

SPARK 119

(Matrix Code: **SPARK119.00** for StartOver.xyz game.)

DISTINCTION: If your self-image is based on what you see when you look in the mirror, your woman is getting very bored.

NOTES: Sure, it makes sense to think of yourself as hair, skin, meat and bones with nice clothes on, a solid, visible personality. After all, there you are in the mirror, reflected with every wrinkle and pimple. The feedback is undeniable.

And that is exactly what makes us men boring to women, conceiving ourselves as someone who *must* be knowable.

If you can be known, then you should exhibit predictable behavior, hold steadfast opinions, maintain old decisions, not change your tastes. Herein lies the conflict. As soon as you identify yourself as the content of your life you are dead, no challenge anymore.

For example, as soon as your woman has an opinion that is different from yours you might think you are supposed to defend your position stronger than she defends hers or you are not a man. That is linear. As soon as your child disagrees or argues with you, you might have the impulse to prove yourself right or win by force, or else you are not the parent. That is linear. In neither case does the idea cross your mind to go nonlinear and change the game...

If you are knowable then you can be projected upon, a target for expectations. However, expectations kill intimacy because an unfulfilled expectation generates resentment. Then whenever you touch her she doesn't feel you; she feels her resentment towards you and must guard herself. It is a mess.

Even if your father was no role model for this, you *can* have a completely different place of origin than what you see reflected in the mirror. There are many alternatives to experiment with. Each new source of self-experience opens an entirely new world of relationship with your present possibilities, with your destiny, *and with your woman*.

We begin with some questions: What if that thing you see in the mirror is not what you are? What if it is only a vehicle or antenna for what you are? For most of us this seems like an absolutely insane line of inquiry. What else could there possibly be than what we see in the mirror? What else indeed!

EXPERIMENTS:

SPARK119.01 Below is a list of options for the question: *What else could I be?*

Warning One: If you regard the options below as *concepts* or as *good ideas*, you will cement yourself into your mind, which makes you even *more* boring than being flesh and bones. The proposals listed below are *not concepts*. They are invitations to find a new place to come from in your self-experience. They are start buttons for a new game.

Warning Two: Each experimental orientation starts with the word "I". But the experiment is not about "I". The experiment is about what is there instead of the "I". While doing the experiments, forget the "I" part. Thinking that there is an "I" just gets in the way.

Warning Three: Shifting from considering yourself to be a knowable, visible, solid, stable man who brings home the bacon, to being something more dynamic requires HEALING AND INITIATORY PROCESSES that trigger ADDITIONAL ABILITIES.

HEALING / INITIATIONS: Seven to ten deep healing and initiatory processes over a couple of years will transform your relationship to what happened in your childhood and in some past lives. (For more information about this personal development work, go to www.nextculture.org.) These processes release you from the subjugating grip of beliefs, conclusions, hidden commitments, old decisions, etc.

ADDITIONAL ABILITIES With less mental, emotional, and energetic baggage you become less and less hookable. You learn how to get killed and not die, how to make right-angle turns at light speed, and how to go nonlinear out the sides of spaces through the gaps between moments. When you learn to differentiate *what is* from stories that you make up about *what is*, then you can accept *what is*. Accepting *what is* lets you start where you are with an accurate assessment of current reality, which becomes your launching pad for shifting *what is* into *what could be*.

Each experiment below invites you to center yourself in a non-knowable self-image. Choose one and use it for a full week (or the rest of your life) resisting the invitations to shift back into being something knowable: (Remember, *forget the "I"*.)

I am a distinction-frame, holding a space of discovery.

I am stage lights illuminating high-drama.

I am a present-tense noticing being in a field of groundlessness.

I am a space navigator for all three worlds.

I am a place of delightfulness, clarity, and transformation.

I am a radically-responsible gameworld pirate.

I am an access point for nonlinear possibility.

I am an evolution catalyst.

I am an agent for the great mystery.

(Forget the "I".)

I am nothing - the kind of nothing so big that everything fits into it.

I am not here to provide you with safety, predictability, peace, calm, and comfort. I am not an emotional garbage can. I am not a good boy. I am not a doormat. I am an ongoing dangerous question, noticing without giving meaning, attentively here, in a very small *now*. I am a non-believer of my own bullshit.

I am the space through which a unique set of bright principles can do their work in the world.

If you try this, your woman might have something a little more interesting to play with. She's probably been waiting a long time for you to get it...