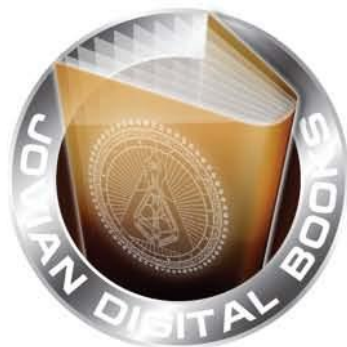


THE LIFE FORCE

THE CHANNELS - AN INVESTIGATION FOR BEGINNERS

RA URU HU



INTERNATIONAL HUMAN DESIGN SCHOOL



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INTRODUCTION

The Life Force energies of the Channels is one of the least explored areas in Human Design. A great deal of written and audio material is available about Gates but very limited information on the Channels.

This course, originally taught in an 11-lecture series in 2008, was designed for newcomers as well as long time students of Human Design. It offers an in-depth examination of the Channel as a quantum expression of Gates.

We hope you enjoy this journey.

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LECTURE SIX

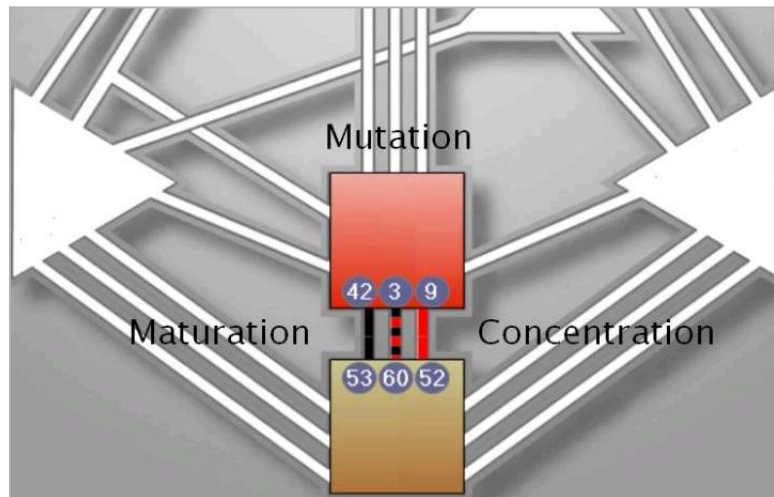
The Formats

Good morning to all of you. We come to one of those truly wonderful areas of body-graph mechanics. I spent days and days and days in a past Ibiza event going through the formats in a kind of depth they'd never been treated to. Unfortunately, because they are extraordinary in terms of their importance in the way in which the whole body system operates, obviously in this kind of general approach to the life forces it's not possible for me to go into that depth.

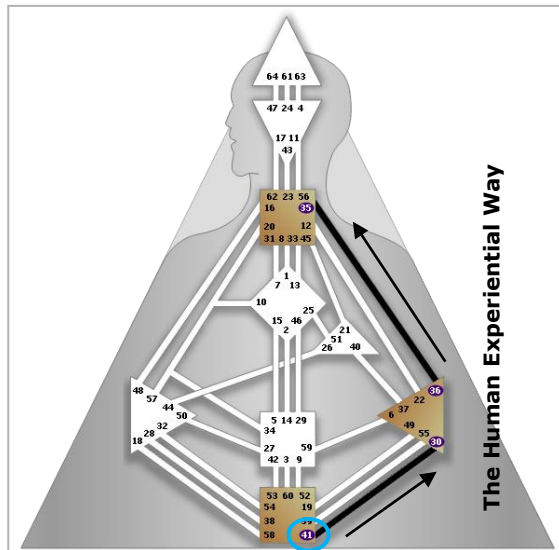
The Root Center

But I want to take a slightly different approach today. I want to keep it more practical in terms of what we're really looking at. The Root Center for me is that center that gets the least amount of attention. I guess along with the Head Center, it's funny about that, pressure centers being what they are, that here we are in a design in which we're caught inside of a pressure sandwich. And we're always interested in the stuff that's being pressured, all the emphasis we pay to the Sacral, to the emotional system, to the Spleen, and yet the great engine is down here; this is an incredible thing.

And when I say "the great engine," it's not in the same sense that the Sacral is. Here we have this truly, truly enormously powerful combination, the Sacral Center as the primary motor in life, that is, it is the reproductive, the fertile engine of life itself. So in that sense, it is the



most extraordinary, if I can put it that way, of the motors. And yet at the same time, what it is to be human, and one of the things about being human is that if you really want to dissect what makes it so terribly different from all other mammals, you follow along the human experiential way. That human experiential way begins down here in the 41st gate in the initiating codon. This is the route of the human experience in life.



The thing to understand about the nature of the Root Center is in traditional seven-centered language it was known as kundalini. It was known as the primary energy source itself. The language of Human Design is one in which basically the Root Center can be best understood as stress, and it is pressurized stress.

It's one of the most profound things to understand about the madness of the world that we live in, the not-self world we live in, the homogenized world. The homogenized world is under vast amounts of pressure. It is what you see out there in the world. Take a look out your window on a busy street, just look at the world and look at the energy that

is there and you'll see all this stress and all this pressure that makes up what we call the human life. As a matter of fact, we think that somebody who isn't stressed or isn't under pressure somehow has found some kind of miracle. People pay fortunes to try to get rid of the stress and the pressure. They take in incredible amounts of medications to deal with the stress and the pressure. And because they are not-self and homogenized, the stress and the pressure ultimately leads to breakdowns in their system because they make mental decisions based on the pressure.

The other thing is to recognize how many human beings have an open Root Center, in the billions, who are amplifying the stress and the pressure. If you take all of that, if you grasp what that is all about, you can see that at the very core of what it is to be human is this Root and its dynamic. It's not about how we operate within the life inasmuch as it is about being driven in this process and pushed really hard.

If anything, the formats lock us into what is—what did they call it in the 50s? They called it the rat race—it locks us into the Skinnerian maze; it locks us into being driven along the tracks. It is a key to the dynamism of what it is to be human. We don't stay in a valley or in a forest. We don't just stay there. We don't just accept that this is our environment and it is going to nurture us and we don't have to go any further. This is not what we are. We're not going to sit there in that valley or in that forest and allow all other forms to dominate all other areas. We will not do that. We are driven by this pressure within us.

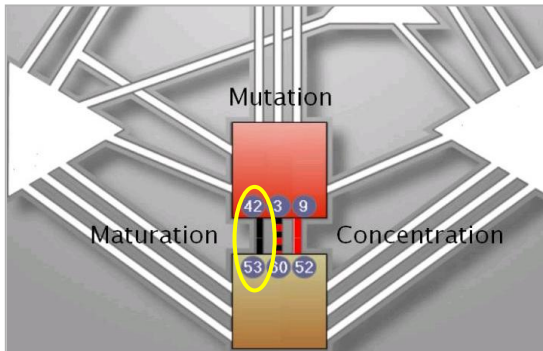
The other thing is that the Root Center has absolutely no relationship directly to the tribe; none. It's something that is really fascinating about how different the tribal circuitry is from anything else. The Root is all about the collective and the individual. It is all about the future, the past and mutation. It is all about experiment and experience. This is what the Root is driving. It is driving the basic foundation of our lives. You can see when you look—it's not, obviously, in this illustration—but when you look and you see this whole system moving up from the center, how it goes



directly through the whole vehicle, all driven by this very, very powerful, stress, adrenaline motor underneath.

The Abstract Format: Cyclical

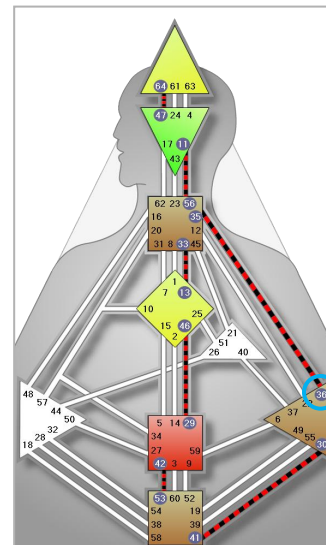
So let's begin with the abstract, because when we're talking about what it is to be human and when we're talking about the human experience this is at the very core of it. Now, we're dealing with a very unusual coupling here. That is, the relationship



between what is this very, very powerful stress, pressure system and the Sacral together. And obviously the moment you have this, because of the values inherent in these two engines, the moment they come together this is what we call the **format** because the format establishes not simply an energy resource, but a frequency and a frequency that is going to impact everything that is connected to it. In other words, the frequency that is established here in this format is the frequency

that will guide all of whatever the abstract processes are going to be. It is the underlying way in which this specific stream and circuit is always going to operate.

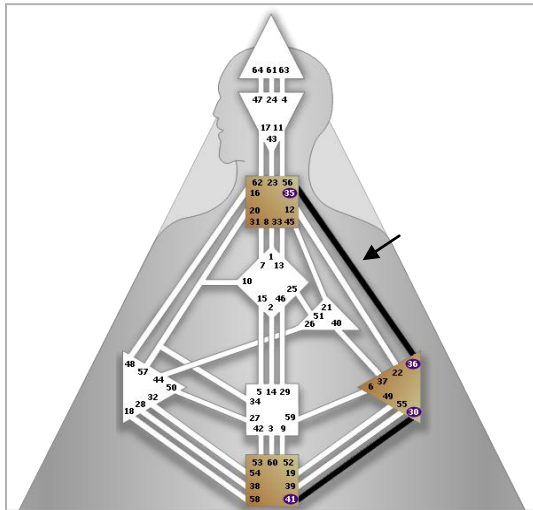
What we know about this abstract format is that it is cyclical. It's cyclical. This is the way it works. It has beginnings and it has middles and it has ends. This is the abstract experiential frequency. Everything about the abstract process, and when I say that I mean every single gate, every channel that you can look at that is abstract collective is cyclical in nature, all of them. So, if you get to the 36th gate [circled in blue] and you get to the gate of being ready to enter into a new experience, everything about that is that there is a beginning to that process, a middle to that process, and a completion to that process.



One of the most important things to understand about the experiential way is that it needs to have finality. Logic never wants there to be an end, because logic can just keep on laying out patterns. But everything about the abstract process is that you only develop your talent, your skills, abstract experiential talent, by being able to have many, many, many, many experiences. It what's gives the abstract its sense of being unstable.



You have that in the 35/36, this Channel of Transition, of change. It is inherent in the abstract process. When you see the abstract process mentally, you see ideas



that come and go, ideas that have a beginning, a middle, and an end. And if you get stuck, oh is that ever painful, because there is nothing about the abstract frequency that is about stopping, taking a break. In the abstract process, the only time there is rest is the moment that something comes to an end. And then immediately the pressure begins for a new beginning.

This drives abstract beings mad in the not-self world, because they feel so unstable. They feel so unsatisfied. There is no satisfaction in the abstract. Only logic can find satisfaction. Only logic; and logic is not sexy. It isn't. The abstract never finds its

satisfaction. It always has to deal with expectation. And everything about the abstract process is that everything has to end. Think about what that means to the not-self and the way in which the not-self operates, the way it makes mental decisions, that it's got a frequency inside of it that is driving it constantly to end things and start things and end things and start things.

And of course, it can bring chaos to their lives, to their jobs, or many of them to their relationships, to the sense that nothing is satisfying for them; nothing. Oh, how painful it is not to be aware. How easily you are trapped. It doesn't matter whether you have this format or not, it doesn't matter if you have the 42 and the 53; it doesn't matter at all. It doesn't make any difference.

What you get to see here is the inherent energy that is in every single abstract gate. It's why it's so difficult to find stability in the abstract, why so many people crash because of that. Why others see that they have problems. It's in every single place. After all, many of us, not all, but many of us will have at least one or maybe two or three abstract activations. It brings a frequency into your system. It brings a frequency into how that gate operates.

Expectation

Understanding the formats is an incredible key to understanding the energy in the system itself, with the exception of tribal circuitry, which has its own unusual process, and we will get to that. But this is a way to really grasp the essence of the way in which gates work. Think about it this way: wherever you have an abstract gate, you have an expectation. And wherever you have an expectation you're going to have a crash. And wherever you have that place of expectation, it means that place is always open to ending something and beginning something else.



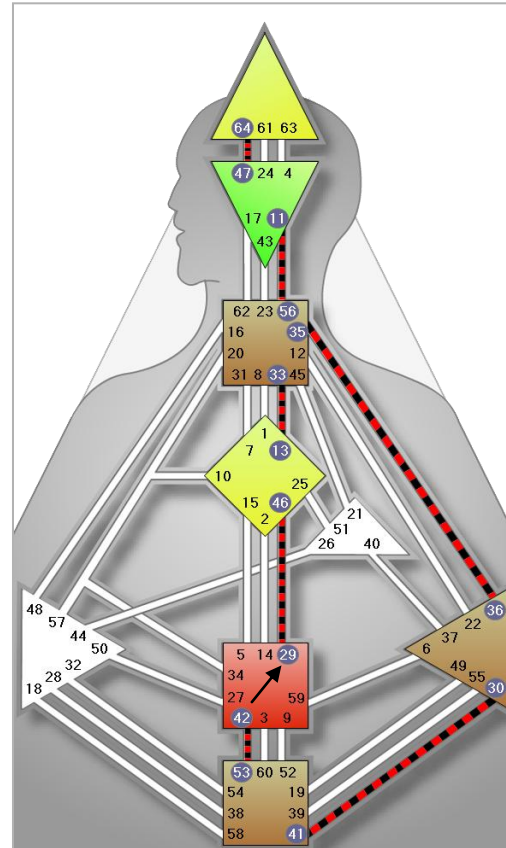
It just depends where it is. Is it the 29th gate and you end one commitment to begin another? Does that become the theme for you, that you can't maintain your commitment to something, that you're not stable in your commitments? Because any thematic in the design that is abstract is going to carry this frequency of the cyclical nature of this process. Everything about it is cyclical.

Without this format we really don't have death. This is a metaphor for the life process itself that has its beginning, its middle and its end, this theme of maturation. It is the design format for the life process; it's all cyclical. You enter Design and you wait for the seven-year cycle to renew your cells in order to be refreshed. It's all cyclical. Everything about the nature of being is that it's on the spiral, like the spiral of our DNA. It is what it is.

And yet, at the mundane level, at the practical level, how important it is to understand this mechanism within yourself so that you can let go. Knowledge is not power. It isn't. It's information. I can give you endless amounts of information. And regardless of whether this bit or that bit rings a bell for you, in the way in which life works, in the way in which the not-self mind operates, simply knowing any of this does nothing in the end. You have to live your design.

Oh yes, it's interesting to understand why there is this instability in those abstract activations that you might have. Yet, being aware of that doesn't mean you can change it, doesn't mean that you can decide to do something about it. It doesn't. It's supposed to be like that. But it supposed to operate consistently and correctly within the holistic being that is you. No being can be judged by their aspect. You have to see how it operates within the whole, which means that the whole, the holistic life, has to be correct. Only then does the passenger get a chance to look at that and see it and begin to understand why you have these abstract elements and why it's necessary that they function in that way.

After all, experience is one of the keys to being human. It is not something to avoid. It is inherent in all of us. We are all driven and pressurized to be experiential in this life. It is where we gain our depth. And it is through our unique gifts that we can translate our experience into information for others. So without this beginning, middle and end, we don't gain the experience.



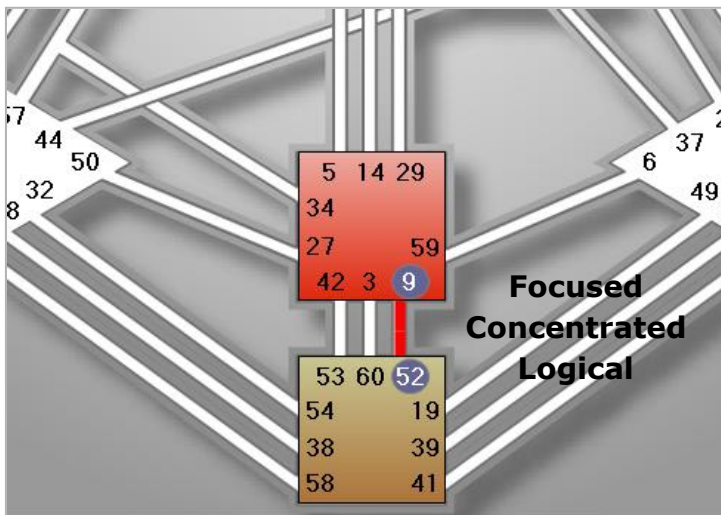


You can see the next element in the movement of this energy, the abstract channel of the 53/42, as it crosses the Sacral to go up here to the 29/46 [see arrow in the Sacral Center in image above.] You can see here the key gets explained so clearly. This is a theme of beginnings, middles and ends, but by the way, make sure that you're really in the experience so that we get the information we need that gets revealed through the 33/13. Collect the experiences, pass the experiences on.

So, everything abstract is where you are designed experientially to be on this plane, your particular areas of expertise. Those particular areas where the instability of it, the constant transition within it, is what's giving you the depth you need in order to be an accomplished creature. It's what experience gives us. It gives us a sense of balance. The great gift of the experience is that it is experience that is collected for each following generation, which is why we develop intellectually so much faster than we do biologically.

The Logic Format: Focused and Concentrated

Okay, let's go over to the other side. This is such a powerful, focusing mechanism, the 9/52, the logical format. This is just plain focused and concentrated. It's not cyclical at all. It has nothing to do with running through things over and over and over, all kinds of different things. And of course, it is often an illusion that one takes



in this logical energy and assumes that it's stable. That's why we trust logic. The abstract flows through the emotions. This cyclical business carries with it an emotional frequency.

But focus and concentration is moving through the Spleen cool; cool as opposed to the hot. Focused, concentrated, and logical. Think about the logical aspects that you have in your design and understand how fixed and focused they are. It's the other extreme

of that abstract activation of yours that is always so ready to start something new, get rid of the old, get through the experience. Here in the logic, all those logic aspects have this "stay with it," stay with it; focus in deep, deep, deep. It's the other side of the coin.

Here is the energy to dig into things, to get the facts, to get the details, to be able to see clearly the pattern. This is the brilliance of logic. It really begins in the 52nd gate. It's one of those wonderful gates—Keeping Still Mountain. It's all about the journey of 1,000 miles that begins with the first step. It's about the brilliance of



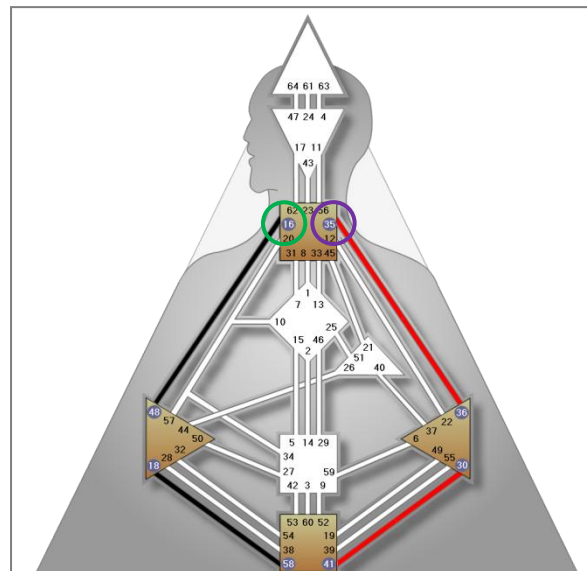
concentrated, focused detail on patterns. This is what life is built on. The whole mechanism is built logically, and the life is lived abstractly. That's the bargain, if I can put it that way, or the deal or the mechanism or however you want to look at it. Logic builds the vehicle. It builds the whole program. It is the program. All these patterns and this deep, deep focus on those patterns, and the pattern is what provides us with security. It is what protects us. It's what defends us. It's all about the pattern.

It's why when you look into the mechanics of Human Design, you know that the technique of Strategy and Authority emerges out of the logical mechanics. Because this is what's there; you get to see it. The collective, after all, is the framer of the experimental experience of being human. This is what our world is, what I refer to as Solomon's World where there's nothing new. This is the world of "we are this way and this is the way the world works" and on the other side the abstract is just finding out the nuances of experiencing what is assured in different ways. This is the basic world.

The thing that makes the collective so powerful is that every, single collective activation is social and demands to be shared. When you think about that you begin to understand that those individual aspects you have, that abstract aspect you have, not only is it cyclical and unstable, but it wants somebody to be cyclical and unstable with it. It wants something to come and show up and may force it to end to start something new. It's looking for somebody to do it with.

It's the same thing with logic. Logic says "come focus with me, come concentrate with me, let's study together." This is logic, inherently social. And yet, at the same time, because it's inherently social, it is what gives the collective its great power. Because of all the circuitry in the bodygraph, there is nothing that is more social than the collective; nothing. Every channel, every gate is social. Every channel, every gate demands sharing. It's why they can be so interesting or so annoying, after all. They will share with you their dissatisfaction. They will share with you their failed expectation. They will share with you things you don't necessarily want. But they are driven to share.

There is quite a difference, in that sense, the final line or the bottom line, if you follow the trajectory of these streams on either side. And by the way, we're going to begin that next week, you follow these streams and what you get to see is that at the end of the logic stream (black), you get to skills (green circle). At the end of the abstract stream (red), you just get to expectation (purple circle.) Logic can find satisfaction. The deeper you concentrate, the more perfected the pat-





tern, the deeper the satisfaction, the deeper the security. And it's shared. You cannot just simply have your criticism, you have to share it. You just can't have your fantasy, you have to share it.

The Mind of the Not-Self

It makes the tribe crazy, because the collective not only dominates the way in which the basic construct of being on this plane works, but it controls the mind. It's the majority of the activations on the mental plane. So, we are dominated by collective homogenization. And whenever you see the infrastructure, you also have to think about what the not-self is in the way in which the not-self operates.

As long as the mind is making decisions, whatever you are becomes distorted, and whatever the inherent frequency is in you, whatever that may be becomes a deep part of the distortion. The mind doesn't know in the not-self that the fact that it's carrying certain abstract gates gives it, at times in different situations, this anxiety, this lack of stability, this needing to end things and move on to other things.

The moment the mind catches that, it's going to make up a whole story, because that's what mind does. It's going to take whatever the main conditioning elements are, the open centers or the missing gate in a split definition, the gate that would bridge it together, these deep areas of conditioning, and they become the way in which the mind is going to decide anything. So, suddenly you have this mind taking an aspect of you that is correct, when it's correct in terms of its situation, take that aspect and turn it into something that completely distorts the whole life, that blows it up out of all proportion, driven by what it is as not-self.

These are just frequencies. They're like the chemistry of the emotional system or the chemistry of individuality; these are just chemistries, frequencies. Just because a frequency changes doesn't mean that you have to make a decision about what to do about that. One of the most interesting things to understand about the nature of Strategy and Authority is that it liberates you from the dilemma of not knowing your system; your vehicle knows. It knows precisely what is correct. It doesn't mean necessarily that your mind concurs. Or that your mind grasps it. Your mind is always basically opposed. But the fact of the matter is that the moment you're operating correctly out of your Strategy and Authority, it doesn't matter what your configuration is. It doesn't matter whether you have this or that; it doesn't.

We are Here to be Conditioned

The great dilemma is that we are here to be conditioned. You can never escape it. We are conditioned by the very chemistry in our design. We are conditioned by the very construct of our unique designs. We are conditioned in the classic sense through the openness that we have. But this is what we are. We're a bio-form with a genetic imperative; we're designed to be conditioned by what is different from us.



But being conditioned, in and of itself, is not bad. Human Design isn't about conditioning is bad. It's about making decisions with the mind is bad. That's where the dilemma is. You always have to remember that through your openness is the only place in this life where there's any wisdom. If you're going to garner wisdom in this life, you get it through the open centers; you get it through taking in, filtering the conditioning that comes from others without that being you. And it cannot be you as long as you're operating according to your Strategy.

We're here to experience being conditioned uniquely. After all, that's what your design is. Your design lays out the possibility that you can differentiate, that you can experience what it is to be a unique, authoritative being. But that very design you have, this is frequencies, energies, pressures, whatever. And it's not about they're good or they're bad. It isn't.

The greatest dilemma people have is that they take their lives so seriously. This is the mental identification with the life. So everything that is going on in your life, that somehow you have to be in there calculating and working on it and figuring it out and dealing with it. The suffering that goes on in the not-self mind, the measuring that goes on—you're not good enough or they're not good enough or it's bad.

It's a horror. And so, when we're looking at these frequencies and I'm describing them to you and that they're there in your system, it isn't about saying, "Oh, terrible I've got an abstract gate and it's unstable." That's not what it's about. Yeah, it's an abstract gate and it's designed to be unstable, unstable in the sense that it's designed not to stay with things, not to be logical, not to be focused and concentrated, but to be truly experiential. And that can be wonderful. After all, it's an aspect of a totality; it's not the life itself.

And within every human being are all these combinations of all these different chemistries and frequencies and alignments and this and that. It's not about getting your mind sunk into one of these corners and turning the corner into a huge problem. It's about experiencing it, it's about experiencing yourself. It's about beginning to see what happens to you when all of those elements are choreographed into a direction that is correct for you.

The Circuits

Okay, so on one side we have a **cyclical** frequency that is at the root of experience. And on the other side we have a **focused and concentrated** energy system. This ultimately leads to skills, to talent, to the ability to be able to work with patterns. So we have cycles and we have patterns. This is what the collective brings to us and because these are format energies, these cycles and patterns are inherent in all of those aspects that are part of these circuits.

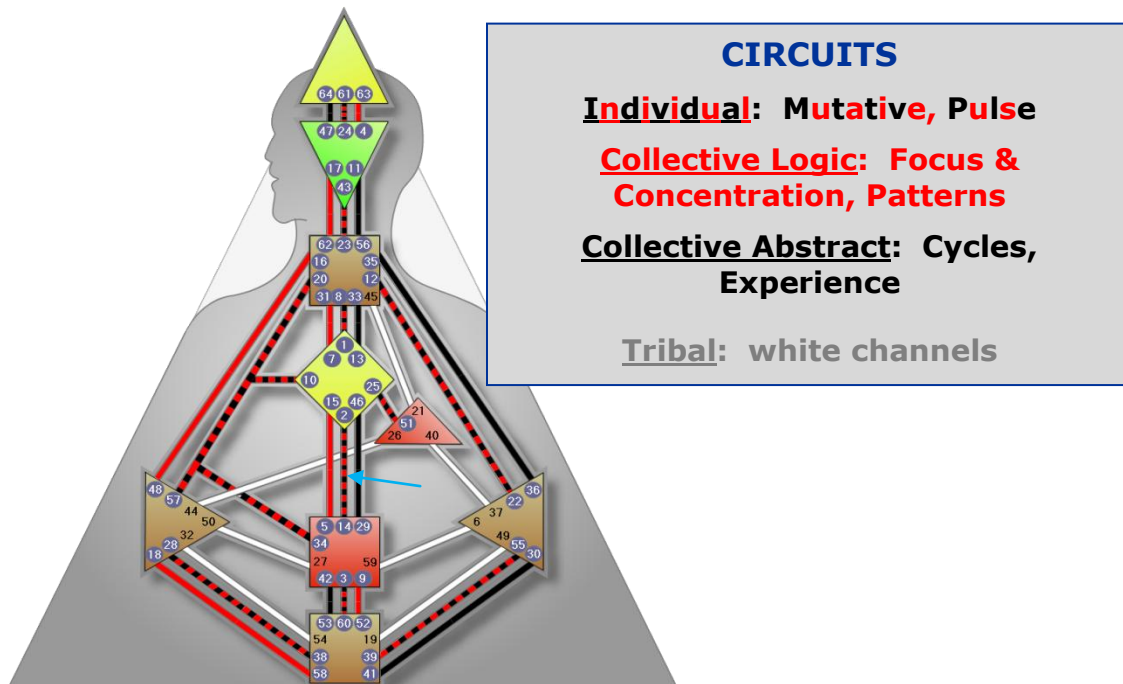
The collective would like to be alone. The collective never ever, ever trusts the tribe; it just doesn't trust the tribe. The collective thinks that the tribe is primitive and materialistic and closed off and prejudiced and narrow and all kinds of things. The



collective would like to rule the world. You know that any time you meet an 18/58—the collective wants to rule the world—the 31/7s, the 17/62s. And if you go on the abstract side you get the same thing. They're very, very uncomfortable with the tribe. Mentally they don't know how to deal with the tribe at all.

And then, of course, is the real problem for the collective. It's individuality, pure mutation. Pure mutation operates in a **pulse**. So we have the cyclical, we have the fixed patterns, and we have the pulse: it's there and it's not; it's there and it's not.

It's the beauty of us, because in essence we are all of it. After all, we're designed to be open to the conditioning of everything that we are not. And so, in essence, we take in whether we have the activations or not; this is the frequency of human. The cycle, the pattern, and the pulse; this is the whole thing.

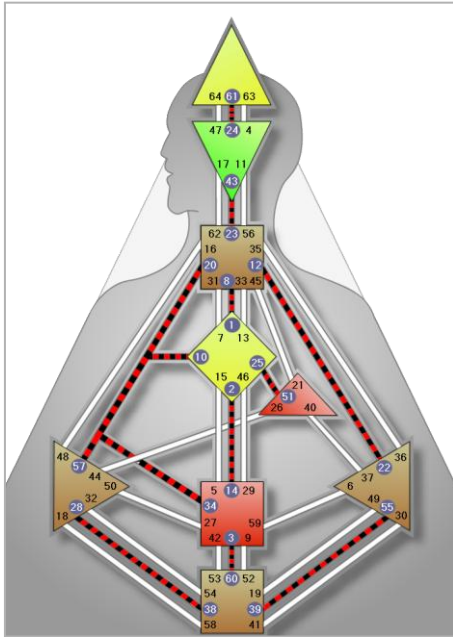


The Mutative Pulse is Unpredictable

The pulse is deeply, deeply unpredictable. It appears to be logical, in a way. That is, the pulse is something that can appear to be very normal and consistent. It's a pulse, after all. You can have a pulse that's set at a specific beat. The 2/14 [blue arrow] happens to be the Channel of the Beat. It can seem very logical as a pattern. And then all of a sudden, whoosh, something happens. It's called **mutation**. This mutation, what really annoys the collective is that it is this mutation that is the format of the driving force of what our direction is, and not just the direction of the individual. But ultimately, as it moves out into the Sphinx, it is, in fact, the direction for the collective as well and the collective can do nothing about it.



The moment there is mutation, everyone has to adapt. You adapt or die. It's just the way it goes. And if you're not equipped to adapt—dinosaurs are a good example—you perish. It's why the collective is always very, very wary of the individual. I'm a 43/23; I've been through a 21-year, three seven-year cycle process of trying to introduce something new to the collective. And the collective is deeply, deeply, deeply resistant. It's why the 43/23 is most often referred to as the freak by the collective because the collective is very, very wary of accepting its potential genius because if it does, the rules change. New patterns have to be investigated, new experiences have to be taken in, old patterns and old experiences don't count anymore.



So, in essence, individuality brings this very, very dynamic force and yet, at the same time, there's no guarantee it's there. Think about mutation. The most interesting thing about individuality is that the biggest part of its reality is

what it doesn't know at any given moment, and cannot know at any given moment. And therein lies the dilemma in every single individual gate, that dilemma of uncertainty.

The Uncertainty Principle

There is a wonderful principle, the uncertainty principle. I can sort of deconstruct it and rip it apart—the uncertainty principle in individual activations. We've seen that if you've got a logical activation, it points to a real fixedness there. You're really into things, which means that there are other things you're not paying attention to. If you've got that abstract there, it means that there is this instability, this drive to move on, even though you may not be finished with something; again, the potential "this and that" of any of these processes. But when you're looking at the mutative activation, what is there is uncertainty.

So think about that, think about any individual activation. Take the 2nd gate as an example, which is all about direction, knowing the direction. So, you go to the 2nd gate and you say to the 2nd gate, "I'm lost, where should I go?" And they go, "I don't know." "Yeah, yeah, but please give me your best guess." "I don't know. I don't." The person walks away. Fifteen minutes later, in the pulse, between the pulses, comes the mutation and the 2 suddenly remembers, or suddenly realizes where the direction could be. They have no control over that, no control over the timing of that. They don't.



Every single individual aspect is uncertain until mutation takes hold. Now, of course, the mutation doesn't have to be some kind of grand mutation. That mutation taking hold is what, within individuality, we call **knowing**. And the thing to recognize about knowing is that knowing has an existential appearance. In other words, it literally comes out of nowhere.

Think about the not-self dilemma. You have a logic person and an individual and an abstract being. And you've got the three of them, and you're asking them to make up their mind about something. You've offered them a job or whatever the case is and you want them to make up their mind and you're asking them now for their answer.

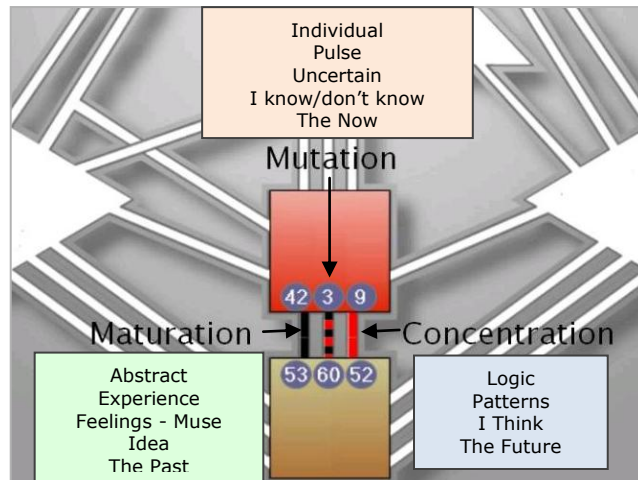
So, the **logical** person looks at the **pattern** of it, it looks at what kind of work it is, it looks at its own relationship to that kind of task, whatever it may be, it looks at the possibility of what that can be like to do that over a period of time. It lays out the pattern. It thinks about its basic security, and it makes its decision, and it makes a logical decision based on its detail, based on the facts or whatever its relative facts happened to be.

The **abstract** person goes back into their own **experience**. They look back at similar kinds of things that they have done. They look back at the way in which they felt about those things. And based on that feeling, they will say yes or no to whatever it is.

And then the person who is offering the job turns to the **individual** and says, "What about you?" and the individual says, "**I don't know.**" And the person says, "You have to make up your mind now because I can't wait any longer. We have to do this now." And the individual says, "I don't know."

The collective ones on either side look at the individual as if they're nuts. What do you mean you don't know? You must have an idea; well, that's abstract. What do you think? No, that's logic. The individual doesn't know it doesn't know. It can't make up that it knows. It can't do the logical thing. It can't do the abstract thing. It has nothing to base its knowing on, only if it's there. And of course, the collective does not grasp this. It doesn't. To think things through in order to make up your mind is so logical. To muse over things in order to decide is so abstract. The individual can't do that. It's simply, "I don't know. I don't know until I know."

So what that means is that every single individual aspect—and there's an enormous amount of individuality in anybody's design because it is the largest of the



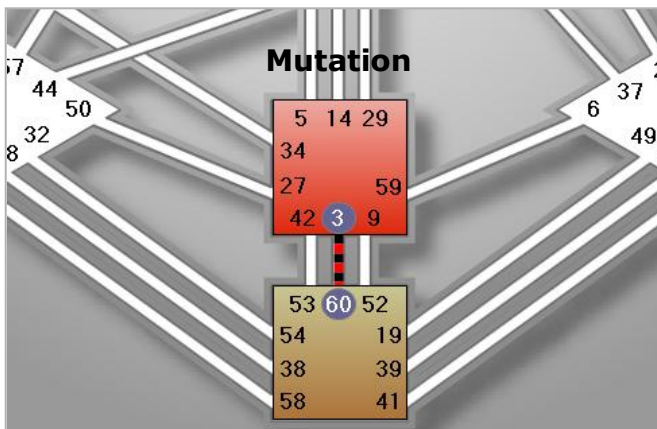


circuitries—is to recognize that in every single one of those aspects is a brake, like a brake in your car. It's a brake that holds that aspect back from functioning correctly, because it cannot function, it cannot operate correctly until it knows. Otherwise, it is uncertain. For somebody like me who is an individual and a knower, in my ordinary life I say, "I don't know" much more often than I say "I know." Because this "I don't know" is simply that there is no direction. That's the point. There is no direction.

The real transition comes going back to the foundation of what this is all about, that is, Strategy and Authority. Because the moment you enter into something correctly, the knowing is inherent in the system. In other words, it is correct action, and through the continuity of the vehicle and the way in which we operate holistically, this is a healthy and correct thing to do and you're not going to have this dilemma. But, it becomes so uncomfortable for the not-self that carries individuality, always pretending that they have made up their mind. This is what happens to individuals. Individuals become pretend-collective. They pretend that they've actually worked it out as pattern, or they look back into their own experience. But this has nothing to do with knowing.

The 3/60: Melancholy and Depression

The other thing is that when you're dealing with a 3/60, because you are dealing with individuality, you're dealing with another element here. You're dealing with the



element of the chemistry of individuality. That is, the pulse carries an energy that can be best understood by most people, particularly not-self, as **melancholy**. That is, as sadness. It is a highly creative energy. It is the energy of the muse. And in the same sense of the muse, it is not something that one can control. You cannot control it. It is there when it is there, the creative impulse is there when it is there. And when it's not there, it is simply not there.

This chemistry in the 3/60, this melancholic chemistry, this creative chemistry, it is only in the 3/60 that there is the potential for **depression**. And it's a depression that if it takes hold, literally can move through the whole vehicle. And again, this is when the pressure of the homogenized world to conform brings the deepest devastation to the individual spirit.

The whole thing about individuality is that it cannot follow the collective law. If it follows the collective law, nothing new will ever emerge. It's why it's very difficult to influence people who are individual. It's not that they are stubborn and that's built



into their design. It is not that they are deaf and that is built into their design. They are helpless in that because they are not intended to be easily influenced. In this way we open up the possibility for the emergence of true mutation. But it means that if you're not-self, the way in which you're going to interpret this "not knowing," and the fact that it carries with it this potential melancholic depressive energy, is that you feel lost.

Think about somebody who has the 3/60 and they've got an open Heart Center and they feel so deeply unworthy. They're always trying to prove themselves to other people. They're always trying to get other people to be impressed with them, for other people to see that they're really terrific and useful and whatever. And they don't really know and they have something that comes in their direction and somebody says to them, "I would really like you to do this thing." And what that person is really asking them is to be a cheap, abused slave. And they do not know. And there is this sadness that is there in them.

And that undefined Heart Center, because it's going to be the key to the way in which their mind is going to make decisions, that Heart Center is going to say, "I have to say yes to this job to show them that I'm really worth it. And I've made up my mind. I've looked at the past and I've looked into the future." And then they end up doing something that is absolutely horrendous. And they hate it and they become more depressed.

Wherever I look at the bodygraph, it doesn't matter where I look, I can point to places that can make you suffer so much. Every activation, every line, every color, every tone, every base, it doesn't matter what the configuration is. The moment you lack awareness, the moment you don't operate correctly, you are not-self and nothing is going to truly work for you.

And the fact that you are sad and depressed and feel unworthy, your response to that isn't going to be operating according to your Strategy and Authority. You are not-self. The response is going to be whenever, psychology, drugs, get deeply medicated, take a new training, follow a guru; it goes on and on and on and on and on instead of just being able to sit back and to enjoy the ride. How beautiful it can be.

The Formats: The Source of Stress

We are all of these things: the cycle, the pattern, the pulse. It's us. And we all have nuances of this and that. This is the construct, but it doesn't have to be the problem. It doesn't. The formats, as extraordinary as they are, for the not-self this is the source of their stress. It is the source of their deepest, deepest pressure. It is very uncomfortable for them. And it leads to the way in which modern mind works and all of its homogenized answers to what's wrong. And there isn't anything wrong. These mechanisms are beautiful. It's like a fine Swiss watch, they all fit together, they all work perfectly together as long as the mechanism as a whole is operating correctly. It is that simple. It's always been that simple. There isn't anything else.



The dilemma of the not-self is that it doesn't understand what life is. It doesn't understand how to live this life. It doesn't. And it doesn't trust in itself. It doesn't. To trust in yourself is such an extraordinary thing. Human beings have given their authority to everything, to stone idols, to animals, to false gods, to prophets, to teachers and parents and politicians, and on and on and on and on.

Live According to Your Strategy and Authority

To be correct in this life is about living your life according to your Authority; your Authority, nobody else's Authority. And your mind cannot be trusted in that. Your mind is just homogenized, collective soup. You can't trust it. It knows nothing of what is correct for you. It's the body's life. This is the great grace, to allow the body to live its life, to live its perfection, to live its beauty, to see that the cycle and the pattern and the pulse is not just simply us. It is life itself, and we are here as passengers to take it in. We're not here to spend our time worried about our daily bread. Let the vehicle look after the vehicle; let the passenger watch the movie.

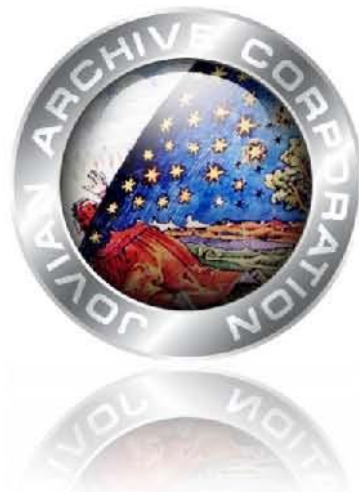
There is so much stress, so much pressure, so much pain by relying on the mind to run the trip. Well, it can't. And if you want to put a saddle on this powerful ride, you can only do that with your Strategy and Authority. There is no other way. There is nothing else that can take all the ingredients that are you and function according to all of those values.

Anyway, formats are interesting business; they really are. You can feel it in your body; you can feel it in all of those aspects. It is one of the things for you to look at, is to just go one by one. Just look at your logical gates, if you have any, your abstract gates, if you have any, and your individual gates. And think about the frequency that runs them. Begin to see how honed in they are on working in a very, very specific way. And then through Strategy and Authority sit back and watch it work. It's entertaining.

Well, to all of you, I hope you enjoyed that. I hope you have yourselves a good week, and until next week, bye for now.

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Next Month: *Experimental & Experiential Forces*



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