

SPARK 048

(Matrix Code: **SPARK048.00** for StartOver.xyz game.)

DISTINCTION: If you cannot make a decision then there is a part of your Box that is playing dead.

NOTES: The inability to make a decision comes either from being stuck or confused. Confusion and hesitation are not obligatory. In those times when you are stuck or confused, you do not see any other options besides being stuck or confused. Therefore you have no clue as to what to do to get unstuck or unconfused. This is the nature of stuckness and confusion. With this SPARK you gain three clues.

CLUE #1: (“there is a part of you”) You have parts! What does this mean “you have parts”? It means that even if you feel yourself to be stuck or confused, you may have more possibility than you realize. For example, one part of your Box may be acting blind. But your Box has other parts that are not blind. You may see no other options in this moment because you happen to be identified with the part of your Box that is blind. Since your Box has parts, you could shift identity to another part of your Box that sees plenty of clarity and possibility in these identical circumstances. How do you shift identity to that other part? You enact some behaviors inherent to that other part. For example, the part with clarity and possibility may love to dance or do physical exercise, ride horses or bikes. Or that part may be able to sing, or give talks, or coach other people about being stuck, or do improvisational theater or stand-up comedy. To shift identity you simply shift behavior. For no reason, even if you do not feel like it, you do something completely different sourced from the empowered part. Act as if you have clarity and possibility, and this brings the clear part of your Box to life.

CLUE #2: (“playing dead”) A part of your Box is *playing* dead. It is not actually dead. It is representing itself as being dead in this moment. If a part plays dead it plays dead for a reason. However weak or unsuccessful that may look on the surface, the resulting deadness is the result that the Box intends to create. The Box’s purpose is being fulfilled and the Box’s purpose is not stupid. At some point you made an intelligent decision to disempower yourself because that seemed most optimal to your chances of survival. Insuring your own survival is a noble purpose. I repeat, insuring your own survival is a noble purpose. As noble as the purpose of your old technique may be, it could be time to reassess the situation. You may be dealing with an outdated decision based on circumstances that are no longer valid. To make a new decision all that you need to do is go to the point where you made the original decision and then make a new decision. How do you get to the point where you made the old decision? That is where CLUE #3 comes in.

CLUE #3: (“cannot make a decision”) Apply the Possibility Management technique: the problem is the solution. This provides you with the following experiment!

EXPERIMENTS:

SPARK048.01 Deciding to have a part of your Box play dead, although common, is a dire decision made in desperate circumstances. To make such a decision you must

have had a very good reason. The experience of confusion itself, or the experience of hesitating to make a decision, if you want it to, can take you directly to that reason why a part of your Box is playing dead. The experience provides the link to the moment of the old decision. All there is for you to do is trust the experience of confusion or hesitation, let it get more and more intense, and let it lead you directly to the moment of your old decision to play dead.

To do this experiment reserve about half an hour of quiet time where you will not be disturbed. Sit comfortably. Have a sheet of paper and pen with you. Close your eyes. Take a deep breath and relax. Say to yourself, "I trust my confusion." Then think about some decision you have been unable to make. Immediately the confusion will present itself. Again say to yourself, "I trust my confusion," and let the sensation grow and grow, more intense, bigger. Give every cell in your body permission to experience the confusion. Suddenly you will be able to detect feelings: anger, fear, sadness, or joy at someone else's pain. Two or more of the feelings may be mixed together, but one will always be bigger. That is the one you are feeling in the moment. Say to yourself, "I feel (and then name the biggest feeling) because..." and then say the first thing that comes to your mind in the confusion, even if it does not make sense, even if it is not nice. An image may flash into your mind of a situation or an incident from your past. Trust the image. It may feel like you are making it up. Trust it anyway. Making it up is how it feels. Then say to yourself, "I decided to act confused so that..." and name the reason. "I decided to play dead because..." and name the cause. The reason or cause could be anything: to be invisible, to get revenge, to save your life, to sabotage an authority figure's dependence on you. It does not matter what the reason is as long as you have clarity about it. Then say, "The circumstance has changed so this reason to be confused or play dead is no longer valid. I am changing my mind. I am making a new decision. The new decision is that it is okay to be big and alive and clear." (Use your own words here. Say whatever else you need to say.) Sit for a moment and let the new decision reorder your Box and all four bodies. Then write down the old decision and the reason, and the new decision. (No reason needed!) Use the new decision as a guideline for your future behavior. You do not need to tell anybody what you have done. Simply act in accordance with your new decision.