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Supernal

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Ordinary people living extraordinary lives

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HUMAN BY DESIGN

By Ben Dalton

When I get asked what Human Design is, I often think "Well how long have you got?" Then after a lengthy answer this might result in them thinking "Sorry I asked". Over my journey of continually discovering the labyrinth of knowledge, I have had to come up with an impactful, succinct answer that they can take away, keeping it as simple as possible. When a client comes for a reading, they are not interested in the wealth of knowledge that Human Design has to offer. They are only interested in how it applies to them and how it can change their life. I often say within an analysis of one's chart is I am not here to teach you about Human Design; I am only here to talk about your concerns of why you are here today and will use your Bodygraph as a tool to address those concerns.

So, what is Human Design? Here is my short answer in one sentence. "As Humans we are all Designed to be unique, to be different, but the problem is we live in a world that homogenises us, it conditions us to be the same as the Collective."

Some people don't have a problem being the same as everyone else because they fit in well, go with the crowd, and don't like standing out on their own, potentially fearful of being vilified for being different. As much as we talk about anti-discrimination in the world today, humans are discriminatory and judgemental; it is part of our nature to discern and measure the world that we live in. It is a primitive survival mechanism that is ingrained in us.

Human Design teaches us we are not just here for survival; we are here to personally develop through understanding the truth of who we are. We develop a conscious awareness to what we are here to be, and see what we are meant to in this life. Every experience we go through teaches us more about ourselves. We develop a stronger identity and stability in the ever changing world around us rather than just compete with, and compare ourselves to, the Collective all the time.

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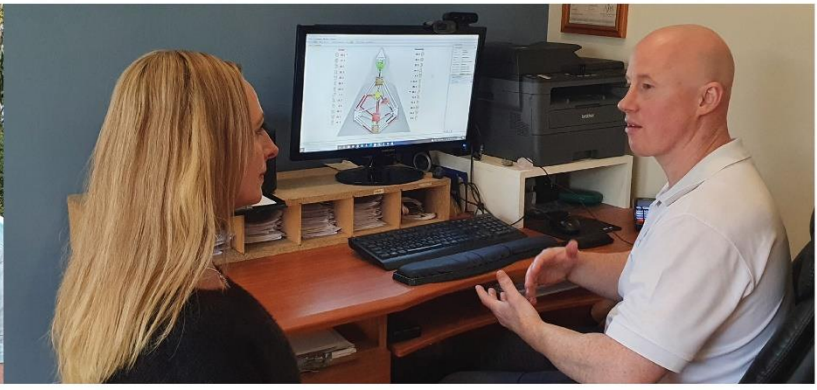
"Yes, we live in a crazy world at the moment and things are changing. It's not necessarily for good or bad, as the Program is dictating the trajectory the human species is taking."

Why do we naturally do this? The majority homogenised and the minority are differentiated beings? We live in a Program which we call life. Life is amoral, unlike humans, and it has no concern for our individual well-being. It cares only for the Collective and the evolution of the human species. This is why the world is structured and runs in a particular way and despite aspects of it evolving with the generations; much of it stays the same. Belief systems of 'one can change the world', is far less likely than possible. Protests against material hierarchies, cultures, people in power etc. will not change the way the world is structured. It is actually the backbone of society that makes the world work. It ensures people get along amicably without resorting to primitive Tribal mind-sets, with a tendency of killing each other because they are a different Tribe, have different values, beliefs etc. There are consequences to our actions, and responsibilities we should adhere to in order to live relatively peacefully with our neighbour. This is all conditioned by the Program to have relative sense of peace and harmony. Life is not about good or bad, right or wrong, it just is. This is the world of the Not-Self and not who you truly are.

Human Design talks about where we have come from and where we are going. It also speaks of being more concerned with your own life and not trying to change others, accept others for who they are, knowing that is what you really want others to do for you. Most of us are the Not-Self, a distortion of your true nature due to conditioning. We often get rewarded and praised for being homogenised. "You are such a great person, you are such a civilised human being." Yes, the person feels somewhat happy they are recognised for that, yet there is often a deeper sense of uneasiness also. Too often not truly expressing how they feel, for example, as they avoid conflict and truth, wanting to keep the peace.

Yes, we live in a crazy world at the moment and things are changing. It's not necessarily for good or bad, as the Program is dictating the trajectory the human species is taking. As much as it may disappoint readers, we are a design of helplessness and no choice. Human Design is known as the Science of Differentiation, it is a mechanic, a genetic imprinting that we all have. We cannot change our genetics as that is what makes us unique and differentiated to begin with. We become conditioned away



from our nature in the first seven years of our life by our parents, for again with a view to good and bad, just as our parents were conditioned. There is no blame only awareness. Later, as adults we have to learn to decondition from that and return to our true nature.

What gets conditioned is our mind and the way we think. We think that we can be strategic and get ourselves out of every situation life delivers. We have learnt that knowledge is power and why we put the mind on a pedestal. We start to make choices in our lives around what we should do, yet the mind is distorted by conditioning and the Program. Things will inevitably backfire. This is why there are such a high number of people with mental disturbances in the world.

If you don't know Human Design, then you are unaware that there is another source of intelligence. It is our body. When you look at instinct, intuition, gut-feeling, in what lobe of the brain are these intelligences located? They are not in the brain. Where is consciousness and awareness?

"Human Design teaches you how to make decisions that are correct for you, in alignment with your truth..."

Human Design teaches you how to make decisions that are correct for you, in alignment with your truth, that are devoid of the mind which can easily be distorted. The body makes decisions, the mind makes choices. The mind wants to side with this or that where the body is not interested in this or that, it is only interested in your correctness when dealing with life's ever changing circumstances. There are two laws that simultaneously exist. Your law that allows you to resonate to your own nature while living legally under the laws of society.

How you can deal with the world around you in a positive way regardless of what is happening, is to be your unique self, live your truth and find that you are able to make decisions that are correct for you. Only Human Design can teach you this.

Ben Dalton specialises in Human Design, running workshops and personalised sessions for clients here and abroad. Visit www.bendaltonhumandesign.com.au for more details.

Image Credit: Ben Dalton