

Awareness in Action

An oxymoron, in a sense. Except that the active part is mental. Oh my god, does that mean our minds actually have value for US (rather than them?!)? Oh, yes.

We can wonder what all of these wonderful Human Design System concepts mean when we first hear about them. We don't get it until we get it, whenever that is. It is the experience of them showing up in life that brings them to life. What the hell is awareness anyway?? Sounds good. We like to say we're aware for whatever reason our minds come up with...but it takes lots of experiences to test that.

I had an experience a few days ago that is an example of my mind being saved from wasting it's time thinking about things that don't matter. I conceptualize through gates 39, the provoker and gate 38 the fighter. My thinking often turns to how you or I can fight for something – our own self-worth, our value, or that jerk who did us/me wrong. My mind used to crucify people for what they did or said. I'm not a physical fighter – it isn't about that. It's a mental fight. So the example....

A few days ago my 3/5 MG husband on the cross of Eden (please let me go back to heaven, please) came home from work for lunch. We live about 5 minutes away. While he was banging away fixing some lunch (20/34 thoughts must become deeds no matter how loud) I was picking up a very strong sense of anger. I asked him something and nearly got my head bit off. I could have (in the past) gotten my feelings hurt, sulked, walked away and read him the mental riot act for days. But I was curious. This anger didn't feel like him.

So I asked "Are you angry?" He paused for a moment, and said yes. He looked surprised at his answer. Then the story unfolds about how his boss was ranting and raving about something to each of the employees. They weren't doing things good enough, fast enough, etc. I don't know the boss's design, but I do know hubby's. Open Solar Plexus, Root and Heart/Ego. Boom! He brought home the amplified energy of his boss and it got amplified again when I took it in, and it could've gotten even more distorted if I had taken it personally, even without saying a word. Have you heard that the aura does the talking? Even without our permission. Amplified AND Distorted.

As hubby talked about his experience, I could feel the tension unwind, and by the time he left to return to work 15 minutes later, he was back in Eden. Someone where he works quit that day. The next day the boss apologized to the people he affected. Hmmm....

Live as yourself so you can love yourself,

Becky

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