

## SPARK 014

(Matrix Code: **SPARK014.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You can access new possibilities by minimizing your NOW.

**NOTES:** Your functional relationship to how big NOW is can change. If you have no intention about how big your NOW is, then your NOW will be sized by your Box's automatic defense mechanisms. The Box defends itself from change by creating the illusion for you that NOW is very big. Making a big NOW is like adding sandbags to a balloon making the balloon too heavy to fly.

If your NOW is big then it extends into the past and contains conclusions, failures, resentments, and excuses from minutes, days, weeks or years before NOW. A big NOW also extends into the future including fantasies, fears, imaginings, reasons, expectations and unknowns that may be minutes, days, weeks or years ahead of you. Carrying such a massive load of emotional, relational, logical, and psychological weight minimizes your possibilities for change and maximizes your chances that things will stay just the way they are. This is exactly how the Box likes it.

Your job as a Possibility Manager is to decide how *you* like it. Reinventing reality can only be accomplished right now. To access the leverage point where you can reinvent reality for yourself or others it helps to have a minimized NOW.

When your NOW is minimized, things get interesting. With a minimized NOW, there is no longer enough room for stories. When you pull back your now from past and future so that your NOW only includes this moment now and now and now, then interpretations, meanings, implications, assumptions and expectations all fall away. This is because stories exist in time. In NOW there is no time. With a minimized NOW what you are left with is just this: the present.

The value of minimizing NOW is that here and NOW is where you have power. Power is the ability to create, make decisions, take actions, choose, ask, declare, change things, make distinctions, and so on. Although you have skills and knowledge that was acquired in the past and although you have plans and commitments that extend into the future, exercising any of your powers only happens NOW.

### EXPERIMENTS:

**SPARK014.01** Minimizing NOW can only happen NOW. Practice minimizing your NOW once an hour for a week. Set your watch so it beeps each hour. Every time it beeps, weigh your baggage: Are you in a story about someone or something? Are you IS gluing? Do you have expectations? Are you justifying? Are you assuming? Are you in a fantasy? Are you resenting? Are you making projections onto someone somewhere else? Are you making projections into some situation in the future? Do you have reasons or excuses? Are you making things mean something? Are you interpreting the circumstances? Are you insinuating? Are you making implications? Are you involved in memories of the past, internal conversations with someone who is not there, or imaginings about some other place or time? If the answer to any of these questions is yes, then your NOW is not minimized.

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The experiment is to repeatedly eliminate everything that is not real. For the sake of this experiment, assume that what is not happening NOW is not real. By doing this experiment you may discover that you have a newfound easefulness in being kind, in being generous, and in serving. You may find joy in simply providing what is wanted and needed in this moment.

How big is a minimized NOW? It is as big as it takes to make a new decision (one second to decide, two seconds for the Box to reorder). If you accept what is, as it is, in this moment here and NOW, without judgment, then the next moment is completely free to be something entirely different. Now *that* is Managing Possibility!!!