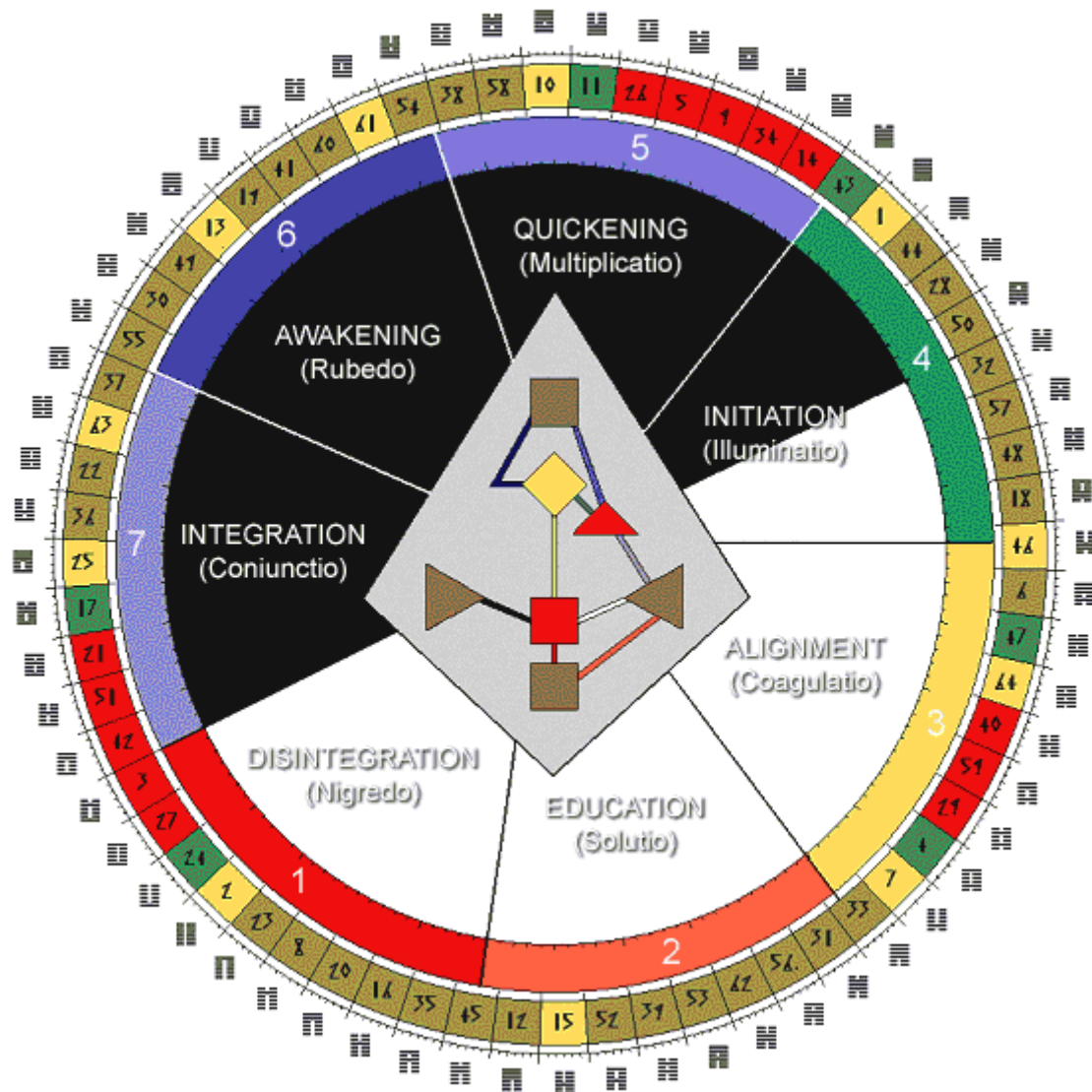


THE ALCHEMICAL RETURN AND THE SEVEN STAGES OF AWAKENING

THE FIRST STAGE - YEAR 1



The Alchemical Process

Before I begin by looking at Year 1 of the deconditioning sequence, I would like to say a few words about Alchemy. Alchemy is an ancient subject most often associated in the public mind with magic. Most modern people might think of the Harry Potter children's stories when they are asked what they know of the subject. Indeed, Alchemy is an elusive subject, usually shrouded in esoteric language and arcane notions of madmen hidden away in laboratories trying to create gold. But it was the Austrian psychologist Carl Jung who most recently brought alchemy more towards the mainstream. He spent a great deal of his life studying the subject, and understood it as an awesome repository of symbols, which proved to be very accurate for interpreting and understanding the human unconscious. In his own words:

"Investigation of the alchemical symbolism, like a preoccupation with mythology, does not lead one away from life anymore than a study of comparative anatomy leads away from the anatomy of the living man. On the contrary, alchemy affords us a veritable treasure-house of symbols, knowledge of which is extremely helpful for an understanding of neurotic and psychotic processes. This, in turn,

enables us to apply the psychology of the unconscious to those regions in the history of the human mind which are concerned with symbolism."

Psychological Alchemy is a system of understanding unconscious processes, and as such it is not an exact science. It has more to do with the right hemisphere of our brain - it is about images that do not fit logical sequences, but that can nonetheless be understood over time.

I am engaged in an exciting experiment here - the Human Design Wheel provides a logical sequential map of consciousness, whereas the unconscious does not appear to flow in such a way. My experiment is to try to unify the opposites, which ironically, is the ultimate goal of alchemy. If you are following your own process using the Human Design System, you can use this same map to see whether your own experiences match the different stages. But you will have to learn to read the symbols of your own life. You will have to be both logical AND abstract if you are to draw insight from this series. In this respect, the most I can do is give some examples from my own deconditioning and show how they reflect the different stages as I have moved through them.

Finally, you need as deep an understanding of Human Design gates and circuitry as you can get in order to really draw sustenance from this knowledge. The deeper you understand the Human Design formula, the richer and clearer your understanding of your own life will be. When you really know the Human Design formula, you can bring your own understanding of gates, hexagrams, centres and circuits into play. This for me is the exciting part - you get to find your own unique interpretations and have your own moments of insight into your life and the knowledge.

YEAR 1 KEYNOTES

| | |
|-----------------------------|------------------------------|
| Alchemical Sun: | 3.1 - Synthesis |
| Alchemical Keynote: | Nigredo - Meeting the Shadow |
| Psychological Process: | Disintegration |
| HD Cross Theme: | The Cross of Laws |
| HD Channel Archetype: | The Channel of Mutation 3/60 |
| HD Deconditioning Sequence: | |

3: Disintegration of Order

| | |
|-----|------------------------------|
| 27: | Disintegration of Caring |
| 24: | Disintegration of Reason |
| 2: | Disintegration of Direction |
| 23: | Disintegration of Knowing |
| 8: | Disintegration of Service |
| 20: | Disintegration of the Now |
| 16: | Disintegration of Enthusiasm |
| 35: | Disintegration of Progress |

You can see above that there are 6 categories that we can use to track the seven year process. Briefly, this is how they operate:

1. The Alchemical Sun is the name I have given to the exact position of the beginning of each of the seven years in the wheel. When you divide up the wheel into seven equal parts, the beginning of each stage is represented by a certain hexagram and a certain line. If we begin with gate 3, line 1, called 'Synthesis', then the second year begins exactly in gate 45, part way through line 1. These gate/lines are markers that set the tone of each of the seven stages.

2. The Alchemical Keynote is drawn from a Jungian understanding of a certain stage in the process of transformation

3. The Psychological Process is a master keynote that applies to the entire year

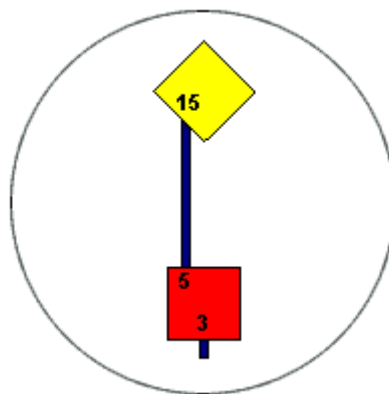
4. The HD Cross Theme is the incarnation cross archetype that begins each of the seven stages
5. The HD Channel Archetype is the mystical channel that represents our process during each of the seven stages
6. The Deconditioning Sequence is the hexagram/gate sequence according to each of the seven years. An understanding of this sequence can help us to deal with some of the many challenges we may face over the course of these seven years.

Now we can begin to look at the Stage 1 of the sequence.

The 3rd Gate

Looking at the Human Design wheel one day, I found myself wondering where a transformational sequence would begin. There are many possibilities. But my intuition drew me straight to the 3rd gate, which the Chinese called 'Difficulty at the Beginning'. These old Chinese certainly knew something about life. All beginnings are by their nature difficult - birth is quite an event. But there is more than this. Right next door to the 3rd gate sits the 42nd gate, the gate of endings. Isn't that a nice coincidence? But you have to go the whole way around the wheel to reach that ending, so it really suggests an archetypal journey. And there's more. Below is the revealed design of a single cell. It is in essence, the design of life. Every living cell has this matrix of the 5/15 channel of Rhythm that connects it in a living, breathing pulse to all other life. All cells are held in patterns within patterns, and these patterns are logical and can be broken down into numbers. This is how man has been able to decipher the genome - because it is made up of patterns.

The Design of the Single Cell



But, and it's a big but, you will also notice that the design of the single cell has another gate, the 3rd gate, Difficulty at the Beginning. This gate is part of the Channel of Mutation (3/60). Its job is to ruin all the nice neat patterns! Mutation is unpredictable and often appears chaotic. Thus an oak tree doesn't grow according to perfect Euclidean geometric laws, but takes some bizarre but beautiful twists and turns along the way. This interplay of pattern and chaos is the matrix of all life.

So the 3rd gate represents an aspect of every human cell, and it is responsible for beginning every shift in the pattern of those cells. Human Design initiates a cellular transformation, and it begins in the 3rd gate in line 1 - Synthesis. Every transformation is rooted in synthesis, even though it appears to create division. The fact that this line marks the beginning of our first year of transformation means that this year will be an introverted process. The transformation begins deep within us, often so deep that we never even notice up on the surface. Many people who come to know their own design for the first time never even know that anything is happening to them until their 3rd or even 4th year. This is because the first 3 years are deeply introverted. On the outside, things can seem relatively normal, but deep within, we are changing.

This first, often 'difficult' stage is known in the language of psychological alchemy as the 'nigredo' - the meeting with the shadow, or in HD terms, our first confrontation with the 'Not-Self'. The process is one of disintegration, on the cellular level, as the old programming, cell by cell, begins to be rewired. The channel of Mutation itself, which symbolises this year, means that it will be a time of order and chaos, alternating and unpredictable. It is a time of knowing and not knowing, of darkness and light, as the 3rd gate, the gate of the New, slowly brings mutation to the 60th gate, the gate of the Old, and the very structure of our not-self breaks down at the deepest levels. You will also see that the seven-year sequence begins with the Cross of the Laws, an archetype of what is really disintegrating during this first phase. If you imagine your body as a country, with its government, hierarchies and inhabitants, you can see how a breakdown in the very laws that govern that country will affect every conceivable corner of who you are.

My own personal seven-year journey has been an extraordinary odyssey that has reflected this breakdown in who I thought I was and the final emergence of who I am. My own story has been quite dramatic in many ways and the events that have occurred to me have been so obviously archetypal and easy for me to read. I confess that I don't know what it is in my design that has made my own journey so colourful, but there was obviously a higher purpose at work, otherwise I may not have understood these patterns so easily and been able to pass them on. I say this now, because as you hear about my personal experience, you should not necessarily expect to see such dramatic reflections in your own life. We are each totally unique and will mutate according to our individual lives and designs.

When I first had my Human Design analysis, it seemed to initiate a period of disintegration in my own life that lasted almost exactly a year. At the time, I did not connect what was happening to me with this knowledge that I was playing with but when I look at it now, I see that it was deeply connected. Below are examples of how the sequence affected me during my first year. I will not go into this much personal detail for each of the other years.

The 27th Gate

After the 3rd gate comes the 27, and because this is a first line themed year, the 27.1 - Selfishness. For me, this was about slowly realising that the life I was living was a lie. I had entered incorrectly into a relationship, got married and moved to another country. On paper, it all looked fabulous, but the reality was that I was exhausting myself by looking after someone else's family. The 27.1 says that you have to care for yourself first before you can care for another. I began to realise that I didn't really love myself. I didn't yet realise that I didn't even know myself.

The 24th Gate

The 24.1 is called 'The Sin of Omission'. If I don't love myself, who is it I am supposed to love? There is something missing, and it may be me! One of the themes of the 24 is about being caught in returning patterns. I may have been reincarnating for millennia without ever knowing who I was. How many times have I fallen in love only to find that it didn't work? Here I was again. It was a deep realisation, and one that felt deeply helpless. I may have realised that I was caught in a repeating pattern, but I had no idea what to do about it. So, being a generator, I waited.

The 2nd Gate

The 2.1 reads 'Sensitivity to disharmony and atrophy'. Are you beginning to see the sequence? 27.1 - I don't love myself, 24.1 - There's something missing, 2.1 - I'm going in the wrong direction! The 2nd gate is the gate of the magnetic monopole, which governs the direction of our life. For me, this was a very dramatic part of my movie - I experienced my first major sacral response as a generator. It was to get divorced. It was during this phase of the sequence that the separation process began, lasting a considerable amount of time.

The 23rd gate

Splitting Apart. That is the name of this gate. The 23.1 reads: 'The attempt to undermine one set of values for another'. The 23rd gate initiates a part of the deconditioning sequence that opens up a transformation of all the thyroid gates, which will last the better part of a whole year and take us into Year 2. The thyroid system controls our digestion process as well as the way in which we breathe. Early on in our deconditioning, our breathing patterns will go through subtle changes and shifts. When our breathing begins to change, our entire reality changes with it.

The 8th Gate

This suit doesn't fit me. The 8th gate is the gate of contribution. The 8.1 is called 'Honesty'. This is a stage when you may no longer be sure of your life, in terms of what you are doing. Are you harnessing the best of your creative gifts? Are you making the one true contribution to the whole, that only you can make? This is a shift in our entire perspective, as we may have to come to terms with the fact that our life is not what it really could be. Many people who are new to Human Design have to go through a considerable phase of grappling with the knowledge, trying to make it fit in with our other belief systems. However, it isn't a belief system and at this stage in your process, you cannot yet know what Human Design really is. There simply hasn't been enough time. The entire first year of our deconditioning is really a very unstable time because we are coming to terms with the fact that we don't know. In my own HD training programmes, I have never shared this 7-year map with anyone until they are at least into their second year of transformation. If you are still in year 1, take heart and hang on in there. Time is your greatest ally.

The 20th Gate

The 20th Gate really is an amazing gate. It is the so-called 'gate of the Now'. Really, it is about vibration. In insects, this is the gate of 'the hum'. The ancient Chinese called it 'Contemplation'. Mechanically, it opens out into 3 different gates, all in the Integration system. This is about survival and selfishness. This part of the sequence can be extremely powerful and very frightening. Our whole vibration is wrong. We have been conditioned away from who we are. That means we are in danger. In my own process, this was a time of deep fear. As I have the 57th gate, I have a profound attunement to fear, and particularly the fear of the future. My life was being dismantled around me. I no longer knew where I belonged. I was plunged into the now, and I found it terrifying. Interestingly enough, I had a profound dream at this stage of my process. I kept a detailed journal of my inner process during these early years, which is why I am now able to track back into this cycle with such precision.

Those of us who have ever kept a dream journal will know that it greatly enhances our dream recall. The 20th gate is actually a very important gate with regard to the dreaming process. It is a portal that allows unconscious processes to emerge into the conscious as we awake suddenly into the Now. It is a gate of Sight, and my own powerful dream gave me a sight into what was happening to me at a cellular level. Briefly, I found myself on a battlefield, running in search of my sword and pursued by a group of warriors armed to the teeth. When I finally found my sword, I was surrounded, and realised that I was facing my death. At the last minute, my life was saved by a woman, who intervened on my behalf, saying that she wished to marry me. I was saved, and lived happily ever after, those same warriors who were out to kill me, eventually becoming my friends. Now, this was a profound message for me. The Yin was beginning to overcome the Yang. Somewhere deep within, I was learning to give up the fight and surrender to life.

The 16th Gate

As I have gone back over what was in essence an amazing and difficult time of life for me, I am astonished in reading my own journals. This was after all, six years ago. Often without knowing it, I have even used the very same keynotes in my writings as refer to the gates of the Alchemical phases themselves. The 16th gate is a case in point. It was a phase in which I was still grappling with the implications of Human Design in my life. This is something most of us have to go through at one level or another. We try to fit our existing belief systems in with Human Design. It is often a struggle because we have to let go of old concepts as we integrate a living truth that prove and updates itself day by day. The 16th gate is all about identification. This is why it is called the gate of Skill. In order to really learn something, you have to become lost in it for a while. This is why the 1st line of the 16

concerns 'Delusion' and the 6th line, its transcendence, becomes 'Gullibility'. You get utterly identified in a set of beliefs until something else comes along and shows you how deeply you were absorbed in them. This was a phase in my own process where I was gradually coming to terms with my own conditioning and that in many ways I had deluded myself. My enthusiasm about my own life was revealed to me as false. I had in fact been deeply identified with my own conditioning, with my 'Not-Self'.

The 35th Gate

There are certain hexagrams in the Human Design wheel that are particularly challenging to human beings. The 35th gate is one of these. It is part of the channel of Transitoriness, an emotional manifesting channel. If you have a design to wait, this is one of those gates that really tests you! This is the gate of the hunger for change. It leads most human beings by the nose down all kinds of interesting and difficult roads, and the carrots it uses are expectation and desire. If you have the 35 in your design, as I do (my unconscious sun), then you will have tried over and over to satiate your desires through all kinds of paths. You will have probably been disappointed many times. The one thing you may not have tried is waiting. My early journals are filled with this word - it infuriated me and at the same time was my lifeline out of the vicious wheel of unfulfilled desire. This phase of our deconditioning seems to mark the end of something in our process. It is as though the momentum of the not-self finally comes to a rest, and the wheel begins slowly to turn in the direction of our true self. The 35 is also one of the 3 'stop codons' in the human matrix. There is no more progress in the wrong direction, if you will forgive the paradox.

In my outer life, it was here that I began to move. I returned to the UK from America, but I didn't return with any expectation. I wasn't following any desire. I didn't know what I would do when I got back. For the first time in my whole life perhaps, I had the courage to accept uncertainty. I was not comfortable with waiting, but I was still waiting.

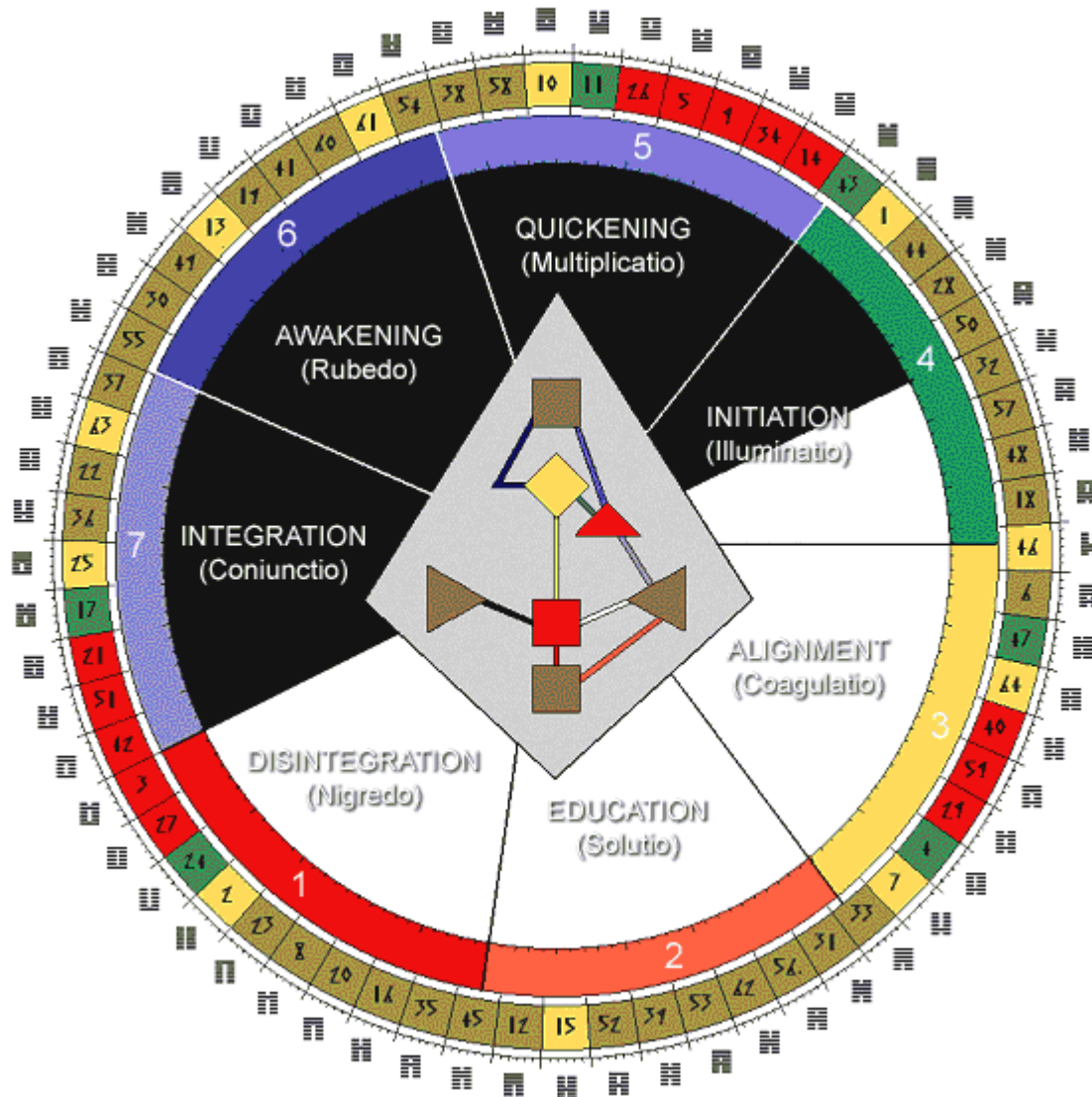
Below is an entry from my journal one week after I returned to the UK. I think it summarises quite nicely what I was feeling:

'I've been back a week now, and I'm still here. I haven't been anywhere else yet. I really am waiting to be asked. I'm not too sure exactly what it is I am learning, but I am feeling rather stuck, as though frozen in time. Nothing is moving. I know this place. I have written about it before. It is an intense waiting. It burns so brightly around you that you think that waiting is all there is. What if there is never an end to it, as I suspect? Then I am doomed to wait, for eternity. In that case, waiting itself must be the goal. Isn't that a wonderful paradox? My goal is to wait!'

The first of these seven years is in many ways the darkest. Not until the second year (at the earliest) will there have been enough time to glimpse that we are truly changing, not on the outside, but internally. At whatever level you personally process all this, you will have to go through the period of 'nigredo', the gradual coming to terms with your own 'not-self'. If you are in this phase right now and you are reading this, again, it all depends on your own design. Year 1 is a foundation year, and however you experience it you need to be patient with your own understanding of what is happening to you. Ultimately, it will not be until you have passed the magic 3.5-year point that you will truly understand how deeply you have changed.

THE ALCHEMICAL RETURN AND THE SEVEN STAGES OF AWAKENING

THE SECOND STAGE - YEAR 2



YEAR 1 KEYNOTES

Alchemical Sun: 45.1 - Canvassing

Alchemical Keynote: Solutio - Purifying the Vessel

Psychological Process: Education

HD Cross Theme: The Cross of Rulership

HD Channel Archetype: The Channel of Synthesis 19/49.

HD Deconditioning Sequence:

45: Education through Relationships

12: Education through Caution

15: Education through the Aura

52: Education through Keeping Still

39: Education through correct Provocation

53: Education through correct Beginnings

- 62: Education through Detail
- 56: Education through Correct Stimulation
- 31: Education through Influence

The Symbolism of the Second Stage

'The secret of a happy marriage is to share the same house, but not the same ceiling'

anon

As with most cyclic phases, the passing from one distinct phase to another is not an instantaneous occurrence, but more of a sliding from one pattern into another. It is not usually for some time before we realise our experiences seem to have changed in their nature. As we enter into our second year of living our design, the difficulties of the nigredo stage begin to diminish, and hopefully we begin to even enjoy our process a little more. Alchemical Psychology calls this stage 'solutio', or sometimes 'albedo'. The ancient terminology refers to a 'whitening' or purifying of our nature. Having begun to realise our not-self, we become aware for the first time of our true self hiding behind. We may be afforded glimpses of our true nature or synchronicities in life that hint at the magic that moves beneath the surface of the world.

To live as oneself is a magical thing. It is to live as a part of the interconnectedness of all things - it is to become aware that there is no 'I', just a great 'We'. This is why the second year begins with the 45th gate - one of the most profound of all hexagrams of the I Ching. In a new course I am currently preparing to teach, known as 'The 64 Gifts', the 45 represents the Gift of Communion. Communion is the understanding that if we humans cannot transcend our individuality, we can never really evolve to our greatest potential. The 45 is often seen in HD circles as a somewhat 'haughty' archetype - the King, or Queen presiding over the masses down below. I would like to present it here as more than a simple individual - I would like to see it as a 'Vision'. The 45 is not really concerned with itself. At its highest frequency, it is an archetype that is only interested in the unification of all people - a very high ideal indeed. The 45 allows everyone their own individuality, but also goes further than that - it also holds the key to understanding the relationship between different individualities - it holds the key to the truth that we are all parts of a cosmic jigsaw puzzle and no one, no matter how extreme, lies outside the cosmic hierarchical pattern.

You may note that the second year begins with the alchemical sun in the first line of the 45 hexagram, which, like year 1, sets the tone for this entire second stage. Like year 1, year 2 is also a foundation year, but whereas year 1 was the dissolving of a foundation, year 2 is the building of a foundation - the foundation of the true self.

Education

Because the 45 is only interested in the future of the community as a whole, it is the great gate of education. If everyone is correctly educated in how to follow their nature, the community is sure to be healthy. Our second year is essentially a year of learning how to live our design. You will note that the channel keynote for this year is the 19/49, channel of Synthesis, a design of Sensitivity - it is a year of learning sensitivity, in particular in our relationships. I know many people who have experienced major breakthroughs in their relationships in the second year of living their design. It appears to be one the prime areas in which we are educated.

The Aura

As the alchemical cycle continues, it passes through the 15th gate, and we begin naturally to become aware of the power of the human aura. The 15 is the gate of animal magnetism. We naturally begin to see our relationships in a new light as the great truth dawns upon us - all relationships are the chemical interaction of two living auras and therefore whatever they make us feel or however they

condition us to behave, the relationship itself can be seen impersonally, almost as though it were a separate entity. This revelation can allow us to begin to accept others more easily, a theme of the 15th gate (the love of humanity). How we deal with this truth is unique to our individual design - it may transform one person's relationship and end another's.

The cycle continues through the 52, the 39 and the 53, three powerful gates in the Root centre. We are being educated to learn to use the power of our aura - the 52 teaches us that by staying still and not speaking, we see who moves naturally into our aura and who does not. This may also in turn show us how our profile truly operates as well - since the profile is in a sense the fine tuning of the aura, it allows us to see how this frequency resonates with others or not. The 39 follows on in this education, as we see how our aura literally provokes life to move towards us. If you are one of the 92% of humanity with a design to wait, this can be a very profound education - you can immediately discover whether you are in resonance with someone else's spirit by watching how your aura affects that spirit - do they show you respect? Do they ignore you? For the manifestors, this phase can also be extremely powerful since they have naturally provocative auras, and here they have the opportunity to see how much easier their life is made by informing others before they act.

The Rebirth of Sensitivity

The Channel of Synthesis (19/49) is the mystical channel of the bride and groom - it is a channel of courtship, of learning about who belongs in your life and who really does not. The 19 discovers whom it needs and the 49 rejects anything that it doesn't need. Thus this whole second year is focussed on these issues - who are we in communion with, and who clearly does not fit into our part of the greater puzzle. This is the meaning of the 45, line 1 'Canvassing', which begins this year - it is about gathering together our true allies in life, which means only relationships that are healthy for us.

Next in the sequence, the 53rd gate affords us the opportunity to enter into a new commitment correctly. This may be a profound experience for us, as we realise that life consists of cycles within cycles that are beyond our control - the only power we truly have is to make sure that we make the right choices along the way. This is the power of the 53 - it creates a pressure to keep expanding into life. This point in our transformation can be a pivotal moment because it is here that we naturally begin to be aware of how detrimental it is to make an incorrect decision.

Year 2 closes with three more gates in the Throat centre, the 62, the 56 and the 31. In the 62 and the 56, we are taught how to share and express our minds correctly in relationship to others - the 62 showing us when and precisely what to say so that others understand us clearly and the 56 how to share our experiences in a way that others are excited by what we have learned from life. Both these gates represent voices out of the throat that can easily push people away - the 62 can be very boring with all its facts, and the 56 can be very ungrounded with all its wild ideas. This phase educates us towards our natural influence, culminating in the 31st gate. When we have learned how and when to be silent, how to enter into all communication correctly, only then do we see how influential we can be - ironically through doing very little at all!

Relationships and Emotions

I hope that those who are going through their second year of deconditioning will find these phases useful as a broad tool to highlight the general theme of this year - relationships. In my own experience, it was the time when I met my future wife and entered into an intimate relationship correctly, for the first time in my life! And it wasn't easy for me holding back and making friends first (we are both 4/6's), but it has allowed me to know in my cells that this relationship is correct, which always holds me on track through challenging times. That is a feeling of certainty that I had never experienced before this.

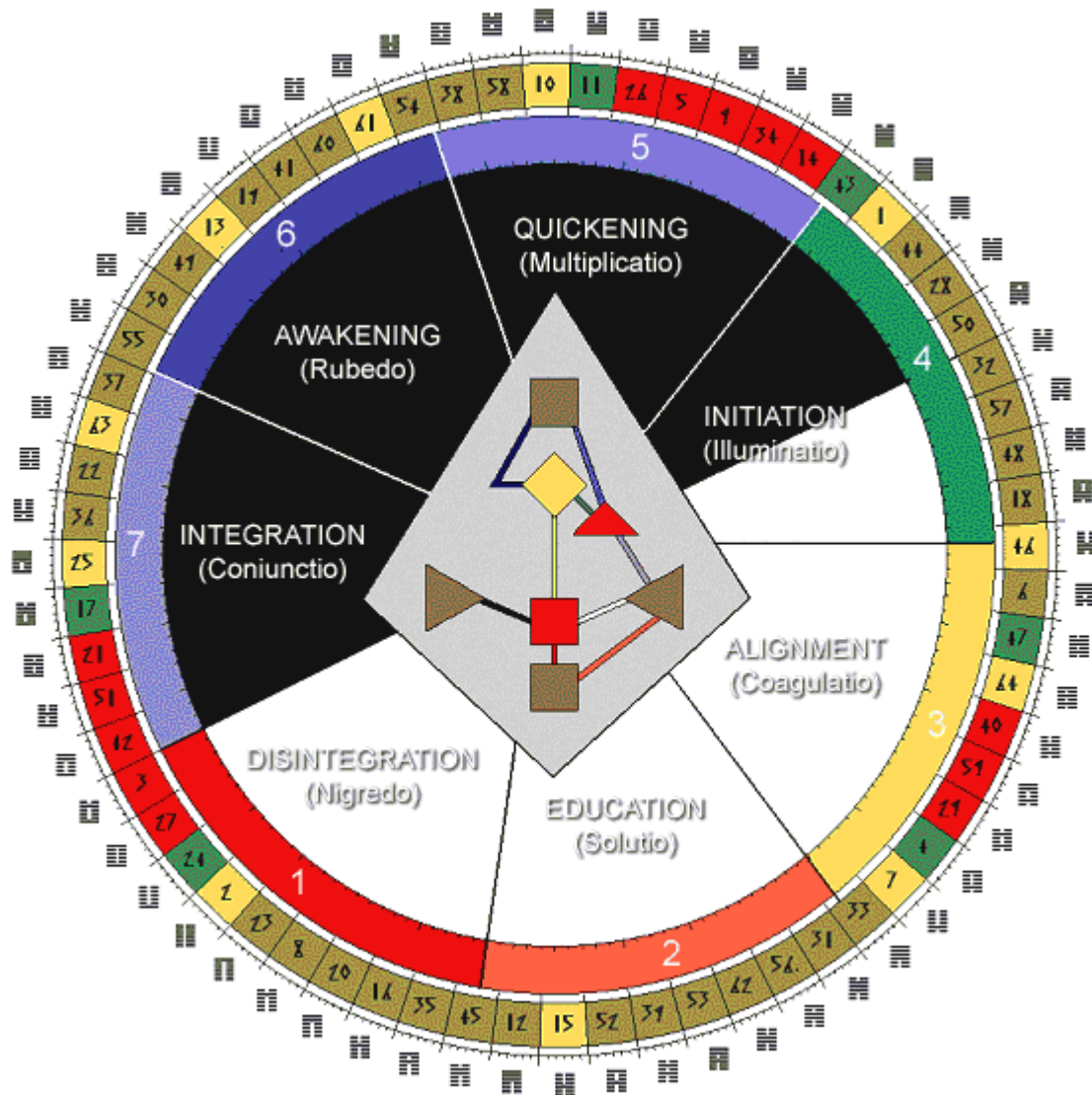
Many people who have transited their second year of living their design may emerge feeling as though they have been in some way cleansed - this is the true meaning of the alchemist's term 'Solutio' - with its watery suggestions, it points us in the direction of the emotions, (as does the channel 19/49) which is where our true learning in this phase lies. Our emotional issues are of course deeply linked to whether or not this centre is defined or not in our design, and the issues to be worked

upon and released are different for each person - the defined solar plexus is primarily about learning patience, whereas the undefined is more about the letting go of guilt. My personal advice to anyone in this second year of their cycle is: take it slowly and don't make any rash moves - allow the cycle to pull you through naturally. By the time you reach the 31st gate at the end of the sequence, you should have a clearer perspective about the future.

Above all, we may find our lives different at the end of this second year because our relationship to ourselves has changed - by learning to be clear with others, we take on a new confidence within ourselves. In a sense, we are becoming King or Queen of our own territory, which is our body, our design, and our life. This is why the cross theme of this year is Rulership - it is about bringing an end to the oppression of our past not-self patterns and embarking on a whole new life journey in which our true self rules.

THE ALCHEMICAL RETURN AND THE SEVEN STAGES OF AWAKENING

THE THIRD STAGE - YEAR 3



YEAR 4 KEYNOTES

Alchemical Sun: 33.2 - Surrender

Alchemical Keynote: Coagulatio - The Work Begins

Psychological Process: Alignment

HD Cross Theme: The Cross of The Four Ways

HD Channel Archetype: The Channel of The Beat 2/14.

HD Deconditioning Sequence:

33: Alignment through Retreat

7: Alignment through Roles

4: Alignment through the Formula

29: Alignment through Commitment

59: Alignment through Penetration

40: Alignment through Denial

64: Alignment through Confusion

47: Alignment through Oppression

6: Alignment through Conflict

The Symbolism of the Third Stage

The third year is really funny. Its funny to me now, but it wasn't so funny back then. It was a year in which I was literally put to work. It was the year I stopped keeping my journals because life took me into an entirely new phase. Again, please remember that I am using my own experience as an archetype of the seven year process. My experiences were unique to my own design awakening, and yours will be unique to your design. What is interesting to me is the clearly discernible archetypal pattern beneath my own experience.

In psychological alchemy, this stage is known as 'Coagulatio', and it derives from the famous alchemical phrase 'Solve et Coagula' - dissolve and reform. It is a year of deep inner change, and some of this change may now begin to find its way to the surface and be reflected in our outer lives. The keynote of the alchemical sun is drawn from the 33.2 'Surrender'. Surrender is what we are learning. Surrender is the potential final outcome of our seven year transformation. But the ancients have a saying -

'In order to surrender, you first have to have something worth giving up!'

The third year is about the building of that 'something worth giving up', and this is the meaning of 'coagulatio' - its literal translation is coagulation, which means to become gradually solid. After our cleansing and re-education in year 2, we are in a sense, insubstantial. We may be emotionally cleaner and clearer, but who are we and what are we supposed to be doing in our life? Year 3 begins to work on these issues deep within us.

The Significance of the Sacral Centre

You can see from the channel archetype that this year is represented by the channel of the Beat, the 2/14. This channel is one of the tantric channels in the bodygraph, which means to say that it has the power to transform sexual, vital energy from the Sacral centre into love and a higher purpose and direction in the G centre. That is why the psychological process of the third stage is called 'alignment'. It is our alignment to our true internal power and its transferral into a correct life direction. Now that all sounds pretty profound, I know, but the reality is that year 3 is still a second line themed year (it begins in the 33.2), which means that much of this process is internalised. Some people may indeed find themselves moving in a new life direction in their third year, but for many of us, this process is deeply internal. We begin to feel a new power rising up within us, but that can also be quite uncomfortable because it may not manifest outwardly for quite some time.

In Human Design circles there is not a great deal of discussion of how the centres and gates can actually be felt and experienced within the physical body. Human Design is essentially a mental knowledge, but it is also a living knowledge. There are many ancient systems that can add a great deal of depth to its understanding, just as there are many modern sciences that can do the same. The Sacral centre corresponds to what the oriental traditions refer to as 'the hara' - the energy field that has its source deep with our navel. It is said that all of the energy meridians in traditional acupuncture emerge from this point - this is the true significance of the Sacral centre, the centre of life itself.

Most people in the modern western world do not breathe correctly. That is to say, that we do not breathe deeply into our bellies from this fount of primal energy. We do not walk and move from our hara - we tend to move and breath from higher up in our bodies, perhaps because we are from such a mental culture. It makes no difference whether your Sacral centre is defined or not, we all had an umbilical chord, and we are all subject to the life force emerging from the Sacral centre.

What I am suggesting is that Year 3 is all about personal power. If we have an undefined sacral, it is about learning not to be disempowered by other defined sacral centres - it is about learning our own boundaries and when to say no. If we have a defined sacral, it is about surrendering to its responsive power and seeing how deeply that can undermine and unsettle our mind.

Alignment through the Magnetic Monopole

The second aspect of Year 3 can be understood through the 2nd gate in the channel of the Beat. This is the gate of the magnetic monopole - the aspect of our nature that connects us to our correct alignment in the universe - our destiny. My own experience in my third year tells this story quite well -

I had been back in the UK for a year and a half; I was entering (slowly!) into a new relationship that would last many years (it continues to last), I was living alone with all this Human Design knowledge, attempting to deepen my grasp of the knowledge itself as well as its effect on me. During this time, Kindred Spirit magazine had interviewed me about HD and I had written a 2-part article for the magazine introducing it to the UK. I had no idea the import of what I had done.

There I was sitting at home comfortably musing on my life, when one day I came home to find 36 messages on my answer phone on the first day of the release of the magazine! I was totally out of my depth - I hadn't expected such a response from the public, and every day this went on for at least a year. As the only analyst in the UK, I had to (if you'll pardon the expression) get my shit together. The monopole had spoken - it aligned me to a new direction, I had to step into my power, breathing deeply from my hara, and face the consequences of my destiny! Within the space of this third year, I did hundreds of readings, was given the UK rights for Human Design by Ra Uru Hu and set up a school to begin training analysts. It was one of the busiest years of my life, and one whose repercussions still resound in my life today.

Beware those who awaken to their own design! When your work begins, you have to stand up and have the courage to be yourself and demonstrate your own power and capability to yourself.

The Deconditioning Sequence

The 33rd Gate

I said at the beginning that Year 3 was funny. It's funny because it begins so quietly - it begins with retreat, in the 33rd gate. In the article I wrote on Year 1 I incorrectly referred to the 35th gate as one of three 'stop codons' in our genetics. I have since corrected this. The three stop codons are the 12, the 33 and the 56. They each prevent something from happening in the human matrix. Ideally, the 56 prevents the mind from acting on its own ideas, the 12 prevents us from falling in love with the wrong person and the 33 prevents us from not passing on our wisdom to others!

The 33rd gate is a gate of witnessing - it establishes the need to pass on our life experience to others (and especially the discoveries coming from our mistakes). It is a gate of memory, and here we can see the depth of life's cosmic programming. Whatever we have learned from life is of great value for others. Every experience, no matter how unpleasant, is necessary, and it can all be useful for others, if not for ourselves. The 33rd gate drives human evolution - it demands that we learn from our history and ensures that we evolve, even if slowly. You can perhaps see how this ties in with our destiny. We each have something unique waiting to be revealed through our lives and the 33 triggers this (even if internally at this stage) as the wheel of our transformation turns. This why it leads into the 7th gate, which represents our true role in influencing others. This role becomes activated as we step into our true power (again, this may not necessarily occur at this stage, but it begins a process deep within us).

The sequence continues thus:

7: As we grapple with our true role in life, we have to learn not to be afraid of the power rising up inside us. We have to stop holding back our personal power.

4: Through the 4th gate, we have to find smoother ways to communicate our new-felt power with others. We have to use clarity of mind to overcome our intolerance and share our new understanding with the people in our lives, not out of the need for recognition, but because in some cases our logical understanding (derived from Human Design) helps us to actually forgive people who previously we did not understand.

29: As the personal power continues to rise within us, we have to deal with issues of commitment. Where previously we seemed unreliable because we may not have been doing what we loved, now we may realise that the only thing that matters for us is to find something that we truly love doing in life. It is possible that at this stage, we may actually find ourselves making such a commitment, whether that be a new career direction or an inner commitment to find our true direction.

59: Having made a commitment to aim towards a higher sense of Self, we will automatically discover something magical happens in our lives: our relationships improve. The Alchemical sequence at this stage is passing through many of the hexagrams belonging to the Quarter of Bonding and Relationships. The 59 teaches us to stop trying so hard to change others by invading their auras, and opens up the possibility for true intimacy to bloom.

40: The 40 builds an even deeper foundation to our sense of inner power by teaching us the meaning of having firm boundaries within all our relationships. We may realise at this stage that we are not being valued enough by certain people, or that the financial rewards from our living do not match the effort we are putting in. Here we take a firm stand and learn to stop being taken advantage of by others.

64 and the 47: These gates open into a time in which we may face the first real test of our personal power. The 64 prepares us mentally to not be trapped into other people's confusion, or to not fall victim of our own mind. As our alignment to our design and especially our strategy and authority becomes more ingrained, we become aware of how strongly our mind still influences us away from our true path. The 64 can enflame our imagination either positively or negatively, and how we ride this test will affect the way we deal with the next period as we move into the oppression of the 47. If we allow our strategy and authority to cut through these foggy times, we will not be pulled down by the 47, and instead we will experience a time of intense inner realisation and transmutation. If we do however, fall victim to the lures and traps of our mind, this whole sequence of our passage can be very difficult, and our outer life will almost certainly reflect this. My advice to anyone during this time is to let go of all expectations and stop taking things personally. Whatever is happening, the programme will bring you out the other side quite safely, but you will only know what it was all about afterwards!

6: The reward for passing the test is the 6th gate, which at its highest level represents Serenity. It is all about learning to be tactful with others. If we can trust the authority of our own design, we will always behave in an appropriate way in our relationships, even if it drives other people mad! Here, we have to keep the lines of communication open, but we also have to trust our own needs. The 6th gate governs all the different strategies for relating to others, and by following our authority, we will resonate our own correct strategy in such a way that others can accept us. If they cannot allow us to have our own needs met, then we may need to take evasive action!

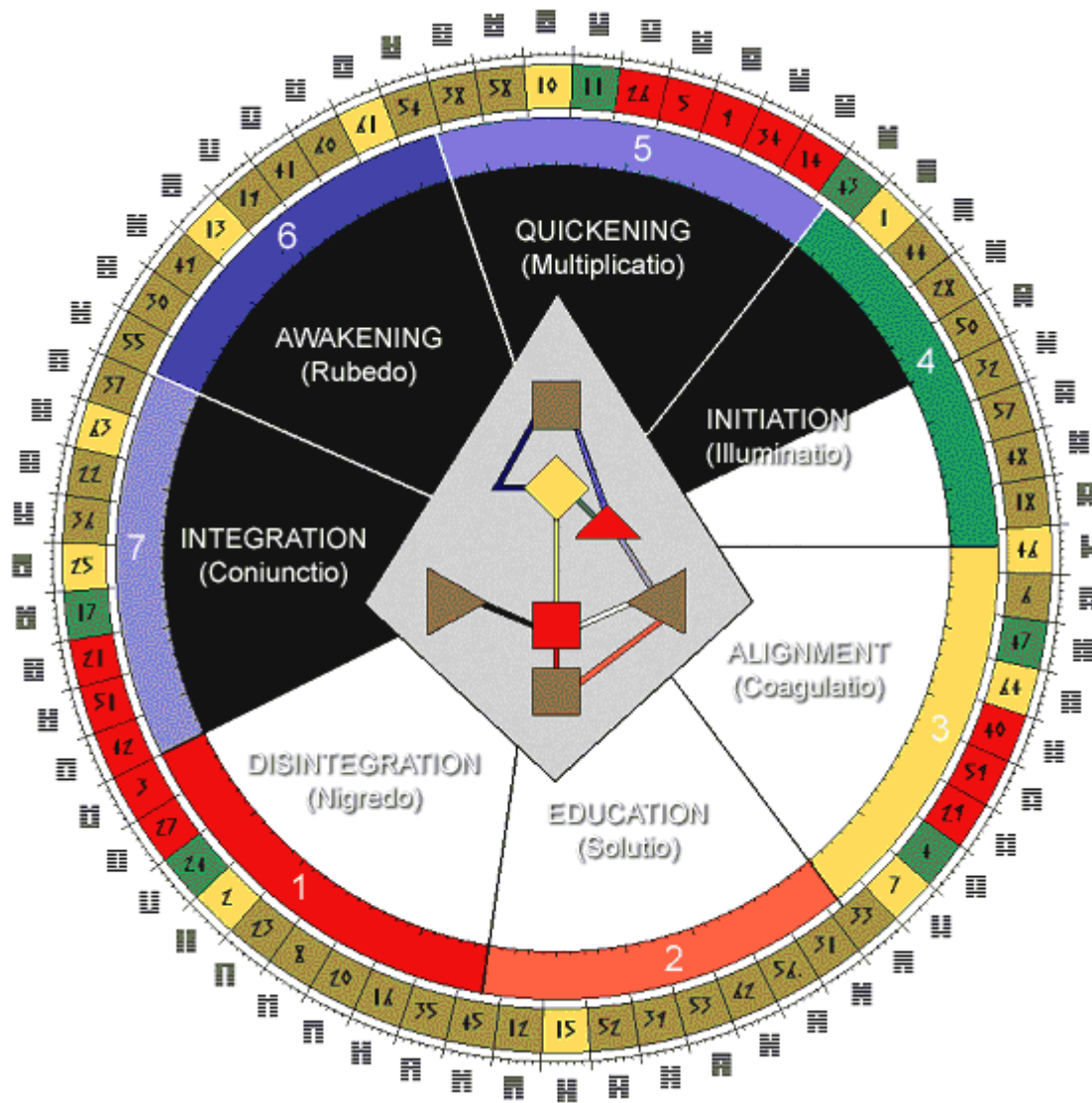
Conclusion

The 3rd year is all about personal power. Relationships and work may well be the testing ground, but they are not the issue. The issue of this year is YOU. The Cross of the 4 Ways has four potential gifts for humanity - they are Sensitivity (19), Teamwork (44), Invention (24) and Mindfulness (33). This is the year of Mindfulness, when we have to learn to be attentive to our own past not-self patterns. It may not be an easy year, but it has the potential to be deeply revelatory, especially when we look at ourselves at the end of this phase. We may then see how much we have changed, how different we

have become - how much more powerful and directed our energy is. There are huge rewards waiting for us at the end of this stage.

THE ALCHEMICAL RETURN AND THE SEVEN STAGES OF AWAKENING

THE FOURTH STAGE - YEAR 4



YEAR 4 KEYNOTES

Alchemical Sun: 46.3 - Projection

Alchemical Keynote: *Illuminatio* - Rebirth

Psychological Process: Initiation

HD Cross Theme: The Cross of The Vessel of Love

HD Channel Archetype: The Channel of Initiation (25/51)

HD Deconditioning Sequence:

46: Initiation through Love

18: Initiation through Judgement

48: Initiation through Inadequacy

57: Initiation through Fear of the Unknown

32: Initiation through Failure

50: Cellular Shift - 50.1 The Immigrant

28: Initiation into Purpose

44: Initiation into Teamwork

1: Initiation into Creativity

The Symbolism of the Fourth Stage

As we move into our fourth year in the deconditioning sequence, we move into the most amazing part of the entire sequence. This is our initiation into a higher level of being. Human Design is a synthesis of many different systems - some scientific, some esoteric, but little attention is generally given to the different aspects that make up the synthesis. Let's take for example, the hindu chakra system. There is an obvious link between the seven year Human Design deconditioning and the seven chakras of the Indian yogic systems. If you know anything about the seven chakras, you may have sensed these parallels - chakra 1 is the root centre, where issues of primal survival are found, chakra 2 is the sexual centre, and it is in our second year that we learn about our sexuality and relationships. Chakra 3 is the centre of our belly, or 'hara' and has to do with issues of personal power, again reflected in year 3 of the HD deconditioning sequence. The fourth chakra, known in Sanskrit as 'Anahatta', is the heart centre. It requires a great leap in our consciousness to make the shift from being self-centred to being compassionate. This leap is the essence of year 4. It is a quantum leap.

Above all, the fourth year is pivotal because it is the year we make our cellular shift, as the wheel takes us into the 50th gate. When we have done over three and a half years of deconditioning, it means that we now have more cells resonating with our true self than with our not-self. We pass the point of equilibrium, and a deep inner shift takes place within us.

The Formula

The Alchemical sun is in the 46th gate, a gate in the cross of the vessel of love - that has to do with the love of being in one's body. It is the love of life as a journey. If you love life enough, it doesn't matter where you end up - it doesn't matter whether you succeed or fail - the only thing that matters is that you surrender to the experience so that you grow from it. This attitude of surrender to life actually ensures that you will always have the right experiences at the right times and that even though you may not understand them at the time, their true value to you will always be revealed in the end. This is the attitude you may begin to develop and will surely need as you move through your fourth year. It is a third line year, so you can be sure that it will provide a few unexpected surprises.

The Alchemical keynote is 'illuminatio' or rebirth. Psychological alchemy refers to this stage as a healing of our psyche, as the disparate elements of our mind and emotions are for the first time fused together and seen as a harmony. It can be a moment of grace - or a challenge that tests us to go beyond where we thought our limitations were.

The HD channel representing this year is the mystical channel of Initiation (25/51), which is about leaping into the void. It is a great test of who we are - this year will most likely force us out into the open, and we will have to feel and face our wounds in order that we can move beyond them into our true ground of innocence.

The Sequence

The 46th Gate and the 18th Gate

As we have seen, the sun begins this year in the 46th gate of learning to let go of expectations. If we learn this lesson, it sets the stage for a shift in our perspective in how we see ourselves. The 18th gate has the not-self keynote of self-judgement, so when we learn to let go of always being so hard on ourselves, we may feel, for the first time, our own sense of integrity. We may realise that life can only be perfect when we let go of expecting it to turn out in any particular way.

The Path of Fear - 48, 57, 32

Leading up to the quantum leap into the 50, we move through three deep-seated human fears - the fear of not being good enough (48), the fear of not knowing where we are going (57) and the fear of failure (32). Since this year is made up mostly of gates in the Spleen centre, we know that we are going to be tested by our fears, whether our own spleen be defined or not. The 48 follows on in the continuity from the 18 - if we have released self-judgement, we will not be caught in the trap of feeling inadequate and will instead realise that we have a deep-seated resourcefulness that can deal with just about anything. The 57 can cause us to hesitate and not trust in our own inner voice because of our worry about the future. Again, learning to trust in our intuition can deliver great rewards during this stage. Finally, our deepest fear is the 32 - it is the fear that we will not ever be able to make the leap into our heart and free ourselves from the heaviness of the past. It is the fear that we will fail.

Take Heart - the message of the 32nd Gate

Because the 32 lies directly before the 50, where we make our quantum leap, it has a special significance in the HD wheel. It is the greatest human test. At the end of this article, I have included my own 'Spectrum of Consciousness', which is in effect a table listing the 3 archetypal levels or frequencies of each gate in the Human Design bodygraph. You will see a not-self keynote, a 'gift' and a higher self keynote. This table can deeply allow anyone to heal themselves through understanding their own design in a new way. The gift of the 32nd gate is conservation. It is about conserving all life through the realisation that there is no such thing as failure. Everything in the universe happens at the correct time - there is an awesome continuity behind all events and things. The highest frequency of the 32 is Veneration. It is the hidden message of this hexagram - take heart, because all life is a living chain - the leap to the next level is written into the master programme - you cannot speed it up, you cannot slow it down - but you can be in awe of the process. It will happen. It's only a matter of time.

Touching the Void - the 50.1

As we transit through our 3.5 year point, it is as though we have reached the top of a mountain, and finally we can see down the other side. I have heard many people share their experiences of passing this point in their sequence - for some, it's an inner welling up or a sense of rising optimism, for others it's a physical event that transforms them into a new person (for me, it was the birth of my son). Whatever this looks like, you are now assured of reaching the goal of being yourself and you can feel it within the physical cells of your body. The 50. line 1 is 'the immigrant' - you are finally allowed into the country of your true self, your genetic passport is stamped! The 50th hexagram is a magical hexagram, which the Chinese named 'Cosmic Order' - it is the point of equilibrium of the whole wheel - it is the fulcrum of all human and cosmic laws.

The 28, 44 and 1

Having made this magical transition into the heart and a higher frequency field, everything about us changes, slowly at first and then faster and faster. The first thing we may realise is why we are actually here. The 28 is the gate of the fear of death and the quest for true purpose. Having faced our fears, we may feel a renewed sense of vigour and a deeper surrender to life than ever before. We realise that our life is precious beyond belief and that from now on we must give ourselves totally to every moment. The 44 naturally moves us from this sense of release towards those who we realise truly belong with us and who love us for who we are (by the way, the 44 represents the most important phase in the whole 7 year sequence for Projectors - because here they 'remember' who truly recognises them, but they can only remember this when they have passed the 3.5 year point and 'remembered' who they are).

Finally, we move into the 1st gate, and realise that before we had known ourselves, we were truly creatively stagnant. Now everything seems fresh, and at the highest level we begin to want to create something beautiful out of the direction of our lives. We may well move into totally new areas in our lives from this point onwards. If you are about to make your own quantum leap, or if you have already made it, take heart and let go into the experience. Remember the old sufi saying:

Al Zafar Safar!

Voyaging is Victory!

SPECTRUM of CONSCIOUSNESS

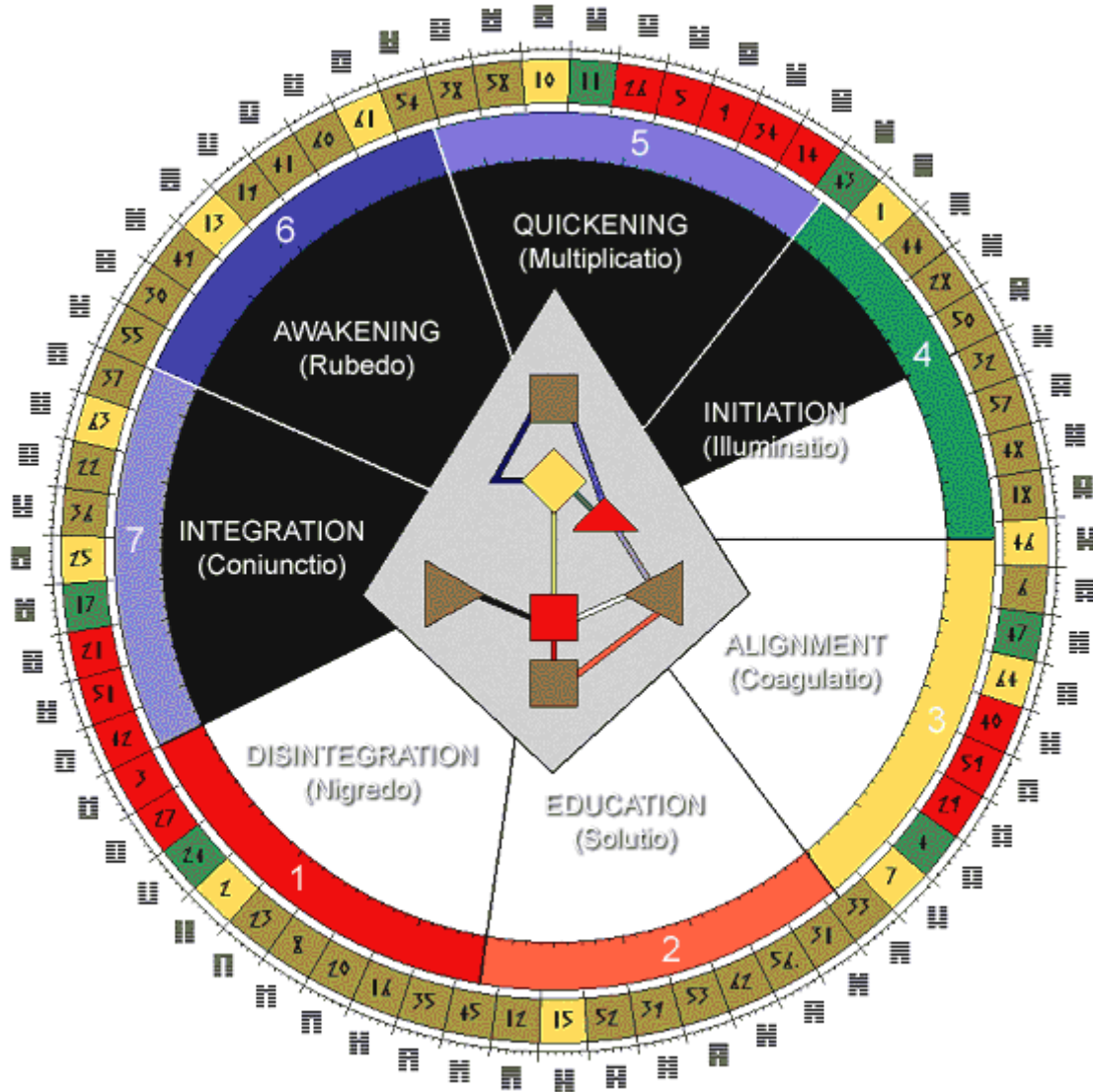
| Not Self | Gift | Higher Self |
|----------------------|-----------------|--------------------|
| 1 Stagnation | Freshness | Beauty |
| 2 Lost | Orientation | Oneness |
| 3 Disorder | Innovation | Innocence |
| 4 Intolerance | Understanding | Forgiveness |
| 5 Impatience | Patience | Timelessness |
| 6 Tactlessness | Diplomacy | Serenity |
| 7 Dictatorial | Guidance | Virtue |
| 8 Inauthentic | Style | Exquisiteness |
| 9 Restlessness | Determination | Invincibility |
| 10 Self-obsession | Naturalness | Being |
| 11 Emptiness | Idealism | Exaltation |
| 12 Carelessness | Discrimination | Purity |
| 13 Narrow-minded | Discernment | Empathy |
| 14 Slavery | Competence | Bounteousness |
| 15 Dullness | Magnetism | Florescence |
| 16 Scattered | Versatility | Mastery |
| 17 Opinionated | Far-sightedness | Prescience |
| 18 Judgemental | Integrity | Perfection |
| 19 Neediness | Sensitivity | Sacrifice |
| 20 Worry | Self Assurance | Presence |
| 21 Controlling | Authority | Valour |
| 22 Inappropriateness | Graciousness | Grace |
| 23 Fragmented | Simplicity | Quintessence |
| 24 Addiction | Invention | Silence |
| 25 Ignorance | Acceptance | Universal Love |
| 26 Pride | Artfulness | Invisibility |
| 27 Self-sacrifice | Nurturing | Altruism |
| 28 Purposelessness | Vigour | Totality |
| 29 Unreliability | Commitment | Devotion |
| 30 Seriousness | Lightness | Luminosity |
| 31 Arrogance | Leadership | Humility |
| 32 Disjointed | Conservation | Veneration |
| 33 Inattentiveness | Mindfulness | Revelation |
| 34 Bullying | Strength | Majesty |
| 35 Boredom | Adventure | Boundlessness |
| 36 Crisis | Humanity | Compassion |
| 37 Weakness | Equality | Tenderness |
| 38 Struggle | Effortlessness | Honour |
| 39 Trapped | Dynamism | Liberation |
| 40 Denial | Resolve | Higher Will |
| 41 Dreaminess | Anticipation | Emanation |
| 42 Failure | Detachment | Celebration |
| 43 Deafness | Insight | Epiphany |
| 44 Misjudgement | Teamwork | Symmetry |
| 45 Self-importance | Synthesis | Communion |
| 46 Over-confidence | Delight | Ecstasy |
| 47 Oppression | Transmutation | Transfiguration |
| 48 Inadequacy | Resourcefulness | Beyondness |
| 49 Reaction | Revolution | Rebirth |
| 50 Irresponsibility | Equilibrium | Harmony |
| 51 Agitation | Initiative | Awakening |

| | | |
|--------------------|-------------|----------------|
| 52 Stuckness | Restraint | Stillness |
| 53 Fickleness | Expansion | Superabundance |
| 54 Greed | Aspiration | Ascension |
| 55 Victim | Freedom | Freedom ! |
| 56 Overstimulation | Enrichment | Intoxication |
| 57 Hesitancy | Intuition | Clairaudience |
| 58 Interfering | Vitality | Bliss |
| 59 Intrusion | Intimacy | Transparency |
| 60 Unstructured | Realism | Gaia |
| 61 Disenchanted | Inspiration | Emptiness |
| 62 Vagueness | Precision | Impeccability |
| 63 Self-Doubt | Inquiry | Truth |
| 64 Confusion | Imagination | Illumination |

Years 5, 6 and 7 (last 3)

THE ALCHEMICAL RETURN AND THE SEVEN STAGES OF AWAKENING

THE FIFTH STAGE - YEAR 5



YEAR 5 KEYNOTES

Alchemical Sun: 43.4 - The One Track Mind
Alchemical Keynote: **Multiplicato - Wealth begets Wealth**
Psychological Process: Quickening
HD Cross Theme: The Cross of Explanation
HD Channel Archetype: The Money Line (21/45)
HD Deconditioning Sequence:

43: Quickening of Insight

14: Quickening of Wealth
34: Quickening of Power

9: Quickening of Determination
5: Quickening through Waiting
26: Quickening through Transmission
11: Quickening of Ideals
10: Quickening through Correct Behaviour
58: Quickening of Joy

The Symbolism of the Fifth Stage

Moving into the fifth year of our deconditioning, we begin to realise that we are now engaged in a process that has begun to take us over. Having made our quantum leap in year 4, we now begin to pick up speed as we hurtle down the other side of the mountain. During our fifth year, there is the possibility that we may actually glimpse the end of our journey. We begin to give ourselves permission to really be who we have always dreamed we could be. We are not there yet, but we realise now that it really is going to happen. The quantum leap of the fourth stage prepares us to be a new kind of human being. If we can make one quantum leap, we begin to realise that we can make others, and that everything and anything is possible in this life. This state of pure potentiality is something that most human beings have never felt since they were very young children - and it opens the door to real magick. Magick is something that adults do not generally believe in. We think that we grow out of such naïve modes of thinking, but in fact, it is the world that conditions us away from them. In this, our fifth year, we receive a quickening in our frequency, and as this builds inside us, all kinds of things become possible.

The Formula

The Alchemical Sun is in the 43, line 4, a line known as 'the one track mind'. If you have read my article on year 4, you will have already seen the Spectrum of Consciousness table at the end of this article. As we progress through the rest of our deconditioning from here on, I will show you how to use this table to better understand your own design and its higher aspects. The 43rd gate is a gate of breakthrough - it is a gate of higher insight. Insights come sporadically through this gate from the deep grey areas of our brain, and it is for this reason that it has been understood as the 'inner ear' or the voice of the muse. At its highest frequency, the 43rd gate is a gate of epiphany. Year 5 can be such a year in our process. As we begin to accelerate towards the source of who we are, we begin to remember who we are - as though the light suddenly and sporadically breaks through the clouds of our not-self, and we see more and more of the sky behind the clouds. The one-track mind suggests that we cannot turn back now - we are set on a fixed track.

The Alchemical keynote from psychological alchemy is 'multiplicato', or 'wealth begets wealth'. These keynotes suggest that we are beginning to see our inner wealth and true value more and more, and as we do so, our inner growth is exponential. This stage is akin to the 100th monkey scenario, in which the spread of the HD Truth virus begins to infect our cells at a steadily increasing rate. This is the psychological process of quickening.

The HD Cross theme is the Cross of Explanation, made up of the 43, the 23, the 4 and the 49. Underneath the revelations that come out through the 23/43, lie the themes of revolution and understanding of the 49 and the 4 respectively. Our ability to communicate our insight efficiently depends on our ability to balance our emotions with the logical clarity of our minds.

The HD Channel Theme for year 5 is the 21/45, the Money Line. This can be a lucrative year on the material plane as well as the psychic and spiritual. By this stage in our sequence, the outer world may well begin to reflect our inner quickening. As we begin to live more and more as ourselves, resonating our higher frequencies, life opens its doors to us. We may begin to actually do something that we love in life! In doing so, we may find something in which we excel, and that means money as well as happiness. Money is simply the outer expression of what the energies within us are doing. Please don't get me wrong, I am not saying that you are suddenly going to be rich in your fifth year of Human

Design! I am saying that your relationship to money may change. You may relax and spend more if you have been hoarding it, or conversely, you may put your prices up because you finally begin to value yourself properly. The bottom line is that you may begin to take responsibility for yourself in a new way in this fifth year.

The Sequence

The 43rd Gate

As we have already seen, the fifth stage is one of periodic breakthroughs. All individual gates are subject to the on/off pulsing of the format energy of their circuit. This means to say that this year begins with this theme and continues with it - there will be periods of great clarity and periods of integration and not knowing. If you use the table of higher frequencies to understand our circuitry at an even deeper level, this can be very revealing. All breakthroughs to the higher realms are rooted in the emptiness of the 61. When the mind is still and relaxed, the silence of the 24 descends and the possibility arises for a moment of 'satori', an epiphany. If this is correctly integrated and understood, it can finally be expressed to the world as quintessence - in other words, it is a higher truth simplified and expressed as language. Silence becomes sound.

The Release of Wealth - The 14, 34, 9 and 5

Wealth is a deeply misunderstood concept in the western world. Most people spend their lives either dreaming of it or scrabbling after it. And yet, it is so simple to understand. The outer world always reflects the inner. This does not mean that those who are inwardly wealthy will always be materially rich, but they can be, if they wish. Wealth in life depends entirely upon how you use your energy. If you waste it, you will lose money. If you conserve and transmute it, your bank balance will begin to reflect this. Nowhere is more energy/money wasted than in our relationships. The following sequence in the wheel points to this truth, because it is our great opportunity to learn how to master our relationships and therefore our wealth (N.B: I will be teaching a course on this entire subject at the beginning of 2005 - please contact the HD office for more information).

Pentecost - The Cleansing of the Penta

The 14th Gate: In Human Design, there exists a fascinating concept known as the 'Penta'. The Penta refers to the trans-auric biogenetic field. Pentas are created when 3 or more people are together in a room. The classic penta unit is made up of 5 people, as the name suggests, which is representative of the modern nuclear family. It is rare, even in the Orient, to have more than 3 pentas in a single family (15 offspring). As the alchemical sun moves into the 14th gate, it activates a quickening within all the penta in our lives - this means we are suddenly confronted with family issues, work issues and people issues. This mini-sequence in the wheel begins with the 14 and ends with the 5, and symbolises a purification of our relationships. You can only read a penta through the Human Design matrix by looking at the 12 gates between the Sacral centre and the Throat (passing through the G). The 14 is rather like the format energy for all penta, and it is a gate that is intimately linked with wealth. The lesson of this phase is about doing the work that you love doing, with people who allow you to excel rather than prevent you from being your highest self. The Christian term 'pentecost' refers to the purification by fire that Christ's disciples (his penta) underwent. It is funny how the language shows us hidden meanings - if your relationships (family and work) do not allow you to be yourself, you (and your family or business) always pay the 'cost'.

The 34th Gate: Next, the sequence moves through the 34, which is not a penta gate, but is about inner strength. The 34 has long been misunderstood in HD circles as a brash kind of energy, which often does more harm than good. Certainly, the 34 is capable of horrendously unaware, selfish and violent acts, but again, this is only at the not-self frequency of this gate. The Gift of the 34 is strength, and true strength is about not using force. The 34 is best symbolised by the image of a great martial arts master whose very aura of power always ensures no one resists him. The highest form of all the

martial arts is about avoiding conflict in the first place - this is the first law of survival (the 34 is a survival-oriented gate). As we learn about our relationships, we also learn the skill of holding back our power or anger, rather than hurling it at others, which always does more harm than good. The highest form of the 34 is Majesty - the swelling of the aura with the regal power of our higher Self. At this level, we become a law unto ourself.

The 9th Gate: Next, the sequence unfolds through the 9th gate - the gate of Restlessness/Determination/Invincibility. As we begin to realise our true nature, our entire energy becomes more determined and focussed. The natural evolution of consciousness is to go from selfishness to service, and here in the 9, we find the source of the energy to be of service to others. The 52, at the other end of the channel of Concentration, supplies the pressure to help others, but it is the 9 that has to engage the Sacral energy in order to perform service. At its highest level, determination can become invincibility (this was Winston Churchill's Sun). Once we have begun to insist on doing only that which we love doing, our inner mission begins to be fixed.

The 5th Gate: Finally, the sequence moves through the 5th gate, which fixes a new pattern into us at the deepest cellular level. This is another of those key points in the sequence, and it may be experienced as a moment of epiphany. All cellular rhythms have fixed patterns, which can mutate from time to time. When a fixed rhythm does mutate, it is quite an event because it can never return to the same level it was at before. This is an evolutionary key. If for instance, we make a true inner leap in consciousness, we can never again return to our previous state, but remain at the higher state until our next leap. The teaching of the 5th gate is patience. Anyone who is not patient does not understand life. This is a universal fact! The 5th gate teaches us that everything comes in its own time (highest frequency = Timelessness). Nowhere is this truer than in our relationships. Patience is the great lesson of relationships, as any mother will tell you.

Unveiling the inner Light - the 26 towards the 11

The 26th Gate: The following 2 gates are a real pairing within the sequence (in fact they are within the same genetic codon group - along with the 9 and the 5). The 26th gate is one of the most mysterious gates of the entire I Ching. The ancient Chinese held that this hexagram governed the 'Macrocosmic Orbit' - and connects the earth to the cosmic plan. The 26 is also in the heart centre and has a deep relationship to the thymus gland. This is perhaps the key to understanding this gate, and in fact, in understanding this time in which we are living, since Pluto is transiting through the 26th gate as this article is being written. The Thymus gland releases T cells into the bloodstream, which then kill unwanted viruses and enemies within the body. Let's take that metaphor now into the macrocosm - we are living through a time of bloodshed, not only at a physical level, but at a higher level, we are being purified. In almost all esoteric systems and yogic systems, the thymus gland is said to transform the body through love. With Pluto in the 26, lines are being drawn all across the planet between an old energy and the new mutative pattern that was imprinted on our species whilst Pluto was in the 5th gate.

At a personal level, this is the battle between pride and love - the great battle of the Ego centre. The highest level of the 26 is Invisibility - a strange sounding term. But this invisibility is about love. Love appears to be invisible, but it has enormous transmitting power - through the 26, it can manipulate anyone towards their highest self. Now that is a high level of trickery! When the Ego is willing to serve the greater body and sacrifice its own self-importance, then it becomes the invisible conduit of a higher frequency of love. You can imagine what relevance that has for our planet at a time such as this. At a cellular level, this is represented by the eradication of negativity from our lives - not totally, but sporadically. I leave it up to your imagination what this truly means at a macrocosmic level.

The 11th Gate: The Coming of the Light: The 26 always precedes the 11. Think about this - the 11 is the gate of Light and Idealism (it is part of the Cross of Eden) - It is a gate of white magick. Mythologically, the 11 represents the advent of Christ (in the wheel, it is the week preceding Christmas with the birth of Christ symbolised by the winter solstice with the sun in the 10th gate). There is also a tradition that the Christ returns invisibly ('I shall come like a thief in the night') - which is an allusion again to the light returning as the sun moves through the winter solstice.

In our deconditioning sequence, this can be a time of great illumination, when our own inner light begins to shine. It is a chance for us to resolve our childhood patterns (Eden) and reclaim our true selves. Most human beings hold deep unresolved dreams and ideals from childhood, and out of fear and conditioning, they compromise and their dreams escape them. This stage of our sequence can release our true idealism back into the world, and in a grounded way. We may dare to dream that we can follow our dreams once again.

The Purity of being Oneself - the 10

Now our own inner light has gathered momentum and quickened us, our behaviour begins to change. This is a big moment! Mystically, it is the rebirth of our inner Christ consciousness. Now, I don't want to come over all Christian (it is not my trip!), but our western culture reflects these deep genetic patterns so clearly. You will equally find the same mythic structure in all cultures, interpreted in different ways.

With the transit of the alchemical sun through the 10, we finally begin to be freed from our own self-obsession. Concerned and fearful about their own survival and future, most human beings live a half life. The 10 releases the gift of naturalness into our lives once again. We reclaim the same ease we felt as children, and at a higher level, we can even attain a state of pure being.

The 58th Gate - The Energy to be of Service

An enormous amount of personal energy and vitality is simply unavailable to most human beings. Our conditioning is so deep that we spend most of our lives in what T.S.Elliot called the 'shadowlands'. Our true love and meaning remains hidden behind clouds. The amount of energy that goes in to holding our hearts closed is enormous. Once that same energy is freed from our not-self, our lives change forever. What are we supposed to do with all this vitality? For one, our bodies will heal themselves, our hair may grow back, we begin to physically become radiant - what others may call miracles may occur to us. But they are not miracles - this is simply the flood of our own energy released from the source within us. There is only one place all this energy naturally wants to go - towards service. To be truly free from our not-self means to be awake in a world where most other people are asleep. The joy of the 58th gate is infectious. It wants nothing more than to multiply and multiply (hence its higher keynote of Bliss). The only thing left for us to do at this stage is begin to help the world find the same thing as we have found, and this is when our true work in the world finally begins.

Postscript

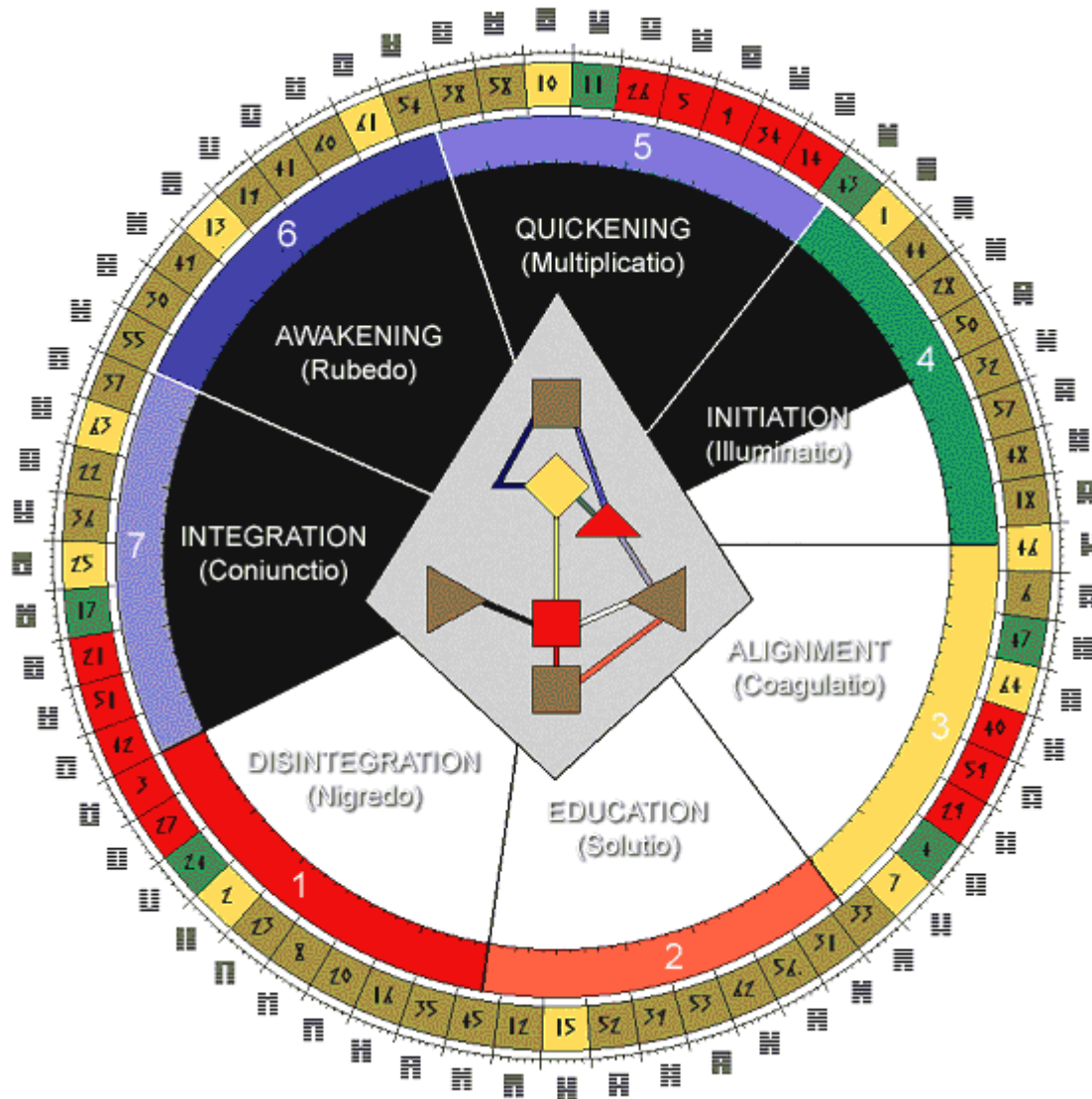
As I am trying to describe the higher aspects of our consciousness as it returns to the source of itself, I am aware that many people go through or have gone through their seven year transition and still struggle in their lives. The secret is to resonate your higher frequencies. If you do not think at a higher level, feel at a higher level, you will not experience the highest form of alchemy. If you simply go through a seven year sequence without any real improvements in your outer life, you may be missing a golden opportunity. For sure, you will feel more free within who you are, and your gifts may begin to emerge. But without making the quantum leap into your heart, your life will still continue along the same lines as it always has. The difference is, you will be more accepting of life. However, what I am trying to show you is that every human being has the potential to entirely transcend their design. This transcendence makes your life shimmer with magick, because you are connected with your highest mythology. The not-self is critical, judgmental and loves to complain and bitch. These kinds of behaviour patterns always ensure that you will never be able to make the leap into the heart. Only when you can see yourself and those around you as their higher selves can you truly enter a higher level of transcendence.

The 64 Divinities and their siddhis

If you look at the higher Self keynotes from the Spectrum of Consciousness in my Year 4 article, you will see a list of Divine archetypes. I recommend you look at this list and see which archetypes you have in your own design. Pay particular attention to the 4 gates of your incarnation cross. These are your highest potentials. The hindu mystical traditions name the Divine gifts 'siddhis' or magical powers. If your heart is pure enough, these higher states are entirely reachable within your current incarnation. The only way you can ensure that you raise your own frequencies high enough to hit these states is by devoting your life to a higher purpose. Every time life pulls you down, in your thinking, your speech , your feelings or your actions, you move further away from these rarefied realms.

THE ALCHEMICAL RETURN AND THE SEVEN STAGES OF AWAKENING

THE SIXTH STAGE - YEAR 6



YEAR 6 KEYNOTES

Alchemical Sun: 38.5 - Alienation
 Alchemical Keynote: **Rubedo - Luminosity**
 Psychological Process: Awakening
 HD Cross Theme: The Cross of Individuality
 HD Channel Archetype: The Channel of Awakening (10/20)
 HD Deconditioning Sequence:

38: Awakening through Struggle

- 54: Awakening through Aspiration
- 61: Awakening to Inner Truth
- 60: Awakening to Limitation
- 41: Awakening Through Dreams
- 19: Awakening through Sensitivity

13: Awakening through Listening
49: Awakening to Revolution
30: Awakening to Fate

The Symbolism of the Sixth Stage

The sixth stage in the deconditioning sequence can be an extraordinary and glorious year. It is also a deeply testing year. There are many myths surrounding the number six - the most poignant western myth concerns the genesis of mankind. The Bible tells of how God took seven days to create the world, and on the sixth he created his highest peak, mankind. This is what the sixth year symbolises - it represents the highest attainment in our consciousness - awakening. One might assume that the seventh and final year would represent the reaching of this peak, but that is not true. In all mystical traditions, there is one final stage after we have surmounted the peak of consciousness, and we will discuss this seventh stage in the final article on Year seven. The sixth year can be seen as a kind of 'dark night of the soul', when the ground of our awakening is tested by life. This is not to say that year 6 is an awful year, but it is certainly set to be interesting and challenging, and in a way, very different from all the other years, as you will see.

The Formula

The Alchemical Sun is in the 38th hexagram, line 5. You will notice that as we move through each stage, the alchemical sun moves on one line each year (years 1 and 2 being the only exception). This is simply what happens when you divide up the wheel into seven parts. Year 6 is a fifth line year. But this is the fifth line of the 38, a line known as 'alienation'. It is the time to go it alone. It is the time when our inner strength must be tested. If we are to move towards the highest peak, we will simultaneously activate resistance from the lowest regions of the universe. If we are to live our true destiny, we have to depend on ourselves alone.

If you look at the 50th hexagram, 'The Cauldron', you can see a nice way of looking at hexagram structure in the I Ching. Line 1 represents the feet of the cauldron, line 2, the body of the cauldron, line 3 is the ingredients that go into the cauldron (some work, others don't!), line 4 is the ladle that serves those friends who gather around the pot, line 5 is the aroma of the cooking and line 6 is the lid, that controls everything! In this 6th year, our true aroma will be released into the world! Watch out if you have put the wrong ingredients in your cauldron! This is about frequency. If you vibrate the highest frequencies in your design, your true essence will go out into the world. If you have not pulled yourself out of your negative modes of thinking, your aroma will meet resistance from many people in this sixth year.

The Alchemical keynote is called the 'Rubedo' or 'reddening'. After the 5th stage of 'multiplicato', when the inner essence begins to grow faster and faster, the next thing that happens is that it begins to grow inwardly - to shine or burn in intensity. This is the golden light of the dawn of our awakening. It is an internal experience. It has nothing to do with anyone but ourselves.

The HD Cross theme is the Cross of Individualism. This cross has the 51 and the 57 beneath the 38 and the 39. Anyone who knows the gates in the Human Design bodygraph will recognise immediately that this is quite a collection! The 51 is about arousing the stagnant, and symbolises awakening at its highest, and agitation at its lowest. The 57 is a fear gate, that tests our ability to not hesitate at the edge of the precipice, whilst the 38 and 39 have long been seen within the Human Design world as gates of provocation and struggle. In this and the next article, I will also show how these gates can be seen in an entirely different light. But individualism is the theme of year 6 - we have to stand for ourselves, alone, and we have to face the not self down in a final battle!

The HD Channel Theme for year 6 is the 10/20 channel of awakening. This channel is keynoted 'a design of commitment to higher principles'. It is exactly that. It is the finale in the trinity of channels that make up the mystical circuit in the bodygraph (the others being the 51/25 and the 19/49). Broadly put, there are 3 types of mystical encounter - the first, symbolised by the 19/49, are shamanic experiences - interactions with the underworld or astral plane where the planetary spirits dwell. The second, symbolised by the 51/25 are heart-based experiences, when we leap beyond ourselves and

enter the higher frequencies of love. The third type of mystical experience is symbolised by the channel of awakening (10/20), in which we go beyond all human or higher realms and enter a state of pure being or consciousness.

The highest potential of the sixth stage is to enter such a state, although for most humans, they will not have attained a high enough frequency. However, by looking to the highest, we automatically pull ourselves gradually toward it. The point that I am trying to make throughout these articles is that these are symbolic stages in the evolution of consciousness. As a species, we are still struggling with the lower realms as we learn how to cope with the pure power of the emotional motor within us. It is our commitment to higher principles that ensures that, in the long run, one day, we will all attain these higher states.

If you translate the voice of this channel into words, it says 'I am myself Now' - the essence of the whole process of this sixth year.

The Sequence

The 38 - Effort to Effortlessness - a simple shift in attitude

Here is one of those channels in the bodygraph that has, to my mind, been long overdue for an overhaul in understanding. The 38/28, known as the channel of struggle, has infuriated, inspired and sometimes trapped many people new to Human Design. This demonstrates the power that words can have on the human aura. If you tell someone that they have the channel of struggle in their lives, they will soon begin to manifest that struggle, if they aren't already. The fact is that the 38/28 is a channel of struggle, but at the level of the not-self. Much of the way in which Human Design has been taught has addressed only the not-self, because the world IS the not-self. And yet, the world is moving onwards - we stand at the lip of a huge shift in planetary consciousness. If we do not see and understand the highest aspects of the archetypes within our designs, we will never be able to attain them. The 38th gate represents the gift of effortlessness, but only when you begin to allow that gift. The word effortless itself will already reprogramme your experience of this gate. It is all about attitude. You can remain trapped at a not-self frequency, or you can elevate your frequency and begin to experience this gate at a higher level. Don't take my word for it; try it for yourselves! Your life really will become easier.

At the highest level, the 38 is a gate of Honour. It is the gate of the spiritual warrior, whose highest code is honour. The 38 stares death in the face (the fear of death is the 28) without so much as a quiver. Your experience of year 6 will depend entirely upon your own attitude - are you prepared, like the samurai, to die for the sake of honour?

The 54 and the 61 - The Ascension into Inner Truth

Once your intention has been set in the 38, you can either ascend into the sublime or fall through greed into entropy! Don't worry, I am joking (partially). These are the highest and lowest keynotes of these gates. The 54 and the 61 are a deeply mystical pairing. The 54 is one of the most mystical of all gates because in its 4th line it contains a hidden secret - Enlightenment/Endarkenment - which way will you go? The gift of the 54 is aspiration - to always have your heart set on something higher and better. At the lowest vibration, this is greed. Remember, this year will test our principles - are they committed to going higher, or are they self-serving? The 61st gate is the gate of Inner Truth and its position in the bodygraph alone demonstrates it as the peak of individual human consciousness. In one sense, it is the gate of enlightenment - it is here that you may hear the sound of one hand clapping, for it is an acoustic gate and it is where individual truth is found, which is relative, as opposed to collective Truth, which is absolute (to be found in the 63rd gate).

On a more mundane level, the 61 is the gift of inspiration and this is what most people will find here. Inspiration is something that we find that was hiding deep within us, and in this case, we are inspired by who and what we are.

The Chariot descending into the Form - The 60

I love the patterns within the Human Design wheel. Exactly opposite the 61 in the bodygraph lies the 60th gate, the gate of limitation. Once we have attained our peak in the 61, we have to come back to earth. The 60 is the frequency of Gaia, the earth herself. In my circuitry courses, I describe the energetic flow from the 60 up to the 2 thus: the 60 is the chariot, the 3 represents the wild horses, the 14 represents the reins and the 2 is the driver. If there were no chariot, there would be no life. There have been many mystical descriptions of God given by those who attained a vision of the holy of holies (the 61). Many of these descriptions have included chariots with wheels within wheels (St. John in Revelations). Essentially, the chariot represents our vehicle (or mer-ka-ba as its called by Cabbalists) whilst we are in form. All higher frequencies have to be anchored into our vehicles or bodies.

The 60 is a gate of structure. It is the gift of realism. It's all well to have a higher vision, but how are we going to reproduce it on the material plane? These are the considerations we must have as we transit through this part of our deconditioning.

The 41 to the 30 - the Meaning of Life

Well, just when you thought I could go no further out there...

I would like to show you something about these sequences through the wheel in this next segment - using the three levels from the spectrum of consciousness, you can see three possible outcomes of this next sequence:

Outcome 1: Staying in the Not-Self

We remain locked in our own delusions and a not-self dream world where we cannot feel anything new (41). This leads directly to a deep neediness for support from others (19), but the kind of neediness where nothing anyone else does for us will ever be enough. This leads to a bigoted and limited view of life and humanity in general (13), which makes us emotionally unstable and highly reactive (49). The end result is that we cannot laugh at life but take everything personally and become overly serious.

Outcome 2: Embracing our Gifts

We feel a new kind of possibility about life, as though something exciting is coming, and we begin to anticipate it and ride on our new potentials (41). We begin to realise that our own needs are met when we recognise those who are good for us in life - those who are life affirming rather than deprecating. We become far more sensitive about who we live with, what we eat, and how we think (19). This leads to a new gift of discernment in life, and we further refine ourselves by cultivating an attitude of positivity (13). This new shift in our perspective gives birth to a revolutionary side of our nature (49) because we realise that the world around us needs changing. The end result is that we learn to enjoy our lives more and laugh at the fates. We no longer get caught so much in the game of expectation and disappointment (30).

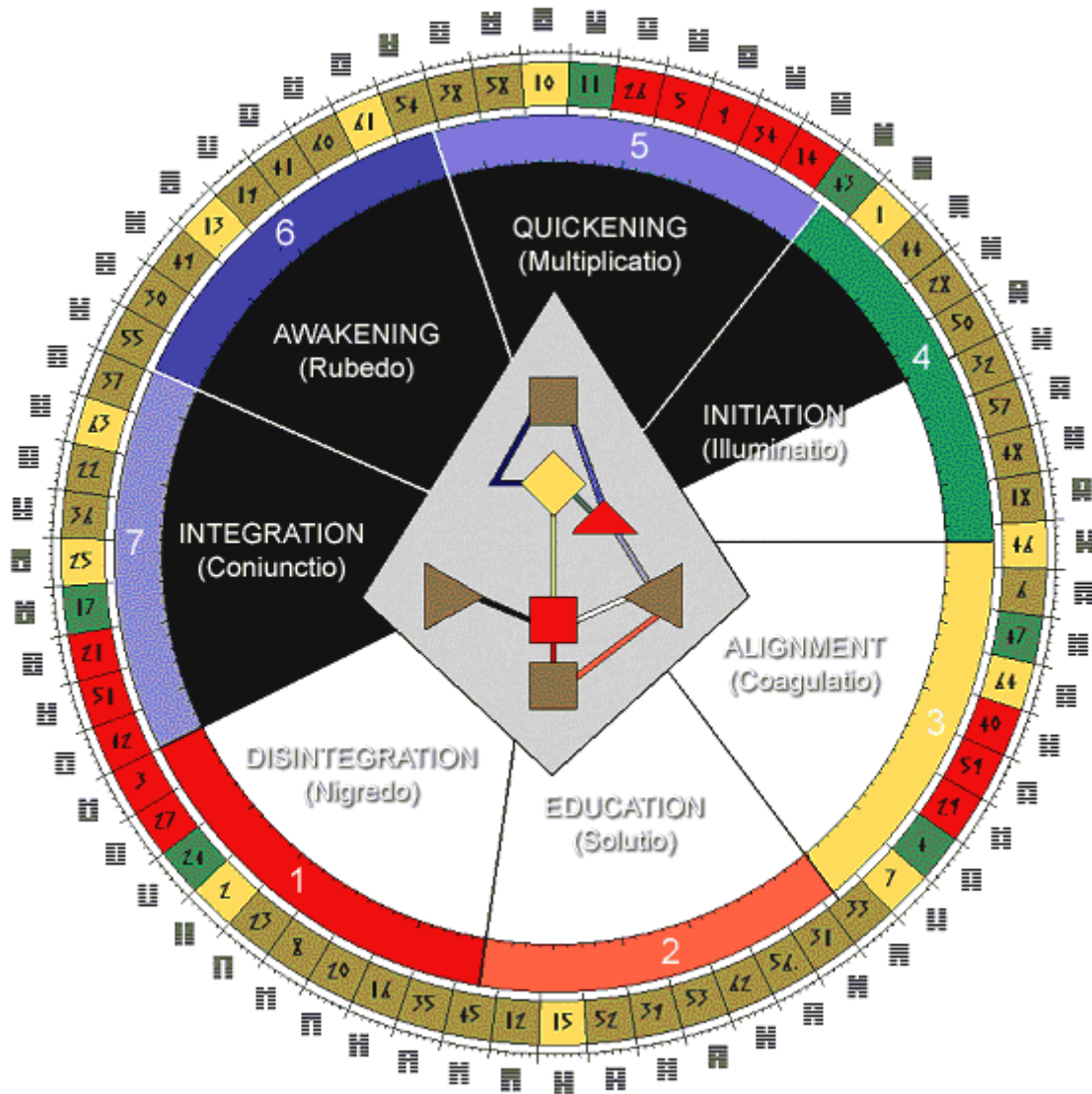
Outcome 3: The Meaning of Life?

We begin to feel the emanations of the higher frequencies all around us, and we hitch a lift on them (41). These higher frequencies are so pure that we begin to sacrifice our own needs in order to serve our fellow man (19). The result of our sacrifice is a deep and everlasting empathy for all mankind and our collective suffering (13). This higher union with all humanity leads to a complete rebirth in which we give ourselves into the job of bringing a higher vision to earth (49). The end result is pure luminosity. We begin to burn with the Divine fire (30), with no other feeling than to be here on this planet, playing our highest role in the greatest movie of all time!

It's up to you which way you go, or is it?!!!

THE ALCHEMICAL RETURN AND THE SEVEN STAGES OF AWAKENING

THE SIXTH STAGE - YEAR 7



YEAR 7 KEYNOTES

Alchemical Sun: 55.6 - Selfishness
 Alchemical Keynote: **Coniuncto - Union**
 Psychological Process: Integration
 HD Cross Theme: The Cross of Spirit
 HD Channel Archetype: The Channel of Community (37/40)
 HD Deconditioning Sequence:

- 55: Integration of the Spirit**
- 37: Integration into the Whole
- 63: Integration of Doubt
- 22: Integration of Grace
- 36: Integration of the Unknown

25: Integration of Innocence
17: Integration of Opinion
21: Integration of Control
51: Integration of the Ego
42: Completion and Self-Actualisation

3: Ease at the Beginning: a new mutative cycle...

The Symbolism of the Seventh Stage

Anyone familiar with esoteric systems or literature will know very well of the multiple mysteries connected to the number seven. It is the great number of mystery, magick and the Spirit. In the Hindu based chakra and yogic systems, it represents the Crown centre and the pineal gland. It is about the union of heaven and earth, or the merging of the human with the Divine. Only after the seventh stage is completed do we finally rest in our true being - it symbolises the dualistic process of the Spirit being embodied within the form and the form rising up to dwell permanently within the realms of Spirit. You may notice I use the word 'permanently'. This is important, as you will see.

The Formula

The Alchemical Sun is in the 55th hexagram, line 6. Anyone familiar to Human Design might experience a light bulb going off in their head when they see that particular line coming up here. One of the many uses of Human Design knowledge is the tracking of the wider genetic cycles of mankind. Using the precession of the equinoxes, you can determine the particular global themes of our evolution at any given period in history. As most people reading this article will be aware, we stand today at the precipice of one of the greatest evolutionary shifts in history. The current cross theme is the Cross of Planning, with the equinoxes in the 37th gate, line 1. Since the precession moves in reverse around the wheel, the next stage in our evolution will be the movement of the equinoxes into the 55th gate, line 6. This shift occurs in the year 2027, a year that we will discuss shortly.

The Victimisation of Humanity

The 55th hexagram 'Abundance' is an extraordinary gate. In the human genetic matrix, there is no gate that is more mutative right now than this one (perhaps also its codon partner the 49th gate). It is the gate of the human spirit, found in the solar plexus centre. At its lowest frequency within the not-self, this is a gate of victimhood. It is the place where all humanity can be enslaved to the emotional wave. Looking at the planet today, it is clear to see that we are as a species, a victim of our emotions. We do not know how to control emotions or rise above them. We take insults personally and most of us are highly reactive and emotionally unsettled for most of our lives. It is because of this 55th gate that almost all human beings are a slave to their desires and passions, and the deepest human desire is to be happy - which we think means to always be at the top of our emotional wave.

The Greatest Human Leap - Peace of Earth

There is a great leap in our 7 Year process, and this is the same leap that we make in Year 4, that we have already discussed. However, this leap out of the lower emotions into the higher heart takes time to become fully integrated within our cellular structure. It is not until Year 7 that it becomes a permanent state. You can see, by applying this formula to humanity as a whole what the implications are as we approach 2027. What is happening on a genetic level is nothing less than the group transcendence of the emotional wave. In other words, this planet is going to stop being a victim, at all levels. The date 2027 is simply a marker for this planetary shift. It does not happen overnight - in fact it is going on right now. The Mayan prophecy that the planet will reach a 'galactic synchronisation' in the year 2012 is another ancient marker point in this process. The collective leap beyond the solar plexus centre is a precursor to the end of war on this planet. It is a precursor to an epoch of transcendence and peace.

The Harvest of Freedom

That all sounds like a fairy tale, I hear you say, and lest we forget, the 55th gate, line 6 in the Rave I Ching is called 'Selfishness'! This theme of selfishness is a not-self word. It is precisely this attitude in humanity that we are in the process of transcending. Selfishness comes from separation, from greed, from desire. And yet, we are moving beyond separation as a species - there are signs all around us of that - the internet, the United Nations, single currencies etc etc. You have to remember that the physical plane takes a great deal of time to reflect the shifts that are taking place at a higher level of spirit. The consciousness shift is taking place at the level of our genes, where we cannot see it. Those who have eyes to see, will always see it.

If you look at the Spectrum of Consciousness table in my Year 4 article, you will see that both the Gift keynote and the Higher Self keynote of the 55th gate is Freedom. There is a reason for this - it represents the first place where consciousness will shift. It means that soon there will be no more not-self keynotes - only gifts. I realise that some who read this may not easily be able to believe in what I am saying - so I give you each a challenge - look inside the depths of your own heart and see what is written there. The 55th gate within your own design (defined or undefined) resounds to the truth of what I am saying. Now is the harvest time for humanity's dreams and we are all here to witness the change.

Anyway, since this will be my last article in this series, I wanted to cover all the deepest implications of this Alchemical Return. You can perhaps begin to see now that it does not only concern our seven-year cycle of deconditioning, but is in fact the great Human Cycle of Transformation. In the wheel are hidden many cycles and patterns, but this one - beginning with the 3rd gate and ending with the 42nd represents the descent of the Spirit into Form and vice versa - that is what true Alchemy is.

The Alchemical keynote is called the 'Coniuncto' or 'Union'. At the highest levels of psychological alchemy we find these words representing Union. The classic alchemical texts all talk about the symbol of the 'Sacred Marriage' of the Sun and Moon at this final stage. In psychological terms, this represents the union of the inner male and female - the animus and anima. It is represented in the world by our ability to balance our inner spiritual lives with our outer material lives.

The HD Cross theme is the Cross of Spirit. The Cross of Spirit consists of the 55th gate, the 59th gate with two logical gates - the 9 and the 16 beneath. The highest frequency of the 59 is Transparency, which is the basis of spiritual reality. Beneath, the 16 is about Mastery, being in the Channel of Talent. This is Mastery that has been earned through time, through seven years in fact. The 9th gate echoes a similar theme - that of Invincibility. These 2 logical gates represent the anchoring of the Spirit as a permanent state within us. Once we have passed through the entire sequence, we can never again fall into the traps of the not-self. Remember, this same law applies to humanity at a macrocosmic level. This is also a sixth line year, which is appropriate, since it allows us to climb once and for all above and beyond the not-self world of our past.

The HD Channel Theme for year 7 is the Channel of Community. In our mystical circuitry, this channel is known as 'the bridge' between the 19/49 and the 25/51. In fact, it is more than that - it is the bridge between the 2 mystical circuits - the microcosmic mystical circuit and the mysterious macrocosmic WA (*for a reminder of these circuits, see my introductory articles in this series). This is why Year 7 is truly a year of Integration because it is where our individual lives meet the universal life. It is where we finally find our true place within the community, both at a mundane level, and at a cosmic level. The tradition in many mystical paths is that after the initiate has attained the peak, he or she has to come back down from the mountains and live in the marketplace again. This is indicative of the movement from Year 6 to Year 7. In Year 7, we have to be human again, but we will always be, as Christ so aptly put it 'in the world but not of the world'.

The Sequence

The 55 to the 37 - Going Backwards in Time

The joke in the title above refers to the fact that in our individual mystical path we move from the 55 into the 37, whereas our current leap in global consciousness is the opposite - from the 37 into the 55. In our individual path, Freedom gives way to Equality, and at an even higher level, Tenderness. The attainment of a consciousness that pulls us out of being a victim leads to a great generosity in our spirit, as we realise that humanity is one family - one tribe, all with the same genetic roots. Coming the other way, from the 37 to the 55, we can see humanity's current passage - at the level of the not-self, it shows that when we are not clear and open in our dealings with others (37) then we always end up becoming someone else's victim.

Emotional Transcendence - How do we do it?

At the higher level, this sequence from the 37 to the 55 shows that when you approach another human being from a place of Equality and Tenderness, you automatically free the whole relationship from emotional instability. This is how we transcend the global wave and rise above the emotional clouds. But it is not simply about being nice to one another! We also have to hold these attitudes internally - in other words, our thinking has to be at this level. When we think of another person as their highest potential, our aura actually radiates that energy and changes the relationship.

Some Final Weeding - the 63 and the 22

Most people involved in Human Design know the 63rd gate as the gate of doubt. In a recent course I presented it as the spirit of Inquiry. Doubt can be negative or positive. Inquiry is simply the same word at a higher frequency. These words are very important because words like doubt actually make us doubt. However, if you can see where the doubt is leading, you do not have to become a victim of your own doubt! What I am trying to say is that doubt wants us to inquire, and Inquiry, if it is intense and focussed enough, inevitably leads to Truth, the highest aspect of doubt. In the I Ching, the 63rd hexagram is the only perfect hexagram. All its lines are in exactly the correct places. In classic hexagram structure, the first line is always yang, the second yin, the third yang again and so on. This is why it represents Truth. Truth is perfect and absolute, and what's more it is collective, which means it is something 'WE' have to find, rather than something 'I' have to find.

In our sequence, this stage leads to the final weeding out of self-doubt. Our state of consciousness is changing in Year 7 - it is becoming gradually more permanent, and this mental self-doubt is the final frontier to cross. The last thing to give up is our minds. If we weather this phase by looking into the doubts we have in a logical way, we will inevitably arrive at a state where Grace descends upon us as we move into the 22. If we react out of doubt before we have honestly inquired into it, we will always act inappropriately.

The 36 and the 25 - The Crucifix and the Mystic Rose

Once Grace has descended upon us, however that occurs for us, we enter a kind of sacred space in which a great mystery may be revealed through us.

The 64 hexagrams of the I Ching mirror the human genetic matrix. The 64 keynotes of the Higher Self represent the human genetic matrix operating at its highest potential. The ancients referred to this as 'Siddhi Consciousness'. In this Divine matrix, all human lives can be seen as reflections of different Divine archetypes. The 36, the not-self gate of Crisis actually becomes the Cross of Christ. Words are fun eh? The Cross of Christ is seen in the variations of the Cross of Eden and the Plane - all incarnation crosses containing the 36. But this is not actually the point - the point is that at this stage in our process we are integrating something huge inside us - we are integrating our human mythology. We may finally see our Divine archetype in all its glory. The 36 represents the journey from Crisis to Humanity to Compassion - it is the journey of all human beings. Every human incarnation is an enactment of the Crucifixion - as the spirit sacrifices itself to the form.

The 25th gate likewise contains a great secret of life that may be revealed to us. It is symbolised by the Mystic Rose. The Mystic Rose is an ancient sacred symbol of the Divine Heart. As students of Human Design will know, the 25 is the gate of universal love, but it is also the not-self gate of ignorance. The path of the 25 is from ignorance to Acceptance to Universal Love. Our lesson here is that Acceptance is one of the greatest keys to existence. If we can master Acceptance, we can enter the garden of Eden again. We have to accept who we are, we have to accept our dark side and we have to accept the dark side of others. The journey from ignorance to acceptance is the journey of incarnation itself - it is why we are here. There actually is no journey from Acceptance to Universal Love because Universal Love is simply the aroma of the Rose once it has flowered into Acceptance.

The 17 - The Eye

Now we have witnessed the permanent opening of our heart, we begin to really have some fun! The 17th gate is the final mental gate within the alchemical sequence. In fact, the mental game really ended with the 63. The 17 is simply thrown in for fun. Seriously, the 17th gate, which students of HD will know as the gate of opinion is actually the gift of far-sightedness. At this level, we are way beyond opinion. If there was any vestige of our minds left it was extinguished somewhere in the passage between the 36 and the 25! Love conquers all. And when it has done so, the mind also flowers. The Mind is actually our heart. Our heart is actually discovered through our Higher Mind. The 17 is the Mind's Eye. It can see in all directions as far as eternity!

The 17 is the higher gift of Prescience - I am not talking about clairvoyance here, which is attainable by people even still in the not-self. This is Omniscience. At this stage, life may well become like a kind of déjà vu, as though we have done it all before a million times. The 17th gate is a gate of time distortion, where the future, the present and the past all converge at the highest level. We are inside the Divine Plan, travelling down its fractal lines. We can see the pattern of all life - past lives, future lives - all of it. As I said, it can be fun.

The 21 and the 51 - The Final Surrender of the Ego

The passage from the 21 to the 51 is all about this funny little centre in Human Design, sometimes called the Ego and sometimes called the Heart. Which one is it, and what is the connection? I mentioned in an earlier stage of this series that in order to transcend the human Ego, we first have to have an Ego worth giving up. This means that we have to have raised our frequency out of the not-self so that we are living out our gifts. The 21st gate is called 'Biting Through'. The original hexagram text refers to this gate as being like a tiger who bites her cubs in order to discipline them correctly. This is the gate of power and powerlessness. Again, it makes no difference whether the Ego centre is defined or undefined in your design. You are going to have to move beyond it. In this stage, we have to experience powerlessness as true power. Life once again tests us, and usually by making us feel that we have no control. This is akin to the myth of the last temptation of Christ - if we truly have the power we say we do, we can easily avert the present crisis, but we are not meant to. This is all about Choice and freewill. The 21 at its highest potential is a gate of Valour, which is courage plus love. If we are living directly inside our own myth at this stage, we will accept powerlessness with valour instead of trying to assert our ego and control the flow of our life.

Once we have bowed our heads with dignity, accepting our fate, we get everything back. As we move into the 51, the thunder of our awakening dawns. By giving up all our power, it is released back to us a hundredfold. The 51 leads directly into the 25, to universal love - and this is the mark of the awakened one - that they know only one thing - how to give of themselves unconditionally.

'I stepped inside. And it seems that from that moment I have never existed. The trees and the skies are as before; the drooping woods heavy beneath the weight of birdsong, the fresh unmistakable odour of pine needles dancing in the breeze, a soft humming sound from the earth, and a certain taste upon the morning air. All remain as before.

" Raise your arms " says the voice. I lift my arms and the great tree shakes; a single leaf drifts down from the top branches, and somehow, impossibly, a tear flows across my cheek.

" Now Speak " says the voice, and I speak.

And in the distance over the hills, I listen as the thunder rolls round the green valleys, and it is the sound of my voice;

It is the thunder of my giving.'

The Ring-Pass-Not of the 42 - 'Sorry for the Inconvenience'

As anyone who has read 'The Hitchhiker's Guide to the Galaxy' knows, the number 42 is the hidden secret to the universe. Towards the end of this book, the ultimate supercomputer known as 'Deep Thought' finally gives away the secret to life, the universe and everything - the answer is the number 42 - provoking the infamous response: 'Is that all you've got to show for seven and a half million year's work?' 'Well, I checked it very thoroughly' replies the computer.

The deepest truths are so paradoxical for our minds that the only real response to Truth is laughter. The 42 in the bodygraph is the gate of completion. Because of the presence of this gate in the genetic matrix, all human forms are programmed to decay and die. But this gate has many hidden secrets beyond that. Within this hexagram lies the mystery and illusion of our concept of infinity. This gate corresponds to what the mystics call 'the Ring-Pass-Not'. The 'Ring-Pass-Not' represents an aspect of the human genetic life programme that keeps us from perceiving absolute Truth. In other words, to know Absolute Truth, you have to transcend your own DNA - you have to break the code of death. In theory, if you manage to do this, you will have discovered the 'elixir of life', the secret to immortality. There are many stories and legends from all cultures about initiates who have achieved this.

The 42 is also deeply connected to the mammal kingdom, being the format of their circuitry. There is another secret here, which is that the 42 has to do with the evolution of the different vehicles that our consciousness rides in. The mammalian matrix is obviously older than ours, since our own evolved from it. Our future form will actually not include the 42nd gate, or indeed any aspect of the Abstract circuitry. This means that one day, our consciousness is destined to realise our immortality.

Too Much Choice

Now, as I have nearly reached the end, I am going to tackle the great Human Design chestnut of Choice. 'You have no Choice. Love Yourself.' Says Ra Uru Hu, founder of Human Design. I almost agree with him, but I would add two extra little words: 'You have no Choice **but to** Love Yourself!'

The Human Design System represents, in Ra's own words 'the Mechanics of the Maya'. It shows you how to let your own vehicle follow its own trajectory without resistance. However, built into this is the fact that the consciousness in certain vehicles has evolved to transcend its vehicle. For such people, the Maya nor its mechanics simply no longer applies. What I am saying is that if you make the leap into higher consciousness, you have leapt out of your vehicle into another. There are many names for this higher body - the Causal Body, the Light Body, the Rainbow Body. At this level of consciousness, human words such as infinity or Choice are meaningless. Choice is a human word. It exists because death exists, and death exists because of the 42nd gate. In the Causal Body, everything is true - thus there is Freewill and there is no Choice. Both have to be equally true. The 42 prevents us from understanding this. Sorry for the inconvenience!

There are other laws and systems beyond Human Design, but to perceive them, we have to awaken fully. The 42 represents the passage from one vehicle to another higher vehicle, which follows our awakening in the 51.

The 42.6 - The End of Endings

The final line of the I Ching is really the 42, line 5 - 'Self-Actualisation'. All fifth lines represent the end of the sequence within the hexagram, the sixth line being the transition or bridge to the next. Self-Actualisation can lead to Synthesis, the first line of the 3rd gate, which the whole journey began with,

if you can recall that far back. But you cannot make this leap into a higher evolution without passing through the 42.6 - 'Nurturing'. This is the key to all higher evolution. At the end of your seven year deconditioning, one of two things can happen, reflected in the exalted or detriment activations of the 42, line 6:

1. **Exalted** - 'A Natural and instinctive nurturing of others' - You have discovered the secret. Well done. Here is the key to your new car! Celebration Time! You have escaped the Wheel - no more beginnings or endings for you.

2. **Detriment** - 'A restrictive and malefic materialism that is self-alienating and encourages aggression'. Not quite what we were looking for. However, you do get to keep your old car. Better luck next time...oh.... and sorry for the inconvenience!

A Final Word

I have greatly enjoyed writing this series. I have immersed myself in universal symmetries and discovered deep parallels in my personal and inner life. As it happens, I have finished my own seventh year just as I am writing this final article, which to me seems the most wonderful symmetry of all.

I think it was Ram Dass who said that a true spiritual system has two basic qualities - firstly, it must absolutely take over your life and absorb you within itself, and secondly, it must self-destruct when you have attained your higher self! I must say that for me, this is a deep truth. I have attained a permanent link to my higher self, and I no longer need to think about Human Design. In fact, I am beginning to reinterpret the system through my own higher self, which is opening up all kinds of secret doors.

The truths presented by all true systems are the same. It is simply a matter of which fractal line you are drawn down. If there is any one thing I can say I have truly learned from my seven year journey - it is this: that we humans will do a lot better when we are nicer to each other. It is as simple as that. In the beginning, it isn't so easy to forgive, to transmute, to love - but after a little practise and some deconditioning, it becomes easier and easier until one day, it has once again become automatic. All the greatest human beings have said this same thing - it's all about Love. This too I have learned from Human Design and from life. I wish the same on all who read these words. Go well on your journey!

To see where Richard's revelations took him next in life, please visit www.genekeys.com and explore the Gene Keys, a higher, deeper and more heartfelt iteration of Human Design.