

## SPARK 051

(Matrix Code: **SPARK051.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Your mind functions in the service of your Box.

**NOTES:** Have you ever noticed a pattern of thinking in yourself or in others that generates a certain physiological state? When you think with certain words and phrases, and when you visualize certain images, then a reaction occurs in your body. The reaction produces a certain tone of your voice or expression on your face. Have you observed that you tend to repeat the same flavor of conflicts, the same mood in your life-scenes day after day, week after week? Did you ever wonder what really keeps you from wild thinking?

Note: The Box prefers that you do not observe that it is showing you reruns. So the Box cleverly sends an automatic erase command to the mind between life-scenes to try to prevent you from noticing repetitions. If you have caught even a glimpse of the mechanicality of your life – congratulations! - you are doing quite well with your self-observation already!

What the Box wants you to think if you notice a repeating pattern is, “See! I told you so! You are seeing it again so therefore this is real! The world is actually like that! The fact that it happened again proves it!”

What a Possibility Manager thinks is, “Oh! My Box is creating reality to be like this again? Interesting. What is the purpose for the Box creating it like this?”

It is extremely difficult to disbelieve the propaganda generated by your own mind. Why? Because as soon as the mind has an image that it can call evidence, the mind releases hormones and other chemicals into your bloodstream and nervous system to generate a physiological state in your body. This “state” can then be used by the mind to further confirm the validity of the Box’s position.

When you feel your usual patterns of happiness, confusion, abandonment, satisfaction, betrayal, abuse, winning, losing, hysteria, depression, rage, triumph, grief, hopelessness, superiority, powerlessness, loneliness, inadequacy, insecurity, or any form of victimhood, all of these are produced by the Box’s editorial policy supported by the mind’s evidence and your body’s internal chemical factory.

The state you are in largely determines what is possible for you. To change the results that you can create for yourself and others, you must have the ability to change your state. This is what happens in Possibility Manager training. New maps and new techniques create the possibility of changing state. The change of state happens not through force but through clarity.

### EXPERIMENTS:

You know that you cannot lift yourself off the ground by pulling up on your own ears. This is because you have no external leverage point. For this same reason, your mind cannot outwit your Box. Your mind is a subset of your Box and in ordinary

circumstances your mind has no external leverage point to create viewpoints different from the Box's propaganda. Therefore it is almost impossible to change your state on your own. Fortunately, there are three Possibility Manager techniques that you can use for changing your state and thus changing what is possible for you. The next time you are headed for a typically repeated "state," use one of the following:

- 1) **SPARK051.01** Put the "state" generating machinery in neutral gear. This is the most effective technique, but also the most unreasonable. The instant the mind starts whipping up a state, you push in the clutch pedal so as to disconnect the motor mind from the wheels of action. Then shift into neutral by opening a gap. From being in the gap of neutral gear you can watch the motor-mind churn as fast as it wants and, because it is now disconnected from the wheels, the mind cannot pump any adrenaline into your bloodstream to cause a physical reaction. Letting the mind do its outrage thing is like hold back a little kid who wants to punch you to smithereens. Just put your hand on his forehead and he can't reach you with his swings. It is so simple it's funny. Do the same thing with the mind. Stay in the gap enjoying a cup of coffee or a walk in the park while the mind spins itself out. Keep breathing, each breath re-establishing your presence in the gap. After using this technique a few times the mind will run out of gas more and more quickly. It is only mind, only thinking. Keep the thoughts away from the "state" generating machinery and no "state" will be generated.
- 2) **SPARK051.02** Serve someone else. Drop everything that you are involved in for the moment and go create possibility for someone else. This might mean making a phone call to a creative colleague looking for new ideas, going to the café with a buddy who could use some cheering up, calling a quick meeting to move one of your boss' pet projects forward, etc. While you are serving someone else you will be creating. Creating is its own state. Whenever you are consciously creating, your Box takes a back seat and your destiny principles move in and take over. By creating possibility for someone else, you shift the game from serving the Box to serving something greater than the Box, namely your principle. This automatically shifts your state.
- 3) **SPARK051.03** Make a "Pirate Agreement." A Pirate Agreement is when you make a promise to use any means necessary, break any rules, obliterate any reasons, disregard any objections, abandon all protocol of politeness, fairness or reasonableness to disrupt or undermine any limiting reality that your Pirate partner's Box captures them in. They make the same agreement with you. Choose a Pirate who has the clarity and the guts to actually do what a "Pirate Agreement" defines. You dedicate yourself to liberate your partner's potential no matter what. The Box can put up an amazing fight when cornered by an approaching Pirate. This is a rough technique – but it works amazingly well! "Yo-ho! Yo-ho! A Pirate's life for me..."