

SPARK 031

(Matrix Code: **SPARK031.00** for StartOver.xyz game.)

DISTINCTION: Distinctions are a higher technology than boundaries.

NOTES: Before you can make distinctions you must first be able to make boundaries. Before you can make boundaries you must first be in your body, own your center, and feel your feelings, particularly anger. The physical sensations of your body can inform you about what is working and what is not working. What is Go! and what is Beep! When you can feel your feelings then you can know what boundaries to make.

A boundary functions like an energetic wall. Effective boundary making is an important and necessary skill to developing and maintaining healthy adult relationships and a healthy environment for growing children. Examples of boundaries include: No! Stop! This is not okay! Never do that again! Only do it this way! That is none of your business! This is my life! I will not do that! Leave me alone! Go away! And so on. As simple as these boundaries may seem, you may be surprised to learn how inadequate most of us are when it comes to making boundaries.

Boundaries make an important contribution to the functional life of an adult man or woman, yet because boundaries form a barrier they also block possibility. Whether boundaries are being made by yourself or by others, a Possibility Manager realizes that alternatives to boundaries can be sought. Clarity is one such alternative.

Clarity is produced by making distinctions. It may not be obvious but with practice you can learn to make distinctions rather than boundaries. A distinction functions more like a permeable picket fence than like a boundary's impenetrable wall. A distinction specifies the limit, yet still allows energy to flow and possibilities to be accessed. Boundaries stop all action. Distinctions create clarity about what actions can be taken to create better results in the future. The more nonlinear the distinction is, the more nonlinear are the possible actions.

Here are useful distinctions that avoid the usual reasons for making boundaries.

- Each person has a Box but a person is not their Box. A person is a vast awesome potential.
- Boxes are neither alive nor volitional. Boxes are machines.
- If you are ever offended by a person, it is your Box reacting to their Box. You are reacting to a machine, not to them.
- Being offended by a machine is as intelligent as tripping over a rock and being angry at the rock.
- Machines do what machines do. Machines can be counted upon to be mechanical.
- Playing the role of victim to a machine is always strategic. You derive a payoff.
- If there is a problem between you and a child, it has nothing to do with the child.
- For a big person to solve their problem with a little person by punishing or scolding the little person, this is an act of insanity.
- If you look at someone and you think that you know who they are, all you can know about is their Box. Who they truly are is unknowable.

EXPERIMENTS:

SPARK031.01 Learn bullfighting. Bullfighting is an excellent metaphor for making distinctions vs. making boundaries. Making a boundary is like a bullfighter who enters the ring with a truck full of concrete and bricks and proceeds to build himself a large block house to stand in to protect himself from the big scary bull. When his boundary is done he is safe from the bull. But he is also cut off from the bull entirely. The excitement of bullfighting is over and the audience has gone home because they got bored. The bull is even probably sleeping by now.

Making a distinction is like the classical bullfighter. He enters the ring nearly naked, with only a red flag. The bullfighter knows that the bull is mechanical. The bull will do what bulls do (Box's do what Box's do). If the bullfighter holds his red flag in front of himself the result will be the same as having no boundary and no distinction. The bullfighter will get "killed" by the problem. But if the bullfighter stands in front of the bull and waves his red flag just off to his side the bullfighter is making a distinction. The distinction is that the bull will run at the flag and not at the bullfighter. The bullfighter is in complete and open relationship with the bull and at the same time the bullfighter does not get hit by the bull. This is how distinctions work. Distinctions take less time and less effort, but more intelligence than boundaries.

Examine any boundaries you are holding. Who are you holding the boundaries with? Why? Who do you think they are? What would happen to you if you were not holding these boundaries with them? How could you evolve these boundaries into distinctions that lead to clarity and give you both more possibility? Examine any boundaries that other people hold with you. Who holds them? Investigate why they feel they must keep boundaries with you. How could you shift other people's boundaries with you into distinctions that empower both you and them? Answer these questions as your experiment.