

SPARK 009

(Matrix Code: **SPARK009.00** for StartOver.xyz game.)

DISTINCTION: Communication is the manifestation of purpose.

NOTES: When someone speaks to you, you always have the option of asking yourself the question: "Why are they saying this to me?" Conversely, whenever you speak, you could consider the same question in reverse application: "Why am I saying this to them?" By paying attention to the purpose of incoming and outgoing messages you must eventually become aware that:

1. You only speak when you have a purpose.
2. Other people only speak when they have a purpose.
3. The actual purpose may surprise you and, upon inspection, turn out to be something different than what you assumed it was.
4. In general, the purpose of communication is to tell some kind of story that markets your Box's particular brand of reality to the world.

As a human being you are a member of the story telling species. Everything about you contributes to the tales you tell. How you dress and move, your job description, your voice inflections and speech patterns, your emotional expressions or non-expressions, which character roles you play or choose for partners in the scenes you create, how you unfold problem situations, are all stories.

After observing your own stories for a while you will detect repeating patterns. Your own stories tend to be monothematic. That is, you may find that your life unrolls as various chapters of the same story. It is the story of your Box: what you like, what you hate, what is real for you, what is important and true for you, what is possible for you, and what is impossible for you. In essence, your Box is always declaring into the world the story of who you are.

Like a stink, like a fog, like a cloud of dust around us, your Box's story follows you wherever you go. Your Box's story influences how you interact with the world and how the world interacts with you. You become so good at making your story that you believe it yourself. People who do not believe your story are in general excluded from your life.

Some of us tell victim stories; some tell dramatic stories; some tell boredom stories; some tell hero stories; some tell villain stories. There are eighteen standard Box stories. Whatever story you tell is the story of your life. There is nothing inherently right or wrong about any particular story. They are, after all, just stories. However, each style story does produce different results.

EXPERIMENTS:

SPARK009.01 Tell a different story than you normally tell. You can do this with two degrees of risk: subtle changes with low risk, or not so subtle changes with slightly higher risk. Subtle story changes would include wearing a shade of lipstick or color of tie that you do not usually wear, changing your makeup or hairstyle, shopping in a new grocery store, or stopping in a new bar or restaurant.

You could of course, try something a little bolder. You could approach someone you see every day like your boss or a colleague and tell them about something that you never included in your previous stories to them. You could tell them specifically why you truly appreciate the president of the company or of the country, how you totally forgive and understand your parents, how the work you do greatly inspires you, how you respect this person's personal qualities of nobility and craftsmanship, how you love life, and so on.

Two things may arise for you while consciously telling a new story in this experiment. You might encounter the sensation that the new story you tell is a lie because it is not your usual story and therefore it feels like it has a foreign origin. You can work with this by being careful to tell only new stories about yourself that you know are *true* new stories. However, (warning!), if you repeat this experiment several times during the week in different circumstances, with different people, each time expanding your repertoire of stories, you may begin to notice that *all* of the stories you ever tell about yourself are fabrications of your mind, including the stories you have been telling for years and have always believed to be true.

The other thing you may notice during this experiment is that what makes a story successful for the listener is the way you tell it, how much passion and conviction you express, the specific details describing the colors, the sounds, and the qualities of being. By improving your conscious story telling skills you may start to recognize yourself as the source of *all* stories that exist in your life. You originate all your stories about yourself, about other people, about other people's stories, about situations, about the future, and about now. Through telling a story where you are a helpless victim of circumstances and then learning that you can take the same exact incident and tell a story where you are completely responsible for causing those victimizing circumstances to come to pass, you actualize your own remarkable power as a storyteller. Claiming your conscious editorial power over the stories you tell adds interesting new dimensions to your ability to manage possibility.