new leaf. The emergence of a new species is imminent and with that the chapter where humans ruled the world in ways that created only winners and losers, leaders and followers, will be over.

We are standing at the foot of one of the biggest turning-points in human history. Before this century will be over, everything that we recognise as our civilisation will be gone. Bhan Tugh is a method to decode the human DNA and evolutionary program. It brings a new way of life that will be essential for many of us to survive in the future. For some of us, this future has already begun. These people have begun to notice that the old ways no longer work. But within the next 20 years none of us will be spared. Our children and their children won't be able to live like us. What the evolutionary program demands effects everything, beginning from the way we eat, how we live together, how we deal with each other, and the way in which we make a living.

The human body is in the middle of a mutation that began 200 years ago. This was necessary so a new species could eventually emerge out of us. Many people carry a new form of intelligence from the future that allows them to make decisions that are not based on logic or fear. This new form of intelligence no longer worries over survival. From now on, it will also be essential that every human being expresses itself in an authentic way. We don't need people on television judging others and through that trying to make everybody the same. There is no "right" or "wrong". There is only you. Looking at the genetic code, you see that we all are different. No two people are the same. Every single one of us is here to express our uniqueness. Apart from the human mind, there is an intelligence inside our bodies that knows exactly everything that concerns our life and the human form. It knows what it wants to eat, where it wants to live, which people it wants to be with, what it wants to do and how to make a living. Actually, it knows everything that most of us worry about most of the time.

Bhan Tugh is not a method to tell you what to do. Although it can decode a substantial part of your genetic DNA, the information would not be enough to guide you successfully through life. Bhan Tugh is a method to put you on the correct path, so you can take on board a new way of living. All of what you need is inside of you. If you stop controlling your life with your mind that is based on false and outdated concepts – that uses morality and ideas of "good" and "bad" that have no true value to you – you discover that there is something within yourself that has all the answers you were looking for. You are not an island. Your body is connected to the whole cosmos and everything that is taking place. There is this perfectly synchronised dance. Your mind can't see it. It suffers from the illusion that you are separate and responsible for your life. Bhan Tugh will bring you in touch with yourself and what's really going on. It is a method that will lead to an awakening of you, similar to Neo in the movie *The Matrix* when he was offered the blue or red pill.

None of you have any idea what's really going on. You've been dreaming a dream. A dream where you thought you are in control, where you thought your mind is everything, the centre of your little universe that was based on free will. It was an illusion. An illusion to keep you asleep. The time has come to open your eyes.

Bhan Tugh will put you on the path to find the unique and authentic "you". Who you are is not a mental concept. You can't find it by looking in the world. What you are only exists once. Within yourself. If you are looking for role models in the world, if you admire an idol and want to be like that person, you are doomed. You are not like anybody else. You will only be a bad copy of somebody else, not being fit for the times ahead. Your body is not built to be that other person and you won't have the same life. In order to get through your life, you must be yourself. Evolution won't allow anything else in the future. In order to see your true potential you first have to understand that nobody is like you in the world. This is a problem for many people because they are not comfortable with being unique. Most of them are so afraid they try to be like everybody else. They try to "blend in", they are looking for appraisal. But this also serves the people in power. From politicians to fashion designers to religious leaders to pretty much everyone who benefits from the fact that you are a dumb slave. They like to have a world full of sheep who are all the same – lemmings jumping off a cliff when you tell them to do so.

And yet, it's all coming to an end. If you watch the world you can see how it already is beginning to go away. The big leaders and iconic figures, the few who are controlling the masses, are already disappearing. A time is upon us, where we have to take our fate into our own hands. A time where you can't afford being ashamed to be different. A time where others won't solve your problems and won't come to your help. Bhan Tugh is here to give you your freedom, to transcend all these forces that have been controlling you most of your life. It's not something theoretical. This book actually changes every cell of your body. When you read it, a process begins in your body that will be complete in seven years. It's like a virus. When you look

back then, you will not recognise the person you have been before. But to get here, you have to get rid of all these lies and false concepts that you are buried in up to your neck. I'm almost certain that you have no idea who you really are. You probably think you do, but I guarantee you that who you think you are is not who you are. With Bhan Tugh, we will remove layers upon layers of identities that are not you. All these false masks you have acquired or been forced to wear. It is a path that takes courage. It's a path some of the people in your life won't like. And it's a path that is not up for discussion. People who don't want to adjust won't make it. That's how evolution works. We change when we have to, we adapt, or we die out. The "survival of the fittest".

Almost every one of us suffers from an unhealthy obsession: we are obsessed about our body and our life. We think it's the intelligence of our minds, that it's our logical thoughts, that are responsible for our body and necessary for survival. The revolution that this knowledge and book are bringing is the liberation of your mind to do its real job. You will discover that apart from the intelligence of your mind, there is another form of intelligence in your body that takes care of your life. You and your thinking are here as mere observers of life. You are here to tell other people about what you see. But you are here to neither worry about your life or burden others with your worries nor boast about achievements when things go well. As a matter of fact, what the body does and where your life goes is none of your business at all. Every time you violate this, you are neglecting your actual duty. People want to know what you see, but as long as you are obsessed with your life, as long as you want to control where the body goes, you have no chance to truly see. Small children can see the world, but it doesn't take long before society robs them of this gift by putting the heavy responsibility of life on the shoulders of their thinking. It's a crime. Yet no one's at fault because people don't know better. But change is in the air.

So many have an unhealthy thirst for knowledge, because so many want to fix their and other people's lives. And then there are people who want to find ways to exploit other people to improve their own lives. I'm aware that many people will be interested in Bhan Tugh to find answers and ways to do all that. Bhan Tugh is not spiritual or esoteric. It's built on something deeply logical. It can give you real evidence about how certain processes in life and in your body work with clock-like precision. But at the same time you will discover – and this might not be obvious first – that this book goes much further than logic. There exists a form of intelligence that goes beyond of what the logical mind can grasp. It's a form of intelligence that doesn't need any reasoning or arguing. It's a form of intelligence that's relatively new in the human body and mostly undiscovered in a world that is dominated by logic and its need for explanations.

If you want to make best use of this powerful book, don't be in a hurry. Don't think it's all about knowledge and logical explanations. But the real power of this book is almost in between the lines. It's there where your mind might initially think nothing is happening. I recommend reading this book patiently from the beginning to the end. The way it has been put together is like a magical formula. It works only when you use it in the correct sequence. Don't be in a hurry. You have all the time in the world. The first part of the book is an essential preparation before you can be given the information of your body's design. If you are impatient and jump forward you will be using it in a way that will have no benefit at all. Take your time. Don't be in a rush. This book is like a virus. When you begin reading it, a chemical reaction will begin to take place in your body. Your whole understanding and perception of life will slowly change. You don't even have to "do" something with anything you read. It all just happens. This is a book that has a different effect on you every time you read it. The best way to deal with that is playfully. I guarantee that when you read it again in a year from now (which I recommend) you will see things in a new light. They will have a different meaning. And when you read it again in a few years, you will understand things differently again and more of its real meaning will be revealed to you. You will have been infected by a virus that will have completed its first stage of the work seven years from now. When you will look back then, many of you will not recognise yourselves anymore. I've been on this path myself and I can honestly say I had no idea what was about to come. This is something that is beyond words and every one of you must experience this for yourselves. It does different things to different people. There is no shortcut. It's a total transformation of your being.

We live in a time of false prophets who are trying to impose their way on us. But this time is coming to an end. Yet, always when things are about to die is when there are so many examples of them. The future will be different. If everybody behaves correctly, according to their own nature, we won't need some showing us the way. What we're seeing in the world right now are the last acts of desperation from social media like Twitter and Facebook – just to name a few examples. Before the door of evolution shuts on something, things always get a bit extreme because people don't easily give up on things they've been used to.

The world was ruled by a theme of planning, organisation and support for over 400 years, which brought us the Industrial Revolution as a result. And it is all going to disappear in the next few decades. It wouldn't be a surprise if super-nations like the European Union dissolve in the near future. Large organisations may break apart – some already have – and people will not be rewarded, but actually punished for being followers, for being told what to do and how to be – in other words in following blindly a trend or what's "trending".

The essence of this knowledge is not to trust anything but yourself. Bhan Tugh is not a belief-system. Many people don't know what that means. They trust their mind or other powers and are totally blind. Even your own mind isn't really who you are. Your mind has been shaped, manipulated, and influenced by the outside world forever. You inherited it from all the generations before you. And yet we all have the mistaken belief that this is something that is making our lives better. It's not. Everything you see is distorted and has little value because of it.

The dilemma is not just one of a mental nature, but your body has been conditioned on a cellular level, too. Your "machine" doesn't work as it should, because you've probably been eating incorrectly since you were born and lost all form of correct cognition that could guide you to make correct decisions. You must understand that it's not enough if I tell you that you are not here for your mind to worry about your life, especially when you can't trust your body.

There is this amazing consciousness in our bodies that can guide us. Bhan Tugh can give you a glimpse into its world and how it is connected to everything else around you – how it is connected to life. Bhan Tugh looks at your genetic code to see how you function and how you could operate correctly (according to your potential) in the world. Every body is built slightly differently and works differently, which is why it's essential that we also *use* our bodies differently.

The basic principle of Bhan Tugh is that your mind is not needed to control your life and where it should go. A mind that worries about life because it thinks it's responsible for it distorts everything. Our minds get bombarded by information. We have so many sources of it these days. It's a total madhouse. Hundreds of channels on the television, endless rows of magazines and papers at the newsagent, and then the vastness of the Internet. Everyone telling you what's good for you. On top of this, everyone is constantly informing, sharing with each other on Twitter, Facebook, email, what they found. We are all connected to each other all the time. The average person now checks their smartphone well over a hundred times a day for new messages.

Facts are just facts. It's something our mind can work with, but it really doesn't know what to do with them. The mind can't save you. It's losing its power in the world because there is a mutation in progress that demands we let life take us where the journey needs to go, instead of being in control of it. In order for that to be possible, you need a healthy body.

Everything about your life begins with the body.

If you have a body that is correct, that is given its due, you can have a healthy mind. The body is not just a slave to the mind. The mind is hiding the fact from you that it's merely a guest in the body. These bodies are not here to serve *us*, but we are here to serve *them*. Evolution is telling us that the time when our existence was ruled by a strategic mind is over.

Our human existence is the result of a dual consciousness. We are dealing with two forms of intelligence within us that have very distinctive jobs. One form of intelligence is the *Personality* (the passenger consciousness responsible for mind) and the other the *Design*^u (responsible for the physical body and life). You (the *Personality*) are not here to tell the body (the *Design*) what to do or worry about where to go or how to sustain itself. This is not your mind's responsibility. The mind has no connection to anything other than what the body gives to it and then it can chew on it. It is the essence of illusion. It's why it's so afraid to let go, because it thinks it's important. It thinks life needs it. It thinks it *is* life.

At first, it is frightening when you see that life is not the result of choices that you, the mind, make. But the truth is, it's also very liberating. We do not make choices. Life is something that happens to us. Everything we do is the result of a chemistry in our bodies and the mind reacts to this in the mistaken belief it is the cause of it and can control it.

Don't worry about tomorrow. Let your body worry about tomorrow. It can handle tomorrow. The intelligence of your *Design* is really good at all that. But you are not your body.

^u *Design*. When you see this word in *italic* letters, it refers to a part of the DNA that is responsible for the physical body, the physical life and the intelligence controlling it. It is the counterpart to the *Personality* and a short form for *Design crystal*. On the other hand when we use "design" not spelled in *italic* letters, it's used in a general way and not restricted to the physical

body. For example we can call the characteristics of your Bhan Tugh chart your “design”. Or we could say that you have a “design” that makes you a very individualistic being. In this case it would not just refer to the physical body, but would rather describe the characteristics of your whole being.

The mutation of Homo sapiens, the modern man

The species Homo sapiens, humans as we know it, became extinct around the year 1900. It's a mistake of us to think we are like them. They are gone. Yet, the world is still run on its principles. Our bodies, and as a matter of fact the whole universe, is a work in progress. It's not just us humans who evolve. Everything does.

Homo sapiens made their first appearance around 150,000 years ago. The universe is a living thing, even if it can't be seen. It's all about scale. We are seeing it from the inside, and if you had the ability to see it from a distance on the outside, you would see an actual living being. Humanity, and everything else we see and know, is a part of that living creature. We are part of a vast evolutionary process that is still at the very beginning when we look at the age of the universe itself. If you compare the age of it with the life of a human being, it would be somewhere towards the end of the second trimester in pregnancy. The universe is still a fetus. Still unborn. Building an enormous body. We are all part of it.

The chapter of the species Homo sapiens was just one stop in evolution of the totality. Homo sapiens replaced Neanderthals 150,000 years ago. In the same way as Homo sapiens, the modern man, replaced Neanderthals, in the same way something else is going to replace us one day. In our own human vanity, we don't want to see that things come to and end. That day when a new chapter is opened, which will mark the beginning of the end of our species, is near. Many of us will see it probably within our lifetimes. We are at the cusp of another big evolutionary change. Something that happens only every hundred of thousands of years.

Everything about humanity as we know and understand it, everything we learned about how to be successful in the world, is based on the species Homo sapiens that's been in existence for 150,000 years. Around 85,000 years ago their communication ability reached a stage in its development, with the mutation of the dropping of the larynx and the full mental potential, which allowed the development of language, which in turn made mind possible. If you don't have language, you can't think, you can't develop strategies.

The ability to strategically communicate with another changed a lot of things. It put us on top of the food-chain by becoming the best killers in the world for once. 85,000 years is a big chunk of time from our perspective. Of course, not from the perspective of the universe and its age of 15 billion years. Humanity seems nothing more than a short breath, if you think about it in that context.

In 1781, coincidental with the discovery of Uranus, the human species underwent another mutation from the seven-centred Chakra energy body to a nine-centred energy body (the Neanderthal had five energy centres, the same as mammals). It's safe to say that a hundred years later, 1890 onwards, no more seven-centred human beings (the species we call Homo sapiens) existed on our planet, something we had for 100,000 years. This (now extinct) human being deeply shaped everything in the world that we know. We continue living with the old principles that Homo sapiens has established for thousands of years in our world, and yet, we are something different.

The purpose of the seven-centred old form of human was about creating a strategic thinking world of winners and losers over thousands of years. It is what evolution wanted from them and it is what evolution rewarded them for. But it is coming to an end right now. Our nine-centred bodies are not built to be strategic, to worry about life and be competitive. We are living on borrowed concepts from the past, but a brutal awakening is ahead of us, because evolution is putting an end to all of that. Only people who will use our bodies in the way they are intended to be used will make it. It's very simple. If evolution threatens your survival, you will change or you will die out. It's not really a choice. Evolution is in the process to stop rewarding strategic-thinking humans. Their time is over.

Nearly everything about the world we live in today is rooted in seven-centred understandings relative to spirituality, relative to God, to philosophy and to morality. We still honour so many seven-centred masters. They're not the same as us. They are referring to an extinct species. They are like an extinct variation of a tree, and we're still honouring their mind's constructs. They are all rooted in the limitation of a seven Chakra system. It doesn't matter who they were: Buddha, Muhammad or Jesus. They are not our kind. We share a line, but we are riding in very different vehicles now. We don't have to

be like them. We don't have to worry about life. It is going to look after us. We don't have to worry about making decisions, because the decisions will simply emerge. It's so very different. To be a nine-centred energy being is not really human anymore. I don't know what label to put on that. We are not the next species that is coming but we are also not human. We are this thing in the middle somewhere.

We have this tremendous amount of potential deeply buried under the conditioning that we are still these extinct humans. We are truly not. We will use the word "conditioning" quite a lot in this book and what it refers to is the pressure to conform.

If you are getting conditioned (which can be caused by the people you meet, the wrong diet, the pressure of your family, society, morality and all these things that concern your mind and thinking), it takes you away from your true nature. Conditioning leads mostly to homogenisation, also a word we will use often. Homogenisation means to make people the same. It is the killer for the nine-centred being, the kind of human species we all are now. Our new forms demand the opposite. They demand to be unique and to be respected for their differences. If we are unique, if we are ourselves, life is going to look after us. Not just unique, but unique according to our own nature. If we live according to our own nature we don't have to be afraid of survival anymore.

The Uranian body and life

Our bodies are fundamentally different since 1781, although you can't really see it on the surface. The *Saturnian* (seven-centred) body that *Homo sapiens* had for a hundred thousand years (someone born before 1781) had great limitation. For most of the history of humanity, the average age span was somewhere around 25 years. Life was very short. By the time you had reached your Saturn opposition, when you were 14 years old, no matter if you were male or female, you had already taken on all the traps of maturity: work, family and children. It was a very different body. A body that lived quick, burned fast, and was gone. A bit like the life of Mozart.

Now, we have *Uranian* bodies with nine energy centres. Saturn has a cycle of 29 years and Uranus has a cycle of 84 years. These are completely different bodies in terms of their potential.

The Saturnian bodies had all these pressures to get things done quickly. We had kings and queens who were 16 or 17, and geniuses composing at nine. The average peasant was married at 15 and had children. If you were a woman over 20 and you had no children, you were viewed as a lost cause. A Saturnian body had a guaranteed time of 30 years. Everything else was a bonus.

Our Uranian bodies now have a guaranteed time of 84 years. We now have all these beings with the potential to live a longer life, and most of them can't make full use of their bodies in high age, because they don't know how to look after them correctly.

So many people are still in hurry as if they have Saturnian bodies, but these days we can't afford to be in a hurry and need much more time to mature. If we learn to look after ourselves in the right way, we can still have a long career over 50, and a good quality of life, with a healthy mind and body in high age.

It's not so much about just getting older, it's about aging in good shape. It's not the intensity of life that matters now, but the quality and all the potential to bring some depth to experiences. But for that, we also need much longer to mature and must take the pressure off.

The Uranian body is only meant to flower after the age of 50. Of course, there can't be flowering without vitality, and there is no vitality if your body, your vehicle, is burdened with resistance. We all must learn how to live correctly and in the right environment; to be protected and to be able to have that kind of vitality past 50. People with a role 6, the *Perfectionists* ([“Role 6: The Perfectionist”](#)), are the first in the world showing us the way. They also potentially show us that no one is really an adult in our age before the age of 30, with full maturity maybe even at 40.

The end of the Industrial Revolution

If you look at the world, you can see it already taking place: support systems, communions and families breaking down – survival being made increasingly more difficult. Only the ones who learn to adapt to what evolution is demanding from us now will do well. Evolution is teaching us new tricks.

For over 400 years, to be precise since 1615, we lived in a world that had a theme of planning and support that brought us the Industrial Revolution. Everything that embodies the modern way of life has taken place during this era. We are used to it, generation after generation. But everything is going to change. We are already in the beginnings of a major shift, away from these global themes in the world. If you look closely, you can see the cracks in the support systems already developing. Everything in the world we know is the result of planning, innovation and support: schools, modern nations, factories, supermarkets, cities, governments, communities, the internet and families that support their children into high age so they can study. And it will all go away. The Industrial Revolution will come to an end and populations will shrink. It's an evolutionary mechanism. Like a clock and the clock will shift in 2027. Evolution is never gradual. It stands still for a while and then makes a leap. We will enter a new era after 412 years.

We have already reached the end of innovation. It lasted from 1930-2006 and it's now gone. There won't be any great discoveries anymore. We are just hanging on to what we have, and will try to improve it the best we can, but even technology is reaching its limits. The engine of progress has been switched off already, but the momentum of the past will still carry us for a while, so we won't really notice it yet. But you can see it slowing down if you look properly.

By the time humanity will get that this is not just a temporary slack period, they will be already in free-fall, trying to hang onto whatever is left, for as long as they can at least. It's hard to imagine our world when support systems start to break down. We are all so much dependent on them. Just think about what's necessary to get food into supermarkets every day in *every* city – what it takes, the level of organisation, planning and support systems we require to keep it all going. It's just a matter of time before super-nations like the United States, China and the European Union will collapse.

Think about what it takes to build computers, the internet, and just about everything we got so accustomed to these days – to maintain order and a level of certain living standards in a mega-city. Look at all these basic things like collecting your rubbish, having access to hospitals, water and a working sewer system that are part of your life and are taken for granted.

The decay has already set into all kinds of state and global institutions, the breakdown of their ability to support and protect us. Think of the big Pakistani earthquake years ago, or Hurricane Katrina in New Orleans. There is massive evidence that the infrastructure is falling apart. These things aren't getting stronger. They are in decay. I don't want to scare you. It's not all doom and gloom. I just want to make you aware how quickly everything we are accustomed to can disappear and change. Our children will only know such a world and it will be what it is. Not better and not worse, but it will be very different from ours and the last 100 years. It certainly will be frightening to *our* generation that stands on the cusp of change; still remembering how things were, some of us hoping the old times will come back and others not being properly equipped for the new era.

The world of the seven-centred human was a world of rulers and followers. Most of them were sheep. Sheep ruled by a few powerful, strategically thinking wolves. But sheep will have no place in the world that is coming.

We are entering a world of the lone wolf. If you don't know how to operate correctly as yourself, you have no place in this world. Our children will only know a world like this. To us, it will be a shock to see how in the next years that the world will no longer work on the principles we are so used to. There will be no new magic energy resource when the oil runs out. Humans will not have the capacity of planning and support to solve global problems like this. This will not be an age of collective skills and detail anymore. This will be a new time we can't even imagine in our wildest dreams. It's an era for the individual, not of big corporations that rely on enormous support systems and enormous organisation. And if you can't organise things, it will be the break-down of the big cities.

I would be surprised if the global internet survives the next 40 years. I think it will all go away. If that goes, all the information and knowledge goes with it. It will be incredibly quick when it all happens. A real domino-effect. It's what happened in the Dark Ages, when so much beauty and wonder was just simply buried and lost overnight. Hundreds of years

with them.

We are entering a time that is like none humankind ever had to go through before. To hope that the good old times come back won't be the solution. It is clear that we are reaching the limit on this planet of how many people it can support. Global warming, the population explosion, so many people travelling all over the planet, different races mixing and having children, it all prepares the gene pool for the emergence of a new species. And that moment is imminent. The enormous technology and organisation we have was only needed to sustain this gigantic amount of people on the planet. We are heading to a time where there will be much less people living on Earth. When the first being from the new species will be born – any time after 2027 – our job as humanity is as good as done. Most of us won't even notice first that we gave birth to a new species, because only few of them will be born and to most of us they will look just like a disabled version of us humans.

A hundred years from now, no one from our generation will recognise the world. It won't be a world full of technological progress and invention. It will be a world where humanity is hanging on for survival. For us, the next 20 to 40 years will see a dramatic shift from what we are used to. And only if you know how to operate correctly in the world as yourself, will you do well. We will soon enter a time where the individual is *everything*, where it is all about uniqueness. None of us right now even know what that means. It will be a time where systems of states, governments and families looking after the individual will come to an end. It is already happening. It will only accelerate faster every day until it feels like someone is pulling the rug from under our feet.

From now on, every system is bound to fail. Bhan Tugh is a method to prepare you to walk alone, to live by your own principles and authority. It is a mirror that allows you to see yourself. It is a crutch, but eventually you have to learn how to walk alone in the world that is coming, with no crutch. You have to learn to pay attention to your body that carries all the wisdom to survive in a world of no support.

We still live in an age of planning that has provided us with an extraordinary infrastructure, which made it possible to bring our children into the world. We have this assumption there are institutions that will care for them, hospitals and doctors, institutions that will educate them, schools and universities, and institutions that will employ them, giving them their livelihood as they go through life. All of this is going to break down. This knowledge is here to protect humanity as it moves forward into this next cycle. It is a cycle where both death and resurrection are a possibility. It is very individual as opposed to deeply communal and it is going to take away our dependency on authorities that the last cycle, which lasted for over 400 years, had imposed on the homogenised world.

The homogenised world survives through the acceptance of and the reliance and dependence on all of these authorities. That the food is going to be in supermarkets, that the trains are going to run on time – all those things that make it possible for us to survive on this plane. The only way one is going to flourish as we move into this new age is only by their own authority. It is the foundation of Bhan Tugh to find within oneself the differentiated decision-making truth that is going to provide you with a reliable way to navigate on this plane regardless of the circumstances, regardless of the frequency of the world.

Most of this knowledge is not for us, but for the children who are coming into the world now, and even more for the children born after 2027. It's going to be the most important education they are going to receive. We have to stop turning them into seven-centred beings, which they no longer are, which will not allow them to survive in the future. Every being that comes onto this plane deserves to be raised uniquely and not in the same way like everyone else. Not in the same way as their brother and sister and neighbour's kid.

We are no longer seven-centred-beings. We are an instrument of mutation, of the Program, to create something else, to be a bridge for the next species. It's no longer about us. There are no gods that are going to save us. There is no great instrument out there that is going to hold our collective hand. It's why Bhan Tugh and the knowledge of Human Design is here. The future is pointed towards a form of cognition that we will not have access to. A cognition that the next species will make use of. It will be a shock to us. The gods are turning their faces away from us. We are a helpless, incompetent medium of creation. We are the creative resource for what's coming. The only salvation is that you find authority within yourself.

Evolution is no longer about us. It's over. The chapter "humanity" has been closed with the mutation of the human form in 1781. With this mutation the wheels have been set in motion for the next species to emerge any day after 2017. We, the nine-centred humans, have only one remaining task: to give birth to the new species. The moment the first Rave sets foot on Earth our job is done, it's over for us. The technology and population explosion that we've seen is only for the Rave, the coming species, to emerge. It's not like *they* will need it, but these conditions are necessary for the gene pool, so that the final stage of

the mutation can happen in 2027. Right now, we have a momentum building as the actual process is going to reveal itself. It began in 1781 and will be complete by the Ides of February 2027 when the critical mass of the mutation will be reached. Humanity won't go away overnight. We are still needed to give birth to Raves in the future. There will be 1000 years left for us. But it will be a relatively hostile environment for us, because we won't be evolution's "darling" anymore. We are on our way out.

We are the ghosts of the seven-centred being and the midwives of the next species that's around the corner.

The Rave

By 2027, evolution will have reached a stage on this planet so a new species can emerge. We call them *Raves*. They will probably only come in small numbers and they will look like a damaged version of us – kind of human on the outside, but not really at all on the inside. In order for the Rave to emerge, the human form has to undergo a mutation. In 1781, the human form entered into an interregnum that is no longer strictly human (like the pre-1781 *Homo sapiens*), but also not yet Rave. We are still way more human than Rave, of course. The essence of a Rave is something that is unimaginable for us humans, yet we do have aspects in our bodies now that are Rave-like.

Our human species, as it is now, is an evolutionary step-ladder to make the emergence of the Rave possible. That's the only reason why we are here. Since 1781, we are no longer the focus of evolution. It's no longer about us as a species. Global warming, by the way, is a necessity so this important mutation can take place. I understand we can't stop it before the Rave emerges. Heat and a massive number of people (all mixing with each other, all eating food from all over the planet) is a necessary ingredient for the gene pool so mutation can take place.

Our species was the prime focus of evolution in the last 150,000 years, and we got a lot of help and support. When the first Rave emerges on the planet, our job as humanity is done. It's the time when evolution will give us a pat on the shoulder and a golden watch for retirement.

It will say "Well done!" and that was that.

We humans will still live next to Raves for the coming 1,000 years or more, but life on Earth will change completely.

By 2027, the mutation that began in 1781 will be complete. Humanity will see a drastic shift in the global theme of how everything on this planet operates. These themes are out of our hands. It's not we who decide them. And they do shift with clock-like precision. They seem to stand still for a while, for 400 years, and then there is shift to something else. At the next shift, we also get the emergence of a new species. It's quite a dramatic shift. I think when the Rave emerges, most will think they are dealing with poor handicapped, little babies anyway and not a new species. My guess is that only something like 0.1 percent of babies will be a Rave, but with 130 million births per year, we are still talking about 130,000 Raves.

What all of us will notice, apart from the emergence of the Rave, is the thematic shift in what the world will be like. Things will be totally different for us all of a sudden. Everything about humanity since 1960 has been about knowledge, information and skills. Useful knowledge, but post-2027 that's no longer they point. From then on, everything will be about inner truth. And that's what Bhan Tugh is training you for. To find yours. It will be the end of searching for new teachings, knowledge and discoveries – the end of an epidemic of specialists we have in the world.

Raves will operate in groups of three to five who share a consciousness out of which they will operate. To us, they look like they all have the same mind, a mind that is connected. The same Raves will stay together their whole life. It won't be possible for us to separate them. We will bring them into the world, but they will never belong to our race. There still will be many more humans born than Raves. Only every once in a while a human family will get a Rave. If they don't know what that is it can be traumatic.

The extraordinary thing is that *one Rave alone is not a functional being*. It's just part of a larger "machine" or being, and that machine only begins its life when at least three of them come together. Once they do, they will form a shared consciousness that will operate each individual Rave. Their "new big thing" will be "sending and receiving frequency". This might also be how they will defend themselves against us humans if we don't leave them alone. Especially if we try to separate them if threatened by their superior powers.

Their shared consciousness will be much more powerful than that of any human individual. They are so much more efficient and advanced. Compared to them, we will look very primitive. They are not like us at all. They will have their own world. They won't live with us, and they won't be visual beings and talk like us, because they can communicate through frequency in their Solar plexus. In fact, they might have poor eyesight and problems speaking. They don't need these things in their world of frequency. It's a world that we humans will never have access to.

People's jaws will drop the moment three Rave come together for the first time. Before that happens, they will just think they're looking at a poor, disabled child. You have to understand that this baby will not respond to anything and will seem

severely disabled. The distressed parents will probably have it institutionalised, and one day three of these babies will meet in one of these places and all of a sudden they will come alive. That's the real moment a Rave is born – when at least three of them come together. Then these three to five Raves will be anything but disabled.

Bhan Tugh and the knowledge of Human Design were never just meant for the moment, for us. It is for the future. A future where humanity will no longer receive the support of evolution, and when the Rave will be the goal.

Our children have a right to be raised correctly, to be treated with respect (according to their design) and to be fed correctly. They must be given an opportunity to understand who they are. That responsibility lies with us, with their parents. We still pretend that we have Saturnian bodies, but they can't afford such a luxury anymore. They can't survive like this in the future. Bhan Tugh is for *us*, not for them. We have to learn to understand them, the new ways how one has to raise and respect a nine-centred energy being, and let them live according to their nature, so they don't end up as damaged as we are.

We would never survive in a world a hundred years from now. But our children, and their children's children can. They will be fine in a world that is coming, if we start preparing them now. Otherwise, it could be very uncomfortable.

The mind

We all have a sick mind, a mind that isn't healthy. We have a mind that is a crash victim. You can't escape it, because we trained it from small childhood on to worry about our lives. So that's what it does now. It worries how you feed yourself, how you make money, about what decisions to make to get you what you want and who is going to love you.

The absurdity of it all is that it makes no damn difference. All we end up with is a passenger and a mind that is sick, that is worried sick. It is constantly looking for explanations about *why* some things are happening and others aren't. There was a time when all that was okay and maybe the right thing to do. But we are different now. We've reached a point in evolution where these things are less and less allowed. It's so hard to give up the need to have an explanation, and to stop comparing yourself all the time to others and to thinking why you can't have this and that. A lot of pain is caused through this idiotic fantasy of the mind that it can do something about it. It's so hard to let go, because for years and years we've been trained to believe it. Over and over again.

For most of us who reach this knowledge in middle life or later, there is little hope we can ever fully undo the damage (and it isn't necessary). For our children it's a lot easier. They don't have to go through the same kind of brainwashing that we had to endure.

The life-program that builds everything is only interested in form evolution. It's even written in the story about the Garden of Eden: "Go forth and multiply and don't eat from the tree of knowledge." In seeking that knowledge, there is no finding. It's like a wild-goose chase. Just go out there, dig around and see what happens. It's not up to us. We are not capable of knowing the truth.

We "think" that only our mind, or some higher outer authority, is capable of deciding what's best for us. But our mind truly has no clue. It never has the full picture. It cannot know what is going to happen or who you are going to meet at any moment. At best it can offer a good guess, usually not very far into the future. Our mind is always behind the game. It's not running the show. It's not creating, and it's always trying to figure out what the hell is going on. There is only one thing our minds are really good at, and that is *looking* at things. With our minds we have a new way of seeing that no other live-form has.

To be strategic and driven by the power of the mind was a seven-centred human thing. It's not how we (the post-1781, nine-centred energy being) are supposed to operate in the world anymore. We are no longer here to play the "power game". Things have really changed, but humanity doesn't really know yet. Some of us do, because they meet a lot of resistance in the world. But they have no clue what to do about it. So much of the conceptualising that takes place in the world is a direct inheritance from seven-centred beings. It's almost as if we've take our philosophy from chimpanzees, because quite frankly, it doesn't make much of a difference. It was another species and we're borrowing in the homogenised world the conceptualising of something that is extinct.

Almost every child, when it comes into the world, is measured to a sameness standard of when the child is going to do this or that, when it's going to speak, when it's going to walk. There exists this incredible paranoia in the homogenised motherhood over fears that their child isn't going to develop at the same rate as everybody else's. Their deepest concern is that their child is going to develop exactly the same as their neighbour's, and that they're going to be able to do the same things, going to be able to say the same things – the list goes on and on. It's what the homogenised world is all about. It is about the conditioning of "sameness". Everything about the nature of Bhan Tugh and the beauty of this knowledge is about uniqueness, about differentiation.

It's not just about educating the mothers. In order to provide a true nurturing environment for the development of the a child we have to tackle the difficult task of enlightening the male in the parental construct otherwise it will be a very confusing environment for the child to grow up in. Every mother who came in touch with this knowledge has over and over again remarked on how extraordinary it's been to be able to understand their children, to be able to get rid of the concerns and fears of ignorance, to be able to replace that with a blueprint that allows them to fine-tune the way in which they relate to those beings who they care for and love.

All humans have a different design. That's where it begins. Some of us are closer to the old seven-centred human, and others carry already elements that will emerge in the future, that will be essential for the Rave who will one day emerge out of us. If you look at our world you will notice that people with the newer (*Rave*) design appear to be very inefficient, where the ones with older designs (*human*) do rather well in our world. It begins at school and continues later in working life. Because

everything in the world is made for the old *human* ways. But at the same time it's all about to change. The future will not reward the human-like designs anymore because evolution is going towards the Rave.

Bhan Tugh will show you who you are, what design your body and mind has; what elements in you are more Rave-like and which are human-like. It will show you how you are supposed to work with them to be in harmony and peace with the world and yourself.

The whole story begins with the release of mind, this lust for control that is only based on fear. As long as it thinks it needs to be synchronised with the body, it's lost. As long as it has to pay attention to its own life, it's lost. I see so many people seeking enlightenment, awakening and transformation, with many good teachers and bad teachers. These people had no idea how to get there. Nobody told them how. What we do in Bhan Tugh is that we educate the passenger, your mind. It's all about a healthy passenger riding in these vehicles that is the body. We are not here to be the driver. We are here to be the passenger, looking out of the windows, and sharing with each other what we see. We all see differently, that's what's so interesting. When the vehicle decays, there is another one waiting. The body looks after itself if you let it. Your mind is not really capable of driving the vehicle. Surrender and look out the window. See what's passing through your mind. Don't scream to the driver to stop, or go left. The moment you do that, you lose your way and you never get to that purpose of being you. Allow your mind to be mind, but don't allow it to run your life. This is where awareness is. To align your vehicle to the right trajectory is an accumulation of being yourself from moment to moment. This is how you build your life. Once correct decision after another. One small step after another. It's not complex.

First, you have to be correct with the body, because it is connected to correct cognition. But in order to have a healthy body, the mind has to stop interfering first. We have a mind that likes to trust, and the only way it can learn this is by watching. It's okay to watch and have questions. It's okay to think that you could have done this, and it might be interesting that you did that. It's okay to look at all of it *as long as you don't plan the next step*. It's a huge leap to get to this place. The trick is to learn to watch without any responsibility. Your mind is not responsible for what you do or say. It can only be entertained by what your life is. Then you really begin to see, and nothing is a problem. At least not for your mind.

Of course, there will be things that are painful. That's what life is. Being correct does not mean being free of pain or happy 24/7. You can only get the life that is correct for you, that is correct for your machine and your mind (your *Personality*). You deal with what you have to deal with in life, but it's no longer the mind's problem.

We have all these connections to other beings that result out of conditioning: bloodlines, communities and jobs. Out of that emerges all kinds of dependencies, projections and needs in those relationships; the rules they have, the morality of them. All these connections – the relationship with our family, friends and colleagues – are deeply rooted in homogenised patterns, which means they are patterns that try to make everyone the same, according to what the morality of your environment might be, but they don't tolerate your own authority or uniqueness. They try to make a “normal” person out of you. You can't say that you want to sleep in your own bed without upsetting somebody.

Human beings are uncomfortable with uniqueness. They can get very upset, not necessarily knowing why. “How dare you not to be like the rest of us?” To live by your own authority and be correct takes courage. But in the end you realise that the other cannot really help you in your process. If they can't accept you, then you have to look very carefully at what matters in life.

The moment you operate correctly there is beauty and a deep spiritual connection to existence. It's the moment you understand that there is a mysterious force that provides for everything. You don't have to be burdened by the concerns to run your life, how life is going to provide for you. Concerns that you carry around like a weight on your shoulders.

Just look at people when you walk down a busy street in the city. Watch the crowd. They all look like they are carrying bricks on their shoulders. There is this constant burden of trying to control life, control existence, control the other. It's a sickness that leads to all kinds of things: to violence, to revenge, and all the glorious sins of humanity.

As long as you carry any desire in your thinking to define yourself or your life (your future), you will never know who you are and you will never know your full potential. Only when you are no longer concerned about who you are and where the journey is going will you discover the true nature of your existence. It all happens out of the acceptance of your body and the life it can give you. Only then can you rise above it and beyond. We are here for the entertainment, for the drama. It can be sad, happy, horrendous and phenomenal. That's what life is.

We are only here for the experience and to be aware. But if we identify with our life and worry about it, we won't be able to see it without distortion. We don't have to be concerned about it. We have to see it. We have to be in it. We have to be alive, to be present. If you think there is anything else that matters, you won't get there. You will never get to see your own divinity. Knowledge is very seductive, even something like Bhan Tugh. But knowledge is not power. It's just stuff. We are here to enjoy ourselves. It doesn't matter if there is pain or pleasure. It would be boring without both. You need this and that, and none of it matters. It's just what's going on.

The not-self that is ruling the world is the delusional victory of mind over the body. As long as this happens, there won't be any true awareness to be found in the world. The passenger (you) is responsible for the mind. You have to show it its place or you will be blind all your life.

It's good to be selfish

Everything we do is controlled by the search for pleasure and avoidance of pain. It makes no difference if you are aware of it or not. One has to be honest. We are built to function like this. Society has this mistaken belief that we can't be allowed to do only what gives us pleasure. They think it's selfish and if we all do it then the world wouldn't function and a lot of people would suffer as a consequence. They also think to suffer is something that deserves praise. This is of course totally incorrect. That's not what nature wants from us.

When people tell you that you are not allowed to do certain things because they seem selfish, it's not because there is some form of truth behind what they say, but only because they are trying to manipulate you for their own benefit. They don't want you to have your own authority in life. It's not because you harm others. It's because they want you to be their slave.

We already heard that the universe is a (yet unborn) living thing. You and me live inside that thing. You could compare us to a cell living in your human body. And in the same way as a cell is here to serve your body, you are here to serve that universe, that living thing, whatever it is. It's the same principle, just on a larger scale.

We are not independent from each other. We belong to one body. Everything you do and everything that happens to you must happen to maintain and build the universe. All we've done since we were born is *react* to things. It's like a huge billiard table with endless balls. You didn't make the first move. You experience something in your life and you respond to it. And somebody else responds to you, and so forth. But none of it is random. Our mind always labels something "random" if it can't make sense of it.

All the experiences in our lives shaped us, so we will react in certain ways. None of it is a coincidence. It makes no difference what you think or believe. If you can understand one thing, it must be how helpless we truly all are. We are all victims of our circumstances, and I don't mean this in a negative way. Most of what happens in life might not make sense to you, but if you could ask a cell in your body, I doubt it would have the answer to its own existence or why it has to do certain things in certain places. We don't control these things. We can only do what is allowed and where we are needed. You have to understand that most of what goes on in the universe – take dark matter and dark energy as an example – can't be seen, felt or noticed by our bodies or minds. They make up 95.1 percent of the universe. There is so much going on that we have no idea of.

We have no such thing as free-will, and we all have to do certain things, whether we like them or not. But this also means there can't be such a thing as guilt, blame or mistakes. There can only be experiences that shape you. And it doesn't mean you can't do something about certain things. My point is that everything you do is something that always had to happen.

If we look at our cells in our own bodies, we see that some of them are vicious killers. They are called T-cells. They are necessary for the body to be healthy, but the cells don't know why. Only the body does. So think about what morality is. It's a lie. There is no good or bad. Morality is a set of values serving a few components of the whole only. But it is not an absolute truth, because there is no person on Earth that knows what's good for the whole and what it needs. There is not just one definition of right and wrong. There are many, and yours is a chemistry in your body. It's not a mental concept.

The universe is a highly complex and fine-tuned mechanism. It's not just about us humans. It's always about the bigger picture. If we search for pleasure and avoid pain, we do exactly the right thing for the whole and all of life. But it's also an illusion to think that the act of seeking pleasure and avoiding pain will lead to more pleasure and less pain in the long run. Because it doesn't. There is nothing we can do about it.

There will always be pain and pleasure in our lives. For all of us, not just a few. The illusion that a life of no pain is possible is a folly. Everything in life is a duality. A perfect life doesn't mean it's free of pain and has only pleasure. Such a thing does not exist. Nowhere. For no one.

We all have to do what life demands. That does not mean you have to agree with everything somebody else is doing. It does not mean you accept everyone and like everything. If you do what feels good, you contribute to the wellbeing of the whole. You find your correct place, whatever that turns out to be.

The magic of finding the right people

Being in the right place and with the right people is everything. There exists a natural hierarchy, an order, in the universe about how information must flow. All consciousness in the universe is connected. And this hierarchy of how it moves was determined at the Big Bang, the beginning of our universe. There are certain people in the world that have something for you, and on the other side there are specific people that are waiting for something from you. Your mind doesn't know who these people are. It's deeply mystical and can't be explained with logic.

You might have the best ideas and intentions, the most impressive things that you can do, but if you go to the wrong person, you will only meet resistance and you won't find recognition.

The key to a successful life is finding these people, the right people for you. That's the whole secret. Bhan Tugh can teach you how to navigate correctly. By trusting yourself and life, you will be guided to the right place where *you* can find the right people for you. There are different ways and techniques for all of us. There is not one shoe that fits all.

This knowledge can show you how to trust in your own capabilities. To be healthy is not just about you feeling good. It is way beyond that. It's about understanding how good you feel to the other.

The new age of uniqueness

The future – a new age that is fast approaching with its marker around 2027 – will demand that we must live very differently than the way we are used to. This coming era is all about individuality. It is about uniqueness. It is about the potential in every single human to have their own authority, and as a by-product of that, being able to survive. It will also be a time when it will be increasingly difficult for people to agree on things. This must not be seen as a negative. It's just something that will shape the world in a different way.

The old seven-centred humans always argued. They invented the argument. The not-self mind lives through argument. It's always looking for a winner and a loser. The new nine-centred human is not here to judge anything that comes out of anyone. How do you measure uniqueness? You can't. Unfortunately, we invented institutions making sure we all look the same, walk the same, and talk the same – and we call it education. And when we aren't educating people, we put them into churches, synagogues and mosques. Then you wonder why humanity is homogenised? Most of these people are waiting for God to clean up their mess. But God is within them. Only when they discover their own uniqueness will something happen. You only have to stand in the middle of your life and be present. You don't need a point to be here for, to be alive. You miss the whole joy of life because you think there is some kind of purpose in it, because you think you have to find it. It's all about being here and being aware of it. Nothing else. It's not about being happy and not being sad. It's about being here and seeing it all.

You don't get to see your passenger consciousness if you are bowing down to something that isn't you. There are no rules. You are free and you are here to live out your own divinity. In the future, there will be nobody to lead you. There will only be you. You will be alone. I'm so tired of people saying all the same things and doing all the same things. That's not what we are here for. For the seven-centred being, God was the great homogeniser. You can see how this turned humans into mindless beings. We were not made in someone's image. We were all here before anything. You and I. The intelligence of all the *Personalities* and *Designs* was created at the same time at the Big Bang. There is no great force out there that is watching over us. You can only pray to the evolutionary program, hoping it will move to what you want, but your prayers will not change anything.

We will no longer be able to count on the other to provide for our survival in the future. There won't be any powerful leaders showing you the way like in the past. It is about grasping that there are two forms of armour for the future: one for the body and one for the mind. The body part is a lot easier to accomplish than the mind part. In terms of our physical well-being it means that in order to survive the dilemmas of being a bio-form without any future communal support, we will need very healthy bodies. You'll see in the following chapters, including the ones on nutrition and environment, how you can be healthy.

Eating is one of the great agents that keeps us asleep. So many people eat the same things. Just watch they way family and community eat. Food is trying to make us all the same.

If a person does not start to take in nutrition according to its unique aspect, it can never live out its uniqueness and it will get increasingly difficult in the coming years for them to survive a world where communal and family support break down.

Bhan Tugh is a great tool to get you in shape and prepare you. It will give you an idea who you really are. Because who you "think" you are is merely a stranger you got used to. It's not you. You can't trust your mind. Your mind is for entertainment. It can't be trusted with your life.

What you can do for your children is even more important. By understanding who they are, you can raise them correctly. This means that you don't interfere with what and who they are. They don't have to learn Bhan Tugh. *We* must, not them. Because if you don't mess them up like our parents did us, they will be fine. They will be ready.

You will see that it won't be possible for some people to eat together, that it's not healthy to sleep in the same bed. That some people have to go to bed much sooner than others. This all is very anti-social. It goes against all the values that our communities and families have built for hundreds of years. It's not going to be easy for some to break out from all of this. There will always be some that suffer more than others.

If you are not prepared to make some radical changes to the way society has taught you to live, you will not get the

protection of nature. To be honest, in the future that's coming, this has already begun. It won't be society and your family who will come to your rescue anymore. You will be on your own. I'm not suggesting you will be lonely, but there won't be much help. For those who learn to adapt, it will be fun. There was and will always be good times and bad times, no matter in what era you are born. Things will just be different, and every era will reward different people for different things. We are entering a time where it will be more important to be correct than to be of service. It's a theme of the personal, that one is only able to be of value ultimately to the other when one is of deep value to oneself, first and foremost.

To be unique means to get rid of all this self-doubt, self-hatred, self-pity and self-indulgent nonsense. All the comparison sickness that every child gets trained by its parents, this disease of comparison. And then you wonder why people, when they are adults, don't like what they see in the mirror anymore!

We are no longer here to be carried like lemmings over the cliff. The only thing that's holy on this plane is uniqueness. It's the only thing that's pure. We all have a right to express it, and for no reason other than to enjoy the entertainment. Uniqueness is something so profound to grasp. It's really what this knowledge is trying to bring to everyone. To be unique is the beginning of a great story. It's not the end-goal, it's the beginning of your life that's waiting.

Every human being, when they are correct by living out their uniqueness, makes a unique contribution to the whole. It doesn't matter what your mind or what any one else thinks that is. But until you liberate the mind from the vanity and the indulgence of its assumption that it rules the body and your life, there is nothing. You will never get to see the real potential of the contribution you could have made, to meet that perfection of what it means to be yourself.

Getting to know who you are

Your journey with Bhan Tugh begins by calculating your chart. Go to www.bhantugh.com with your birth data to obtain the information you need for the following chapters in the book. It is free of charge. A bit of advice. There is no good or bad design. That's not how things work. The only thing that's kind of tragic is when you live a life that isn't you. If your life is full of resistance and dysfunctional relationships, it's not because you have a difficult design, it's because you don't pay attention to who you are. Two people might do the same thing and only one of them suffers. It's because they are different beings with different bodies, different minds, different genes and different designs. You can only find your reward by living what your body and design demands. It's your body that does the "doing". You just have to stop interfering.

To get started, you do need a precise birth time (ideally down to 10 minutes) and birth place (country). What we do has nothing to do with astrology. Some important aspects of your design can change every few minutes. You have to be careful when creating your chart and be certain you are always in possession of the correct time. If you don't, I would advise against making a guess. Only look at these aspects in a chart where you are 100-percent sure they are valid. Go back and forward in time and observe what changes over a time period where you are not certain.

Bhan Tugh is a tool to decondition your mind. The moment you understand how something works, all you need to do is watch it work. You don't need to make it work. If you want to discover who you are, you have to stop looking for it. You have to stop defining who you are. It not necessary in order to be yourself. These things just happen. You don't need your mind for it. The only way to find out who you are is by living your design. You can't find who you are on a chart or in a book or from another person or by taking those Facebook quizzes asking you what kind of vegetable you are. The only thing that stands between you and the true person that's inside of you (and with that the true life that's waiting for you) is fear. Only out of fear, you'll want to find who you are so it can protect you. But you won't find it as long you are looking. If you were not afraid of life, you would relax and could *be* what you are. You *are* your design. Every cell of your body carries your design. It's natural to act like this. You don't need your design explained to you, because what's the point? But you do need to know why you get in the way and why you want to be something else. Every time you define yourself and want to find reassurance and safety in dealing with your fears, you will fail.

If you want to see what's possible you first have to conquer your fears, you have to confront them. It's not easy because it means going into your deepest fears by doing exactly these things you tried to avoid all your life. Only at the very end will you discover that they were not real and unfounded.

The not-self has to die first in order for you to be reborn. This process of dying requires courage and can be painful and frightening. Only in last moment, when you think you've lost everything, will you see that it was all an illusion. The illusion of your mind. You will see that you were never at risk.

Your uniqueness and destiny is not a concept and can't be explained. You can only live it without the need to explain yourself. But if you live according to what your mind thinks is you, you limit yourself incredibly, because truly it has no idea who you are and what tomorrow will bring. Bhan Tugh can give you a broad outline of what you are, but you don't really need to concern yourself with that. The essence is to understand that most of the advice you have been given all your life had nothing to do with you. Bhan Tugh is a very powerful tool that helps you to get in touch with yourself through recognition.

When using Bhan Tugh it's never important what you are, but what you are *not*. It so easy to fall in the trap of defining yourself mentally. Use this knowledge only to break free from what you are not. Your mind can never know who you are. When you manage to get there comes the most important step: Now you are ready to discover on your own who you are (without defining yourself). Most people never make it this far. They always get stuck in the mind defining their lives. It makes no difference if it's your own mind, your lover, society, your dad, a guru or Einstein. Nobody has any idea who you really are but you. If you use Bhan Tugh to define yourself you have failed. If you use it to get rid of all these false concepts about your nature that you've acquired since you were born you have a chance to succeed.

Type

Every human being has a basic strategy about how to go successfully through life by causing the least amount of resistance in others. It's part of their DNA. It's like the mechanics of an engine. It's something you were born with and can't be changed or chosen. And it is, of course, something your body is comfortable with. If you ignore this actually very simple strategy, usually with a stubborn mind that knows better or is afraid, other people will begin to resist you. You are suddenly like a wheel in an engine that doesn't fit. It makes everyone uncomfortable. You can't act like you are something you are not.

Never assume that anybody else ticks like you. This is the most common problem that gets people in trouble.

The human form comes in four different *types*. These are very different *types* of “vehicles” that require a certain approach in how to operate them in the world and most of all they have very different auras (energy bodies). That means they have a different effect on other people and feel very different from each other. They are taken in very differently. Your Bhan Tugh chart will tell you which one of the four you are and what your strategy is. You will see that it's not a complicated thing, but I can guarantee you that it changes everything if you stick to it. The biggest problem in the world is that most people act like they have another *type* of body. They use the wrong strategy.

Strategy is *not* something to be strategic about with your mind, although the name itself might first imply that this is something you should “do”. But it's not something you have to “do” or make happen. Rather, it's something that you have to recognise with your mind and stop turning your body into something it isn't. You can divide the human vehicle into four basic “models” and they all come with a different strategy in how they want to be used. This strategy feels natural to any human being from the moment they were, but we all have been conditioned to ignore this and become something else.

What your body wants is the only way that's healthy for you and how you can be successful when you deal with other people. So, whenever you catch yourself violating the strategy of your design (which you will find out in the next chapters), you know that your mind is getting in the way of letting your body do what's correct and good for you.

Basically, all you have to do in daily life is be aware whether you are living your strategy. By *living* I mean that you allow your body to be in flow with the whole. You can't *make* it do it. But what you can do is *stop your mind from interfering*. That's what you are always able to do.

Don't live your strategy with your mind.

Be in harmony with life and your design, and all is fine.

Life does not operate on your mind's timetable. Let life take control and stand back with your mind and watch. Watch the spectacle of your real purpose unfold.

Whatever *type* you might be, it's never going to tell you who you are, but it does tell you how to get there.

The four *types* are fundamentally different. They are like day and night. A certain *type* dictates what kind of life you can have and what not. The number one problem for people is that some *types* are rare and others common.

- Worker (and Super-Worker)* 70%
- Initiator* 9%
- Supporter* 20%
- Drifter* 1%

The dilemma with our society is that they always assume majorities are “normal” and the rest is not. You can see right away that there this incredible pressure on the *Initiator*, *Supporter* and *Drifter* to be a *Worker*, because which is considered “normal”. People still have this picture of the ideal human being. And they all think it should be a *Worker*. The tragedy is that every *Worker* has been conditioned from small on to partly act like an *Initiator*. Therefore, 70 percent of the world is a dysfunctional *type* (a *Worker* who initiates) and 30 percent of the world want to be like it, because it is considered “normal”. It’s a madhouse out there and almost impossible to find one person living their true *type* and genetic design right now. They all follow a conditioned ideal that exists in their heads.

Of course, nothing in life is a mistake. Things are only evolving. Nature has to begin somewhere. It’s like building a house. It isn’t there overnight. But we reached a stage in evolution where we have to live according to the *type* and design we carry instead of following something we are not.

The Worker (and Super-Worker)

Strategy: Wait for opportunities

A theme of frustration or satisfaction

– Surrender control of your life –

Most of us have been taught from young on that in order to be successful in the world we can't afford to wait until people come knocking on our door (which we've been told doesn't happen). Instead, we should go out and *make* things happen, create our own opportunities, or pursue people who can provide one. We should chase our dreams, because nobody will do it for us – and most of all – be persistent. If your *type* is that of the *Worker* (70 percent of the population) and you act like this, right away, you've lost any possibility that you will ever see the power that you carry. You will earn nothing but frustration in the world and upset a lot of people.

Everything we say here about the *Worker* also applies to the *Super-Worker*. The *Super-Worker* has a few additional characteristics, which we will discuss later. About half of *Workers* are *Super-Workers*. Both are not here to create opportunities, but rather to wait for them.

Workers carry a lot more energy than others and they basically build the world as we know it. They get things done. They manifest the life-force on Earth. Sadly, most of them don't apply their energy to the right things. The term *Worker* does not refer to their social rank in society. Even a leader can be a *Worker*, according to the definition we use within Bhan Tugh. In essence, it means people like this can work harder and longer than others. Although there is a natural hierarchy in the world to how information flows, the four *types* we are going to discuss here have nothing to do with hierarchies. You can have any of the four *types* in all ranks of society.

The strategy of *Workers* is to react to things that happen in their lives. They can't be people who *make* things happen.

They are not here to initiate.

They are not meant to approach other people out of the blue and impose something on them.

A *Worker* always has to *wait for an opportunity* that life presents. *If there is no opportunity, there is nothing to do.* One thing always has to lead to the next. They can be busy with themselves, I'm not saying they should be idle all the time, but if they approach other people in a way that does not come out of a response, the other person will resent them, no matter how good the intentions or idea they have and they will be frustrated because nothing will work.

There always has to be an opportunity first. They have to surrender to life and that can be incredibly hard for *Workers* in the beginning, because they usually think it's death.

The *Super-Worker* even lives in the illusion that it has a birth-right for manifestation and to initiate. Both *types* don't think that anything will happen if they wait. But they have to learn what it means to wait for an opportunity that life offers. They have to get a sense for a situation and whether that situation calls for what they have to give. If it doesn't, then there is nothing for them to do. They can't go around *creating* opportunities and hoping the harder they try, the more they will convince someone. That is never going to happen with their design. All they will ever be is a nuisance to others.

The second best thing they can do, apart from waiting for opportunities, is to lay out some bait like a fisherman and wait if people bite. But even that has to come out of some kind of response. It's an art form they have to learn. It's not so much something the body needs to learn, but their mind, which usually wants to jump into things that aren't healthy.

For the *Workers*, it's all about dancing this magical dance with life; to surrender themselves totally to what tomorrow will bring. To live on the edge, and to be ready for anything. There is nothing else. No other design is easier to awaken. Yet, they have this psychological fantasy that they can do all kinds of things, chasing after anything.

Only when they learn to respond in the correct way to opportunities that life presents will they ever taste the feeling of deep satisfaction when they get something done in the world by applying their energy to it. When they come home after work, maybe exhausted, yet satisfied with what they've achieved.

It might take years of practise to develop the correct sensibility to *see* real opportunities and not to initiate. One can't learn from a book what a correct opportunity is and what an opportunity is that one has created again. Experience will educate you,

when you hit your head over and over.

There is a fine line that *Workers* have to learn to read. Responding to one's own ideas is not a good start when approaching other people. When I say *Workers* have to *wait for opportunities*, I mean they have to respond to something that is *actually happening* in their outer environment (in real life). The moment they meet resistance in their environment, they should back off and ask themselves if they acted out of a true response or if their mind took over again and if they were desperate to initiate. Every time a *Worker* begins to initiate is the proof that he or she has again lost trust in life that it will provide everything it needs.

All decisions of the not-self *Worker* are guided by the attempt to avoid frustration. It frames the way in which their minds are going to look at everything. But it shouldn't. As long as their life is run by mind, every decision they are going to make is guided by an attempt to avoid frustration. Yet, the mind doesn't know how to do that. It's the dark joke.

Workers are usually the great quitters in life. They have a tendency to quit out of frustration. They go chasing thing after something, only to meet deep frustration when another dream is annihilated. It doesn't have to be like this once they learn things come to them.

If a *Worker* learns to wait for real opportunities instead of annoying people by trying to create them, they will be led to things that are for them and carry a potential to actually work. They will put them on the path of their life-purpose.

Relationships will instantly be a lot more harmonious. Most *Workers* never understand what it is that upsets other people. It isn't about what they say or how they do things, or because they have no talent. Most of the time, it is only that they don't act out of a response. That's when the door will always shut in their face.

But even if they are correct, it doesn't mean that everything they have to offer will be wanted. Still, they pass the prerequisite that begins to allow such a possibility and there will be less resentment. People will not be annoyed with them. There will be an enormous resistance field if they ignore the strategy the body demands. Yet, it will always be very tempting, since there is always pressure for someone with this design to go out and try to make things happen.

So many life coaches tell their clients it's important to "manifest" things, to create opportunities, to chase after their wildest dreams, and to make them happen. They only create false hopes that can never be fulfilled for the majority of people. It will be the death sentence for a *Worker* and make them very frustrated.

They will seriously begin to doubt themselves, or they will try again and again, even try harder next time to initiate, to be more convincing, or whatever it is, only to earn more resentment, to get rejected from the world.

They have to learn to be patient. Being patient doesn't mean to be idle. There is always something to do, and sometimes doing nothing is exactly what one might need. It doesn't mean one can't use the time waiting to prepare for something. That's okay. Do something with yourself, but leave other people alone. If *Workers* learn to wait, they will see they don't have to wait very long for some kind of opportunity.

You have no idea what frequencies can do. Every being has a certain frequency that it emits. So much gets communicated without talking. Only because our minds can't see it, doesn't mean it won't exist. If a *Worker* learns to wait and not to be desperate – also in it's thinking and attitude – people will recognise it. Their frequency will tell other people that they have something they want, that they have something to offer.

Others will come to them.

It's magic.

They get drawn towards them.

Things happen all the time around us. But in order for life to come to them, they have to stop what they probably have been doing for a life time: creating opportunities.

Workers are the lucky ones. They don't have to initiate and worry what it is they should be doing. To be a person with their strategy is really wonderful. Life will bring *everything* to them.

If it doesn't bring something, it is not for them.

Nothing missed and nothing lost. And once it is there, all they have to do is say yes or no. How to do that we will learn in the next chapter after all the *types*. The hardest thing to do for some people is learning to say *no*. Most people feel so undervalued that the moment somebody wants something from them, they say *yes* to everything, but that's another story.

To surrender is so much more harder for the *Super-Worker* because they have such powerful ways of expressing

themselves and getting things done. They are the real doers. And they have to learn over and over – after they’ve put their feet in their mouths again – to go back and clean up the mess.

They are too quick for their own good. Not because “quick” is bad for them, but because the damage is so much greater in their case when the mind is control and they enter into the wrong things. For them it’s so tempting to initiate, because they have this incredible power available to manifest.

If you tell them to wait, they really think you are mad. But as long as a *Super-Worker* doesn’t learn to wait for correct opportunities, as long as they jump into things that aren’t for them, they will be the bull-in-a-china shop and pay a heavy price. Once they learn to be correct, they can be extremely powerful beings, but sadly, only a few in the world ever do.

If you want to be friendly with *Workers* you have to always give them a choice when you want something from them.

This is also very important for parents of children with this strategy type. What they absolutely hate is if you tell them to do something without giving them a choice. Always ask them. Never tell them. If it’s a child say: “Do you want to go here or there? Do you want to eat this or that?” They love it. They love to respond. Give them at least a little bit of a selection. If you tell them to *do* things where they can’t respond, it’s against their nature and you earn resistance and they begin to hate you.

As a *Worker*, watch how responding to opportunities that are in front of you instead of initiating can transform all your relationships and your life. It’s your mind that doesn’t let it. Your mind is afraid. It doesn’t know better. Try the experiment and learn what it means to be satisfied in life.

The Initiator

Strategy: Inform before acting

A theme of anger or peace

– Take control of your life –

These are the kind of people who can *make* things happen. Not in a sense that they have more energy than others, but if you compare them to *type 2, the Workers* (the vast majority on the planet), *Initiators* don't have to wait until life brings them an opportunity. They are not dependent on others to begin a process. They are here to initiate things. They are the spark that sets them in motion, but they usually don't finish what they start and leave this to the *Worker*. They are the archetype of pure freedom. But there is a dilemma.

Others are always uncomfortable with *Initiators*, because they seem out of control. They are an uncontrollable force. From childhood onwards they get regularly punished because of this and put under restrictions and limitations. In addition, *Initiators* have a kind of repelling aura that already says "leave me alone" to others. They don't have the same kind of connectivity that many others have, and as children they don't necessarily appear as warm and cuddly, not allowing for an easy connection.

There is absolutely nothing wrong with that and we have to let them know. It's not a flaw. It doesn't help that only nine percent of people are *Initiators*. It gives the impression even more that how they are isn't "normal".

Because their environment is always suspicious, *Initiators* learn from an early age that good manners are very important. But what they never really get is that people resent them and punish them only for the fact that they never tell others what they are about to do. They have to *learn how to communicate*, then nothing gets in their way when they initiate.

Think about the *Initiator* child that runs out on the street when the mother is in the kitchen, with the mother suddenly yelling at it: "Never ever do that again!"

It's horrible for an *Initiator*, because it's in their nature to manifest, to initiate, and always when they do, they get punished for it. So eventually, *Initiators* will just stop doing anything, will carry a lot of anger inside, and will wait until things come to them. And things won't. This is not who they are. Unlike the *Worker*, that's not going to happen. Unless they do something about it, life will not deliver. We really need them in the world to initiate the right things for us. Only they have the gift of setting the correct things in motion. Sadly, we only see not-self *Workers* doing this, which has no value at all.

The solution for the *Initiator* would have been so easy: all they needed to do was tell the people who they impact about what they are going to do *before* they run off doing things.

If they mother says to that child: "Next time you want to do something, come and tell me" it would make all the difference to that being.

Imagine the *Initiator* husband going for cigarettes without telling the wife, and suddenly all hell breaks loose when coming back. The smallest thing is enough to set off a storm, and they never understand why. *Initiators* alienate everyone in their surroundings by not informing them what they are about to do. Unless they are a child, this is never about asking permission. It's only about telling people they impact about what they are going to do.

Unless an *Initiator* learns to do this, they will always be full of anger because people will constantly place all sorts of restrictions on them and will resent them.

Anger almost kills the *Initiator*. As a result, they start acting in secret and isolation. They can have a real double-life.

Yet, if they follow this simple strategy of informing, their reward will be a feeling of peace and not anger. Then they can begin finding their real purpose in the world.

If you are an *Initiator*, you need to understand the impact of your actions. All you need to learn is the habit of telling the people you impact what is going to happen. Then watch how peaceful your life can be, how this works to your advantage.

Initiators don't know who to trust, because they had a lifetime full of people trying to control them. Yet, it's so easy for them to transform all that anger, simply through informing and being able to finally experience the beauty of love and

relationships.

If you want to be on good terms with an *Initiator*, you have to understand that they really hate being told what to do. Because they are here to tell *you* when they are ready for it. All you can do is ask them to let you know when they are.

The Supporter

Strategy: Wait for the invitation

A theme of bitterness or success

– Surrender to the other –

The first thing to understand is that people with this strategy have limited energy resources available and no real power to manifest. In a word, these people are not really here to work, not with the same intensity compared to the majority of us.

Supporters are those who can help the *Workers* get a job done more efficiently through their gift of recognition. They are here to help others see the forest from the trees. They can see what has been missed in the world, they see what's available, and they see the big picture, because they have the distance. But "helping" does not automatically mean making decisions for others or to manipulate them.

The most important thing for a *Supporter* is to understand that in order to engage with the world and other people, they have to learn to wait for the invitation. Unless someone asks them to do something for them, there is nothing to do.

The best advice I can give them is to see life as a long holiday that only gets interrupted when people come and ask them for help. *Supporters* usually suffer from the terrible illusion they are *Workers*. They think that when there's an opportunity to act or say something they owe it to themselves to do so. That's the point where they alienate everyone and earn nothing but resistance and rejection. You have to understand it has nothing to do with how valuable something is that they have to offer.

Supporters usually don't understand the world. They think they always get overlooked. That's why so many *Supporters* are bitter. It's usually there underneath the surface. If they don't get the recognition they expect, or they don't get whatever it is they want, it is there right away. Bitterness rules the way their mind works. They never, ever forget what it is that makes them bitter. Nobody holds a grudge better than the not-self *Supporter*. They don't get it, and it isn't their fault, because from a young age on the world has taught them to be something they are not.

All they need to do is wait. Wait for the invitation. The less *Supporters* want from others, the more others want from them. But the word "waiting" isn't fashionable in a success-driven world. Yet, there will never be such a thing as success for *Supporters* if they don't learn to wait. It will take some time to learn what that means; to see the signs if people invite them to something. Although the invitation should be formal, there can be other signs and indications of one. It doesn't always have to be a verbal invitation. It can be energetic, too, but this requires a lot of awareness and experience. If there is a lot of resistance and rejection, it usually means they haven't paid attention to the invitation. It's so hard for them to bite their tongue when an opportunity comes along where they think they have something they could contribute. That is never enough.

Seventy percent of the world are *Workers*. Every *Supporter* is surrounded by them and thinks responding to an opportunity is "normal". But it isn't for them. There needs to be a clear invitation from the people involved first. That might be something at work, or in a restaurant when you eat with friends. They don't need an invitation for little things that they do on their own. It's primarily for things that involves other people or big decisions like choosing their career, their field of study or moving to a new country. These things should all come out of an invitation.

When a *Supporter* watches someone it can be uncomfortable for the observed. That's why it's so important for them to be invited first before they get involved. They have an extremely piercing aura. If a *Supporter* stares at the back of someone you can bet the other person will turn around. It's important for a *Supporter* not to overstep the boundaries of the invitation. People can be very touchy about this with *Supporters*.

Okay, so we established a ground rules for engaging with the world, but there is more. *Supporters* try to make the job of a *Worker* easier, a *Worker* who can be totally engrossed in what it does. In a nutshell, all they do is watch the other to see if they need or overlooked something. Their work is all about the other. I'm not suggesting they are their servant. They don't do the other's work. They check up on them. They watch them. But they don't support *anyone*. Their theme is "to support or not". Not everybody gets their support.

Their prime focus is not about knowing themselves, but knowing the other. That's their real gift. *Workers* and *Supporters* have this incredible relationship. They are meant for each other. I'm sure they can work with other *types*, but this one is the

archetype. Here comes another important thing: they are not here to influence any decision of a *Worker* by being too opinionated. A *Supporter* should be neutral. It's not their job to tell everyone else what to do. Such a little thing can transform all their relationships. They are only here to point out the options and facts to others. To see what they've missed, to do research. Sometimes just to be there so the other person can discuss things with them and can get more clarity is enough. But the moment a *Supporter* tries to manipulate other people in their decisions by having an agenda, they get in trouble.

There is always the option of walking away from a relationship, from an invitation, that no longer feels correct. It's better than trying to change it. An invitation doesn't mean it lasts for life. Nothing is forever.

By supporting a partnership, you don't become responsible for it. A *Supporter* is not equipped to be responsible for the *Worker*. Their mind, of course, would like to tell everybody what to do, like all of our minds.

Supporters are here to enjoy life and don't need to carry that heavy responsibility. For them, it's better to pay close attention to who they get involved with. Why do you think they are so good at seeing what the other person has missed? It is exactly for this reason that they are *not* involved in decisions and that they don't have to work as hard. It gives them a better view. It gives them the right distance. They have more time to observe everything and recognise.

A *Supporter* cannot just help one person, but many. The important thing to remember is that it is ideal for them to focus on *one person only* at a time. They can't focus on a group.

We already heard that *Supporters* might think they are overlooked, that the world does not see what they have to offer. But the moment they stop being desperate and invite themselves, the moment they learn to wait and relax, everyone else will feel it in their frequency. That's when others will recognise that a *Supporter* has something special to offer. They will just know. Human auras transmit so much information without talking, we have no idea. As long as the *Supporter's* spirit is anxious, people will ignore them.

So many *Supporters* think they are *Workers*, but they don't have the same energy, which is the reason why many *Supporters* crawl home half dead from work. It's killing them.

They can't do the same work. They have so much less energy available. They are not here to work as hard and as long as the *Worker*, but to watch them.

The most important thing to prevent any long-term health issues and exhaustion is to learn to manage their limited energy. It's extremely hard for them to know when enough is enough. They don't really have a reliable mechanism inside them that tells them.

The moment they step inside the aura of a *Worker*, they start feeling all this energy, but it's not theirs. That's the moment they keep going and going, although their batteries are long empty. It helps if they get away from other people for a moment to check how tired they really are.

Many parents see in their children what they wanted for themselves. How easy it is to manipulate these little *Supporters*.

These children have the dilemma of being told so many things, and having pointed out so many opportunities that ultimately there is no possibility left for them to fulfil their potential. So often they are trained in careers that are not for them, and whatever they might be able to accomplish, they most likely will always be bitter.

If you are a parent, it's important for you to understand that you can't *tell* your *Supporter* child anything. All you can ever do is offer an invitation and don't be upset when they decline. It's important for them to make their own decision on which invitation to accept and which not, so you don't turn them into conditioned young beings fearful if daddy might not love them when they don't do what he wants.

Supporters are really good at mastering systems. They are here to understand things, how they work, and how other people tick. But without an invitation, they can never enter into the mastery of a system that is correct for them.

They can't thrust themselves onto anybody.

They can't demand it or ask for it.

They have to learn to wait to be recognised and that's when that sweet feeling of success will come to them.

The beauty of the *Supporter* is that they give themselves totally to the other. It's so special. Yet, they have to see it's not special at all if they impose that, because that's the moment they get rejected.

Initiators aren't really interested in who they are. *Workers* are here to know themselves, and the *Supporter* is here to know the other.

Workers and *Supporters* are the ones in the world meant to be with each other. But until they both learn to respect their strategy, they won't get along. Yet, the moment they manage to do it can be so beautiful.

There is an aspect in the "not-self world" that is deeply misunderstood when dealing with *Supporters*. The majority of the world – actually 90 percent – don't have to wait for an invitation to engage with other people. To be a *Supporter* means you are a person that is naturally passive in any form of interaction. It's usually up to the other *types* to initiate contact and be the driving force in the relationship.

If a *Supporter* is living the not-self by not waiting for the invitation, it gets punished by being rejected or simply disliked.

Yet, if a *Supporter* waits without getting impatient for the other to come when it wants anything, something funny can happen: the other person (assuming their not-self is in control) can get rather paranoid why the *Supporter* never wants anything, why it's always *them* making contact, staying in touch, and asking for something (and not the *Supporter*).

We really must learn that these *types* are different. If you are a *Worker*, don't assume that a *Supporter* ticks like you. The same goes for any other *type*. A *Worker* will only be in touch when there is a situation that calls for it, and a *Supporter* will only make contact with you when you want something from them. They are not necessarily quiet because they don't like you or you offended them, but because it's their nature.

The Drifter

Strategy: Wait for a lunar cycle

A theme of disappointment or surprise

– Surrender to your own existence –

Only one percent of people in the world are *Drifters*. Still, in a world of over seven billion it's a considerable number.

Every other *type* has something in their being that clearly defines them, that is very fixed. What happens is that they deal with life and experience life relative to this very defined characteristic. The *Drifter* is totally different. They have nothing in their design that is fixed. They are like an empty vessel. They are like Buddha, where there is no self. They become the life-force that is always in movement and around them. A "healthy" *Drifter* is not here to change the world, but to be changed by it. That's not to say he or she can't make a contribution, but they are not supposed to have such a heavy agenda. *Drifters* are not here in life to define themselves, to identify with anything, but rather experience and sample life deeply by becoming it. But this means also accepting that life never stands still. Life itself has no identity, it moves through all its possibilities over time. The awake *Drifter* is the testament that there is no individual self, only a hint of a *personality* of the *watcher*.

The *Drifter* can never know who it will be tomorrow and how it will deal with life and its challenges. Every day will bring a new surprise and the surprise is their own being and the experiences they will go through.

Seventy percent of the world is on a mission to know themselves. The *Drifter* can't afford to get caught up in such a thing. There is nothing to find. Everything in their being is always in constant movement. The closest in comparison to what the other *types* have is their movement of the Moon. They possess qualities that repeat every 28 days, and they experience and deal with life relative to this movement. It's the Moon that provides them at certain times of the month with the energy to process situations, deal with them and deal with others, and most importantly to decide. They need to be patient and understand that these energies are only available for them at certain times of the month and not for very long.

They have a limited supply of energy and are sensitive beings. It's easy for them to overstretch themselves or identify with a *Worker*, who can get so much more done in less time. It is a problem for the *Drifter* to know when enough is enough when they are around other people, and not uncommon to run into health issues because of it.

All other *types* have a path through life that is defined by the fixedness in their design, by their nature. The *Drifter* is on a pathless path through life. They morph from one being into another all their life, which they experience relative to the movement of the Moon.

Drifters are so open to the environment. Everywhere they go they take a sample of it. They collect experiences. They really know a lot about their environment. Seeking truth is not a matter of conceptualising for them, but going through real experiences that don't have to serve a purpose for themselves. Yet, because they are so open to the outside, it's very hard for them to make any decisions that are healthy for them. The only way they can ever make a correct decision is by waiting for a full cycle of the Moon. Only by waiting for a full cycle of the Moon are they able to find out what's right for them. They typically have had a life full of disappointments because of this. Usually, they have never been allowed to wait long enough to make a correct decision.

The real gift of the awake *Drifter* emerges out of its unique capacity to be an empty vessel who experiences life. Every other *type* judges life relative to their own fixed design. They can never see life and what's happening around them free of their own agenda. Only the awake *Drifter* has the potential to communicate to others what it sees free of any agenda. They are the perfect news reporter. They have a view that is free of any distortion or bias. They allow us to see things for what they are, free of judgment. From Quantum mechanics, we know that the observer always influences the outcome of the experiment. The awake *Drifter* is the only *type* that doesn't do that, because there isn't anyone fixed present. There is nobody there to interfere with what it sees.

Sadly, most *Drifters* are so heavily conditioned from birth on that they lost all hope to live out this amazing potential. They are extremely open for manipulation and all kinds of fears. And out of that they create a not-self persona that robs them of their potential. We have to recognise how different they are from the rest of us. We can't make the same demands on them. We can't pressure them. We have to let them know that's it's okay not knowing who they are. That's it's okay drifting through life without

any form or clear identity or safety or guarantees. Life won't let them down. It's clear that their job is *not* to have an opinion, not to judge, but share with the rest of us this pure view of their life experience and the environment they sample. What they see can never be the point for themselves, because when that happens it has lost all its value.

Drifters are always driven by the quest about where the correct place is for them to be. They always wonder where to find love and the right person for them. It's so important for a *Drifter* to be comfortable in their environment because this is what they will sample, and it will determine their own nature. They are deeply connected to the community around them and it will have a big influence on them. Unless they learn to wait for a lunar cycle (28 days) with any decision, they will always be in the wrong place, with the wrong people and will find nothing but disappointment. If somebody doesn't give a *Drifter* enough time – at least 28 days – to make a decision, they have no place in their life. This is so important for them in order to navigate correctly through life.

Once they recognise this, instead of one disappointment after another, there is a surprise waiting: the community and environment, the life that is correct for them, a place that allows them to fulfil their gift. The great enemy of the *Drifter* is their mind. It can't be the mind, but only the experience that decides, over the time of a Moon cycle.

You really never know in the moment who they are. There is nobody there in the moment, but if you spend 28 days with them something is going to emerge.

In a world where everybody wants instant gratification, the *Drifter* is usually already lost by the time it reaches adulthood. It's difficult for them to reach this knowledge, and unless they have been fortunate, they might never had the opportunity to enter into things correctly. There is no good or bad design, but there are designs that suffer more, and others less, in the way our world operates. The moment someone starts acting according to who they are, no design is a problem.

Human beings are always worried about missing things. They think nobody is going to wait for them to make up their mind. They think if they don't make a decision right away, the opportunity is lost. They never think anyone would wait for a month. If a *Drifter* doesn't learn to establish its power, if it doesn't learn to let people wait, it won't have any power at all. It's not "waiting" for the *Drifter*. It's "waiting" for the others.

Drifters are more than a moment. They are a cycle. Any truth they want to find, they can only discover by going through it. The mind is a coward. It is always afraid. If a *Drifter* does not learn to stand its ground and demand the time it needs, everything is lost. These people who don't allow that have no place in a *Drifter's* life. If somebody can't wait, that thing they have to offer can't be for them. There is nothing missed. That way a *Drifter* doesn't have to process it for 28 days. It's already clear it's not for them.

If they learn to honour the Moon, they can transcend all the forces that dominate and control their lives. That's how they are going to meet the surprise that is their life.

Making correct decisions

Our human life is the result of a dual consciousness. The *Personality* and the *Design*. Before the *Personality* came into the body (three months before birth) there was already a consciousness present, making decisions and building the body in the mother's womb. In the illusion of our life, we experience the *Personality* and *Design* as one. But it's an illusion. And it's an illusion that our mind makes any decision. Science has already proven that the body acts long *before* the mind thinks it's making any decision.

The important thing to understand is that each consciousness in our being has distinctive roles in life. The consciousness of your *Personality* (the watcher) is only responsible for the mind. In fact, that's the only thing it can control. Mind is a result of the *Personality* in the body, where it received a physical brain (which the *Design* built). But the *Personality* consciousness (you) is not responsible for the body. This is the responsibility of the *Design* consciousness that built the body before you came. It also means that it is the *Design* that is responsible where the body goes in life, how it is going to sustain it, what it wants to eat, who it's going to meet, and so forth. It is responsible for *everything* in life except your mind.

Let your mind do what it's good at: thinking, seeing, analysing and talking. But at the end of the day, when it comes to making decisions, your body will do what needs to be done and not your mind. How your body is making decisions takes place on a chemical level. But if you have a mind that is worrying about life, wanting to do something about it and to control your destiny, it upsets that chemical process in your body and distorts the correct decision making process of the *Design*.

The longer you manage to keep your mind under control, the longer you manage not to interfere in controlling your life and worrying about it, the more the chemistry in your body will begin to change. The result will be a different cognition and different decisions that you begin to make. Given enough time, it will bring a new life that reveals your true life purpose. The more the chemistry in your body changes, the easier it will be for your mind to be correct and stay in its place, its role. This is your only true responsibility as the *Personality*: to work with the mind and keep it in its place. A first breakthrough usually happens after seven years when all the cells of the body have been renewed.

There are many processes that speak through your body, not just the mind. There is the instinct, the life-force itself, the willpower, the identity, and on top of everything, we also have to deal with emotions. These processes actually express a decision that had already been made by the *Design*. Once your body has made a decision, it releases energy accordingly and into certain parts of your body. You then start acting, feeling, speaking and thinking in certain ways. The following chapters will illustrate how various designs express their decision. Our *Personality* will always live in the illusion that it is making a decision, but the following techniques will help you to align your mind to the decisions that your body has already made.

In your Bhan Tugh chart, you can see what your authority in life is, and which of the following chapters apply to your specific design. Some of these processes are very similar, with only a subtle difference. In order to make a healthy decision, you have to stop explaining every decision that you make. It's something to grasp that our basic work, especially later when we talk about correct nutrition and environment, opens up the possibility to see the body not as the problem, but as the solution.

If you treat your body according to its specific differentiation, it means it can become your correct authority. It takes time. So much damage has been done, and although the rewards can be seen right away by using this knowledge, it can take many years to see the full benefit. Every year through your process, you get a new and different insight into this knowledge. Year after year. Because once your body changes, you see things differently with your mind.

The damage that has been done to us adults, who come very late to this knowledge, is enormous. It's a long way back. It doesn't have to be for our children. They are our real hope. We adults do our best, but the children don't have to go back such a long way as we have to, if we begin treating them for what they are, if we respect their unique designs. To make correct decisions is much easier for them than for us. Our sensory capacity is out of whack from years and years of eating the wrong way, from conditioning, from years of obeying the mind, and from years of living the life of somebody else. There are still a lot of things that can be improved right away, but our children, they have a real chance to see their full potential, and they need it in the era that is coming. The best that a child can hope for is to have parents that treat it correctly.

Emotional beings

In your Bhan Tugh chart, you are able to see if you are an emotional being. More than half of the population is emotional. These people need time to process things, or they run the risk of overreacting because their internal emotions amplify everything they take in through their senses. Depending on whether their internal emotions are up or down, they distort their cognition in a positive or negative way. That's why an emotional being needs time to get the full picture and can't afford to make spontaneous decisions. They never have much truth in the moment. Emotions can be like a wild fire. Such people need to look at a decision over a period of time that allows them to go through a range of their emotions in order to get the full picture. If they make a decision in the moment, if they try to be spontaneous, they very likely enter into incorrect things.

We have the false assumption that everything is subject to logic in order to have a right be taken seriously. Approximately half of the population carry a mechanism expressing decisions that the body has made in form of emotions. It's a feeling that shows you the way without the need for any explanation or logical patterns. Logic is based on fear or insecurity (trying to make the future safer). Emotions are based on life-experiences. An emotional person is someone capable of making decisions by trusting his feelings that arise out of going through an experience. But it's not about trying to make sense of the experience and feelings in a logical manner. An emotional person does things out of desire, a need or a passion – or the lack of it.

The problem is that emotions usually have a very powerful effect on the mind. The mind always tries to find a reason *why* one feels terrific or horrible. When the emotional wave is at an extreme, the mind comes to the wrong conclusions and starts acting.

An emotional person shouldn't rush into anything and should always give itself enough time to reach a moment of relative clarity. One can overreact in both ways. By being overenthusiastic when you are on the high end of the emotional wave, and by overreacting with pessimism when on the low end.

Take off the pressure to act, and just wait. There is no formula for how long one has to wait. It's so important for you to learn to wait – especially when you feel more emotional than usual – or you will always put your foot in your mouth by being too quick.

It's the emotional wave that can create the necessary desire to enter into new experiences, into the unknown. It's one of the most human of processes, something no other life form possesses. At the end of the experience, it's not uncommon for you to “crash” and wonder what the point of it all was. It's not always about the fulfilment of expectations. It's about the experience itself so humanity can learn from you. You don't operate logically, otherwise you would never take the risk to enter into these experiences. Emotions truly rule us. It's the strongest force in the body. But emotions also give us enormous depth. Yet, all that depth is lost if you react in the moment.

There is a false pressure in life that always gets emotional beings in trouble. And their problem is the mind. They think waiting is some kind of punishment. Because they are always too quick, they are in trouble over and over again. Then, they might have to go back and change their decision, plans, or things they promised, usually upsetting a lot of people. If you are emotional, you have to understand that time is your ally. The longer you wait and the less spontaneous you are, the better for you. When you are emotionally down you think all is lost, and when you are up you think everything will be perfect. That's why one moment alone has no value for you. Emotional authority is a feeling that only arises over time. It's not intellectual. Emotional authority is not about finding logical truth or an explanation. It's about finding emotional clarity to get into the correct things, but emotional clarity has nothing to do with explaining with the mind why one feels a certain way, which in of itself is the obstacle to ever find clarity.

Decisions through the life-force

Only *Workers* have this special mechanism within them. It's an energy centre that says "yes" or "no" to things. Not in words of course. They will only receive it if they follow their correct strategy of "waiting for opportunities".

If they turn into an *Initiator* and start "creating opportunities", all guidance is lost. If they also happen to be emotional, then they need time to make a decision, to get the full picture.

When life is giving *Workers* an opportunity, they have a way of knowing without thinking if it is the right thing for them or not. What the life-force is telling a *Worker* is whether its body will receive the necessary energy to do what it's about to do or not. The life-force, which is one of the strongest energies in the human body, will express a decision within the *Worker* once an opportunity comes along.

So if a *Worker* is not paying attention to this, they risk running out of energy somewhere through the project and will quit.

You can see how deeply a *Worker* has to surrender to life.

First, they have to wait for the opportunities that life is offering them. Secondly, they then have to pay attention to what life is telling them through their own bodies.

Being a *Worker* is really simple, once you get over your own mind.

Every time a *Worker* makes an incorrect decision and gets involved with the wrong thing, they will run out of energy. It's a warning sign that they have a mind that is in control.

Human beings always try to figure out what they should be doing tomorrow. This is not the life of a *Worker*, somebody connected to the life-force.

They have to be ready to anything tomorrow will bring, and respond moment to moment, which will eventually shape and dictate what their lives are about. All they can do is learn to trust their response when opportunities arise, a response free from the mind.

Seventy percent of the world are *Workers*, and half of them are emotional, which means they are not *Initiators* and not here to be spontaneous.

You can begin to understand why the majority of people is so messed up, why things don't work for them. It's their controlling mind that messes up the frequency in their bodies so it can't make decisions on a chemical level that are correct for them.

Decisions through instinct

Many of us have heard about instinct, but not everybody has it defined in their body's design. It can be deadly to tell someone to follow their instinct if they don't have one.

Those who do have it, live life on the edge and have to trust it in a way that can be difficult to grasp. It's a decision making system and the oldest awareness system we have in our bodies. It originates from the animal world and operates existentially in the now, in the moment.

Because it operates in the moment, it doesn't repeat itself. If you don't pay attention, you've missed it.

You might go down the street and something from within you says: "Go left!" It lasts only a millisecond. If you don't pay attention to it it's gone. You can't say: "What was that? Why should I do it?"

The instinct is something that never has to wait, even if you are emotional (unless there is enough time). But usually if you are in immediate danger, there is no time to lose. The instinct system always tries to protect you. It wants to make sure of your best survival. Anything that is a danger to you, it tries to warn you about. It has many ways to communicate to you. It could be a voice speaking to you briefly. It might be felt like a pull towards or away from something. People can have brief visual flashes of something that is going to hurt or endanger them. These are all warnings about something that is going to happen, or might happen if you don't act.

No animal acts out of reasoning or thinking. They only follow their instinct. They never question their instinct whether is worth following it or not, and it keeps them alive. The moment your mind steps in, you lose the power of the instinct system.

When you meet people who have an instinct system and something happens to them, they always say afterwards:

"I knew it!" They knew it, but they didn't act.

If somebody comes up to you and wants something, your instinct might talk to you in that moment. After that, your mind is very likely to interfere, overriding your first impression. The instinct is always interested to keep you healthy, where else the life-force system of a *Worker* tells you if you apply your energy to the correct thing.

If your instinct is saying "no" to something, it doesn't mean "never". Instinct is a moment to moment thing. What can be dangerous now, might not be an hour later.

The voice of the instinct is a very quiet voice compared to the mind. If you have a mind that is shouting all the time, you might have trouble hearing it. Instinct is a very delicate system.

The mind demands everything else should be paying attention to it because it thinks it knows. The instinct can't do that. The emotional system on the other hand can just overrun the mind. The instinct doesn't have that power.

Decisions through the ego

Someone with this is a person whose decisions are driven by willpower that is expressed through their throat.

Willpower doesn't come from the mind. It comes from the body. Don't confuse physical willpower with what your *mind* wants.

A person with such a design has to pay attention what they say or do spontaneously. They have to pay attention what they are saying to other people rather than listen what they mind is telling them they should say or do.

For them to find truth, it's not about what they want or could say, it's precisely what they *do* say in the moment, if they don't try to control it.

And here lies the problem: the mind is always trying to control it.

They find their essential truth with whatever blurts out in the moment, without thinking, without manipulating. Some people with this way of expressing their decisions can be embarrassed at times about what they blurt out. But it's only their mind getting in the way.

If they surrender to their own voice, it will write the script for their life. Sit back, listen, and let your voice make the decisions.

Decisions through ego-driven identity

This is very rare and only exists in a few people from the *Supporter type*. They have none of the other usual decision making systems or awareness centres, so all they can rely on is their own willpower and identity to accept the right invitation.

The only thing they can trust is the invitation to initiate. They have a strong willpower and identity. And that's the one thing they can rely on in their bodies.

They are a powerful force to have in somebody's life.

Sadly most of them, because of their willpower, make the error to think they are *Initiators*, and lose all their power. Although they have this power to initiate, they always must wait for the right invitation first.

A *Supporter* always must be prepared. When they masters something, the invitation will come. They carry it in their aura.

Decisions through identity that speaks

People with this design have a powerful identity that speaks or expresses itself. Their truth is always expressed through the core of their self.

It means they have to learn to pay attention to what they say or do, without their mind trying to control it.

They have to trust their spontaneous utterances. It's not about what they might say or should say or want to say. They carry a powerful identity that needs to be expressed.

If they listen to that voice, their life will be transformed and they will get what they deserve.

Decisions through the sound board

A few *Supporters* need a “sound board” to make a decision, because they have no other mechanism in their design.

A sound board is something that a piano has so that the strings can be heard louder and better. In terms of making a decision it means you need other people that act as your sounding board.

Now we already know that everything about the strategy of a *Supporter* is about accepting the correct invitations. That’s basically the most important decision they have to make in relationship with other people.

In our case here, if someone comes up to a *Supporter* and offers an invitation, they can’t respond in that moment.

Of course there will be a deep temptation to act spontaneously, but since they have no other system in their body to express a decision, they are very prone to the powers of the mind.

The only way how their inner truth can emerge about what has been offered to them, is by discussing it with others.

It’s important to see that they are not seeking advice. It’s not about what others tell them to do.

Rather they need to hear themselves relative to the other by having a casual conversation. They use the other as a sound board. Every other person presents them with a different dynamic to which they connect to through their aura.

It’s important they don’t go to just one person.

They have to go to several.

This way they get an opportunity to hear themselves talking about it and eventually a certain consistency will begin to emerge. Out of that they can begin to make a decision.

They need to discuss their choices with other people to get a sense what’s correct for them. And only through that can they turn their bitterness into success.

Open energy centres

In your Bhan Tugh chart, there is a part that says “*You don’t have to . . .*” This is what a mind will do whenever it lusts to control your life, when in fact you don’t have to do any of it. It has to do with the open (black) energy centres in your design that have no constant supply of energy and are therefore unreliable.

A mind that wants to control life, that is afraid of the future, doesn’t like something in your design that is unreliable. The logical solution is that it is constantly trying to fix this imaginary problem (which is not possible) and makes you do things that have nothing to do with your nature or your purpose. It’s the kind of thinking that upsets your chemical balance in the body and you begin to meet a lot of resistance in your life and your own well-being begins to suffer as a consequence.

Every centre that’s open frightens the mind. It’s the fear of not being enough this and not being enough that. Not having enough of this and that. Every time we act on this fear is when we get in trouble. Then things get unhealthy, and we upset people around us. It takes attention away from what is real and distorts our decisions about what is required. It turns you away from what you are. The open centres have a powerful influence on the mind, which emerges out of an incorrect motivation that is in transference ([“Transference of the mind”](#)). This is where the not-self begins.

Open head centre

You don't have to answer all these questions

This is our source of mental inspiration and information. It begins with a mental pressure that arises in the form of confusion, mystery or doubt. The thinking happens only later within the mental centre where the actual processing takes place.

People with an open head centre can spend lifetimes resolving this pressure and turning into information junkies. They are full of questions that truly don't matter. They are constantly looking for information and inspiration that has no value for them. They literally can get lost in endless research and all kinds of information on the internet to find answers; they get into situations that are not healthy for them.

They are not here to resolve their mental pressure or doubt. What they feel has nothing to do with them. If they pay close attention, their body doesn't spend too much time doing this. It's not natural for them.

But the mind keeps telling them they don't know enough, they have to answer all these questions, they have to get to the bottom of it all. It doesn't work.

The mental pressure will always be there, but you have to learn not to pay any attention to it when making decisions.

Open mental centre

You don't have to be consistent in solving problems

Somebody with an open mental centre worries too much about its intelligence, and desires to be certain and intellectually consistent by holding onto concepts and trying to carve them into stone.

It begins with their ability to think and try to solve problems that is inconsistent in their design. It keeps changing from one day to the other and occasionally is even totally gone. Because of this, these people try even harder to find some kind of intellectual certainty. They try to be certain about everything when the truth is that these people are not here to be certain about anything.

They can be incredibly troubled by their lack of consistency in solving things mentally. It makes them doubt their intelligence at times. But only because they are not certain or consistent does not mean they are dumb.

Albert Einstein had an open mental centre, which means he had many ways of solving a problem, but never a consistent one, never reliable.

Don't let your mind worry about this.

You are not here to be certain about anything.

It's not a problem.

If you try to fix this, you will get involved in the wrong things.

Open throat centre

You don't have to attract attention

People with an open throat centre are always under great pressure to speak and like to draw attention to themselves in all kinds of ways. They can be the most stressful people on the planet with this deep need to attract attention that puts a lot of unhealthy pressure on their thyroid system. They are always pushing themselves into the limelight.

They can be the one in a group of people who never shuts up, speaks too long, too loud, and too often when they really have nothing to say, not realising that nobody is interested. In fact, people around them could get annoyed when they keep going on and on and on.

Somebody with an open throat is not here to demand the attention from others. But their mind might see this as a deficiency and think they should do more to get noticed.

They have a body that is not really attention-seeking (because it isn't equipped for this task) and quite happy to stay in the background, but the mind can be so powerful that they never notice.

There are many ways a human being is able to attract attention and none are really healthy for them in high doses. They can suffer from serious health problems as a consequence and, worst of all, people will really begin to avoid or resent them.

They have to learn to be really sensitive about when there is the right moment to speak up and act, and most importantly, when to stop. Otherwise, they can upset a lot of people. It's difficult for them to see when it's enough, when they overstep the mark. They can go on forever without noticing when they are on a roll. It does them no service at all.

Other people who don't have an open throat can talk more and longer. They have a better ability to deal with being the focus of attention.

If your throat is open, you can't measure yourself by other people who don't have that. You will never be able to talk as much as them. And you don't have to. It's only the insecurity of your own mind that puts pressure on you to get noticed, when you don't have to.

It's not something you have to be concerned about. The world will be a much better place for you if you are not.

If you have a job where you have to talk a lot or have to give very long speeches, make sure you have breaks, that you don't shout and limit your time of speaking. Otherwise, you will get hoarse or possibly lose your voice altogether.

The same goes, of course, for singers. They have to be careful not to suffer from long-term health issues.

When you speak, take your time, don't be under pressure and relax, or it will be very uncomfortable for yourself and the listener.

Open love and identity centre (G)

You don't have to worry about love

Here we have someone who can become obsessed with finding out who they are, what their direction is, and most of all, who is going to love them.

Their mind always assumes they are lost, whether that means lost in direction or lost in love. There is a great deal of searching in who they think they are. As a result, of course, you can have those who are so concerned about love and whether it can be sustained that they avoid it altogether. Because no matter what they do, they can't seem to hold on to it.

Not to love and not to who they are.

Well, first of all, they are not meant to hold on to any of these things. The identity and love they experience is inconsistent, even the love they feel for themselves.

To make up for this, many times they end up clinging to the wrong people and holding onto love at all cost.

This centre, which is also called the *G*, is open in their design. It is the centre of love and identity. Because it is open means they can't have constant access to it and it's not reliable. To experience it they need other people or transit of planets to activate it. Most people, of course, don't know that and think something is wrong with them.

The first thing they have to learn is that love and who they are will never be constant in their life.

Love will always come and go.

And once it goes, it will come again.

Maybe through the same person they are with or through somebody else. It's not the end.

If they don't understand this, the mind will tell them to do things that will make a fool out of them, which only gets them into more trouble.

Now when it comes to the identity, they have to understand that who they are is totally dependent on their environment and the people who they are with. That's why it's so important to be in the right place for them. And that right place? They can only find my making correct decisions, which can never come out of a worried mind.

Compared with them, someone with a *defined* G has one consistent identity throughout their lives. Other people and environments have no impact on who they are.

But if you have an open G, it means you can be many things. You can experience so many different identities.

These people can be someone totally different every day, depending on which crowds or circle of friends they are with. They can have a few different circles of friends at the same time. The funny thing is that once circle of friends might not get on with the other.

They are like a chameleon.

If you look at pictures of people with an open G, when they are with different people they look totally different, depending on the people they are with and places they are at. As a consequence, if they are with the wrong people or are in the wrong place they suffer terribly.

That's why it is so important for people with an open G to pay attention to where they live and work, to what restaurant they go to eat, and where they shop. Because all these places define them. You don't want to become something that is unhealthy for you.

If they don't stop letting their minds control who they meet and where they go, they pay a price with their wellbeing.

People with an open G are always a bit suspicious towards someone with a defined G. There is always this unconscious fear of losing the source of love again.

They really have to understand that it doesn't help to cling to love, or even worse let your actions be driven because of that fear.

Love comes, and goes.

They can't be in control of this.

That's the deal for people like this.

Once they accept this, their relationships with the world will be a lot healthier. Their own conditioned mind will always tell them that people don't love them. That's why we can't trust our minds to make decisions. It says all these crazy things depending on which centres are open in our design.

Open willpower centre

You don't have to prove anything

Sixty-five percent of the population have an open willpower centre and all of them are under enormous pressure to prove themselves. They all, out of self-doubt, have an agenda to prove to the world their worth.

They are constantly trying to improve and glorify themselves. They love to spend money, make promises they can't keep, and set themselves goals that are unhealthy and unrealistic.

It's normal for them to feel undervalued and not appreciated.

And you know what?

They have to do none of these things!

It gets them into nothing but trouble.

It's only their own mind that is undervaluing them.

None of these people are here to prove a thing. And yet, they are all going totally mad to find some sort of recognition. Sixty-five percent of the world! Just look around you! It's a madhouse! They all are doing things that make them sick and are getting them in unhealthy situations.

If they want to be successful in relationships and with their life, they have to stop doing this nonsense. They shouldn't be listening to their mind that tells them they are unworthy, that makes them do all these silly things to prove something to others and increase their self-esteem.

They have to stop making promises and explaining themselves too much, out of the mistaken thought that the other does not see their value. It makes them look way too desperate and insecure.

It actually has the opposite effect from what they think. The more they try to prove something to the other, the less they achieve. They are always over-concerned about the way they dress, about their appearances, about the impression they make on others, and as long as they are, they will only look weird and strange. All these things are really not for them.

There is no reason why they shouldn't be perfectly comfortable with themselves. They don't need to look for approval and recognition. And it all ends when they stop letting their mind run the show.

If they don't jump blindly at any opportunity that offers them recognition or approval, they would be a lot better off and their relationship with the world much smoother.

Another unhealthy thing for them is if they get too concerned about making money. They can earn and make money, but it shouldn't turn into their primary driving force.

They are not here to say "I can do it!"

Let the people who have the willpower centre defined do all of that. They can deal with it in a healthy way.

Open emotional centre

Don't avoid truth and confrontation

These people can suffer a lot from all these unpleasant emotions they always have to deal with, without realising they are not their own. As a reaction they begin from an early age on to avoid truth and confrontation. What happens usually is that many times when they tell the truth and get into confrontations, they get overwhelmed by emotions. It's such an unpleasant thing for them that they decide to avoid all of that in the future altogether. Little do they know that none of the emotions they felt were their own. They only felt the emotions of the other person they were speaking with.

Imagine a "not-self" child with an open emotional centre coming home from school and telling the emotional dad something unpleasant. It's the emotions from the father that completely upset the child's mind. So next time the child comes home, it won't say a word. After a few, or maybe years, of these experiences, these people either don't try to rock the boat anymore, or turn out to be the greatest liars, avoiding emotions that could make them uncomfortable. They lie to themselves and others about their secret lives. They spend their whole lives being terrified that their mother or father is going to freak out. These children have this "open emotional centre smile" that says: "I don't want to create any trouble and want no problems." They will always seek the high end of the emotional wave (from others) and avoid the low. At all cost. And that's how their decisions become something that aren't right for them. The mind will always tell them to avoid situations that may result in unpleasant emotions.

When someone with an open emotional centre meets an emotional person, a light comes on at their dashboard that says: "This person is unstable! Be careful!"

Someone with an open emotional centre is always at the mercy of the emotions from people in their environment. Whereas an emotionally defined person is more stable, since they only have to deal with their own emotions.

Because of their emotional conditioning, open emotional people can't see anymore what's correct for them and they end up with a life that's not theirs. They have to understand that the emotions they feel are not their own. It's not their problem. They don't have to start looking for reasons *why* they feel this way or the other. Because people like them always try to figure out the reason why they feel so emotional.

They have to stop reacting with their mind to their emotions, because what they feel isn't theirs. Sometimes just walking out of the aura of another person, creating a distance, can make these emotions go away.

If a person also has emotional cognition (["Sense 5: Auric Feeling"](#)) it means their body pays a lot of attention to the emotional aspects in their environment. They experience the world through emotions and are very sensitive.

Open life-force centre

Don't work as much as others

That centre is a big source of energy. All *Workers* have it defined and available. If yours is open it means you are not a *Worker* and therefore you don't have a constant supply of energy, but worst of all, no sense of when enough is enough. This is especially the case if you are with other people. What you usually feel is their energy and you think you can go on and on, until you collapse of exhaustion one day.

Seventy percent of the world has a defined life-force centre. They are almost everywhere you go, always in your aura. If you have an open life-force centre and you are near them, they will crank you up. Chances are, when you spend enough time with them, eventually you will suffer from burn-out and exhaustion.

You really need to pay attention to when enough is enough. You should not go to sleep exhausted. You have to learn to manage the energy you have and need a regular bed time. There can be times when more energy is available, but it will never be constant and never be the same as a *Worker*. There is a danger that your mind will bring you into situations that are unhealthy for you.

Have breaks from other people and walk out of their aura to check whether you are already tired.

Open instinct centre

Don't worry about not feeling safe

The instinct centre is always concerned about survival and well-being. That's why someone with an open instinct centre never really feels safe in the world, because they don't have a reliable mechanism that protects their well-being. They feel naturally insecure, and are always concerned about their survival. Physically as well as materially.

So the first thing you notice over and over with someone having an open instinct centre is that they surround themselves with the wrong people in order to feel safe and secure; to hide their insecurity. They need others to give them a sense of well-being, and that can turn into sick behaviour.

They can have a tendency to hold onto unhealthy relationships, concepts, belief-systems, situations and all sorts of things just for the sake of finding some kind of false security.

It's also not uncommon for them to have partners that have a defined instinct centre in their design, so when they are together with them they feel wonderfully secure. It's of course a joke, because they really aren't. What they feel is how wonderfully secure their partner feels and nothing else.

It's obvious that this can lead to all kinds of incorrect relationships. The real concern is when someone has a false sense of security. They usually let their guard down, and that can get them in real danger.

Don't confuse insecurity with self-doubt. The fear of not feeling safe is insecurity and comes from the open instinct centre. Self-doubt is out of an open willpower centre and means you undervalue yourself. It's very different.

An open instinct centre only says to you to be careful in life and don't take unnecessary risks, because you don't have a reliable built in warning-system for danger. The problem is the mind takes this information and wants to fix it, but it can't. Everything it tries to fix out of insecurity gets you into more trouble and will do nothing to improve your life or make it safer. It also doesn't help to react with overconfidence. If you have an open instinct centre, you are not here to take the same risks as other people who have this defined. You are here to be cautious in life. Accept it.

The instinct centre is connected to the immune system in the body and people who have this undefined have to look much better after their bodies from an early age than others. Their protection isn't always as strong. Ironically, they might end up living longer than others, because they learn to be careful with their bodies and take less risks.

Spontaneity can be the killer for people with an open centre. It's not for them. And the mind will always tell them to hold onto things that aren't good for them to feel secure. Be aware. You are not here to feel secure. You are here to be careful, but not frightened.

A helpless newborn baby with an open instinct centre can feel threatened when left alone. It's usually conditioned from the get-go that it needs others to feel good and have a sense of security.

Open physical pressure centre

You don't have to be in a hurry

This is one of the two pressure centres in our body. We have the head centre for mental pressure and here we are dealing with physical pressure, the adrenaline.

Someone with an open pressure centre is always in a hurry to get things done.

What they don't know is that the pressure they feel in their centre is not their own. Yet, their mind tries to fix this and wants the pressure to go away. As a result, it makes them do things quicker and in a hurry, or whatever it thinks can make the pressure go away.

This can lead to a lot of unhealthy stress and could become a real long-term health issue, apart from the fact that things don't really work for them like this. Their bodies are not build to work well under pressure and the quality of their work and relationships begin to suffer if they let the false pressure get to them.

These people are not here to be in a hurry. I'm not saying they have to always work slowly, but they have to ignore the pressure that their own mind is creating and work at a pace that is comfortable for the body.

Your role in life and your gifts

What people see in you

We all have our place. If the mind would step back for a moment, you would have a chance to see what you are good at and where your life needs to go.

First, you would see why people come to you, what they see in you, and what they want from you. Because what they see in you is your genetic role. And then one thing will lead naturally to another. You just go along wherever the journey is going to and what feels right. Life will tell you. And life will teach you everything you need to know to fulfil that role.

You don't need your mind for any of that, because your purpose will just unfold, your life will flow.

But for that it must surrender.

It's a mystical journey, a kind of dance, to discover it.

If you stop letting your mind run your life and stop listening to other people, who have no idea what's good for you, eventually you will get to see your purpose.

Nobody knows what your genetic role in this life is. It's coded in your body. Your mind can't see this. Your mind has no conscious connection to the body. Other people also don't really know why they come to you, because it's their bodies that see your design and not their minds. So don't waste your time asking them what your role is.

Many would like to know what their individual purpose is; many would like to see their future. But this is not what living your life is about. While with the help of Bhan Tugh we can give you a broad outline of your role in life, there is no way of telling what exactly that will be in your case.

Because if we could, we would again put your mind in control. You can't give your mind that kind of information – or it wants to do something with it again.

With Bhan Tugh, we educate your mind that all these things it worries about have been already decided; that everything has been taken care of, and the only thing for it to do is get out of the way and watch it all.

Bhan Tugh shows your mind that everybody has certain magical ways and powers, and they all serve their very specific purpose they must live out in the world. We all have been assigned certain tasks. If you live in the illusion that you can do whatever tickles your mind's fancy, it just won't work. Life won't let you. You will fail over and over until you give up. The sad thing is some people never give up. They just accept at one point that this misery they go through must be how life is. But it isn't.

What's even more important than knowing who you are is what you are not. This is the most incredible piece of advice that anyone can get. The moment you stop doing what you are not, and realise your mind doesn't have to do anything, is when your body and life will take over and you get to see who you really are and what you are here for in this life.

The six primary and secondary roles

Every human being has a combination of two roles. A role is a general description of a life purpose and we have six basic different roles that come in numbers from 1 to 6.

This six numbers are something that is truly remarkable once you understand their meaning. They show up in so many aspects of your design.

We are all endowed with two different roles. The first number is the primary (conscious) role of the *Personality*, and the number after the slash is the secondary (unconscious) role of the *Design*.

A primary role is something that your mind is aware of and tries to work with. You could say it's your way of thinking and seeing yourself.

The secondary role is something that your body is doing and you can't seem to control. It just happens. It's not something your *Personality* would identify itself with, but it is an equally important part of who you are.

Altogether, we get 12 role combinations that are possible for a person. For example, *1/3* means that the *1* is primary (conscious), controlled by your mind and *Personality*. The *3* (unconscious) comes from your body's *Design*. Both make up the being that is you, which emerges out of the two individual parts brought together.

Personal Destiny:

- 1/3 Investigator/Discoverer (14.6% of population)
- 1/4 Investigator/Opportunist (2%)
- 2/4 Natural/Opportunist (14.6%)
- 2/5 Natural/Saviour (2%)
- 3/5 Discoverer/Saviour (14.6%)
- 3/6 Discoverer/Perfectionist (2%)
- 4/6 Opportunist/Perfectionist (14.6%)

Fixed Destiny:

- 4/1 Opportunist/Investigator (2%)

Impersonal Destiny:

- 5/1 Saviour/Investigator (14.6%)
- 5/2 Saviour/Natural (2%)
- 6/2 Perfectionist/Natural (14.6%)
- 6/3 Perfectionist/Discoverer (2%)

We can divide the 12 roles into seven roles that have personal destiny, four roles with impersonal destiny, and one with a foot in both.

The first seven (the majority) have no karma with anyone else. They get their personal destiny independent of somebody else. They are here to be primarily concerned about themselves. That doesn't mean there are no other people in their lives, but this is a result of discovering things for themselves.

Their unconscious side gives them access to other people, but it's not a result of their thinking process. The body keeps just bringing other people into their life.

If you look at the four roles with impersonal destiny, you see that their *Personality* and mind are very much aware about the other. It can deal with the other. They have a duty towards the other and are here to consciously change the other. Therefore, they are influential and have social skills that the first seven roles don't really possess.

Finally, we have one role that has what I call fixed fate. It sits in between the personal and impersonal destinies. It has one foot in what concerns itself, and another where it must deal with the other.

Right here, in the beginning you can already see how people in this world are divided into what they can become. It's really not up to you if you have an influential *Personality* with social skills or not. The differences will be even clearer when we head to the 12 roles in detail.

The primary role is something that your mind, your thinking is familiar with. It is the way you see yourself. It's your *Personality*. It's the way you express yourself when you talk to others. It's a trait that you can recognise easily in yourself.

Because you identify yourself with this role, it has more weight than the secondary role, which is something that your body is in control. The secondary role is something that your mind seems to have no control over. It can be things that come out of you that you have no explanation for. Unexpected or unintended things that you do that surprise you. Or an effect that you have on people that you can't explain. It originates from the depths of your body's *Design*. Your *Personality* has no other choice but to go along with it.

It can be hard for the *Personality*, your mind, to accept what the body gives you. No matter if you have control over it or not, the secondary role, your body's *Design*, is always part of you.

Before we get into what your role in life is, I want you to understand that there is nothing to *do* with this information. It's about recognition and acceptance. I said it before, but I must repeat it over and over because I see it all the time with students of this

knowledge. It's such a common mistake.

All that we see here is what your body and life do, the moment you stand back with your mind.

Bhan Tugh will show you in a crude way who you are, and what other people see in you when they meet you. It's all for your mind so it can learn to accept it; so that it can be a good passenger and leave the body alone when it does all that what must be done. But there is nothing with it to do for the mind. It can only to understand.

So the most important realisation you should have by now is that Bhan Tugh cannot fix the problem that your life isn't going where *you* want it to go. Nothing in the world can, but it can show you what's waiting for you and where you can actually succeed. But you only get there if you let your *Design consciousness* be the driver and not your mind.

The six roles

Every number represents a specific role in the world and refers to a broader purpose or trajectory in life. It's like the different departments in a big company. You have research, testing, marketing, the visionaries, and so forth. This number can tell you what other people see in you and can explain the mechanism how life brings them into your life.

All of us have two of these roles. A primary and a secondary one. Your actual role emerges out their dynamic.

Roles 1–3 are focused and absorbed in their own process. They are self-absorbed. They are less aware of other people than the impersonal roles and don't have the same communication skills like roles 4–5.

Roles 4–5 are looking towards the other person. They are here to externalise and work with the other. They are completely aware what role 1–3 have built so far and try to get it out to people.

Role 6 is rather special and not really part of what 1–5 try to achieve together in the world either. It's not hands-on involved in the work that 1–5 divide up between them. It's a bit of an outsider, but has an excellent perspective of what's going on. What's so different from all the other roles is that it has a life in three parts. In the third part, the 6 must show us by example how we, the nine-centred beings, are supposed to live in the world that's coming.

Role 1: The Investigator

This role is like the foundation of a house. Someone with a *I* is here to investigate and study. They are here to eventually know how things work. The drive of such a person is always insecurity and fear that it doesn't know enough, which can lead to a place of security after deep study. They are like sponges sucking up information. Once they know how things work, they can become excellent teachers.

They are self-absorbed and need time alone, but at the same time they love to be part of a group in order to have access to information or share it with others. They are the ones who barely get noticed in a room full of people and the main reason why they make a connection with others is to find more information for their own process. They do love to find out how things work on their own.

Their communication skills are basic and therefore their bonding strategy is kind of “whacking you over the head and dragging you to their cave.” I don't want to insult them, but that's what works for them.

“There it is, and that's what I want!”

It's the oldest bonding system we have. The caveman method. In a nutshell, they walk up to you and try to knock you out with something.

The *Investigator* likes to look inward and needs to be able to figure out for itself what it needs to know. They don't necessarily like to learn from someone else unless it's the only possibility.

The way schools are run is, of course, not ideal for them, because they prefer teaching themselves and looking at things themselves. A *I* has the potential to change its life rather than having it changed.

The *I* is the bedrock of the thousands and thousands of skills we see in the world today. If you are someone who knows how things work, you are in high demand in our world.

The reason for this is that since 1960, the theme of the world is a *I*. It means since 1960 everybody with a role 1 in their design felt like this is their time. The world was waiting for them. Look at all these specialists who build computers, aeroplanes, mobile phones, and web pages. The skills in today's world are endless. We never had so many skills as after 1960.

In 2027, the theme of the world will switch to a *6*. By then, everyone with a role 6 in their design will feel that *their* time has come.

It will no longer be a time of many skills. The *I* will lose its elevated importance compared to today. Of course, we will always need all of the roles, but approximately every 66 years we have a shift in roles that play a major part in the world.

Role 2: *The Natural*

These people are no longer concerned about how things work like role 1. They just seem to do. Everybody who meets a role 2 person thinks they are incredibly talented. People with a 2 don't know why they can do what they do, but they seem to do it rather well, because people come constantly knocking on their door, asking them for help.

The 2, who I call the *Natural*, doesn't know it carries this projection field. It doesn't know that the moment people meet this field, they think it is a genius. The joke is, they might not even be one, but people still think so. It's only a projection field, it's not necessarily the truth. That projection field of a *Natural* is bringing a lot of people into its life.

The crux is that every 2 is also an inherent hermit. It happens because they are so selective that in the end they are rather alone. They love to be alone. Sometimes you think you never find that thing that interests them. But they are looking. They are looking for that thing that is different, that is special to them. That's what they do when they hide. They are looking for that thing that calls them out.

So when all these people come constantly knocking on their door, the 2 keeps telling them to go away. The *Natural* doesn't understand what they want. Because the 2 doesn't know why it does what it does, such a person can be uncomfortable. There is no mental security for them that can understand logically *why* they are a genius.

They have to see that they are a projection force, and it's not like people really see them for what they are. That's not how this works. It's people projecting on them that they are good with this and good with that. And it can get annoying for a *Natural*, because eventually it will think: "Does anybody really see me who I am?"

The *Natural* has to understand it's not the peoples' fault. This is how the mechanics of our designs work. They have a powerful mechanism that keeps bringing people into their lives. People all keep telling the 2 what it should do with this talent.

But rather than getting annoyed, it has to learn to see who the right people are to get involved with and who are not. It is just a mechanism, but not everyone is for them.

The *Natural* is a hermit and it needs time alone. If it is with the right people, they will give it the space and privacy needed.

You won't find many 2s on Facebook or in the telephone book, especially when they have it as part of their *Personality*, when it's their primary role. They are not comfortable to be out there. It brings too many people who disturb them.

They also usually don't vote. *Naturals* are so selective it's rare that a candidate can get through to them to make them come out and go. They are not against democracy or voting, but they say there is nobody to vote for. They don't get involved in anything until they find something that they think is special. But once they do, they almost go on a crusade for it.

The *Natural* is a true force of announcement. They are always watching the horizon and they can be in touch with things that others are not.

They are our radar for the future.

They can stay for thirty years in their cave, but when they come out, everyone wants to know what they have found.

They can see things before anyone else sees them.

Every 2 is incredibly selective. You have to understand they are here to wait for the right thing. They keep looking and looking until they find it.

They are not anti-social. They are not like the 1, the *Investigator*. They just keep sending people away, because they stop them from looking. They're a distraction.

They are only hermits temporarily.

But once they get the call, once they find something worthwhile, boy are they out there and social! Then, they are on a mission to tell everyone.

Role 3: The Discoverer

The first three roles are self-absorbed in their own process. They are not really concerned about other people and don't have the same communication skills like the upper three roles (4 to 6), because their primary task is not about influencing the other, but doing something themselves.

The 3 is the last role in the self-absorbed process and already gets a bit of taste about what it means to meet the outside. They always bump into all kinds of things and people. They can't help it. They can't control who or what it is.

The *Discoverer* is a role of trial and error. Out of this they make many new discoveries. And if something doesn't work, you can bet they will find that out, too. They don't go looking for these things. They just bump into them. Discoveries and mistakes find *them*. People with a role 3 are here to make mistakes. It's their job. They have to find what doesn't work and to tell us about it. Yet, they can be given a very hard time from young age on for all the mistakes they make. Many people think something is wrong with 3s, that they are always unlucky or careless or whatever; like it is their fault. People can really give them a hard time. It is something they eventually come to believe themselves. It's because of people treating them in this way, when the truth is that they are very valuable and show us what needs to be improved. They discover things by mistake, they find out new things by accident. Everything they do in life happens through trial and error. They can't know anything without trying it. That's their process. They can't go looking for things or people. They literally bump into everything by accident.

Discoverers always get punished if something doesn't work and it isn't right. They are kind of martyrs in our society. They are not unlucky or stupid. They just suffer for the greater good and show us what doesn't work and what does.

They are excellent at tearing something down that doesn't work. They can be brutal. Not just with objects, but also with people.

If a relationship doesn't work, they break the bond and walk away from it. Just like that.

They usually don't stay with the same person too long unless it works for them.

A *Discoverer* can never take anything for granted. They are always looking for the flaw, for the glitch. If it exists, they are the ones who will find it. They have a real talent for it. They are very resilient and they don't give up easily.

Because they have a theme of "making and breaking bonds", they get the same kick out of meeting people as out of never having to see them again. If someone disappears out of their lives – whether by choice or not – it's always stimulating. They deal with this easier than other roles. It brings something new, a new possibility, a possibility for mutation.

That's why they never stay with things too long, it doesn't stimulate them. But it's possible they come back again later to it, with a new perspective.

Role 4: The Opportunist

This is the first of the upper three roles we have and they all have influence on other people. Their life purpose is centred around others and therefore they have excellent communications skills. The role 4, the *Opportunist*, can only influence someone they already know. That's why friendship is so important for them. They first have to get to know people, before they tell or give them whatever it is they want to transmit.

They are the ones always collecting phone numbers and email addresses from people they meet. They are the ones looking you up on Facebook, sending requests for friendship and staying in touch on a regular basis. Just enough to keep the connection alive.

It's extremely important for them to build a network of friends. In order to maintain this network, they have to be social with their friends and acquaintances all the time, so when the right time comes, they can influence them with whatever it is they want to get out.

An *Opportunist* always invests in other people through friendship (and the time and effort this brings) in the hope it will bring some return. This might be a conscious or unconscious effort, depending on whether the 4 is the primary or secondary role.

The important thing for them to learn is how to befriend the right people. They can't afford to get involved with the wrong people who bring nothing in return, because it takes a lot of energy for them to maintain all these friendships. The 4 might suffer from burn-out by having to do this all the time.

Opportunists are the ones who will always be in touch every once in a while to keep open the connection. But they have to learn that the mind cannot tell them who the right people are to befriend, the ones who will bring real opportunities. They have to learn how to make correct decisions first in order to fulfil their potential.

For any 4, it's important never to leave a job until they have another one and never to leave their lover before they have another lover. If they do, they have a hard time finding a new one.

Role 5: *The Saviour*

A person with this role has the magic power to impact almost anyone. It is so fascinating to watch. They are able to go up to any person (even a total stranger), and that person will always pay attention to what they have to say without getting offended. There seems to be no resistance field from the other whatsoever when they walk up to them.

They are the great seducers. Their aura carries a powerful projection field. With this they have the gift of universalisation and can make things and new concepts accessible to a larger audience.

Because everybody who meets a 5 thinks: “There is my solution!” They think that the 5 has something that will save them. People think they can solve whatever problem they might have. That’s why the role 5 is called the *Saviour*.

It is what people see in them the moment they meet them. But it has absolutely nothing to do with whether they have what it takes to do that or not. People have a problem or need for something and the moment the 5 comes, they think: there is the answer.

People have a tendency to hang onto their every word when they meet a *Saviour* and that’s why some of them can turn into the great bullshitters. It’s so easy for them. There is always the temptation. It’s like people don’t even question them. But the honeymoon won’t always last.

No role is better than another. They all have their pluses and minuses. So what is the catch with this one? There must be something or we all would want to be a 5? It sounds too good to be true.

While people are initially receptive to a *Saviour*, it will be severely punished *later* if what people were hoping for and expected – for whatever reason – doesn’t work or is not practical.

Saviours will be punished so much harder than anybody else. It almost seems unfair. It doesn’t matter whose fault it was.

If they get involved with something, they better make sure it works, because if it doesn’t, they literally get burned at the stake.

Everybody will know about it.

It’s not uncommon for the *Saviour* to leave town or a place once its reputation is ruined forever with no hope in fixing it.

The only protection from this is by getting involved with the right thing and people. Again, to do this they need to operate correctly according to Bhan Tugh.

If they don’t learn to make decisions correctly, they will always pay the price, and that means their reputation will be ruined. Their mind will always be flattered by the initial attention they get, but they have to learn to say no. They have to learn to only make an appearance when they have something to offer of practical value.

For the reason that the *Saviour’s* reputation can be deeply damaged by being incorrect and receiving more punishment than any other role, they can become rather paranoid – always looking over their shoulder, not knowing what they are looking for. They really have to learn to offer practical advice that works. Once the job is done, it’s important for them to leave.

It’s not good for them to hang around too long with the same people. There is a rather interesting phenomenon with the *Saviour*: its power grows by disappearing and not being available all the time. The less the *Saviour* is available, the more people want it.

Everything about the *Saviour* is about making people do something. People are extremely open to their advice.

Saviours are here to bring change.

What they say is always seductive at first.

If what they make people do doesn’t work, or doesn’t fulfil whatever the expectation was, they are in trouble.

A 6 is also extremely influential, maybe even more so, but they are not really interested in the other and have no power or agenda to tell other people what to do. A 6 has a trustworthy aura. People come every once in a while and ask them if what the 5 is offering is true.

It can do something rather marvellous for a *Saviour*: it is the only one who can fix their ruined reputations. They are

“reputation fixers”. *Saviours* usually have a 6 in their life. They are good for each other.

Role 6: *The Perfectionist*

This role is quite different from the other roles, which among them divvy up what needs to be done in the world. They are like departments in a big company with everything from manufacturing to testing to marketing to leadership. They are all part of one process.

The 6 is not really involved in all of this. It's at the end of a process, looking at and living what has been achieved, the perfection of it, and eventually (with the 6/3 role only) looking for the next thing. Because after the 6, it all begins again with the 1. It's like a wheel. It never stops.

It has a great potential to become objective, which usually happens in the second part of its life when it takes the role of an aloof observer for 20 years. Here we come to the thing that is unique to any *Perfectionist*: all of them have a life in three parts.

The first part, usually up to the age of 30, can be chaotic. It's a phase of trial and error. In fact, they live the life of a role 3 person, but don't have the equipment to deal with it. Every 6 is for the first 30 years of their lives a 3. This experience throws them into the deep-end of life for them to get a good taste of it and gives them a subjective view of everything. It turns their inherent optimism into deep pessimism.

Nothing seems to work and at the age of around 30 they are allowed to disengage from life and climb up onto an imaginary roof to lick their wounds. By then, they've learned one big lesson: that things really don't work in the world. If the 6 is part of secondary (unconscious role), the three parts and their different themes are felt less strongly.

When they reach this second part of life – something that lasts from around 30 to the age of 50 – they go up on this imaginary roof to start a process of healing. We call this phase *the roof*, because they take the role of the observer from life, which allows them to watch everything from an aloof, objective position.

They switch in life from the role of being observed to the role of an observer of life.

Initially, when they enter their second phase they come full of pessimism from the chaos of their first phase, but eventually their inherent optimism comes back and they start to look at the world from this imaginary roof – a place that allows them to become objective – wondering if there might be something that works after all. It never leaves them, because every 6 is deep down always looking for the possibility of perfection.

They look at the world, trying to find something that works. During that stage, in middle life, people pick up on their objectivity and often seek them out for advice. They are like the wise man living up on a hill who looks down on the village life. They have the best view and see everything. Every once in a while somebody from the village comes up to ask for advice. Every *Perfectionist* has a trustworthy aura and because they are not very involved in the village life it gives them more objectivity.

They can share what they see from their objective position on the roof. They can share all of what they discovered, what works and what doesn't work. But they are not interested in other people's personal problems or have a special interest in their lives. The *Perfectionist* is only watching them when it's on the roof, to see if something can be found that works, that works for *themselves*.

It's not like other people want to be told by the *Perfectionist* what to do anyway. It's something people can't stand, as a matter of fact. They only come up to the 6 when it's on the roof (between the age of 30 and 50) to get a confirmation for something, or their blessing.

People just know that they can trust a 6, that it will always be truthful, especially after the age of 30.

Trust is always a big theme for a 6. Trust is what people see in any 6. It's the mechanism that brings people to them. It's the essence of this role. People trust them, but furthermore, a *Perfectionist* always wants to know if something or someone can be trusted or not. Because only if something or someone can be trusted is there the potential for perfection.

Finally, when they reach the third stage of their life around the age of 50, there might be some kind of drama a little before that, which announces it's time to come down from the *roof*, down from this place of the observer, and enter into the world as a living example of the perfection they may have found by then.

This is the time when it's not enough to talk about what works or what doesn't. Now they have to be the role model living it. We already know that trust is a central role for the 6. What is the central theme after 50 is not that people trust the *Perfectionist* and seek it out for advice, but that any 6 had to have found the trust in life and be living it correctly as the nine-centred being is required to do in our time.

They become the role model.

It's the final part of their life.

They will lead us into a new world by being an example of what it means to be yourself. You can only be correct if you have found trust in life, if you know it's not you that is responsible for it. If you know it's not your mind.

The reason there is the potential for drama when they have to come down from the roof (something that happens between the age of 47 to 50) is, because this works as a catalyst for quite a transformation inside of themselves.

Oh, some of them don't like that at first!

How this plays out in life can have many ways. Some of the unpleasant, some not. They might lose everything they have at this point: money, relationships, their job, their home, somebody important could die, and who knows what – but they have to see it's not personal or a curse or a mistake. It's only a process that's necessary to change them and their life into something else – a bit like giving birth. Life is definitely going to change at this point. For 20 years, it was enough for them to watch the world around them. They were aloof to get a better perspective. But somewhere around the age of 47, the process of transformation begins by kicking them off the roof, which is complete by the time they reach 50, by the time of their Chiron return.

From now on, they must be the ones in our society who live as evolution demands now, which is: leaving the old world of the seven-centred extinct human being behind. When they come down from the roof, they realise very quickly that the world can't help them unless they claim their own authority.

They must live as we all must live very soon.

But they are the first that have to do it.

They have to show us the way of the nine-centred being in a new world by being the living example of it; a life of the unique individual who is no longer based on the outdated leader/follower model.

It can come as quite a shock when the transformation leading to the third phase begins. It's not like they knew it was coming. They had no idea that everything about themselves, their whole attitude, must change again. They are so used to just watching the world and being clever about it. But up until now, there was no requirement that they had to live correctly as themselves.

All of a sudden, there is no time to be concerned about the world and what they see there anymore. They might struggle for a short while. In that struggle, their view very quickly changes from the outside to themselves. Because they must. There is pressure to do it. For some, it can be an uncomfortable moment when that happens. Yet, when it does, they realise that they have collected enough information and wisdom over the years that can save them from the struggle.

So, they transform themselves.

Based on the seed that they've carried within them.

They are not asking the world for help.

It's like a caterpillar turning into a butterfly. All on their own. What triggers this transformation is a bit like throwing a small child into water so it can learn how to swim.

The *Perfectionist* had no idea that they could do this or even ever *had* to do this. By the time they reach 50, they no longer recognise their life and who they are. They have entered their final phase, the third stage.

They became the living example. The role model.

It can be an extraordinary thing to watch.

There is this old story of a *Saviour* coming into the village and telling the people God spoke to him.

It's going to rain and they must build an ark to save themselves.

Now, what the 5 (*Saviour*) is telling the village sounds very convincing to them, but they decide to go up to the 6 who is living up on the hill (in its roof stage between 30 and 50) and ask it.

If the 6 says: "It doesn't look like rain . . ." the village is going to burn the 5 at the stake like a heretic.

If it says: “Looks like rain”, they go back and get busy building the ark, with the 5 as the saviour.

When the awake *Perfectionist* reaches 50, they are going to be something beyond the subjective and the objective. They are a synthesis of both. They found their own truth and they are living it, undisturbed by the chaos around them. In an ideal situation. Because there is always the danger that if they don't learn to live correctly by the age of 50, they go back into the chaos they know from the first period of their life.

When they come off the roof, they can't see or define themselves anymore in relationship to the other. They can no longer be concerned with defining their place within their relationship with the other. They can only be concerned about themselves. They are no longer afraid of making a fool out of themselves, in case somebody should think that.

It doesn't mean that they are alone or lonely in this kind of selfishness. It simply means comparison with the other is no longer a force. The only way they see the other is as part of their environment.

What happens to every 6 when they comes off the roof is similar to what will happen to everyone, when we get closer to 2027, when the forces demand that *everyone* has to change.

The *Perfectionist* also brings something else that's new into the world, something that didn't exist 200 years ago. They bring the possibility for a life and a career after the age of 50. People live longer and longer in our age and it's important to see – not just for people with a 6 – that now there exists a life after 50. The *Perfectionist* is the first example of this, and it's important for them – especially 6/3s who can struggle until their third stage to have a career or make money – to understand that there is still something waiting after the age of 50, that there is a new chapter to be turned, that this is the first time where they are ready to go into the world as themselves.

Before 1781, the 6 only had two phases in life and could grow old as a respected wise man – the objective observer who gave advice to other people without the need to practice what they preach. Some of them, of course, could be real hypocrites. But since 1781, every role 6 has to give up that place on the roof before the age of 50 and get down in the world as an example of correctness, as a role model. This is a shock-wave that is only beginning to emerge. Basically, it's demanding of the people with role 6 that they give up the security of aloofness and their position of authority – that they go back into the world just as themselves, to live their life as a living example.

They're deeply vulnerable at the psychological level when they're in their post-50 phase. The vast majority of them have no idea who they are and don't operate correctly in their vehicles. They are trying to hold on to being the observers, trying to hold on to their places on the roof, trying to hold on to their authority, and it's being stripped away from them. There will be those 6s who are still clinging to their place of power in their aloofness, only to drop dead like flies or have psychological breakdowns. Those few exceptions, who have the benefit of this knowledge that allows them to operate as themselves, can become those *perfectionists* who are role models. A role model doesn't get the rewards that a leader gets. The leaders get great rewards: you crown them with flowers, and you shower them with praise and money. *Perfectionists* have no followers and they honour no leader. It's something very important to recognise about where we're going.

The capacity to be correct is not something that we seek, not something that needs to be conditioned, but something that is simply there in the infrastructure of how we develop from the time we come into the world: to know who you are, to have a right to know your design, to have a right to recognise and understand, to be taught the nature of what it is to live in your vehicle, and then to be left to life.

Since 1960, the world has had a role 1 theme, which means everyone who has a 1 somewhere in their two roles is in high demand. By 2027, the theme of the world will shift from a role 1 to a 6. All of a sudden everyone with a 6 in their roles will feel right away that *their* time has come.

It will be a different world for them. It will be the end of skills and knowledge as we know it. There still will be some, but not the intensity we have right now. It will be the end of the thousands and thousands of jobs and specialists we have had, and we will enter a time of the unique individual, the role model. It will be the most important thing in the world all suddenly.

They will bring a lot of change, and what they will bring is a new way of living that the rest of us will need in order to survive and do well in a new world.

The 12 combined roles

We all have a combination of two different roles. There is something magical when you bring the theme of these two separate roles together. The sum of it is more than the individual parts.

There are 12 possible combinations that can exist. We begin with the first role of personal destiny – the *1/3*, the beginning of a process – and end with last one on the wheel – the *6/3*, the end of a process, which carries impersonal karma.

The *6/3* is the one that says: “It’s done!” and becomes the living example of it, while scanning the horizon for the next thing, before it all begins with the *1/3* again.

The 1/3 role

Investigator/Discoverer

The role of an *Investigator/Discoverer* is all about, as the name says, about investigating and trying to find out if things work. The conscious part of the *1/3* is finding out how to do things, but underneath, the unconscious, the *3* always discovers things that don't work and all the mistakes. It then will tear it down in order to begin again.

There is nothing more self-absorbed than a *1/3*. They have this ability to go inward and almost disappear. They can be in a crowd and nobody notices them.

They spend the majority of their life to get to the bottom of things. But it will never be enough, the foundation will always have a flaw. Their *Personality* is the *Investigator* and their body is the *Discoverer*, which will always tear everything down if there is something wrong with the foundation. The attitude they project is that they are an authority in how things work.

They are a powerful force and can be incredible honourable beings. If they see that something doesn't work, they are not going to pay lip-service to it.

In search of their personal destiny it is important for them to find something that is solid in order to find peace. They carry a lot of perseverance. No matter how many times you knock them down, no matter how many time they find something that doesn't work, they always come back and try again. It's truly impressive. They do not give up and can be very radical. They stay with it and see it to the end. Everybody else is saying: "You really don't have to do it!" but they go and do it again. They are not deeply influenced by others.

They have a caveman-like bonding strategy. They whack you over the head and drag you off. They just knock you out. But because they also have a theme of the *Discoverer*. It means everything is trial and error, which means there are a lot of bonds made and broken in their lives. They can marry often and get divorced often. It's not uncommon for them.

Without these people there would be no evolution. They make all kinds of wonderful discoveries. Many times by accident. It's important to introduce children with this role to something solid in order for them not to develop early pessimism. They need to be encouraged if they see that things don't work, otherwise they end up with a lot of suppressed anger. But they love to have something to do.

The *1/3* doesn't have a lot of social skills. The only way they are going to meet people is by bumping into them. It works for them, because that way they can be totally involved into their foundation work.

They love to provide for themselves, so please make sure you always pay them so they can do that. They hate to be dependent on others. If you tell them you are going to look after them they will break the connection with you.

They have to know it's okay when they are not staying too long with one thing, that it's not a flaw. The *Discoverer* within them always leaves things behind that don't work. It doesn't mean it will burn its bridges, after all, it might come back to it again one day.

It might take 40 years for them to accumulate enough material of trial and error to find something that is stable. It's their job.

The 1/4 role

Investigator/Opportunist

The *1/4* is quite different from the *1/3*. While they are both looking at how things work, love to investigate, love to build the foundation, the *1/4* is no longer interested in looking for a flaw and tearing it all down if necessary. The *1/4* doesn't question the foundation and instead tries to get it out to other people. The *1/3* would say: "Wait a minute!" but the *1/4* says: "It's fine. I'm going to get it out."

The *1/4* is unconsciously always befriending people and building a network so it can get out to them whatever it finds out. Because they don't question what they get out, it's best to give children with this role something solid that does work, otherwise they will be externalising weird things that don't work in a very determined way that meets tremendous resistance and can be traumatic for them.

If what the *1/4* has discovered does not work, it's not their job to fix it. So when they meet somebody who tells them that whatever they are saying is nonsense, they just back off and abdicate, but they don't change.

It's not their job.

They wait until they find somebody else to tell. The nice thing is if they show you something and you don't like it, they don't make a big deal out of it. They just back off.

The *1/4* may suffer from fatigue trying to find the right people to show what it found. They could suffer from burn-out, especially if they found something that doesn't work.

It all goes back to making correct decisions. If your life is controlled by a conditioned "not-self" mind, you will enter into the wrong things with the wrong people and the *1/4* pays the price by being exhausted.

A *1/4* has to live out its creativity alone. They can't be creative communally because they are here to grasp something at a deep level, and for that, they need time alone.

It is a horror for a child like this to live in the same room with siblings. They need to have their own space from an early point in life. These are children who need to be nurtured at an early age, so they can go out later, externalise and feel healthy.

As a bonding and sexual strategy, the *1/4* wants to go out and get the other, kind of knocking them out and dragging them off, but the *4* on the unconscious side wants to be friends first. They have to get to know somebody first. That's their "foreplay".

People with this role have the capacity to be a real authority. They seem to be like an oak tree – very solid. You can put your arms around them and be sure that they are not going to fall over.

They have a lot of social interaction in their lives. They are desperate to get all their stuff out to their friends, but what they get instead many times is all of the friends telling them *their* stuff, which is why they get exhausted.

Yet, the *1/4* is not a quitter like the *1/3* who breaks bonds easily. You could give such a child a piano and it might end up doing this for the rest of its life. The *1/3* in contrast will end up doing many different things until it finds something that works.

That's why it's so important that the *1/4* gets into the correct things.

The 2/4 role

Natural/Opportunist

The 2 has a position that is incredibly visible, but isn't aware of it. It's like the guy walking around naked at night at home with the lights on, no curtains drawn, and outside a parade of people go by: "Gee, look at that!"

Not only do they look at the 2, they also think it is amazing. So they start knocking at the door, telling the *Natural* it should be doing this and that because they think it is really good at it.

The *Natural* doesn't know what all these people want and why they are coming, and on top of everything it is a hermit. It says: "Go away and leave me alone!" It isn't aware it carries a projection field that is constantly drawing people into its life.

While the role 1, the *Investigator* tries to figure out how things work, the 2, the *Natural* couldn't care less. It says: "I don't know why or how it works, but I'm doing great, so leave me alone!" People look through the window and see the *Natural* doing all these things and wish *they* could do that. So they keep telling it how wonderful it would be if it goes out in the world and does this and that and whatever with its talent. The *Natural* looks at them and thinks they are nuts.

Because people always tell the *Natural* what to do, it is terrified. The by-product is paranoia. Because after a while the *Natural* knows that people are always looking at it, it also knows that people are going to bother it. The 2/4 doesn't really like this because they think they have to break its pattern and learn things.

The other side is that the *Natural* is incredibly selective. Selective with people and selective about what is the right thing to do or to get involved with. The 2 is always looking for something new on the horizon and wondering if this is the thing it has been waiting for the whole time. All these people knocking on their door are just disturbing them. So they hide. But they are not anti-social. They only hide until they find something worthwhile.

If you have a *Natural* as a child you have to educate it. You have to tell it that people will always see things in them that might not be them. It's the great paper-tiger role of a false security that they are terrific at all these things people say, while the truth is they might not be. That's why they need to be encouraged to study. They will never understand things as deep as an *Investigator*, yet a lot of *Naturals* are naturally bright people. They grasp many things on the surface, but don't push for the "deep button", because it can end up embarrassing them. They are not really interested in studying. But a little bit goes a long way.

The *Natural* is self-absorbed and most of the time anti-social, but a 2/4 also has the 4, the *Opportunist* on the unconscious side. They can be the most incredible being.

They can also be the most annoying people on Earth. They are a bit like "born-again Christians" when they discover something. For example, these are people who quit smoking and start preaching to *everyone* to quit as a result. The way they do it can become almost offensive.

The *Natural* is a hermit who waits until it finds "that incredible thing", until it gets "the call". But the 2/4 also is an *Opportunist*, so when such a person quits smoking, they don't just quit, they go on a *crusade* against smoking to all of their friends, using everyone they know in the network they've built over a long time. All of a sudden they say: "Nobody should smoke! You are all sick and crazy!" When a 2/4 converts, they *do* convert.

These are the people who can be incredibly nihilistic atheists, and then the forces come knocking on their door. All of a sudden they go out playing the missionary game in the world. This is, of course, only an example. They can be very powerful.

It's not like all of them get to do that, but there is always the potential to get called out.

The attitude a 2/4 projects is that of a democratic abdicator. What a delicious combination! Most of them, by the way, don't vote. They say: "Why bother— Leave me alone with this . . . You go and vote." They are very selective after all. If something doesn't really "call" them, they will always abdicate.

People keep telling them that they are needed, and they keep answering: "Oh, you don't need me . . ." Abdication is a term by monarchs when they step down, and the 2/4 is the great abdicator. They will constantly step down until they get the right call. The mothers says: "Why don't you go out and play with your friends?" to the 2/4 child, and it will say: "No, I don't want

to.” They can be really anti-social. At the same time, they have the unconscious theme of friendship and opportunity that keeps bringing people to them. There is always demand. As long as something doesn’t really resonate in them, they will just ignore all of that.

They have the assumption that most of the people knocking at their door can never be a value, that they are just disturbing them. That’s when the 2/4 begins to be selective. So selective that eventually there is nobody there anymore.

If you have nothing that turns them on, they are not getting involved. But even more, they get very upset with people who keep coming and expecting them to be this or that.

What a 2/4 aspires is harmony, and they find it through aloneness. It’s delicious for them. They are ready to leave everything behind. People and daily duties, just to be alone.

If you can get through to them, if they find that thing that calls them out, then they are unstoppable and get mobilised; but only then.

They get a lot more attention than any other role. They project they are a really gifted at what they do, that they have a true talent, and everybody wants to be friends with them.

They are not meant to stay a hermit forever, but it’s a part that keeps them healthy and sane. Because so many people come and tell them what they should be doing, they begin to wonder about what’s wrong with who they are. They wonder what’s wrong with being alone and having harmony. It really has to be something profound that makes them to come out.

While 2/4s are not necessarily sexually shy, you really have to break through a barrier to get to them. If you want to be the lover of a 2/4 you have to break down the wall they have built around them. You have to be insistent.

If somebody is not prepared to do that, they are not the right person for a 2/4. At an unconscious level, there always has to be friendship before intimacy. Their ideal lover is a person to break down the wall to get to them, not to make love to them, but to be friends. Only out of that can follow deep intimacy.

Natural/Opportunists can really deplete their parents’ resources when they are young. The parent shouts: “Get a job!” and they reply: “Leave me alone! I’m busy!” These can be 50-year-old children who are still calling home for money. They can also be very nourishing when they get the opportunity.

If everybody would stop pointing their fingers, they would feel really terrific. Best is, if you find what turns them on, then they can be very powerful forces.

The 2/5 role

Natural/Saviour

The 5 is the role to get something out to anyone, even people they never met before. The *Saviour* represents the projection of what people expect them to be. The 1 is the boss, the authority, but the 5 is the *Saviour*, the general who you call when you need them. You don't need them all the time. The 5 is a leader who will go away when you no longer need it. Whatever people think the *Saviour* has to offer is only a projection field of other people.

If you carry a 5 as a theme in your life, you will always represent the hope and dreams of others who have expectations of you. You already have a large projection field from the 2, and the 2/5 is a double projection force. No other role (except the 5/2) has people projecting so many things on them. The 2 and the 5 are the only two roles where people look at them and project onto them traits and abilities that are not necessarily there. To have both the 2 and 5 is not a subtle thing.

People think the 2/5 is a natural who might also solve their problems. That's quite an expectation field!

Everything about being a 5 is about their reputation. They better make sure that what they have to offer is practical and works, otherwise their reputation will be ruined forever and everyone will know. So they better know their stuff! But we already know that the 2 doesn't really like to study. It doesn't really know why and how things work, but somehow the 2 does fine with it.

If a *Saviour* tells people to do something, it will always be held responsible if what they said didn't work. So they better learn to be careful with what they are getting involved with. They must wait for the perfect opportunity to make an appearance.

When we look at the 2/5, we have someone who says: "Leave me alone! When I have something practical I will come out. But I know once I come out, I can never get rid of you again!"

2/5s project that when someone is in trouble they are the ones who can help. It has always been projected on them on an unconscious level, and their *Personality* and mind might not get that at all – but somehow it's a fact that all kinds of people think that they can solve their problems. Other people always believe they can count on them to rescue them.

The 5 would rather hide than make an attempt to come out, because if it does and what it brings isn't practical, it ends up in trouble.

2/5s are people who don't want anything to do with you, but might actually help you. Their bark is worse than their bite. Once you get past their bark and that they don't want anything to do with you, they might come up with a practical solution. Because this is unconscious, the mind keeps dominating, trying to keep everyone away. You always have to break through a wall first with them to get the reward. They have such a strong projection field that when they do send people away, people want them even more! They have both roles, the 2 and the 5 have a projection field, so therefore they are always under enormous pressure. A lot of 2/5s run away just to escape the expectation.

The 2 is rather humble because it doesn't really know how things work and why it can do what it does, even if it is brilliant. So when they project from its unconscious that they can be the *Saviour*, they really doubt themselves.

A 2/5 child needs to be alone. Don't think it has a problem because it does not want to integrate. A child like that can end up in the therapeutic machinery simply because they are not interested in integrating. They learn quickly that people project on them and always expect them to run faster and help their friend in need, which is why they are much happier being left alone. They don't want that responsibility.

The 2/5's harmony comes out of being alone, but at the same time knowing that they are attractive to the other. Their mind says: "Leave me alone!" but their unconscious sends out: "Come and get me!" The best way to deal with a 2/5 is to tell them: "We would love to have you, but it's okay if you don't want to come." That's all they want to hear.

Their bonding and sexual strategy, of course, is very simple. They don't have to do anything but simply stand in somebody's aura to get them to open the door. They just have to be there. It's amazing to watch.

They can be quite a force. Never underestimate them.

The 3/5 role

Discoverer/Saviour

Neither the 1 nor the 2 have a real capacity to deal with the other. But the 3 is getting to a point where you have the possibility of meeting the other.

The 3 is an evolutionary role. It is always open for mutation. Nothing is solid and anything might happen at any time because their theme is “trial and error”. Things and people are always bumping into them.

They also have a theme of “bonds made and broken”, which gives them stimulation. A 3 has to go through many things and experiences. They really don’t know much about people out there, because their role is still personal, but they get to see them because they always bump into them. 3s are not really actively looking for anyone. They aren’t looking, but accidentally bumping into things. They are trying things, and through that bump into everything and everyone.

They can end up with a certain pessimism, because what they bump into isn’t necessarily what’s for them.

Discernment is what the 3 has to learn early, because if they bump into something they have to decide if this experience is worthwhile or if they should break the bond and move on. The 3 is a dominant theme in divorces and quitting jobs. The 3/5 is the *Discoverer/Saviour*. So we have a “trial and error” saviour at work.

If they get burnt for giving impractical advice, they move onto the next town or job. These people can end up with a martyr complex. “Why me? Why now? Why again?” The 3/5 has to find principles that it can live by. It’s the only role that can transform those principles and at the same time get them out into the world. Of course, if they are not practical they pay the price.

The attitude they project is something like “Never belong to an organisation that would have you as a member.”

It’s important to understand that when they find something that doesn’t work, this is what they are here for to find out. It’s very valuable. They usually take mistakes very personally, because they world has always treated them like it’s *their* fault, but they shouldn’t. They must not take it personally. They find something that doesn’t work, and they say it. That’s it.

They could really get lost in pessimism and end up saying: “Oh, I could never do anything that lasts . . . I never find anything that works! Nobody wants to stay with me! I’m always making mistakes!”

There is no choice, therefore there are no mistakes. These are processes. Unfortunately, we say to them: “You made a mistake! You are bad! You are inefficient! You are stupid! Learn better!” There are parents who torture 3s with “Don’t ever make a mistake again!”

The correct thing for a *Discoverer/Saviour* to say would be: “All right, I found something that works. We are going to get rid of all these things that don’t, and I’m going to show you a practical way how to do this properly.”

As long as they keep their word, they can succeed. They can really transform a society. 3/5s don’t give up. They have a lot of perseverance.

Don’t punish a 3/5 child if it constantly leaves things behind because they don’t work for them. Don’t go and say: “What another one? Can’t you stay with anything?” It should be: “Well, you must have learned something interesting anyway.” Don’t throw it away. Don’t bury it. They got something out of that. They did it and went through the experience. It didn’t work. That’s fine. It’s not a mistake. It’s horrible what we do to human beings.

The moment you tell a 3/5 “Tell us what doesn’t work,” you’ve got different human beings.

They start with pessimism, but unconsciously there is the *Saviour*. 3/5s are admired because they seem to be courageous in a way. They don’t just fall apart, they don’t lie down. They always make an effort to keep their process going. They are the kind of people you want with you if there is a hard struggle ahead.

Their work needs to have multiple levels of stimulation. For them, it’s not great to see the same client every day. They have to make the bond and break it again, or they are going to quit their job. A 3 needs to be able to have a working life where they can do a lot of different things and have new stimulation all the time. They are not good at doing the same thing over and over

again.

Anybody who bangs into a 3/5 thinks they discovered them. “Wow! You are exactly the person I’ve been looking for! You can help me with my problem!” 3/5s must hear that a lot. The attractiveness creates, of course, paranoia. Sooner or later, the 3/5s recognise that other people only project things on them that they actually can’t do. 3/5s are never certain if other people really see them. So when people ask them for help, they are suspicious and not so certain they can help.

Of course bundled with the attractiveness of the 5 is the fact that they can’t control who they meet, because they always bump into them as part of the 3. They end up with a lot of short-term experiences that have no lasting value, which can create some sort of negativity.

When you bump into these people, they seduce you. It’s in their aura. But if they can’t solve your problem, they are really in trouble. The projection field comes crashing down and their reputation is ruined. The only protection they have is by making correct decisions free of the mind. That way they get into the right situations with the right people.

They are here to discover what doesn’t work. Everything in their life is trial and error. Mistakes are not here to be punished for. They are not here so others make fun of them. They are here to help people to be at peace with what it means to be themselves.

The 3/6 role

Discoverer/Perfectionist

With this role we touch the 6 for the first time. We've already heard a lot about its uniqueness in the chapter about the six roles. Everything there applies for the 3/6 as well.

Anybody who has a 6 somewhere in its role has a life in three parts. The first part takes about 30 years and instead of life as a 6, you live out the role of a 3 during this time. Instead of the perfection, you only bump into things that don't work. If you have a 3/6 role, it means in the first part of your life you live the life of a 3/3 where *everything* is chaos, and trial and error. To say this is challenging is an understatement.

For the *Discoverer/Perfectionist* this process is necessary to get the experience they need for later in life. Because 6s are later detached from life for many years, they get such a good taste of it in their first 30 years so they will remember for the rest of their life.

Things will be very different afterwards, because at the age of around 30 years they take a figurative ladder and climb up on the roof of life. They disengage from life, from the chaos, and take the role of an observer. When they crawl up on that roof, some of them even run. They say: "I have enough! Nothing works! I've got my list of experiences and it says there are 8,000 things that don't work and three that do!"

They go up to this place in their middle life and stay there for quite a while. They become aloof. They begin to disconnect from being personally involved in life, and it's ironic that at only at this point they might begin to get their authority in life.

The moment they sit on that roof, most everybody else is down, running around busy, saying "I wonder what they see up there?" because they seem to have the right perspective up there.

Nothing seeks out perfection more than the 6. It's looking for the Holy Grail of perfection, and when it discovers in its first 30 years such a thing is a myth, it gets very pessimistic. It crawls up on the roof really disheartened. However, all people with a 6 are genetically coupled with inherent optimism. They say that nothing has worked so far, but then think if they sit up there long enough and watch, they might find something that actually does work. So they become authorities.

It's the 6 who can give a blessing and everybody has to find a person with a 6 in their life to bless them at some point. They are the ones people trust and need to consult for any sort of confirmation about whether something works or not, whether somebody or something can be trusted. All 6s have a trustworthy aura.

When we look at the 3/6, we see the dilemma. It starts life with a double 3 theme. You might imagine what kind of chaos that is for the first 30 years. They are a martyr, pessimistically sustaining their way through broken bonds. It's such an intense process! They don't have the protection of another role with a different thematic. If their parents are unaware of that, they are really going to be seen as problem-children. Nothing really works for them. Nothing goes smoothly, and they can't seem to hold onto any kind of relationship or friend.

It makes all the difference if somebody tells them that none of this is a problem and only an experience that will eventually go away when they get to 30 years of age.

In the same way that a 5 has to be practical, a 6 has to be objective, otherwise it will not be respected.

3/6s are not fools. Don't ever kid yourself that just because they are making mistakes they are fools! They are usually sharp people who know a lot. They've learned a lot in their trial and error process, they are mutative forces, and know how to do things differently.

When it comes to their bonding strategy, they see that a lot of relationships don't work. When they are on the roof, they see one every once in a while that does and wonder how they do it.

It is the 6 in them that is unconsciously demanding a perfect lover, and they learn very quickly they can't find it. What they are looking for are relationships that will be based on something that only 6s care about: trust.

Perfectionists are mesmerised by trust. It's *everything* for them. If they can't trust something, it isn't worth anything. In their first 30 years, they learn quickly that they can't trust *anything* in life. That life is dangerous. That it is treacherous. That

they can't hold on to love, to friends. Nothing seems to work. So when they eventually climb up on the roof, it takes them around 11 years to heal from this experience. It takes a long time to get over that pain.

They are not like a 2, the hermit. They are not hidden away. They are like the "fool on the hill". Everyone can see them sitting up there. So people go up and ask them about this and that, and people begin to discover their objectivity. 3/6s start making money from that and – to their own surprise – begin to get the respect from the community.

Then when they approach 50, the ladder goes up to the roof and they have to re-involve themselves in life again instead of just being a mere observer. They haven't forgotten how the world down there was and might not want to give up their place on the roof easily.

They may lose a lot: their objective authority, their aloofness, and the security of the roof. All of a sudden, they can't be detached anymore from what's going on around them. They have to be a role model and a living example of what it means to be correct as a nine-centred human being, which is a great challenge. They have to become their own authority by living in the world.

All 6s teach us that until we are 50-years-old, none of us have a chance to be a role model, to find perfection. It requires a great learning arc in one's life: not to live out hypocrisy when you reach 50 by telling others what's right and not engaging yourself, but by being an actual role model through living it.

The 6 has to come down into the world and get its hands dirty again. The living example is the most impressive thing we have in life. For this, they have to give up the safety of what the roof was for them and step back into a world they know all too well. It's full of things that don't work, but they are no longer looking for these things. They are now living what they are. Their inner truth they have found. The perfection of what it means to be yourself.

They are no longer concerned about a messed up world. Although they have to be within that world after 50, the world can't touch them anymore. Not like when they were 20, chaotic, not knowing who they are, and a victim of the forces around them.

In relationships and their sexuality, 3/6s have a lot of bonds made and broken with lots of trial and error in the first 30 years.

Then they need to be aloof for 20 years. But they are not hermits, so even when they have partners, they can be aloof within a relationship.

Only when they get to 50 can they really discover what a soul-mate is. When they come down from the roof, the 6 must have a relationship that is free of question. It has to be correct for them. Any 6 – when they reach 50 – should realise that correctness is all about themselves. There are few who actually get to that point. It's easier when the 6 is conscious, when it's the primary role. The 3/6 needs more encouragement that they are on the right path than the 6/3.

The 4/6 role

Opportunist/Perfectionist

The 4/6 is unusual. If you look at both roles separately they are both impersonal and here to work with the other, so the assumption is that 4/6 is impersonal too, which it is not. It's the last role with personal karma.

The 4 has the capacity to externalise something in form of an opportunity that arises. This opportunity is always the by-product of friendship. The *Opportunist* has this inherent capacity to attract and make friends with the other. It's a big difference if you have the 4 as primary role (conscious), or secondary (unconscious) and basically as a surprise. In the 4/6, it is conscious and dynamically involved in forming and finding friendships in order to externalise its truth.

The 6 of the 4/6 has to go through its first 30 years as a 3 (like every 6), so it gets deeply involved in life right away. 4/6s have a *Personality* that is able to make friends and they become aloof in their roof phase from 30 to 50 within the social world they belong to. They become a bit of a voyeur. That's their way of watching and becoming objective in their middle life. They have all this impersonal potential with their two roles, but still personal destiny. Yet, it's a personal destiny that can impact socially with others. This role knows how to be with people.

When *Opportunist/Perfectionists* comes off the roof around the age of 50, they are the completion of what personal destiny can be. They have to be the example of living out their destiny. They are self-involved in life, yet not left alone. If the 4 can not fulfil its destiny and externalise without conflict or resistance, it will walk away from one person to the next. But it will not change its opinion because of someone disagreeing.

They have the capacity to be influential. Unconsciously, they are an administrator. In the first 30 years, they become very pessimistic because they are a 4/3; the turmoil of making friends and breaking bonds again and again. They wonder if they ever can maintain friendships.

All 6s have this search for perfection, and in case of the 4/6 this is an unconscious thing, which means it's not their way of thinking that is looking for it; it's the body.

They get up on the roof at the age of 30 and become an observer. They enter their "voyeur stage", a period that is part of their healing. When they get up on the roof they get their authority.

Most 6s get disillusioned in their first phase of life if they ever find a career that is consistent, that will provide for them. So when they get on the roof and live out the administrating role – usually for friends – they should learn to treat this professionally. Friends should not be allowed to drain them for their administrative capacity.

All 4s suffer from "people fatigue". It can be draining to maintain friendships. Things like email are a great tool for the 4, where you don't need all that long small talk and it takes a little burden off.

When a 6 first gets up on the roof, they have to become objective, but later once they're off the roof (at 50), they have to be the living example of what is possible; not as a philosophy or concept. It's the most impressive thing to see, because only through that can we trust something. Only someone with a 6 carries trust as a quality. Of course, they don't really want that burden of being the living example, the role model, and that's why they will say: "I'm fine here on the roof. Leave me alone!"

Up on the roof they are slightly disconnected from life, they seek out their wisdom. They only offer service. But in their 3rd phase of life, they have to become a unique aspect within the whole and have to go back into the world to live it.

The 4/6 child, which is a 4/3 in the first 30 years, has a new friend every other day. Instead of the "soul mate" (bonding strategy of a 6), they get the theme of "bonds made or broken". The 4 in their design will bring many friendships, but unconsciously they will always break these bonds. They can have a lot of negative energy focused on them and can be disappointed young people because they don't get the kind of bonding their *Personality* expects. The 3, the body, will also bring many people in their lives that aren't for them. The 3 is always ready to tear things down when they don't work, and for the 4/6 this can be devastating.

It all changes when they get to their post-30-theme of “soul mate or not”. Because they are now disconnected from life at 30, they are looking around them to see who has a good relationship. A 4/6 can end up having affairs with their friends’ lovers, because they notice while on the roof that their friends have great relationships, and that would be nice for themselves too.

The nature of the 4/6 can be a bit of a dilemma. The 4 can’t have intimacy before friendship. But in the first 30 years they got very pessimistic about friendship altogether. They didn’t have the experience yet that it can lead to intimacy, because it never lasted long enough. They only knew it brings frustration. The moment they are on the roof after the age of 30, friendship opens them up to that possibility. But now they are aloof. Because the 3 changed back to a 6, from now on, they are looking for something that is perfect.

When they come back from the roof at 50, they will have to re-engage in relationships as an example of themselves. At a spiritual level, they see that all relationships – when you are clear and your self – are soul mate relationships. They are all perfect. The moment you enter into it clearly as your self, you discover that it is a myth that there is a special combination.

When you have children with a Role 4, you have to be ready to make an extended commitment to them. They aren’t going to get their opportunities when you think they should. They might not be on your timetable. Don’t see them as “using you”, they will not stay that way all their life. When they become self-sufficient, they are great benefactors and can be deeply generous of spirit because of that.

The 4/1 role

Opportunist/Investigator

This is the first role that moves out from the personal destiny to the impersonal field, but it's still holding on with one foot to personal destiny. We call it the role with fixed fate.

The *Opportunist/Investigator* is here to externalise their own foundation, things that they studied, know about and have investigated. The fact they have fixed fate does not make them impersonal. Their nature is similar to an oak tree. They are a solid, fixed being. They don't bend at all, maybe the branches do a little, but not much. You can chop them down and burn them, but they don't move.

They have only one job in life and that is to influence others with what they've investigated of their foundation. You can see why they are so fixed. Unlike the *1/3* who questions what they've discovered really works, they don't. They don't have a 3 way of questioning. They just accept the foundation, assuming that it works. They know everything about it, but they don't know if it works and are not interested in fixing it.

On the other side, when it comes to other people, they are not really interested in them, apart from giving them whatever they've found. They don't care if this is what they want or not, if this is right for them or not. They give it to you, and if you don't like it, if you don't agree, they move on to the next person. And everybody they meet, they meet through friendship.

They literally spend their whole life making friends and influencing them. You will never find a friendlier type than them, but at the same time they are very fixed. If you don't like their trip, you are not going to be able to stay in a successful friendship with them.

They are not looking for people to agree, but if you don't like what they have, it's better to shut up because they are not going to hang around to meet criticism. They will just disappear. It's very important for them to be secure about their foundation, but once they are, their life follows a very fixed geometry.

The *4/1* needs to be nurtured when young, so it can have its own different, unusual way. They can also appear to be extraordinarily stubborn. The friendlier they are, the less likely the world is going to explode from their stubbornness.

If they learned that the world is flat and eventually go around to find out that they don't fall off of it, they could die from shock. That's why they need to be properly nurtured. Their sense of well-being is always connected to how deep their foundation is. Whatever knowledge is right for their foundation can only be found by entering into it correctly. For example, in case of a *Drifter*, it would take the pressure off a decision and wait 28 days (full cycle of the moon). A *Supporter* needs to be invited to the knowledge. Only by entering into things correctly can they find the right foundation in their lives.

The *4/1* has the ability to commune with anybody they befriend on any level. At the same time, you realise nothing is going to change them, nothing will have any effect on them. They won't get outraged if you don't accept their influence. They will back off in a friendly way, leaving you alone, and continuing with their own process. They really are like an oak tree.

They are vulnerable to fatigue and could end up with all kinds of people who aren't good for them when they don't know how to make correct decisions free of interference of the mind. Only when they do, they will not suffer from incorrect relationships and the burn-out from the effort to maintain them.

They are here to be influential. They are here to change somebody else's life. But they do have a breaking point. They can be deeply exhausted by other human beings.

If you keep cornering them and keep hammering them, you can destroy them. That's why they need a solid foundation. If you break what *they* think is a solid foundation, you break them too. Nothing is sadder than an oak tree that has been cut down. You can really feel the nature of their uniqueness.

They are neither this or that. They are not flexible. They are the middle. They find their creativity in their aloneness, but they do know the other and have social skills.

They are sneaky, too. They make friends with you and wait for the right opportunity to get it out. Out of nowhere you hear them expound on some theory you would never imagine was going to come from them. You can really wonder where that came from all of a sudden.

They make wonderful teachers by the way. Yet, if they don't have the right education, they could end up really alone and withdrawn. They could also be the kind of children who are still in their room when they are 40. I hope you make a good living if you have one of these!

Intimacy for the 4/1 always comes through friendship first, but for them it also means finding a partner who accepts their foundation. At the sexual level, they pursue you through friendship. It's the "caveman", whacking you over the head, trying to knock you out with friendship.

When you have 4/1 children, get involved and ask them what they are learning. Let them tell you about it, so they can develop these skills that they later need.

If you nurture them correctly, they get out of the house quickly, maybe at 30, because the 1 that they have unconsciously likes to self-provide. If they are healthy with a solid foundation they can do that. At the same time, they are very demanding children who always need something. If you nurture them well, they are wonderful children to have in adulthood. If you help them out, they will remember later.

The 5/1 role

Saviour/Investigator

This is the first role with impersonal destiny since we began our journey with the *1/3*.

Every other person is always open to the *5/1s* penetration – friends, a total stranger, it makes no difference – and soon they learn it's important that whatever they have to give to the other it's better to be practical and of value.

If it isn't, they get punished by having their reputation annihilated. That's why all people with a 5 are touchy about their reputation. They always have to deal with a great spectrum of opinion about them. There will be people who say wonderful things, and people who say terrible things about them.

5/1s are a fundamental, universalising force. They are here to get things out to the other. A message, an announcement, a warning, advice, it doesn't matter. They have real power to make other people do things and pay attention to what they have to say. They can be a wonderful heretic, not in a religious context, but by provoking belief or theory that is strongly at variance with established beliefs or customs. They can bring great change by even having an impact on total strangers. Their reach goes much further than that of a *4*, who can only influence friends.

Everybody always assumes that when they meet a *5/1* it's their saviour, that the *5/1* can solve whatever problem or need they have in that moment. But like all people with a *1* they must have a correct foundation, otherwise their nature becomes one of inferiority, inadequacy, and they turn into a paper-tiger.

If they can't deliver the goods, their reputation is instantly shattered. If they disappoint one person it doesn't stop there. That person will tell everyone and their aunt about it to seek out revenge.

Anybody with a 5 grows up with an enormous pressure of expectation from early childhood and they do suffer. Many of them break down in early childhood around the age of seven. The pressure of expectation is so great on these children, and they usually are not properly equipped for that at such an early age. The expectation is always there before they have time to learn, before they can prepare the foundation that the *1* requires. They can end up going deep to an inner place, locking themselves away.

If you have such a child, you can't put the pressure of expectation on it, because it's not ready to handle it yet. The result of this would be intense paranoia. They begin to sense that nobody really sees them, that there are all these people projecting things on them which they can't deliver.

The moment a *5/1* child has a problem, it's a disaster for the whole family, because everybody had so many expectations. It's so important not to put them under too much pressure when they are young and to give them time to develop.

5/1s need a thick skin, and more importantly, they have to be deep in what they know. It's the only way they can live out their potential. They are the only role that doesn't meet resistance when meeting the other. They only get into trouble afterwards. Everything they do is always measured. That's why it's so important that, once they are finished with the job, to disappear.

There is a mysteriousness to a *Saviour* that grows if they know when to withdraw. They shouldn't hang around after they give people a practical solution, advice or message. They must learn to wait in the wings for their right opportunity. If they get involved with the wrong people too soon, they will always pay the price, and the only protection they have is to learn how to make correct decisions, free from the interference of the mind.

A *5/1* has the power to bring a completely new standard, a new heresy. It can have a profound impact on humanity. What makes the 5 dangerous is that it has a natural gift of universalising. The *4* isn't dangerous, just annoying. But the 5 has no initial resistance field with other people and could transmit whatever it is, a virus, a concept, something useful or total nonsense into the other. And if it turns out later that it wasn't practical and doesn't work, it can disturb a lot of people.

If a *5/1* doesn't have the right foundation and isn't prepared, the expectation of others will not be fulfilled, and they get burned over and over again. They really can be forced from town to town because of this.

The attitude they project onto others is that they are a saviour, a general or heretic that has authority. Because others think they have authority, they must study. They are not here to be trivial and impractical. That's for other roles.

Before they get involved, they need to feel out the situation. They stay in the wings and watch the crowd unnoticed. They are watching them, waiting for the right moment to enter. The crowds know the 5/I is there, hidden somewhere. The longer the 5/I waits, the more the crowds want them, and the more they believe it is their saviour.

It's so important for a 5/I to understand not to give advice all the time, but to wait for the right moment. They have to learn when not to be involved. Most of them learn this the hard way by getting punished and burnt. And it might be over the smallest thing. If you can't deliver, you are no longer the saviour, but the devil.

The empathy of a 5/I allows them to absorb what the other needs and what satisfies them. If they don't know, it's better they don't involve themselves; it's better to stay out of the movie.

It's better for the 5/I to have impact once and maybe wait for years rather than jump right into the next thing. The longer they wait, the bigger their reputation grows. This information is not something that you should exploit consciously with your mind by making decisions. This is what your being wants to do naturally if you let it. It's a recognition of your mind to see it doesn't need to get involved. Because it's your mind that gets you in trouble, you get burnt over and over again as a result.

All 5/I's aspire to be attractive. Attractiveness is their form of creativity. They have to put their energy into their identity. They know how to draw attention to themselves. At the same time being attractive creates paranoia, especially if you are not comfortable with your foundation, if you are not prepared and secure in your knowledge. That's a problem many 5/I's have. Their reputation never survives the projection and expectation field, and they constantly put their foot in their mouths. They will fall and have to start somewhere else. When they crash, everyone will know. Everyone will say: "I knew that one was no good!"

The way how they bond with other people and find a sexual partner is by seducing them. They have a very seductive aura. Depending on what *strategy (type)* you have, it works differently. If they can't seduce someone, it's not the right person for them. It's all genetic. Nine times out of ten they don't have to do much because the other person thinks that here comes their salvation.

The 5/I wants to provide for itself. They need a strong foundation in order to be secure and financially independent. They don't like to be dependent on anybody else.

The 5/2 role

Saviour/Natural

The 5/2 is an interesting combination. They have this impersonal position with the 5 as their *Personality* so extremely interested in the other. But they also have the 2, a deeply hermetic and very selective theme saying “don’t bother me” that is unconscious.

The 5/2 is rooted in self-motivation. You can’t get them to do anything unless they motivate themselves. So there might be people who for example project on a 5/2 that it would be this great healer in the world and that it could save thousands of people. But the 5/2 might look at you and tell you to go away and don’t bother it.

Only when they, at some point in their own process, discover for themselves that they could be this great healer, are they ready to go out in the world and make their mark. If they are not self-motivated, you won’t get them out of the door. They have a very selective mechanism in their bodies, and until they find what’s right for them, they hide from the world.

If you look at a 5/2 child, it can even suffer more at the hands of the parents than the 5/1. They have all this pressure of expectation from the parents, who will tell them to do all these things and the child will just resist. There is no bigger expectation field in any other role than the 5/2 or the 2/5. This will bring a great deal of frustration in the family environment, and everyone feels the child is going to be an under-achiever.

5/2s can be infuriated by the pressure of their expectation field. The unconscious side of them tells them to be a hermit, it wants to be left alone. It is very insecure when people project on it that it can do all these wonderful things, because honestly it doesn’t know how it can do them.

It might recognise it’s good at something, but it doesn’t know why, which creates paranoia when people expect too much from them. The 5/2s and the 2/5s have a double projection field. The expectations from people are always enormous, and the 5/2 really doubts sometimes if people actually see who it is. Unconsciously they feel wonderful if they can be just alone. But it’s so hard to escape the people constantly knocking at their door who want something or tell them what they should do.

In our example earlier people might think this 5/2 is a great natural healer, but the 5/2 doesn’t know that. It might not know that when people come to them and the 5/2 puts its hand on their shoulder that they feel better. These people say: “Wow! Do you know what you just did to me?” and the 5/2 says: “No, what?”

They are really uncomfortable with that. They don’t know how or why it works, and it’s difficult for them to trust it. You won’t find a role with more paranoia than the 5/2. They think everyone wants them to be something that they are not, and as a result just want to be left alone. It’s important to leave this kids alone. They have to be self-motivated. They are extremely selective. They have to find the right thing that calls them out. Don’t pressure them.

You don’t have to worry about them. They will eventually get it. They will understand their power in relationships and that they have this capacity for deep impact, but you have to take off this pressure. Because unless they find their self-motivation, you won’t get anything but resistance from them. They need time to be left alone.

The 5 in their role is always seductive, it is always attractive, and so the people keep coming and coming. It’s not like a 5 can get rid of them.

Sooner or later 5/2s get to see a spectrum in the movie where they begin to see their possible way. They need to sample it a bit first, and the moment they find it, they have the self-motivation that they need in order to go out in the world.

They get a lot of people that they don’t want. That’s part of their trip. Because there is pressure from the outside, they begin to dislike a lot of people. They think that people are just using them.

5/2s tend to be great educators. They educate without pressure. Totally unlike 5/1s who can get caught up in the need to prove themselves, they have nothing to prove. They just want you to look at something because it works.

Of course if it doesn’t, we have the great dilemma for any 5 in that they get punished extremely hard. So, they make better sure that what they have to give is practical or their reputation is in tatters. If they can give people what they need, it takes a lot

of the pressure off.

Don't forget what all 5s need to know: once your job is done, walk away. Don't hang around for too long. Don't be available all the time. Otherwise your reputation, your projection field, will decline instead of growing.

Their bonding strategy is simple because they seduce everyone they meet and people always think when they meet them that the perfect lover has just arrived. There is, of course, always the danger that they get punished later when people find out that they aren't what they had expected. It's important for them only to get involved with someone when they actually can give them what they're looking for.

The 6/2 role

Perfectionist/Natural

The 6 has to become the authority – the one that occasionally also gives the blessing – to whatever its destiny in life happens to be.

We already know that in its first 30 years, it dives into a chaotic life head first. It must get a good taste of it. Then it climbs onto the imaginary roof of life to be an observer, with a detached view of everything around, and sometimes only involved with the world in the role of an administrator or adviser in terms of what works and what doesn't.

Finally, around the age of 50, the 6 enters back into the world as a living example of the things it discovered it can trust. Many times this means a big change in your working and personal lives. By then, it realises the only thing it can ever completely trust is their own correct authority. It must put itself on the line. It has to walk its talk. The only thing it can trust is itself, it's inner truth. It is an impressive thing to watch.

Coming off the roof is easier for 6/3s than for 6/2s, because the 6/3 never gets much of a chance to have anything like a lasting career in it's middle phase.

Since our journey through the roles that began with the 1/3, this is the first time we see the 6 at the *Personality* side of the two sides. This time it is a conscious effort to look for perfection. The *Personality* always dominates the two roles because our mind, our thought process, is involved in it.

In the first 30 years, the *Personality* side of a 6/2 is chaotic and might suffer a great deal. Instead of the 6 they have to live the life of a 3 for 30 years. What they really want is perfection, but what they get are all those things that won't work; all these people and situation they bump into. If something doesn't work, they break it down and start again.

There are many bonds made and broken, over and over. Nothing seems to last. While the unconscious side wants to be left alone, wants to be a hermit and is very selective, the other side (the 3) is always bringing people and situations in their live, things they bump into and can't control.

They always try to find the right place of retreat, but it doesn't last long. They get pulled into situations, which are not exactly the ones a *Perfectionist* is looking for. Their bodies aren't really built to deal with this chaos, so when they finally, around the age of 30, can climb up on the roof, they shout: "Leave me alone!" They want nothing to do anymore with this trial-and-error process, with these things that don't work or last.

There is tremendous pressure on a 6 to be the example. They are here to show us what works and that everything is terrific. Of course in the first 30 years, they learn that this is not true. The gift of the 3 – the one they have instead of the 6 for that time – is to find what *doesn't* work.

Any child with a 6 makes their parents nervous. They first think it is this little role model doing everything perfect, but they end up getting into all this trouble where nothing seems to work. Every time they do, the 6/2's unconscious (the 2) asks them where is this place that they can get away from all of this. Where is this place away from this dysfunctional world?

In the first 30 years, they discover that nothing works, so they think somebody else should do their job. They want to be left alone. They are *Naturals* of course, which doesn't mean they know how to do things that most people think they are brilliant with because everyone always thinks they are so talented and should do something with their talents. They are under pressure, yet they are extremely selective, and on top of everything, they don't know how to do what people expect them to do.

If someone is a 6, everything for them is about trust. When they eventually begin to trust their own abilities is when they don't have to be uncomfortable anymore with the fact that they don't know why things work. Then they can be a real value. They should do what they do best, but there is always enormous pressure. So they end up telling everybody else what to do best, but that is really not their job. It's just their way of getting rid of all these people.

Ultimately, they are here to be an objective observer, and later (after 50) to be the living example of their correctness, of the perfection they found, and out of that they are able to make a contribution to society. What they realise at that point is that it's not so much about looking in the world for what works or not, but the secret was always within them. It is being an

individual with their own unique authority, free of all the chaos and influence around them, free from the chaos of their own mind.

All roles with a 6 have to go through a phase of pessimism before they find their optimism. This is valuable advice to young people with a role 6/2. Let them know that they have to go through a lot of stuff, but by the end of their twenties it will straighten itself out. That what they have to go through are not mistakes, but just experiences. They should enter into these experiences aware, and if they don't work, it's not their fault. They are here to see all these things first that don't work, otherwise they can't become this objective force later in life.

The *Perfectionist's* optimism can never be truly fulfilled until it gets off the roof and leaves its aloofness behind. Yet, it is this optimism that keeps them alert while on the roof. They are looking. It drives them. They want to know what does work, and what could work for them. Don't think that nothing impacts them while they are sitting on the roof. They can get really excited about something, but to be able to involve themselves in whatever they see, they have to reach the age of 50.

While they are on the roof is when they can have the greatest influence on society, by sharing with them their objectivity and perspective. They have this tremendous power of being an objective influence. Later, when they come off, they have to live their perfection. Nobody wants to know anymore what they see. It's not enough. Now, they have to show people by living it themselves what works.

In the first cycle of their life, they need a lot of perseverance, and if they don't end up locked up in an asylum, they get to see the whole spectrum of the experience, which gives them their objectivity. Only when they are able to sustain, can they ultimately become wise.

When the 6/2 crawls up on the roof, it is looking for a place of harmony where it can be left alone, where it can find its objective peace. It's the most frightening thing for them when they have to come down again, because the world is an inharmonious place. When they come off, they have to sing and hold their own tune and can't be bothered by the cacophony around them; even when other people are inharmonious with them and try to pull them off their tune.

It's not about telling others that *they* are out of tune. That only works while you are on the roof. Now it all about being the living example. They can't be disturbed by what they found so disturbing in the first cycle of their life.

It's about *them alone* being perfect, not about the other being perfect. It's no longer about pointing out things in the world. They had their time of service. Now it's all about themselves. When they manage to be that living example, it's the most impressive thing to watch. Not all of them can. That's why knowledge like Bhan Tugh is so important to a 6. If they don't learn to be correct by the time they reach 50, they might go back in to the chaos of their first 30 years. In any case, there probably won't be the same kind of money and the wonderful career available anymore, like they had on the roof, where life was so easy and comfortable, and all they had to do was looking at the world.

Their bonding strategy is complex. In the first 30 years, there are enormous difficulties maintaining relationships. The sexual theme is "shyness". The other must be bold in order for the 2 to have its right partner. Because the 6/2 is a 3/2 in the first part of its life, it can be open to such things as rape in all kinds of ways, or other psychic or physical violations. A 6/2 has a barrier that needs to be overcome. When you add this to the theme of a 3, "bonds made and broken", you see that they can be overwhelmed by the forces. One can be raped in many ways, not just sexually. It can be devastating. It's important that the 6/2 understands this early period of chaos. By entering into things correctly and not making decisions with the mind, they have a basic protection within their mechanics. That's why we have to educate young people about their correct nature otherwise they will never have a sense of well being in this world.

The 6 is looking for perfection in a partner, and it's not about the cosmic-romantic idea about what a soul mate is. It's looking for a partner who is an example of itself. Only when they crawl up on the roof is the optimism there that it's actually a possibility.

What happens to many 6/2s is that they spend a great deal of time going into isolation on their roof phase and put enormous pressure on their partner to change, to become the role model they expect to have. It can lead to difficulties. The 6 is not easily satisfied. They have learned that things don't always work, and they don't give up. Of course, if you are trying to change somebody, you become their greatest enemy. After all, we are here to be ourselves. The moment anybody is truly aware of their

nature, they begin to discover love as the perfection of form, through being themselves intuitively and spontaneously. If the 6 doesn't love who seeks them out, then what they give is never going to be objective.

Once a 6/2 gets past their first 30 years, they can really make money. Before that it's all useless. It's not that they couldn't get jobs, but they don't last. Their career arc begins once they get up on the roof. Not before. This is why it's so difficult for them to get off the roof at 50. It was very successful for them up there. They can get rich up there by seeing what does and what doesn't work. It's such a cosy place. Then the axe falls, and they have to come down again. They can get extremely upset when that happens because a new chapter is opening and for that the old one has to completely close, be left behind.

It's not uncommon for some to lose things that are important to them when they come down from the roof. It can be a business, money, or important relationships. I've seen 6/2s who have been stripped of large successful companies they've built over 20 years almost overnight; who have lost a comfortable life with plenty of money and prestige.

But it's not about losing or gaining things (these things can go both ways). It's more importantly about a new chapter that's about to begin and a big transformation that is taking place. Now, they are no longer the mere observer of the world, it's all about themselves, and to be correct as themselves in the world. It can be quite a shock when that happens. It usually begins some time after 47, and by the age of 50 they have a new life. They have entered their 3rd and final phase. Soon, they learn it's not the end, but a beginning. And they see that life is very different for them now. Not just life, but on the inside they are different, too.

The *Perfectionist/Natural* can get depressed before getting on the roof, because they are always depleting resources. They can't make ends meet. These are the kind of people who run around for the first 30 years, only to pay off the debts for it in the next 20 while they are up on the roof.

It's okay as long as they know this is how things need to be. It's expensive to be chaotic. When they get up on the roof, you can finally trust them. If you lend them money before they are 30, you might have to wait a while before you get it back. But they usually do well while on the roof, which can't be said of most 6/3s.

The 6/3 role

Perfectionist/Discoverer

We already know that for someone with a 6 in their role, a central theme in their life is always trust. First, when they are young, they don't know if they can trust anything or anyone. They go through chaos until around the age of 30. They might trust in their knowledge about what they saw that didn't work, but they haven't found trust in life, in themselves. The moment they start to come down from the roof (20 years later), that's when they become an example of what trust is. They no longer just see where trust is in the world, but have learnt to trust their own being. This is the final stage that begins at 50. To trust what it is to be your own authority. To trust in the nature of what things are. Only in our vanity do we assume we have control over anything. It's a joke. It's about being oneself and not just an idea of it.

The 6/3 is unusual because it's the end of a long process, the end of all roles. And at the end is what this long journey was all about: mutation. Every 6/3 carries mutation within them. You will only meet a few 6/3s, because only two percent in the world have this role. Any 3 is always a great mutative and evolutionary force. But there is nothing more chaotic than a 6/3. For many years, especially between 30 and 50, it might seem the chaos isn't leading anywhere.

In the first 30 years, they have to live out the role of a 3/3. We've already seen this in the 3/6, but here it's the *Personality* that shifts, which is different. It has a greater impact because it's conscious. When they get up on the roof, after 30 years of double chaos (the 3/3), they don't need a ladder for that – they leap onto it! They had so much going on in their first 30 years that they trampoline their way up. Just think about the pressure and chaos of having a 3/3 role. *Everything* is trial and error. Nothing lasts, with all these mistakes they have to go through. Deaf, dumb, and blind, pushed in every direction, like a ball in a pinball machine. No other role is designed to meet as many experiences as the 6/3. They are here to sample the complete process, everything, before they leave it and move on to the next. This is the last gasp of all the processes, before the journey is complete, and the journey is only complete when mutation can take place, when they've found the next thing. Everything else in their life is only a preparation for that moment. Fifty years of preparation. They are not like any other role. And they can be given a hard time for that. Ninety-eight percent of the world have, or have had, at least some kind of lasting job or career by the time they get to 50. For the 6/3, this is in most cases not possible. They go through this intense process of trial and error, and only in their third phase, when they get near the age of 50, do they have a chance to see the real fruits of this long effort.

Unlike the 6/2, which is simply involved with being an example when coming off the roof, for the 6/3 this isn't enough. When they go back into the world at 50 as the role model, they still have the mutative pressure of the 3. It has to reach this place where mutation can happen, so then their process is complete. While they are the role model, they are also looking for a new foundation. That's their job. They have to find that next thing. Something that will lead back again to the 1/3, who will then study, investigate, and learn everything about it. It's a never-ending cycle.

6/3s have a different time on the roof than other roles with a 6. The 6/2's first have chaos too, but then they have these 20 years of stability where they might get rich and have this superb and lasting career. They are naturals who people trust. They are making a lot of money in their objective role as an aloof observer. But the 6/3s? They have this chaos that stays with them. Nothing lasts while they are on the roof. Yes, that insane chaos of the first thirty years is gone. But at the same time they can't really build anything lasting. And then, after they finally reach 50, the genes say: "Not only do we have to be a role model, we also have to find the next thing."

The 6/3s can be a real driving force, but it takes them a long time to find what they can really trust. A very long time. The 6/2 finds trust in the healing process, the first 11 years on the roof, but the 6/3 doesn't have that grace period. They are constantly interrupted. They have no time to lick their wounds. They can't escape this. It's their job, and it's only the optimism of the 6 in their post-30 phase that keeps them alive and sane. Every time another job ends, they say: "Okay, that was another experience . . . it didn't work."

The 6/3 is the *Perfectionist/Discoverer*. A *Discoverer* is always a bit of a martyr, so in the first 30 years we have a theme of the double martyr! They have two crosses to bear. One in front and one on the back! It's the "oh me, oh my!" configuration.

Whenever you meet a 6/3 who made it through the first 30 years alive and without ending in an asylum, you should tip your hat. How easy it is for them in their 3/3 pessimism to think that they are victims. Then they get on the roof and still can't hold on to anything. It's not like any of the other roles understand what any of that means or what they have to go through. They are all busy in the world establishing their careers and lives. 6/3s don't get much sympathy. They are either called unlucky, lazy, or stupid by an ignorant world. So they go up on the roof and they try to create a distance from that world – a world that thinks something is wrong with them. Through creating that distance, they can jump one day into something totally new. Evolution demands that they find the next thing and continue the genetic life process. But that's only possible when they get near the age of 50.

For the reason that they go through the first 30 years as a double martyr through life, they can be quite angry people on a roof where they still can't hold on to things for very long. These are the people screaming down at you from the roof. This is not the "holy prophet" up there, speaking in a sweet voice. This is the mad person, cursing everyone, shouting: "Get lost!" Not every 6/3 is gifted with the potential to let it out. There are people who are screaming on the inside. Imagine how devastating this can be to your health.

It's not an easy role. At the same time – let's keep this in mind – it's not tougher than anybody else's. It's so easy for 6/3s to feel like a victim, especially when they look around at 98 percent of the other roles. We have to tell them that they are not, that this is their job. That it's a necessary preparation for their possibility to shine at 50. We can't blame them for something that isn't their fault, because this is what hurts them most. They are not here to have this big, lasting career before they reach 50. Their life and career arcs are truly different from the rest. Nobody goes to school as long as the 6/3 does. The wisdom they acquire can be impressive, but it comes at a price.

While they are on the roof, they can be good administrators, but they are also anarchists underneath. If something doesn't work, they mercilessly tear it down. They love to tear things down that don't work, even if they worked years building it up. If they find a flaw, they won't tolerate it. It's the same when it comes to people and relationships. They are not sentimental when something has to go.

In the first 30 years, they are a double anarchist, a double 3, with the double theme of "Never belong to an organisation that would have you as a member" – the rejection of being organised in any way. Don't push these children into the Boy Scouts or Girl Scouts or any of these things, because they will go nuts! Let these children be. These are the kind of children that are lucky to have parents who are totally disinterested in them. It's great for them. The moment they have these "concerned parents," they get pushed into all these horrible situations where they don't belong. They need to be left alone. Let them go through their trial and error. Let them go through it as a loner in their own process. They will get out of it. If they know that it's a healthy process, that there is nothing wrong with them, that they don't have to feel uncomfortable by the way others look at them and speculate and roll their eyes (especially the parents for whom it's important to relax), then they can be healthy beings instead of feeling deeply misunderstood.

They are able administrators on the roof, guiding others out of their experiences. But they never have enough stability to develop material strength. The 6/3 is constantly interrupted, which means they get pulled out of their job or discipline. So what happens is that they might not develop a consistent way to materially look after themselves. If you are a 6/3, life demands that you have to go through more experiences than anyone else. In order to do that, you can't have anything that lasts. This is the kind of fertile ground needed for mutation to take place later in their life.

After the age of around 47, a process begins in their life that announces the end of the roof period, the end of their role as aloof observers. What first looks like another experience that came to an end turns out to be something rather different. They notice that their life is about to change again (like it did around 30). This process of transformation, which can last a few years until they reach their Chiron return at 50, can be rather uncomfortable in some cases. A lot can happen at that time, good things and bad things, but they all have the goal of transforming everything, so the final chapter of their life can begin. This process can come as a surprise and it helps knowing that this is normal for any role 6 around this age. It a time of letting go of the old and accepting something new.

Surprisingly, when they get to the age of 50, they have for the first time in their life a chance to have a proper career and reach some kind of stability. They can have their moment of glory when mutation takes place. When they live by their own authority, the faults the 3 has been finding over and over can turn all of a sudden into beautiful discoveries. The 6/3 had the longest time of learning and preparing – longer and deeper than anyone else – but they are also someone who will show the rest of us something that nobody knew existed: a new way of living that's correct for the nine-centred being, and a career and a real life over 50. They can illuminate the way for the rest of humanity. That's why we need them and call them the role model.

Nothing illustrates the 6/3 better than the two opposite states of optimism and pessimism that these two roles carry. It is a theme throughout their lives. The 6/3 is the ultimate mutative force. It's even deeper when they have the double "trial and error" theme when they are young. It can lead to so many things and discoveries. They are the ultimate transition place.

All 3s, because they get bumped into, are open to getting infected. A lot of 6/3s do not get a chance to live out their full life. If they don't know how to enter into things correctly, a lot of them (like all 3s but even more) are open to infection. Things just bump into them. Because they are constantly going up and down the roof, having all these experiences, they can catch something that shortens their life. I'm not talking about genetic diseases or that kind of illness. I mean they might have an unusual experience where they go to Peru or whatever, maybe to some jungle, and they can end up getting some bizarre microbe in them and drop dead. It's extremely important for them and for parents of these children to know that, particularly in the first 30 years, they are going to be vulnerable. They do have strong bodies that can withstand a lot, but they can't take the same risks like everyone else. They can have a long life if they understand that they attract dangerous things more than others.

They need to learn hygiene at an early age. They have to know how to look after themselves and how to keep their bodies clean. These children have to learn to wash their hands. Any child with a 3 should. Best, many times a day. As a 3, you take in so many things from the world. They are so different. If a baby with a 4 sticks something into his mouth, chances are nothing happens. Not so with the 3 baby. They will catch something. They are mutative forces. They are open to change when it bumps into them. So look after their health when they are children. Pay attention to who they engage with.

The gods can be cruel, but they are also kind. 6/3s are given deep potential and equipment to genetically persevere. They are often admired for the fact that they don't give up. They can stay with things, which in their case is not one experience but many. From crisis to crisis. Because what they stay with is their trial-and-error process. You can't keep them down forever. You can kill them, but otherwise they will always come back up. The beauty of that perseverance will lead to objectivity.

They have a very deep and penetrating objectivity. The 6/2 will drop out much quicker, while the 6/3 is still going to the bitter end. It takes in the whole experience, and only *then* it will get out. You can see why its objectivity can be so piercing while on the roof. They make sure nothing was missed. Only *then* are they free to look for something new.

There are not a lot of 6/3s to begin with to keep this important genetic movement going. On top of that, they are subject to early deaths when careless. We better look after them! The way to do this is to educate the young and the parents. When you meet them young, you have to recognise they need a great deal of support in their process. Not the kind of sympathy that says: "Oh, poor you!" but the kind of support that asks them to tell you about their stuff. After all, that's what they are here for. They are wonderful guides. They can give us a great deal of information about so many things. They can illuminate us. They have this great wisdom about the bigger picture.

It's important to understand that when you meet an adult 6/3 you are dealing with a crash victim. You are dealing with someone who has been martyred over and over again. Yet, one must recognise that this way of experiencing life is their richness. It's their treasure that will be honoured by others the moment they start recognising it themselves. They will lead us into new territory. The 6/3 is today's Joan of Arc. It is our version of Moses. They can really do that. At the same time – which is kind of funny – they have enormous problems in their personal lives. They will help us with what doesn't work. We all get to benefit from their experiences, from their wisdom. It's sometime in their early twenties that you can get a brief taste of their brilliance before the chaos swallows them up again. It can be psychologically very challenging for them to endure all these years until they reach 50 and get another chance to really show their potential.

The 6/3 can really grasp the physical plane. It has a deep understanding of the world that is profound. They really see it, because they don't trust it. But after 50, they know they can trust the world by trusting themselves. That's their wonderful

paradox. It's something only a 6/3 knows. It knows anything can go wrong, every promise can be broken, every truth can crumble. But there is still something we can trust. It's their gift. These are the ones who can assure us that just because we stand on the threshold of a new age doesn't mean we have to be afraid. Humanity is lost in fear. It's a sickness of the collective human mind. A fear of life, of change, of the unknowable.

The 6/3 will lead us out of the wilderness of being a bad copy of the old seven-centred human way of life and into the new nine-centred being and the way we are supposed to live.

The guardians of our evolutionary process

Half of the roles are called *transitional roles*. These are the 1/4, 2/5, 3/6, 4/1, 5/2 and the 6/3. These roles are much rarer and together represent only 12 percent of the population. These people act like a bridge between the other roles, constantly pointing them (1/3, 2/4, etc) away from the past and deeply towards the future. They are the guardians of our evolutionary process. They are the ones who are carrying it.

What do we need these beings for? We need them for our human species, which is the interregnum between the old type of Homo sapiens and the Rave who is coming. They are our seers into the future for us. They are the ones who can align us to a future that is outside the flow. Not only do they move us away from the past, but they bring an element of continuation for those who are not in the flow. They are here to make it easier for others to live in the future.

The biggest problem right now is that most of these beings can't really see what they are doing because their lives are so distorted by their incorrect motivations of *desire*. All of these transitional roles have one thing in common: they are meant to be *innocent* ([“Mind 6: Innocence”](#)). They are meant to have no agenda. Innocence is the “anti-motivation”. What binds all the other roles together can't be subjectivity. But as long as people with transitional roles live in *transference* and don't trust life, as long as they have an agenda and want to be a leader, they can't fulfil their role.

Social obligation and ties

Your obligation to others

Here, for example, you can see if someone is meant to spend time with a community, or if someone is more of an individual. Not only that, but you can also see if a person has a responsibility towards another. That's why morality can be such a cruel thing. It treats everyone the same when we are not. You can't change who you are, or you will suffer deeply. But this is what morality and society does. That's why even things like democracy are deeply flawed. It is what it is, but it is not right for everyone. That would be a lie.

One thing we see right away with Bhan Tugh is that we are all different. There is no good or bad, only what people are. You can't change their nature, and there is a reason why someone with your nature is required on our planet. It's necessary so the universe can be healthy. It keeps nature in balance. This goes for every single one of us.

There is nothing wrong with being yourself.

But there is everything wrong about wanting to be somebody else.

Being correct has nothing to do if other people like you or not. Life is not always about other people. It's about the whole. The whole is bigger than humanity and what we can understand. It's about fulfilling a person's life purpose. You don't have to understand "why" you have to do what you do. You don't need the blessing of the world to know you live correctly. To live correct is not something a mind can understand. All you need to know is that it makes you feel good. If life doesn't allow something, then it won't let you feel good.

We all can *experience* what it means to live out our purpose and make full use of the bodies and wonderful machines we have been given, if we trust that life will lead us there. It can't be your mind or anyone else but your self. To be your self is the only real reward you can hope for. That body is custom-built for this one and only purpose: To make full use of what your are. You can only discover the mythology of it by living it out day-by-day, discovering along the way where the journey will go.

Let your mind be the unconcerned observer of this magical journey, a journey that can never be fully understood, but still enjoyed. Let your mind discover who you are and what you are here for to do in the world. It doesn't need to know why. It can have questions, but there is no definition of good and bad that suits everyone. There can only be something that is good and bad for *you*.

Your mind is here to see: Seeing without trying to control yourself or anyone else. Your body and life will let you know when there is anything to *do* about what you see. That's why we need Bhan Tugh. It gives you an insight that what your mind thinks is not always what life wants or your body wants.

We all have one or more social designs, except for the *Drifters*, who isn't fixed. They are only a mirror of the environment and the global forces at any moment. You can't pin a *Drifter* down in one day. You also need to spend 28 days with them to get a sense of who *they* are.

The collective designs

abstract/logical

If you have activations in your design that fall into this category it means you have a social obligation to share things that you know or do with the other. When and who you share something with depends on your type. It's different for a *Worker* than it is for an *Initiator*. In any case, how and what you share is always impersonal, you have no real interest in the individual. What you have to give is something you discovered, and that you make available to others. You share it with the collective, with society. It's like members of parliament. They are not interested in just one person. They work for the collective. They share something that is potentially for more than one, than can be for many. It's usually not a one-to-one connection with the other, and even if it is, it would mean you tell several people the same thing. Think about the musician on stage. They don't make music for just one person. They make it for the collective. Think about writers, poets. They write for many. They share.

We can divide the collective design further into the *logical* collective, and the *abstract* collective. Somebody with a logical collective design is always looking into the future, while abstract is looking into the past. Logic is looking at patterns that work and tries to apply them in the future to make its world a better or safer place. The abstract design processes experiences from the past, and only has the experience itself to show for. They can only find something of value by entering into the experience first. They *did* something, and they can talk about it by looking back. This process is underrated in a world dominated by logic, yet it's a great art to condense the past in a way that can be shared in the moment and illuminate the future.

Sharing is a one-way street. A person who is here to share things with others is not necessarily interested in other people and their stories. Don't get upset that they lose interest in you after they shared something with you and don't want to hear what you want to tell them. They have no *communal* design. They are not in the "give and take" business, unless they have this design in addition to the collective.

Somebody with a logical collective design is looking for a pattern so they can move into the future securely and without fear. Logic is centred around the instinct awareness, which is our bodies intelligence and mechanism to keep us safe. This person is trying to come up with ways and patterns that are better than the previous ones.

The logical collective design is always looking for improvement. It doesn't create anything new. That's what somebody with an individual design would do. The collective design is the process of perfecting something in the world that already exists.

The original inventor was someone with an individual design, and the logical collective design perfected it, and through that made it known in the world.

The abstract collective design, on the other hand, is always looking into the past, trying to consolidate it, understand the experience and learn from it. Logic wants to know *before* doing something what it will bring, where else someone with an abstract design will tell you that he or she can only know things of value *after* the experience.

They always enter into a new experience blind. The only protection they have is to enter into them correctly, which is by not making decisions with the mind. People with an abstract design are the force of evolution itself. Without them, we would not evolve as human beings in the way we have. It is a journey through all the possibilities of life and sharing it with others.

It's the most human of all designs. It has no awareness like logic, so there is no stability or security there.

The communal designs

capitalistic/social/protective

Someone with a collective design might share something with you, but it's never very personal. The individual design might inspire you, but they are too busy doing their own thing to really care about you. When we get to the communal design things get very sticky and personal. Everything the communal does is about support and bargains made or broken. "If you support me, I do something for you."

The communal design always has to get close enough to smell the other. It must be deeply connected to a community at work and at home. A person with an individual or self-survival design would find all of this very much suffocating. Communal design is the most intimate in terms of senses like body odours, touch and taste.

Out of it comes the handshake to seal a deal, the meals they are having together, the blood bond between best friends, or remarks about the guy from another town who smells funny. This is all deeply communal.

But the most important thing to remember is that this is about making deals that guarantee support. Without it, we would not survive as a species.

We have two groups within the communal design. The *ego communal* design, which is about building the community and making money for it, and the *protection communal* design, which generally is about protecting the community in terms of caring for the weak, the young and people who need help. But it also means protecting the community from dying out, and therefore making sure that there are enough children.

Let's talk about the *ego communal* design first. Behind the image of family and community, this really is all about business. It's the business of maintaining a community. It's about making, distributing, and spending money within the community. It's also about investing in the right people, or asking for support in case of the son who wants to go to university studying medicine. Everything is about "I scratch your back, you scratch mine."

The theme of this design is to go out in the world, be busy, so you can then come home later and rest. They can only do this if they are recognised and supported by the community first.

Support is a two-way street. Nothing is free for communal design people. If they give you something, you better have something to give in return or you are in trouble. You better not break the bargain.

The *ego communal* design has two sides. They are either people who are here to make money and are *capitalistically* orientated, or they are people with this design who can be *socially* orientated and concerned about who will get money. They want money back for the community, for schools, for the poor, and for the social services. They want to re-invest the money into the community that the capitalists made.

The *protection communal* design is not interested in making money and building a structure through deal making. It is here to guarantee we have children. It's about reproducing. It's about being intimate with each other, not just sexually. As an archetype, it's about bringing children into the world and looking after them.

They are the force in the world to bring children into it, to be intimate, to reproduce, and they are also extremely concerned about the children's protected upbringing. It's all personal and everyone with a communal design has to be part of a community in order to fulfil its purpose – even if these people have other designs, like individual or collective. They can be individual within a community, for example.

If somebody has no communal design at all, they can't be part of a community for too long. They don't want to get involved in all this personal stuff. They usually keep a distance from all of that. There is no point giving them a guilt-trip that they don't want to be involved, that they don't care, and that they don't give anything back in return. They are not communal!

It can be hard for a person with a communal design to understand that there are people who are not like them. There are plenty in the world who care about others. Don't give them a hard time for it. It's morality that is the killer by demanding we all should care equally. It's not natural and, most of all, not necessary for a healthy world.

The individualistic design

Anybody with an individualistic design can inspire others by what they are doing, but let's not make the mistake of thinking they are interested in them. They might let you watch, but they do what they do for themselves first and foremost.

This design is all about mutation and bringing something new into the world. It can be a new way of doing things, or a new way of thinking, or new ideas. This is not logical or abstract. We've heard logic and the abstract can only improve something that already exists. Not so the individualistic design. For it, things have to come out of nowhere; ideas or ways how things get done, a poem, or a piece of music. And they usually come out of deep melancholy. The melancholy is a result of waiting, because one is not in control when mutation happens. Melancholy is a very important thing for them.

To be an individualist means to operate unpredictably. They are potentially a freak and outsider, always a bit unusual. They don't fit easily into society and seem strange because what they bring can be unfamiliar. People, in general, prefer the familiar over the unfamiliar.

An individualist always fails the expectations of their parents because they are different. Everybody who is individualistic has a lifelong task of learning how to explain themselves. Through that explaining, they leave the realm of being a stranger, an outsider, and enter the realm of being a guide that can be of value to others.

Without mutation, we have a dead-end street. There would be no evolution.

To be an individualist means to be selfish, not to be too concerned about the other in their own process. These people don't mind if you hang around and get a buzz out of what they do, as long as you leave them alone. They can be moody and melancholic. Their creativity comes out of melancholy. It's a process that is difficult to understand for the mind. It's basically unpredictable, something that the mind doesn't like at all.

You have no guarantee when things are going to happen. One moment it wasn't there and all of a sudden it is. It's another thing that mind doesn't like and always tries to fix. But other people with communal or collective designs may have problems with the uncontrollability and unpredictability of an individualist, too.

It's a design many great composers have and are able to relate to. They don't know where the music is coming from. They might have to wait for a long time, but suddenly it was there. The mind will always try to find a reason for melancholy and moodiness, but it's part of the process that will lead to new discoveries. It's healthy and not to be confused with depression. People with this design have to learn that you can't control the creative forces, and that you can only make yourself available. Mutation and something new happens when it happens, but not on the timetable of your mind.

The self-survival design

Here we come to a pure survival mechanism. These people are extremely individualistic and not concerned about the other. It doesn't mean they have anything against them, but they are more concerned about their own lives and will always put themselves first.

What they do is rooted in the instinct of survival for themselves. They can't help it. Some people have to be like this and nature makes sure. This way we make sure our species can survive in times of crisis. People with this design are generally not concerned at all about the other and don't feel guilty about it. They do what they do because it makes *them* feel good.

There is no direct benefit for anyone else out of what they do, except for the fact and understanding that somehow they must be needed for the greater good of the whole, otherwise they wouldn't exist. Everything they do is rooted in their own survival. It's very egocentric. Their design is the more selfish brother of the individualistic design. They won't do anything for you unless it benefits themselves. They are not concerned about you. They will always put themselves first.

And there is nothing wrong with that. It doesn't mean they must be unpleasant beings to be with. Not at all – unless you don't expect them to do things for you, or care about you, or take you into consideration. Sometimes you must show them some boundaries when they are causing you real problems. Just don't give them this guilt trip. Nature made them like this because we need them.

If they learn to make correct decisions, they will be with the right people and in the right place that will tolerate them. It won't cause a lot of problems if people are aware of their nature and learn to deal with them. But don't expect them to look out for others. I'm not saying it isn't possible, but better don't count on it.

They are beautiful beings to watch once you get over the morality of our mind. They make sure on a genetic level that the survival of the human race is always guaranteed. These people are wild, they are pure and they are here to love themselves. Without them, the world would not know what self-love is. Really. That's what they've brought.

For someone with such a design it's important to be self-sufficient. They need their own bank account, their own car, their own life. They like to pay for their own dinner. Sharing is not their thing. If you want to break somebody with such a design, you make them dependent on somebody else. It's a sad thing. They come together with the other as self-sufficient beings, who accept and love them for what they are.

Do you need a regular bedtime?

How to sleep healthy

If it says “no” in your Bhan Tugh chart, it means you have a good supply of energy in your life. It doesn’t mean you don’t have to sleep, but you have more available than other people because you have a defined life-force centre.

It also means going to sleep when you are not tired is unhealthy. You must burn off your energy before sleeping.

Now, this can be a serious problem for children. Seventy percent of the population have a defined life-force centre, which means 70 percent of our children shouldn’t have a fixed bed time. If you send them to bed early, before they’ve had a chance to burn off their energy, or if they go to bed when they’re not tired, they won’t be healthy beings and won’t sleep well.

People with a defined life-force centre always know when enough is enough and it’s difficult for them to overstretch themselves energetically. You don’t have to tell them when to go to sleep, when to rest. They always know. They sleep when they are tired. And they should, whenever that is. But they also shouldn’t sleep as soon as they don’t feel tired anymore. They know how long to sleep. Some need more and others less. There is no healthy number of hours for everyone. We are all different.

Now, this is a totally different thing when we come to *people* who need a regular bedtime, the ones with an open life-force centre. It’s tempting for them to go too far. Many times they don’t know when they’ve run out of juice. It’s hard for them to know when enough is enough. It’s so easy to get caught up in the buzz of people who are around them. Then they go far beyond their point of exhaustion – most of them not even noticing until long-term health issues arise or they suffer from a total breakdown one day.

For them it’s of paramount importance to have a fixed bed time and never go to bed exhausted or over-tired to sleep. They should be going into a horizontal position and relax at least an hour before going to sleep. They can read a book, or watch TV, or whatever, but they must be already horizontal for a while before eventually going to sleep.

They should disconnect from the aura of people several times a day to see if they are tired. If they are, a short nap will work miracles.

I always recommend that people try sleeping in their own aura if possible. Stretch both of your arms sideways, double the distance, and imagine a sphere around it. This is the size of your aura. If you live in flats or a house, where the bedrooms are close to each other, sleeping in your own bed won’t protect you enough. Don’t forget someone could also be sleeping above or underneath you. Usually that means you are well inside somebody else’s aura.

For non-energy beings, it’s even more essential to disconnect from the energy field at night. There are designs who suffer more than others by sleeping in each others aura. I recommend you experiment yourself with this to see the effect it has on you. Again, don’t let your conditioned mind make this decision. It really doesn’t know what’s good for you.

Once you get used to sleeping alone, the pain threshold of your body gets lower. The interesting thing is, when you go back after a month to your old ways and spend the night with somebody in your aura, you see right away how much you might have suffered before without noticing. This affects some people more than others. It’s *your* life. You don’t have to do anything you read in this book. You are your own authority. Nothing I tell you is set in stone. You have to find your own truth to see what’s healthy for you.

When you give some people this knowledge for the first time, it’s not unusual to hear that they are concerned about their sex life and their partner. I’m not saying you can’t spend time together in a bed. I’m suggesting that when you are unconscious, when you sleep, you should be in your own aura. It’s the respect two beings show each other so they can be healthy and themselves.

Try sleeping in a north-south orientation if you have sense 5 (auric feeling) as your internal sense ([“Sense 5: Auric Feeling”](#)). You might have problems with the body pointing east-west. It doesn’t matter so much where your head is pointing – south or north. This has to do with the magnetic field on Earth running through the poles. Every one with sense 5 is sensitive to magnetic fields.

The relationship dynamic of two human beings

Bhan Tugh allows you to look at two individuals and gives you a basic idea about what kind of relationship they are going to have. Relationships are not something you can fix. They have specific themes and characteristics depending on the two individual's design. It's not something that happens out of choice. So much time is wasted trying to improve a relationship by trying to change it and trying to turn it into something it can never be; so much pain inflicted on the other and oneself.

You can only enter into a relationship aware as yourself to see it for what it is. Blaming the other or yourself is not something that will help. The same goes for trying to change the other. The moment you do, that person will become your greatest enemy.

The instant attraction level

The Bhan Tugh software sees how strong the mutual attraction is when you meet someone. The chart will give you a number between 0 and 5 (in rare cases even more). If you have a 5 or more, it means that the moment you come together, you can't get enough of each other, the sparks are flying. There is an enormous instant attraction for both.

But it's not a sign that you are more suited for each other and will get along well forever, it's just genetics at work. It actually means that the other has a lot of what you don't have. It's perfect for evolution and the gene pool. It is the ideal condition for nature to reproduce, and what you are experiencing with an attraction is the mechanism about how it gets you to do just that. Good things always happen in an evolutionary sense when two different beings come together. It's very mutative.

Here, we come to the first catch: what evolution wants isn't necessarily the best for you. More attraction doesn't mean we love the other more, but that the person has aspects in their design that we find extremely attractive. We find them attractive because these aspects are missing in our design. When we meet the other in an instant attraction moment it gives us a (sometimes false) sense of wholeness. As much as you like or "love" the other person, as much can you dislike and "hate" them later for the same reason. Usually, by the time the first children come, all of a sudden it's not so easy to get along. Oh yes, the sparks were flying, it felt great when you came together, but a high attraction in a relationship is no guarantee it will be easy.

There is no obvious good or bad design. There is no golden combination. The attraction people can feel, the "love at first sight" is a theme of "opposites attracting". It's a fundamental tension between almost delicious and almost terrible. The very qualities that attract you to somebody are the very aspects that might ultimately offend you.

After a huge attraction, there is always a bit of disappointment waiting. Nothing is free. A high attraction helps you to get close and meet somebody with little effort, it's very seductive.

All relationships have their problems and challenges. It's not about changing the nature of it, but going into it with awareness and respecting the other. But one thing is sure: Attraction is no guarantee that you'll have things in common or that you'll get along. You might have attraction level 0 with someone (and that means you would barely notice them at first) and find out much later that you actually get on really well with them. It might not be "love at first sight, but could still be a fulfilling and lasting relationship. The genes that look for the best partner to reproduce (to serve mutation best) have no interest in how you can live together with that person after you have children. So, you better make sure you enter into a relationship correctly as yourself. It's the only protection you have.

The commitment level

How much time do you spend with each other?

It means exactly what it says. How committed are two people to the relationship? It does not mean how much they love each other, or what the attraction is. Rather, it shows how many things they can do outside of the relationship and how much pressure there is to do things together. Is the relationship more important than other things or vice versa? It's an indicator about how close or how loose the bond is, how many demands the relationship makes. In a nutshell, you can see how much you are going to spend with each other.

We will be using numbers from 0 to 4 as an indicator about how strong the pressure is to commit oneself exclusively to the relationship. A high number means you are able to do a lot together, whereas a low number means you need much more time apart. If you have a level of 2 or less and your partner works with you in the same office or spends the whole time with you it won't be healthy for the relationship and the cracks will soon show.

A level 4 means you are totally committed to each other and there is nowhere else to go in terms of an outlet for this relationship. There is literally no room for anybody else and you do everything together. It's also difficult for anyone else to get in. The partners are both totally locked into their relationship. That means you won't see these people much on a social level, and even if they do manage to go out, they won't socialise with other friends.

A relationship like this has to learn how to be with each other, because that's all they have.

When we get to level 3, we have a relationship that is still committed and devoted to the other. Don't forget: this is not about how much people love each other.

Level 3 means that they now can go out and have friends together. When they do, there is pressure to do everything together. This is, of course, a challenge if they don't like the other's friends, but still possible. Bhan Tugh shows if you like each other's friends.

A relationship with this theme of commitment has to learn how to have fun together, how to be with friends together.

When we come to commitment level 2, we have a relationship where other things and people outside of the relationship are equally important as the relationship itself. It is still a solid bond, but it must give enough room for both partners to do their own activities separately. It's a much looser bond than the ones we saw before. It means both partners can go out and do things without the other. They can have their separate circle of friends who they go see regularly. But they can also do things together.

This relationship does not have to learn how to have fun together, but how to survive each other and keep the relationship going. Because there are always ways to get out of it. It's not a relationship that is guaranteed, and they have to work on it, but the work itself can be satisfying.

A commitment level 1 is the "better to be free" kind of relationship. It doesn't really like a formal bond. It's different from the level 2 commitment that tends to be formally bonded, because they need something that holds them together. Level 1 doesn't like this. It is possible though, but only if both partners go into it with full awareness.

This relationship will always be loose, and will do well only if there is no pressure. If they have children too soon, it could be difficult for this very reason.

A relationship with a commitment level of 0, as the name already suggests, is so loose it's difficult to even call it a relationship. It's not impossible, and there are some who manage and even have children together as long as both partners are aware about the mechanics of this relationship; that there is nothing wrong with it for being so open.

The problem is always your mind – if it wishes for something you are not and tries to fix it. Or if you start comparing your relationship to others and then think there is something wrong about your partner. Or if people start looking at you and begin to comment and give their opinion about your relationship as not normal.

There is no "normal" relationship. There are only sick people making other people sick by telling them they are not normal. I don't know what "normal" is apart from the fact that when I see it in the world it frightens me.

Do you like each other's friends?

Liking each other's friends within a relationship is not a choice one makes, therefore you can stop blaming each other. With Bhan Tugh, we can look at two people and see the compatibility of their circle of friends. Plain simple, it means whether you care about your partner's friends, or not. Whether they are part of your usual milieu, or not. It can be an area of deep conflict. "What do you have against my friends? Why can't we be like that other couple?" Not everyone can. Because the genes in both partners determine in a fixed way which kind of people need to be in their lives. This cannot be changed.

With Bhan Tugh, we see five levels of this. Is there, for example, a total harmony, a total conflict or 50-percent harmony/conflict in each person's life and the people it brings with it?

Right away, you can see that a relationship with commitment level 3 that has to do everything together and can be a challenge when they aren't compatible with the other's lifestyle and friends. It's not a problem with commitment level 4 partnerships, or those who don't even get to see their friends. It can still be a bit of a problem for level 2, who have to work to keep the relationship going. Every time they go out together to re-confirm their bond, there can be a conflict over friends. This issue causes the least problems for a relationship with commitment level 0. What can bother them more is that their relationship doesn't seem to be one at all!

Companionship

This is another aspect of a relationship that we can see with the help of Bhan Tugh. It's a part in your design that you share with your partner. This time we are not dealing with opposites that attract but "sameness". While this might not be the cause of a deep attraction and usually not something that is noticed right away, it's an aspect that can be soothing for a relationship, that can bring people together, and make them spend time together through companionship. It's something that's nice for a commitment level 2 relationship, one that has to work to keep it together. They always have a way to get out of the relationship and companionship can help them to keep the relationship going. Although it might not be the most exciting thing, companionship brings a certain stability into a relationship.

Nutrition

We have six basic types of digestive systems that have two sides each, leading to 12 specific ways how our bodies like to take in nutrition (it's not about what our thinking wants). Surprisingly, for half the populations it doesn't really matter *what* they eat. It has much less importance than *how* they eat and in what kind of environmental conditions they take food into their bodies.

The interesting phenomenon is that people who should pay attention to their circumstances – for example someone who should only take nutrition in when it's quiet – is someone who is often a “food fanatic” and into all kinds of health diets. They have an almost unhealthy obsession with what they eat.

They know *everything* about it, macro-biotic, micro-biotic, organic, all the diets, all the benefits, all the problems, you name it. They have tried it all. Or they are just selective about what food they like to eat and what places they go to.

And the joke is, it all makes no real difference to them. Most of them are sick because they don't pay attention to their environment when they eat, and because they are sick, they think it's the wrong food and become even more focused on what they eat.

How can you blame them? Nobody told them.

Of course, we do have people for whom it is very important what they eat. But guess what? They eat everything that's bad for them, while being concerned about their environment.

For example, it has to be quiet, they want to sit in the sunshine, it's too loud, people make them nervous, or they only eat when the TV is on, and so forth – and then they put the wrong food inside of them.

All of it only happens because they have been deeply conditioned from a young age about how and what they eat. What's left is a distorted mind and cognition system telling them to eat in ways that can be extremely unhealthy.

The tragedy is, if you don't take food in the way you should, you will never get the kind of nutrition your unique mind and brain system needs. Not only do you suffer from bad digestion and all sorts of problems resulting from it, you also end up with a “fat brain”. It will be over-active in areas it shouldn't be, and not have enough energy where you need it to support your correct cognition.

This in turn has a strong impact on your ways of making decisions, leading to a life that isn't yours. Now, do you get how important it is to eat correctly? Because as long as you don't – and I don't mean for a day, but months and years – you won't get the benefits of a correct mind or a correct way of thinking that is for you. In a nutshell, you won't be interested in the correct things for you. You have a kind of mind and thinking that won't serve you, but worst of all, you have a mind that isn't relaxed and lusts for control of life. You won't pay attention to what you should because of a distorted *Personality*.

Most people totally underestimate what incorrect nutrition does, the damage it causes in your life, the potential of yourself, the real “you”, that you never get to see.

It's also quite amazing what happens to people when they follow this knowledge for a while. I's even more amazing when they try to go back to their old ways of eating after a month or more. They won't forget that lesson quickly because they see right away how devastating it was to their bodies.

Food and nutrition are the great homogenising agents of the world. The way we are used to eating does not further uniqueness at all. It's through food that the present limitation of humanity is maintained; that humanity is unable to break out of the herd mentality.

We all have an opinion about food: what's good food, what's bad food, what's healthy food and what's junk food. We all have our habits and trends, whether it's the latest this or that.

Not only that, but you have to look at our society and what an important aspect of the social dynamic eating and food is, what an important role it plays within communities. We are expected to eat together, share food, and bring others to the table. Look at all the chain-food stores that bring the same diet in the same environment to people all over the world, literally the same dumbing-down frequency. It's not because their food is necessarily bad, it's because it's one type of food and environment for everyone.

Each of us has a predisposition towards how to take in nutrition differently. With Bhan Tugh, we are less interested in the food itself, but rather in our digestive system, which demands a very certain way in how we take in nutrition. If you ignore your unique way of feeding yourself, you lose your correct cognition and your ability to be unique, not just psychologically, but also physically on a cellular level.

A correct dietary regimen is here to get rid of the “sludge” in your brain, areas that are of no value to you and should not be provided with nutrition. But areas that are essential for you, get exactly the necessary nutrition in order to develop the full capacity of your brain system. The moment you are not following your dietary regimen, you’re cut off from the essential sensory values in your body that you need to make correct decisions for your life.

Now, that alone doesn’t open up all the neural potential. You still need to be raised correctly where your natural strategy and design, as we heard in earlier chapters, needs to be honoured. If we don’t treat our small children correctly and feed them right, their neural development shuts down prematurely. For us adult human beings who get to this knowledge later, it’s a very long way back – almost impossible. For our children it doesn’t have to be.

With this system of nutrition that we are about to see, the quality of the food is really of secondary nature. Rather, it’s all about the correct way of taking it in according to your unique digestive system. When you do, your system will then be able to take out from it precisely the nutrients it needs in order to function correctly to serve your purpose.

But because most of us eat incorrectly, the body and brain gets the nutrients that are unhealthy for it.

If you ask people when they heard their correct (Bhan Tugh) diet for the first time and what they thought, they were not sure it would make a difference. Some of them said they couldn’t imagine eating like this for the rest of their lives. The problem is that was their conditioned mind talking and not their body.

But strangely enough after they try it for a few days or weeks, they tell you that they never felt better and their food never tasted better for them. That’s the problem with your mind. You can’t ask it what it thinks what your body likes. It doesn’t know. It has no connection to the body.

Another strange thing is that people think healthy nutrition can’t taste good, but the body is not designed in a way that you have to eat what you don’t like. That’s what’s so beautiful when you discover your correct way of eating. You can stop all that nonsense where you have been forcing yourself to eat in ways that were horrible, only because you thought they are healthy.

Most research on food, when you watch it, goes in circles. One day they tell you something is bad for you, years later they tell you there’s no evidence that people not eating that food do worse. There is not one way of eating that works for all. If they would start research based on people’s designs they would be astonished about the results they get.

Probably most of the hospitals would be half-empty if people followed their correct diet. It’s the root of almost every illness. It’s where they all begin.

The six digestive systems

Conditions:

1 - One ingredient at a time *Consecutive/ Alternating*

2 - Very selective *Open/Closed*

3 - Stimulating *Hot/Cold*

Circumstances:

4 - Inner state *Calm/Nervous*

5 - Sound *Loud/Quiet*

6 - Sunlight *Day/Night*

This way of eating is a revolution. We've already heard in the chapters before that the future doesn't belong to the follower. This applies when it comes to eating and pressures to blindly follow health trends and diets. Nobody out there has any idea what the ideal diet is for you. To begin eating correctly, you have to learn how to make correct decisions as yourself, free from the prison of the mind that has an explanation for everything. You have to learn to trust your own body, which knows what's best for you, and have the confidence to listen to your body even if all around you get angry, confused or argumentative. What Bhan Tugh gives you is a starting point to recognise what your body is asking from you.

Diet 1: One ingredient at a time

Alternating/Consecutive

This is the caveman diet. It's the most primitive and oldest digestive system we have. People with this system are designed to eat one thing at a time only. More than a billion people on the planet have a digestive system that can't handle mixed food, a system that can only deal with one food ingredient at a time. I've seen so many people with this type. The moment they moved away from the conditioned way they had been eating – conditioned from their culture, upbringing, and society – and just began eating one thing at a time, was the moment everything about them physically and psychologically transformed.

It doesn't matter what that one food is. Nuts or a piece of meat. Just pay attention to what your body likes. The only thing that really matters is that it's one food at a time. If you give such a person an omelette and throw in ten different ingredients, they will be in trouble. If they manage to get away with this for a while (a couple of weeks at least) and all of a sudden fall back to their old ways, they will surely get the message. It's not what their body wants and they will see it right away.

When you tell most people with this digestive system to eat only one ingredient, they think it's boring and that they won't enjoy eating for the rest of their lives. It's not true at all. Once they try this diet, they see that food was never better for them.

People with this digestive system get overwhelmed by complex food, and when I say they have to eat one food at a time I mean just that. If you want to see your full potential, it means only one ingredient. This means no salt and rice, no oil with cooking, and no seasoning on any food. No sauces, no dressings on salads. I think you get the picture by now.

You can eat boiled potatoes, but with no herbs or salt, and you can eat raw nuts. The same goes for drinks. Drinks are as important as food. If you drink a fruit juice, make sure it's only from one fruit. Water does not count. So you can mix your fruit juice with water, you can boil rice in water, and you can steam-cook vegetables. Bread is possible if you make it yourself, don't salt it and don't use multi-grain flour. Yoghurt (including soy) is fine, too, if it's just white yoghurt.

For someone who is starting this kind of diet – going from a very complex diet to just one ingredient – it can be a bit brutal. So I suggest in the beginning decreasing the ingredients in your food as much as you can handle or you can get hold of. When you go shopping or chose your food, go for the least amount of ingredients you can. For someone with this digestive system, the worst product is one that is not natural or one that comes precooked or preserved with chemicals in plastic. That's not at all "caveman-like". I don't think cavemen drank Diet-Coke and had ice cream or junk-food! It's just poison for people with this diet. They have to look at the packaging. The less, the better. If it's just one, they have arrived.

If they manage to do this for a few weeks and then go back to their old way of eating they will see what happens. Then the sheer truth of all this will hit them. Their body will send them a message that they won't forget. But as long as they continue eating more than one ingredient at the time, there is no possibility of any real transformation. Yet, there is no need to drive themselves crazy over this.

Awareness comes with time. Once you have this knowledge you can start experimenting, and you can see how your body responds to different food. Over time, there will be certain things you will no longer eat. Just like that. There is no effort needed. Just start the experiment for fun if you feel like it and to check out what happens, but after that, your nature takes over.

We can divide this digestive system into two groups. If yours is *consecutive* it means when you have carrots, fish and rice on the plate, you have to eat all the carrots first, then all the rice, followed by all the fish (in any order you like). Whatever you decide to start with, you have to finish completely before going to the next food.

The worst you can do is alternate between mashed potatoes and the meat, for example. Only eat one after the other. Don't go back and forth.

If you have the *alternating* diet, you can eat one spoon of carrots, followed by a spoonful of rice, one spoon of carrot, one piece of fish, and so on. What's important is that your mouth has completely emptied before you eat another bite. Different foods are not allowed to mix in your mouth. Yet, you don't have to finish one ingredient on your plate completely before eating the next one.

The harsh reality of being someone with a diet like this is that most likely you can never eat in a restaurant. Ninety percent of

what you find in a supermarket isn't for you. If friends invite you to a restaurant or you have business obligations, you don't have to eat. You will do so much better. Just have a drink, but don't forget beer also has more than one ingredient. Pay attention to what you drink as well. If you can't get the right food, don't eat. Don't get hurt. Most people with this digestive system eat almost all the time during the day. The theme of this digestive system is "appetite", so eat whenever you have appetite. Don't let your mind tell you when and what to eat. It does not know.

Someone with this diet should only eat when they are hungry. Don't eat when you are not hungry and don't eat by the clock. There is no such thing as breakfast, lunch, or dinner for you. Eat when you are hungry. Don't get tempted by how something looks or smells. It's all about whether you are hungry or not. Being very excited (*alternating*), or very calm (*consecutive*) can make you drop your guard and eat unhealthily or junk.

Another interesting aspect is when taking medications. The *alternating* person needs to take different medication at different times of the day, whereas the *consecutive* one has to finish one course of medication or treatment before beginning another one – in a nutshell, not alternating them.

Diet 2: Very selective

Open/Closed

Here we come to a progression in the evolution of our digestive system from system 1. These bodies are incredibly selective. They have a precise and set food regimen. It's a set menu that they repeat almost every single day, which they can change but only very slowly. Everything about this diet means eating in almost exact repetition. You could call it the "desert island diet" because of the lack in variation.

To begin with, it's important to eliminate everything from their menu that they don't like. They have to forget everything that their mind has told them is healthy or good for them. They have to look carefully if they like what they eat, and begin a very selective process. Once they've found what they like, they have to stay with it until they find something they like better. They should never eat anything that is not their favourite food.

These are babies who suffer terribly because they are usually forced to eat a diverse range of foods. All they want might be a plum every day, but instead their mother is sticking tuna, banana and whatever else into them. They spit it out and the mother sticks it back into their mouth. What's so cruel is that mummy only loves you and smiles at you when you eat all those other things, too. This is why – even as adults – it's so difficult for them to even remember that being selective with food is so important and natural. Every time they eat the incorrect food now they might associate it with a positive memory, that mum was happy and loved them, or whatever it was.

The conditioning is so deep, and it didn't stop with that. By eating the wrong food for years, they've conditioned their body even further, which made it even more difficult for them to see their nature. The reason for this is that now their cognition is out of whack, because their brain has received incorrect nutrition for so long. They are trapped. They truly think that being selective is not something that does them any favours and they have trouble recognising what's good for them.

This system is also old and primitive. It isn't capable of dealing with a huge variety of different foods. It recognises what it likes and it has to stay with it. For most people, including the individuals with this system when they first hear it, the thought of always eating the same thing sounds horrendously boring. It's a mental thing, although they might be able to recognise that trait in them. The mind doesn't know. You can never ask your mind what it likes to eat. It's about the body. So, once they start eating that way, they see how their body enjoys it and then their mind can follow the body's response. Once they enter into the experiment, the reaction of their body will tell them.

The keynote for these people is *selective*. And how they select their food is rooted in their *internal cognition* (["The Senses"](#)).

Someone with this system has to make a list of all the foods they like and over time narrow it down to a few. It doesn't matter what the mind thinks is healthy for them. Even narrowing down types of coffee brand and varieties of apples makes a difference. If they like Granny Smith better than Red Delicious, don't eat Red Delicious anymore. It might take a long time until they have refined their diet down to food they would like to eat almost every day, with very little, maybe seasonal, changes only.

It does not mean that they have to eat the same foods for the rest of their lives. They are allowed to gradually and very slowly change their diets. What is not healthy for them is to eat something different every day or to have a great variety of food. For many people with this diet, it's best to eat simply prepared, locally grown and produced food. These are not people who go to gourmet restaurants that serve complicated dishes.

What needs to be understood about being *selective* is that one has to submit to many things that aren't correct in order to find out what is correct. It is likely to take a while to find the exact kind of food a system 2 person really wants to eat everyday. For example, they might have some odd kind of food that they think is the one they want every day, only to find out a month later that they don't want it at all. Or if you have a child with this digestive system, just because it likes a particular apple sauce doesn't mean that you should just stay with that. In other words, that child needs a number of options. It's vital for them, particularly at an early stage in their development, to be able to go through the *selection process*. Then, they wean food out and block what isn't correct for them. Never force them to eat anything they don't like – even if you think it's the most healthy and nutritious

food out there. They will let you know when they want to try something new. And if they like it, don't stop them even when you think it's unhealthy.

A baby like this will quickly indicate to you whether they don't want a repeat of a foodstuff they ate. But they will be open to the test, especially if they are on the *open* side of this diet. Even if they go through food that they don't like, you'll see that they're still going to be open to the test. It's their refining process taking place.

Someone who belongs to the *open* group of this digestive system is a person who is always open to trying something new. That's how they find the food that deserves to be repeated over and over. It's important that they don't try too many things at once so as to not to upset their system.

Now, on the other side, is the *closed* group and if you belong here then it means there is a lot of resistance in trying new food. It means that person has a closed approach, and one has to overcome real barriers to make them eat or try something new (and one shouldn't). For these people, it can take forever until they try something new. But they are not missing something. That's what they are. If they like something, let them stay with it. Don't pressure them. They will try something new when they are ready. They are extremely selective about what they might even want to try. It's correct for them. This is the way they find what's healthy for them. Don't blindly follow health trends.

There is always a danger when they go to a new place or out with friends that they can't get what they usually eat, or they might get tempted with too many other options. If you travel and can't get your favourite food, bring some with you. It is the most discriminating diet of all. All others can have a huge variety of different food, even the type 1, if it's only one ingredient at a time. But the type 2 has to be super-selective to find the food that's healthy. There is a tremendous limitation in what's beneficial and nutritious for them.

A person with this diet should not just eat anything when they are hungry. It always must be the right thing. You better not eat anything at all and wait until you have a chance to eat the foods that you really like.

When you are dealing with an infant that has the *closed* side, the natural tendency is to refuse food. It isn't ready for it at all. When you go to the other side, the *open* is much more ready to take in food, but at the same time, it will also spit it out the quickest.

Diet 3: Stimulating

Hot/Cold

The third digestive system is about temperature and about the manipulation of food. In the evolutionary sense, this is the beginning of cooking, what we call “cuisine”; the beginning of using energy to blend food. It is the modern, sophisticated kitchen. We began the journey with digestive system 1, which is the oldest and most primitive way of eating, and here we come to the stage in evolution where people had proper kitchens and technology to heat up food or freeze it or cool it down. A person with this digestive system needs something that stimulates their digestive system so they can get the correct nutrients. What all people with a system 3 digestion hate is food that is bland or lukewarm. These are babies who quite possibly don’t like to be breast fed. They want their milk hot or cold, but never at body temperature. What these people dislike even more, is if they have to eat the same foods all the time. They need a variety of food that stimulates them.

Because this diet represents the modern cuisine, these people love to have sauces and gravy with everything. What they can’t stand is dry food. A dry piece of bread is not enough for them. They can’t eat a cake without cream. The theme of this system is “thirst” and “fluids”. They want juicy food. Something that is not boring.

When you look at beings with this system, you see they have either *hot* or *cold* in their chart. If they are from the *hot* group, they must only allow drinks and food into their system that are *above* their body temperature. For the cold group, it’s drinks and food that are *below* their body temperature.

If somebody is a *hot* type, it’s because they have a digestive system that doesn’t generate enough heat in order to break down the food in a way that’s necessary. So the heat in the food acts as an agent for their digestive system. Anything cold they take in has a very counterproductive effect. It’s total poison for them. To have plenty of hot drinks is vitally important, especially when they are thirsty.

The opposite happens on the other side, the cold side. These are beings who have a digestive system that overheats. If you keep on pumping hot food into them, they burn off what is a value and don’t get the correct nutrition. If they have a warm meal, it’s important they at least drink something cold, when they are thirsty, to cool down their system. But it’s paramount they stay away from hot drinks like coffee. They should also stay away from environments that are too hot and not overheat their space. They must have cold liquids and avoid the heat. It makes all the difference for them.

When you enter into the experiment of Bhan Tugh, you enter into a very selfish journey. You are here for yourself first, to fulfil your own promise. If you have a food regimen that goes against what everybody else is doing, then this is going to be tough for you. You can do everything else Bhan Tugh gave you about making the right decisions and having correct relationships, but if you don’t feed yourself correctly, you will never see the promise of yourself. Strategy and role is the ground floor of this knowledge, but beyond that is a highly disciplined voyage to get you to see your true potential. You have to confront all the social consequences you will meet.

Someone with *hot/cold* must pay special attention to liquids. The keynote for this digestive system is “thirst”, which means that liquids are very important, but most of all, they must take them in at the right temperature. How hot and how cold has to be guided by their inner authority.

These people might prefer more liquid foods to solid foods. If someone is on the *hot* side of this system, eating ice cream is one of the worst things they can do to their body. If you are cold, hot coffee is poison. It’s important that you don’t drink when you are not thirsty and that you drink when you are. There are certain conditions that may tempt you into drink the wrong thing at the wrong temperature. For *hot* diets it’s when they are out in the sunshine that they want to drink something cold. People with a cold diet get tempted when it’s getting dark or night to drink or eat something hot.

It’s not that somebody with the *hot* diet can never eat a sandwich or salad once in a while, but they need hot meals, especially in the morning. Same with the cold. They can have a warm meal every once in a while, but should avoid piping hot things and hot drinks. Cold drinks are essential for them. Especially when they have a warm meal. Always have your drinks straight from the fridge.

Diet 4: Inner state

Calm/Nervous

This way of feeding yourself is no longer about strict food conditions, it's about circumstances; the circumstances under which you eat your food. It's about the environment. Evolutionary speaking, here we have a much more sophisticated digestive system, not better though. It's never about "better" with designs.

This system has two sides. *Calm* or *nervous*. It means people with *calm* have to be in a calm environment, an environment that keeps them calm, and it's probably best for them to eat alone. This is not necessarily anything to do with sound or noise, it is about if one can be in a relaxed state or if one is excited. Also consider that you can get nervous by sitting next to a nervous person even though it might be very quiet.

If a *nervous* and a *calm* type person – both with the same digestive system – sit at a table together, someone is going to lose. If everybody is sitting together at a table, the person with the *calm* system is always going to lose. Somebody with *nervous* needs a lot of action around when they are taking in their food. They might even run around while eating because their body needs stimulation. But being in a nervous environment can also mean being with busy and nervous people.

When people with a *nervous* digestive system sit quietly alone and eat, they aren't going to get any benefit from the food at all. None. The easiest way to solve this is for them to read while eating or to watch television. If they are with other people, they should encourage conversation. Calm, quiet, peaceful meals are the killer for them.

The moment you see how all this works, it's a no-brainer to try it, to see what the advantages are for you. Imagine the mother who only wants to breast-feed in a totally quiet place when the baby needs to be *nervous*. Then, they wonder why it has gas in its colic. It's getting terribly conditioned right the moment after it was born. It would rather be breast fed in a crowded café and everything would be really cool for the child.

Don't eat without paying attention to the environment, just because you are hungry and you've discovered interesting food that looks good, smells good or tastes good. You can get so interested in the food itself that you have a tendency to forget about your healthy environment. Only there, you are allowed to eat. It's incredibly anti-social if you are on the *calm* side of this diet, but we are entering a time of the individual. If you want to be well in the new era that is coming, you can't be concerned about societal and cultural pressures about how to eat. Those pressures emerged from a period of time that is now fading.

The future is not about doing things together and communities. They won't help you anymore. You have to look after yourself first, or you won't make it.

Diet 5: Sound

Loud/Quiet

With this digestive system we come to sound. High volume and low volume. *Loud* and *quiet*. Here is a being who either needs to eat in a place that is very quiet, with no distracting noise at all, or someone who needs to eat where there is a volume of sound that fills them up.

The digestive systems that are more about circumstances rather than what you eat is relatively modern. This means that many of these types can benefit from technology. If you are a person with a digestive system that needs a high volume of sound and you live in the countryside where it's really quiet, technology can be a great thing. How nice it is to be in the age of portable media players. You crank up the volume and it changes everything.

Or if you are in the middle of New York City and you happen to be on the *quiet* side of this digestive system, you can wear noise-cancelling headphones to cut out all the sound when you have lunch and have a smooth digestive process.

Don't engage in conversations while you are eating when you have the *quiet* diet. Just go silently about your business. If you speak, you really upset your digestive system. People can talk around you if it's unavoidable, as long as they don't yell and shout, but it's so important for you to be silent while you eat.

Loud and *quiet* means also distracting and non-distracting, or stimulating and relaxing. A very diffused – not too loud – sound that doesn't demand your attention and relaxes you might be okay if you have the *quiet* diet. When you are on the *loud* side, it must grab your attention. Make sure people talk when you are with them on a table, or switch on the TV or radio, or go to a busy restaurant or cafe. Don't go to one where there are no people inside or where it's quiet.

The correct dietary regimen may create certain social dilemmas, but that's not the point is it? Are you willing to sacrifice your body, your health, your brain and your well-being because some people don't like the way you eat? It's your life! The nutrition that you bring into your body is everything!

Don't be tempted by food that tastes good, when you see food that you like, or your favourite food. Or maybe you're getting distracted by something that you *don't* like about your food. This is the moment when you forget to pay attention to the environment. It sounds like a little thing, but most of your health problems may go back to this. Try it for a few weeks and see what difference it can make.

Diet 6: Sunlight

Day/Night

This is the final and most sensitive of all digestive systems. In evolutionary terms it's also the most modern and sophisticated one. It's about light (direct and indirect light) which makes it possibly the most unusual of the dietary regimens. Beings with systems like this are either daytime eaters or night-time eaters (nocturnals). They are either one of those people who should only eat when the Sun is up or one of those who should only eat when the Sun is down.

Eating when the Sun is down sounds really strange to most people, but once you get over the intellectual shock, you'll discover that that's probably what you have been doing in your life anyway.

If it weren't for social conditioning and what to do with your time at lunch and these kinds of things, most people who get into the night-time way of eating realise immediately that this is something that is really healthy for them. This doesn't mean they can't drink liquids during the day or have a very light snack, but the fact is that none of them complain about hunger.

What's important with this distinction is that daytime eaters need to have their digestive system complete its work before they go to sleep. It's so unhealthy for such a person to sleep with a full stomach. Of course, the opposite is true for the nocturnals. It is extremely important for them to sleep on their food.

Nocturnal diet beings should be careful with direct sunlight in general, as it might lead to health problems. The same goes for mobile phones, Wi-Fi and all kinds of micro-waves. It's all about high frequencies, and all frequencies well above the sound spectrum should be avoided in large doses.

They should not eat in direct light, not just sunlight, but also artificial light. It's not healthy for them to have a light dangling over the dining room table and pointing on top of their head. It's better to have indirect light when eating, with no spotlights shining on them.

Someone with the *day* way of eating probably likes to sit in the sunlight or at least near a window when he or she eats – in fact, this person needs a bit of sunlight on a regular basis – while night-time people probably like to have their drinks or light snacks in the shade, or inside somewhere with indirect sunlight or even low-level artificial light.

Don't eat food because it looks interesting when you are not hungry. Don't eat just because everyone else is eating when it's the wrong time of the day for you. You can't afford to give in to social pressure to eat when it's not healthy for you. We are entering a time of the individual. If you want to do well in it, you have to let go of the old ways. People and life won't reward you if you try to please them anyway. Be who you are. Honour the body, and find the right things that are waiting for you.

The correct nutrition for babies

Someone with a *Rave* brain ([“The Brain: Human or Rave”](#)) needs much less food than someone with a *human* brain. And yet, when you look at the average “not-self” mother and if her child doesn’t seem to be eating enough, she’s in a panic. She gets really worried and wonders what’s wrong? What can she do to get the child eating the way she planned out meals? Then, she goes to a friend who’s saying to her to try this and that, this food and that food – anything to get that baby to eat more.

But that baby doesn’t want that or need it. We don’t trust these babies. Yet no bio-form will destroy itself. It’s not going to happen. No baby is going to starve itself voluntarily. Babies don’t go on fasts. They want to survive, but they have a differentiated design that cuts off in them when they had enough. A baby with a *human* brain will take in much more food because it burns it. It’s a different kind of system that burns more energy. It’s about recognising that there is no point in over-feeding a child and allowing it to establish its own quantity levels.

All these homogenised, almost arbitrary, rules create homogenised fears, which are so embedded in the consciousness. And these fears go into the child. If a child also has an open instinct centre, it’ll be desperate for security and will feel the concern and fear in the mother, who thinks the baby is going to waste away. This tension enters the baby every time it gets fed.

The baby with a *Rave* brain isn’t going to nurse much in its earliest stages. It isn’t going to be like a *human* brain baby that needs to be nursed and wants to hold on to the nipple and all those things. They are so different in the way in regards to quantity. If the mother is ignorant about this, she’ll be fearful unnecessarily and those fears will go into the child.

It’s so different when you know and understand these differences, when you can relax. Imagine if you have a *Rave* brain baby with a *closed selective* digestive system (diet 2). If that baby has an open willpower centre, it means it also has a weak stomach. If you overload this baby with food it’s going to suffer. On top of that, you’ll overload it with fear and it will become incredibly insecure should it also have an open instinct centre.

You have to get rid of your own fears. You have to understand that your child can’t follow an example. It’s a unique being. It’s not like all of those other children. It isn’t meant to be treated like this. They’re meant to be treated according to their unique nature. As I mentioned, beings with open heart centres have weak stomachs, so they have even more problems when you stress their digestion. They are susceptible to stomach cramps and pains. They feel uncomfortable physically. Something similar happens if children have open emotional centres. They feel all this emotional tension from the parents, which may lead to physical pain. If you have an open emotional centre, any emotional confrontation has an almost immediate effect on your stomach. Some people get cramps and pains. They feel uncomfortable physically. In other words, for this child any kind of emotional tension is something that might lead to actual physical pain.

Most babies suffer from severe colic because their nutritional needs are totally ignored. The amount of colic that exists in babies is sort of expected, considered natural and mothers are almost resigned about it.

“Oh, well, the baby’s colicky.”

“Aha, so is mine. And so is the other one, the neighbour’s kid.”

The only issue that becomes a discussion point is how severe the colic is. If the poor, little, thing is all crunched up into a fetal position with its knees up, banded together, and they’re crying in pain, then it’s: “Oh, they have severe colic!”

This child is going to suffer a great deal in those opening months of its life. There is nothing worse. You don’t want to see this baby, this beautiful creature, this new life, immediately thrust into a world of pain and suffering. Because that’s precisely what happens. It’s obscene that colic, as an example, is something that is treated so cavalierly; that it’s almost expected babies may have problems with this. No, it’s not natural and does not have to be this way.

This is something that creates an intense psychological impact on that newborn. Such pain and suffering is going to have an impact on its entire life. It creates such a shockwave that years later this is where you have people going through regressive therapies, whether through hypnosis or other techniques. This is the point where their suffering began. This is the point where the assumption began that there was no one to help, that nobody could take away the pain. This goes deep into the psyche.

Parents must need to understand the proper way to nourish their children. Truly, there is no reason that they have to suffer.

If a baby has an open instinct centre, it means it has an immune system that is inconsistent. The immune system is the way in which we master the basic fears. Those beings with a defined splenic system they have a built-in way to deal with survival fears. There are all kinds of fears. It’s not about the potential anxieties – the nervousness, the various fears that are there in the

body – but the basic, survival fears.

Of course, newborns are fundamentally helpless and deeply dependent for its care and nourishment on those around them. If you have a baby with an open instinct centre, you have a baby who will feel incredibly threatened when left alone. As a matter of fact, this is the kind of child you put down in the crib because you think it's totally exhausted. It's gone through its colic episode and you put this exhausted child down in the crib because it has finally closed its eyes. But the moment you walk out of the room, two seconds later, it is just screaming.

What distracts you from eating correctly?

Our design tells us what it is that distract us from eating correctly, that makes us drop our guard and so end up unhealthy.

We see right away that people who have to pay attention to the environment only, pay too much attention to what they eat, and by doing so can forget about the circumstances they're eating in. I've met so many people with diets 4, 5 or 6, who could basically eat anything as long as it happened in the right environmental circumstance. Yet so many of them are food fanatics. They're likely to be the ones into all kinds of healthy diets, organic this and gluten-free that; going to all these health food stores, the fancy restaurants – you name it. While this isn't a problem in itself, it's potentially such a big distraction that they never pay any attention to the circumstances in which they eat. Then, they begin to pay the price. Some of them are so sick that they try even harder to find the right food. They can't see that food is not the solution.

With the people from nutrition groups 1–3, it's the other way round. With them it should be all about the food itself, but they can be the ones distracted by their environment and then usually drop their guard and eat something unhealthy. Let's take someone with diet 2, someone who should be very selective, always eating the same. All of a sudden they might want everyone to be quiet or they can't eat. Then, they put the wrong food inside of them. Or they want soft music with dinner and forget all about what they're eating and end up sick.

Or another example: let's say your correct way of eating is “one ingredient at a time” on the *alternating* side. You would always get in trouble when you are excited or nervous.

You might be watching an exciting movie or having an exciting meeting or getting excited by some news (bad or good). If that happens you'd drop your guard, you'd loose your awareness and you'd have a tendency to eat something totally unhealthy that could make you sick. You'd lose all awareness about staying with “one ingredient at a time”.

The interesting thing is that these people also become nervous from eating or drinking mixed foods (many ingredients). Or they can get very lethargic, when you belong to the *consecutive* side.

The following chart shows the two possible states of all diets and the forms of their distraction. In the conditions group, the left side of your diet gets distracted by the left side of whatever the distraction is. For example *hot* gets distracted by *sunny – cold* by *dark*.

Conditions:

1 - One ingredient at a time *Consecutive/ Alternating*

Loses awareness when calm/nervous

Incorrect eating makes lethargic or nervous, difficulty in focusing

2 - Selective *Open/ Closed*

Loses awareness when it's loud/quiet

Eating incorrectly makes edgy and moody

3 - Temperature *Hot/ Cold*

Loses awareness when sunny/dark

Incorrect temperature makes moody, causes skin problems

Circumstances:

4 - Inner State *Calm/ Nervous*

Loses awareness when hungry

Eating incorrectly weakens immune system, also effects their appetite

5 - Sound *Loud/ Quiet*

Loses awareness with favourite food

Eating incorrectly weakens their immune system, they think something is wrong with the food

6 - Sunlight *Day/ Night*

Loses awareness when thirsty or seeing interesting food

Eating incorrectly causes eye problems, headaches, affects their sight and concentration

Environment

Your correct environment is about diminishing resistance in relation to the other. We can't live our lives without the other. You might be in a certain environment and nothing happens, but later you are in a different one and a connection happens.

Environments, like food, are also key to love, career and health. It's also about longevity. It's not just about additional years though, it's about the quality of those extra years. You don't want longevity at the expense of cognition. It's about having a dynamic quality of life into high age. We live so much longer with our nine-centred Uranian bodies these days.

Think about the trends leading people to where they go and where they live; how populations shift and expand. People are not nurtured into finding their true places. The places that our families settled in or those places considered cool or trendy are not necessarily safe for us as individuals.

It's the great dilemma of the mind. The body, the vehicle, is magnificent the moment it is given its due and respect. It knows precisely what to do, where to go and how to get there, but it doesn't mean your mind sees all of that. It doesn't mean your mind recognises and knows where that place is.

Most passengers of the body are struggling and always asking: "Where are we? Why are we here? I want to be this! I want to do that!"

Environment is not really about a place on a map, just as dietary regimen is not just about food. It's about the correct characteristics that an environment must have in order for you to be nurtured. It's all about the forces you are supposed to meet.

You can either be at rest or meet resistance in an environment. The law of the body is that it seeks rest. It is looking for an environment that is not necessarily always nurturing, but one that doesn't interfere with its difference, its unique aspect. In other words, an environment that embraces your being.

To be in your natural environment means to have an advantage; that you can be more efficient at what you are doing. You always need to be nurtured on the inside *and* on the outside. It's your environment that nurtures you. It's not the place. You must understand that there can be many different environments in one location.

The correct environment does a number of things for you. Let's say you don't feel good. The moment you enter into your correct environment you start to heal that ailment, whatever it may be, the common cold or flu as an example.

Environment is here to protect the well-being and longevity of your body. We have a long way to go in our new Uranian bodies. We are not meant to "burn fast" anymore. Our maturation phase is also different in these new bodies. The Saturnian body was mature at 15. The Uranian body, the nine-centred being, is an adult at 30, but fully mature only at around 40. We have a totally different learning curve. There is so much more that needs to be taken in before reaching maturity, before you can flower.

The correct environment sets you up in a place in which forces are not going to be dilemmas. It eliminates some of the resistance when connecting to other beings. It is an important key in your transformation. You do not bring a delicate tropical flower to the far north and expect that it will flourish. But that's what the mind, influenced by the not-self, has a tendency to do. It's a force likely pulling you away from what's truly healthy for you.

In order for a child to be correct up until the age of 30 (its Saturn return), its requirements are to be raised according to its *type* strategy, not getting mentally conditioned to worry about life, and to be fed correctly according to its dietary system. It's only at 30 that there arises the demand for the correct environment.

Only when you go out in the world as an adult, which in the new Uranian cycle is after the age of 30, do you need to pay attention to your environment. It will allow you to be protected, to find the right people who will show and allow you to live your correct purpose. Purpose is not something you know until it comes out of you, until it unfolds.

There might be a couple of dozen of babies in the world who are being raised correctly at this time. The reality is that all of us were raised in a deeply conditioned manner and we all have to go through a de-conditioning process with various levels of success. So what good does it do you if you feed yourself correctly, but throwing yourself off a cliff by living in an environment that is not correct for you?

You will suffer endlessly if you don't pay attention. You will not be protected financially, not be protected health-wise, and you will be always at risk. There are a few who, by sheer luck, happen to be in the correct environment. But the rest of us? We go through different levels of suffering.

The wrong environment will always seduce you into making the wrong decisions on top of all other problems. The correct environment, on the other hand, is like a shell. It protects you, it eliminates resistance, and it allows your purpose to unfold. Again, it is only when you are looking at the correct things for you that you are able to gain the right perspective, that you can "see".

It doesn't mean you have to spend 24 hours in your environment. Ideally, you should be at least several hours per day in that environment, basically as much as you can within what's possible, or where you have a choice. Especially when you have important meetings with people.

Please understand, even when you know what your environment should be, *you can't go looking for it with your mind*. You can't make it happen if your design does not allow it. Most of us have to wait for the correct opportunity. If you are meant to be in a certain environment and you are a *Worker*, the right opportunity will come sooner or later and your body will recognise it – if your mind steps aside and lets it.

The dilemma is that the minds of people usually interfere and then they end up in the wrong places. And if they haven't been following their dietary regimens for many years, there is no chance that they will ever recognise their correct environments because their mind/brain system, their cognitive capacity, is all out of whack. It's completely distorted. Of course, with the coming changes in the world, with the big shift in themes with 2027, the key for survival is to be in the right place. We are moving into an era in which the only way your survival can be guaranteed is by you, yourself, knowing what to do. The key to survival is to be in the right place. You can be the best hunter in the world, but if you are in the wrong place, you are not going to catch anything and you will go hungry. It doesn't matter who the hell you are or what your gifts are. If you are not in the right place, you don't get your life, you don't get the bonuses.

When you follow your correct diet, you are going to become uncomfortable in your environment if it's not correct for you. Eating correctly enhances the sensory cognition of your brain in the way it was designed to operate.

Correct nutrition and environment are not separate. They are connected, they belong together. One does not work without the other. It is quite a journey to get to this correct place. If you look at your Bhan Tugh chart and you see you are not in the right environment, don't panic and change it. It will change when it happens and you let it. It will not change any other way. It won't be allowed.

I know people who have studied this knowledge for 20 years. They think they know everything about it, yet still do everything the mind is telling them. They think because they have a mind that follows a system they are better equipped. They are not. It doesn't matter how your mind works and what it "thinks" it knows. It doesn't matter if you have the mind of a Nobel prize winner or if you are the village idiot. The moment you let it control your life, you are lost. So don't worry about the environment.

If you are lucky then you can see where life wants to take you and your stubborn thinking won't get in the way in the future. That's all that we are trying to achieve here. It's a lens to watch yourself. Don't get caught up in the trip to "do" something with Bhan Tugh, don't try to get too clever or find a way to exploit what you see here. It's a dangerous temptation. You can only tell your mind to stop worrying about your life, stop interfering.

The 12 environment types

The quality of your life depends on your correct environment. It's really easy to protect your body. All you need to do is to feed it correctly and be in the right environment. But then, you can't do this, in the homogenised world we are trapped in, with your mind and all those fears that come with it.

The mind doesn't have conscious access to what environment is correct for us. In fact, it's probably attracted to an environment that isn't correct. Just let your mind stand back, watch, and understand where the body is taking you once you start feeding it according to its type.

There are 12 distinctive environments which can be grouped into six environments, each with two polarities. All the people who are important for you are waiting in your correct environment. It's a gateway that's incredibly important for you. But the moment your mind begins making decisions, you lose all cognition. It's all gone.

Shelter:

selective/blending Caves

internal/external Markets

humid/dry Kitchens

View:

active/passive Mountains

narrow/wide Valleys

natural/artificial Shores

The first three environments are primarily concerned with *shelter* and doing something within that protected environment. People from this group are much healthier in internal environments, where the inside is the dominant factor. They are not really outdoor people. Not that they can never go outdoors and be in nature, but the majority of their work is not spent there. Indoors is where they have the advantage.

The other three environments offer a specific view, with no need to be inside of a building. They give you something to see or hear, they give you a perspective. There are obvious things that come to mind when you see their names. The seaside, the mountain view, the countryside, the rural and the less developed. All of that is true. But it's also something else: it is deeply related to height. So, for example, if you live on the 50th floor of a building in a huge city, you've transformed your building into a place where you have a view and see movement between other buildings, where you see more than one building at a time. In other words, I don't want you to be rigid in the way in which you interpret these words. An environment is not so much about a place, but about the conditions of it, a certain quality it has.

I want you to understand that there is this fundamental division we have in terms of where the body needs to go. We're not really talking about motivation here. The driving force to get to your correct environment comes from your body. It's an unconscious thing. We can't call it motivation, because such a thing arrives from the psychology of your mind, which we get to see later in this book.

If your body is operating correctly, there is no question that it is naturally going to move towards the right environment. But that does not mean that the damage that's been done is suddenly removed.

So many illnesses come out of bodies that need a *view* environment, but live in *sheltered* environments. Likewise, so many bodies that need *shelter* are in environments with a *view* which are more orientated towards the natural or open environment. It's all the by-product of a mind in control of one's life.

People with a determination for sheltered environments (the first three groups) only need to take advantage of them when their inner authority leads them to it. For example, a *kitchen person* doesn't need to spend their whole day, their whole life, in a *kitchen*. But for the other 3 (the view group) it should be something more consistent. For example, if you have an environment 4, it means you do better when you're more consistently on high ground with thinner oxygen.

Environment 1: *selective/blending Caves*

Obviously, we don't live in caves anymore, and we're not talking about a specific country or place on a map here either. *Market* and *kitchen* environment people are real city people. A *cave person* can be anywhere. The main characteristic of a *cave* is that it offers protection by having only one entry. There may be a sneaky way out, but it has only one obvious entry. This allows you to control the doorway, which in turn provides you with safety. A *cave* is good for security. I'm sure if you look at how many children are afraid of monsters and have nightmares about them, chances are many of them are from this group. If you put that child into a room with more than one door, it can never be comfortable. It may be a closet door or a bathroom door, it doesn't matter.

Modern *cave people* love their cars. They lock themselves into their cars and they have the perfect *cave*. They need an office where there is just one door. Don't work in an open-plan office with this environment. It's not just a security issue, it's also a health issue. If you can control who comes in and goes out through your door, it changes the whole way in which you interact with others.

If you get sick, go into a room with one door and see what an enormous difference it makes. *Cave people* are not outdoor types. The worst you can do to such a child is to throw it outdoors all the time. Don't make the mistake in thinking *cave people* are anti-social. Depending on the rest of their design, they are usually very social and love to meet people in their *cave*, of course.

If you are on the *selective* side of *caves*, it means you are selective and choosy about your environment and which people you want in there. You are not someone who always leaves the door to the *cave* open. What's best is a one-to-one environment. Only one person at a time in the *cave*, and if it's not the right person, don't let them in.

If you are *blending caves*, you need a mix of environments and of people. You are someone with an open door to your *cave*, so people enter on their own and get a chance to meet you. If you don't like them, you can always throw them out of your *cave*, but you discover the right people and opportunities through the mix or selection of people that you meet in your *cave*. It's all about not drawing attention to yourself and blending in, so you don't feel under any pressure that you are the focus of things. Blending in is the key. It's not healthy for you to stand up on a stage where everybody is going to stare at you. It's much more effective to be in the audience, and out of that you can have more impact with the people beside you.

A *blending* person will learn more in a group than one-on-one. It's easier when other people are around, when the pressure isn't on them. If they drive in a car, they'd rather have a group of people with them than a single person.

Of course, it's the opposite for *selective* people. They love to drive with just one person in tow. For them, it's important that it's a very direct configuration. It's good to go out and meet one specific person instead of hanging around and blending in. Being in a crowd is not their thing, and I don't mean they can't enjoy that, but they will not meet the forces that are good for them there.

If you are a *cave person*, it doesn't mean you have to spend your whole life in a *cave*. It's more about the realisation that this is an environment beneficial to you when you meet the other. This is where you are protected from negative conditioning. It's a place that allows you to be efficient and that will promote your longevity and health.

The most important thing for a *cave person* is that they control who has access to them and who doesn't, who can go through that one door in their cave. These people need privacy. And the *selective cave person* will only let the right person in. The *blending cave person* has an open door to its *cave* and it waits to see what kind of people show up. They are not afraid to let in a wrong person like the *selective*. But don't ever think they can't throw people out, because they can. It's *their cave*.

The last thing any young *cave person* should ever do is accept a job like cutting down trees in the wilderness for a fortune an hour. They might very well die, literally, or lose a limb, or whatever the case may be. I think you get the picture.

Environment 2: *internal/external Markets*

When we are looking at evolution, the move from *cave* to *market* is a natural progression. A being with this environment thrives at a market place, where there is a high level of activity, where there is trading, where things get discovered, where there are choices – and the more the better. It's the opposite of a *cave* in a way. It's all about mingling with others in a public space. The *cave*, *market* and *kitchen people* have built our cities. Our cities are nothing but *caves* piled on top of each other, supported by the *markets*. The *markets* enabled beings from the city to support themselves on the material plane. That's what the right environment does for you: it nourishes you financially as well.

If you compare group 1 (*caves*) with group 2 (*markets*), you notice that the *cave* offers the healthiest environment for family life, and here with the *market* you have the business and social environment that is the healthiest. *Market people* feel wonderful when they go out of house and go to work. Some of them, especially the *internal market beings*, feel wonderful when they run their businesses from home. They can just go from the first floor down to the shop or storefront or whatever case it may be.

The social dimension of a *market* person emerges through their business frame. Of course, you see right away that they may struggle in their relationships with their family, because they are going to be much more comfortable in relationships with those people who they work with, who they buy from; anything that has to do with the material interaction.

When a *market person* is sick, the best remedy is to go shopping. These are the type of people who can't stay in bed when they are not well. You always find *market people* where there is a place of abundance. They are not the ones living on a farm or in the middle of nowhere. They need choices. The more, the better. Because that's what they are really good with: finding the right thing out of 400 choices. They are very fussy. *Markets* are all these places where trends, fads, and stuff that nobody has heard about and a year later everyone has, emerge from. The world as a business is born there.

The internet is one of the newest *markets* that has been emerging. It's basically a virtual place where you shop and make deals, where bargains are made, where people meet, and where many trading and service businesses are in one place. These days a *market person* can spend the rest of their lives surfing the web, looking for the perfect thing.

If you have important meetings, always meet at a *market-like* place and not at home or where it might be totally quiet. If you are living away from density, away from selection and the spectrum of what's available, you are not going to do well. Your material advantages are diminished because you can't find the exact right thing. You always need a selection.

The *internal market* environment can be the business at home, but it might also mean you meet the right people indoors, at the place of a business. You don't meet these people on the way to the *market* like the *external market person*. If you look at evolution, the *internal market* was the typical family business in the village with the home in the same building. It was the *cave person* that turned its *cave* into a business by putting a sign up. It would never leave the house when going to work, and it would meet the right people when they come to its business.

Internal market people don't necessarily "see" the other. They are in action and very focused, and they get a certain amount of attention. But remember my warning: the mind is here to watch and understand only, so don't go all of a sudden and move your business to your house when you read this. It really doesn't work like this. Only because you think you are a *market person* doesn't mean you can let your mind run the show again.

The *external market person* has to go out of their own home to other *markets* to meet people there. It has to pursue a place where they would like to go, find choices and meet people. It doesn't always mean this is necessarily referring to an outdoors *market*. It means that you are leaving your home environment and going out in the world as an observer.

Market people are the force that created and maintained what we call urban life. They are the glue that hold cities together. For

those beings, to live in crowded, often polluted urban environments is not unhealthy. They are made for it. It's healthy for them, so they can select and have plenty of choice for the right food, the right lover or the right career. They are very good at living in a dense city environment, very sophisticated apartment complexes with anything from 3 to 4,000 families living in them. It's natural for them. If they are one of those back-to-nature retros, living in the middle of nowhere, they are in big trouble. They are cut off from all the possibilities in life. It doesn't always have to be a big city of course.

If you have a child with *market* environment, it doesn't need parents who decide that the child should become a lawyer because it'll make lots of money. There are eight zillion things to do out in the world, and this child needs the broadest selection possible. They are really good at finding their thing in an environment that offers a lot of choice.

Family will always be secondary to a *market person*, which doesn't mean they don't love their family. There is no need to feel guilty about it, because that's their way of staying healthy. Of course, there is always the possibility of marrying your business partner, or your family becoming part of your business.

Environment 3: *humid/dry Kitchens* *hot/cool*

Kitchen environments can be many things, not just the literal kitchen. They are factories and other places where you mutate, transform, manufacture or produce. It goes back thousands of years, when around the fire things were happening. Transformation takes place in many ways though. Through heat, cold, melting, and freezing. You can experiment and make discoveries in these places. They are creative places, and even a place like a clinic where the life of sick person is transformed. Of course, it is the literal kitchen as well. I think most *kitchen people* love to sit around a fire if you watch them. You always have to de-construct the meaning of an environment.

A *kitchen* is also a place that is never boring, never the same, and where there is always something happening. It's an interesting and stimulating place where things are "cooking" – not just in the literal sense.

So let's say your child with this environment is ill and has a very bad cold. The best remedy is to bring it into the *kitchen*.

If you have important meetings, meet at your environment; in this case a *kitchen* or a place where things get manufactured or transformed. Such an environment can also be a recording studio if you are a musician. One can call it a sound-kitchen. Use your imagination. If a different item comes out the door compared to what came in, if a person changes or transforms in there, if mutation takes place, it is a *kitchen* environment. If people just trade things, like in *markets*, if they don't manufacture or transform something, it's not a *kitchen*. *Kitchen people* enjoy restaurants where one can see the kitchen.

Kitchen environments represent the densest connection we have in the urban world. It's these places where something new can emerge from, where the magic of transformation takes place; the furnaces blasting under all these roofs of a city, scientists and blue-collar workers all over the world in laboratories, steel mills, foundries and factories. *Kitchens* are these places where the world truly gets changed.

These people practically live in their *kitchens*. They have their most important conversations there and fall in love there. Of course, they don't have to be there all the time, but only here will they gain certain advantages. It can be a sweatshop or a disco. You have to be creative with what *kitchen* means.

The core city dwellers are *kitchen* and *market type people*. *Kitchens* truly belong to urban life. These people must be where things are happening. They are not supposed to live in the remote countryside. Think about somebody with a *kitchen* environment in their design working in a steel mill. They truly belong there. Their health is not going to suffer. But think about the son who is from the *view-environment* group (4–6), who was told by his dad to get there a job too. These people won't have the same protection. If you are not a *kitchen person* and you are working in a factory, it is very likely going to kill you. It doesn't matter in what form this appears: physically or psychologically or financially. It's diminishes your potential.

Humid hot kitchen means a place busy with other people. It also means a hot place with high humidity. High humidity and temperature leads to mutation, but it also creates circumstances that keep you busy. The worst for *humid kitchen people* is a dry place. A *humid kitchen person* is the active part in the *kitchen*, is the observed one.

Dry and *cool kitchen* points to a place with low humidity. It also means being passive in a *kitchen* environment, not under pressure to be too active, and watching others mostly. But by being there, these people get the right opportunities. A person with this is always the observer of the activity.

Not-self *kitchen people* are always looking for the prosaic landscape somewhere, like the shore, that distant shore. That place away from the hustle and bustle, back to nature. It's their big distraction. And it's all their mind. It's not going to be healthy for them and can cripple them financially.

Environment 4: *active/passive Mountains*

Here we come to the first environment of the *view* group (4–6). It's only when you get to the age of 30 and beyond, that you have to pay attention to your environment. So don't feel guilty if you look at the design of your children and see that they are not specifically in their right environment.

But even children can take advantage from this knowledge. If you have a two-story house, put your child with *mountains* in their design onto the top floor. It will be a lot healthier. *Mountains* is actually about oxygen and the high ground. It doesn't mean you have to be on Mount Everest. Even if you live in the city, always chose the high ground. Choose the place with the least amount of oxygen possible, a space that is elevated relative to your surroundings.

Mountains are exposed places. It can be a real mountain or an elevated place anywhere, even in the city or in a business. It takes a different kind of consciousness to operate in an exposed environment, a different kind of alertness and perception. Together with the high ground you can see the perspective being influenced. These are people who like to look down on things. It sets up a certain way in which their perspective is going to operate. If these people need to solve a problem, it helps to take the high ground. Their consciousness doesn't work well on the low ground. Somebody on a *mountain* or the high ground sees everything. They don't see inside the *cave*, but they see the *cave* and who is going in and out of it. It establishes a very distinct perspective. They see what the *cave person*, the *market people*, and the *kitchen* are doing because they have a vantage point. A person inside a *cave* or *kitchen* has a totally different horizon than *mountain people*.

Mountain people by their very nature are never going to be as social as *cave people*. They need their connections in order to survive in the *mountains*, but they don't like the crowd. They must have reliable supplies. They have the ability to see where they can get what they need. If a *mountain person* is walking down a busy street, surrounded by high buildings, and somebody asks them an important question, they don't have the same perspective, they don't have the necessary equipment to deal with it. They lose perspective. It's like the *cave person* sitting in an open field trying to figure something out. It doesn't work.

We belong to one environment where we can thrive. You don't want to put a polar bear in the desert, but human beings do things like that to themselves all the time by listening to a distorted mind. A correct child is supposed to go out into the world around the age of 30, and establish itself in its correct environment. That's what maturity means.

The key to a *mountain* environment is not a physical orientation, but one that is connected to the level of oxygen available. It's not too healthy for these people to live at sea level, because there we have the highest air density with a lot of oxygen. It wouldn't surprise me if some *mountain people* are heavy smokers because it reduces their level of oxygen in the neocortex. And I'm not suggesting all *mountain people* should begin to smoke.

I guess the worst thing for *mountain people* would be to have oxygen therapies. They are also more environmentally sensitive, so they don't do well in polluted cities. They are all about finding a place that can expand their consciousness, and I'm sure some of them have a tendency to mysticism, magic, drugs, trying to find the Godhead, looking towards the stars and all those other things – of course everything within their social context and when it's correct. But it's the high ground that will always give them an advantage, that is going to increase their well-being over the long term. Some of them take their vacations in the mountains every year, live in a high-rise or work in skyscrapers, all which is going to benefit them.

Mountain people are not intended to have dense levels of oxygen in their environment. There is a difference in levels of oxygen between being on the ground floor or on the 20th floor of a building. If they have high levels of oxygen, their brain deteriorates faster. Increasing the oxygen level dumbs them down actually. Nobody likes rust on their cars. It's caused by oxygen. Oxygen is a powerful corrosive. You don't want to breathe pure oxygen. It kills brain cells. It would be interesting to see what happens when *Mountain people* live in the correct environment or the wrong one, and what impact that has on the chances of them getting Alzheimer's. I wouldn't be surprised to learn that they were more at risk when living at the low ground or at sea level, or in a place that doesn't offer them a view or is polluted. Everything about the *mountain* environment has to do with the mental capacity to have perspective. To have a healthy brain at 80 or 90 makes it worthwhile to be in your natural environment. Whenever you see a *mountain person*, it means that their quality of life is rooted in maintaining their mental acuity. It's more important than anything else for them. It's always better to be on the top floor than at the bottom; better to be on

the hillside than in the valley; better in the mountains than in the hills. It's all relative.

Active/passive refers to the level of social activity there. An *active mountain* environment must provide an active social intellectual environment. When you go out, you have to go out for a reason. It's not healthy to just go out and not know what to do, to wander around. You need to have an active pursuit or process in your environment. If there is nothing for you to do at a place, you shouldn't go there. Don't just say: "I need a bit of fresh air." It's important so you don't meet the incorrect people, but meet those right for you.

Somebody from the *passive mountains* group needs an environment that allows them to be relaxed. They don't need a reason to go out in the world, they just enjoy the outside. They are simply available for communion. For them, it's fine to go out just because they feel like it. This is the only place where they have the advantage of finding the right people and what's right in general for them.

Environment 5: *narrow/wide Valleys* *focused/diffused*

These are the *valley people*. They need to be on the low ground, but it's more than that, and it's not about oxygen like with *mountains*. *Valleys* are places about pressure and sound, it's where information flows, it's about communication. It's through *valleys* that all transportation moves, where strangers come through, and where there is activity. Therefore, you also have sound, which is extremely important to these people.

First, you might think that *valley* is the counterpoint to *mountain*, but it's not. *Mountain* is about perspective and low oxygen, and *valley* is not about any of these. In a *valley* there are things going on that people can watch, like the man sitting on the bench on a busy street. But instead of having a distant perspective like the *mountain person*, these people are right in the middle of the movement, where people come through, and where they can have influence.

If you are a *valley person*, you are more likely to interact socially with people who are outside your normal grouping. The *valley* environment gives you access to people outside your usual circle of friends and family, because you are in this narrow place where there is this flow and movement of information. It doesn't have to be the literal valley, but of course it can be that as well. It's about a characteristic that a place must have. It can also be the bottom floor of a house. There are so many ways you can de-construct all these values. And with today's technology, we have many ways in which information travels and how you meet strangers. The internet is one of them. A *valley* is an environment suited to universalisation. It is an environment to communicate with a wide spectrum of people from friends to strangers.

Valleys are a pressure environment that offers you many opportunities to commune with people coming through, with the world passing by. If you can transform those who live in the *valley*, you can change the world. Of course, you can de-construct its values saying that it's better to be on the ground floor of a building than on the 10th floor. If you have a *valley child* that is sick in the house, bring it downstairs where there is movement, where people are coming and going.

Valley is an acoustic environment. It is an interesting place where you see and hear everything passing through. These people love to sit on the front porch or in side-walk cafés just watching and listening, until someone recognises them, or they see someone interesting and things get shared. It's like picking up what's moving through. In today's world, these are also the computer geeks. They are getting their communication from the net and see, hear and share all these things travelling through their computers.

Valley people are not like the *market person*, they are not looking for deals. They are looking for communication-rich environments. And guess what the most common information of a *valley* environment is? It's gossip. Gossip is a healthy thing. The *valley* is alive with news and information. Why do you think the most popular books are somebody's story about their life? People love gossip.

The *valley* is not a secure place though. It's not a sheltered environment. Strangers come by, outsiders and whoever else. You don't want to communicate with the wrong beings. It's so important to understand that by operating correctly you can discern who to communicate with and who not. It's exciting to meet foreigners and people with different habits, but it also brings xenophobia and paranoia. The *valley* brings strangers. It's interesting, but also dangerous.

Most valley environments are the bedrock of civilisations. The first cities like Ur were built in the Tigris-Euphrates river valley. It was a place where you had resources and access to water. But most of all, there is an acoustic density in a valley that you don't have in the mountains or shores. The *valley* is a sound environment. When you hear the word "valley" you might think countryside and some lovely, little, prosaic valley somewhere. However, the best valleys were or are occupied by mega-cities where there is just this incredible acoustic density. It's a place where the most profound acoustic encounters take place. It also means that if you are a *valley person* and up on a mountain on a ski-lift with someone starting a conversation with you, you are open to conditioning and are not protected. You are in the wrong place. You need the pressure to protect you. You must be on the ground floor with all the pressure right above you; the children dropping their toys above your head, or whatever you hear. It's perfect.

If *valley people* are to have a business, it should be on the ground floor or where plenty of people come through so they can get the full benefit of their environment. *Valley people* form all their relationships with other people through language, through words, and when they are speaking, so they need an acoustic and aura-dense place where they are at their best. They love to walk the streets in a city, they love the sound of it. It's their ideal environment. This is where they are at their best in terms of the other.

If somebody with this environment is living in the countryside, it's better to live in a valley in low terrain where the pressure is high. But to live in a house by yourself on a little farm down there is not to your advantage, it's not going to be enough. You can't fulfil your purpose and destiny, whatever that may be. You must be part of the communicating world.

Somebody with the *narrow* type of *valley* needs an environment with focused sound. They need to hear every detail about what's going on around them. It's wonderful for these types to overhear and listen in to a conversation. These people hate it if others talk to them from another room. They need any sound to be up close and focused. They love to listen to music on headphones. A diffused sound environment is confusing to them and they don't know what's going on. They prefer headphones over speakers. When they deal with other people, they need direct audio contact. They prefer to deal with one person at a time because of their narrow audio focus. It allows them to have an acoustic connection with people. They hate sitting in a room with a group where everyone is silent. If somebody is watching a movie with them, they like to talk at the same time.

When we look at the *wide valley person*, it's the opposite. They like to hear sound in a way that doesn't demand their attention or focus. They need to hear the sound from the street in a diffused way, a blend of noises. That's what's great about double or triple glassed windows. It's like the park in the city, an open space where there is change in the acoustic frequency. *Wide valley people* love to hear music from a speaker in another room. They basically prefer an environment that relaxes them. If you walk through a crowded, loud focused environment every day, then muffle your ears. Do whatever helps to diffuse the sound environment, but don't use headphones to listen to music or talk on the telephone. It's horrible to have two speakers pointed at your head, because you need a dispersed sound. There must be a diffusion. You don't want to be in environments where you get locked into very loud sounds that become a focus, a kind of sound that you can't get rid of and that is nagging at you. Other people usually approach *you* in the *valley* environment. You enjoy passively being there.

Environment 6:
natural/artificial Shores
sunlight/no sunlight

To be at the right place at the right time is everything. It's not just luck. It's what we all can have the moment we take the power away from our minds to control us. Some of us are very fortunate in terms of our correct environments, because we've had the serendipity to be in the right place. But if you haven't been, it can be devastating for you. It can bankrupt you and make you terribly sick if you move away from your correct environment because your mind says so without having a clue of what you need.

It's, in fact, very difficult for most of us to understand how profound the right environment really is. With *shores*, we come to a place of transition. It can be the seashores, the river shores, or shores of a lake. *Shores* refer to a place where you can look to something beyond. Where you live on the border of two places that meet. It's not so much about activity with others then, but about a place of transition. It can also be a transition from forest to field, and from something dead to something alive in a wider sense, like desert to plants. It's about the far-off distant horizon, and the world that could be out there, the beyond that gets the imagination going. Boundaries are like that. There is always this fascination with what's on the other side. So you have to see there are many *shores*. Think about people who lived in East Germany when the Berlin Wall was still dividing the city. That's a *shore*, too. Or people who live in two countries and constantly go back and forth. They live on an artificial boundary. To see both sides gives them a certain view in life. The key is to have a life with the tension of a different environment that is close to them.

People with a *shore* environment are not really interested in just their current environment. They are interested in the possibility of what can be beyond, the perspective of looking out from where they are towards the other place.

Think about all kinds of boundaries we have. The state, provinces, districts, neighbourhoods, the city and the suburbs. Rivers, highways, even mountain chains. They can be on the edge of something that they don't like, or someone living in the suburbs looking at the city and dreaming about city. Or maybe somebody living in the suburbs going to work every day to the mega-city.

Shore people are "boundary people", because they get to see what's on the other side and they get to meet what's there. It could be different faiths, different races, all kinds of things finding a way to bridge each other. Being on the *shore* means being available for what's beyond, but also not being available. It doesn't mean anything will happen. Just by living on the East side of the former Berlin Wall doesn't mean you will ever cross over. But you still have the view, the perspective. There could also be social boundaries. The nice thing is that if you live on a boundary, you can always go to the other side and come back again. And if you don't go over, your view and imagination might go over and back. Think about like living on the boundary of a village. Village people and country people are very different and you get to see both.

Everything about environments 4–6 is about the *view* you have. It's not so much about the physical environment itself, the conditions. There is no outside view in environments 1–3. Everything is focused on what is enclosed rather than the openness. With the view of a landscape. 4–6, they all have a view in which they see the movement of things, where they get a certain perspective by looking at different places. The *shore people* have to be on the other side of what they are looking at so as to get their perspective. This is the perfect environment for them. Everything is about seeing one side always in context to the other, to the beyond.

The *shore person* isn't interested environmentally in maintaining civilisation as the other types are. It's looking for transition. There is this theme of "moving on". There is the quest of what else there is. It needs to have the perspective of the next place that is different from the one where it is. There are always people coming to them asking what is on the other side, how the other side is. They have a sense of it. What they will meet at the *shore* are people looking for a transition and they are looking for someone to give them an answer. But this environment doesn't have a social dynamic or duty. These people are at the *shore* to fulfil themselves. Not because of the other.

We have two variants of *shores*: natural and artificial. *Natural shores* are, as the name already suggests, natural dividing lines between environments, something built by nature. Whereas *artificial shores* are the transition points created by human effort. It could be any artificial dividing line, not just objects, but aspects that divide humans and places into all sorts of categories. You have to pay attention to see this. Being a *shore person* is living on the edge, a place where one thing ends and another begins.

For somebody with a *shores* environment, light plays a very important role. Or to be more clear, the light of the Sun. In the case of the *natural shores* environment, it's important that they work in natural well-lit areas, where they don't have to use artificial light. They also prefer a place that is dark rather than to actually turn on the lights. It's kind of obvious that they are not night-workers for this reason. It's not healthy for them. It's not where they get to meet their people. It doesn't mean they have to be out in the sunshine all the time, but not in environments that cut them off from natural light. There should be large windows at least. Of course, they love to work outside during the day. It's a beneficial environment for them.

For the *artificial shore people*, it's the opposite. For them, it's really unhealthy to have a workplace near a window where sunlight gets in. They need to be away from that. Many love to work at night. They love the night environment, they love it when the Sun goes down. That's when their day really begins. I would be careful with too much exposure to direct sunlight if I were them. It's not only direct sunlight, it's large amounts of any light, direct light, and even artificial light. Other high frequencies, like mobile phones, Wi-Fi nearby, or anything above the sound spectrum, is unhealthy. Turn these things off or put them away at a safe distance when you sleep. You don't need them. You definitely want to live far away from these big antennas that mobile phone companies put up on top of some buildings.

It's not healthy for artificial *shore people* to have spotlights pointed at them. It's better to have indirect light, diffused light. A day job in the outside is probably not too healthy for them. All these things are never just about health, but also meeting the right people. It's about meeting the other that's waiting for you to live out your purpose.

People from this environment group (natural and artificial) can be the dehumidifier and humidifier freaks. They think if they take a long nice bath, they are fine. But the catch is: it really doesn't matter. Humid and dry has nothing to do with them! It's only a distraction that makes them forget about what's important. Same with super dry or very humid places. They can be a big distraction.

The Senses

Your senses provide your body with information from the outside (atomic) world so it can have cognition, but more importantly, so it can make a decision. We have one sense that is primarily responsible for internal decisions (what our body wants to take in) and another sense that is primarily responsible for the external (which environment our body wants to be in). An example of what your body takes in would be food or information.

We have six possible senses. The primary sense for both the internal and the external processes can be different or the same, depending on your design. We (the passengers) have no conscious access to how the senses are interpreted. In fact, as said so many times before, we don't, and shouldn't, have to do anything with this knowledge. We just let the body have access to these two senses when it needs them, so that the chemistry inside of you leads to the correct decision. Of course, this only works if you are not in transference, if you follow your *type's* strategy, and if you make no decisions with your mind.

For example, if you have *smell* as cognition for your environment, you have to understand that your body is guided by smell to the environment that is correct for you. None of this has anything to do with your thinking. Your mind might want something that's totally different. It's never about what you "think" is good for you. Your body does the "doing". The mind has to go where the body wants, or there is nothing for it to see.

When it comes to eating or food, and you have one of the first three senses (1–3) as your guiding cognition, it means your body likes to focus on your food while eating. The other senses (4–6) don't like to focus on their food. If you are in this group don't stare at your food when you eat.

Senses 1–3 focus on the *outside* to get their information. For example, you check how something smells or what something looks like. But senses 4–6 focus on the *inside* of your being. You look at how something on the outside makes you feel on the inside. Or you visualise things on the inside of your being and the body later makes a decision based on that. It's a very different process. Senses 4–6 are something relatively new and still in development, evolutionary speaking, whereas senses 1–3 are the classical senses that humanity has been using to guide them for a long time.

The seven-centred *Homo sapiens* were mainly guided by *outer vision* (sense 3). These were deeply strategic and very (mentally) visual and logical beings. The world still pays too much attention to this sense, and we now have to learn who we really are. We are different. None of the six senses have anything to do with "thinking". The conscious mind is not part of the decision-making process. That happens hidden from us. The body only gives us the result.

Active (outside):

Sense 1 *Smell (instinct centre)*

Sense 2 *Taste (instinct centre)*

Sense 3 *Outer Vision (mental centre)*

Passive (inside):

Sense 4 *Inner Vision (mental centre)*

Sense 5 *Auric Feeling (emotional centre)*

Sense 6 *Psychic Touch (emotional centre)*

You might wonder why *sound* (hearing) is nowhere to be found. The reason is that *sound* is part of all the senses. A sound can be a warning for the instinct – think about the sounds you hear at night or the sound of a dangerous animal if you are in a forest. But a sound can also make you emotional such as when you listen to a piece of music. Of course, sound also carries information – just think of the logical sense words make – something mental cognition is interested in.

For example, if you are someone with an internal sense 5 (feeling), you are more interested in the emotional aspect of a piece of music – how it is going to make you feel. A person with sense 2 (taste), on the other hand, has developed a taste and preference for a certain kind of style, while for senses 3 and 4, the music has to be mentally stimulating and they probably want interesting lyrics. Two people can hear something totally different when listening to the same thing.

What's interesting is that we get a lot of unconscious information through the sound of a person's voice, similar to when we are within their aura.

Sense 1: Smell

These people are unconsciously guided by odour. They should allow the body to smell food before and while they eat it so the body can tell them whether it likes it or not. But the body can smell much more than food. It can smell a rat or money or an opportunity. It's not just about smell, but also about the nose. Even if it isn't necessarily smelling, it can have a nose for things. After all, it's connected to the instinct centre. Therefore, it also means that smell is always cautious. It's rooted in fear. It's looking to protect itself. For you (the *passenger*), there is nothing to do with all of that. You only have to allow the body to smell things before making a decision. Don't try to do anything with it. It happens on its own.

Somebody with a cognition guided by smell also has a theme of "staying with it". It needs to smell the same almost every day. These people don't change perfumes too often once they've found the one they like.

Someone guided by *smell* in terms of the environment is looking for something that smells in a specific way. If somebody comes into their environment heavily perfumed or stinks it can feel like an intruder. They also like the air in a room controlled, with a constant and stable quality of air and odour. They recognise the correct environment through odour. Whenever you walk into somebody's house, there is always a specific aroma. It tells you if this is the correct environment for you right away.

Sense 2: Taste

Someone with this form of cognition has a body that is selective and has a specific taste. Taste is something that develops over time and doesn't change quickly. It's like a huge ship that can't change course quickly. In terms of eating, it's all about how the food tastes. Your body wants what tastes right and it likes to stay with it. When deciding about what to eat, give your body a chance to taste something so it can make a decision. It's about being selective and developing a taste for something.

If you have to make decisions in your life, breathe in through your mouth before making them. Just like smell beings, you can also have a taste for things other than food. For example, you can *develop* a taste for something. Just be creative with the word "taste". Your passenger has no conscious access to any of this, by the way, so don't try to figure out what kind of taste you have in order to understand a decision.

If you have this primary sense you have a body that is guided by taste, not just with food, but also with any kind of information it takes in. It has to be the perfect thing, which is according to the taste you've developed.

The frequency of *taste* is "staying with it", like sense 1. These people don't go through cycles. Taste is always concerned about security. It is connected to the instinct centre in your body.

If we compare it to smell, which was rooted in fear, taste is much more adventurous. There is a quality of openness, it has more courage and is designed to meet new things. But it also is selective and choosy. It always waits for the right thing to come along.

In terms of environment, the external, pretty much the same applies. How your body chooses it is by developing a taste for it. It's incredibly selective and likes to stay with what it knows best, yet is always interested in principle in something new. But few things actually make it through the taste-selection-process.

This person needs a lot of air circulation in their environment. It's important. They are "fresh air people", and it doesn't matter if the air is polluted, in case they live in the city. All that matters is that it's not a stale air environment. These people always have an open window.

To develop a taste for something takes time. Therefore, don't expect such a person to make rapid changes in their lives. We don't want to talk here about the mind, we are here to talk about the body. This sense is rooted in the instinct centre. It knows spontaneously whether you like something or not. It's not just about food. It's not about explaining something through finding a reason or explanation. Someone with this sense has to learn to trust their taste (instinct) and ignore their mind that asks "why?"

Sense 3: Outer Vision

A body with this form of internal cognition will only put something into itself if it looks right. It doesn't matter if it is food or information. It's very visual.

Any body with this sense on the internal side wants to look at its food before and while eating, and wants to be stimulated by something it sees. This way it knows if it wants to eat it or not. The same goes for any kind of information. It needs to see it first in order to make a decision whether it wants to take it in and study it. But it's not you, the *Personality*, who decides what to do with what it sees.

Someone with a sense of *outer vision* always needs breaks after a while, especially if it has medical treatment, which is just another way of putting something inside its body.

Visual input and stimulation are extremely important. In terms of environment, it tells a person with this form of cognition that the environment needs to be visually stimulating. These people have their houses full of things that stimulate them visually. They probably light up their places at night, they need to see something. It doesn't matter if it's within the house or on the outside through big areas of glass.

If *outer vision* is your cognition for the environmental, you need occasional breaks from your environment. This sense is connected to the mental centre with which we see and where we try to make mental sense of what we see.

Sense 4: Inner Vision

This is the first sense after smell, taste and outer vision that is basically looking inward and doesn't like being distracted from the outside when it does. It represents what's also known as the third eye.

Bodies with this cognition for nutrition, the internal, don't want to look or focus at the food while eating. Inner vision always prefers when things on the outside aren't visually too distracting. Even if these people choose what food to eat, closing their eyes for a moment or gazing without looking will help. It's all about not being distracted.

These people love to go inward, to an inner place of mental relaxation, when making any decisions.

In terms of their environmental sense, it means they prefer an environment that is not cluttered, visually not distracting, and almost minimalist, Zen-like. A cluttered space is really not their thing. They are looking for an environment that is soothing for their minds. They are not looking for outer stimulation, they are not always interested in having paintings on the wall, they don't want to constantly focus and ponder over what they see. They are not really into decorating their homes and offices. Their environment is going to be practical for their nature. A bed and table, not much nonsense. These are the kind of people who might enjoy not lighting up the house, certainly not like people with outer vision who would probably even illuminate every picture on the wall.

Inner vision people are the kind of people who can easily forget to turn the light on when night-time comes. They love an environment that nurtures their meditative state, their inner vision world.

Sense 5: Auric Feeling

For someone with this form of cognition, everything is about how things make you feel. How does the aura of something feel? That can be anything from electromagnetic fields of places, people, food to sounds. The interesting thing is that most of the time the passenger is not aware that any of this is taking place. It is a certain emotional frequency that gives your body the right kind of information it needs. It means you have to give your body the opportunity to be in the aura of another person or near a place or object to get a feeling for it, to pick up its frequency. Looking at a picture does nothing. And it's not about doing anything consciously with this information. The *body* knows what to do with it and will make a decision based on it. But you have to allow it access to the auric frequency so it can do its job. It's got nothing to do with facts or how it looks.

These people are very sensitive and can be overwhelmed by some frequencies, emotions and certain people. They take in an enormous amount of information just by being close to things and people, and this is how they unconsciously recognise at the deepest level the nature of the other. They also pick up a lot of unconscious information from the sound of a person's voice. That means if they can somehow hear the voice (via telephone, a recording, etc), they don't have to be physically near that person to pick up the auric feeling.

On the internal side (the brain and digestion), it means that if you have medical treatment, this should have a beginning, middle and an end. You don't do it forever.

On the external, with the environmental sense, it means you might live somewhere for a while, but then move on. Everything is cyclical. But there is the possibility that you could come back later for another cycle. This form of cognition is connected to the emotional centre of the body, which can process frequencies and feelings.

These are not the kind of people, when they listen to music, to be concerned about lyrics and whether they make sense or not. They only pay attention to the emotional aspect of it. It doesn't have to be gimmicky or clever or showy or well-presented or tasteful.

Somebody with auric feeling recognises subtleties in the change of auras and the electromagnetic field that other people know nothing about it. If there is the smallest change, they know.

Sense 6: Psychic Touch

In terms of nutrition, it's so important for such a person who has this form of cognition on their internal side to touch their food to inform their system for proper digestion.

These are not just things that can be spotted on the surface. People like this get a lot more information than what people with senses 1–3 get. By touching objects and people, they are getting unconscious information which impacts how they feel about something, because this sense is connected to the emotional centre. Their bodies like to eat with their hands. It's important for them. They also like to touch food before they purchase it. That's how they know if it's correct for them.

Psychic touch is not just about putting a hand on another person, but someone like this also takes in a tremendous amount of information from any inanimate object.

These people take in information through their skin. That's why they can be extremely sensitive and allergic to all kinds of things with their skin. They use the wrong kind of detergent to wash their laundry and they have a rash or some kind of bad reaction with their skin next day. They have to be careful with what they touch with their skin. These are not the kind of people who like to shake hands with everyone.

In terms of environmental sense, it means it has to be clean. The more things are in the room, the more dust they have, the less ideal it is for someone with this sense.

Even dust has a psychic frequency that is stored. If there are too many things around people like this, they get overstimulated and overwhelmed by the psychic frequency of everything that they touch. Simple and clean is their guide. Some of these people are heavily into cleaning and constantly wiping things clean, probably not even knowing why.

They can be very uncomfortable when squeezed into a train or bus full of people who are touching them for this reason. It's too much information that they don't want.

How to study and memorise

Here we are dealing with your brain and how your body likes to take information into your memory. It is similar to how you take in nutrition, how you feed yourself. One is food, the other information. Both are for the internal.

Study Type 1: One thing at a time ***consecutive/alternating***

This person is not a multitasker. They can only deal with one thing at a time. If there are too many things going on at the same time, they have problems storing information. It has to be one thing at a time. If you have *consecutive*, it's best to finish one thing completely before beginning the next.

But if you have *alternating*, it's great to go back and forth between a few things, but only deal with one thing at a time. Study a bit, then watch part of a movie, or chat with someone. Then go back to study and then watch the end of the movie. But don't mix it all together. Do it in blocks of 30 minutes or an hour, or whatever is correct for you. Your body will tell you when to switch. It's a lot of back and forth that is stimulating, but when you do one thing don't get interrupted by something else. Your brain doesn't like distraction while you study this one thing. You can't listen to your friend talking to you while you learn, or have music in the background. You are like a hunter who needs to be focused on whatever he is hunting.

Study Type 2: Very selective open/closed

They don't like to study unless they've found something that is perfect for them. An *open* brain is always interested in what's available, but won't study if it doesn't like it. The *closed* variation is not even interested to look at what's available. What they both share is that they are incredibly selective. But in order to be selective, they like a broad choice. The *open* is actively looking at the choices, while the *closed* is waiting if something worthwhile grabs its attention. Both would always rather stay with what they know and like, instead of jumping at something new. It can take a long time until they find something worthwhile. They probably have problems at school unless they have a wide choice in what to study. If this is a child who the parent forces to study what *they* think is good, it won't work for very long. The brain will refuse to store this kind of information and they will suffer terribly and quit.

Study Type 3: Information not boring hot/cold

These people like to study something that is stimulating and motivating for their own process. They can't learn anything that is dry or boring, and need variety. They can't stay with the same thing for too long, but might come back to it later again. If you are on the *cold* side avoid overheated or hot environments or being overdressed when studying, and when you are on the *hot* side, make sure you are not cold when studying, that you are warm enough. Watch your thirst and make sure you drink enough when studying.

Study Type 4: Inner state

calm/nervous

Here we have people where studying is not so much about what they study (they can memorise almost anything), but more about their environment in which they study in. If you are *calm*, you need to study in an environment that allows you to be in a calm state. It's probably not ideal to study in a room with people who make you nervous or when the radio is on. On the other hand, if someone is on the *nervous* side, they really struggle when they are alone in a quiet room. They learn best in a room with other people, like a classroom or if the family is in the same room or if the TV is on.

Study Type 5: Sound

loud/quiet

Now this is quite obvious. If you have *loud*, it means you benefit from a noisy environment to study. You could go to a café to learn or turn on the music or have some sort of noise in the background. It also helps if you read out loud what you are learning. If you are learning from a teacher, get as close as you can. Don't sit at the back of the room. If you are on the *quiet* side, you can't study if there is any kind of distracting noise around, especially the kind of noise that grabs your attention. If the sound is very diffused and muffled it's usually fine. If you are listening to a teacher it's better if you are further away, at the back of the room, unless there are distractions in the room. Don't stare at the teacher or person telling you something. Your brain doesn't like this.

Study Type 6: Light day/night

Here we have something that is quite self-explanatory again. If you have *day* it means you study well as long as the Sun is up. If someone has *night*, their brain works better when the Sun is down.

Now, of course, there are also subtleties like being in direct sunlight or not with this. When you are the *night* type and you should study during the day, it's better if you are away from a window and away from direct sunlight. It's also better not to have any other artificial light source pointing directly at you. You study a lot better with diffused and indirect light, when rooms are not too brightly lit. Don't have any mobile phones or Wi-Fi nearby when you study.

Someone with the *day* type should sit close to a big window and avoid artificial light. For them, it's best not to study after the Sun goes down and get as much done as they can during the day. They need a well-lit area full of natural light to learn best.

Human versus Rave

(active versus passive)

Rave is an element in the human body that began to exist after 1781 with the emergence of the nine-centred form. It is an element that is no longer human and points to another species that will one day emerge out of us. Evolution doesn't stand still. *Homo sapiens* wasn't the first species and won't be the last on this planet. We already carry something in us that belongs to what is coming. We are something of a bridge to the future. The pure human, which was *Homo sapiens*, became extinct 150 years ago. And while we are still essentially human, we also carry something in us that is alien to our understanding of what it means to be human.

When you look at your Bhan Tugh chart, you will notice four areas that we refer as either *human* (active) or *Rave* (passive). These four areas are: (1) the mind and the way of its *thinking*, (2) the mind its way of *seeing*, (3) the brain and its type of *memory*, and finally, (4) the kind of *life* you have in the world.

Human and Rave are diametrically opposed in every one of these areas that we operate. When we say human or Rave, we actually mean human-like or Rave-like. It's only a characteristic, a way in which they operate. Of course, we are all still humans and will always be. The next species though won't have anything that one could consider human anymore.

If any of these four areas in your design is *human* (active), it means you are in control of it, you are responsible for it. It therefore means if *you* don't actively do something with it, nothing will happen. This mechanism is something from the past. It's the human way of doing things. It's how the world works right now, and it's what we teach our children in terms of how to live, to operate, and what we expect from them.

If you have something that says *Rave*, it means this is an area that you are not supposed to control. This is something that is alive within you and has its own will. It is something that doesn't like any pressure from you or the environment.

There are 16 possible combinations of *human* or *Rave* parts in the four areas of your body, which means all people except the one who has all four parts *human* (15 out of 16) are prone to suffer in a world that does not acknowledge the *Rave* part in their designs, because nobody knows it exists and nobody knows how it works. Only the design that has all four parts *human* is somewhat similar to the old type of seven-centred human we had for thousands of years. Though they are similar in some ways, even *they* are not like people from the past. They have nine instead of seven energy centres. They have a Uranian body and not the Saturnian. And they can't be allowed to make strategic *decisions* with their minds although you can see it's very tempting for them.

Most of us have a mix of *Rave* elements and *human* elements in our design, and it can be challenging to get them working together in harmony. If we weren't so deeply conditioned from a young age by a *human* way from the past, we wouldn't need to learn that again later in life. You don't have to teach a baby how you make use of something that is *Rave*. The problem are the parents, society and the school system which train these children to behave in a way that's absolutely not for them. We are all damaged from the way we were raised and treated in the world. It's impossible for someone who has a *Rave* mind to imagine how it would be to have a *human* mind and vice versa.

The *human* aspect is inspired by the past and the *Rave* by the future. You could say that someone with a *Rave* mind has a mind of the future. Someone with a *human* mind has strategic thinking from the past, and they want to *do* something with their mind. They like to have a busy mind. They like to prepare for something they can use in the future.

Someone with a *Rave* mind has no interest in this. They don't try to control the mind. Not one method is better or worse than the other. Because one is from the past does not mean it is outdated. They are just different. The beauty is that the *Rave* and *human* elements belong together. These people need each other and are here to complement each other.

Yet, the tragedy is that we treat people with *Rave* elements in their design as if they were *human*. We abuse them by the way our schools and principles of life work. We hurt them in the way we tell them to be something which they can't be. We expect things from them that they can't fulfil. And they suffer terribly, because their mind, brain and life doesn't work like this. They become dysfunctional. They become very inefficient and unhealthy. They become under-performers in society. There are a few of them though who become very good at living a lie (the lie of being *human*). By brute force and great suffering they can pretend that they are *human* and can become very good at it. But life will not reward them in the long-run. They become People-pleasers. They are only looking for recognition at a terrible cost of their own well-being.

Wherever you have a *Rave* part in your design, it says that it's unhealthy for you to apply pressure to control it. You have to let go of it. You must be passive. You can not afford to have any interest in that thing to control it or to manipulate it. It's no longer yours to play with. But they world has told you from small age on that you must control things, you must take action. They said if you don't focus, if don't make an active effort, nothing will happen. And it leads to so many problems. That's not what being *Rave* is about.

Our school and education systems are only equipped for people with *human* aspects. It's a disaster for children who are Rave-like. Going to school can be torture for them. And it's not that they can't learn or study, but they need different techniques. To begin with, a correct nutrition is very important for a *Rave* brain or mind person, because it takes a lot of pressure away from them to be active and strategic. It's soothing for them and it makes them much less susceptible to conditioning in a world run by strategic and active principles. But if they have no understanding from parents and teachers, it's not going to be easy for them. They will only think that something is wrong with them and suffer in silence, or they will give up on school altogether and quit as soon as they can.

Your mind and brain system

In your chart, you can see whether you have a *human* or *Rave* mind or brain. Mind always refers to your way of thinking and conceptualising. This can be *strategic (active)* or *receptive (passive)*. The physical brain, on the other hand, is connected to your memory and in a wider sense to your physical body.

Neanderthals were completely passive and non-strategic beings, followed by Homo sapiens who became strategic with an active brain system and busy lives. The difference was like day and night. The next species in evolution after us will again be totally passive. Since 1781, we (the human species) have been in a transition period where we are a mix of active and passive, of strategic and non-strategic. Now, don't confuse passive with being idle. Somebody with a passive brain can actually store much more information than someone with an active brain. It only means they have a passive approach in how they work with it. I will explain this in more detail in the next chapter. It's fascinating how it works. It also doesn't mean somebody whose way of thinking is non-strategic is not prepared. Far from it. That's a common mistake and happens only because most people with this design don't know yet how to work with it. It's only the human mind that needs to prepare. But again, one isn't better than the other. They only work differently. Each have their strengths and weaknesses.

This period of mixed activeness and passiveness is so challenging, but necessary as an evolutionary bridge for what's coming. Human society is still stuck with the legacy of principles from a strategic world that ruled us for thousands of years, until somewhere during the 19th century when finally the last pre-1781 born people lost their place and power in the world.

The world as we know it has been a completely active and strategic world, as far as we can remember. It is still a world that is totally ruled by it, since passiveness and having a non-strategic mind are still something relatively new. All our societal standards, our education, and our upbringing are dominated by being taught to be strategic, active and focused. Now this is all well, if you are a being with mostly active activations in your design, but anyone with passive areas will suffer a lot, with nothing seeming to work. Nobody suffers more than the people with passive designed (*Rave*) minds in a strategic world. Yet, to have a passive mind is something that is extraordinary. Most of our schools still do everything strategically, and there is this pressure to develop strategic skills. It can be devastating for *Rave* mind/brain children.

The things they must know are:

Don't study.

Don't be concerned about what you know or understand.

Don't be concerned if you can make sense of it.

Don't try to verify the information you took in. All you need to do is be present. Go to school. Don't study.

Just receive. Pay attention without pressure.

The most vicious mental reaction to the emergence of the *Rave* mind/brain comes from people with the old *human* mind/brain. It is really alien to people with active strategic minds and brains. They are the last remnants of this illusion of a seven-centred world. And everything about our civilisation is rooted in it: the way we think, the way we are educated, the way we work, the way we live on the material plane, the way we try to negotiate. People with *human* types of brain and mind carry a great deal of power over everybody else. Everybody else that has at least one part *Rave* in their mind or brain suffers in this world. Part of Bhan Tugh is to bring a revolution. Nobody has understood who we are.

The strategic power of the old *human* mind and brain is dying out in these changing times. We are no longer in an era of planning (that began 1615) where we are able to organise and place everybody into little drawers where they fulfil their not-self purpose. The forces have already begun the process of shutting down. When the big change comes in 2027, the strategic, old types of *human* brain and mind will be very ill-equipped all of a sudden. The *human* variant is the past, the *Rave* the future.

The past is tormenting our children particularly who have a *Rave* mind and a *Rave* brain. It's the people with the double *human* version of brain/mind that are holding us back. It's a leftover. In a future when there will be no internet and no organisations, the *Rave* mind and brain people will be huge resources for the human population. They will carry all the information that we need in order to survive.

The *Rave* mind/brain has to surrender and trust that one takes in precisely what one needs without applying pressure. It's all there. When such a being lives correctly, it will serve them, whatever it is. They have to allow it to present itself. They are not here to play with it and drag it out on ceremonial occasions. It will only be frustrating and make them more insecure, make them yearn for a strategic life.

If you have a *human* mind/brain, don't be upset when you meet somebody with a *Rave* mind and brain and they don't look like they are paying attention to when you speak. They are. It's their way of taking in things. They can't focus on you when they store information. Don't get offended if they also don't seem to remember things and sometimes have to ask you things twice. They *did* pay attention, but they don't work like a *human* mind/brain. It's not because they are rude. If they focus too hard on what you are trying to tell them, it's not healthy for them, they can't store all the information otherwise. Don't expect them to stare at you all the time when you talk. Appearances can be deceiving.

I'm sure that many problems in young people when they suffer from ADD or ADHD or dyslexia, go back to a *Rave* mind/brain system that is forced to operate strategically and *human*. It's all the pressure from the world around them and the pressure to focus that is killing them and making them sick.

These young people are not sick. It's the world around them that is sick, which doesn't treat them with the respect they deserve. They are different from what we knew and how we understood our minds and brains to be in the past. They will always be dysfunctional and suffer as long as their bodies are used incorrectly. The world is trying to make them "normal" and, unfortunately, as long as "normal" is considered strategic, focused and active, they can't be. Then they get thrown into the therapeutic machine and drugged. All so they can pretend to be *human* when they are not.

We are no longer all the same. The future belongs to the individual, the humans that operate correctly to what they are, and undisturbed from what the world considers "normal". To be "normal" is the past. There is no longer such a thing. Now, you can only be yourself if you want to belong to a time that is already coming.

There is so much magic to the intelligence of the *Rave* process. When you're operating out of a strategic pattern, you're actually very closed off. Most strategic patterns in life are very limited, because they cut out so many other things. There are so many things you are not paying attention to, because you're thinking about tomorrow while you're doing something today. You are doing something in kind of auto-pilot fashion and your mind is off, thinking about what you're going to do tomorrow. This is the *human* way and the curse of the *Rave*.

Everything about the *Rave* is this data collection, taking things in existentially, which means there is no boundary. In the "now" there is no pattern. In the now there is no time. It doesn't exist, it can't. Strategies don't mean anything. It's hard for people with a *human* design to grasp.

It's difficult for the *human* mind to grasp what surrender is as a strategy for *type* ("[Type](#)"). For the *Rave* mind, it's much easier to surrender to the body and its life. Being *Rave* is about one's surrender to experience, nothing else. The experience of taking in with full intensity the now, collecting all that data, huge swaths of data. It's like you don't know what to do with it because you're not equipped to do anything with it alone. The *human* mind is always looking for a point.

The *Rave* mind/brain has more available knowledge than anybody else, but they don't deliver it, offer it or impose it. It's why we need to work with them in groups. We need to provide them with a way in which they can be properly questioned, because the questions will not initiate conceptualizing within them. The questions will just tap into resources. The thing about the *Rave* mind/brain is that it doesn't know what it knows. It doesn't know how much it knows. It can't. It's not made that way.

The *human* mind is here to see, the *Rave* mind is here to be.

The Mind: Human or Rave

strategic or non-strategic

We already know that someone with a passive *Rave* mind has a system from the future. It can be quite a challenge to live with something like this in the strategic world we still have. A person with a passive mind is not here to think strategically or plan ahead at all. They are at their best when they don't try to control their thought process. They are not here to focus on things too hard. It is physically unhealthy for them. Paying attention for them means to be fully present, but without active pressure on their mind. That's how they work best.

You have to understand one thing: this is the newest invention of evolution, and it will be something that the next species after us will all do even better and exclusively.

Humans with a *Rave* mind don't really own their minds anymore. They can only watch them. It's not necessary for these beings to control them, to make them work. It's almost like somebody else gets all the work done. It's like these minds work in the background, deciding what to do with all the information in the body's brain and processing it. This is real science-fiction. The moment these people with a new *Rave* mind system try to put pressure on it, try to think strategically, try to control it, they make themselves sick. Not only do they make themselves sick, but things don't work and people reject them. Their ideas might seem good in theory, but they won't work. They have a machine that's deeply limited and inefficient when they do this.

Somebody with a *Rave* mind does not wonder about *why* they take in some information and *what* to do with it later. They have no conscious need to do anything with it. It's almost impossible for the *human* mind to grasp such a thing. When people with a *Rave* mind store or process something they aren't thinking about what good it might be for or how it can serve them for future use. They are not strategic. They don't ask questions. They always have a strategy and a solution when they need it. These people are no longer here to prepare. They don't need to think like humanity had to for thousands of years. They just have to be present. They only have to pay attention. And then they will always be prepared if they get into the correct situations. They learn out of the experience.

They are no longer responsible for their thinking and conceptualising. If they relax, it gets done for them. That's why we call this mind passive. Being passive also requires much less energy and that's why people with these minds (but even more so passive brains) need less energy and less food.

If you have a child with a *Rave* mind going to school, it can be unhealthy for it to intensely focus on the teacher. All that's necessary is to be present. Yet, if they have an active mind, it's healthy for them to focus and to be strategic, as long as the *decisions* they make are not influenced by the strategic mind they have.

Stop worrying about the conceptualising process completely if you have a passive mind. Let go of it. But if you have an active mind, it's always important for you to pay attention to it.

A child with a *Rave* mind is going to make the parents a little bit nervous because it isn't going to have a natural mental agenda. It isn't going to be the baby who looks up at the bobbles hanging over the crib, and starts to move them around and do something with them. It may look at them, taking it all in, but isn't particularly focused on it. The parents go nuts, because they bought this wonderful toy that is supposed to expand the baby's consciousness.

Unfortunately, a baby like this is always getting parents who are constantly banging toys in front of it, constantly shaking things and getting excited when it finally shows some kind of reaction. And that's where the baby gets deeply conditioned. They are conditioned to be always under mental stress.

The moment that the parents of a child with a *Rave* mind are concerned about its reaction, they are conditioning it by developing a strategic mind.

It is a crime.

They put pressure on the child to focus, when it's not designed for that.

And these children get really good after a while at faking it. Most people with a *Rave* mind and brain eventually become even more *human* and strategic than the real *human* type of mind/brain. It's a great tragedy.

You have to understand when you meet somebody with a *Rave* mind in the not-self world, they are always trying to figure

out what to do with their minds and how to use them, when in fact they shouldn't.

The *Rave* mind has this incredible potential to awaken quickly, because for them it comes easier to surrender to the body and its life. These people don't depend so much on mental gymnastics like ones with a *human* mind. The *Rave* mind doesn't have an agenda into processing something, unless it is deeply conditioned. So for it the surrender to life is easier than for the strategic mind that assumes – in its folly – being strategic also means making decisions.

The *human* mind is always calculating, it always has an agenda – and I don't mean this in a negative way. It always tries to be strategically prepared. The *human* strategic mind approaches the social environment with its own agenda, but the *Rave* non-strategic mind is intended to enter into the social environment without any agenda. It only requires that the environment is “interesting”. If you meet these people, you never have an idea why they are here. It's a totally different frequency when you are with them. For the *human* mind, there always seems to be a need for something to do in the environment within the social context. The *Rave* mind is happy to be passive and sit around from a social point of view, even while they might be doing things.

The *Rave* (passive) mind is so much about the existential, perfection of being. The *human* (active) mind has difficulty with the existential; doesn't like it, doesn't appreciate it, and can't see it in fact. It's more concerned about what happened and what's in the future.

Everything about the *Rave* mind is to let go of the responsibility for conceptualising. Don't conceptualise the experience, live it. Be it. Don't talk the talk, walk the walk. That's what it's all about for the *Rave* mind. Of course, it is frightening. Especially for all the children who were born this way and have been conditioned to be strategic, to be like someone with an active *human* mind.

Most parents are unaware that something like a *Rave* mind even exists. They are always pleased if a child has strategies and is making plans; all that strategic thinking that makes them *human*. They would be really concerned about somebody with a *Rave* mind acting correctly. That would not be “normal” for them. If you come into the world as a *Rave* mind, everyone demands from the moment you arrive that you display strategic thinking. As a matter of fact, if you don't, they are going to be nervous and are going to start conditioning you in the heaviest way to begin acting strategically.

The *human* mind is so deeply connected to the self, while the *Rave* mind is connected to the universal. It's truly different. The *Rave* mind can never impose its wisdom on others. It is not concerned about what to *do* with it. It waits until the opportunity comes from the outside to offer what it knows.

It's such a deep surrender to life and it needs deep trust that life will provide always. That's why it can't prepare, because it has no idea what's coming when it has to wait for the other to come towards it.

The Brain: Human or Rave

active or passive

If you have an active *human* brain, it means you have the ability to put information in that you consider worthwhile and take it out later in exactly the same way whenever you want. But this doesn't work for someone with a passive *Rave* brain. To begin with, someone with a *Rave* brain has no control about *what* information they put into their brain and its memory. They basically take in *everything*. All the information that is there, wherever they go. They don't discriminate information. They don't need a reason *why* they take it in. Not only do they take in audio and visual information, they take in literally everything: frequencies, electromagnetic fields, auras, and things we are consciously not even aware of. These brains are like a Hoover.

People with a *human* brain (something we know for thousands of years) are always responsible for storing information. They have to decide what they consider worthwhile remembering. If they don't make a conscious effort to learn something, to remember it, there is no guarantee it will be there later. They apply active pressure on their brain to remember, and usually repeat things to learn.

A *Rave* brain doesn't work like this at all. It doesn't want this pressure to remember, to repeat and store things, because it stores everything, always, wherever it goes anyway. People with *Rave* brains are at their best when they are relaxed, don't focus too hard, and are not too concerned about whether they remember it or not.

The dilemma for the *Rave* brain person is always that they have trouble getting any of this information out later. Mainly, this is because the information is getting released only by its own mechanism when it's needed in real life. The more they are trying to control the information and the flow, the less will come out. It has its own timing. They have no way of controlling how it will come out. The less they interfere, the better. Yet, if someone has been conditioned to be *human* from small on that is almost impossible.

A person with a passive *Rave* brain can't evaluate their own intelligence, and this can trouble some of them because of the demands in the *human* brain world and the ways in how their intelligence gets measured. They have a brain that is not here to serve their own minds. The brain doesn't let the owner play around with the information it has. They can't remember their own birthday, but are holding the whole universe inside of them. Because they don't remember things in the way the *human* brain does, they can think they are dumb. That can lead to obvious problems because nobody told them what kind of brain they have. They can't access their brain in the same ways *human* brain people do.

The *Rave* brain can read a book, and next week they can read it again. And next week they can read it again. Probably only at the end of chapter nine, vaguely remembering that they must have read it before. They can't really remember. And the more they try to remember, the less they can.

People like this always end up being concerned about their memory, so they end up repeating things, *trying* to remember them and they get very disturbed. They think there is a problem, when there isn't one.

If you have a *Rave* brain and you want to love yourself, you have to trust in your ability to be receptive and that what you need will always be there. Don't begin to measure yourself against the *human* version of brain. It has no place. It is a huge leap for you with this kind of brain or mind to trust yourself. It's so easy for you to burn out in a strategic world. Don't be concerned about what you take in and whether it is there.

If the *human* brain were to go passively through an experience, it wouldn't remember much. The passive *Rave* brain is totally different from this. It doesn't have to choose what to store. It doesn't have to repeat things over and over. It stores everything, always. The amount of information is incredible.

If you look at these people, they might seem a million miles away when really they are at their best in storing information. They look like they don't pay attention at all, because they don't have to. They only need to be present. They are passive beings. They have no agenda in terms of *what* to store. They store everything that is available where ever they go, without even knowing themselves. It's amazing. Of course they don't know this! The trick is that the less they apply pressure to store things, the less they try to use their brain in the old human way, the better it works and the better they feel.

Now the same technique applies when they want to get information out. The more pressure they apply to the *Rave* brain, the less they will find. One has to trust that the information needed will present itself in the right way when a situation calls for.

This kind of brain is really not made to serve its owner in the first place. It's very limited in this capacity. It's a brain that is mainly in service to others. So if somebody asks this person a question and they are in a relaxed state, they can have the correct answer, but they are not in control how it will come out. In fact, trying to control this process closes the door for access.

The intelligence of a passive brain person is always revealed by the person who is asking the right questions. That way *Rave* brain people will find satisfaction and well-being in their life.

An active brain needs more energy than a passive receptive brain. If a passive brain eats the same as the active brain, they will gain weight. These people don't need the same amount of food. An active brain also means a more active body. These are bodies that need more physical activity than the passive. A high-cardio workout is much better suited for an active brain body than for a passive body. A passive brain body has a totally different intensity threshold. If it would do the same kind of workouts it could be dangerous.

To do a workout that feels equal in intensity for both, you will notice that the pulse rate for the passive *Rave* brain body must be lower. The limit how far a Rave-like body can push itself is much lower than it's for the human-like body. *Rave* brain people must be careful not to compare themselves with *human* brain people. What's healthy for them is not the same. They are not built for the same kind of activity level. If they begin competing with *human* bodies they put themselves at risk. That's why it's so dangerous to listen to the mind. It has all these concepts and theories it heard about what is healthy, but it doesn't know your own body. The more *Rave* elements in your design, the less intense activity you need. Check your Bhan Tugh chart to see your activity level that your body probably likes.

An active brain needs to be busy and under pressure. Meditation is horrendous for it. It doesn't need a "vacation". However if you have a non-strategic (passive) *mind* together with an active *brain*, you don't have to be concerned "why" and "what for" you like to learn things. It doesn't matter why you like to keep your brain active and what you do with it, as long as you do *something* with it. The brain just needs stimulation and activity, so give it something to do.

You have to see the limitation of the active brain. It can be very smart but it's limited in its range. It can only know whatever its focus was when putting in the information. The passive brain has much more capacity by being not focused, but it comes at a price that the *Personality*, the mind, doesn't always have access to the information. Only when they meet the other, can they get it out. The information might not come out in the way they want, but it will still be the right thing. The less they try to control it, the less pressure they apply, the better it will work. It's a brain that has its own life. It doesn't just carry static information. It stores information in a holographic way that is hard to explain. It might give you a different answer when asked the same question later again.

For a person with a *Rave* brain, it's so important to understand that any situation in life they encounter will always take out of the memory they need. They have an incredible amount of data available if they stop being concerned about it and try to control what comes out. The moment they apply pressure with their own mind and go looking for information with it – like *human* brain people do – the door will be locked. This brain doesn't want to be use like this. It's difficult for Rave-like humans to re-train themselves, away from the unhealthy habits that the human-like brain world has made them form for so long. If they need information, they can't resist applying pressure. That's where it all goes sour.

Never push the *Rave* brain for an answer. It comes or it doesn't. Don't be concerned. It's not *your* brain anymore. It doesn't like to be told. Don't be disappointed if you don't get what you wanted. Don't have expectations. It's something adults with this brain have to learn after years and years of conditioning to function like a *human* brain. If you get to children at a very young age with this knowledge, they probably still use their brains correctly. Then they don't have to go through this difficult process of retraining how to use their brain correctly later in life, only because the world, parents and schools messed them up in the first place.

The *Rave* brain and mind are incredibly powerful once we learn how to use them. It's quite a task for adults who have been conditioned to be *human*, but it's no problem at all for children if we stop destroying them.

The Environment: Active or Passive

human or Rave life

We've already talked about the various environments in an earlier chapter and here we look at them from the perspective of whether you need to be active or passive within them. It tells you if it's good for you to have pressure to be busy, or not, in your environment. It tells you what kind of life you have. If you go back to the six types of environment we have, you see that every one has an active and a passive aspect. So, for example, *selective/blending caves* also means *active/passive caves* or *busy/relaxed caves*. The first one is always the active aspect, the second one the passive.

If you are somebody with an *active* environment in your design, you are here to live and work in a place that puts you under pressure to be busy and active. It must be an environment that gives you something to do. That doesn't mean you can't relax and have a quiet time every once in while, but life provides you with enough stimulation and opportunities so you can be active and busy within your correct environment. That's what's healthy for your body and what it likes. You are the kind of person who loves to have a full diary, a list of things waiting to be done – not necessary with the pressure *when* they need to be finished. It's not about being in a hurry, but more about being active in general.

Someone with a *passive* environment in their design doesn't like an environment that puts pressure on them to be busy. These are the people who love to have an empty diary. It doesn't mean they never do anything, but they need a relaxing environment. They need an environment where there is something to *see*. It's not only about *doing*. It can be a busy environment as long as it doesn't pressure them to be busy. Their activity emerges free of pressure. Sometimes they are just watching other people who are busy doing things. Passive people generally fill the observer role and the busy people the observed role. As *Rave*, if you don't honour the correct environment, if you go to a place that makes you busy and active, with pressure to run around like mad, you lose all protection. Nothing will work, you will meet the wrong people, you don't do well financially, and you will make yourself sick.

Yet, if you are an *active* environment person and somebody offers you a long quiet holiday, you should run away! It can be really unhealthy for you after a while. At least get a holiday where there are things to do.

I say it again, because this is the best way to remember it: if you have an *active/human* life and environment, you need to be in a place that makes you *do* things. If you have a *passive/Rave* life and environment, you want to be in a place where there are things to *see* for you or a place that doesn't put you under pressure to be active. It's okay if everyone else is, that way you get more to see as long as they leave you alone.

The View: Focused or Peripheral

human or Rave

Similar to all the other three parts we discussed before, in the final and fourth aspect we also have an *active* and a *passive* component. Whenever we talk about something that is *passive*, we refer to a system that is new, a system that we no longer control ourselves; something that is more Rave-like than *human*. We are no longer actively *doing* something with it.

If it's the *mind*, for example, it means we don't have to be concerned about what we *think* anymore, we don't need to have a strategy and we don't have to *do* the thinking anymore. We let it happen. If it's the *brain* with its *memory*, it means we aren't allowed to make a conscious effort to store information or even decide *what* to remember, but we are also not in control when we want to take out what our mind likes. Our brain is no longer our own property. In case of the *environment*, it means we are no longer responsible for our activity in the world, for what we *do* in life, and we don't want an environment that puts us under pressure to be active. So when we come to the last aspect, the *view*, it's about our perspective, it's about the things we get to see in our lives. And it's about *who* is doing the looking.

Somebody with a *focused (human) view* is a person who has to make a conscious effort about what to look at. It also means they enjoy *actively* looking at things. The *view* is never about "why". It's only about "what". The "why" would be the mind. An *active mind* wants to know *why*, the *passive mind* doesn't.

In this chapter, we don't talk about mind, but what you get to see. The *active view* wants to choose *what* to look at, and the *passive view* waits for what it will get to see. It has no real agenda about what to look at. It looks at everything with equal interest, which is why we call this view *peripheral*. It means it's not driven by a specific interest or focus.

When someone with an *active (human) view* comes and visits you, they usually scan your room with their eyes and let them wander from object to object around the rooms, consciously taking in selected things. This is the kind of person, who when you go on holiday with them, always says: "Look at this! Look at that! Wow!" and constantly turns their heads left and right. They look at things in a very *active* and *human* way. They love doing that and don't understand why someone wouldn't.

But if you have a *peripheral (Rave) view* you don't like this. In fact, it annoys you if someone makes you to look at things all the time. The way you look at things is quite spooky for someone who is focused with an active view. When the focused person goes on holiday with you, they think you are not looking at anything, that you are missing everything, that you are not paying attention. But you can't. You are no longer in control about what you are going to see. You will get shown by life everything that you have to see, so you no longer worry about when and how that happens. It's hard to explain to someone with the old *human view*. They don't get you. It can almost be offensive to them, especially if they took you along on an expensive holiday. It's neither healthy for you to decide what you want to see nor do you like pressure from others. It's not like they are disinterested when they are looking, it's just that they don't like pressure. That's what is so important for the *Rave*.

People with a *passive peripheral view* don't always share what they see, because occasionally what they see can be rather strange and different from what people with a *human view* can see. Also, they might get to see something that they'd rather not see, but have no control over it.

Somebody with a *focused human view* works like a microscope. They first choose *what* they want to look at, and then they zoom in and take a very detailed look. But while they do, they can miss everything else going on around them. Everything they see is framed within the context of a specific interest for something.

Active/passive view does not only apply to the literal way of looking with your eyes, but also to subjects you choose to investigate.

The *active* and *passive* view can be an area of deep conflict for a couple with different views. It's so important to understand for both how different they are. That they enjoy life in different ways. That's the beauty of Bhan Tugh, to understand how different we all are, and to respect each other's process.

The six Views

The six ways of looking

The *view* is pointing you at something. It is setting the platform for you, for what your mind is going to be interested in, and what it is seeing. It's giving the passenger sitting in your body (you) the information from the outside. It tells you where to look at. It's not about where to go, but rather when you are at a certain place and meet people, about *what* you see.

It's so important to understand that what you see has nothing to do with what you do or what you think. Those are different things. If there is something to do with what you see the body and life will tell you. It doesn't mean you are automatically responsible to do something about it.

When we look at your type of mind, we describe your internal process. It's the *Personality*, it's who *you* are. But the *view* is not about yourself. It's about the environment, what you are here to see in it. The *view* deals only with *how* you see the outside. It has nothing to do with you. But it gives you the information you need. This is what you take in and what your mind feeds on. It gives your *Personality* something to see in the world. It's what your consciousness needs as food for thought.

That's why it's so devastating when people don't operate correctly; the tragedy of not being in the right place, not seeing what they need to see, not knowing what to do. You can't go directly to the correct *view*, because it is a by-product of the correctness of your body, your vehicle.

As long as you want to be in control of what you get to see, as long as there is a need to see certain things, you won't see anything. The magic of the correct passenger comes from handing control to the body about where it needs to go, what it gets to see, surrendering to the journey. The *journey* is the goal. There is nothing else. There are so many people who will never understand this, no matter how well and how many times you try to explain it. They don't know what it means to sit back and look out of the windows in their bodies.

It would be nice if the *Personality* (your mind) had a relationship in your design to *what* it has to look at. There is no relationship. It's not up to you. What you have to look at has nothing to do with yourself, with how you are on the inside. It does not describe *your thinking*. It describes only what you get to see before the thought process begins – what life will show you. It's like body and the environment. You have a certain body, and then you have the environment that *life* chose for it. It wasn't what your body wanted. You just have to deal with it. I want you to understand that the aspect of the environment has nothing to do with your internal body and brain. And that the *view* (what you must look at) has nothing to do with your *Personality* (your way of thinking).

The *view* only points you at a very specific direction or aspect on the outside. You bring two people with different *views* to watch the same thing, and they will later tell you two different stories of what they saw. They have *their views* which is part of their uniqueness. It's what's so extraordinary. We don't see the same way.

The important thing to understand is that if you are not operating correctly, if you are in transference, you will suffer from distraction. When transference happens, you are attracted to the wrong things, which happens when the mind is controlling your life or has a desire to do so. Transference can happen in many places within your design: in the way you eat, what environment you are attracted to, in your *view*, and even in the way how your mind works.

In the case of *view*, transference happens as a *distraction*. You will get side-tracked. It means that whatever your mind saw lost its value – for yourself and others. Nobody will be interested in what you have to tell them. Most of us never experienced a single moment in our lives when we were not in transference or distracted. We don't know how it is to be correct and not have to deal with resistance in the other.

We all measure our lives and compare them to dysfunctional people. Imagine that! We don't even know what we are missing. And we will never see what *could have been*, as long as the mind is worried about the vehicle, the body, and how it will survive in this life; worried where it will go, trying to control the kind of life it wishes to have. You have to surrender to whatever your life will be. Only then will you see the gift of your mind.

We have six different themes on which a mind can focus. Each of them can be *Rave* or *human* – passive or active.

1 - Survival (*distraction: Want*)

2 - Possibility (*distraction: Probability*)

3 - Power (*distraction: Personal*)

4 - Want (*distraction: Survival*)

5 - Probability (*distraction: Possibility*)

6 - Personal (*distraction: Power*)

The first three *views* are the basis of our civilisation – the basic perspectives that were necessary to develop and build it. The other three *views* 4–6 are more concerned about how the evolutionary process continues by going beyond the basic requirements. They're interested in maintaining the civilisation.

The distraction for every *view* means that what you see gets limited or distorted by it. For example, if you are in transference and you should see power, you then only see power that is personal, that is useful for yourself. In the case of probability, instead of seeing things that work with certainty, you see things that might be possible, which will get you into trouble because you assume they work when they don't.

Don't confuse the *view* with *thinking*. It acts like a filter in terms of what you are allowed to see.

View 1: Survival

(Distraction: want)

When you look out through the eyes of survival, you see the methodology, the problems, and the advantages or disadvantages in the survivability of the other. This view is orientated towards seeing potential for survival. In other words, it's very much concerned about seeing where things are threatening, seeing where people can be secure. The visual concentration is always at a place that is about life and death, in a sense. It's always surveying the world from the point of view of where are the advantages for survival; who can survive and who can't. It's all about the "who".

This view is looking at others in their dilemmas of survival. It is looking at the intelligence of others to be able to deal with the challenges of being in the world. It's not so much that it's learning from them by watching. It's just collecting data, which is then processed according to the way in which the mind works. And the data is based on the survival theme. Are people able to control their environment so that they can be secure? This view sees if there is anything out there that can hurt them. Is there anything out there that can feed them? It can also be very material view. This person sees who can make money, who doesn't make money, who takes from others; all those things. And it's not about giving answers. It's only about how you measure the other. You judge people according to their ability to survive. You are not looking if they are attractive or gifted, for example.

Somebody with this view is looking out at the world in front of it, and it sees people's insecurities, their fears, their stress, their striving, their ambition, their rage. This person isn't going to see anything else. This is how the mind is seeing the other person and the world. It can't see that this person might be other things. It's clear how narrow the view of one person actually is. Each one of us looks only at a small spectrum of what's available. The rest is hidden from them.

Our view always gets distracted. When that happens, you are no longer really looking where you should be looking. When you are in transference, all of a sudden you only see what people *want*, and that's not what you should be looking at. Of course, the world is full of people who don't live correctly, so we have all these people who should see through survival, getting distracted with what the world wants. All those people who think they know what people want are distracted and see it only from the perspective of survival, which is very limited.

Yes, you can take these food packages and dump them from aeroplanes to make sure the need for survival is maintained, but all other needs are totally ignored. The need that these beings are able to have self-sustaining lives, being able to live in areas that support their rights, and so forth. We can't see what we should see because 99.9 percent of the world is distracted.

View 2: Possibility

(Distraction: probability)

Possibility is not the same as probability. Possibility is not about certainty, it's not a sure thing. It is only interested if there's a *chance* something *could* happen. Probability is about a *guarantee* it actually works. They are totally different. Possibility is scanning the horizon for something, and once it found something, it becomes a possibility. It's like an early-warning system. It wants to know if there is the slightest chance something could happen. It could be a danger or something good. But someone with this view will see, whatever it is, first on the horizon.

It's interesting that the distraction of this view is probability. Probability is all about being certain it will happen. Possibility people are not here to be concerned about this. They are not here to look at ways to guarantee it will happen and work. If they start seeing probabilities instead of possibilities they are in trouble because it's not good for them. They narrow their view a lot. Because now they see only possibilities that are also probabilities. That's not what they are here for. They miss out on a lot of things.

Somebody with the possibility view does not pay attention to certainties or the status quo. It's looking for something else, for something beyond. It sees the possibilities in the world. It's sees the possibility that can bring change. This person sees possibilities that nobody else can see in a situation, person or environment. It sees the potential.

It sees what may or may not take place. It's the view of a talent scout, the one discovering something new in the world through seeing it first. They can see that something is present before anyone else can.

View 3: Power

(Distraction: personal)

This was the crowning jewel of the strategic view, as it was lived out in the now extinct seven-centred human, but *not* as it should be lived out through us. It was the ideal platform for the strategic mind, and sadly for many it still is. Now, the evolutionary process has gone beyond that.

You have to understand what power is: in very simple language it's about winners and losers. It's all about domination. You see who *is* winning or losing, and you see who *can* win or will lose. But what you really see is *who* has power, who doesn't have it, who needs it, where it is, and why some have it and others not. This is what will interest your mind. This is what your mind will look for in the world. It's not about yourself. You will see who is helpless and see where power is abused.

In our time and age, power is of course money. So someone with this view sees where the money is; for example, watching the obscenities of modern democracies and how much money is spent by some people to attract attention. If you don't have money, you don't have power. It costs hundreds of million dollars in the Unites States to be a successful politician. But don't forget this view does not only see who has money, but also who doesn't have it.

Power is the ability to move others, the ability to change the environment. Power was necessary to deal with vast populations and maintain them through nations and cities. There has to be a material power structure in order to enforce that, and it automatically leads to hierarchies of leaders and followers.

If you look at any modern society, you can see it's *ruled* by the power view. One of the great distortions is that most of them – because they don't live correct – live out their power view in form of a distraction. All of a sudden everything becomes only personal. Their view becomes very narrow. They are only interested in power and money if it can be a use of themselves. But that's not what they here for to see. It shouldn't be personal, but that's what their distraction is. All of a sudden, they don't see anymore the abuse of power that is taking place in the world. They don't see who should be in power. They only want to know how what they see can serve themselves.

They always get pulled away from looking where the power and money is, into looking at personal things. This is when they lose all valuable cognition. They no longer see what they are here to see and the world misses that information. What happens in this distortion is that winning becomes everything. That's why on this planet power and material winning are one and the same thing.

Power out of distraction is not interested in who the losers are. It is only interested in what it personally can benefit from what it sees. There are 10,000 people on this planet who have the same resources as five billion people. Why do you think that is? It's the result of distraction, of transference.

Power is never interested in the individual, only in the environment. It sees the impact of the environment on the other. It's looking for how to control the environment and how to affect it, and as long as this is out of strategic mind, this mind set can be deeply devious and selfish in the way it operates.

Whoever controls the environment has power. You have to pay bills, you have to play by the rules of the landlord, you have to pay attention to whoever controls your environment. You have to see the potential for manipulation. Just think about when you build a wall or a fence so you can keep animals in control. You now have a reliable food source, and all you have to do is protect them in that environment, or keep them prisoners, depending on your view.

So think about what it means to be a leader ideally. It has to look after our environment. This is what *real* power means. But we don't see leaders like that. We only see leaders who abuse their environment for personal gains. It all happens out of them being in transference.

View 4: Want

(Distraction: survival)

This view always sees what the other person wants, what is lacking, needed and what's missing. To be precise, it's what people want from other people. Not just what they want in general, but from other people. Think about it. That's quite a view.

The problem with such a being is the dilemma that there is so much in the world what people want. It's everywhere. When a person's view of *want* is in transference, when their mind is in control and the correct motivation off, they get distracted in the form of *survival*.

Then they only look at what people want from others to survive, when in reality these people want a lot more than just to survive. But the *want* person who is distracted can't see it.

Also, there should be the polarity that they carry, so they see what is *not* needed in the world, what people don't want. They can see what is not deserved. Unfortunately, most of them – over a billion – are only concerned about immediate needs. They are constantly putting band-aids on things.

That's why we have a culture in civilisation that doesn't invest into the future. Because they only look at the very basic needs and never further, when they should really look at *everything* that is needed, and most of all what isn't needed. They are so concerned about survival that they don't see what's wasted in the world, what's unjust, what's not needed and not wanted. All of this happens out of being distracted because they have a mind that is in control of their life. They are blind.

Don't forget, even if you see what's needed does not mean you are here to *do* something about it. It's not what you vehicle might want to do.

What you see is not about your life. Don't let your mind control it. So when you see what people need, it doesn't mean you have to change anyone's life or make it better. All that is the responsibility of your body's consciousness, but not your mind's.

View 5: Probability ***(Distraction: possibility)***

This view is looking out at the world and seeing only probabilities. It's quite a gift when you look and know with a high level of certainty if something is going to happen. You see the ingredients when you look at a scene and you just know.

Of course, the distraction for this person is possibility and this is really different. It's a place where the not-self mind is going to end up. So many things are possible. It's possible you might be faster or better or richer or happier. Or there might be God helping you, but does it mean anything?

Possibility is a good carrot, a goad, but nothing more. The worst are people who say: "Anything is possible!"

Anything? How can that be?

Probability should never be interested in that. It must see if something can actually happen. It is based on the assumption that the future is going to prove the present. It's looking at something and imagining its future. Possibility is just about looking at something and assessing it in the moment. They're actually very different from each other.

Only because something is possible does not mean it will happen or exist. But if you look at something that is probable it means it is actually already there, it's about to happen. It doesn't mean it will work one hundred percent, but it very likely will.

Probability is looking for things that work, it's seeing practical solutions. Whereas possibility is looking at the idea of something that one day might work.

Probability sees: "Will it work? What's the likelihood it will happen?" Possibility sees: "Could this be a new way of doing things?"

You must see the distraction out of transference for this view in the world of gambling a lot. A person with the view of probability, very certain that it will work and make them win, but then they get distracted with possibility. So they hope that it will hit number 27, red. There is no certainty anymore, yet they are so sure it's going to happen.

The world is full of these people, and I don't mean just in the world of gambling, I mean the whole world. They are always certain, but all they see are possibilities. It's a disaster.

Possibility has no backup, no safety net. Whereas probability offers guarantees that what it sees will very likely work. It's so interesting to see that this is a mechanical gift of our design, and that not everybody can see these things that work and don't work. Because don't forget, this person can also see what doesn't work.

It's the gift of having good and practical judgment. Only a sixth of the world knows what can work, they have this potential to see people with a great deal of clarity, but unfortunately, almost all of them live in transference and instead are looking at possibilities that carry no certainty at all.

View 6: Personal ***(Distraction: power)***

If you have this view, there is a great deal of narcissism in how you look at the world. Anybody with a 6 – something we already know from the roles – isn't really interested in the other. Yes, they exist and they are part of their world, but they are always more concerned about themselves. This number is so different from all the other five numbers. That doesn't mean the 6 is alone in the world. It knows there are other people, and it can have relationships with them. But the 6, at least at the third stage of its tripartite life, stops being concerned about the other in terms of its own authority. It no longer measures and compares itself to the other. Which means the outside in terms of impact no longer has any value on what they are.

When someone with a personal view looks at the outside, they only see what can be a value for themselves. They are not interested in anything else, because a 6 is only interested in itself. So the personal view looks only at things that are personal.

It is a selfish view. The word selfish has a negative connotation in society, but for 6s it means living who they are, being a role model for uniqueness in the world; at least after the age of 50. It's called divine selfishness. There is no negative here. Though the homogenised world doesn't appreciate it. Morality wants to turn it into something ugly. They want people to have the same values, doing the same things to suit the ones in control, the people who invented morality, and are in power. Did you not notice that our laws protect mostly the people who are passing the law? Most of them don't care about you and whether you fulfil your purpose.

The 6 is leading us into a new world – away from a world where people die in honour for a cause that has nothing to do with them. The 6s are leading us away from being blind followers towards claiming our own authority. It's where we are all heading as a general theme by 2027.

Unfortunately, most people with this view – because they are living in transference – are only interested in power. They only see how to be a winner and ways to make money – but this is not what they are here for. There is no real cognition in that and it has no value for the other. This view doesn't serve the world. The moment they see power, money and opportunities for themselves, means their minds are running their lives, it means it is making decisions, and all is lost. This is not who they are.

When someone with a personal view gets up in the morning, they have to see that everything they look at with their minds are about themselves, very personal. But instead, most wake up with a power trip. They look at others and think they want that, too. They start comparing themselves to everyone else and want to get on top of the food chain. It's their big distraction. For them, it's not about the other. A true 6 is beyond that. It's only interested in what the potential of oneself can be, independent of anyone else.

The moment a personal view gets involved with the other and sees who is in power, who has all the money, is when the alarm bells should go off. This is where all cognition is lost. These people are not here for this. That's what they see when they are not correct. The only way to stop the distraction is to stop worrying about life and trying to control it with your mind. Never try to make your *view* change. It doesn't work like this. You either see something or you don't. But if you see the wrong things you know that you have a mind in control of your life again. Stop doing *this* and you will begin to see the right things.

The six different minds

Motivation

What we discuss in this chapter is something you don't often see in the world. Almost nobody lives out their correct motivation, because they are all in transference. In transference, their motivation serves no purpose and has no value. So when we hear the definitions for the six minds, we associate this with the incorrect beings who we see living in transference. We don't really know, for example, what the correct motivations of *guilt* or *desire* look like. We only see the distorted versions.

Mind and *view* are two different things. The *view* is what mind gets to see on the outside (in the world), but says nothing about what your mind will do with it. It is the raw data for your mind. But the *motivation* of mind is about oneself, something personal. It is the kind of thinking you have. It's about *why* your mind wants to think about something and maybe tell others about it. Both need each other to work. There is no view without mind, and there is no mind without view.

Motivation is the drive to deal with the view, to deal with what the mind is seeing. Here, we are looking at the essence of what is you, what your *Personality* is, your way of thinking. This is not about the body, it is about the passenger sitting inside of it and looking out. It is about why it processes what it sees, its thought-motivation. We've already learnt in an earlier chapter that you can have a *Rave* or a *human* mind. A passive, non-strategic mind or an active and strategic one. Every one of the six different minds can have a *human* or *Rave* side.

In the last chapter, we spoke about the *view*, about what your mind is looking for when it observes the outside – the other. But here we come to the final process of becoming a “correct” and awake human being. The process to correctness began with the body and feeding it correctly, letting it have its way by not making decisions with the mind. Out of that, we've got the correct cognition through our senses, which in turn leads to the correct place where we've met what's good for us. Then, we get to the stage where we finally have something to do with our minds.

The last step – once we know what we are looking for, once we see it – is all about us. It's about our motivation to process what we see. We all have a specific way in which we are motivated to think. It tells you what kind of mind you have. Do you have a frightened mind or an innocent mind? There are many possibilities. It shows how you tick. It's not about the outside.

Motivation is what drives the *Personality*, but the moment you drift to your transference, you lose all cognition, all value. Transference brings the wrong kind of motivation and comes out of trying to control your life with your mind. It's out of a lack of trust. If you don't surrender to where your body is going in life, you will have a *Personality* driven by incorrect motivation, which has no value, because it's not you.

Most people, when they see their motivation in the Bhan Tugh chart for the first time think this is a motivation to *do* things. But we already know that every time you *do* things with your mind, when you act out of it, you are in trouble, as you should know by now. If your motivation serves to do things or to change your life, you are in transference and your motivation moves into another thematic, which has no value for you.

You can be motivated to think about something, and your body decides to act on something or not. Your body's *Design* makes the decision, together with life. It's not your mind.

With the personal motivation, we investigate the psychology into how your mind works. There are six possible types of motivation in our design. Every *Personality* has one correct motivation and another incorrect one. The incorrect one is a result of wanting to act out of mind. If you begin to worry about your life, you will be attracted to the incorrect motivation. Let's begin with the correct motivation first, and deal with transference and the incorrect motivation in a later chapter.

The six possible types of mind and their motivations are:

Egocentric:

1. Insecurity *Group Person / Loner*
2. Hope *Believer / Nonbeliever*
3. Desire *Leader / Follower*

Transpersonal:

4. Need *Master / Novice*
5. Guilt *Manipulator / Manipulated*
6. Innocence *Observer / Observed*

Development of the Personality

Every one of the six minds has two opposite themes. If your mind is passive (*Rave*), you move from the left theme to the right side during your life. If your mind is active (*human*), you move from the right theme to the left. It doesn't necessarily mean you'll go from one extreme to the other, but rather you'll have a tendency to move away from one and go towards the other.

Let me give you an example: if your motivation is *desire* and you have an active (*human*) mind, which has the themes of leader/follower, it means that your *Personality* develops from *follower* to *leader* in life. It has a trajectory *towards* becoming more of a leader and less of a follower.

The passive (*Rave*) mind, on the other hand, becomes more of a follower and less of a leader. Yet, the definition of *follower* for the *Rave* mind differs strongly from that of a strategic human mind.

The words *leader/follower*, *master/novice*, and *manipulator/manipulated* are terminologies with the potential for prejudice. In other words, there's an assumption that it's better to go from *novice* to *master* than *master* to *novice*. As you will discover, that really is not true, because it comes only out of the way the strategic *human* mind works, not the *Rave* mind.

Please remember that motivation refers to *thinking*, not *acting*. If your motivation is about *doing* things, you are in transference, which leads to the "not-self" due to a change of chemistry in your body. Your thinking is neither here to tell your body what it should do nor to control your destiny. But it is useful in telling others what you see and think, as well as serving your body. There is a fine-line between healthy thinking and the kind of thinking that is afraid of your destiny and wants to be in strategic control of your life.

The *human* mind (the left side of the two polarities) is always tapping into the existential, survival mechanism that needs to be secure and patterned. The *Rave* minds are very different. They're much more sensitive, and they're much more connected to emotional, experiential feelings. This is a different kind of awareness, and a different kind of drive for a different kind of mind. It all comes out of a feeling.

I want you to think about "feeling" in the same way you think about the value of logic. It's a collection of information, a synthesis of many kinds of information. There is a way through the recognition of feelings, and in the capacity to be abstractly intelligent. To be abstractly intelligent does not mean you can codify it because that would be *human* thinking and not *Rave*. Only the *human* mind codifies everything so it can be placed successfully into patterns.

The *Rave* mind is about a cognitive sensory experience, because it has no strategy and doesn't seem to have purpose. It does, but it doesn't seem that way.

The *human* mind has organised it all: the believers, leaders, masters, manipulators and observers. You can see that the other side of the polarities (followers, novices, etc) do not have the dominance, which is why people often confuse that *human* thinking is better than *Rave*. Because if you look at it without truly understanding what *Rave* is, it appears that it is simply subject to the rule of the strategic *human*.

We've all been conditioned that we must have a strategy. Yet in the moment, in the existential reality, there is no such thing. It is pointless in the now. Strategy is for forward thinkers. The *human* mind is a forward thinker. The *human Personality* development trajectory is the forward thinker. It's not what the *Rave* is about. The true *Rave* mind doesn't give a damn about the future. It says: there is no future. There is only the now. And yet, look at the guilt that the conditioned *Rave* minds carry. They are tormented with "buts": We cannot give ourselves over to the existential experience. We have to protect ourselves, we have to look out, we have to be on guard, and we have to have a strategy.

Think about all our children who come in with *Rave Personalities* and they're constantly being conditioned to the *human* side – not just by you, but by the schools, our culture and the history of our civilisation. It's really something to think about how out of balance we are. Oh, I know that there's a bit of applause for the *Rave* mind and its creativity. But that is the strategic *human* mind condescending, because if they could even glimpse at the power of the *Rave* it would be incredible for it. We don't know what the *Rave* is. We can begin to intuit. We can begin to have a sense of it. But every time we try to do so, we tend to do so from the strategic *human* side. We try to find out what it means. What is it about? What is its purpose? Everything on the *human* side is about purpose. The *Rave* mind is the doorway of the future. But the future is not a *human* future.

The *human* mind wants to put things into action. It works out strategies about how it's going to be able to do this or that. For the *Rave* mind, there is no action, there's mediation. There is an inner process of just absorption. It's here to deeply absorb, to take it all in. The moment it thinks about anything, it doesn't take in anything in that moment. That's quite a challenge.

Right now, we live in the era of the *guilt* mind, of the *manipulator*, of the conditioner. This is no longer the time of the brute, egocentric, leadership role (mind 3). This is much more subtle, much more sophisticated. This capacity to be able to condition humanity, who often have no clue they're being conditioned. But soon (2027), we are opening up to the time of the *observer/observed*, the time of *innocence*.

The minds 4–6 are something that has emerged with the advent of the nine-centred being. They really represent the motivations that are very much a part of our time and our future. In 1781, the *master* is what opened up that age. You can see that this is the exaltation of the *group person/loner* when there was no outstanding teacher. With the *group person/loner* type, there was simply communal knowledge – old wife's tales, this kind of tradition in which communal knowledge – old wife's tales, this kind of tradition in which communal knowledge was shared, with the tribe sitting around the fire, telling ancestral stories, and dancing to illustrate it. The minds 1–3 are *egocentric*, their motivations are primarily concerned about themselves.

When you move from the *group person* to the *master*, from the *loner* to the *novice*, the theme remains education. But now, it is education at an exalted level, and it is education that has a specific focus, which is the *master*. It is the counterpoint to the *leader*. The *master* can be seen as a *transpersonal* process – in other words, the individual as a source for the other. Here, it's important who the other person is you are dealing with. You're much more connected with the need of being motivated for the benefit of the other, or the benefit of one's relationships with the other. The *master* represents the beginnings of what we might call diversified, specialised education. You can clearly see Einstein, as an example, with the theme of the *master*. Because the reality of any *master* is that those who can follow the *master* are few. Those who can grasp the teaching of the *master* are few. The essence of this motivation, in the case of the *novice*, means learning from the great one – not anyone, but the one who really is the challenge. The *master* has this pain of waiting for those who can grasp what he can give. What a different motivation from the fear (*insecurity*) motivation of the *group person* or the blind *followers* that *leaders* have.

The *master* is motivated out of *need*, the *leader* out of *desire*. *Desire* is part of a more primitive, motivational drive, this drive to dominate and control. When you get to the *master*, you get to something else: you get the *need* to advance differentiated intelligence at the most profound level.

Mind 1: Insecurity

Group Person/Loner

What's driving these people in life is their need for the right community. It's underneath as a theme in the way they find the *security* and information they need to deal with their fears. They transfer so easily into *need* in their neediness for knowledge, so that suddenly they think they have to learn from a master or whatever the case may be. Of course, this is not the way in which their mind can learn. The best learning environment for someone with this mind is if they are in a group, with everybody relatively equal and everybody sharing information. There is no pressure, no leader, and no goal. There is simply the value of what can emerge from that kind of collective interaction. It's what drives them. Their motivation arises out of the fear that they don't know enough and need more information, which eventually will lead to a place of security.

They can have *human* or *Rave* minds – active or passive. The *human* version is strategically driven, but the *Rave* doesn't know why it is motivated. They have to trust that the moment when the information will be drawn from them will come later at some point; in an environment that they reach when they are correct. The *Rave* mind begins life as a *group person* and moves towards the *loner*. The *human* mind moves from the loner towards the group person – with the preference to be part of a group later in life.

You can begin as a group person where you cannot handle the insecurities and the vulnerabilities of living without the support of others. In fact, you may be deeply absorbed in that process. But at some point in your development, if you're your mind is operating correctly, it is going to seek out separation. If you're not in transference, if you're operating according to your *type*, what you will notice is that your mind wants to break free of the communal trap.

But if you start the other way and you start as a loner, you will discover that it is difficult on your own to maintain your security and to deal with the fears of living on the material plane. At some point, your mind is going to want to reject the loner for the community, for that environment where the potential in you can be nurtured by the advantage of being with others; where there is this shared responsibility for security.

I want you to be very careful about not putting a preference on this thing or that. You get to be both. The fact that it is a trajectory is much more about the way in which the learning process goes.

You cannot look at loner from a *human* (strategic) thinking perspective when we talk about the *Rave Personality*. The loner here is not the opposite of the group person. Being a loner is about a feeling of not belonging. It's not about wondering why one doesn't belong, because such a thought doesn't even exist for the *Rave*. The existential is really frightening for *human* mind beings. Be here now. It sounded great, but most *human* beings can't be here now, because it means that certain processes of mind have to be totally suspended.

Mind 2: Hope

Believer/Nonbeliever

If somebody is driven by hope, you have to see how deep this is for them, that everything about their life is the mystery. They always bypass what they have, what they've already taken in immediately. It's not enough. They are looking for the next thing. They are on the lookout. And they are waiting for it to arrive.

The *Rave* mind changes through its life from *believer* to *nonbeliever* – and the *human* version the opposite way. To be *human* is to have a “God”, whatever your God is. Some people pray to the God of science. When you see “nonbeliever” it looks like this is a strategic decision. “I am not a believer,” is what one can imagine out of that. But this “nonbelieving” in a very deep sense is not the point. The *Rave* is about the existential experience and not a concept – giving up the strategy and just being in the experience. Nothing more, nothing less. Oh, is that tough. Oh, is that difficult, because we've all been conditioned from the *human* strategic mind.

The *human* mind can only have hope out of a reason. It says: “I have hope, because . . .” Yet, the *Rave* mind has hope stored within them. It's inside of them. They carry it without the need for an explanation or reason.

Mind 3: Desire

Leader/Follower

If somebody is driven by desire, you have to understand what a fire is. Hope isn't a fire, it's coolness in a way. But desire is hot and burning.

Because of the old values in the world from the seven-centred strategic *human*, these beings want to be leaders. They know that history belongs to leaders. Because desire does not only mean you want things, but that you want to *be* something. But it can be other things too: like the desire to learn, to understand, or to investigate something.

The *Rave* mind has a movement from *leader* to *follower*, and the *human* one from follower to leader.

All leaders are nothing but very good strategic thinkers. Leading through strategies. This is a human process. The follower with a *Rave* mind isn't following a leader. It's more in the flow of life. It's following the experiential way. It is sensing and feeling its way along in the now, but it's not seeking a leader, and it has no strategy to become one. There is so much pressure on so many *Rave* mind followers that they're supposed to become leaders. But again, this is the way in which the *human* mind looks at the *Rave*. "I'll tell you what your strategy is supposed to be. Listen to me." Raves don't follow a leader. They follow a way, which comes out of stored existential experience.

Mind 4: Need

Master/Novice

Need is a driving force. It's not about the negative attachment that neediness carries. It's more about a need to find the right thing or person.

This motivation is not just a need, but a need that truly must be accessed from the other. A novice can never be a novice alone. The master never be a master alone.

This mind is also selective and very different from the leader/follower which is not selective at all. Followers are usually blind followers and leaders don't care who is following them.

The *Rave Personality* has a movement from *master* to *novice*, and the *human* one from *novice* to *master*. The assumption that the novice is trying to become the master is the only way the *human* strategic mind thinks. But this is not what's natural for the *Rave* mind. As a matter of fact, the novice, in and of itself, is perfection for it. Always touched by a new experience. Every experience is fresh. It's perfect. It doesn't have to become anything. The novice doesn't have any kind of underlying imperative to point out to others, to teach them to be a novice. It could never be a master. That's not its goal, that's not what it wants to be. It wants to be the eternal "virgin". No pretence, no strategy, just here to learn. But the *human* side says: "Well, why don't you use it?" And the *Rave* side says: "Use it for what?" It's so different. Yet, the *Rave* mind goes through a process in which they really do claim mastery. In fact, it may be the master of something only to have it collapse, because it is not enough for them. They will love the potential from being a beginner, to feel new and innocent in every action that they take, rather than blasé.

We have minds that will treat the novice as the problem, and minds that treat the master as the problem. So, I don't want you to get caught up in seeing these things as if it's better to have one side or the other, because it's never about such things. It's simply a way of describing what is a mental journey – a journey for the *Personality*, a trajectory for the development.

Mind 5: Guilt

Manipulator/Manipulated

Guilt is a misunderstood word with too much of a negative connotation in a world dominated by the not-self mind. In fact, guilt is something that arises out of the duty one feels when change is possible, when one knows something is actually possible out of a feeling of certainty, and when you have something that works. It's so much more than hope.

With hope, there is no guarantee it can ever be fulfilled. Hope just keeps you going with the carrot in front of your head. But guilt is a motivation based on something real and the drive to do something about it. And when I say *do*, I mean to think about it, process it, and tell others about it.

The body will let you know if it wants to *do* something with it or not. A *Worker*, for example, has to wait for the right opportunity and the *Supporter* to be invited. Motivation of the mind is all about thinking and not necessarily doing.

The *Rave Personality* has a movement from *manipulator* to *manipulated*, and the *human* one from manipulated to manipulator.

They look like opposites, but they're not. The manipulator is obvious. This is a very powerful force. They are not trying to give the sheep their strategy by being a master and teaching them. This is about seducing, conditioning, manipulating, and getting people into whatever it is.

For the *Rave* mind, to be manipulated is not about being manipulated by the manipulator. It's about being manipulated by your feelings, by your experiential intelligence, by life and by other people who can bring this incredible depth out of you.

Mind 6: Innocence

Observer/Observed

Innocence isn't really a motivation at all. As a matter of fact, it's the anti-motivation. It doesn't want to be this or that anymore. This is really something new in the world, and it's these people who will lead us into a new future.

It doesn't matter if you are on the strategic or non-strategic side (*human/Rave*) with innocence. This mind is really past the point where it feels in a sense personally threatened. It's deeply resistant to influence. It's all about individuality. It is at the top of the evolutionary process. It's the stage that says "You don't have to worry about your life with your mind anymore. Life will look after you if you let your body do what it needs to do."

Someone who is truly unique cannot be motivated through the outside anymore. No matter what that person sees, it has no real impact on what they are, and that's what makes the thought process so innocent, free of any agenda, because the 6 has arrived.

There is nowhere to go but only surrender to what it means to live one's life. A mind like this can tell you what they see – depending on what their view is – and where life is taking them. They are free from any agenda when they talk about something, because in a way it doesn't impact them. They have a mind that is no longer worried about life.

There is no reason *why* they think what they think, there is no goal. The journey became their goal. The wonder of what tomorrow will bring, free of any guilt, needs, or desires. They just go along on a journey that is their life, with a deep realisation that there is nothing they can do about it and where it will take them. It just happens. They just do what they have to do. They understand that they can never know what tomorrow will bring. The mind will go along to discover it.

Of course, almost all of them – in a world full of the not-self, a world full of people worrying with their minds about their life – are totally driven by desire. So many of them want to be leaders. They are then far from being innocent. But more about that in the chapter for transference.

The *observer* is an interesting role. It is a strategy, but in a different way. It is very much the judgment on the effectiveness of strategy. But the *observed* is the perfect expression of the existential.

The observer is watching and wondering, because this is the way the *human* mind works. It's always projecting forward, looking forward, seeing beyond. On the other side, we don't even know if the observed happens to have their eyes opened or not, because they're not looking for something at all. It's not what their life is about. The *Rave* mind has no future. It only has a past. And in that stored past are the ingredients for its purpose.

Awareness is a combination of the *human* and the *Rave* mind. It cannot be just logical intelligence, and it cannot be just feeling. It is the quantum of the two, like everything having to do with this duality that we live in. This is truly awareness, the synthesis of both.

But because there is this enormous dominance on the *human* mind side at every level in society- culturally, educationally, environmentally – we haven't in any way seen the opening of real *Rave* processing. But this is something we can help nurture, particularly with the young.

The conflict of Role and Personality

First, I don't want you to see the word "conflict" as a negative and I will explain why. Everyone of us carries a very specific role in our design (["Your role in life and your gifts"](#)). Your *role* basically describes *why* people come to you and what they expect from you. It's like an invisible frequency that you are sending out to them (a frequency that you can't change, that stays the same through your life). The *Personality* on the other hand is who you really are (on the inside). If we look at your *view* and your *mind*, we get an idea about what you can *actually* do in the world and what your interests and motivation are.

What is so fascinating is the fact that you might have a role that brings people who expect one thing from you, but your *Personality* can only give them something else.

Let me give you an example. Let's say you are a *1/3 Investigator/Discoverer* who has *view 2 (possibility)* and *mind 2 (hope)*. As a *1/3*, people always assume you know how things work, because your *role* is to investigate and get to the bottom of things. The "ideal" *mind* and *view* would be *mind 1* and *view 1* for you. *Mind 1* is a *Personality* that is motivated by a fear and insecurity of not knowing enough, so these beings tend to study until they reach a level of security. Yet, someone with a *mind 2* is only interested in something new. They don't want to spend too much time investigating things they already know. They are the first to discover a new method or way of doing things (or whatever it might be). They always scan the horizon for new possibilities, but they don't like to go back to investigate further what they found. Therefore, what they know is kind of superficial, although they grasp the most essential things quickly and better than most others.

So when they happen to be a *1/3*, and people therefore assume they know everything in detail about something, they actually don't. This is not what their *Personality* is interested in and it's not their *view* in what to see. Their *view* sees all the new possibilities in the world. And because they have a mind with the same number (2), there is a certain harmony between *what* they see and their motivation, what they are interested in.

But it's not why people come to them. That's what I mean with the "conflict" of *role* and *Personality*. It's not a problem. We all have areas in our design that carry conflicts like this. This is what makes us who we are: this unique being who is trying to come to terms with all these different forces. It's not a disadvantage. It's what life had intended to make you who you are.

The best that a *1/3* with this view and mind could say to someone who seeks them out would be: "I don't know exactly how it *all* works, but I can show you new and interesting ways that might solve your problem."

This way the people who come are not disappointed later. Don't automatically assume because people come to you for a reason, that you are good at it. This can get you in trouble. You must know yourself and learn to say no if you can't give them what they want. Instead, tell them what you can do for them instead, when they are already here.

Correctness is not perfection

Don't make the mistake to ever think that. Correctness is the *way* to get you there, but the perfection is you.

To get there is quite a journey. In order for your being to get to that perfection, it is not enough to operate according to your strategy, or by making correct decisions and living in your environment by being active or passive. Yes, at that stage you have a healthy body and life. But it's not enough if you are seeking the fulfilment of your full purpose.

The final hurdle towards this is the psychology of the passenger – the state of your mind. It's about you, the one who sits inside that body.

Correct outer authority is the highest state of consciousness possible in our bio-form. There is nothing higher. It's far beyond what's called *enlightenment* – which for me is a seven-centred and outdated concept. Correct outer authority means that you share with other people what you see and think.

But it's not about all these distracted, wrongly motivated people and the nonsense they utter that has no true value. It's about seeing and thinking according to your true view and true mind – free from transference, distraction, and distortion. It's something that the world doesn't know yet. Maybe it will one day.

Awakening in the language of Bhan Tugh is to awaken the passenger consciousness to the delusion of what has been its mental process, to the distortion of it. It will open up the potential, the richness that is possible in the way a passenger consciousness can operate.

The not-self, which is a mind in control of your life, would just like to keep on leading us down the old seven-centred way of humanity. It still identifies with their world. We've never escaped it.

The cultures in which we live are still held together and shaped by old seven-centred moralities, concepts, and religions. It's all yesterday. If you said to somebody: let's change everything and follow the rules of Neanderthals, everybody would say: no. But here we are in these brand-new, delicious, nine-centred machines, with all this potential, and we are still sucking our thumbs and holding on to the old way. This is our educational process, and it begins with a simple technique: watching the transference of your mind. It's the last hurdle, it's the passenger finally being at peace – a mind that has found its place and true purpose.

Transference of the mind

Transference denies you any form of true cognition. At the same time it offers you a possibility to become awake. Every one of us has a tendency to transfer to incorrect thought motivation. And it always begins with one thing: when you start to worry about your life, when you think you should take control. Then you go into transference and your motivation shifts towards another theme, which puts you mentally into another department that isn't yours. There you can be downright dumb, doing unhealthy things.

In your Bhan Tugh chart you see something that says “your not-self is driven by”. This is where your mind transfers to when you are incorrect.. The trick is, through awareness, to notice when your mind shifts from your correct motivation into transference. Most people are so busy worrying about their lives and trying to control them that there is no awareness or time left to notice such a thing.

Transference is something that you can *catch early* before it happens. It's about *recognising* it, not getting rid of it. This final step towards passenger awareness is about the ability to recognise when your mind is about to go into transference. It is a technique for waking up your mind.

Of course, most of the world is in a constant state of transference and suffers already the consequences of a mind in control of their lives. But you have to see what an amazing tool watching transference is – because the moment you see that your mind is motivated by the theme of your transference, the moment you see your view is distorted by distraction, you know one thing has happened or is about to happen: you are acting on your mind. You are, or are about, to violate the most important thing, in fact the only thing that really matters. From here it all goes south.

Transference takes you out of your world. It takes you out of the world you can deal with. It takes you into this other frequency where you don't have any backup and everything become confusing. First, it distracts your view, and then your motivation goes into transference – for example, when you are motivated by *need*, you are all of a sudden motivated by *insecurity*.

With Bhan Tugh, we learn to train our mind to see properly. The moment you turn over the authority to run your life to the vehicle (the body) is the moment you begin seducing your mind. It's curious. It loves to look at things and analyse them. The moment you take away the reasoning about decisions, that you are not using it to save your life, you can train it to observe and watch.

But if you don't pay attention to transference, you'll never get there. Because the moment somebody's innocence turns into desire, you know you are dealing with forces that are incorrect and they better go back to where they belong quickly. If you don't notice your transference, you are blind. The vast majority of humanity transfers to the left side of the two sides because they run a strategic thinking life. For example: a person with an innocence thinking then wants to be a leader (desire). If a person like this can spot it in time, is when they get a first taste of their own awareness potential.

- 1 - Insecurity —> 4 - Need (Master)
- 2 - Hope —> 5 - Guilt (Manipulator)
- 3 - Desire —> 6 - Innocence (Observer)
- 4 - Need —> 1 - Insecurity (Group person)
- 5 - Guilt —> 2 - Hope (Believer)
- 6 - Innocence —> 3 - Desire (Leader)

The mind needs to learn how to surrender over time through the trust that the body takes care of everything. It has to learn to separate action from the thought process. When you work with Bhan Tugh for a while, it can reach a point where a certain relaxation takes place because you understand you don't have to be concerned about your mundane life anymore. That's the moment you can begin to see. Every time you go into transference, your body will have more wear and tear, depending on how long you stay there.

You can see that a person with the correct motivation of *insecurity (1)* is always attracted to the transference of *need (4)*. Their mind wants them to be a needy person and out of that they will start acting that way. This will always get them in trouble. As long as they are attracted to a *master* or want to be a master themselves, they end up with a life that isn't theirs.

For a person with *desire* as their correct motivation, to be *innocent* will always be very attractive. But they should be actually driven by their desires. It's good for them. It's their nature. It will get them on the right path. They need this kind of motivation in thinking. It's healthy for them.

If you are supposed to be *innocent*, it means you are either the *observer* or the *observed* in the world, but the moment you are in *transference* you want to become the *leader (desire)*, and you can no longer just stand there to be the *observer/observed*. The leader wants to take control, it has to run the show, and all that wonderful potential of the *Personality* is thrown out the window.

The *hope* people in transference are the great “fixers” of the world. The bookstores, for example, are full of them. They write all these “How to do/become” books that have no value. They are motivated by *guilt* and think they have all these wonderful solutions. These “fixers” lack all cognition. They are incapable of self-love and bring this lack of self-love to everyone by conditioning them. The only way they can survive is by convincing you that you need to be fixed.

All people with *hope* in transference are trying to change things and they don't know what they are doing and they don't know how. And the only one who could, the *guilt* people, are sitting around, blindly *hopeful*, that whatever it is will work itself out. But it won't. The *hope* of the *guilt* people is the hope of ignorance. They are the ones who should be doing things, but do nothing. They don't even know what they are hoping for. They think everything is okay.

So we have the “everything is okay people” who are insane and the “everything needs to be fixed people” who are also insane. Welcome to the zoo.

The correct nourishment of our children

To have your own authority means making decisions free of the mind. When that happens is the mind finally able to express itself cleanly without reason, without a devious plan, without a hope that things will lead to this or that or the other. All of a sudden it's only about the pure expression of the genuine capacity to express its consciousness.

Yet, if you look at our children, you know that they were conditioned from the moment they came into the world, that they weren't treated according to their *type*, and that they weren't fed correctly according to the demands of their unique nourishment. They are beings conditioned at a very young age. You can see their dilemma in relationship to the authorities who are controlling them.

One of the deepest forms of conditioning in your childhood is that you have no authority. None. It's not like anybody is offering you one. The false authority game then begins when you get to a certain age – 16, 18, 21, whatever it may be – because suddenly, at that point, you are *supposed* to have your own authority; and they give it to you. But that's when you are so damn conditioned that you can barely breathe. Whoever you were, whoever you could have been, whoever you might have been, never made it out of the crib. Only the not-self got out of it.

If you don't know what your child needs and what your role is in relationship to that, you operate blindly. To be a “not-self” parent is ignorant. The ultimate result is not only that the child will take in all that negative conditioning and has to go through suffering and discomfort, but that it's going to be impacted in how it's going to mature. On top of that, they will carry all that baggage with them. They'll end up 30 years old, swallowing all kinds of concoctions after they had a meal, because they have such serious digestive problems and probably gas all the time. But they will also be incredibly dependant on the other, clingy, holding on, terrified to let go, afraid of being rejected by the other, and feeling deeply insecure; all these things that arise out of an incorrect upbringing.

We all went through the same thing. Our parents had no idea who the hell we were and how to correctly raise and feed us, all those things. It's not their fault. They've been conditioned, too. But it doesn't have to be like this for our children.

Death

The only real thing standing in your way of being awake is death. Every fear that humanity has, every single fear that *you* have, goes back to the fear of death. The fear of dying is not something logical. It's ingrained in our being to serve the evolutionary program.

After you die, you won't remember anything anymore. The *Personality* leaves the human body and with that loses all possibility for awareness and self-reflected consciousness, let alone the capacity to think and dwell on memories.

So no matter how long or short your life has been, no matter how big your alleged suffering or great your riches – there will be nobody there to remember it. So what's the difference if you live one day or 100 years? None. Because the moment you die there's nobody left to keep track, let alone judge you. Even if you were to reincarnate, for you there would be no memory of your old life.

I never understood why people value the life of a child more than an older person. Why do they think dying at 90 means to have lived a fulfilled life and someone dying at 15 has been robbed? Robbed of what? It makes no sense. If you think having a longer life is important, if you think that living a short life is a tragedy, then you have no real hope of ever living free of fear.

It's this fear that is distorting everything you see.

It's this fear that wants to take control of your life.

It's this fear that is the root of your strategic thinking. Every strategy you develop serves on a deeper level to keep that fear of death in check. But it doesn't. It creates more fears and in turn makes you more strategic, and with that full of greed.

You have to understand that death is beyond the point. If you can't remember anything after you've die, it doesn't matter how long you've live. It makes no difference whether you kill yourself this very minute or live a hundred years.

Once you truly understand this, you can't say one is better than the other.

And that's when you transcend death.

That's when it becomes irrelevant. The only thing that matters is the moment and what you see. And it's not about keeping it as a memory for later. It's not about "why" or "what for". It's about consuming the value of the moment in the same moment you experience it, without the distortion of mind. It's never about how long a moment can last.

It makes no difference. Because in the end, it was all for nothing, at least for you.

But not for evolution.

Evolution put the fear of dying into you to guarantee the survival of humanity. But you? You have been tricked and used (which doesn't have to be a problem).

This fear does nothing for you.

So what's my advice? There is no advice.

Since everyone of us has to die and nothing can be taken with you, not even the smallest memory; since you won't have the possibility to cherish the memories of your life, you have to see that any advice I give you is beyond the point.

Nothing matters. And at the same time, everything does.

But I could also say: you are free.

Your life is beyond having *any* point.

It has one for evolution, but not for you.

When you begin to understand that on a deep level, a transformation takes place in you that also liberates you from all the concepts that seemed so important. Suddenly, you realise that nothing is. That it makes no difference if things are this or that. They are what they are and you see them for what they are. Pure. This is a kind of seeing that is beyond any explanations. Don't confuse this with not caring.

When you get to that point, nothing is the same because you take the blinders off.

It's a new physical sensation in your whole body.

It goes very deep.

It's a seeing that has no questions and no answers.

It's the miracle of being alive without being in awe.

Don't think life is special, but at the same time don't think it isn't. Because somewhere in between all these polarities is the gift of seeing. That's what's left for our species to do. Why? Who cares? What difference does it make to know? All I know

is that I can't side with one view over another anymore as a principle, when in the end it doesn't make any damn difference. You *know* why? Because one day you die. And all will be lost.

It's not like this day is far away.

So why make life complicated?

Greedy people are not just looking for more enjoyment. They're driven by a need for security or distraction.

They are deeply afraid of death and therefore need more and more (whatever their trip is) to keep their fear at bay. More isn't always better. In fact, there is no "better".

The future belongs to people who are not afraid to be themselves, but for that you have to conquer death as well as concepts of religion and morality that have kept you a prisoner of fears that are unfounded. People of the future won't count their achievements and won't be afraid of failures. They know they are not responsible for their lives, yet, at the same time take full responsibility and live it deeply.

You don't have to be a hero. You don't have to be a coward. Just be yourself. It's rewarding beyond ways I can explain with words.

We are deeply helpless passengers on a journey through life. The best way to get through it is by letting life show you the way.

Life speaks to you. It speaks through your body, but not your mind.

Your mind is meant to *see* life. They complement each other very nicely if you let them.

It's not *your* life. It's *a* life, and you are here to see it.

Once you really do, you will know true love.

Love

You can equate love with the divine. When you love yourself, you begin to recognise your own divinity. With that you are open to love anything and anyone. Not promiscuously, but as a possibility. Love becomes an expression. Not a need. Not an agenda. It isn't about needing love from the other anymore.

To love oneself is to be complete.

To need love is to be incomplete.

It's all about waking up to yourself.

To need anything is always framed by the not-self mind, a mind that wants to control your life.

Other people who you get to see are the forces who you are intended to see, who you can learn from and who you can share with what your mind sees. It is your ability to express unique, self-reflected consciousness.

There is no other purpose for your *Personality* and its mind. That's what our stage in evolution is all about: being able to express our own individual truth.

This is our way of shouting out to the universe that we exist.

Once you trust in your own inner truth, life is no longer an ordeal or struggle.

If it still is, you are lost in your mind.

If you really want to make a difference, we have to begin by educating parents with Bhan Tugh, so they can recognise what kind of child they are raising.

When a child is born, it knows who it is.

It's the parents who are ignorant.

It's the social environment of the child that's ignorant.

Bhan Tugh is a map for every parent to understand their little ones. They must learn to protect the child's unique nature and nurture them correctly.

It's the most beautiful thing they could ever do in their lives. No joke.

It's all about educating the *parents*.

Our generation has probably never seen a fully functioning nine-centred human in the world since 1781. Every one of you who is a parent has the opportunity to bring one into the world through raising children correctly, not turning them into something they aren't.

This is our message. This is our opportunity, for all of us who know Bhan Tugh and the new potential of man.

Living correctly in our day and age is not complicated. It only requires that you give up your "idea" of tomorrow, the plans that you might have, and what you want your life to be. If you like to see who this person is that is you and what life has in store, you have to learn to enjoy the surprise that every new day brings, and not try to control it out of fear and a lack of trust that life won't provide for you.

I wish you all the best on your journey. It's a journey that has been planned before our universe even existed. There are no mistakes. So don't be too hard on yourself and others with your mind, which doesn't have all the answers.

Everything we have to do, we must do.

There was never any other possibility.

We all have different stories to live through, mountains to climb, and experiences to make.

And all which remains for you to do – whatever happens, no matter if you are sad or in tears of laughter – is to look out of the windows of your being, not to take everything so damn personally, and enjoy the show.

*Focus on your strengths
and not your weaknesses*

*Weakness is an illusion of your mind
while strength is the voice of your body
and the key to your future*

www.bhantugh.com

www.steve-rhodes.com

About the author



Steve Rhodes was born in Austria where he spent his childhood and studied mechanical engineering-management before moving to London. While at university, he won a nationwide search for the best music-newcomer and subsequently got signed to Columbia records as a singer & composer. Various TV, radio and other media appearances followed. Steve later built his own recording studio and established himself as a music producer. He also had his own film studio and produced music videos incorporating early 3D computer animation. In 2003, he was introduced to the Human Design system and began to study with the founder Ra Uru Hu. He then lived for a few years on the Mediterranean island of Ibiza where Ra lived. Until 2010, Steve owned one of the leading recording studios in London (Alpha Centauri Recording) which was used by U2, Kanye West, M.I.A., Depeche Mode and many others.