

YOU AND THE SHADOW

RA URU HU



JOVIAN ARCHIVE

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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

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.

One of the things you would have said if you were trying to describe me in that era was, "This is a man that's emotionally volatile." Now you can't get the joke until you see my Design because I'm not emotional. Not only am I not emotional, I only have one Gate in my emotional system and it's unconscious.

I married three emotional women in the space of 10 years, and nearly killed all of them. They would meet me and think I was terrific, and me with my open emotional system being ignorant as hell, I was attracted to them more than they were attracted to me. It was like, "Wow." And then of course, I had to experience the other side of that wave, which for somebody like me was plain awful.

I remember a night of sheer madness. This is what it means to meet your shadow. And this is only in retrospect, because at the time it was quite different. I was living in Northern Canada, a really cold place. In the winter it was incredibly cold, so cold that when you walk on the snow it squeaks. It's that kind of squeak that sounds like a blackboard scratching. It's not a nice squeak; everything squeaks.

And I get into an argument with my partner at the time. This was somebody who was a 35-36 and incredibly emotional. It cranked me up, and there was no letting go, because if you're unemotional and somebody is cranking you, you're not in charge of the on-and-off switch. There is no way. So, she would get mad at me and I would get madder at her. Then she'd get madder at me