

## SPARK 084

(Matrix Code: **SPARK084.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You can be killed and not die.

**NOTES:** The truly worthy and valuable things that you could be accomplishing during your day are in general things that are impossible. If they were not impossible, why should you bother trying to do them? Trying to do impossible things is an appropriate response to the privilege of having a human life to live. Examples of impossible things might include: speaking from total respect in each of your interactions, or being softhearted and kind regardless of what the circumstances are, or having integrity with doing what you say you will do, or being happy for no reason, or bringing an end to war, hunger and email spam starting in your own home. Why not? Why not be responsible for your deep yearning to live in a community of loving harmonious creative friends? Why not change small daily habits so you better protect the planet from the ravages of the soulless illusion of profit? Why not stand in the world as a source of peace, starting with your personal interactions with your neighbor?

The ordinary though often unrecognized answer to these infrequently asked questions is that you do not attempt the impossible because you are focused on your own basic survival. You do not take actions for fulfilling your true responsible inspirations because you are afraid of being killed.

The distinction of this SPARK is intended to clear up your misconception about being killed so that you can get on with the more interesting business of your life. The debilitating confusion comes from identifying yourself as your Box. When you think you are your Box you absentmindedly conclude that if your Box gets killed then you physically die. The demise of your Box may indeed feel like the ending of your physical life but this is merely an emotional mind trick. The point is to simply remember that if your Box gets killed your body does not die. Holding this truth as a starting point for your day gives you the chance to do some rather interesting experiments.

For example, you could on purpose go and get your Box killed. From past experiences of your Box being lambasted you already know what happens. There is a period of unfamiliar groundlessness while the Box disorganizes, and then after a while – usually a shorter while than you fearfully imagine – the Box regenerates itself. Some characteristics of the Box may have changed, but the Box has an uncanny ability to automatically resurrect itself. If your Box gets killed there is nothing in particular that you have to do to get your Box to come back. It comes back all by itself.

This phenomenon is called the “Phoenix Effect.” The Phoenix Effect is a result of discovering the total difference between being killed and dieing. When the Box gets killed, your body does not die. The Phoenix Effect gives the possibility of trying some fabulously exhilarating experiments. While doing a Phoenix Effect experiment the strategy is counterintuitive: go ahead and freely get your Box killed as often as you

can. On a good day you can get your Box killed before breakfast. Then while your Box is writhing in agony on the floor, burning and screaming in its usual fashion, stand back and observe with pleasure that no matter how often the Box gets killed, out of the cold dark ashes a new Box suddenly arises.

Knowing that your Box has an unlimited number of lifetimes lets you use the Phoenix Effect on purpose to make extraordinary efforts. The Phoenix Effect involves three simple steps:

- 1) Try something impossible or dangerous for the Box.
- 2) Go until the Box gets killed.
- 3) Let the Box disintegrate. When there is nothing left but ashes, go back to step 1.

By developing deep trust in the Phoenix Effect you regain an inspiring and natural enthusiasm for trying the impossible. Guess what the experiment is...

### **EXPERIMENTS:**

**SPARK084.01** At least once each day this week try the impossible. Take the risk to do, say or be something that before now felt too dangerous. I am not talking about physically dangerous things like hang-gliding or rock climbing. Your physical body can easily get crushed, sliced, smashed or broken. And unlike the Box being killed, if you get killed physically then you are dead. Don't get yourself physically killed. We need you to stick around and keep experimenting. When you are experimenting the universe is evolving. If you are this far with the SPARKs, evolving is part of your job description. If you don't evolve, who will? So please take care to stick around as long as you can.

When I say "take a risk" you know what I am talking about. Often during the day you are truly and responsibly inspired to do, say or be a certain way. Each time you resist moving according to your responsible inspiration you are being adaptive. You give your center away to any authority figure who threatens to have a tantrum if they cannot control you. The experiment is to be yourself in the presence of someone with whom you are presently being adaptive. That is the kind of risk to take.

For example, go tell your boss one of your ideas for improving the profitability of your company. Or make a boundary with your children that you know needs to be made. Or go meet with someone professionally or personally who you have been avoiding and ask how to connect with them better. Or start more than one honest conversation with your partner about the heartbreaking thrashings that your spaces of sanctuary receive on a regular basis. Or ask your partner specifically and in detail to be in the kinds of intimacy experiments you want to try with them.

What is the worst that can happen if you do these experiments? You will feel like you get energetically or emotionally killed. Fine. Get killed. It is only your Box that gets killed. Walk straight into the propeller blades with the confidence of a phoenix bird, knowing that whatever gets killed is illusory. If in your experiment it turns out that you are dropped into the meat grinder, the moment it starts grinding find the still point deep within you, the wordless, reasonless point of origin within yourself that has but

one certainty to acknowledge: "I am." Beyond this, all other considerations are superfluous. Stay in contact with this indelible "I am" within you while the emotional flames of Box reactions burn themselves to dust. Stay present. Keep breathing. Let the realization slide through your mind, "I can be killed and not die." And then prove it. Gently let your Box start over again, cleansed, revengeless, with nearly nothing yet solidified. From here let your inspiration move you again to try the impossible. Killed but not dead. It can be an interesting way to live your day.