

SPARK 065

(Matrix Code: **SPARK065.00** for StartOver.xyz game.)

DISTINCTION: You are not your Box. (Part 2)

NOTES: Your Box is a sophisticated complex defense structure dedicated to keeping you “secure” by controlling your life so that everything stays the same. The Box is necessary for your proper development – the same way that a chrysalis is necessary for the proper development of a butterfly. Unlike the chrysalis, however, the Box will never be left behind. But the Box can change functions from being primarily defensive and limiting you to the known, to being primarily expansive and taking you into the unknown where you can create and live out your Destiny.

If you choose to learn about managing possibilities that exist outside of those allowed to you by your original Box then you begin a journey into new territory. The first step is to recognize that there is such a thing as a Box and that each of us has a Box.

On this journey you should be warned ahead of time that there are two circumstances when the Box is going to fight back. When triggered, huge automatic mechanisms can unwind from the Box springing into your life like a coiled snake. The first trigger is when you get married. The second trigger is when you have children.

It is like stepping on a land mine. From one day to the next – almost from one moment to the next – your total character can change. You can see this in your partner (but it happens to you too!). Even if you think you are prepared for such surprises you are shocked at the depth of the change. Expectations, demands, rules, requirements and attitudes can all shift into their exact opposites. Whole words and phrases that you never spoke before spew forth from your lips. You get offended and react emotionally to previously insignificant things. Have you ever experienced this?

Here is what the Box is trying to do: the man is trying to make the woman be like his mother and the woman is trying to make the man be like her father. The man is trying to recreate the family that he grew up in while the woman is trying to reanimate hers. And as long as you have a partner, as long as you have children, these once hidden Box survival strategies will apply because the Box does what the Box does. If the Box can succeed, it will feel safe. But exactly here is the problem: the Box can never truly succeed. Your partner is *not* your mother or father. Your partner is uniquely themselves. Your family can *never* be the same as your parents’ family because your family is one of a kind. Your Box is doomed to fail.

As a Possibility Manager you can make the failure of the Box a useful opportunity. You can take responsibility for becoming yourself, and for encouraging your mate and your children to become themselves. You can take responsibility for honoring, enjoying and exploring the unique qualities of the combination of adults and adults-in-the-making that constitutes your special family.

EXPERIMENTS:

SPARK065.01 Your job is easier to say than to do. You begin by looking the dragon straight in the face. Already assume that you are mixing your energies with the

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energies of your mate (or your boss). Already assume that you are unconsciously acting as if you were their mother or father, and that they are playing out your mother or father.

Energetic enmeshment and adaptive mechanical behavior between mates is going to be almost certainly your standard behavior until you step into and bloom as an archetypal man or woman. This is bad news. (Actually it is good news that it is bad news, because if you can already hear the bad news now then it will not come to you as a shocking surprise twenty years from now when you are too tired to do something about it.) Step two? There is no step two. Sit with step one. Only if you become sick of your sickness will your sickness cease. The way to become sick of your sickness is to become nauseatingly aware of exactly how the Box plays itself out. The tone of voice, the attitude, the mood, the energy cloud, the body movements, the purpose, the power struggle, the fear, the pent-up rage, the broken heart – see and accept it exactly how it is without judgment and without trying to do anything about it. The moment that you can completely accept the whole energetic reality for how it is, in that moment something else completely different becomes possible for you. The way out is through. Be sure to give yourself space to make mistakes. Do not hit the dragon in the face or he will gobble you up in recoil. Growing up takes time. Becoming yourself in relationship takes time. There is a lot to learn.