

SPARK 103

(Matrix Code: **SPARK103.00** for StartOver.xyz game.)

DISTINCTION: Your partner can adore you only when you are vulnerably present.

NOTES: You can have sublime, expansive, heart melting, adoration from your partner – but only if they feel safe in your presence. If their Box feels threatened it automatically goes into its defensive mode and can neither give nor receive adoration. What threatens their Box? Feeling picked on.

Remember a time when you picked at your partner. You probably didn't mean anything by it. Your pick, pick, pick expressed a kind of affection, showing that you care about their performance or their appearance. Picking is paying attention to them. But a pick is experienced by their Box as a threat of annihilation. A pick says their Box is wrong, an attack. Attack triggers their Box's defenses. One little pick from your Box is enough to prevent your partner from adoring you.

If you knew the mechanics of how you are defended you would be shocked. You think you are open but the Box is so sly. If a woman is shown how controlling a space "for her partner" actually leaves no space for him, she won't see this. She thinks, "I just want it to be right." But there is no welcoming or acceptance of the man. His Box feels attacked by the controlled space and then it goes defensive. Intimacy is less likely rather than more likely. The woman's Box feels safe because she is not adored.

To maintain its dominance the Box becomes expert at finding ways to feel like it is under attack, even in benign circumstances. As soon as the Box feels threatened it is justified to implement its defensive tactics, either withdrawing or aggressing. The smallest thing can offend a Box. The Box feels scared, shifts to defensive, and, as a side effect, blocks the giving or receiving of adoration. This SPARK says that *the side effect could well be the main effect*.

You have a Box. You are not your Box. Neither is your partner their Box. Adoration occurs from being to being, not from Box to Box. But during adoration the Box does not vanish. While you adore your partner a part of your attention notices that their Box is still there. While adoring your partner's being you also appreciate their Box for what it is, the mechanical defense strategy that allowed your partner to survive so you could adore them.

You would think that if your partner adored you, you would automatically suck it in. But your Box has another agenda. When adoration happens the Box does not have control and it feels threatened. If you are adored, what use is the Box? So the Box stays suspicious that your partner will pick, pick, pick about all the little things, so you won't decide to trust and you cannot be undefended. You keep the Box in place and won't let in the adoration.

Adoration is the doorway to presence. Each of us has access to the one presence, where there is no problem anywhere, ever. Adoration is a spark of enormous life. But you cannot be the adorer or accept adoration if you are defended in any way. Picking

on your partner ends the possibility of adoration, for you and for them. You can have adoration from your partner only when you are vulnerably present.

EXPERIMENTS:

SPARK103.01 Each application of this experiment includes two steps in quick succession. It is not about doing anything or trying to change anything. It is about observing what you are up to and why. First, what are you up to? Notice each time you “pick” on your partner. It could be anything: interrupting and correcting the facts during a story that they tell, redoing something “better” that they have already done well enough – for example, adjusting how they put the silverware on the table. Picking is demeaning any aspect of your partner’s behavior, their decisions about how they dress, how long they sleep, how they spend their time or energy, how much money they make, their fingernail biting, nose picking, face scratching, hair twisting, misplacing their keys or glasses, farting, burping, anything. As soon as you notice that you have picked on someone, notice why. This is the second step. Why are you doing this? What is behind your attack? What moves you in that instant? What is your purpose?

Consider the idea that your purpose is to stimulate your partner’s defensiveness so that they cannot adore you. Weigh this out. Could it be that your Box’s fear of being replaced by presence puts your Box on the offensive? To pick on your partner so they pick on you so your Box can defend you and avoid being adored?

When your woman says she wants to talk, what she is asking for is your adoration. If after she has said what she wants to say you are still giving her total attention, then she feels safe. She feels adored. What spontaneously comes out of her then is adoration towards you. Will your Box let you do this?

When your man wants to tell you what he did today, he is asking you to adore him. If, after he tells you his accomplishments, you are still adoring him, then he realizes it is not the action you are adoring. It is him, previous to his actions. What spontaneously comes out of him then is adoration towards you. Will your Box let you do this?

In this experiment do not try to change anything. Do not try to improve – trying to improve is like trying to open a door downstairs when you are standing upstairs: ineffective. You must be where you are to have power. Being where you are starts with noticing. Whatever you notice, do not judge it. Do not ridicule your actions. Do not pick on yourself, because that is only more of the same picking. Accept what you notice as it is. Be clinically neutral about what you see. Have no opinion. Simply notice. See it over and over, as often as you do it.

Build your clear seeing of yourself, your neutral noticing of your Box’s intentions. Notice what you are up to and why, and notice it again and again. It is the clear seeing, the ruthless self-observation, that can bring vulnerability back to you.

Through your vulnerability you can admit your own humanness, your own imperfections. Vulnerability is presence undefended by your Box. Vulnerability opens you to accepting being adored by your partner defenselessly. Your own vulnerability sources your natural adoration of your partner.

Let your being express its adoration of your partner and let your being receive adoration from your partner. More and more, be simply present in the presence of your partner. Respect your Box, respect your partner's Box, and find your way to undefendedness. Don't let your Box block your being from giving or receiving adoration. That is the experiment.