How To Stop Attacking Yourself

Did that title catch your attention? If not, please stop reading and skip this article. It's not for you.

Ok, an internet article called "How to Stop Attacking Yourself: 9 Steps to Heal Autoimmune Disease" just caught my eye. Today (August 4), there is a convergence of the following things which probably contributed to me noticing this:

- Today the transit channel 10/20 of Awakening is visiting for about 10 hours courtesy of the Moon and Pluto;

- My projector mother had this channel as her only definition (6/2 Cross of the Plane);

- She died at age 62 after living with the effects of lupus, an autoimmune disease, for 12 years, probably longer; and

- I saw the article headline in a google news sidebar.

How to **Stop Attacking Yourself**. I do love the extreme to make a point. In this photo, we are both the shark and the person inside the shark's mouth. The shark represents our mind when used incorrectly. And this extreme is accurate, clever and useful when applied to one's human design. Was my mother attacking herself on any level? Of course she was. It's not anybody's fault. And of course I was and probably still do attack myself occasionally. That's life. I still have a mind. I'm not a robot.

So two things. How do we attack ourselves? And how do we integrate the knowledge of the Human Design System to stop attacking ourselves?? I suggest experimenting with the following, which you probably already know. I remind myself of these every day:

How we attack ourselves:

- We live others' lives through the **openness** in our design.

- We try to be other people, especially ones we admire, which causes dis-ease in our body. The hyphen is intentional. Dis Ease. Have you ever felt a lack of ease in your body? The first sign of self-attack.

- We succumb to the pressures of others telling us **what** to **do**.

- We succumb to the pressures of others telling us **how** to **be**.

- We act on the thoughts that **tell us** what to do and how to be.

- We try to fix or improve the **gifts** we're genetically meant to have, even when they are already perfect for fulfilling our purpose.

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Steps to Stop attacking yourself:

1. Get a foundation reading of your chart. Your chart is your genetic code, your hard wiring. This reading will explain how all of the above points show up in your life to get you off track of your true self.

2. Learn your **Strategy** for living as your true self.

3. Learn your **Authority** for making decisions.

4. Notice if you notice the signposts that mean you're getting away from your true self.

5. Allow **your** own timing to notice or not. Don't beat yourself up mentally if you don't notice because **that** is attacking yourself.

6. "Noticing" changes you on a cellular level. It really does. Celebrate when you notice getting off track!

7. "Noticing" realigns your frequencies over time like an orchestra tuning for a concert. Only this is **your** unique concert of your **unique** life!

8. Don't try to be you. Just let "you" evolve.

9. Once you notice that you're just observing your life, there are more steps that can further refine your frequencies. Those'll be in the next article.

These are the biggest, most long-lasting and impactful steps. They sound simple.

Do you Notice how your mind blabbing away interferes with noticing your life?

➢ And interferes with **Watching** your life.

➢ And interferes with **Observing** what life brings to you?

➢ And interferes with **being** a passenger in life.

Just notice, not interfere.

Remember that your mind is your gift for others, not for you to make decisions.
Use it for what it's good for: noticing, observing, and measuring.

When your mind interferes with your life, that's when you attack your beautiful self.

I've noticed that I love myself by being my self, and that's my hope for all of us.

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