

## SPARK 049

(Matrix Code: **SPARK049.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Reasons are only an attempt to look sane.

**NOTES:** Why do businessmen wear coats and ties instead of Tarzan suits? Why do women wear the latest fashion instead of whatever they have in their closets? Why do men shave and women wear makeup or style their hair? Why are our houses and apartments so similar to each other? These questions point to something so deeply ingrained in us as to make the questions seem ridiculous.

If you went to work wearing a Roman toga and carrying a large banana squash, people would want to know why you were doing that. If you gave them a good enough reason they would act like they accepted your reason. But if you gave them no reason, or if you persisted in wearing a toga every day, or if a man kept wearing women's clothes, or carrying around squashes, what would happen? There would soon be serious consequences. You could be severely rejected by society.

We are human beings. We live and work in groups. The worst threat anyone could make to you – the supreme punishment – is shunning, banishment from the group, being excluded. True banishment from the group means death because you are cut off from all that you need to live. Long ago, to avoid being sent to your room and left alone, you learned how to be acceptable. The main way you make yourself appear to be acceptable is with sane reasons.

You do not realize how gravely deformed you are by your need to conform to acceptable reasons so as not to be rejected. But this is only half of the story. The other half is that you believe your own reasons! You have been so seriously conditioned to behave in the domain of acceptable reasons that you think reasons and behavior are connected. If you cannot create an acceptable reason you do not act. You put so much effort into creating your reasons that you think your reasons are true!

Your reasons for choosing a career or not choosing a career, for getting married or not getting married, even your reasons for getting out of bed in the morning – you think they are important, you think they are valid, you think they mean something. Why else would you listen to them? You think that you are actually making decisions because of the reasons you give.

What is really going on is that you make up reasons for your actions *after* you have already decided to act a certain way. You make up reasons so that if anybody ever asks you why you are doing a certain thing you can give them your reasons. If you can give people good reasons for your decisions and actions then they do not perceive you as crazy. Crazy people are a menace to society. Crazy people are dangerous and get locked away in solitary confinement and given drugs. By your reasons you try to convince others that you are not dangerous. Limiting yourself to only making decisions for which you have created very good reasons keeps you looking sane. This is a very good reason for limiting yourself. But think about this. No

matter how good the reason is for limiting yourself, you are still using reasons, and, you are still limiting yourself.

### **EXPERIMENTS:**

**SPARK049.01** If you did not have to worry about being regarded as dangerous or insane, how could you behave differently? Make a list right now of twenty actions that you would take if you did not have to have reasons to justify your behavior, and you did not have to worry about trying to look acceptable and safe. Try not to edit your list *at all*. You do not have to share this list with anyone.

**SPARK049.02** Set aside three years for this experiment. You may not need all three years, but in your mind give yourself three full years. Lie down on the floor on your back. Just lie there. From this moment on, for the rest of your life, do not move a single muscle without you taking full responsibility for choosing to do so. If you move for a reason then you do not have responsibility for the action. The reason has responsibility for the action. Do not move until you realize that you can choose to move for no reason. You source the action. No reason has anything to do with it. Do not breath; do not shift your eyes; do not place your attention on anything, do not think a thought, or speak a word without it being 100% undeniably your choice to do so. Recognize, through careful introspection, that actions come first and reasons follow, that actions and reasons are in fact not connected at all. And that you are free to make any action or any decision you like without having it be connected to any reason. Later on, if anybody does happen to ask why you did a certain thing or decided a certain way, you can either look at them and spontaneously create a superb reason that would be exactly what they would want to hear to prove that you are sane, or just say, "I don't know." Now without a buffer zone of pre-made reasons around you, you are radically at risk. You have no escape at all from being solely responsible for your actions.

You might be lying there on the floor for three minutes, three hours, three weeks, or three years before you get it. But until you make this experiment and take responsibility for your actions at an irreducible level previous to reasons, you will forever be falsely founded on trying to look sane.