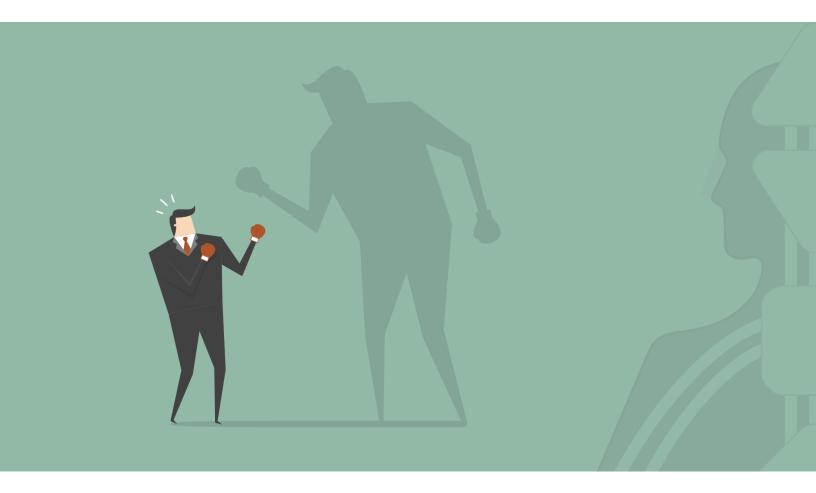
#### **SAMPLE**

# YOU AND THE SHADOW

RA URU HU





## TABLE OF CONTENTS

You and the Shadow	1
Bypassing the Decision Making Mind	1
Meeting Your Shadow	1
We Live Our Shadows	3
The Genetic Imperative	3
The Mind Is the Servant of the Genetic Imperative	5
Open Centers Are Amplifiers	6
You Cannot Avoid Conditioning	6
The Gift of Openness	6
The Not-Self Strategies	7
You Cannot Trust Your Mind	7
The Head Center: Occupied with Questions Which Don't Matter	8
You Stop Seeing What's Possible	9
The Ajna Center: Pretending that You Are Mentally Certain	9
Seeing Your Family's Designs in Others	11
No Original Thoughts with Undefined Ajna Center	12
Living through Your Open Centers	12
Homogenization Distorts Us	13
We Are Not the Driver	13
Your Vehicle Is the Life	13
Openness Brings Dependency	15
Surrender to Your Vehicle	15
The Mind Is for Measuring	16
The Decision Making Mind Cannot be Aware	16
The Throat Center: Trying to Attract Attention	17
We Are Design for Cognition	17
Sharing Awareness	18
The Vehicle Knows What to Do	18

#### YOU AND THE SHADOW | RA URU HU

Resistance	19
Awareness Doesn't Mean Life Gets Better	20
Allowing the Vehicle to Live Its Life	20
Attracting Attention	21
The Vulnerable Thyroid System	21
Open Throats Work through Conditioning	22
Wisdom of the Open Throat	23
The G Center: Trying to Find Direction and Love	24
The Importance of Place	26
The Potential Wisdom about Love and Direction	26
Finding Your Place through Strategy and Authority	27
The Heart Center: Trying to Prove/Improve Yourself	27
Trying to Be Willful	28
Do Not Make Promises	28
An Undefined Ego Has Nothing to Prove	29
The Sacral Center: Not Knowing when Enough Is Enough	30
Generator Sleep Patterns	31
Non-Sacral Sleep Patterns	32
Sleep in Your Own Room	33
Love Yourself	34
The Splenic Center: Holding on to What Isn't Good for You	35
The Wisdom of the Spleen	35
Undefined Spleens Are the Best Doctors	36
Insecurity and the Undefined Spleen	36
The Root of Our Intelligence	37
The Solar Plexus: Avoiding Confrontation and Truth	38
Emotional Beings: Trust Your Emotional Process	38
The Emotional System Is Sexy	40
The Emotional Frequency and the Open Solar Plexus	47
It's Not Up to the Mind	47
Resistance and Depression	42

#### YOU AND THE SHADOW | RA URU HU

Enjoy the Dualistic World We Live In	42
The Root Center: Always in a Hurry to be Free	43
The Split Shadow Design	45
Strategy and Authority	47
The Mind Is a Treasure	47
Awareness Takes Place One Person at a Time	48
Let Your Vehicle Operate Correctly	48

## You and the Shadow

Good morning, nice to see you all. To explain the timing of this class, we have a two-hour slot, so somewhere around midway through I will give you a break for about 15 minutes, so your brains won't explode and you'll have a chance to catch some fresh air.

### **Bypassing the Decision Making Mind**

Everything about Human Design can get distilled down to a number of things. The first thing is to understand that all of this is about being able to deal with your mind. It's about being able to replace your decision making mind with another mechanism that you can use and trust.

That does something special, something really extraordinary, because we've never had that in the history of our development on this plane, which is an opportunity to develop and use our minds for what they were intended, which is for awareness. You cannot be aware if you're trying to decide how to pay your bills tomorrow. It's not possible.

You can be aware watching yourself pay your bills tomorrow, but you cannot be aware deciding you've got to do this or that because in the end it's always going to lead you back to the same mess. You're never going to get out of it.

So, the first thing to understand about Human Design and your Type, Strategy and Authority, is that it gives you a mechanism to bypass your mind, to take away from your mind the responsibility that it has to spend 24/7 being concerned about what you're going to do or not do, what you have to say to this person, what you have to ask this person, and so on.

### **Meeting Your Shadow**

What that opens up is an opportunity to give your mind something else to think about, which is really nice, by the way. You'll find it quite relaxing and

#### YOU AND THE SHADOW | RA URU HU

relieving not to have your mind constantly putting you in a state of being afraid, concerned, driving you to worry about this thing and that thing and the other thing. You can give it something else to do. What you can give it to do is watch how you lost your way, and it's an incredible journey. It's called meeting your shadow. It's something really incredible.

I'm just like you; I started this life deeply conditioned. I was conditioned for nearly 40 years of my life. I was really unaware and quite ignorant. And I'm an Ego Manifestor, so I did a lot of damage along the way. I had no idea how any of these things worked.