

## SPARK 047

(Matrix Code: **SPARK047.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Your psychology is a virtual reality.

**NOTES:** A virtual reality is a set of phenomena that you perceive and respond to as if they were real, but which, in fact, are an artificially generated illusion. In the case of psychology, the illusion is not only artificially generated but artificially self-generated.

The term “virtual reality” was created in 1985 and originally refers to computer software that presents a simulated environment of internally consistent features that can be interacted with and “lived in.” A virtual reality need have no correlates at all to any previously known reality. A virtual reality can be as wild as anyone’s imagination.

The first rule of realities is that there are no other realities. Each reality declares “this is all there is.” Because the human mind gets easily hooked into the assumption that “this is all there is,” the mind logically but unconsciously concludes “since this is all there is, then this is real.” In Possibility Management such a condition is known as “identification.” If you are identified, then you are using the formula: “I am my Box.” In considering psychology as another name for Box, then you experience the assumed condition as: “I am my psychology, and, the way I see it is the way it is.”

To call psychology a virtual reality amounts to heresy of the most serious kind. Equating psychology to a virtual reality simultaneously and completely undermines two psychological domains: the domain of personal psychology and the domain of interpersonal psychology.

It is the domain of personal psychology where you encounter the most resounding shock. If your personal psychology is a virtual reality then there is no foundation for operating as if any component of your Box were real. Remember, your Box is constructed out of basic components (called “memes”) such as beliefs, opinions, expectations, assumptions, conclusions, projections, reasons, and so on. Discovering that psychology is a virtual reality means that all of these Box elements are also virtual realities - they appear to you as real and solid, but they are not. They are virtual. Suddenly all of your buffers are vaporized and you are reduced to being 100% responsible for whatever you think, feel, say, or do about your experiences without being able to hide it behind “psychology.” It becomes impossible to create a reason that is solid enough to justify even the smallest of actions or inactions. Every action you make, or do not make, is irrefutably without connection to a reason, and therefore fully in your hands. This is bad news for your Box.

Not so devastating but perhaps more entertaining is the result that if your personal psychology is a virtual reality, then *theirs is too* (no matter who “they” are). Regardless of who is facing you, and no matter what story they are telling you about you, or about themselves, or about the past, present or future circumstances, their story is just an editorialized image created by their virtual reality generator. If you do not grant the label of “reality” to your own concoctions, then neither need you grant the label of “reality” to their concoctions. Both of your concoctions become merely

virtual gameworlds with certain rules and outcomes. This observation can be quite liberating.

The shift is to stop assuming that the manufactured images of psychology – ours or another's – are right or true or real, and to instead assess the images as virtual gameworlds, with qualities that are useful or not useful, interesting or uninteresting, profitable or not profitable, but definitely not true, and most definitely not solid.

### **EXPERIMENTS:**

This experiment has two parts. The first part has to do with your personal psychology. The second part has to do with the psychology of others. PART TWO cannot occur unless PART ONE occurs first.

**SPARK047.01** PART ONE: During this next week, take nothing as real that you say, think, or feel about another person or about what is happening in your circumstances. Instead, observe it as a Box-generated virtual reality. Be amused. Be interested. Do not be hypnotized into falling asleep back into the dream that the Box's movie is real.

*(Warning: Be vigilant not to assume that the circumstances themselves are a virtual reality. They are not. Making this mistake could be extremely costly. Circumstances are quite real. If you step in dog poop, you will have dog poop on your shoe. If you do not pay a bill, the bill is not paid. If you walk in front of a moving car it will smack you hard. This experiment applies only to what psychology manufactures out of the circumstances, not to the circumstances themselves.) (Clearly realizing that the psychological image is not the circumstances gives you the power to deal directly with the circumstances. This is an extremely useful power.)*

**SPARK047.02** PART TWO: During this week, take nothing as real that another person says, thinks or feels about their circumstances, or about what you or another person says or does. Instead, observe it as a virtual reality. *Do not tell the other person that you are doing this experiment.*

In both parts, notice any changes in your possibility, in your energy level, in your ability to think innovatively, in your ability to respond effectively and to create useful results.