

## SPARK 101

(Matrix Code: **SPARK101.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You may think that you understand. You may think that you do not understand. Both are illusions.

**NOTES:** What if you felt a necessity to understand the world's top twenty critical problems? (as in J. F. Rischard's inspiring book, *High Noon: Twenty Global Problems, Twenty Years to Solve Them*). More and more people recognize the dire circumstances we have gotten ourselves into at the global level: massive over-population, global climate changes, deforestation and loss of biodiversity, cure-resistant diseases, environmental contamination, fresh-water deficit, unsustainable consumption of limited natural resources, to name a few. Any of these could end civilization as we know it. How well do *you* understand these issues?

You might think that you clearly understand how hopeless it is and therefore you conclude that there is nothing you can do. On the other hand, you might think that you *do not* understand the issues because they are so complex and therefore you conclude that there is nothing you can do. Then because of your conclusion you do nothing and watch the world spin itself into oblivion, thinking, with a little schadenfreude in the pit of your stomach, "I hope this teaches a lesson to those people who could have done something to prevent this from happening!"

I take issue here with your conclusion that there is nothing you can do. Not because it is necessarily wrong. I take issue simply because it is a *conclusion*.

There is a mechanical chain of events that occurs when your Box makes a conclusion. If your Box concludes for example, that you don't know how to do something, that conclusion must then be followed up by experience to prove that your Box is *right*, that indeed you *cannot* figure out how to do that thing. Your Box arranges for you to have exactly that experience.

The fact that you permit your Box to hold a conclusion may block what is truly possible for you. For example, if the Box concludes that you *do* understand, then your true possibilities are trapped within your Box's need to sustain the illusion that you do understand. If your Box concludes that you *do not* understand, then your true possibilities are trapped within your Box's need to sustain the illusion of non-understanding. Your commitment to supporting your Box's conclusions diverts you from detecting that the conclusions block what else is possible for you. For example, if you have the question, "Who am I?" and your Box concludes that you must know who you are, then the charade that you put on to prove that your Box is right diverts you from realizing that you may be asking the wrong question. You are blocked from seeing the possibility of using a completely different basis for your daily interactions.

An alternative to letting the Box make conclusions is to develop the knack of avoiding making either internal (about yourself) or external (about others and the world) conclusions. Without conclusions you can simply be how you are, requiring neither evidence nor experience to conform to the Box's conclusions. Then when an

opportunity arises to take a new approach, you are free to use it immediately without first having to contradict any previously made Box conclusions.

The point of this whole thing is that coming to conclusions is not actually necessary. Drawing a conclusion is a control tactic used by the Box to finalize things that are not finalizable (for example, we think that when we throw away garbage the garbage is gone), or to exclude things that are not excludable (for example, we think that people from a different culture are separate from us). In reality there is no such thing as a conclusion because everything flows and everything is connected to everything else. Conclusions only exist in the mind. The door is now open for some very interesting experimentation.

### **EXPERIMENTS:**

**SPARK101.01** This is an experiment in making no conclusions about yourself and what is possible for you, and also making no conclusions about other people and your circumstances, either immediate or global. This means you experiment with making no conclusions at all.

The Box uses conclusions like building blocks to construct the familiar walls and structures of its controllable domain. Start your experiment by observing how frequently your Box manufactures conclusions for you to use in your thinking and planning. The Box uses experience to make *internal* conclusions like: *I am fit enough to do this, I am sick and dying, I am not well, I can't manage that, it is impossible for me, I am too old for this, I am powerless about this, that is too small a job for me, I have to have it this way, I don't know how to do this, I have no right to do this, I am too good for this*, and so on. At the same time, observe how your Box uses evidence to manufacture *external* conclusions, such as: *I am better than they are, I am the best, they don't love me, that is against the rules, I don't have permission to do that, I am not rich enough for that, they will leave me, I will get fired if I ask for this, I am too late, I don't have enough time, I am not certified, they don't care about me, I will look stupid, I am not allowed to discover this, it is forbidden...* so many conclusions!

After you have cataloged some of your Box's conclusions you are ready to begin.

There exists a state of grace where you make no conclusions at all. That state can be more frequently entered when you have its name. Lee Lozowick calls that state, "draw no conclusions mind." You can find your way into *draw no conclusions mind* by simply noticing and being present with what is occurring around you in every level without forcing it to be complete, exclusive, stable or understood. Even if you are angry at someone you can draw no conclusions. Even if you feel afraid of what might happen, if it is total chaos, if you think you are incompetent, if you have failed a dozen times already, if you are confused, tired, or embarrassed, if the situation looks completely destroyed, if you are sure there is no hope – even if you think you are ahead or that you have already won the contest, even then you can be without conclusions. Stay in your present experience and leave it be, without a conclusion.

Next, choose an exciting, attractive or inspiring but unusual action to try – something simple at first, like calling a new potential client or partner. As soon as you try a new behavior you will face your Box's conclusions. *This is wrong. This is too scary. I can't*

*do this.* Write down each conclusion as you find it. Use the act of writing it down to vanish the conclusion. Then start the move over, without conclusions. Do not give any weight to the considerations *I understand*, or *I do not understand*. Over and over, start again and do whatever you need to do without conclusions.

Keep going. *Draw no conclusions mind* can become the way you walk down the street, the way you enter a business meeting or the Aikido Dojo for a test, the way you face your emails, and the way you sit down to breakfast with your family.