

SPARK 070

(Matrix Code: **SPARK070.00** for StartOver.xyz game.)

DISTINCTION: Relationship gets in the way of intimacy.

NOTES: Relationship occurs between Boxes: Box interacting with Box. Your Box lets another person come no closer to you than the limits of your Box. Their Box does the same. No amount of psycho-emotional processing will allow two Boxes to enter intimacy because the purpose of the Box is to create and sustain separation.

Intimacy occurs between beings. In intimacy the Box is simply ignored as if it were an irrelevant illusion. Intimacy operates in another dimension than Box mechanics. In intimacy the Box's gestures do not apply. There are no reasons for intimacy.

Some couples develop a pattern of fighting then ending up in bed. The fighting is vicious and destructive enough that circuits overload, defense mechanisms fry, and the Boxes cannot continue to defend themselves. With temporarily destroyed Boxes a temporary false intimacy arises. The recoil after such intimacy is often another fight. If you have this pattern, try to find something else.

The dictionary defines "relationship" as "emotional involvement, an emotional connection between people, connection by blood or marriage," etc. "Intimacy" means "warm friendship, closeness, affection, familiar feeling, cozy, next to the skin, communion, contact with innermost or essential nature..."

The question is left: what do *you* want? Involvement or communion? Relationship or intimacy? The experiences you arrange to have with the people closest to you in your life arise from consciously or unconsciously choosing what you want.

You can gain some clarity if you take a look at it this way. Feeling a need for relationship may actually be a desire for one or more of the following:

- confirmation that you exist
- a partner for the "I'm okay" "I'm not okay" debate
- a partner for the domination/submission or persecutor/victim game
- a hero with white horse playing the "rescue me" game
- avoiding existential loneliness
- craving emotional or financial security
- craving energetic enmeshment, entanglement, fusion, or co-dependency that produces a drug-like high
- a partner for intellectual combat
- a daddy or mommy surrogate
- interdependency (meaning someone to take the blame for responsibilities) or
- a guaranteed food supply for certain psychological vampire structures of your Box.

None of these objectives for relationship may seem very inviting when you stop to think about it, although the objectives just listed perfectly describe many relationships. How can anyone be living in this sad state of affairs?

First of all, you have been given no training in making proper use of relationships, so you basically have no idea what you are doing. Therefore, what you naturally reproduce in your relationships is what your parents had in their relationship.

Secondly, if you seriously consider intimacy as an alternative, you discover that intimacy may be too expensive for your Box.

Moving towards intimacy reveals that there are certain unavoidable prices that must be paid to get there. You can only enter functional mature intimacy if you have the following: the courage to take radical responsibility rather than hiding behind rules and customs, the courage to experience large amounts of raw fear, a lack of thinking about the past or future because intimacy only happens in the present, a shift from doing to being, control of your attention so as not to be distracted, a vulnerable willingness to have no secrets, to be exposed and to be totally recognized and seen as you are, a profound innocence born out of acceptance rather than naiveté, recognition of impermanence because you can never possess being, the ability to experience intense causeless joy, and a willingness to experience an perpetual longing to re-enter intimacy whenever it is not present (and sometimes even when it is!). No doubt about it - this is a long and formidable list of prerequisites! So what?

EXPERIMENTS:

SPARK070.01 Experiment with relationship. You are already quite familiar with relationship as it occurs in standard human realms. So the next experiment in relationship is to go nonlinear: just humbly give up trying. Several times a day, for as long as you can stand it, collect all of your habits of entanglement, control tactics, expectations, projections, manipulations, resentments, techniques of seduction, victim stories, blaming, and so on, place them neatly in a little box, tie the lid on, lay the box on a back shelf in your mental closet, and do not go there. Game over. In the language of drug addiction, this exercise is referred to as “going cold turkey.” Complete and absolute abstinence. Until you do this experiment with relationship you will not likely succeed with any experiments in intimacy.

SPARK070.02 Experiment with intimacy. You are about to take risks in the direction of intimacy. Intimacy is not about sharing secrets. Intimacy is not necessarily about speaking at all. Intimacy begins with stopping all the doing with another person and simply being with them. First perform a little research study. Spend some time where couples are hanging out together: cafés, parks, restaurants, stores, public transportation. Notice to what level the couples connect. Develop an internal intimacy meter so that you can detect from one to ten (ten is maximum) how intimate the two are being with each other. Notice that they get to about three and then they shift away to less intimacy. Three and then bounce. If their being together intensifies anything past three then they break the contact. They move their eyes, change their body posture, shift their focus of attention, energetically wiggle, change the subject, start talking or thinking. They distract themselves. One or both of them go back to zero and start all over again at a level of intimacy that feels safe somewhere below level three. And they do not know that they are doing this! After you observe three-and-bounce pattern for some time with many couples you cannot help but begin to be amazed at its power and consistency. You might begin to wonder if there is some secret treasure that is hidden from all of us in plain view at an intimacy level greater than five. What is

the mystery? This is your experiment: enter the mysteries of intimacy. Find a partner; perhaps tell them the experiment. Go to level three. Go to five. Go past five. Hang in there; hang in there. Go to seven, eight, hang in there. Notice what happens in your mind and emotions and body. Notice what your Box does while attempting to defend itself against intimacy. Try more than once to get to ten and effortlessly stay there for a minute or two. Be gentle. Breathe. Relax into it. Let your body get accustomed to all that is new. If you succeed, do not worry about not staying there. Although the view from the top of the mountain is breathtaking, awe inspiring, and highly rewarding, you cannot live on top of the mountain. You must come back down into the valley to live. What you bring down off the mountain with you is a memory of a remarkable experience, and perhaps a desire to someday return for further explorations.