

## SPARK 067

(Matrix Code: **SPARK067.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** What you disregard loses significance.

**NOTES:** You have the power to choose what you regard and what you disregard. When you place your regard on something like a particular thought or an itch, it becomes more significant. When you disregard something it loses significance through atrophy. You use the power of regard daily, but your use is largely unconscious.

It is possible for you to make the power of regard conscious. When regard is conscious then you can choose who has control of your attention. If stimuli in the environment can force you to regard something, then the environment has control of your attention. Making regard conscious is taking your power back.

When you have the power to choose what you regard and what you disregard you take responsibility for a bigger chunk of life. For example you could simply choose to disregard the stresses and the personality conflicts in your life. You could also choose to regard the miraculous extraordinary radiant wonders and qualities of the people around you that exist between the spoken lines and that often pass you right by unappreciated.

The power to choose what you regard and what you disregard is a power that no one can take away from you. Conscious disregard was a skill of the Vikings. When an enemy captured a Viking and was chopping pieces off, the Viking would laugh and say, "You can take my arm, but you can't get me! Hah-hah!"

When you consciously choose to regard or disregard something it is not simply denial at work. Consciously choosing what you regard and what you disregard are core skills from a form called conscious theater. Conscious theater is actions that you make to source a particular reality. For example, it may be conscious theater for you to happily pick up a piece of greasy litter that someone left on the ground, or to say a bright "Good morning!" to the neighbor who kept you up late last night with music blasting, or to your mate with whom you still hold a grudge from yesterday's argument. Conscious theater does not have anything to do with the truth. Neither does your normal way of living – but you do not usually realize this. (Your normal way of living could easily be called unconscious theater.)

What is the difference between conscious theater and lying? Sometimes you think of honesty as a Bright Principle, but then your Gremlin gets a hold of this concept "honesty" and "I'm just being honest with you" and "I have to be honest" and twists the Bright Principle into a concept. If you get wrapped into this concept called honesty then your Gremlin makes you feel like you need to expound the "truth" all the time even if it causes nothing but pain and misery.

The difference between conscious theater and lying is the purpose. Lying is about deception and avoiding responsibilities. Conscious theater is about perception (being more conscious) and taking responsibility for more of the steering mechanisms in

reality. Conscious theater is how you navigate space. Through conscious theater you determine where a conversation goes and where it does not go by what you regard and what you disregard. Are you ready to experiment?

### **EXPERIMENTS:**

**SPARK067.01** You first practice with a warm-up experiment before you go on to the real thing. For the warm-up experiment you will need a small stone about the size of a coin (your Possibility Stone). Carry this stone around with you in your pocket or on your person somewhere. When you are ready to practice, set aside a specific amount of time like three minutes or ten minutes. Place the stone on your leg if you are sitting, or on a table in front of you. Get centered and take a deep breath. Then begin alternating between regarding and disregarding the stone. When you regard the stone, say to yourself, "I regard the stone." Such a statement is powerful because it is a declaration; it says "This is so." With practice a declaration creates the way things are. At the same time that you make the declaration, look at the stone with focused attention, and place your finger on the stone so that you experience physical touch. When you disregard the stone, say to yourself, "I disregard that," using the general word "that" rather than the specific word "stone." Disregarding is also a declaration. After the declaration to disregard then the following action is to put your regard somewhere else. Look away from the stone towards something else, and remove your finger from the stone, placing it nowhere in particular. Hold each state of regard or disregard for ten to thirty seconds. Practicing this exercise builds attention muscles. While you are alternating between regarding and disregarding the stone, start to notice how your energy flows and what your relationship is to the stone. When you regard the stone can you feel its significance increase? When you disregard the stone can you feel its significance decrease?

**SPARK067.02** The force that motivates you to regard something is an internal experience that you could call an urge. For example, if someone behaves in such a way that your Box feels offended, the Box first gives you an urge to regard the behavior. Without your regard the behavior has no significance. It is your regard that gives the behavior significance. If the behavior has significance for you, you feel insulted and get offended, justified to take revenge. If you disregarded the behavior then it has no significance whatsoever. But to disregard the behavior you must begin by disregarding the Box's urge. This is the real experiment: disregarding the Box's urge. To do the experiment, choose to disregard the Box's urge to regard any of the following: insults, desires, stresses, assumptions, someone else's disregard of you, someone else's over-regard of you, insinuations, encroachments on your territory, jealousies, emotional pains, faults, unfairness, insufficiencies, personality conflicts, disadvantages, challenges, inattentions, complaints, judgments, feedback, etc. If you choose to disregard the Box's urge to regard a particular thing, choose it forever. Do not accept the temptation to regard it the next hour or the next day. Disregard that particular urge forever. What a joy this is!