

## SPARK 097

(Matrix Code: **SPARK097.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Creating is more powerful than depression.

**NOTES:** A few years ago I was riding a TGV fast train from Poitiers to Paris and I noticed an American 25 cent coin in the removed shoe of a fellow passenger. I looked up to see a kindly, intelligent man in his late 60's looking at me. I said, "Not many French people carry quarters in their shoes. You must be American?" He said yes. I asked what he was doing in France. He said he was the retired president of the world brain tumor association from New York. He was interviewing other retired doctors for his book, intending to document healing secrets that these doctors had discovered during thirty of forty years of medical practice. He wanted to keep their hard-earned knowledge from going to the grave when they did. "What have you learned?" I excitedly asked. He assessed my ability to comprehend and then tossed me his big one: "Depression is hibernating spirit." "Yes! That's right," I said. "I have been unraveling depression in people for years by doing deep feelings clarity work." Instantly he was furious at me. "How come I don't know about this?" he demanded. "I study all the medical and psychological journals, even the popular psychology and health magazines, and I have heard nothing about your work. Why not?" The reason is because I have not been responsible about communicating to medical professionals about the effectiveness of these unorthodox methods.

The information about mixing feelings is quite simple actually, and so is the procedure for separating the feelings. The *Map of Four Feelings* was created in 1975 by Valerie Lankford, student of Transactional Analysis founded by Dr. Eric Berne. Valerie learned to think while feeling and found that all human emotions can be categorized into one of the four feeling quadrants: anger, sadness, joy or fear. Through training in "inner navigating" you can learn to distinguish and use your four feelings in their pure archetypal form. Without this training you tend to mix your feelings together into a kind of feeling slime. For example, mixing anger and sadness together produces the experience of depression, our topic of consideration. *The Map of Mixed Feelings* was created in 2003 by Marion Callahan.

Since it is also useful to know the results of mixing the other feeling combinations they are included here. Mixing sadness with fear produces isolation or despair. Mixing fear with joy produces carelessness or excitement like gambling or speeding. Mixing sadness with joy produces sentimentality or nostalgia or melancholy. Mixing anger with fear produces hysteria. Mixing anger with joy produces "schadenfreude," feeling glad when someone else feels pain. Mixing anger, sadness and fear together produces gripping experiences like jealousy, envy, shame, or guilt. And mixing anger, sadness, fear *and* joy together can produce catatonia, convulsions, psychological breakdown and burnout.

The procedure for separating feelings so they are experienced and expressed in their pure form is not yet understood by mainstream culture. When it is, perhaps these new maps will help some people live normal productive lives who are presently locked away in institutions under physical restraint or heavy medication.

## **EXPERIMENTS:**

Use inner navigation to separate your feelings, then use your clarified energy and intelligence resources to create ecstatically rather than talking yourself back into depression.

Almost everyone has experienced minor or significant bouts of depression. The original purpose for developing a habit of mixing anger with sadness is noble: to assure your own survival. It may have been more acceptable to be depressed than to be angry. If you entangle your rage with sadness then your rage is subverted. No one will feel threatened by your rage because there won't be any. Please note that mixing feelings is never bad or wrong. It simply produces certain very predictable results. If other results are desired then other behaviors are required.

Blending your anger with sadness puts your spirit into hibernation. Bringing your spirit out of hibernation has consequences. You should consider the consequences before waking your spirit. When your spirit or essential self is awakened you gain sudden clarity about who you are and what matters to you. Your feelings come back with wisdom and power. Your voice connects to your feelings and intuition. Your empowered feelings may cause spontaneous actions towards fulfilling your destiny that appear with a fierceness that surprises even you! Be sure in your heart, mind, body and soul that having these consequences is what you want before undertaking the following procedures.

Bringing spirit out of hibernation involves two steps. The first step is unmixing the two feelings of anger and sadness. The second step is using the newly clarified resources of anger and sadness to create what you want created. These are Phase 1 and Phase 2 of feelings work mentioned in other SPARKs.

**SPARK097.01 PHASE 1: LEARN TO FEEL BY UNMIXING FEELINGS** To disentangle your anger from sadness it helps to lie down in a private space, perhaps on your bed. Tell anyone who may be concerned that you are going to do some feelings work. Tell them that you may make loud noises but they should not worry; you will be all right and you will come back out when you are finished. Lie down on your back. Close your eyes. Take a deep breath to relax, then declare that you are going to separate your anger from your sadness. Remember that you may be feeling both feelings about the same person or incident. This is fine. You can separate the feelings from each other and then use them separately to create appropriate results. Clasp your fingers together with your fingertips facing in towards your chest. Imagine reaching deeply into the tangled mess of anger and sadness in your heart with your fingers. Energetically reach into this emotional "spaghetti" and forcibly pull the rage into your right hand and the sadness into your left hand. This may take a minute or two. Take your time and feel it. Slowly drag your fingers across your chest thoroughly separating the feelings from each other. Put your sadness onto a shelf on your left side – you can return to it later. Bring your purified anger back into your chest with your right hand. Let yourself erupt in pure rage as big and as specific as it can be, using your voice, your face, your words, and your body movements. Do not hurt yourself. Do not hurt anyone else. This makes it safe to let the rage go and go until it stops by itself, usually after you have made a distinction for yourself, a new decision for yourself or a boundary for others.

Now you have your feelings alive again as pure resources. Now you can use them to consciously create.

**SPARK097.02** PHASE 2: RESPONSIBLY USE YOUR FEELINGS FOR CREATING I (and many others who have heard these ideas) have repeatedly noticed that if I am in a state of depression and am thrown into a situation where it is necessary that I create, the depression vanishes completely within a matter of minutes. True creating feels like being in love and completely changes the brain chemistry. Consider the idea that depression comes from being in the known (in the “marshmallow zone” of the Box, far away from the edges), and creating comes from being in the unknown (staying on an edge of the Box and doing Edgework Experiments).

Spirit lives through creating. The secret of aliveness is continuously throwing yourself into the unknown where you have the necessity to create. Although it may feel scary, it may be easier than you think because most times when you feel like you know, it is only a Box generated illusion and the truth is you do not actually know for certain. The assumption that you know is a false assumption.

The creating needs to be in public and serve someone else not just yourself. That is, your creating needs to be immediately shared with at least one other person, such as by speaking only in rhyming poetry, leading an explorative discussion, coaching a colleague or client to see their invisible opportunities, solving team problems, designing alternative solutions with your child or partner, performing, etc. As soon as you detect the first signs of depression, separate your anger from your sadness and create the necessity to create. Creating necessity is itself a valuable skill. Being depressed provides the necessity to learn the skill of creating necessity.

**REMINDER:** Inducing the mixed-feeling condition of depression is a habit with many years of practice. It is neither right nor wrong; it may simply be familiar. Usually the Box navigates you into your familiar emotional states through a few simple sentences. For example, “I will never make it,” or, “they don’t care about me.” The sentence itself includes the mixing of rage with sadness. By repeating the sentence to yourself a few times you can easily navigate your way back into the experience of depression. Try to catch your Box repeating its sentences to you. Once you memorize the sentences that your Box uses you can clearly see them for what they are: your Box talking you into depression. Pretty ridiculous, eh?