

SPARK 110

(Matrix Code: **SPARK110.00** for StartOver.xyz game.)

DISTINCTION: When you stop looking outside of yourself for who you are, you stop watching TV.

NOTES: Do you still watch TV? Or have you stopped? Do you remember when you stopped? What changed? Do you know people who still watch TV? What *reason* do they give for watching TV? Why do they *actually* watch TV?

Some people say they watch TV for entertainment. But TV does not entertain. TV fascinates – like a snake fascinates a mouse just before eating it.

Some people say they watch TV for news and documentaries. But watching TV is not really about watching the news. It is about the fact that *other* people are watching the news. When other people watch TV it causes a fear in us of *not* watching TV.

The fear of not watching TV runs deep in our soul. It is the terror of being rejected by the clan. Cellular memories tell us that if the clan sees we are different, retribution is swift and terrible. Seven hundred years of Inquisition efficiently exterminated anyone who behaved like a cultural creative. You are a descendant of the people who learned how to pretend they were normal. If someone asks, *What do you think about the hostages?* Or, *What do you think about Betty Jean's reaction to Bob's homosexual overtures towards her husband on the soaps last night?* You'd better not give them a blank stare. That momentary silence signals to *everyone* that you are no longer one of the clan. Most people watch TV to avoid being called a witch.

Should you survive by sacrificing your uniqueness and becoming one of the clan? Or should you survive by enlivening your uniqueness and inventing new clan culture? You face a serious dilemma. On the one hand, if you look *outside* of yourself for who you should be, you are lost. On the other hand, if you look *inside* of yourself for who you should be, you may be gotten rid of.

TV especially eats children. Young people seek answers to three vital questions: *How do I survive in a place like this? Who are these other people? Who am I?* TV and its associated hi-tech hand-held devices jack directly into the mind and download answers to these questions with a vengeance.

Can you still sing your childhood TV ad jingles? Who you have become was largely established by the stories told to you on TV. The stories have long ago faded from memory as stories and now shape your perceptions from behind the camera.

In human societies, storytellers have the utmost influence over our quality of life and the kind of future our children can create. It used to be that storytellers were trustworthy elders who saw the big picture and kept the community's best interests in mind. Modern society has a different game going on.

Today's storytellers are owned by corporations, psychopathic hierarchies dedicated to maximizing profits regardless of social or environmental costs. Television is their

primary mouthpiece. It is estimated that American high schoolers have viewed 360,000 TV commercials by the time they graduate, each one delivering the same disconcerting message: you can't live without "me."

Looking outside of yourself for who you are comes from the false assumption that you are not already that which you seek. If you are not already that which you seek then you must look outside of yourself for proof of your own existence in stimulating distractions, like TV. Frantically looking around for things you cannot live without causes you to ignore the experience of already living just fine without them.

Do you have to *know* who you are before you can *be* who you are? There is a natural ecstasy in being yourself. Searching for external validation invalidates your innocent ecstasy of already being valid.

When you stop looking outside of yourself for who you are, you have more chance of finding it. When you succeed, there is no need to watch TV.

EXPERIMENTS:

Oddly enough, the experiment you might have thought was coming – to stop watching TV – is not on the agenda. Whether you watch TV or not is a moot point. The actual question is whether or not you can stay present and centered in yourself, regardless of what you are watching or doing?

SPARK110.01 Take a moment to establish the following experience in all four bodies (physical, intellectual, emotional, and energetic): *I am already me. I do not have to go find me. I do not have to look outside of myself for me. It is okay to be me even if it does not match other people's expectations of who I should be.* See if you can move into this experiential space as your home for the week.

SPARK110.02 Observe how often your typical behavior involves looking outside of yourself at advertisements or shop windows to get confirmation about yourself. Imagine being able to walk along without needing to seek that kind of confirmation. Now try it. Walk down the hallway or the street already confirmed about what you wear, what you look like, what you do, who you are. Stay centered, stay relaxed, and stay confirmed.

SPARK110.03 Observe how often your typical behavior involves looking to other people for validation. Imagine being able to meet someone without needing them to validate you. Now try it. Meet different people – children, elders, relatives, strangers, rich, poor – and equanimously remain validated as already being who you are.

SPARK110.04 News can be useful but mainstream media is owned by the aforementioned corporations for the sole purpose of profit. Find alternative sources for your news, such as these websites: <www.truthout.org> <www.democraticunderground.com> <www.thepeoplesvoice.org> <www.stwr.org> <www.informationclearinghouse.info> <www.climatetruth.org> <www.mwcnews.net> <www.worldproutassembly.org> <www.novakeo.com> <www.countercurrents.org> <www.dissidentvoice.org> <www.opednews.com> and <www.alternet.org>.

SPARK110.05 EXTRA CREDIT EXPERIMENT: It turns out that looking at yourself in a mirror is also looking outside of yourself for who you are. The experiment is to remove or cover all of the mirrors in your house and in your office (not in your car!). Then every time you catch yourself seeking a mirror or a shiny surface to see your reflection, follow that urge back to its original insecurity and relocate your center from there to the neutral attentive point in you where there is no story at all.