

SPARK 111

(Matrix Code: **SPARK111.00** for StartOver.xyz game.)

DISTINCTION: To make something happen, commit first, before you know how – commitment creates the necessity for gaining knowledge and resources.

NOTES: Many, many beneficial and soul-nurturing projects go uncreated because for the most part you have not been trained in the mechanics of using your energetic body (one of our four bodies – physical, intellectual, emotional, energetic). This SPARK is about using your energetic body to create true necessity through becoming a commitment.

You may be a person with a wish or a dream. You may be trying to figure out how to make your wish come true, thinking that if you could only figure out *how* to make it happen then you would commit to doing it (e.g. *If I could only figure out how to make a living with Possibility Management then I would start doing it...*). But the universe does not work this way. A thing does not happen unless there is necessity for it to happen, and wishing does not create necessity. Commitment creates necessity.

Certainly becoming conscious of your wish is a needed step. But if your tendency is to have a wish and to wait around hoping that circumstances will magically rearrange themselves so that your wish comes true, then you remain a victim of circumstances. You may have been waiting around a painfully long time as a person with a wish.

While being a person with a wish you relate to yourself thusly: *I wish this thing would happen*. Your wish will remain a fantasy until you commit to it.

Through the process of committing, *who-you-are-being* changes. You become a person who is being that thing happening: *I am this thing happening*.

The astonishing thing to recognize here is that *being-that-thing-happening* is in no way dependent on *knowing how to make the thing happen!*

In fact, it almost never occurs that you will figure out how to make a thing happen before you actually start making the thing happen! Your commitment to go ahead, *no matter what*, creates the necessity for you to discover or invent how to do it.

Being able to commit beyond the known is a strange idea. Modern culture has welded your possibility to what you know. Breaking that weld is key to creating anything new because new ideas/frameworks/possibilities originate in the unknown.

Commitment is not positive thinking, not repeating wishful words to yourself, not being a *responsible victim*, not just a promise made to someone else. Commitment does not occur in the mind. How do you commit? Commitment is a gesture made in your energetic body, an internal adjustment in how you experience yourself.

Your commitment modifies the shape of your being. Circumstances around you then have a new form against which to configure themselves. Your commitment is an invitation for circumstances to provide what you need even though, in the moment

before your commitment, resources may have been invisible and the task may have seemed impossible. It is your commitment that makes the difference.

EXPERIMENTS:

Practice committing. Maybe you shy away from commitment because you have learned that if you commit you become responsible. Perhaps you would best begin by upgrading your thoughtware about responsibility (for more on this see the *Thoughtmap of Responsibility* in my book: *The Power of Conscious Feelings*). Modern culture teaches that responsibility is a burden; it makes you guilty; it means you are blamed and you will be punished. In modern culture only a fool takes responsibility.

Fortunately, something better than modern culture is waiting for us. It is called next culture. Next culture is built out of radical responsibility. In next culture, responsibility is the opportunity to be at source, to be the cause. Commitment is the ecstatic ongoing act of nonlinear creation, the power to be present with exactly what is, and the power to create change, to originate a future that is different from the past.

The change of *who-you-are* in commitment involves going through a liquid state. The old *who-you-are* disassembles and rearranges according to your new intention so that a new *who-you-are* comes into existence in only a few seconds (or a bit longer if you commit to more significant results). If you are not willing to experience the liquid state you will be unable to commit. If you notice a lack of commitment in your life, to your partner, to your children, to your true tasks, to fulfilling your soul's vision for serving humanity, perhaps this is simply because you have been afraid to experience the liquid state. It is just a liquid state. Perhaps it would be useful to change your mind: *I welcome the liquid state that comes with making commitments.*

SPARK111.01 Step One: COMMIT TO WHAT YOU KNOW HOW TO DO. It is far more effective to practice making many little commitments than it is to jump at what may seem like the perfect opportunity to finally make your one big commitment. Commit each day to a tangible result you wish to create, measurable within time and space limits. For example, commit to complete your errands in town and return home before four o'clock, clean out the top drawer of your desk in fifteen minutes, write a letter to the editor before going to bed, repaint the kitchen this weekend, etc. Remember that each commitment includes a liquid state as your being reshapes itself to become the commitment. You can feel the rearranging happening. It is quite satisfying.

SPARK111.02 Step Two: COMMIT BEFORE YOU KNOW HOW. After a few days of committing to results you already know how to create, start committing to create results *before you know how*. This is not being naïve; this is being alive. For example, create an intimate birthday experience for your partner that touches them deeply, create a joyful week-long community-living experience, expand from your security-based job by working with a team doing what you really want to be doing, lead a movement of people shifting into next culture, etc. Observe your Box reacting to unknowns with its usual defense: *But I don't know how to do this*. Just laugh at it, then keep telling relevant people your commitment (e.g. *I am working in your project.*). Do now whatever tiny action you know how to do, and be alert to new possibilities as they ongoingly arise.

SPARK111.03 Step Three: SUPPORT OTHERS TO COMMIT BEFORE THEY KNOW HOW. Bring the *commitment creates necessity* clarity to your weekly meetings to support others through their liquid states while their beings reshape to fit with new commitments.