

## SPARK 122

(Matrix Code: **SPARK122.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You are always improvising. You can never be fully prepared.

**NOTES:** Some of us rehearse what we want to say over and over again in our minds so as to insure that what we say is perfect. This is because our mind can envision the concept of *being perfectly prepared*. This particular concept has no connection to reality.

One facet of the *being perfectly prepared* concept is the idea that you should get urgent things finished before doing what you really want to do. This is also a concept-trap. If you observe this concept at work in yourself and others you can see the Box and Gremlin team working furiously to keep you from changing by giving you an endless stream of urgent things to do. The mind thinks, *After I do this..., and this..., and this..., then I can finally do what I actually want to do*. Each day there come more urgent things.

What you actually want to do is live. Living automatically includes change because the purpose of the universe is evolution. If a person was perfectly prepared for living then life would no longer be alive.

If it is true that you can never be fully prepared for living, that you can never rehearse enough, this leaves you with the scary consequence that you are not living unless you are improvising. *Improvisation* means *ongoing invention in each moment*, in other words, *being extemporaneous* (outside of time). In the present there are no concepts and there is no time; there is only improvisation. (See SPARK 14.)

What is so scary about improvising? You improvise *unconsciously* all day long. If you check it out you will notice that in each moment there is no set script for interacting on the phone, at the post office, with neighbors, colleagues, friends or family. You can prove that you are improvising because another person in the same circumstance would say something entirely different from what you would say. But you improvise *unconsciously* because the Box and Gremlin give you automatic reactions. You are on autopilot, like a marionette, sleepwalking through life. Why don't you improvise consciously? Because *your Box runs a powerful normalization function*.

This normalization function makes you believe that what the Box tells you to say or do in any given situation is *the only possible solution to the current problem*. The Box blocks you from perceiving any options other than the extremely limited set it provides because its strategy is already proven to work: you still live. If you only do what the Box tells you to do then you remain dependent on your Box for survival and the Box is happy because of its importance. By *consciously* improvising you ignore the Box which screams in full alarm that you might not survive. This feels scary.

The Box intends its survival strategy to remain normal for your entire life, even if that strategy brings little joy, satisfaction, love, health, intimacy, vitality, pleasure,

relationship or fun, and plenty of anguish, depression, doubts, aloneness, despair, and self-hatred.

Authentic initiation breaks the Box's dominance over your life. However, unless you have established ongoing adult initiations as a part of your culture (such as in Archarchy) the Box still imprisons you. Sure, the Box gets you through childhood, as it should. But if your *being* grows, then what at first protects you soon becomes your prison. Staying in the comfortable childhood cocoon requires that you disempower yourself into a frantic crippled shadow of what you truly are.

What if all your preparations can never lead to perfection? What if all your saving up money or saving up vacation-time or waiting until the kids are grown or the stock market stabilizes, is only your Box succeeding at delaying your life until the Box crystallizes diamond hard?

You are always underway. You will never be settled at a final destination.

*This* never happened before, and will never happen again, no matter what the *this* is.

What if the only time you can live is now? What if the delays, justifications, mentalizations and excuses the Box gives you are a kind of walking death? What if you can never be sure what is right to do next? What if there is no script? What if life is only improvised?

## **EXPERIMENTS:**

**SPARK122.01** Try this experiment. Pick one day and skip doing all the preparations. Go directly to dessert. Jump to the heart of the matter, the best, the actual. Pull out your sword and cut away whatever entangles the core issue or the biggest challenge.

Embrace the biggest pleasure and excitement as if all the preparations had already been handled perfectly. Stay in this space all day and all night. Speak before you think, move before you know what you will do. Put up your hand before the words come for your questions or statements. Pirate spaces without justification. Walk down the street and enter buildings before you know why. Greet strangers personally. Call someone before the mind gives you a reason why. Meet with someone you've missed and re-connect even if it is not the best time.

Whenever anyone proposes something, give them neither a verbal or a nonverbal, *No*. Instead accept and receive their offer with a, *Yes, and...* Then give them an even more interesting offer in return. (Eliminate the phrase, *Yes, but...* from your vocabulary. A *Yes, but...* is no different from a *No*, except that you fool yourself into thinking you are not saying *No*. Everybody else experiences your *No*.)

The most difficult part of receiving someone's offer and then making a more interesting offer in return is the *more interesting* part. Your *nonlinear imagination* was punished and nearly killed if you attended public school. It is not dead, but it certainly may be stiff and dusty from lack of use. So strengthen your ability to create interesting offers. If someone says, *Let's go to a movie*, practice saying, *Yes, and...*

For example, *Yes, and... let's go to a movie dressed up as the characters in the movie.*

*Yes, and... let's make our own video about us having an adventure like they have in the movie.*

*Yes, and... let's quit our jobs, band together into a team and go out there and have an adventure ourselves!*

One of life's greatest pleasures is its invitation for endless ongoing improvisation. If you are creating conscious theatrical interactions anyway, why not create them so you and your friends get to be bold, connected, generous and ecstatic?