

Hello everyone!

I received several emails after the February Journal about PHS. One email asked the question what does PHS stand for? I forgot to mention that it is an acronym for Primary Health System. This is also "Transformation 1," and interpreted at the Design Sun/Earth Color and Tone level. When I work privately with clients I call it their Personal Health Strategy.

Further questions were how does PHS affect you in living your design? Is it easy to follow it? How does it affect your family life? I'll respond to the first two questions here and save the last one for another article. Yes, my PHS is easy for me to follow. This is not generally true for most of my clients so I don't set my experience up as the norm. I'd say that following my PHS rigidly for the last almost-4 years (on March 7) has gradually given me a very deep access and trust in my splenic authority.

Now that I know about my Design "outer vision" cognition, I notice consistently that I almost always need to "see" things to know/to decide, such as knowing if an invitation is right for me. For example, I was invited to stay with someone in Ibiza during last year's event. I didn't know at first. My mind was saying 'don't turn down free lodging!!!' Ignoring that, instead I asked my friend if there was a web site for the apartment. And yes, there was. As soon as I saw the pictures, I knew instantly that the answer was yes. At that point, that yes was not to be explained and not to place expectations on. Little did I know that the ocean view, the beachfront walkways below where I could watch people, and the sunrises and sunsets that I treasure would be so beautiful and perfect for me. This is a picture I took from the deck of the apartment one evening.



"See" also means being able to see the big picture, often literal and often metaphoric. Another example: Biversity teachers have been asked to turn in their courses for the Spring 2010 semester.

I take that as a general invitation, not a formal, personal one that Projectors need. I don't know if I want to lead/guide/teach another class. I don't know if anyone will sign up since that isn't a specific invitation recognizing a specific "gift" that I have. But still, it's not an invitation to throw away. So my other cognitive seeing, called "inner vision or meditation," is a process to let the probability of "what do I have the will, interest and talent for initiating others into" percolate to the surface, if at all, while puttering around watching the Olympics, washing dishes, and looking out my window onto the valley people who live and move around below my second story condo. Ah, some ideas are softly gelling. I have some trusted design buddies (trusted means they will tell me **their** truth) who have invited me to bounce my ideas off them. That's where I am at right now. I still don't know, but am getting a sense of a workshop for a limited number of people who are ready to be deeply empowered and supported and to share in their Variable process. So yes, PHS and other aspects, especially at the tonal level have significantly affected how I live my design/life.

**Tips:** If you are interested in **general** information about PHS, look on the Jovian website for the free digital book called "The Differentiation Lectures/Lecture 2: **The Four Transformations.**"

For more advanced information about Color and Tone, look in **Jovian TV/IHDS Educational TV/The HDS Complete Guide** section: "**Nutrition**" and one each on **The sub-structure of Base, Color and Tone.** In the **Courses and Lectures** section under Self Study

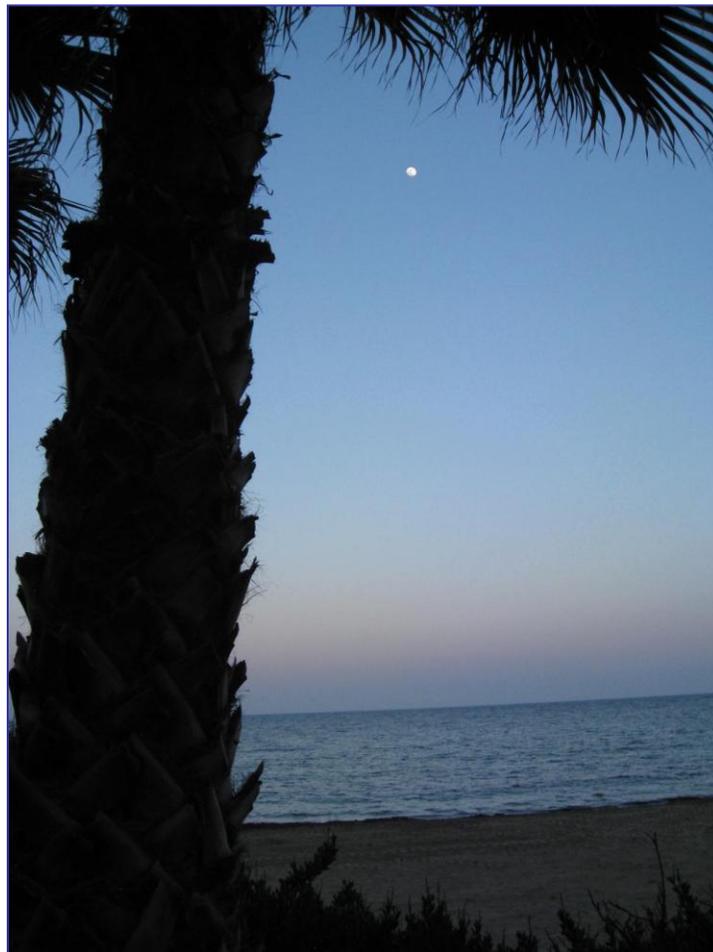
*Programs/General Courses with Ra are two lectures: "Nurturing A Unique Being" for parents about children, and another for anyone is called "Transformation and Food".*

*For **specific** information about your design, if you've had a foundation reading and are experimenting with your Strategy & Authority (S&A,) you might be ready for your own PHS process. Use your S&A to decide (Generator's wait to respond, Projector's wait to be invited, etc.) I am one of more than a dozen or so people certified as a PHS Practitioner. Look in Jovian **Community/HD Professionals** listing.*

You are invited to send me an email about your Projector process and please also send your birth information. I will respond if and when my authority says yes. My energy is inconsistent so I don't know when I will answer! I just wait and see what my fingers do. Or not.

Hope you enjoy watching your life with patience and surrender!  
And thanks for being **you**, whoever you are, wherever you are in your process of living this wonder-full life.

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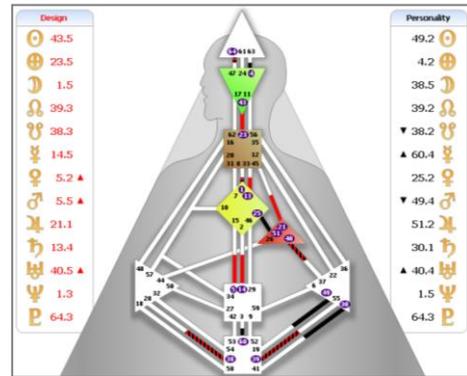
*Moonrise Evening in Santa Eulalia, Ibiza April 2009*

Before I close, I thought you might enjoy a little more from **Una Bachinski**, a 2/5 Ego-Projected Projector on the Cross of Explanation, writing more about her experiences with a defined G-Ego, split from her defined Ajna-Throat. She has been experimenting with her design 1½ years. Again, a sense of humor is helpful. Enjoy!

### Shopping as a Spiritual Path (aka Retail Therapy)

It seems there is a lot of bother about enlightenment and negation of this fleshy, bawdy/body existence as the means to get there. "Heady stuff and I shall have none of it," she declares with a wave of her bejeweled hand!

That reminds me of a story. Would you like to hear it? So there I was, sitting across from this girl in Miss Moonen's grade 12 art class. I was recently returned from a solo trip to France, all coifed and perfumed à la française. I was flipping through a French Vogue magazine, occasionally peering up to consider this ragged little thing all dressed in black sitting across from me. "Pretentious Poser of a Pseudo Intellectual" I thought. "Buffed Up Fashion Air-Head" I heard her think. Minutes later, we were the best of friends.



I love money too. I've always wanted to design the actual printed bills. My favourite was the French Franc notes. I've decided that I'm going to fly to Switzerland to open a bank account, just so I can use the expression "laughing all the way to my Swiss bank account"! Shameless, really, aren't I?

### You're Not The Boss Of Me

Early on in my relationship with ZoD, a certain phrase began to pop up on a regular basis. He says it because he's a passionate MG with the Channel of Charisma and I say it because I have the Ego Authority. So, you might ask, how do the dishes get done? Or, for that matter, how does anything get done in our house?

Maybe it's that Channel of Genius to Freak I have because I actually LIKE to do the dishes. I AM a clean freak. "You're the tidiest artist I've ever met," people will say when they first step into our studio. My mom was visiting one time and I showed her, with great pride, my underwear and sock drawer, every item neatly folded, lined up in a colour co-ordinated manner. She looked at me and shook her head but of course she really wasn't surprised. More amused.

"But how does anything get done in your house, the chores, who does all the cleaning?" Division of labour is the answer. ZoD does what he feels like doing (in the moment), and I do what I feel like doing. We have a saying: "this is a guilt-free zone!" Oh, and "you're not the boss of me."

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*You can see her paintings here: [www.paintingsbyuna.com](http://www.paintingsbyuna.com)*

*Thank you Una! Even more of her writings will come in future Journals.*