

SPARK 073

(Matrix Code: **SPARK073.00** for StartOver.xyz game.)

DISTINCTION: You are not looking for something. You are looking for energetic food.

NOTES: All discomforts are subjective. Something uncomfortable for one person is comfortable for the next. Something uncomfortable in one moment or in one circumstance is comfortable in the next. How much salt is too much salt? How loud is too loud? In each moment you set your levels of acceptable discomfort.

It seems human to live life reacting to or trying to control superficial discomforts. There are also deeper discomforts that are moving you, less easily identified but just as influential. As you learn more about Possibility Management the surface discomforts tend to have less effect on you. At the same time more complex and subtle sensations tend to come forward and move you to act. You might notice these internal imbalances according to the names given to them by your local culture and times. For example, a single internal sensation might be variously categorized in widely different terms, such as depression, repressed rage, sexual frustration, wrong career path, artistic dissatisfaction, boredom, chocolate addiction, loneliness, general malaise, mid-life crises, panic, confusion, over-civilization, need for destruction (self or other), or brain chemistry imbalance.

You may think there is something wrong with you, but what may actually be happening is internal development. You may simply be deficient in something not available in your present environment that you need for your next stage of growth. If you are not trained in inner development you may have no idea what is actually happening to you.

These words may be the answer to a question that you have not yet but for a long time wanted to ask...

You think that you are looking for something. Your best guess is that you can find what you are looking for in the doctor's office, in politics, in religion, in the used bookstore, in your partner, in e-bay, in the refrigerator, in Las Vegas, in the cinema, in the stranger's eyes on the street, etc. But you may not be looking for a thing. You may actually be looking for food, energetic food. You may naturally be getting hungrier for an ongoing source of nutritional substances and experiences to feed your soul and build a foundation for your own personal development.

You have already received the full blessings of your culture. If you start acquiring a taste for something more, it is not the fault of your culture. One culture cannot provide everything. If you want more than what is provided by your culture then you would take responsibility for your own development. Taking responsibility also means dealing with the shock of discovering that what your culture provides for you is not everything that can be provided. This shock is necessary so that you can individuate from the collective unconscious. Individuation is a private experience. Individuation is like a seed being blown off the old maple tree and landing alone over the next hill in fresh soil. There is both fear in losing the familiar and hope to start a whole new life. Individuation is like being suddenly born when you thought you were already grown up.

EXPERIMENTS:

SPARK073.01 Start to consider that you might be having hunger pangs for new kinds of energetic food. Start to notice your moods, your states. Try to detect repeated cycles of patterns in these states. Observe the actions that you take as a result of your states. Consider that the states might be hunger pangs. Consider that the actions you take might be your attempts to look for food. In order to more effectively seek out energetic food and feed yourself, you first need to know what kind of food is appropriate.

Your energetic diet evolves in stages similar to physical growth. In physical development you start off as a baby, grow through childhood and adolescence, and then become an adult. Your energetic diet evolves the same way.

Your job in this experiment is to assess the kinds of impressions and energetic food you normally take in. There is no good or bad in this assessment. The purpose of observing what you consume is to locate yourself on the map for your own further experimentation. Here is the assessment. Take a few minutes with each question:

How much are you involved with mass-marketed standard energetic food from modern culture such as: comic books, newspapers, magazines, cable or satellite television, internet surfing, coffee, cigarettes, milk, sodas, beer, wine, candy bars, chewing gum, snack foods, fast-foods, make-up, hair styles, movies, video games, production work, shopping malls, hunting, fishing, sports, drugs (prescription or otherwise), complaining, gossiping, arguing, polyester clothes, loud radio, fast cars?

How much are you involved with more rarified and refined energetic food from modern culture such as: live opera, ballet, symphony, jazz, blues, theater, or other live performances, festivals, museums, discussion groups, reading biographies, project management, home cooking, gardening, remodeling, handcrafts, artwork, swimming, biking, taking hikes, camping, skiing, experiencing raw nature, clean food and fine high-tech machinery?

How much are you involved with energetic foods that come from outside of modern culture such as: classes in yoga, tai chi or martial arts, workshops in meditation, time-management, parenting, communications, relationship, personal-development, or spirituality, reading books that stretch your mind and heal your heart, foreign films, travel to other cultures, lessons in singing, dancing, or playing music, attending talks or workshops presented by healers or teachers, using preventative health care and alternative healing methods?

How much are you involved with generating your own energetic food by placing yourself in a position where it is necessary for you to provide food for others such as: being vulnerable, deep listening, creating objective art, writing and publishing prose, poetry, books, plays, and film scripts, leading weekly discovery meetings, experimenting in evolution, teaching workshops or trainings that expand people's Boxes, teaching teachers, creating and leading evolutionary gameworlds, redesigning cultures, businesses and organizations?

You may realize from your assessment that you have been feeding yourself already for some time without knowing exactly what you were doing, or you may just have

begun your individuation. It does not matter. Sooner or later (probably sooner than you expect) your energetic diet requirements will shift. Use your assessment to experiment with taking in the next level of energetic food and see what happens for you.