

SPARK 092

(Matrix Code: **SPARK092.00** for StartOver.xyz game.)

DISTINCTION: If you move faster than the speed of love then you avoid the experience of love.

NOTES: Could it be that in modern culture you move at high speed from the moment you wake up until the moment you drop into bed? You might not even recognize that you have such behavior because speediness is so deeply integrated into the character of modern culture – even on vacation. The first thing we ask each other when we get back is, “Where did you *go*? What did you *do*?”

Your speediness is not necessarily physical movement. Much of your speediness is in your mind. You may spend the day speaking on a telephone, discussing at meetings, typing into a computer or sitting behind a steering wheel, all of it feeling like you are moving at high velocity when in fact you are nearly motionless. You calculate, examine, verify, create, read, listen, compare prices, make deals, arrange plans, and look for errors, trying to compress as much as possible into a day, all the while racing against the clock. A minute not packed to overflowing with activity or entertainment is a minute wasted in modern age. You try to get from here to there as quickly as you can. Whenever it looks like you might actually succeed you squeeze a few more things onto your “to do” list.

One of the casualties of your speediness is the experience of love. Since like most of us you never had a class in the experience of love you do not even acknowledge that something is lost or that something could be different from the way that it is. But consider the possibility that your speediness over-stimulates one part of your complex system while under-stimulating another part. It is no surprise to identify what those parts are. You hyperactivate your intellect while equating the experience of a hyperactivated intellect to having a full life. As a result you have no time or space in your complex life for much of anything else. This leaves your heart rather starving for love.

You may actually think quite a bit about love. You may ponder over what love is, trying to figure out how to get more of it, or if the love that you do have is as good as it gets. You may think that you understand love, or that you don’t understand love, or perhaps you have given up worrying about love considering all the other *real* things you have to worry about. Perhaps you fantasize about love through sentimental movies or romance novels.

What may not be clear is that there is a universe of difference between thinking about love and being in the experience of love. You may have thought about love so much that you never exposed yourself to the actual experience of love. Love has an experience. The experience of love is not flighty or fragile. That you might regard the experience of love as erratic is no wonder, given that love has a speed limit and you spend most of your time going 20 miles an hour faster!

EXPERIMENTS:

World [Copyleft](http://Copyleft.org) © 2020 by [Clinton Callahan](http://Clinton.Callahan.com). [Creative Commons BY-SA International 4.0 License](http://Creative-Commons.org/licenses/by-sa/4.0/). Please share this SPARK. SPARKs are online at <http://sparkexperiments.org>. Free weekly Eng SPARKs <http://sparks-english.mystrikingly.com/#subscribe-to-sparks>. Free subscription to monthly [Possibility Management Newsletter](http://Possibility-Management.com/newsletter) or [Newest SPARKs](http://Newest-SPARKs.com). Thanks for experimenting. Experimenting [builds matrix to hold more consciousness](http://builds-matrix-to-hold-more-consciousness.com). Powered by Possibility Management <http://possibilitymanagement.org>.

This experiment has three steps and requires the willing and conscious collaboration of someone you love. They do not have to be the *ultimate* someone you love. They only need to be someone who you love and who loves you. I suspect that there are more of these people in your life than you might normally be willing to admit. Choose one. Ask them to read this entire SPARK with you and then try the following experiment together. Agree on a place to meet at 11:00 on Saturday or Sunday morning for two hours, having eaten breakfast but not lunch. The place should be a big park with wide level pathways, trees, and running water or a lake. It can be in town or out of town, as long as it is separated from traffic. Before you meet on that day already do STEP ONE, separately.

SPARK092.01 PREPARATION The direct undiluted experience of love may be intense. Since your nervous system is already barraged and raw with overwhelming daily stimulation your true intention with regards to intensity may be to avoid it rather than embrace it. If this is true for you then STEP ONE is to heal your nerves. Start this morning with a relaxing massage and then step into a steam bath, or do gentle stretches and soak in a hot tub. Do something quiet and easeful to detoxify and replenish your physical body. The preparation for subtle intensity is to completely relax. This does not mean go eat chocolate or ice cream, drink wine, or watch videos. These all add to the stress. Whatever you do does not have to be a big deal – just something to physically slow down. Have your partner prepare themselves in a similar way but *do not do this preparation together*. Do it separately.

SPARK092.02 SHIFT Meet with your partner at the agreed upon time and place. Speak almost nothing when you come together. Do not touch each other for this whole experiment. Read this paragraph again together. Our standard orientation towards interacting with each other is based on words. We have been incarcerated in a verbal prison. This experiment is about having a prison break. You have come together to directly experience a subtle whole body sensation. Experience is wordless. Sensation happens previous to words. Before beginning STEP THREE you and your partner need to shift out of the verbal jungle and melt into experiential expansiveness. How do you do this? Breathe. Feel the quality of the air and clothes and hair on your skin. Move slowly and majestically like a lioness in the African sun. Forget about before now and after now. Look around and see exactly what is there. Use your eyes as receptors rather than analyzers. Let the light, colors and forms flow in. Breathe and notice the smells, temperature and humidity changes. Do not name anything. Do not try to figure anything out. Have no opinions. Make no comments. Let it be as it is and be with it exactly that way. Take ten minutes of silence and stillness to leave words behind while being together.

SPARK092.03 GO This experiment may not work the first time you try it. Then again it might work and you might not want it to. Do not worry about it. At least you get to take a walk in the park with a nice person. One of you look into the other's eyes and say, "We are gathered together in the name of love." You are using the principle that two or more gathered in the name of love creates the space of love. This asserts that love is happening in the space of your meeting. Then slowly begin to walk together side by side. Let us be clear about what "slowly" means. Walk slower than your mind imagines the pace of walking to be. Way slower – perhaps a third of your normal speed

– more like meandering than walking. This is a stroll. Let others pass you by unheeded. Step. Then take another step. Easefully. Without thinking about it. Let yourself be walked by the space within which you are meeting. Walk at the speed of love. You cannot understand this, but you can easily track and follow this. Breathe. Walk. Do not decide where to go. Be moved by the space of you being together, gathered in the name of love. Relax. Do not worry. There is more than enough time. After awhile check in with yourself and each other. Do not speak. Definitely do not discuss or analyze. Simply notice the speed to walk together so that you bring with you a bubble of the sensation of love. It is simple. That bubble will never go away. You might go away, but it will not. Your nerves may tingle. Your hair may stand on end. There may be a shiver up your spine. You may get goose bumps. The air might feel thick and comforting. There might be a warm humming in every cell in your body. This is love happening. And you leave it behind if you move too quickly or if you enter the intellectual world of words. The feedback is immediate.

The communion between your body and any particular space is cellular. The sensations that permit you to recognize the qualities of experience occur at the level of your tissues, your nervous system and the marrow in your bones. Navigating in the space of love involves being one with sensing the qualities of the space, a physical whole-body experience. Experience is not instantaneous. Experience arises. You will not find experience in your thoughts but in your skin and cells. Love has its own speed of movement. Without moving in the time frame of love you will miss the experience and may conclude that the world is poor and barren. But the world is lush and overflowing with abundance. If you miss that experience it is not the world's fault.

After walking together at the speed of love for about an hour, come to a stop. At this point you can decide to keep walking, or to end the experiment and part company, or to enter a café to sit in the space of love and share about what you experienced together. The suggestion is to not use this experiment to end up in bed together. That is a different experiment.