

Living Your Design – An Experiential Look

Reflections from inside the experiment – Beyond Compromise, Beyond Pain

The Kauai immersion February 17-23 -Mary Ann's last immersion ever

Audio Recording – John on the heaven and hell of transformation

Unique Perspectives – Trish on being emotional

Parting Shots – Experiential Quotes

Wow everyone thank you, thank you so much for all the beautiful emails and calls that came in after the last newsletter, I know I did not get back to all of you it was just too overwhelming, but please know that I cried so many tears of joy for the appreciation and recognition contained within your sharing's. **Also that I heard "YOU ALL" LOUD and CLEAR I will not be quitting yet!!! Thank you all for the invitations to continue**, for now at least, I will share a bit when invited and if it is correct for me do so. No, I am not writing a book yet, the most common request; however I did save all of your emails, they where so beautiful, so unique, maybe a book is writing itself? I will also trust that should anyone no longer want to receive this newsletter from me that you will please let me know.

Reflections from inside the experiment – From my perspective at least, beyond compromise and beyond the conditioned pain, lies the domain of the true self. **Once you have your own authority, others will be unable to compromise you.** This is scary to the other because everyone is used to humans that compromise. Even your own mind will be unable to sway your decision-making process. No matter what comes through the door (all that's white in your design), you will be able to stand your ground. From an outside perspective it may look like courage, will, or whatever; however, it is beyond those words and the exact opposite. It is a complete surrender to the form. **The battle is won, by you not resisting where the vehicle takes you, regardless of what you or anyone else thinks.** Wherever the pressure comes from, either "the other", the outside world, or your own mind, **you will be able rely on yourself and yourself alone to know what is correct for you...**HD may help you become your own authority.

Most of the invitations to share this month seem to revolve around these two themes: How do you see differently? And is it getting any easier? **NO it is definitely not getting easier!!!** It is getting much, much harder and precise. The more I see, the more it seems that I am to be tested. **If I make mistake, I pay dearly energetically, it hurts my aura, it hurts my whole body. If I open my mouth or initiate anything at all, the forces come crashing down on me.** I've known what resistance is but have never felt it so tangibly, so real. As I am just beginning to understand what it may mean to be a projector, a field of stillness and silence is spreading through my body. I am becoming so solid within, harder, less nice, more real and more compassionate, sensitive and childlike at the same time...it is paradox I cannot put into words.

Now that I am learning to hear my own not-self coming through my own voice instead of being so focused on the other, any slip out of my true frequency, even for a few seconds, has become unbearable. It makes me want to scream!! I can barley connect with humans at the

moment and yet my sessions and readings have become so much more compassionate and free flow, and also reportedly, much more penetrating. I am beginning to appreciate and see the magnitude of what we are really up against. **The unimaginable strength and superiority of the not-self mind, how cunning it is, how it will find any way to avoid the pain of total surrender to the mechanics.** Yet at the same time the only freedom I have ever found is on the other side of the pain. **As you are attempting to restructure your entire form one cell at a time, there will likely be many days where you feel that you are dying, or wish that you could.** This seems to be the exact opposite of what most people are looking for, and the only method I've personally witnessed that work's at the form level to align someone to their uniqueness.

Kauai Immersion February 17-23, 2009 with Mary Ann Winiger- This is 7 Days that could change your life. The last immersion project was by far the most transformational of anything I have personally ever been involved with. Currently it is the only relevant thing that I know of being offered out there to assist you in really locking down your aura mechanics. **If you are looking to find your own authority, find totality in your experiment, and really dive into your mechanics, you will not likely find any greater ally than Mary Ann.** However she cannot do it for you, it is a one person at a time deal. No one has ever pissed my mind off as much as Mary Ann, there were many, many days the mind was so ready quit, so sure she was wrong, only to have the "mind" crumble after my body verified otherwise. **From my perspective this is for people that are looking to enter their experiment with a life or death approach to free themselves from the bondage of their own not-self minds.** Should you want to be involved please contact Mary Ann directly, this is her final Immersion ever: You can check Mary Ann's website at: <http://www.key-to-you.com/>

Audio recording – After the immersion, many projectors have shared that the shift in my voice and the mechanics that I was pointing to, really helped them see it for themselves. **This was so precious to me, as I sense that I am starting to have something to offer my own aura type; everyone may benefit as well from some of this mechanical information,** however credit again goes to MA not me. She helped me see, I am just sharing what I see now. In addition, many asked what it was like to go through this latest round of de-conditioning so I have enclosed an audio link: <http://download.yousendit.com/Y2ovZXR3YTJOMUNGa1E9PQ>

Unique perspectives- Who would've *thought* a romp in the woods for almost two years would lead me 'here.' And 'here' is home; my true self.

Hi, my name is Trish and I am a 3/6 Emotional Manifesting Generator whose just gone through hell and back again. Don't know what this can be like? **Well, I'll try and be brief in my expressions because this my experience only and wouldn't really recommend it to anyone.** Surrounded myself with nature, I did, and she done my body good. **Sat with myself for long periods of time and listened to the mind's painfully conditioned thought patterns, over and over and over....blah, blah, blah, would you just shut-up already?!**

Snap. Crackle. Pop.

The mind is not who we are and if you happen to be emotional, well...this can be viewed as either a 'joy' or a 'curse,' whichever mood you happen to be in. **I've accepted the highs and lows without reaching for anything or anyone to feel better; rather than suppressing the emotions that are inside. It's not always easy to fight the *feel good* and suppressing emotions by smoking and drinking alcohol was what I *thought* would get me through, but it never did.** These cover-ups left me with more pain to suppress the next day. Oh goodie! Give me more! I want more pain! Waaaa! Like a little baby I was. Never cleaning up my own shit and throw-up.

Now, I am going to openly say I have never studied one Human Design book or manual. I took the simple stuff and ran with it. **Then I studied Trish. I noticed what wasn't 'me' then started to observe those not-self traits in me by taking a more radical approach than most would dare take; I was doing this in a tent, with as little contact with humans as possible and I purposely placed myself there, to do battle with my own 'demons.'** To be even more open, it felt more comfortable to isolate myself during this period, so this worked for *me*. It's what I needed to do in order to save my own life and the feeling I have now is liberating, freeing, and no one is going to 'tell' me what to do and vice versa. This only creates resistance for myself and others. I still have my open centers to 'master' and become even more aware of, **but for the most part in this mysterious play, I am discovering that my wave is beautiful and there is nothing at all to suppress. To suppress my emotions would be to deny who I am at the deepest level.**

For nature, in all her glory, is the most-wisest of them all. She takes us back to our roots and if you don't have one, well then I invite you to *sit* on this, if you are able.

*A quick shock to the solar plexus, up to the G and throat....[cough!]
It's like my body is burping up the poison from within
and the conditioned movements and patterns are releasing,
naturally and organically,
without the 'feel good' pull to suppress them....*

Parting Shots – Quotes from the field

"There is no one you can depend on. There is no one you can rely on. And truly, there is no one you can trust but yourself" - **RA**

"Totality ... I had learned being total from being a sannyasin" and " There where many, many days that I felt like I was dying" - **Mary Ann Winiger**

"I feel so much stronger inside. I feel my shift too. it feels great. slowly but surely I'm a changing:) we all are." - **Randi B**

“The less I do, the more gets done and the less pressure I feel, the slower I move and the less I say (tell) the more people around me seem to enjoy themselves” – **Isa Maria**

“The traveler returns to his world...to walk the path of the warrior and find his own truth” – **Sifu Chan**