

## SPARK 022

(Matrix Code: **SPARK022.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You can shift who people are by shifting your stories about them.

**NOTES:** Your experience of who a person is gets forcibly confined to the limitations of your story about them. Each time you see a person, think about them or speak about them, you act as if you already know who they are because you remember your story about them. You then dedicate yourself to recalling old evidence or finding new evidence to substantiate your story. Each time you find some evidence you think: “See! The story IS true! Here is the evidence!” You proceed to interact with that person as if who they are *is* your story about them. It is shocking to realize that you believe your stories to be true even though you yourself just made them up!!! It is even more shocking to realize that by believing your own stories you may not actually experience who a person really is at all!

The fact that you believe your own stories is a law of Box Mechanics. There is nothing wrong or bad about the law. It neutrally describes how the Box works. Possibility Management seeks to understand the basic unconscious mechanisms of Box Mechanics and then to apply the same mechanisms for conscious responsible purposes.

In this case, you can take radical responsibility for your story making by remembering that there is always enough evidence to support *any* story. That means any story you make up can be proved to be “true.” Putting into practice such a nonlinear principle gives you the ability to reinvent who people are by reinventing the stories you create about them.

Imagine that you are at a party with some friends and everyone is hoping that George comes by. People experience George as the greatest guy to have at a party because he is so friendly and understanding. He has such a warm sense of humor and can both listen to you in all earnestness and at the same time bring an air of lightness to any conversation. And George comes. But George’s story about himself is that he is shy, kind of stupid, not very attractive, and lacking in charisma. Whose has the true story? The people who experience George or George himself?

The answer is easier to see in the reverse example. Another guy comes to the party. His name is Bill. Bill thinks he is the coolest guy in town. He dresses well, always has a smart comment to make, knows how to get around and can’t wait for all the pretty girls to come flirt with him. Bill walks in the door and the people at the party look at each other in shock and think, “Oh my God! Who invited this jerk?” and everyone backs away hoping Bill does not come and visit with them. Who has the true story? The people who experience Bill or Bill himself?

This gives you amazing powers of reinvention. If you authentically change your experience of who a person is by finding evidence to support a new story about them, then they are changed! You reinvented them through reinventing your stories about them.

If there is evidence to support any story, why not create stories about people where they are healed? Where they have greater possibility? Where they can be brave and kind and healthy and happy? If you are truly committed to recreating who a person is, then even the tiniest shred of evidence is more than enough to sustain a completely new story about them. If you adamantly sustain your story of new possibility, if you refuse to change your mind about your new story, then you actually change who they are by changing your experience of them.

## **EXPERIMENTS:**

In order to do the experiment of shifting who people are by shifting the stories you create about them, it helps to first turn up the volume of your interior story telling voice. Make a sudden effort to become a conscious audience to your own internal television show. Notice that you in fact do have an internal storyteller who almost never shuts up! Only after you make the separation and create an internal audience for your storyteller's show can you begin to observe and classify the various stories you are continuously creating about yourself and others and the conditions of life. This experiment has three steps.

- 1) **SPARK022.01** Set aside fifteen minutes during lunch break at the cafeteria, during a large meeting, or at a party where there are lots of people that you know. Sit down alone with a piece of paper. Make the internal distinction between your storyteller and your audience. For fifteen minutes write down all the stories that the speaker speaks. Simply look at a person and write down the stories you create about them, good, bad, or ugly. Also write down the evidence you use to support these stories. Notice how you have automatically concluded that these stories are true.
- 2) **SPARK022.02** Choose three people about whom you have created generally negative or incapacitating stories. For example, perhaps in Step 1) you wrote: "Bob – controlling, manipulative, exhausted, angry, always sees the negative side of things." First, consider what purpose it serves for you to sustain such stories. (One of the most common purposes is to have an enemy!) Now rewrite new possibility stories for each of the three people, including the specific evidence you could use to support these new stories. For example, you might write: "Bob – vision holder for impeccability, committed to success, attentive to details, crucial resource of leadership."
- 3) **SPARK022.03** Over the next few days, keep rereading your possibility stories for these three people. Whenever you think about them only use your new stories. Ignore the old evidence. Notice if your experience of them changes. One by one tell a few other people only your new stories about these people. Do not try to prove anything or argue. Simply say that this is how it is for you. Hold the new stories as true. Then, when the opportunity presents itself to be with any of the three people you have reinvented, tell them who they are for you. Be specific about the evidence. Do not give reasons why you are telling them this. Notice what happens.