

SPARK 052

(Matrix Code: **SPARK052.00** for StartOver.xyz game.)

DISTINCTION: Love does not come from somebody else.

NOTES: It is interesting to ask the question: Where does love come from? Probably no other subject has been so thoroughly explored in literature, song and poetry. Of what use could it possibly be to examine love in the condensed environment of a SPARK?

What a Possibility Manager wants to know is how to be functional in the arena of love. It may surprise you to learn that Possibility Management is effective for the one reason that love is its foundation. You cannot effectively create possibility for someone unless you first find some way to love them. So, where does love come from?

If you think that love comes from somebody else, then consider how you would typically live your life. You may spend hours, days or weeks lacking love. You may conclude that love is scarce, that there is not enough love, and that you must go around looking for love. If you want to be in love, then you must try to find love.

How do you know when you have found love? First you might search for evidence of love. You think, "If this person loves me then they would certainly empty the garbage can once in awhile." Or, "If this person loves me then they would certainly want to gaze into my eyes and hold my hand instead of complaining about someone else in our time together." If you do not find the evidence that you expect to find then you conclude that there is no love. Without the evidence of love you are left being a loveless victim. And this is how your Box wants you because then you have to keep relying on your Box instead of on love.

The other way that you look for proof of love is through your experience. You think, "If there is love then my heart will swell. I will feel warm and tingly all over. Problems won't seem like problems. I will feel high on love and I will always want to be with my partner." If you do not have the experiences that you expect you should have if you are in love then you conclude that there is no love. Without the experience of love you are left being a loveless victim. And again, this is how your Box wants you because then you are dependent on your Box instead of on love.

Looking for love's evidence or love's experience is the typical relationship to love. And when you do not find what you seek then you assume love is not there. You go looking for love somewhere else.

While doing the experiments from SPARKs, one thing you hopefully have noticed by now is that the evidence you perceive and the quality of the experiences you have are completely determined by your Box. Shocking as this may seem, by now the Box's influence over your senses cannot be denied (although it is simple for the Box to arrange for you to temporarily forget). This means that your Box also determines your relationship to love.

Since you take responsibility for having created your Box the way that it is, you can rebuild your Box any way you want it at any time for no reason. You could even redesign the way your Box relates to love. What other possible relationship is there to love? Could there be a relationship to love where you are not a victim going around trying to find love in a world where love is scarce? Could your Box relate to love as if love were abundant because wherever you go love is there? As if you source love? How could you establish this radically responsible relationship to the presence of love? By experiment, of course!

EXPERIMENTS:

Here are five Possibility Management experiments for taking radical responsibility for love. They will require practice. Choose one. Practice.

- 1) **SPARK052.01** Act as if love is commitment. You have the ability to keep a commitment. As long as you keep your commitments, there is love. To say, "I love you," means, "I commit to you. I commit to your wellbeing. I commit to your commitments. I commit to what you are committed to." To find out what another person is committed to requires developing an ear for discerning commitment. To develop that ear, do the experiment of repeating back the commitments you hear from them and ask for their feedback. This way you will learn quite rapidly.
- 2) **SPARK052.02** Act as if love is all there is. Look around. Why else would people repaint their walls? Why else would people grow beautiful gardens? Why else would people start businesses? Why else would people brush their hair? Why else would people make furniture and art, churches and roads? Why else would people care about fixing things or repairing things? Why else would people communicate? Perhaps your typical view that love is scarce ignores the obvious fact that love is all there is.
- 3) **SPARK052.03** Act as if love is a principle. Then as a Possibility Manager you can function in service of the principle of love. In every interaction love can exist through you because you are being the space through which the principle of love does its work in the world. Whatever you touch, touch it as a manifestation of love.
- 4) **SPARK052.04** Act as if love exists because you personally generate the context of love. Love surrounds you like a cloud of being. This means that wherever you go, you do not have to look around for love. Love is already there because you are there. A Possibility Manager ongoingly represents the possibility of love because he or she generates the context of love on purpose.
- 5) **SPARK052.05** Act as if there are two forms of love: passive and active. Passive love is accepting what is as it is right now. Active love is creating what is. Note: There is a big difference between accepting what is and *tolerating* what is. Merely tolerating is *not* accepting. Accepting what is means not judging or criticizing, not expecting the other person or the situation to be any different from exactly how they are. Accepting what is gives you direct access to the irreducible components of reality should you then decide to enact the second form of love, which is active love. Active love is creating what is, creating what really matters to you. People often report that creating what really matters to them feels like being in love. Who decides what really matters to you? Could you arrange it so that what you are doing right now really matters to you?