

SPARK 107

(Matrix Code: **SPARK107.00** for StartOver.xyz game.)

DISTINCTION: Your anger about a thing is the fuel you are given to change that thing.

NOTES: If you split off and direct a part of your attention for monitoring your feelings you will notice that several times each day you feel angry. It may not be 100% pure anger, perhaps only fluctuating surges of 3% or 10% intensity. But low intensity anger is still anger! Contrary to what you may have been taught, these sudden spurts of anger are not a mistake. Adult anger is a resource of clarity and energy that arises in the precise amounts needed so you can produce what you want in your life.

Since childhood you have been taught that anger is “negative,” uncivilized, impolite, immature, and uncontrolled. This teaching does not stop you from feeling angry! It only stops you from feeling angry *responsibly*... Your suppressed anger has to go somewhere. Either you keep it inside and become ill, or you leak it out sideways in unexpected moments and hurt the people who are closest to you. This SPARK is about making your anger conscious so that you can apply its energy and information resources towards creating your destiny.

Over many years of working with feelings I have found that there are two Phases in feelings work. In Phase 1 you learn to feel responsibly. In Phase 2 you learn to apply your feelings consciously. Phase 1 is quite sophisticated. Learning to feel means:

- to experientially distinguish between *thoughts* and *feelings*, so that you know when you are in your mind and when you are in your body,
- to experientially distinguish between the *four feelings* of anger, sadness, joy, and fear, so that you know which of the four feeling territories you are in,
- to start and stop the expression of your feelings,
- to feel feelings from 1% low intuition-level intensity to 100% high archetypal-level intensity,
- to distinguish present-moment *feelings* from incomplete *emotions* that feel like real feelings but which are actually only restimulated emotions from the past,
- to feel feelings neutrally, without the *positive/negative* or *good/bad* stories that are often attached to them (for example to experience *fear is fear* rather than *fear is dangerous*),
- to feel feelings *purely*, not mixed together with other feelings, (for example anger mixed with sadness creates depression, anger mixed with fear creates hysteria, anger mixed with joy creates schadenfreude, and anger mixed with sadness and fear creates jealousy or guilt),
- and, to feel feelings *responsibly* in the *adult* present rather than from a superior *parental* perspective as criticism, blame, praise, persecution or rescuing, or as a victim in the inferior *childish* perspective as resentment, complaining, justification or adaptive behavior.

In Phase 2 you learn to apply your clear feelings professionally. You learn to use the *information* from your feelings to know *what* to say or do, and the *impulse* of your feelings *to say or do it*. With confused feelings you hesitate, clear feelings make clear

communications and help you accomplish your goals. An important note is that learning Phase 1 can take several months to a year or more of guided practice, and you cannot do Phase 2 with a feeling until you have already done Phase 1 with it.

Regarding anger, once you can consistently feel anger responsibly, you can then apply its energy and inherent intelligence to:

- make necessary boundaries (Stop that! This is not acceptable. This is my problem not your problem.)
- make clear decisions (Yes, I will handle this. No, I don't want that.)
- make distinctions (You answered a different question than I asked. If you do not speak out your disagreement our team lacks your wisdom.)
- make declarations (You are beautiful. This is good enough.)
- ask for what you want (May I have your help please? Would you please take care of the kids on Monday night? Would you please protect me from your mother's criticism? Could you scratch my back a little harder and more to the left?)
- and so on.

Anger is used to start things, stop things, change things, create clarity, pursue a particular intention, complete commitments, make decisions, and to move on to the next thing. If you observe that any of these faculties are weak or lacking for you, it could simply be that you are not effectively applying your natural resources of anger.

EXPERIMENTS:

SPARK107.01 CHANGE YOUR CONCLUSION ABOUT ANGER Even if you have heard these ideas before you may still be blocked from using your anger by an old but invisible conclusion. Since anger is defined by modern society as *not okay*, there is an almost unavoidable tendency to conclude that when you feel angry, *you* are not okay. Your non-okayness is a deep conclusion that disempowers you from taking appropriate actions fueled by anger's clarity.

Changing the old conclusion starts by recalling the time in your life when you decided: "When I feel angry there is something wrong with me." That old conclusion was intended to protect you during your childhood. For example, if you had clarity and power as a child it may have been too threatening or challenging for your parents. To keep from being destroyed you entangled your anger with self-doubt, self-hatred or confusion so as to appear less dangerous, and it worked. You survived. But conditions have changed since then. You are no longer a child. You need not disempower your anger to protect yourself. Your anger *is* your protection. Even if you have arranged to confirm your childhood sense of what is normal by being with a boss or a partner who feels threatened by your power, there is a difference now. The difference is that you are responsible for making the choices that created your present circumstances, so you can responsibly make new choices to create something else. You can have your power back. Adult men and women are *supposed* to have feelings. Your feelings of anger, for example, can serve you personally and professionally. Give your nerves and tissues permission to vibrate with the intense sensations of adult anger.

SPARK107.02 LET YOUR ADULT ANGER MOVE YOU TO ACTION Adult anger provides the clarity for designing responsible actions *and also* the fuel for taking those actions. This experiment is to pay attention to *each* time you feel angry during your day and to detect what the feeling is moving you to do. Depending on where you are in your Phase 1 and Phase 2 of feelings work, the action may be responsible (to empty the full garbage can) or irresponsible (to yell at your son for not taking out the garbage). The intention of this experiment is to bring integrity to your adult anger. Bringing integrity to anger automatically results in actions steps. Responsible action steps will range anywhere from tiny gestures (not to give your attention to the television as you pass) all the way up to career, relationship and lifestyle changes. As you learn to detect the responsibility level of your anger-motivated actions, take the risk of trusting your anger so much that you let it move you into action before you think.

Letting responsible anger move you to action starts by letting the anger move your attention so you can scan your circumstances from the point of view of the anger. Start with low level anger, for example, at the dust on a lamp, sloppy shoes, disorganized desk drawers, or unfinished bookkeeping. Gradually allow more intense anger from deeper parts of your energetic body as impulses for action steps. When you do this experiment, don't be surprised if many areas in your life start blossoming. Perhaps you are angry about the design of your department and your anger leads you to arrange a meeting with your boss to propose a redesign for improved effectivity. Perhaps you are angry at your own resentment that you see on your face in the mirror and the action is to refuse to let another day in your relationship go by without exposing the irritation at the core of your resentment. Or you finally have had enough subtle manipulation from the TV and you throw the damn thing out. Or you get tired of the influence that government imposes on your family life and let your kids learn free at home even if it is illegal in an illegitimate legal system. Or finally admit to being angry about corporate ignorance and you take actions that organize teams to dismantle the deadly systems. At this point following the impulses of your responsible adult anger brings your life into alignment with your archetypal lineage and you may find yourself experiencing high-level-fun fulfillment.