

SPARK 133

(Matrix Code: **SPARK133.00** for StartOver.xyz game.)

DISTINCTION: Saying what you want is different from making a boundary.

NOTES: *Making a boundary* alters *other people* when you state what they may or may not do in your space or in your gameworld. *Saying what you want*, on the other hand, alters *you*.

Here it is again. *Making a boundary* changes *the world* by reshaping the flow of what is allowed and how things can go. The factor that changes the flow – your boundary – did not exist before you made it. A boundary is finished when it is made.

Saying what you want changes *you* by making a new aspect of yourself visible, supportable or attackable. This doesn't end something but rather starts a new conversation or a process. Saying what you want is a path that never ends because you are an evolving being and what you want evolves over time.

So often the first response to unpleasant circumstances is the impulse to change others. This SPARK invites you to strengthen your ability to create a new order of things starting inside of yourself rather than fighting the old order of things in others.

HINT: Before you say what you want it might be a good idea to get inner clarity about which “you” is doing the wanting! Is it your Gremlin? Your Box? Your family's custom? A corporate slogan? Pleasing your father? A Bright Principle? Your archetypal lineage? Your intuition? The space? Your incomplete childhood? It helps to examine the purpose behind your wanting before you announce what you want. For example, many parents resort to the small-minded view of what they want (or don't want) from their children based on Box comforts, rather than the big-minded view of respecting the wants of the child while helping them design experiments that build their muscles of responsibility. Listening to a child's wants sets the stage for the child to listen to your wants, which can result in a respectful sharing of selves.

You may hesitate to simply say what you want because you lack certainty. You haven't decided what you want. Gaining certainty can become scary when what you sincerely want is unreasonable. It may break your parent's rules. It may be bigger than you can imagine. It may even be commonly recognized as impossible. Regardless of these issues, if you publicly announce what you want, then at least you can stop deceiving yourself about what you want!

Once you say what you want you need no longer manipulate yourself into pretending that you do not want it.

By saying what you want, you accept a part of yourself that you may have been denying for a long time. Through this acceptance you get your power back. You can stop doing the isometric exercise of trying to not want what you want.

Saying what you want does not guarantee that you will get what you want. However, *not* saying what you want pretty much assures that you *won't* get it. Saying precisely

what you want gives people around you at least the chance to create what you want, which they may have been wanting to do for a long time.

It can be important to say what you want because it gives other people the chance to discover and take a stand for what they want also. In this way saying what you want could benefit the whole world. For this reason I have begun to publicly say more often what I want. For example, I want corporate personhood to be outlawed. I want the large parasitic governments to fall apart completely. I want there to be an evolving meshwork of a hundred million unique, sustainable cultures in the world, each one centered around adulthood initiatory processes. I want no franchises permitted, no currency exchange-rates between the cultures, no absentee ownership, and no representation. Does this mean I will get those things? Who knows? But it does mean I get to be clear about what I want.

Being clear about what you want can be ecstatic because it gives you a map for your life. If you orbit your daily actions around creating what you want then even washing the dishes becomes immensely fulfilling because it is a step towards what you want. Imagine being on a team or in a community where you can count on people to clearly say what they want.

Saying “I want...” is different from saying, “I wish...” or “I would like...” or asking for what you want as in, “Can I ...?” or, “May I...?” or, “Wouldn’t it be better if...?”

Saying what *you* want is different from saying what you want other people to do, to stop doing, or to change. This is about you. What is it that you want?

Saying what you want is different from saying what you *don't* want. When someone constantly announces what they don't want it quickly grows wearisome and even shattering. “Okay, so that’s what you DON’T want. But what DO you want?”

Saying what you *want* is also different from saying what you *need*. Saying you *need* something holds a sledge-hammer reason over the other person’s head, namely, that you *need* it. This is blackmail, because if someone withholds what you *need* it is life-threatening, like cutting off your air, water, food or shelter. If someone does not give you what you *need* the next step is calling them an abusive, uncaring, terrorist.

The uninitiated may regard “safety” or “comfort” as needs. Then if they feel afraid around you they connect fear with “unsafe” or “dangerous” and conclude that because you are not meeting their *need* for safety or comfort you are hurting them (hurting someone else’s feelings). Both “safety” and “comfort” fall into the category of *fantasy concepts*, which are easy to understand in the mind but have no relationship to reality. Safety is unattainable because you will die. Comfort is unattainable because you are not dead yet.

EXPERIMENTS:

SPARK133.01 Practice saying, “I want...” Practice here and there and everywhere in small and big ways. Practice in the restaurant, at the post office, at the doctor’s office,

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at the breakfast table, and at meetings. Practice in your Possibility Team by forming groups of three or four people and doing a role play exercise. Ask a person to sit across from you and role-play someone close to you in your life, such as your child, parent, partner, boss, friend, neighbor, colleague, sibling, etc. The other people are your *Go! Beep!* real-time coaches. Practice saying exactly what you want in various circumstances with this person. Pick the most challenging moments to practice, for example, with your partner, saying what you want regarding heart food and soul food, or what you want regarding physical intimacies. The coaching should be about the clarity, authenticity, and simplicity with which you say what you want, and also about which “you” is expressing its wants. Remember, not getting what you want could be a symptom of you not ever having clearly said it.