

## SPARK 030

(Matrix Code: **SPARK030.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You create your feelings to serve conscious or unconscious purposes.

**NOTES:** Every time you feel something (angry, sad, glad or scared) and you are not aware of the purpose for having that feeling, then the purpose of your feeling is unconscious.

For example, if somebody does something or says something that offends you and you start feeling angry about it, this feeling you are experiencing serves a purpose. If you are not clear that your feeling serves your true purpose (your destiny), then the feeling serves your Box's hidden purpose (Gremlin purpose).

If you feel the anger grow in you and you use the anger to motivate you to do or say anything either to that person or to another person about that person, then you are not being responsible about your communication because your communication is incomplete. Here is why your communication is incomplete: in every moment you could feel any one of the four feelings (angry, sad, glad or scared) about ANYTHING. First you have a purpose. Your purpose generates the viewpoint of your story. Your story generates a specific thought. Your thought causes a feeling. Your feeling motivates you to speak or act. There is no limit to what story you create because there is ALWAYS evidence to support ANY story.

Let's do an example. Say your purpose is to be superior and somebody comments negatively about your clothes. What do you feel? (I feel angry.) Why? (Because they made a negative comment about my clothes and I am dressing to be superior. They have attacked me and I am ready to attack them back.) Here is an experiment to try. Given the same circumstances, could you instead feel sad? (Yes I could feel sad.) Why? (Because I want to feel superior and my plan has failed. I feel sad about my plan failing.) Continuing the experiment, could you also feel scared? (Yes.) Why? (Because if I am trying to be superior and I have failed then I am not safe anymore and something worse could happen to me.) And could you also feel glad? (Yes.) Why? (Because if my clothes caused this person to stoop so low as to make a negative comment then I am in fact superior to them and my purpose has been fulfilled!)

So, this is interesting! Something happens, and you could feel angry, sad, scared or glad about it. Could you actually feel the authenticity of those feelings as you explained why you felt them? (Yes.) So they were real feelings? (Yes.) And in fact you could have felt any of these four feelings and you would have fulfilled your purpose! (Yes.) So who created the feelings? (I did.) How? (By choosing a thought to fit my story to serve my purpose of being superior.) Could you choose a story to create your feelings to fulfill your purpose with any available circumstances? (Yes. I suppose that I could. I see that I am very creative about this.) You and everybody else! Since you could have chosen anger, sadness, fear or joy to fulfill your purpose in this situation, why did you choose anger first? (Because my standard Box strategy is to be superior and angry.)

Interesting conversation. The point is that you create your feelings to serve conscious or unconscious purposes. In the example above the purpose was unconscious, that is, being superior cannot be done in full consciousness because it would be too painful to realize fully what you are causing with your superiority. To take responsibility for communicating fully you would include a report on all four of your feelings and the reasons you could use to get the feelings to fulfill your purpose. It is your purpose that predominates the formation of your expressions.

Why would you tend to ignore communicating about the other three feelings that you could create for yourself? Why would you tend to communicate partially? Could the Box's methodologies for justifying its defenses be that sneaky and pervasive? How could you discover the answers to these questions? You could discover the answers to these questions in the usual way: by experimenting!

## **EXPERIMENTS:**

**SPARK030.01** A Possibility Manager takes responsibility at the level of feelings. This means taking responsibility for creating in your body the physical sensations that you have named angry, sad, glad and scared. Here is the experiment. The next time you start feeling angry about something (even just a little bit angry), deliver the complete communication with feelings in four part harmony. In addition to saying why you are angry about this thing, also say why you are scared about it, why you are glad about it, why you are sad about it, AND, which of your Box's purposes you would serve by choosing to name only the first of these feelings that you felt to the exclusion of the other three feelings. By delivering the whole communication it takes the gunpowder out of the bomb (the charge out of the low drama). Delivering the complete message transforms what you say into a responsible communication. Since love is a function of communication, the fact that you make the effort to communicate responsibly will simultaneously present the essence of your communication, which is that you care about the other person. By using this complete communication tool a Possibility Manager opens a two-way door for rich and productive relationships.