

Know Yourself. Love Your Life.

A Bit About the Human Design System™

by Ra Uru Hu, founder of The Human Design System

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

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

The Human Design System is a reading of your genetic code. This ability to be able to detail the mechanics of our nature in such depth is obviously profound because it reveals our complete nature in all its subtleties. However, it is not necessary for you to know Human Design in great depth. That is the job of the professional analyst. What this work aspires to communicate is simply the surface mechanics of your nature. That will give you grounding in your life that is immediately going to bring a difference to your life process. These essential truths are simple because they are mechanical. The way in which our genes operate is purely mechanical, and the moment we try to interfere with their operation we descend into a life of confusion, chaos, and pain. In the end, our genes will have their way.

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

In my teaching of Human Design and the training of Human Design analysts, students of mine have ranged from fourteen years old to being well into their eighties. There is no limitation and there is no barrier denying anyone from grasping these essential truths about themselves. This is not simply about saying, "Aha, I'm this or I'm that". This is not just another profiling system. It is about having the opportunity to do something with the knowledge. It is about being able to be able to act on it and experiment with its logic. This brings the remarkable experience of finding and ultimately living one's true life. All learning, that is real learning, takes seven years. It takes approximately seven years to change almost all of the cells in the body ('almost' because most of the cells change, but the nerve cells and the bones stay the same). We live in a seven-year cycle. The moment that you begin to come to your own nature, the moment that you allow your body to live its life without resistance, you begin a deep process of de-conditioning. Seven years later, you emerge, quite literally, as a new being: yourself.

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

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

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

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

Life is a duality, and this is revealed through our moralities. There is always going to be this and that. There is always going to be the good and the bad. There is always going to be success and there is always going to be failure. That is the nature of what it is to be human and to live out the spectrum of human experience. The moment that you live out your own nature and you enter into life correctly, this is the moment that you get what is correct for you. You get the correct career and you get the correct relationships. So, you see, it does not matter whether you are a success or not, because there will be no suffering, despite your state. You will be living out your nature and it will be clear to you that what is there for you is right for you. Whatever that might be. Only then, finally, will there be no part of you that can say: "I wish I could be something or somewhere else".

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

The Human Design System opens the door to the potential of self-love. Finding self-love is also about finding a greater love, a love for life and a love for others through understanding. Throughout this Living Your Design Training, in seeing yourself and in coming to understand how you can live out your own nature, please pay attention to the importance of that in your relationships with others. So many of our difficulties in this life are because we have great difficulties in our relationships, whether they are our career relationships or whether they are our personal relationships. What is true for the individual, a lack of understanding about one's own nature, is also true for relationships. Relationships operate out of genetic imperatives based on mechanical laws. To be yourself is to bring into your life those beings that are truly for you. This knowledge is about how you do that simply, so that you too can benefit from the best possible associations. Correct associations allow you not only to be seen and understood by others, but also allow you to understand them. As a parent, this has been an essential ingredient in the well being of my children.

Human Design is logical, mechanical knowledge. It is not theorizing nor philosophy. It is about being able to do practical things with knowledge that brings practical benefits. I hope you enjoy "Living Your Design". Enjoy the fact that there really is knowledge in the world that is truly valuable. Enjoy the fact that you too can participate in becoming a healthy self-loving human being."

From a Living Your Design class given by Ra Uru Hu. © Jovian Archive www.jovianarchive.com

The world needs You to be You, more than it needs anything else.

~ BE CORRECT AS YOURSELF ~

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