

## SPARK 116

(Matrix Code: **SPARK116.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Competing with others comes from not respecting yourself.

**NOTES:** Perhaps you know what it's like when someone behaves in a way that conflicts with a way you must behave? Their offensive behavior triggers all four of your bodies to react. Have you noticed?

- your organs (physical body) pumping adrenalin and hormones into your brain, nervous system and muscles? Feeling aggressive, hysterical, depressed, or isolated?
- your mind (intellectual body) speaking harsh voices to them or to others, criticizing and judging their behavior, so well-justified that the words actually come out of your mouth?
- your heart (emotional body) cramping up and disconnecting your flow of compassion and love to them?
- your being (energetic body) cutting off respect, generosity and acceptance of them? Your caring for them stops, at least in this moment?

These reactions are your Box trying to keep others behaving the way it thinks you must behave. Does your Box use the same weapons against you that it uses against others? The moment you break one of your own conscious or unconscious rules does your Box flood you with hormones and bash you with critical voices, hard feelings and a cold attitude? For most people the answer is yes.

Managing yourself using the same mechanisms you use to manage others reveals a principle: *How you treat others mirrors how you treat yourself.* Let us apply this principle to a very common game being played in modern culture: the "I win-you lose" game of competition.

Competing is a survival strategy that assumes a scarcity of resources. We assume there is not enough love, opportunity, "coolness," status, self-respect, as well as material objects like food or clothes, or concepts like money, space and time. Were you ever afraid of not having enough money? Enough respect? Enough recognition? Have you ever competed against others for these?

Modern culture claims that competition generates efficiency and creativity. Actually, Efficiency and Creativity are Bright Principles that bring their own benefits when called into your work spaces. Competition is child-level responsibility promoted by those who hold all the aces and stand to benefit from the many, many losers.

Deciding to compete against someone else means you do not respect them enough to care if they lose.

*Not respecting someone else mirrors not respecting yourself enough to care if you lose or not.* If you respected yourself you would change the game and respect others enough to collaborate with them to create ways to care for each other.

## EXPERIMENTS:

**SPARK116.01** Human beings are naturally collaborative and non-adversarial. We are experts at creating conditions where everything and everyone around us wins and benefits. Sure, there is evidence to prove the opposite – just look at the shock doctrine and disaster capitalism of the corporate political empire. Modern culture functions at child-level responsibility, but this is a passing phase in human evolution. Who says you must keep playing that level of game? This experiment is to grab yourself by the bootstraps and grow up, to change your mind and play a bigger game. Here's how it goes:

Make a new decision. Right now, make the decision to radically respect yourself. Say out loud, "I radically respect myself." This is no big deal. Radical self-respect is your natural birthright. Go ahead. Admit it to the world. Say it out loud.

Now, mount a *competition detector* on your left shoulder. It is a yellow light that goes "Bong! Bong! Bong!" anytime you disrespect someone enough to compete with them. The instant your alarm goes off, replace your fear of scarcity or your competitive jealousy by making a proposal for creative collaboration.

Do not try to change someone's competitive behavior towards you. This experiment is to respect *yourself* enough to propose collaborations to team-up and take care of each other. Your proposals may not be accepted. Acceptance is not the point. *The point is to make proposals.* On the other hand, you may be surprised by how many of your proposals are welcomed and embraced by other people.

You can propose big or small collaborations, long or short collaborations. For example, while standing in line at the post office you can speak to the person in front of you and offer to hold their place if they would like to shop around the store a bit. Or at your next office meeting you could propose to adopt a protocol for using the intelligence of fear as a team so that whenever someone feels competitive they say what they fear so all might address the cause and alleviate it.

Another example: So many single moms live in desperate isolation because they do not respect themselves enough to collaborate with other stay-at-home moms to create a little tribe of moms and kids taking care of each other each day.

While writing my last book I was stuck. Other authors were getting their books done and I tried using competition to motivate myself but it did not work. One afternoon I saw that I was not respecting myself enough to propose a collaboration. I immediately proposed a "Pirate Agreement" with a fellow trainer. I asked her if she would agree to a weekly phone report from me to help me wrestle with the new material for the book. She said yes. It took only one phone call and the book was finished. Respect yourself enough to propose collaborations of mutual benefit.