

SPARK 063

(Matrix Code: **SPARK063.00** for StartOver.xyz game.)

DISTINCTION: Bringing integrity to your clarity results in discipline. – Or – Nothing changes until it hurts.

NOTES: Keep in mind that you are dealing with a survival Box, a psycho-emotional machine that is totally dedicated to defending itself and keeping things the same for you. Please remember that you often live and act as if you *are* your Box and that this is merely habitual misidentification. Living as if you are your Box is an illusion.

Still, you forget that you are not your Box. You forget that other people are not their Boxes. You act as if your Box is you because your Box grabs you by the balls and shoots you full of adrenaline and emotions. You think that these internal experiences are real without looking at their purpose. To gain clarity about what's going on, continuously detect the *purpose* of your tone of voice and your actions. The way you can detect purpose is to look at the results that you create. The results never lie. If you are speaking with someone (child or adult, friend or foe) and you think that your purpose is kindness, generosity, and acceptance, and if the conversation results in more separation between you, then separation and conflict was your real purpose, unconscious as it may have been.

But the best self-observation only results in clarity. The question is how do you bring integrity to your clarity? Once you gain an insight about the mechanics of your Box, how do you live in and act from that clarity forever? The answer is simple: discipline.

If there was ever a nasty, repulsive, frightening word, it is discipline. Discipline in modern society is a concept that is as maligned as responsibility. Your resistance to discipline arises from your Box's designed-in predisposition to avoiding pain and seeking comfort.

So, let us talk about pain. There are four kinds of pain:

- 1. Physical pain**, which is unavoidable. All sensation is painful. Even laughing, orgasm, eating chocolate, and sleep are all various kinds of physical pain. If you are alive you will have physical pain. It is part of the package. You are feeling physical pain several places right now if you would pause to notice it. And in any case you will die, most likely not without some pain. We all have physical pain.
- 2. Emotional pain**, which is also unavoidable. Yes, your Box is mechanical, but you are not a machine. Whether you feel them or not, your body is always having feelings about everything. Mad, sad, glad and scared are all painful. Just as with physical pain, you can shift your perspective and make use of the energy and information provided by the feelings, but you cannot avoid the feelings themselves. We all have emotional pain.
- 3. Mental pain.** What is that? Mental pain is caused by what you think. Mental pain includes worry, criticism, competition, territoriality, low self-esteem,

superiority, loneliness, uncertainty, resentment, justification, revenge, trying to be right, making someone wrong, and so on. Of the four types of pain, mental pain is the only kind of pain that can be avoided. Avoiding mental pain requires practicing different kinds of thinking. Practice requires discipline. Discipline can be painful. But the pain of discipline (except sore muscles or cravings, etc.) is mental pain. The pain of discipline is the pain of change, the pain of learning. Avoiding pain avoids the learning. It takes discipline to learn. Discipline is the process of tolerating the intensity of more and more pain. Discipline itself is a simple decision.

- 4. Energetic pain**, which comes from not knowing that it is okay to not know. It is being in free fall, groundlessness, lack of identity, lack of motivation, existential angst. Who am I? What am I doing here? What is the point of it all anyway? Energetic pain may be the most pervasive and profound pain, but also the most subtle. Energetic pain can also be caused by the influence of such forces as bardo states, daemons, boogies, energetic parasites, the position of the planets, one's exposure to sunshine, electromagnetic contamination, geomantic forces, Earth's energy and water lines, and a lack of having your center, your grounding cord and your bubble and therefore being plastered with other people's energy-draining thought-forms. If you are not aware of these possible energy draining or chaos generating influences you may think that managing the energetic body is hopeless, but it's not. It's just that modern culture doesn't teach you anything about this stuff.

Your Box restricts you so that your life experience stays within a tolerance level that your Box can control. Did you ever notice that you only experience so much love, ecstasy, and joy, so much commitment, passion, and devotion, so much pleasure, intimacy, and openness? The Box is like a corset snugging you into an artificial form – imprisoned, ostensibly for your own good. As a result you do not know how big you really are. You do not know how big life really is. And you do not experience and express the fullness of what is possible for you in the world.

Since your Box is designed to avoid pain and since your Box determines your actions, then *whatever* the Box labels as painful you avoid. Your Box traps you with pain like you trap snails with salt. Your Box wins until you begin developing discipline. Experience comes in gradations of intensity. If you develop the discipline to let yourself feel more intensity than is allowed by your Box, the Box's pain limits no longer bind you. Your Box automatically expands. With discipline you can learn to tolerate more and more intensity. Discipline lets you lower the Box's fight-or-flight choice-threshold of pain until almost everything is painful and you can just be with it. Then you enter a more intuitive, responsive and flowing relationship with the world.

EXPERIMENTS:

SPARK063.01 Practice choosing the pain. Stay with it, keep breathing, and let it hurt. Nothing changes until it hurts. Appreciate the hurt. Watch yourself and try to discover exactly how you decide what too much pain is? Pain is pain. You yourself are the one who changes pain into suffering. Watch the little things. Squirming in your chair is usually not a conscious choice. You move habitually to relieve discomfort. Observe the minutiae of your movements. You move your attention from one place to another to

avoid discomfort. You stop looking in someone else's eyes when the physical experience of the energetic contact gets too intense. If you learn to tolerate the intensity of more and more pain of contact whole new domains can open up for you. The experiment is this: three times each day, contradict your natural tendency to avoid pain. Instead, choose the pain. Use the stairs instead of the elevator. Compliment your enemy instead of insulting them. Do it now even if you are tired. Listen instead of speaking. Keep your opinions to yourself. Let them go first. Cease judging. Say no. Find something to love about them and speak your appreciation. And so on. Three times a day choose the more uncomfortable way.