

## Three Little Words

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In the past, the reference to 'three little words' often brought to people's minds 'I love you'. With the advent of the Human Design System, those pertinent three words have now changed to 'follow your strategy'. Our instructions to our clients are that simple. Just "follow your strategy". Perhaps we'd be doing them an even bigger favor by stressing that before they engage in anything else. (i.e. before encouraging more tapes, more books, more CD's, more advanced readings, beginning classes...) that they really consider making a concerted effort to do just that. For it's in following their strategy that they meet their truest opportunity. And, it may also give them a 'bird's eye view' to see just how clearly and quickly their brain and their 'not-self' takes them to where they no longer want to be.

I know it's not real exciting and of course we've all heard it before, yet it's worth repeating. The mind believes it is in complete and total control. I have a 'defined mind' and I know how it works. Being a Projector I realize and understand the disastrous consequences of 'thinking' I know something. (For those of you who haven't read my continuing saga of the 17-62, it plays a pertinent part in my life and my 'opinions'.)

When I first started with Design, I couldn't get enough Human Design information. Good, bad, or indifferent, I bought everything in sight.

In retrospect, as I relive the beginning of my own Design journey, I observe that my 'mind', what I thought, how I thought, was determined to believe that 'it' was in control - particularly when it came to the application of my strategy. It was resolute in its attempt to grasp any particle of truth to justify my actions. However, the gist of it was the more I 'learned' about Design, the more I had to 'think' about, which quickly brought me to a level of 'thinking' my strategy, not necessarily 'following' my strategy. There is nothing funnier than a Projector's defined mind attempting to manipulate their invitation. It gives new meaning to the word 'contrived'.

I remember 'thinking' about whether I was doing it 'right'. I remember 'thinking' that I could 'outrun' my conditioning. It never happens though – not for anyone. No matter how learned our minds become, we just can't overcome our conditioning in a quick and well-mannered fashion. We can't 'think' the necessary years away. There is no escaping the seven-year cellular cycle of conditioning and de-conditioning. (Now if you can say that seven times you'll realize how difficult de-conditioning really is.)

I believe that one of the biggest traps is somehow 'thinking' we can beat it. As if the flash of the true self revealed would somehow magically diminish the time it takes to understand who we really are. Sort of like that old game show "Name That Tune", but instead of saying "I can name that tune in 3 notes..." we're challenged to say, "I can be my true self in 3 years." LOUD BUZZER SOUNDS. It's just not going to happen folks.

There's a certain grace that accompanies those who really have put in their 'time'. Yet even though I'm closing in on 6 years, my 'not-self' is still alive and well as it jockeys for position. The beauty is my ability to catch it from time to time. It can be infuriating and hysterically funny all in the same moment.

Needless to say, following our strategy is a lot easier than 'thinking' about it. Trust me, they'll be plenty to think about later. . .