

SPARK 130

(Matrix Code: **SPARK130.00** for StartOver.xyz game.)

DISTINCTION: Shock is improperly integrated life energy.

NOTES: Probably most everyone is trying to manage the after-effects of having had various shocks in their life. Shocks arrive from diverse incidents, for example, a car or bicycle crash, falling off a ladder, thunder clap, tsunami, flood, nightmare, moving to a new town, physical abuse, terrorism, rape, earthquake, punishment, hurricane, tornado, burglary, torture, shouting, barking, explosion, gunfire, betrayal, extortion, kidnap, assassination, war, illness, or sudden bad news.

If someone (including an animal friend) dies or leaves, or if the stock market crashes, etc., this is not necessarily shocking in and of itself. What can be shocking is the way the news is delivered. If the message is delivered offhandedly, without compassion, in the wrong moment, and so on, that can be shocking. But a more significant cause of shock is your level of unpreparedness.

If you do not live in the context of comprehensively loving each moment as precious beyond measure because it will soon vanish, never to recur... if you are not living full-out and committed, delivering what you came here to provide... if instead you live inside of a fantasy world waiting for some imagined ideal to be fulfilled, then you are unprepared for sudden change. You have little capacity to meet reality where it hits you in the face, here and now. The old Native American Indian test for checking your preparedness goes like this: "If you are afraid of death you are not really living."

The following initiation for *Integrating Shock Energy* reinvents your relationship to shocking events. It comes from the context of radical responsibility, which asserts that no matter what happens to you, you caused it to happen. In radical responsibility there is no such thing as an accident or a coincidence. There is no such thing as a problem or a conflict. Irresponsibility is an illusion. It is impossible to be a victim. Everything happens without a story attached. If what happens seems to have a meaning or a reason, you made it up, and you attached it for a purpose, even if that purpose is not currently apparent to you. Radical responsibility is the context out of which Possibility Management thoughtware emerges. This is why Possibility Management is open code. If you can understand and use the distinctions, you are already carrying the context and are responsible for evolving it further. This makes for an interesting gameworld!

The procedure for integrating shock energy is straightforward. The most effective way to understand how it goes is to do it on yourself, an approach I refer to as *self-surgery*. Once you have integrated shock energy in yourself you can help other people make the shift, even younger children (seven years and up). It goes like this:

EXPERIMENTS:

SPARK130.01 Take a deep breath. Sense your physical body. Scan back through your life for a shocking incident, a time that left undigested energies in your system. It is easy to find the predominant shock if you trust the first one that comes to mind. You already have it. Don't do anything with it yet. Simply say what the incident was, what happened. Remember the date, the time of day, the place, the objects and actions

involved. Remember what you were doing just when the shock occurred. Remember details about your surroundings. Was it daytime or nighttime? Were you inside or outside? Alone or with others? Moving, standing, sitting or lying down? What was your intention before the shock?

Now prepare yourself for the integration. The way of preparation is new. Click your Clicker (snap your fingers) to open up new energy storage channels throughout your body. They grow easily like hollow tree roots from the top of your head down through your neck and into your body, out your arms to your hands, and down your legs to your feet. These empty channels copy the jagged shape of lightning, or the smoother shape of water pipes. They start as wide as ten centimeters across, then get narrower towards their tips. These new inner structures are your *deep batteries*.

Your deep batteries start off being empty. They need to be charged up. Every now and then you need some powerful events to charge up your deep batteries to use for the projects in your life. Before now you did not know this. You were not initiated. Now you know, and after harvesting the shock energy that is already present in your body you can change your strategy and consciously recharge your deep batteries through Gaia's sunrises, waterfalls, rivers, thunderstorms, crashing ocean waves, sprouting garden seeds, rainbows, musical concerts, cicadas screeching, howling coyotes, barking dogs, wind in the trees, condors soaring with eagles, and so on.

Unconsciously created shock almost always involves other people. If the particular shock event you remember comes from a natural catastrophe such as fire, avalanche, hailstorm or volcano eruption, then talk directly with Gaia. Otherwise talk directly with the person or persons involved in the shocking incident.

I will give a personal example to demonstrate how this conversation goes. Use it as a guideline for establishing the new arrangements you are about to make.

In my case it was early morning together with a small group of people in a white taxi van in central Bali. We were being dropped off near the trailhead for a hike across a river canyon into a forest with a gargantuan mother tree. It was to be an exciting day. I had just stepped out of the van and was standing on the sidewalk stretching my arms, gazing down the pathway, breathing in the fragrant tropical air, when suddenly one of the women, call her Betty, who was sitting on the traffic-side of the car, (she'd just arrived and was a stranger to Balinese traffic habits), opened her door without first looking back to see what was coming. She pushed her door directly into a speeding motorcycle. *Bracksh!* This horrifying crunch of metal hitting plastic and pavement! The young man (call him Ahmed) ricocheted off the door and flew across the road as his motorcycle skidded sideways into the gutter. I didn't see what happened. I only heard. It happened so fast! I was shocked by the reminder of the terrible swiftness of death.

Although the crash occurred in front of a doctor's office so Ahmed could immediately be checked over, and although nobody got badly hurt, and although Betty had insurance coverage, and although we all sat together for an hour talking the whole thing over, expressing our feelings, regrets, apologies, and gratitudes, the shocking crash energy kept circulating in my nervous system 'til this day.

And that is exactly the point. I was unprepared. I had not previously opened up my ebody channels and had no place to welcome the shock energy so it could charge up my deep batteries. Instead the energy got stuck in my physical body. Various shock energies are stuck in your physical body too, and if it stays there it could eventually cause illness and disharmony because that is not where the energy belongs. It belongs in the deep batteries of your ebody as an asset.

So, after you have opened up your own deep battery energy channels, click your Clicker and go back in time to one hour before the incident will occur. Take a deep breath and collect together all the people involved. Have a conversation with them that goes something like this: "Hello Betty. Hello Ahmed. Hello team of friends. Hello taxi driver. Hello car and motorcycle. I need a shocking event to collect enough energy to charge up my deep batteries. Would you all please all help me? Would you, taxi driver, park in the exact place at the exact time that we can work out this crash? Would you, Betty, wait until just the exact instant, and you Ahmed, speed close to the parked cars on your motorcycle at just the right time, so that when Betty pushes open her door you crash directly into it?"

Watch them all say, "Yes." They *will* say "Yes," because they already did say, "Yes," because the incident occurred. It is true there are karmic consequences involved in arranging to charge up your deep batteries this "accidental" way. However, from now on, you can charge up your deep batteries using nature's abundant resources rather than having to crash your car, watch football games, or horrors on the evening news.

In this SPARK you are locating the shock energy already stored in your physical body where it irritates your nervous system and organs and where it does not belong, and you will shift it into the energy channels of your ebody where it charges up your deep batteries and where it does belong.

As soon as everyone has agreed to participate in your theater piece, say, "Thank you," then click your Clicker again and start the whole incident from its beginning. This time, direct the shock energy directly into your deep batteries. In fast incidents such as my crash example, click your Clicker so time passes in slow motion. Feel the battery charge-up happening. Notice that it happens all by itself. When the entire incident has completed, notice that the shock energy is already available to your ebody system. Take a deep breath, open your eyes.

In the next days and weeks, please be attentive to perhaps having a lot more internal energy than you did before. Give yourself space for to have a healing nervous system. This process could be repeated a few times over a period of as many weeks to integrate the shock energy from other incidents into your deep batteries.