

SPARK 064

(Matrix Code: **SPARK064.00** for StartOver.xyz game.)

DISTINCTION: The road to discovery is not the road to happiness.

NOTES: Let us start by repeating what was just said: The road to discovery is *not* the road to happiness. We so commonly assume that the goal of life is to be happy. Such an insidious hidden assumption we make! All the problems we try to solve, all the risks we take, all the upset we experience, all the discipline and practice, all the effort to try and fail and try again, all the fears, frustrations and chaos we feel. With all this suffering we assume that we will finally be rewarded with happiness! Why else would we do all this?

Perhaps at the beginning of your exploring there should be a warning sign or a contract that reads: The road to discovery is not the road to happiness. The road to discovery is the road to discovery. Expanding the Box expands the Box. An expanded Box includes more possibility, more options, more awareness, more responsibility, and more of all four feelings, not just happiness.

In contrast to the road to discovery, there is the road to happiness. The road to happiness has two poles: total ignorance – or total transcendence. Each of us has already tried the total ignorance route, probably for quite a long time. And total transcendence is not likely to happen to you for a long while, especially if you have psychological buttons that can be pushed. You are in the tunnel and the end is an illusion. Creating the matrix to stay unhookable, centered and present, to take responsibility and not blame the circumstances no matter what the circumstances are, in other words, transcendence, can take years – maybe even lifetimes. What are you to do in the meantime when it occasionally looks pretty hopeless?

You keep experimenting!

EXPERIMENTS:

Here is how it is: We try to come together and love each other as couples and families. We try to create effective results together in businesses and organizations. In our imagination we think that we are supposed to live and work together happily ever after. But if we authentically embark on the road to discovery the first news we are going to get is bad news. Why else do you think all the movies come to an *end* when the people get married rather than beginning there? If you engage the road to discovery then at some point after the honeymoon it is going to get rough.

Remember the four steps of learning. First 1) you do not know that you do not know. This is unconscious incompetence, total ignorance, total bliss. Then 2) you realize that you do not know. This is the painful part, the wake up call: conscious incompetence. You start to see how persistently your Box has been playing out its private version of reality in your life. You may spend longer than you would imagine cooking in step 2) before going on to step 3) With effort and practice you gain some skills for creating different results: conscious competence. Then 4) after some time, the new level of competence becomes so familiar that you forget that you were ever different from this and you enter unconscious competence.

There is an old bar in the town of Katmandu. The bar is named *The Yak And Yeti*. (I have been there.) It is a famous bar. (Not because I have been there.) The bar is famous because it is the bar that early mountain climbers and explorers of the Himalayas would come back to – if they came back – to warm their feet and tell adventure stories about what they had discovered out on the mountain. But if you looked closely you would see that these men and women came to the *Yak And Yeti* to share the company of others who, like them, had also chosen the road to discovery.

SPARK064.01 Here is the experiment. Start now. Take responsibility for choosing to be on the road to discovery. Give up expecting happiness with your friends and your partner. There is a difference between love and happiness. There is a difference between satisfaction and happiness. If you take responsibility for being on the road to discovery then you can love the people you are with and be satisfied that you are discovering, even if you are not happy. Stop blaming your mate or your kids or your boss for making you unhappy. Give yourself and the others space to be unhappy, to be angry, to be scared, or sad. Listen to their painful stories, and also tell your own. Know that these stories are normal on the path of discovery. Let the irritation that comes from seeing the other person being unhappy lead you to further discovery. Acknowledge each other for the steps you are taking on the road to discovery whether it looks like you are progressing or not. Cast away your expectations about some fantasyland of endless happiness. Go to your own *Yak And Yeti*. Put your feet up together after a long hard day of discovery, and recognize, admire and enjoy the explorer in each other.