

## SPARK 117

(Matrix Code: **SPARK117.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Security and commitment are mutually exclusive.

**NOTES:** Security is a concept that can be understood by the human mind. Just because you can understand a concept does not make that concept true. The concept that you gain security by installing alarm systems on your house, diversifying your investment portfolio, purchasing a getaway home in Costa Rica, driving a Volvo, or taking more health insurance, seems to make sense, but it is delusional. Security does not exist in nature. Everything is in transition. No matter how much security you try to arrange for yourself, you are going to die, and, unless you commit suicide, death arrives without the courtesy of informing you when or how.

Seeking security is asking the universe to give something to you, a promise that cannot be kept. Commitment is you promising to give something to the universe, a promise that you can keep more often than you might imagine.

Seeking security is a survival strategy. Commitment, on the other hand, is a *living-full-out* strategy. You are designed to live full out. There is a big difference between merely surviving and living full out. Making outrageous commitments and fulfilling them is a form of High Level Fun. The universe is begging you to come out and play.

When you really get committed, nothing can block you. This is because commitment transforms every hindrance into a stepping stone along the path of making your commitment happen.

For example, last night before I went to sleep I committed to writing a SPARK this morning. I wake up at 6:30 am. My wife is sleeping but when I stir she smiles at me in a way that would not induce any man to ever get out of bed. But when slip out from under the mosquito net she keeps smiling in her sleep. At the moment we are staying in a one-room bungalow fifteen meters from the Indian Ocean on a tiny island off the west coast of south Thailand. As I open the door I find a flea-bitten dog sleeping on my cushion. I have to move him out off without using words (which might wake my wife) and without getting teeth in my ankle or an infestation of fleas. The ocean laps the shore, warm and inviting, tempting me for a swim. My writing desk is a few planks nailed together that I found in a scrap pile and propped up against the porch railing with another stick. As I sit in the cracked plastic lawn chair clouds open above and splash rain on my netbook because the wind gusts from a new direction. So I hang a towel above the porch railing to block the drops. And now I'm getting hungry because all I ate last night was clear soup with vegetables, and I know that within a hundred meters of here is a kiosk offering the tastiest rice with omelet and a cashew milkshake that you could ever hope to find. Any one of these circumstances could have diverted me from keeping my commitment of writing this SPARK this morning. But I am committed, so each apparent obstacle one-by-one becomes the steps along my path of fulfilling my commitment.

The example above seems insignificant, but if you seek security, such tiny distractions have the power to divert you from delivering your destiny. Using obstacles as bridges

also applies when making big commitments, such as to homeschool your children, or to begin your next initiatory process, or to remove aliveness-sucking objects from your cellar, attic, closets, garage and cupboards, or to exit the system. The obstacles provide the way.

If you do not accomplish something it could be because you are seeking security. Since results never lie, what you get is what you are actually committed to. Meaning, regardless of the story you tell yourself or other people, what you have is what you want.

You are always committed to something, and the something you are committed to shows up in what you do and what you have. If what you have differs from what you think you want, you are committed to something different than you thought. You were instead perhaps considering the philosophical concept of doing something, or you were entertaining yourself with a fantasy world in which you imagined yourself doing something, but you were not committed.

It seems that a person can only commit to what aligns with their Bright Principles, their destiny. When you actually commit to being your destiny in action, your energetic body changes shape. Then your vigor and presence grow ten-fold because the universe conforms to your new shape allowing archetypal forces to assist you. These are comparable to laws of physics.

It helps to recognize that commitment does not occur in the mind. Commitment takes place in your energetic body through a deep decision.

You make superficial and transient decisions in your intellectual, emotional and physical bodies, but the important decisions such as what project you work on, where you live, who your friends are, these are deep decisions that change who you are. After truly committing, who you are aligns with a new future, a future that includes whatever it takes to fulfill your commitment.

Perhaps you are afraid to commit because from that moment on you can't blame someone else or your circumstances. All the consequences of your commitment, all the Beep!s and all the Go!s, were caused by you. The Box wants neither uncomfortable success nor uncomfortable failure. It wants its familiar and secure comfort zone. Commitment takes you into a new world beyond the borders of your Box.

## **EXPERIMENTS:**

This experiment has two parts.

**SPARK117.01** Detect where you are seeking security. This can happen in many choices, at home, at work, in public, in private. Do you order the same thing in the same restaurant? Do you avoid eye contact? Do you keep silent or absent minded babble when something important could be said? Write a list of things you did not yet accomplish. By each item, write how you chose security instead of truly committing. Be specific.

**SPARK117.02** Develop your commitment muscles. Each day commit to one little thing, then deliver that thing no matter what obstacle, distraction or seduction either inside of

you or outside of you comes up to interfere. For example, commit to wear a certain piece of clothing the next day, then wear it. Commit to call someone, to be at a certain place at a certain time, to finish a task, to walk twenty minutes, to not be late anywhere that day, then no matter what, keep your commitment. Each commitment that you struggle to keep no matter what your Box or circumstances throws in your way strengthens your commitment muscles.