

Integral Human Design

A Journey Into Your Essence

by Richard Rudd

A New View of the Human Design Bodygraph

For the past several years, while creating and laying out the Gene Keys Synthesis, I have found myself from time to time contemplating Human Design. It was Human Design that allowed me to find my own inner power and trust in my true spirit in life. Like many people however, I also felt that the standard model of Human Design was missing something crucial. For me, that something was the new language I developed out of the Spectrum of Consciousness, a linguistic matrix for exploring the I Ching hexagrams at different levels of frequency.

I never officially applied this new language to the Human Design bodygraph, at least not in any teaching capacity. Many others have been doing that quietly on their own and have I am sure discovered a whole new level to sharing Human Design. Whatever system you use to help others understand themselves, the frequency of the transmission you pass on is always dictated by the words you use. When you look at your own Human Design chart only through the highest frequency words, you may see a being that feels far beyond who and what you are right now. If for example you happen to have the channel of Charisma (34-20), then instead of simply being someone who is here to be busy, you are someone who is here to display the Majesty of Pure Presence through movement. That is somewhat different!

You can look at every channel in the bodygraph in this way, and you can also look at them at their lowest frequency. In the case of the above channel, that would make you someone who is both superficially forceful, or forcefully superficial. Quite another story! My point is a simple one - that your genes do not fix you into a tight little box. They actually offer you a huge range of potential expression, and you have to accept the entire spectrum, rather than a single narrow band.

The New Biology

In recent years, great breakthroughs have been made in cellular biology. Many of us may have heard of Bruce Lipton, the well know cellular biologist whose findings have overturned the standard view of genetics. As ever, such revolutionary insights as Lipton's and others take a long time to percolate and change the standard model. The bottom line is that a new

Biology is emerging and it looks a lot like quantum theory. In the new biology, DNA is no longer seen as controlling the life, and the old notion of the 'selfish gene' is being strongly challenged. According to Lipton, the cellular membrane shows more intelligence than DNA itself, as it effectively dictates the information moving in and out of the nucleus of the cell. This means that the environment has as much power over you as you do over it.

This simple revelation is opening up boundless possibilities for the body's self-healing mechanisms and suggests that we have far more control over our body and its chemistry than was previously dreamed of. Because we now also know that DNA is highly sensitive to electromagnetic frequencies, we also know that our thoughts, feelings and words must affect it far more than we realised. At a quantum level, your environment is the same thing as your attitude. The way you see yourself is therefore what creates your body and your life. The New Age has of course been telling us this for years, but it was never so clearly understood as it is today.

With a Human Design bodygraph in your hands you therefore become a creator rather than an observer. Every word you relate to, both through your mind and your heart takes that frequency and passes it via the cellular membrane into the DNA waiting inside every cell of your being. If you are doing a Human Design reading, this also totally changes your role. You aren't just a reader or a mechanic anymore. You are a co-designer. You are rebuilding someone's whole life through your words at a higher frequency. You are reminding someone of his or her Divine essence.

This is what Integral Human Design is about.

Integral Human Design

There now exists a whole movement based around the word 'Integral'. Thanks to people such as Ken Wilber and the evolutionary movement growing up around the new worldview he offers, it is becoming clearer that humanity is entering an Age of Integration. Whole systems approaches are becoming more commonplace and new paradigms are opening up in almost every science as pioneering geniuses apply their high frequency thinking to the great mysteries. It has now become obvious that humanity is standing on a threshold. The high frequency thinking (or knowing) is that we are about to take a quantum leap to a higher reality, whereas the low frequency thinking (or fearing) is that we are all doomed and are going down the pan!

Integral Human Design takes everything that is best about Human Design and places it in a high frequency context. To me Integral Human Design is not an offshoot of the standard model of Human Design but a rebirth at a

higher level. It creates an open vista into which anyone can enter and feel a vast wave of expansion and potential coursing throughout their life and being.

Over the past few years, Werner Pitzal has worked tirelessly to recreate and redesign Human Design at this higher level. He has taken the spectrum of consciousness and woven it profoundly into the existing matrix of the bodygraph. This has led to new dimensions opening up and fresh understandings emerging from the original revelation. Integral Human Design now has more in common with meditation than it does with the old information-based approach. Your bodygraph is like the mantra given to you by the guru of your higher self! It describes what you look like living an enlightened life. It depicts you in all your glory before the Fall.

To some, such a view may seem based in fantasy and self-delusion. But the ultimate test is what does your own DNA make of it? Your DNA responds to frequencies. When you therefore input it with the highest frequencies, it has no choice but to build your body in the image of those frequencies. Fantasy therefore becomes important! You have to use the greatest human power in existence – your imagination – to recreate your life. It is said that only those who are mad enough to believe they can change the world ever actually change the world. This is the potential that Integral Human Design offers each of us.

The Circuits of Light

One of the great insights of the Human Design System is the incredible revelation of the inner circuitry of human beings. Through Human Design circuitry we can see and understand how we are conditioned, how we relate to each other, how families, groups and businesses operate, and ultimately how we all integrate into the greater gene pool of humanity. Circuitry provides the perfect field for integrating the entire knowledge base of Human Design.

The notion of a human being having ‘circuitry’ is not a new one. Many mystical systems such as the kabbalah are based on a similar idea, the Oriental approach to health is based on the idea of the meridian network, and even modern sciences such as biochemistry and neurology now see the human body as a network of neural and hormonal pathways and circuits. Integral Human Design takes the idea of circuitry into a whole new arena, by demonstrating it as the means through which awakening occurs.

Once you have grasped the essence of your own Design at the very highest level, through understanding how your own inner circuitry operates, then

your whole being begins to hum at a higher pitch. Those circuits are literally flooded with light as your DNA releases the information held in its core. The result is that your auric field enters a state of continual expansion – a process described by many mystics and masters. This opening up of your internal circuitry naturally releases all kinds of new hormones into your body, whose main purpose is to strengthen your physiology in order that it can withstand higher and higher frequencies.

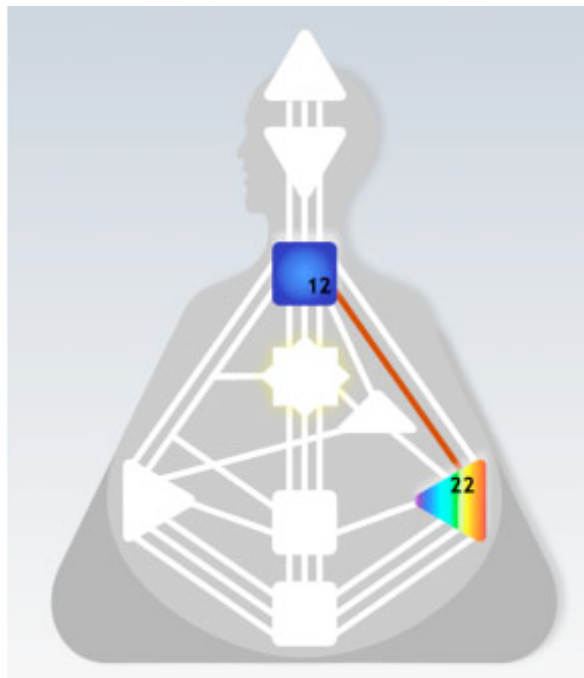
Integral Human Design thus offers a meditative approach as well as a strategy-based approach. Through gentle continued contemplation and absorption of the true higher purpose of your Design, you begin to activate and embody the very frequencies latent in words such as Peace, Grace, Beauty and Honour.

Integral Human Design in Action

Here's an example of how a simple understanding of Integral Human Design can change your perspective of who you are. The Human Design chart below shows an emotional Initiator (manifestor) with the channel 12/22 defined.

Channel 12/22

Shadow – The Channel of Possession
Potential – The Channel of Passion
Essence – The Channel of Grace



In Integral Human Design, every channel has three names to represent the three potential frequency bands open to that person. The Channel 12/22 is called the Channel of Possession, the Channel of Passion and the Channel of Grace. At a low frequency (which psychology sometimes refers to as the 'Shadow'), this manifestor will literally be possessed by their own emotions. They will most likely create enormous difficulty and pain, both for themselves and others, when they live as a victim of their own emotions. Such emotions will cause them to blame, project and long for some kind of lasting beautiful relationship to fulfil their own inner yearning. As a manifestor living at this low frequency the intensity of their feelings will also tend to drive others away rather than draw people in, and this will only lead to more anguish, anger and disappointment.

At the next level, the level of Potential, this channel 12/22, the Channel of Passion is all about harnessing the creative potential of all those emotions. This is when this person becomes clearer about their own emotions and learns to take responsibility for their own feelings. At this higher frequency, the raw energy of emotions, whether happy or sad, is no longer continually projected outwards into their relationships, but is drawn into a sustained creative process. Now the sad times are understood as inward times when the aura wants to withdraw, and the happy times are for the natural release of the fruits of those internal processes. Now this manifestor begins to surrender to the ebb and flow of their feeling life, trusting in every feeling that comes but without projecting it onto others. This allows them to find a wonderful timing in how and when they deal with people, so that others no longer find them overwhelming but instead find them positively charming!

At the highest level of Essence, the channel 12/22 becomes the Channel of Grace. This level describes what occurs when this manifestor transcends their emotions entirely. At this level, emotions become the conduit of a future awareness and the solar plexus centre (where the emotions originate) connects this person to all life. This means that when the sun rises, it rises inside this person's awareness, and when the birds sing, they sing inside this person's being. Such a being lives on another plane of reality, even though their body remains alive on the physical plane. This is the experience known as enlightenment. Wherever this manifestor now goes, they manifest only Grace, through their movement, their words, their actions and their very breath. Such an aura is powerful beyond words.

Integral Human Design views every channel and gate in the Human Design bodygraph through these three lenses of the Shadow, the Potential and the Essence. Knowing the Shadow and the Potential allows us to break free from the many difficult challenges of one's everyday life. These two views bring awareness into those areas that we sometimes find so difficult to admit

to ourselves, and this awareness will transform your Shadow into your higher Potential. However, the most powerful aspect of Integral Human Design concerns the Essence. It is through capturing the feeling, idea and frequency of your Essence that you will begin to vibrate that Essence right in the core of your DNA. Your recognition of your very highest evolutionary potential is the most powerful thing that can happen to you in life.

A Personal Note

This upcoming course in Integral Human Design represents the closing of a cycle for me at a very personal level. I began my immersion in Human Design 12 years ago, and since that time the knowledge has continued to mutate and transform itself inside me. During these 12 years I have received periodic 'rushes' and revelations from higher frequency realms. One of these concerns a knowledge I have called 'Divine Design' since it utilises another kind of bodygraph whose role and purpose I am still uncertain of. I know that I need to close this cycle with Human Design before I can enter this new higher transmission and bring it down to earth.

Because of this, I will be pouring all my love and insight into this new course - An introduction to Integral Human Design. Werner Pitzal and I also wish to make this new knowledge as simple and practical as possible so that anyone can get the flavour of it for themselves. As I therefore close this chapter inside myself, Werner will open a whole new chapter by revealing the full scope of *his* new system – Integral Human Design – A Journey into your Essence.

May it enlighten and illuminate a whole new generation! I hope to see many of you there.

With love,

Richard