

The Freedom in “No Choice”

Seems like an oxymoron, doesn't it? Sort of like 'jumbo shrimp'. The last thing I ever think of around freedom would be the removal of my choice. And I have to admit, it's hard to share the beauty of Design when I'm met with the raised eyebrows and the accompanying confused looks as I bring up the subject. Then again, that was my original feeling when I was so insidiously infected with the 'virus'. In that moment of time I really was conditioned to believe that not only could I DO anything, I could also CHANGE anything. It's fair to say that I pretty much 'shrugged' off my very first Human Design reading, feeling as if it was all a bit too contrived and controlling. With that lovely 17-62 of mine, you can be sure that I was able to tap into quite a few opinions. Needless to say, the gods surely do have a sense of humor, because I find myself now attempting to explain to yet another 17-62 the freedom of 'No Choice'.

One of my best explanations is around my being redheaded and short. I will not typically (because of any new pattern of thinking or belief) become a tall lanky blonde. There are no courses or classes that I'm aware of that will increase my height. (However, the blonde piece is now discretionary thanks to Clairol). Most people understand that increasing one's height is not typically an option. There's no 'little engine that could' rhetoric being hurled my way. However, by merely suggesting that our life's journey could be made so much easier by simply following our strategy, well I have now found that that could be grounds for a restraining order. What I'm learning is that people believe they're entitled to their belief in choices (and they are, of course!)— and if anything, Human Design provides the groundwork to make great choices (the hitch of course is making choices in regards to our particular strategy).

If I say to someone “Don't see the snowman. Don't see the snowman with the carrot for his nose. Don't see the snowman with the coal for his eyes.” Obviously, it was already seen, just by merely speaking it. It's the same thing with 'no choice'. The little hamster that lives in our brain jumps on that wheel, and it will be hours before he stops running. Epithets like “how dare you”, “you can't tell me what to do”, “I will not be controlled by anyone or anything” jump to mind.

And it was at that point that I started to get inkling as to why people have such a time getting their head around 'no choice'. Having no choice puts them at the mercy of everyone and everything. Yeah, I could see how that might be construed as 'disturbing'. Choice has been the one intangible tool offered to us, a way to escape the daily hell we may experience in our lives.

But when it comes to 'no choice', the truth around it is quite simple. I am speaking of the choices I make in response to my basic core set up, my Design, not my preferences. Like I mentioned earlier, I may want to be tall, but I'm not. Therefore I make decisions/choices that serve me. I don't shop at the 'Tall' girl shops. I don't hang the cabinets in my kitchen two feet higher than they already are (otherwise I'd be jumping like a Chihuahua to get to the coffee). I don't go to sleep at night programming my body to grow. Life is tough enough already when you're sleeping with an emotionally defined person. (Let's face it folks, some habits die hard.)

Anyway, I can honestly report that Design provides me with the strategy that supports the unconditioned me. With Human Design as the foundation, I can now make the choices that support my Type, Profile and Authority. Choices that provide me with less painful outcomes. And in reality, that is the crux of Human Design – making the choices that are based on who we truly are, not who we've been conditioned to be.

It finally hit me as I was speaking to a friend of mine who is very well versed in astrology. I cannot turn into another 'sign' anymore than I can turn into another Type or Profile. And it is merely the acceptance of that that opens the door to unbelievable opportunity. That's the entire 'no choice' part, and that's where the adventure begins.

I'm designed to struggle, and my struggle gives me value. As I embrace that part of me, I get to live my life based on who I am and the choices I make accordingly. And I give myself a great amount of leeway in

response to all my conditioning. I don't know if I'll ever really be 'me' (which is quite different than knowing 'who I am' with that open G of mine). However, I imagine that I'll eventually 'get' to be me, even if I don't know who I am. (And people think 'no choice' is confusing!)

On a daily basis I'm moving out of the web of conditioning that's defined me. Someday I may no longer be at the result of anyone else's beliefs or structures. What a concept. I'm a splenic gal living in the now. Excuse me while I go make a cup of coffee. Thank the powers that be I never raised those cabinets.