

## SPARK 134

(Matrix Code: **SPARK134.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Taking control of your outer TV frees you to take control of your inner TV.

**NOTES:** As mentioned in another SPARK, the outer TV is modern culture's substitute for community. After some time of discovering and experiencing authentic community in your Possibility Team, the ridiculousness of the false community from modern television becomes more and more intolerable. Celebration day is when you gain the wherewithal to exterminate all the TVs in your home. This is a revolutionary next-culture surgery. One at a time disconnect each TV from the wall and place it gently on your kitchen table. (The kitchen table used to be the place where all household surgeries were performed.) When you scrutinize the television carefully you will notice that the thing consists of two lumps connected by a wire: one lump is large, the other lump is tiny. Measure back 20 centimeters from the tiny lump and cut the wire with a sturdy pair of scissors. Take the big lump to the electrical apparatus recycle center. Wear the little lump around your neck as a trophy of your victory over the beast.

Once the outer TV loses its influence in your life, your inner TV becomes gradually more apparent. Your Box and Gremlin team are the proud directors of your inner television series. Unlike outer TV, your inner TV is a 4-body experience. That is, when an inner TV show is running you hear the voices in your mind louder than outside sounds, you feel emotional reaction patterns in your heart, you speak out loud the scripted conversations with others, and your life-force, will-power and intentions are taken over by the beloved character you play in the show. It all seems so true!

The thing to notice about your inner TV show is that regardless of whether it presents scenes with a graveyard of loved ones, a sadistic attacking monster, a loveless ivory-tower desert, disappointment and hopelessness, or insane homicidal rage, there is only one relevant question: Who is watching?

It is *your* inner TV. If you hold your face up close to the screen you no longer see the frame around the Box. You get sucked into the scenario and think, *Oh no! Oh, my God!* You forget that there could be anything beyond what is playing itself out within your 4-bodies right now. You are identified with the drama on your inner TV and lose any options beyond the script. But again, who chose to watch?

Think of all the TVs in the greasy-food restaurants, hardware stores, airport waiting lounges, post offices, hospitals, bars, dentist's offices, and your parents' home. Think of all the electric billboard signs, the TVs in shop windows, the rows and rows of TVs on the showroom floors. When you come near one of these TV sets, who decides whether you put your attention there or not?

Just because the TV flickers does that mean you have to stop everything else you are doing and watch the TV 'til lights out?

The same question applies to your inner TV. Your clever little Box is just a machine, a dead survival mechanism. It does what it does because that is exactly what it is

designed to do. The Box has no choice but to run its automatic patterns. But when your Box and Gremlin scheme together and put up a big 4-body show inside of your own experience, does that mean you have to participate?

### **EXPERIMENTS:**

**SPARK134.01** When Gremlin serves his Hidden Purpose (his 3 to 5 Shadow Principles) he tells you a sentence in your mind that triggers a familiar emotional reaction pattern – familiar, that is, if you have been practicing your neutral self-observation. The emotional reaction pattern triggers one of the 2 usual channels of your inner TV, passive sulking / leaving, or aggressive complaining / blaming.

There is no way to shut the damn inner TV off. It does what it does. You can't chop off the plug or toss a brick through the screen. It keeps producing its 4-body shows autonomously. But do you have to put your attention there? What if you gain the ability to walk right on by?

When the inner TV show is triggered and you feel depression, despair, hysteria, self-hatred, when you are ready to quit everything and go off on your own, or choke the living-daylights out of some asshole, ask yourself, *Have I ever experienced this same show before?*

Your 4-body inner TV show is all reruns! Noticing that is your key!

In your moment of noticing you have the free attention to give that whole phenomenon a name. Say to yourself, "Ahhhhh.... Yes indeed. It is *my inner TV show*. Oh... that again..." By giving it a name you wrap up the entire experience into a package leaving yourself on the outside. Just as with Rumpelstiltskin: by naming him you own him.

Take one step backwards in your inner perception so you see how small the inner TV package is compared to the multiplicity of other stories that could be made up.

Then turn your inner attention towards a small-now event such as stroking your Possibility Stone, noticing the taste of a drink of water, or singing a show tune from *Mary Poppins*.

Then go create possibility for someone else. Let the inner TV do its thing behind you while you help others in front of you. Whatever your inner TV is mumbling on about is not your problem. If voices from the TV show persist in following you around, whip out your Voice Blaster and Blam! They are gone.

Life is good!