

## SPARK 011

(Matrix Code: **SPARK011.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Responsibility is the procedure for change.

**NOTES:** You have been trained since childhood to avoid responsibility. The training went like this: Whenever you claimed to be responsible for causing some problem you were effectively punished. Those who avoided responsibility got away without penalty. For example, if you were throwing a ball in the living room with your brothers and broke your mother's cut crystal serving bowl and your father came storming in and said, "Who did this?" and you said, "I did," you could look forward to a swift spanking. But if instead you dove onto the couch and pretended to be reading a book when your father demanded, "Who did this?" and you shrugged your shoulders and said, "Maybe there was an earthquake?" the worst you probably got was a dirty look.

In whatever way the training occurred for you, the result was the same. You came to the conclusion that taking responsibility brings more trouble than avoiding responsibility. Taking responsibility is equated to carrying an unnecessary and uncomfortable burden, getting blamed, being guilty, feeling shamed, being embarrassed, paying an unfair price, and being stupid enough to get caught and punished.

Whether you know it or not this negative relationship with responsibility has stayed with you. At age fifteen you gain the structural capacity to take adult responsibility but Western culture does not bring its people into that new modality so you never learned how. Through dull and lifeless momentum your habit of seeking minimum responsibility continues uncurtailed.

Unconsciously avoiding responsibility repels you from one world of options and binds you to another. The world to which you are bound is the world of low drama. You are so intimate with the low drama world that pointing out its characteristic manifestations (e.g. starvation, war, overpopulation, pollution, prisons, terrorism, vandalism, corruption, etc.) seems so commonplace as to be unmentionable. Without a specific and extended special education this bond to the low drama world will remain unexamined and unbroken. The world from which you are repelled is the world of high drama. The technology for creating characteristic high drama results (e.g. integrity, compassion, acceptance, abundance, archetypal love, respect, understanding, etc.) seems so foreign as to be only an unrealistic fantasy.

Comparing the world of irresponsibility with the world of responsibility is quite interesting. The tools of irresponsibility are blaming, deceit, excuses, control, superiority, being right, revenge, resentment, extortion, justification, territoriality, manipulation, domination, victimhood, scarcity, competition, and so on. The tools of responsibility are clarity, dignity, learning, commitment, integrity, kindness, impeccability, possibility, creation, relationship, acceptance, courage, generosity, communication, joy, openness, transformation, and so on. Leadership, management and relationship occur in both the responsible and the irresponsible worlds, with radically differing methods and equally differing results.

The connection between responsibility and change is discovered most easily by thinking in the reverse. If you are not responsible for having created your circumstances as they are in every respect, can you change anything? The answer is, no, change starts with you taking responsibility for arranging all the events leading up to you being exactly where you are. Not excuses, not blaming, not complaining, not resentment, not waiting to be rescued, not seeking revenge, not playing "I told you so," these do not create change. The procedure for change starts with you renewing your full power through taking ownership of having created the situation in the first place.

## **EXPERIMENTS:**

**SPARK011.01** Choose a specific situation in your life that you would like to make different. For this experiment choose a situation where you feel powerless to make a change because you are not authorized, not licensed, not skilled, or because it is not your fault. This situation could be anything, from the lack of a traffic light at an intersection near your house, to neighbors who are always arguing with each other, to a dripping faucet, to a client that is disappointed with your company, to your mate being more interested in emails or television than in speaking with you.

Once you have chosen the situation, start examining it from a more holistic viewpoint. Responsibility is a side effect of awareness. Awareness conforms to the limits of the story you use. Extending the story that you tell yourself about the situation beyond the Box's self-centered perspective also extends your responsibility.

Begin by reinventing your story about the situation so that you are completely one hundred percent responsible for arranging the situation to be exactly the way it is. The experiment starts when you tell this responsible story to someone else, clearly spelling out exactly how you are responsible. For example, now and then human beings get into different moods. A mood is caused by an unresolved or unexpressed inner polarity, which means, holding two perhaps contradictory viewpoints in your 4 bodies at the same time. Often we want to blame the other person or institution for causing this mood in us, but being in a mood is Gremlin food, and *you* are the one holding the two unresolved viewpoints! This means you have the power to resolve the paradoxical positions, which can happen simply by bringing the polarity into another person's consciousness. The next time you start slipping into a mood, take responsibility for not having communicated the two ends of your polarized positions. For example, "I am in this mood because I have this polarity in me that I really want to stick to my dietary restrictions, and yet, I really want to enjoy all the treats being offered at this party like everyone else." Or, "...I am truly committed to saving our money, and yet *Jurassic World* is playing in 3D at the big theater only for a little while longer." Or, "...I would love to go for a walk with you now, and yet it is very important to me to get this project finished." Through communicating your responsibility for creating your own painful mood, the other person hears and understands your inner contradiction, and this shared awareness can change everything.

This new perspective may seem ridiculous at first. Still, go ahead and assume that your irresponsibility is revocable and try some experiments. "So, I am responsible for making it like this. What would I need to do to change it? Probably the opposite of what

I did to make it this way!" If you created the situation through silence, hiding out, ignoring it, or hoping it would go away, then recreating it could well occur through speaking out loud, getting involved, sharing your true feelings and wishes, and paying careful attention to it. Start using methodologies you used to create the situation this way so as to create it some other way.

Perform this experimental procedure on small things first, and then move on to bigger and bigger things.