

SPARK 087

(Matrix Code: **SPARK087.00** for StartOver.xyz game.)

DISTINCTION: New results come from new mental maps.

NOTES: How do you get new results in your life? It helps to distinguish two kinds of results: linear and nonlinear. Linear results are a direct consequence of the subtle or gross actions that you make or avoid making. For example, if you forget to pay the phone bill then the phone turns off; if you suddenly swerve your car in front of another driver they cuss at you; if you appreciate your partner or your child they feel appreciated; if you call and invite a person to meet with you they may say yes, and so on. It is observable – in hindsight anyway – and completely understandable that your linear actions directly produce the linear results that you have in your life.

You also have nonlinear results that apparently arrive by accident. For example, being contacted unexpectedly by a business and given a profitable contract, or getting a painful illness, or meeting a fabulous new friend, or being in a car accident that is not your fault, or having a sudden realization, or getting caught in a financial market collapse, on and on, beyond all linear predictability. Perhaps these nonlinear results would appear linear if viewed from a science that included karma, astrology, past lives, divine providence, feng shui, prayer, etc. (For example, if prayer created linear results then all devout believers of every religion would be radiantly healthy, pain free, overflowing in riches, and living in endless ecstasy. Hmmmmm, it does not appear to be the case.) From the Western scientific perspective there is little you can do to enhance or avoid nonlinear results, so let us restrict ourselves to considering linear results. How do you create new linear results?

It seems obvious that if you want new linear results you simply need to change your actions. The popularity of such thinking explains the abundance of behavior-change methods, techniques, processes and systems. If you have ever exposed yourself to such a system the logic of it is usually impeccable. Step C follows from Step B, which follows inexorably from Step A, and then you should arrive at your required results. Perhaps I am handicapped – but what I find when trying to implement a systematic method for creating new results in my business or in my relationships is that in the exact moment where I should be doing Step A I forget Step A. I forget Step B and C. I forget that there is any kind of system at all. I end up behaving the way my Box has always told me to react to the situation. Then the next day or the next week I remember the article I read or the course I took. I remember that I could have but did not implement the steps of the behavior-change system, and no matter how strong my realization is, by then it is way too late.

My failures lead me to think that there must be more to creating new results than using will power to try to enforce new behavior patterns. Where do actions actually come from? Self-observation will reveal that each and every action comes from a conscious or unconscious decision to act that way. More of your life than you realize is shaped by unconscious decisions. For example, a man may unconsciously choose to fail in his work as a way to get revenge on his parents for doing badly by him. Or he might

unconsciously choose to succeed in his work for the same reason. These may be unconscious life decisions, but they are decisions nonetheless.

Where do new decisions come from? You can only make new decisions when you have an expanded field of options to choose from. If you have no awareness of new possibilities you cannot make new choices. So where do new possibilities come from? You gain awareness of new possibilities from new mental maps that offer ways of looking at things that make previously unconscious decisions conscious.

Obviously new results come from new behaviors, but the new behaviors actually originate in new *mental maps*! It is by changing your mental maps that new results become possible in your life! Alrighty then, what are mental maps? A mental map is a meme assembly through which you interact with the world. Memes are comparable to genes. Genes are the smallest instruction for designing your body. Memes are the smallest instruction for designing your Box. Memes are classified into categories such as ideas, beliefs, attitudes, opinions, expectations, assumptions, interpretations, drivers, conclusions, memories, visions, and so on. The memes of your mental maps format your interactions with the world like the operating system of a computer formats its interactions with you.

Think of the old flat-world mental map. Due to its inherent design if you sailed away from known territory you would fall off the world and die. The flat-world map thus created Europe with cultures that were geographically close but memetically isolated so they evolved surprisingly unique languages, customs, foods, etc. People would be born, grow up, have families, work and die in a fifteen kilometer radius because their mental map said it was highly dangerous to leave known territory. Here is a question: when we started using a round-world map instead of a flat-world map, did we really get new possibilities? Yes, we learned that we could sail as far away as we wanted from known territory and we could not fall off the earth. Next question: when we started using a round-world map did the planet itself change? No, of course not. The planet stays the same no matter what map we use. A new map gives you new possibilities because *you do not interact with the world as it is – you interact through your mental maps of the world*. Your Box's memetic formulations determine what is possible for you. This means that if you can start using a new map then you can enter a whole new world!

EXPERIMENTS:

SPARK087.01 Start using a new mental map. The new mental map is this: *Every action happens by decision*. For example, if you were to drink a glass of water you might think it happens by one decision – to drink a glass of water. The experiment is to discover that drinking a glass of water involves a hundred actions and each action comes from its own presently unconscious decision. The experiment is to make your multiplicity of decisions conscious because each new conscious decision is a new point where you could diverge and make a different decision. Three times a day decide to pause your previously decided actions in the beginning, in the middle, and just before the end. For example, decide to take a drink of water. Reach out but stop just before touching your glass. Make a conscious decision then touch your glass but do not pick it up. Make the conscious decision to pick up your glass and bring it to your lips but

stop half way. Then touch the glass to your lips and decide to open your mouth but do not sip. Then sip but do not swallow. Then swallow but do not move the glass from your lips, and so on. Do this experiment when walking up or down stairs, when taking clothes on or off, when complaining, when establishing yourself as a victim of circumstances, when doing anything that you usually do automatically. (CAUTION: do not do this experiment while driving or while using power tools!) Notice how experimenting with the mental map of conscious decisions brings you into the waking state. Use the waking state to more deeply appreciate and enjoy your experiences of intimacy and pleasure with your friends.