

SPARK 077

(Matrix Code: **SPARK077.00** for StartOver.xyz game.)

DISTINCTION: When you are divided you know where Gremlin is.

NOTES: In the untrained normal state of awareness you easily consider yourself to be one person. You may have insights, problems, pleasures, dreams, emotions, thoughts, and plans. You may be involved in different activities and interact with various people and assorted situations. The illusion is of being a single whole solid real individual person. This singular awareness is called “identification.” When you are “identified” you operate as if this is who you are. You are sure that how you act is the only possible way to behave in the present circumstances. Most of humanity spends their whole lives being identified.

Possibility Management looks a little closer at what is going on. With but little investigation you discover the Box. You notice that the Box has parts. You learn that you can intentionally step into various parts of the Box like clicking channels on a television. Looking further you notice that you have in you two basic characters: a noble, dignified, adult man or woman capable of responsible creating, and a Gremlin that delights in irresponsible creating. The Gremlin avoids responsibility like a snail avoids salt.

Through the adult character you can awaken a Possibility Manager who has capacities beyond your normal limitations. One of these capacities is the ability to divide your attention. By dividing your attention you are no longer identified.

If you are driving your car down the road and your Gremlin is sitting next to you in the passenger seat then you know where you are, you know where the Gremlin is, and you have the possibility of responsible creating. If you are driving down the road in your car and your gremlin is not sitting there next to you, guess where he is? Gremlin is driving the car. You can tell he is there by his laugh and the way he cusses out other drivers. If you ever think that you do not have a Gremlin, Gremlin is the one thinking that.

Gremlin is a wild untamable beast who loves to eat junk food. He is strong, fast, smart, very creative, and completely willing to destroy any space at any time for no reason. Gremlin cannot be civilized, converted, educated or changed into anything else. And *everybody* has a Gremlin. There are three basic strategies for dealing with Gremlin.

- 1) **IGNORANCE** Ignoring Gremlin is the most common strategy. That is why you are not educated about Gremlin at home or at school. Stay identified. Do not distinguish between you and Gremlin. Assume that who you are is who you are, and what you do is what you do. However, “ignorance of the law is no excuse.” Prisons are overcrowded with people who do not divide themselves and thus let Gremlin take over and do what Gremlins do. You live in a Gremlin controlled world. Staying ignorant of Gremlin does not change the fact that you are responsible for your every action.

- 2) **CONTROL** Your first awareness of Gremlin may frighten you enough to conclude, “Gremlin is bad. Kill the bad guy.” You may try, but Gremlin cannot be killed because he is the shadow part of you. Gremlin is even too sly and powerful to be controlled by efforts of will. Think about it. How well do you control your addictive behaviors through which Gremlin feeds? Rage outbursts, chocolate, self-criticism, lying, sneaking, over-shopping, flirting, depression, resentment... nose picking. Fear of Gremlin’s power may cause you to try subjugate him with strict rules or moral codes as in certain religions. But Gremlin is expert in outwitting rules. Rule-based strategies often degrade into the seldom-acknowledged technique: “If you cannot control yourself, control others.” Think of parents, teachers, priests, bosses, police, military, etc.
- 3) **RELATIONSHIP** Creating a working relationship with Gremlin is by far the most difficult of the three strategies. Relationship can only start with the clarity that Gremlin is not bad or wrong. Gremlin is Gremlin and produces Gremlin results. You get to know Gremlin by splitting your attention between doing what you are doing and simultaneously observing what Gremlin is up to. Observe in complete neutrality, without judgment, without trying to change anything. Memorize the specific energetic foods your Gremlin loves, such as getting negative attention, gossiping, playing victim, destroying, competing, manipulating, arguing, being right, triangulating, betraying, etc. Also memorize Gremlin’s feeding schedule: once a month for five days, once a week for a day and a night, once a day for two hours – some Gremlins are “snackers,” eating little bits here and there all day long. Gremlins are like vampires, sucking out your life energy. When they are not eating they are sleeping. Clarity about feeding habits gives you the ability to put Gremlin on a regular feeding schedule. With careful attention you can get Gremlin to sit at your side on a short chain. Suddenly Gremlin becomes extremely useful as the agent that prevents you from being hypnotized and automatically believing someone’s story. Gremlin lets you disagree with standard thinking, go nonlinear, break the old rules, enter new territory and innovative results.

Keeping Gremlin on a short chain takes effort. The effort is to stay constantly awake. Your efforts bring the painful awareness that heartless self-centered attitudes exist within your own heart, and that you, just like the others, are capable of Gremlin acts. It is even more painful to wake up just after you have let Gremlin take over your senses, thoughts, and actions and it has fed on whatever it pleases, leaving you the mess.

Without living your daily life moment-to-moment using divided attention Gremlin is often in control serving unconscious and therefore irresponsible purposes. When you split your attention then in each moment you have a choice: Possibility Manager or Gremlin? It is a precious choice because without this option you cannot make it safe enough for love to happen.

EXPERIMENTS:

You are already expert at splitting your attention. You can drive a car, eat your sandwich, listen to the radio, look at interesting people on the street and plan your day all at the same time. Splitting attention is an innate human capacity. You already do it without knowing that you do it. To make use of the skill get hold of the controls of your

attention and direct attention on purpose. If you do not have your attention, something else does.

SPARK077.01 Split your attention three minutes at a time three times per day. To split your attention pay attention to your attention. Use part of your attention to notice what you are doing with the other part of your attention. Become aware of what you are aware of. Is your attention grabbed by half-naked ladies on a billboard? Is it reading words? Is it having an argument with someone in your head? Is it listening to sounds? Is it in the future with fears or in the past with memories? Is it noticing physical or emotional sensations? Being offended? To pay attention to your attention, say to yourself, “What I am aware of right now is...” over and over again for three minutes. Look at what you are looking with. Observe your observations in every day life. Notice what you are noticing. Understand the strategy of your understanding.

SPARK077.02 Without judging or trying to change anything, use your ability to split attention for observing your Gremlin’s behavior. Divide yourself to stay awake instead of being identified. Observe Gremlin’s tricks. Maybe you did not know that you did not know about Gremlin. The shock can be painful, but plan to spend some months getting to know your Gremlin. Whether or not you know him, he knows you.