

LYD Guide — Practicum 3

A personal defined-Ego story

Daisy De Boevere — August 3, 2023

LYDG training @ Human Design Collective

Learning about my Human Design chart confronted me with the existence of my defined Ego. I was in denial about having this definition because I was working so hard to get rid of "my ego." For almost my entire life, it didn't feel safe to have this definition. I didn't realize that it is an essential part of who I am. People will always experience my defined Ego, no matter what I do.

But I didn't understand the dynamics. I didn't understand or recognize the mechanics at work. I used to make it all about me, or all about the other, feeling like I was either the victim or the perpetrator. And it caused a lot of suffering in my life and my relationships.

Many undefined Egos I met would compete with me or feel threatened by my definition as if I'm confronting them with feelings of unworthiness within themselves. And I didn't understand it. I couldn't even recognize what was really happening.

But a while ago, I got into several situations, almost happening simultaneously, where it became obvious that there was something going on. And through a conversation with a Projector friend, who has similar definition (Ego and Solar Plexus defined through channel 37-40) and similar experiences, I learned a thing or two about my own not-self tendencies.

Through my open Head and undefined Ajna, it's easy to get caught up in another person's story, theory, reasoning, or concept about things. It's easy for me to believe another person's opinion about what's going on. I easily let myself be manipulated into believing certain things, which often results in second-guessing or doubting myself. I can easily get confused about things. Did I get that wrong? Have I made a mistake? What is wrong with me?

And when I identify with what is coming in through my open Head and undefined Ajna, believing the narrative that something is wrong with me, I feel like I'm not worthy or deserving to take up space in this world. I don't give myself permission to be this defined Ego. I end up believing that it's selfish or arrogant to be who I am, because of the effect it seems to have on other people.

Whenever that happens, I have this impulse to make myself smaller than I am, submit myself to what other people want and need, and completely ignore what I want or need, like I'm not allowed to have that. I would self-sacrifice, and I quickly learned that it's better not to want anything, to ask for anything, and not to be a burden to anyone.

Doing this to myself put an incredible strain on my body, something I'm still recovering from. My shoulders would tense up all the time. My neck would lock again and again. The muscles of my upper back would cramp up, as if I'm literally trying to shrink myself, take

up less space, be less of “an elephant in the room” for others, to be less of a burden or disturbance to others. I would make sure other people always “win,” no matter how unhealthy it would be for me, so that they would feel better about themselves in my presence.

But recognizing what happened in those situations, it suddenly hit me. I'm designed to be this defined Ego, and that is not a bad thing. Being less or other than who I am is not only unhealthy for me, it also distorts the energy I'm transmitting into the world. So, how can that be a good thing?

I came to understand how others can sometimes easily amplify what I naturally transmit through my defined Ego. I see that I have a responsibility there, to have a healthy defined Ego instead of a distorted one, because that is what people will take in, amplify, and be conditioned by.

In this society, Ego definition has two faces: it has been put on a pedestal, given it a certain status, but at the same time, there's a huge amount of envy and judgment toward Ego definition because most people — 65% of the world's population has this center undefined or open — can't get to that place where it is consistent and reliable, even if they try their hardest. And this center is at the top of the not-self hierarchy, so the not-self force is very strong in this one.

I see how challenging it must be to be around defined Egos in a world where "big egos" are seen as a preferred way of being to gain certain privileges and status, but at the same time, it is also seen as a curse and something that needs to be fought, resisted, get rid of, and judged harshly in oneself and others.

This is probably also why I have been struggling to embrace my own Ego definition. Through my upbringing and the environment I grew up in, I was conditioned to judge it as something bad, the "ego" being this selfish, arrogant thing that one needs to get rid off.

But now I see that it can be a beautiful thing. It empowers me to give support, deeply commit to a process, project, or relationship. I see how strongly I can put in the effort to complete something, and, in relation to my defined Solar Plexus that is connected to my Ego, how passionate I can be about something, bringing the fuel to be this cheerleader, making someone or a group of people feel that I genuinely got their backs.

I see that if I truly own my Ego definition, own my worth, not diminishing it or taking it for granted, I can truly lift people up and genuinely appreciate the value of their contribution. My healthy sense of “I” or ego, results in supporting others to also finding their healthy sense of “I” or ego.

Since I noticed this not-self pattern in my life, it has been easier for me to show up as me, with my Ego definition, not feeling bad about it, but owning it instead. And I can see that some people, therefore, aren't correct for me. And that's okay. That is something that I'm starting to trust through honoring my inner Authority. "It's not personal; it's purely mechanical," Ra Uru Hu would say.

Unhealthy competition, envy, manipulative games, or power struggles pop up from time to time, but it doesn't need to be my trip. I no longer react to it the way I did before — although, it does happen that this old pattern resurfaces, and I don't always immediately recognize it, but sooner rather than later, I snap out of it and remember what this is all about. It's part of life. It's part of being human. It's not perfect.

Over



Daisy De Boevere is Belgische en kwam in april 2019 voor het eerst in aanraking met Human Design. Door haar Projector-natuur voelde zij zich onmiddellijk geroepen om dit systeem diepgaand te bestuderen en in het experiment te stappen.

Na enkele omzwervingen, waarbij Daisy leerde van verschillende leraren, mentors en Human Design-enthousiastelingen legde zij zich uiteindelijk toe op het studeren van het bronmateriaal van Ra Uru Hu.

In 2022 behaalde zij haar certificaten in Living Your Design, Rave ABC, en begin 2023 in Rave Cartography bij haar mentors Amy Lee en John

Cole van het Human Design Collective. In de zomer van 2023 werd zij gecertificeerd Living Your Design-gids. Zij is ook Rave Kosmoloog in opleiding.

Sindsdien legt Daisy zich toe op het gidsen met Human Design, daarbij steeds blijvend investierend in haar eigen experiment en deconditioneringsproces. Veel van haar eigen inzichten en ervaringen kan je lezen op haar blog en beluisteren via haar podcast, te vinden op de website: www.daisydeboevere.be.

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