

SPARK 091

(Matrix Code: **SPARK091.00** for StartOver.xyz game.)

DISTINCTION: Low drama is false ecstasy.

NOTES: This distinction invites you to consider the difference between low drama and high drama, and also the difference between false ecstasy and true ecstasy.

In the 17th Century René Descartes summed up Western philosophy with his famous line "Cogito ergo sum," translated as, "I think, therefore I am." A new reference point for being alive may be emerging, captured in the line "Sentio ergo sum," meaning, "I feel, therefore I am." The conflict for you is that in Western culture it is generally not okay to feel. You are given no education or training about feelings – sensations in the body, yes, but feelings in the heart? No.

Your need to feel in order to experience aliveness in a culture where having a feeling signals that something is wrong forces you to create acceptable reasons to explain why you have a feeling. What if the reasons you use to explain your feelings are not the true purpose of your feelings? What if you arrange to feel something just so you can experience being alive? To feel is to be ecstatic. The human body is designed to feel ecstasy. The reasons you use to explain the fact that you are feeling something may be irresponsible, making the feelings themselves irresponsible. Irresponsible feelings are called low drama. Irresponsible feelings are false ecstasy.

EXPERIMENTS:

SPARK091.01 High drama is created through responsibly feeling, that is, when you use the energy and intelligence of your feelings to serve conscious responsible purposes. If you categorize all feelings into four categories – anger, sadness, fear and joy – then you have four categories of experiments to try.

LOW DRAMA ANGER Notice whenever your anger is used irresponsibly, for example to blame someone else, to make them look bad, to prove them wrong, to prove yourself right, to feel resentment, to justify your actions, to feel confused, to have arguments with someone else in your own mind, to complain, to feel like a victim, to plot your revenge, to withhold yourself, to feel superior to others, to exclude others from your game, to be the one who knows, to take the power position, and so on. Notice the sensations of false ecstasy created through low drama anger.

HIGH DRAMA ANGER Practice instead using your anger responsibly, for example to make boundaries, to make decisions, to say yes or no, to create clarity, to make distinctions, to ask for what you want or need, to start things, to stop things, to change things, to protect what needs to be protected, to take a stand, to speak out, to make fierce commitments and awesome efforts, to be disciplined, to practice, and to finish worthy projects, and so on. Notice the sensations of true ecstasy created through high drama anger.

LOW DRAMA SADNESS Notice whenever your sadness is used irresponsibly, for self pity, to feel like a victim, to get attention, as an excuse for being weak or making

a mistake, to feel hopeless or overwhelmed, to isolate yourself or exclude yourself from others, to manipulate others, to justify childish behavior, to be depressed, to play small, to be critical or cynical, to be allowed special favors, to justify eating sweets, drinking alcohol, taking drugs or other indulgences, to be jealous, and so on. Notice the sensations of false ecstasy created through low drama sadness.

HIGH DRAMA SADNESS Practice instead using your sadness responsibly, for example to let down your wall of defenses, to connect with people heart to heart, to be vulnerable, to open the door to physical, intellectual, emotional or spiritual intimacies, to accept what is happening, to let things go, to grieve the passing of options that you do not choose, to listen to the sadness of others and become one in sorrow, to understand, to agree, to be touched by finer and finer human experiences, and so on. Notice the sensations of true ecstasy created through high drama sadness.

LOW DRAMA FEAR Notice whenever your fear is used irresponsibly, for example to justify competing against someone as if it were a life and death survival situation, to narrow your experience to mere surviving rather than truly living, to play weak or small, to avoid taking initiative, to avoid being perceived as a problem, to distrust, to be stuck, to avoid standing out from the crowd, to avoid taking responsibility, to replay childhood memories and project onto authority figures so they can be blamed, to create enemies to fight against, to panic, to be paralyzed, to feel hysterical, to stay in denial, to try to avoid consequences, and so on. Notice the sensations of false ecstasy created through low drama fear.

HIGH DRAMA FEAR Practice instead using your fear responsibly, for example to stay alert, to notice what is wanted and needed, to take care of details, to be precise, to be careful, to make plans for the future, to avoid traps, to not be naïve, to trust yourself to take care of yourself around other people, to go the edge of your Box and stay there and try new things, to change the timing of things, to shift identity, to not already know, to lead without being the authority, to enter the unknown so that you can create something out of nothing, to be a space, to be the space through which the Principles that you serve can do their work, to enter and navigate the liquid state, to start a conversation that is completely different from the dominant conversation, to take radical responsibility, to minimize your “now” and enter the present, and so on. Notice the sensations of true ecstasy created through high drama fear.

LOW DRAMA JOY Notice whenever your joy is used irresponsibly, for example to feel glad when someone else feels pain, to feel glad when you win and someone else loses, to arrange to be selfish, to try to be comfortable above all else, to seek your own security, to feel glad about being faster, smarter, prettier, richer, higher status or more prestigious than others, to be the alpha gorilla, to make little jokes about other people that actually hurt them, to gossip (speaking about someone when they are not there), to lie, cheat, steal or use sneaky strategies, to feel “Ha-ha! I got you!” to think you are making a profit (i.e. getting more than you deserve or getting something for nothing), to have a secret life, to flirt, to indulge your habits and addictions, to over eat or over spend, to not care about other people, the community or the planet, and so on. Notice the sensations of false ecstasy created through low drama joy.

HIGH DRAMA JOY Practice instead using your joy responsibly, for example to play full out, to be kind, to be generous, to bless people, to inspire others, to have integrity, to listen to others, to serve others, to create possibilities for individuals or for the community, to think bigger, to open your heart, to laugh out loud, for sharing what you have, to use a big picture that just does not only include your own needs, to act from a bigger context so you create more joy for others, to make a contribution to humanity, to discern what is really needed and wanted for the benefit of everybody and commit to delivering that, to start projects that make a difference in the world, to start “impossible” projects, to bring nobility and dignity to life, to find the pleasures of playing so that the game continues rather than playing so that you win, to use the resource of joy to be a yes to life, and so on. Notice the sensations of true ecstasy created through high drama joy.