

SPARK 025

(Matrix Code: **SPARK025.00** for StartOver.xyz game.)

DISTINCTION: The Box survives in a verbal reality. There are other realities.

NOTES: Without realizing it you have been long ago trained at school and by the media to exchange your direct experience of what happens around you in the world for an abbreviated self-generated verbal description. Sensations of sight, touch, sound, smell and taste happen, but you dedicate yourself to formulating these direct experiences into sentences in your mind *first* before you relate to them as reality. Any experience that defies or displeases your sentence-making machinery becomes invisible to you.

Your Box names things. By naming things you think you can control them. You look at the telephone and your Box pronounces its name: “telephone.” You look at a chair and your Box pronounces “chair”. You already know what you can do with a telephone or a chair, so once you have made a sentence about it you are safe. When you encounter an object or experience for which you do not have a name, you usually respond with one of two strategies:

- 1) You pigeonhole the object with your closest approximation name.
- 2) You vanish it from your world. What you cannot name you cannot see.

You do not realize how often you are using strategy number two. Using strategy number two has huge consequences.

Restricting yourself to the Box’s verbal reality forces you to only learn in terms of what you already know. In order to move in nonlinear directions as a Possibility Manager you need to regain access to a wordless world of direct experience so you can go into and learn about what you do not yet already know.

EXPERIMENTS:

SPARK025.01 Develop your skills for leaving verbal reality and entering experiential reality. The method for leaving verbal reality is quite simple. Place your attention on your attention and monkeywrench your Box’s name generator. Look at an object that you are completely familiar with (for example: your watch, a door, the sidewalk) and refuse to know what it is. Refuse to name it. Drawing no conclusions about what something is instantly takes you out of verbal reality and into experiential reality. If you do not know what to name something then it suddenly reclaims its experiential qualities. You enter into a state of receptivity and unknowing that leaves a vast space for something new and surprising to arise in place of the habitual or predictable. At first this experience may feel almost intolerably intense. Make it a child’s game. Don’t take it so serious. Play around and be friends with things even if you do not know what to call them. Do this simple experiment for a few minutes each morning and a few minutes each afternoon.

After a few days you may begin to notice that things around you come back to life from a deadness that you did not know you were forcing on them. When you inhibit the name generator from squeezing every object and experience into a shoebox that is three sizes too small what remains is a rich variety of experiences and a reality that

you cannot completely get a hold of and manage in the usual ways. Even the most ordinary of objects and experiences become highly enjoyable in a very sensuous way. Things flow into each other and evolve into different things all by themselves. More sophisticated, elegant and complex relationships reveal themselves. By abstaining from the habit of naming you make room for far greater possibility.