

SPARK 138

(Matrix Code: **SPARK138.00** for StartOver.xyz game.)

DISTINCTION: Without fear, love is dead.

NOTES: For some years now there has been a concept virally spreading throughout the new-age / self-help / webinar / online-video / e-book / seminar circuit. The concept is that fear excludes love. It claims that if you feel fear there can't be love happening, and if there is love you won't be afraid. It says you must choose between fear and love. Have you heard this one?

The concept that fear excludes love jumps from mind to mind so quickly because for anyone not yet initiated into the three domains of love (ordinary, extraordinary, and archetypal love), and for anyone not initiated into adult and archetypal feelings, the concept makes sense. However, the uninitiated, at this point, unfortunately, turns out to be most of us.

The problem with thinking that fear and love are mutually exclusive is that you cut yourself off from using the intelligence and energy of conscious adult fear to navigate the vulnerable spaces of intimacy and love.

By categorizing fear as a “negative” or “bad” feeling that should be avoided or numbed at all costs, you simultaneously block your ability to be loved. Why is that?

It goes like this: Someone approaches you and you feel afraid of being judged or rejected. By showing signs of fear they might even laugh at you. To avoid being laughed at, judged or rejected you put on a mask of having no fear. It is an act, a show. You pretend to be fearless. However, if they start liking your show, nothing could be worse! Because you know the show is not you. How are you going to keep the show going? You end up hiding yourself most of the time, only visiting the other person in those times when you have the energy to keep that brave little “*I'm-okay*” smile on your face, perhaps when you're a bit high, or a bit drunk.

The authentic you quivers lonely and afraid behind the mask that pretends to have no fear, hoping no one can see you in there, at the same time hoping someone *will finally* see you in there and love the real you. But by hiding yourself, you give them no chance to love you. Any love coming your way is false, because it is love of your show, not love of your essential being. Then it comes to making your mask act as if it loves them back. It feels like a split personality. After awhile you get used to it. Then you get married. Three or four months later the honeymoon wears off as you lose the strength to keep up your mask. Then you discover your partner was wearing a mask too! Two strangers sit facing one another wondering what that was all about...

Acting the way you think someone wants you to act so that they love you is the show. Authenticity comes through being authentic about your inauthenticity.

Entering authentically into the field of extraordinary or archetypal love with another person requires staying wide open to your experiences of fear, (as well as your other

feelings) particularly at the low-intensity levels (1% to 3%), because tiny fear sensations are required (*required!* I say) to notice and precisely navigate delicate exchanges in ways that nurture the blossoming of more and more love.

Fear tells you when and where to touch and when and where not to, when you're saying too much or have said too little. Fear informs you if your message lands on deaf ears or an open heart. Fear reveals if you are giving or taking, providing value or being a consumer. Fear is the basis of your sense of timing, the art-form of when or when-not to say or do things, where to stand, where to place your attention, when to call, when to respect privacy. Fear suggests when to be arrow-straight and when to go hilariously nonlinear. What a treasure the feeling of conscious adult fear is.

The *feeling* of fear is from a different world than the *emotion* of fear. Here is how to tell the difference: if the fear lasts longer than three minutes it is an emotion, from the past, from others, or from your Gremlin. Emotions that get triggered have nothing to do with the other person. However, you can derive value from an emotion by writing it down and bringing it to the upcoming *Possibility Lab* to use as the gateway to your next healing process.

Feeling fear consciously empowers intuition and insight to guide interactions in which high intensity love can be enjoyed as a shared experience. By blocking the intelligence and energy of conscious adult fear, whatever love that does arise is quickly trampled by robotic Box reactions keeping up the mask. What a sad loss.

What is your experience? In my experience, love comes when there is fear and when there is no fear. And fear comes when there is love and when there is no love. Fear and love are completely unrelated. More interestingly, I find that there is no time where there is no fear, and no time when there is no love. I think people often mix up looking for love with seeking to experience the fantasy concept of *security*, or seeking childhood safety that they expected but never got from their parents. I also think it is time to stop talking and start experimenting.

EXPERIMENTS:

Let yourself be seen. In some of the experiments listed below it may seem as if you first react with anger. But if you slow the reactive process down until it ticks by, one slow second after another, and if you sense your feelings, you can notice how your initial impulse is fear which then triggers fight-or-flight anger to protect yourself from whatever is frightening you.

If the frightening circumstance was an attacking dog, letting fear trigger anger could certainly be appropriate. However, if the circumstance is an invitation to speak intimately about your inner life with a dear person, it might be more appropriate to stop defensive anger from making jokes, subtle insults or refusals, and to instead let the fear stay. Keep breathing. Be explicit about your fear. Let yourself be seen.

Say what you are afraid of. Say what else you are afraid of. Say what triggers your fear. Let conscious fear inform your vulnerable words and actions. In such moments, your fear's precious clarity is the key to letting more love happen. After practicing you

may come to recognize that invitations to reveal yourself come to you more often than you ever realized.

Each of the situations described below may be a daily occurrence. Each situation when it arises is a chance to experiment. The experiment is to pay attention to when a situation arises and then ask yourself an inner question: Is it truly necessary right now to block love and be only afraid? What if I don't? Or, is it truly necessary right now to let fear reactions dominate and block love? What if I don't?

SPARK138.01 Is it truly necessary to block love in these moments?

Fear of aggression from another person, physically, intellectually, emotionally or energetically. Fear of bullies. Must you stop loving the bully?

Fear of aggression from an institution. Must you hate the institution?

Fear of people inviting you to give your center to them. Must you stop loving them?

Fear of commitments. Can you love yourself even when you fail to keep a commitment? Can you still love the others you have betrayed?

Fear of challenges to your Box's known-to-be-right positions. Could you love the liquid states of change?

Fear of questioning about, or insults to, your identification with culture, race, religion, political party, company loyalty, national pride, parents' rules, family customs, etc. Could you love being in connection with the questioner?

Fear when you are ignored or disrespected, gossiped about, judged, blamed, or excluded. Could love hold you together enough to stay present?

SPARK138.02 Is it truly necessary to let fear trigger anger in these moments? Could you stay afraid and let fear speak?

Love trying to get into your space, manipulate you, control your desires.

Love sucking your attention.

Love lacing words and gestures with sexual energy.

Love as an invitation to physical contact.

Love as an invitation to trust, to play, to escape the grind, to adventure.

Love as an invitation to get bigger than cultural limitations.

Love coming as appreciation, respect, interest in your life, gratitude towards who you are before you do anything.

Extra Credit Experiments (Using Conscious Fear):

- **SPARK138.03** When love is possible, use your conscious fear to detect and avoid *your* Gremlin's shadow intentions: thoughts, the tone, timing, and distracting words, as well as your Gremlin's subtle faces, postures and gestures.
- **SPARK138.04** When love is possible (and when is love not possible?), use your conscious fear to detect and avoid *other people's* Gremlins' invitations to enter a low drama feeding frenzy that eats love.
- **SPARK138.05** When love is possible, use your conscious fear to detect when parasitic entities such as hopelessness, self-doubt, self-hatred, bigotry, blaming, corruption, moral superiority, judgment, arrogance, and isolation approach you. Your fear detects the inner trigger-phrases, such as, *Nobody understands me*. Don't go there. Put up the LUNCH-BAR IS CLOSED sign *before* the vampire demons knock so they must go elsewhere to feed.

- **SPARK138.06** When love is possible, use your conscious fear to stay vigilant but vulnerable, alert but tranquil, fully open but not a victim, staying at the edge of your Box, so that you can gently stretch the limits of how much love is possible for you to give and receive with another person, young or old, friend or stranger.
- **SPARK138.07** When love is possible, use your conscious fear to stay uncompromisingly guileless in the present, establishing Gremlin-free spaces to cultivate extraordinary and archetypal love in your community, with teams, in families, in small groups, and with single individuals. Use your fear to make more love happen.