

## SPARK 050

(Matrix Code: **SPARK050.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** If you are not feeling afraid, you are not creating.

**NOTES:** Of the four categories of feelings (anger, sadness, joy and fear) it is the fourth category that is the least understood in today's modern culture. Modern culture's typical attitude towards fear is: "No fear!" You have been trained to experience fear as bad, as dangerous, and as indicating that something terrible is happening. You avoid fear even if you must shut down all of your feelings entirely and go completely numb. This does not mean that the fear has left your body – oh, no. The fear is still there even when you are numb. Numbness only means that you do not feel it.

The old mental map about fear is that fear is not okay because feeling fear makes you weak, untrustworthy, childish, panicky, unstable and bordering on psychotic. Fear makes you confused and stops you from acting. If you feel fear you cannot be a leader. The certainty that it is not okay to feel fear is strongly wired into your Box.

From the responsible perspective of Possibility Management we can draw a new map about fear where fear is a neutral source of energy and information – one of the four sources (anger, sadness, joy or fear) that you have available to you through your human body. In the new map fear has extremely useful applications. For example, you can use fear to pay attention, be alert, see how to protect things, know what to watch out for, make future plans, take precautions, take intelligent risks, detect possible failures, notice details, make careful decisions, ask dangerous questions, be visible in a group, be precise, and so on. Being out of touch with fear's resources is a very high price to pay for being modern!

This SPARK begins by inviting you to rewire your Box with regards to fear. Nobody can rewire your Box for you – you must do it yourself. All that is required to do the rewiring job is your attention and a few bits of clarity. Here is the clarity. The original Box wiring connects fear with the idea of risking your life. This is called "cross-wiring," where one thing is wired diagonally to something completely different that is not naturally associated to the first thing at all. Unless you rewire your Box you will never gain free access to the energy and information of fear without also having the simultaneous conclusion that you are facing imminent death. The proposed new design changes the wiring in your Box from cross-wiring to direct-wiring. With direct-wiring, fear is no longer bad or good, neither repelling nor attractive, neither dangerous nor safe. The proposed direct-wiring sets up an utterly simple new connection in your Box instead of the presently cross-wired connection. The new wiring connects fear directly to fear. That is, fear equals only that you are having the experience of fear. Fear equals fear. This new direct-wiring empowers you with clarity about where you are on the *Map of Four Feelings*. If you are feeling fear you are in the territory of fear. That is clarity. When you know where you are then you know what resources you have to work with. If you are experiencing fear you are experiencing fear. If you are ready to change your Box you can go ahead and make that new connection now. Stop reading. Close your eyes for a moment. Rewire the fear so it only means fear. Take a breath. Open your eyes when you are finished.

What does this rewiring do for you? You normally live near the center of your Box where conditions seem most comfortable and safe. The closer you get to the edge of your Box, the greater is the intensity of your fear even up to panic levels. What is the fear about? You do not know. When you reach the edge of what is encompassed by your Box, the Box protects you from entering the unknown by making you afraid. Since fear was wired to bad and dangerous you automatically return to the safe known center of your Box. You have been doing this ten times a day not knowing how thoroughly the Box prevented you from innovating.

Can you remember lying in bed at night as a child? Were you ever afraid to dangle your hand or foot over the side of the bed because you did not know for certain what was down there? Under the bed is the shadowy unknown. That unknown is huge, plenty big enough to contain large mean greasy rats with very sharp teeth, or a bogeyman with cold wet glubbery hands ready to grab you and pull you under the bed with him. You do not know, so you are afraid. When the experience of fear is wired to the meaning “bad” you use your imagination to project the worst bad things you can think up. If you rewire your Box so that fear is no longer bad, so fear is just fear, then you can stop the projecting and just feel the fear. When it is okay for you to feel afraid, you can go into the unknown. The fear is useful because it confirms for you that you are actually in the unknown, beyond the limits of your Box. You literally gain the new ability to let your hand dangle over the side of the bed! This true frightening unknown is where creation originates. Now that you are willing and able to stay afraid and still function instead of panicking and running away, you can truly start creating.

Within the limits of your Box you can only do what you have always done. If you create within the limits defined by your Box you are only creating out of what already exists. Creating from what already exists is a very limited form of creating, insufficient for effectively responding to a living, evolving world. You need an unlimited form of creating – the ability to respond by moving in any direction, to provide whatever is wanted and needed, whether you know about it or not. Unlimited creating can occur only when you are creating from what you do not know – from the unknown that lies beyond the edge of your Box’s world – where if you go there you *must* experience fear. If you are not feeling afraid, you are not creating.

## **EXPERIMENTS:**

**SPARK050.01** Feelings have different intensity, somewhere between 0% and 100%. Feelings can be useful even if you are not experiencing them at 100% maximum. Like the accelerator pedal of a car – you do not often drive at 100% power, and still you get to where you need to go. The experiment is this: sit yourself at your desk at home or at work and let yourself feel afraid for no reason. Let 10% to 20% intensity fear come up - just stop blocking your fear and you will feel it. Feel that chill down your spine? Feel the hair on your arms stand up? See how quick it comes? Run your fear through your new wiring where “fear is fear,” and then use the fear as the energy for doing the next thing that needs to be done, whatever it is. Use your free roving attention to scan all there is to do next. You might discover, for example, the next thing could be to call your mother, or go to the dentist, or open your bottom drawer and read an insurance paper, or read your appointment calendar for tomorrow afternoon. Fear may direct you

to take an action that is completely unexpected and totally appropriate. Two things you can discover by doing this experiment once a day are: 1) responsible fear has wisdom that you can trust, and 2) the unknown contains useful possibilities but you gain access to them only if it is okay for you to feel fear.