

## SPARK 140

(Matrix Code: **SPARK140.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You can commit to the people who tell you why they cannot commit to you.

**NOTES:** There are multiple criteria for deciding whether or not to commit to someone. But the possibility that you can actually commit to certain people *at all* is a remarkable place to start. Modern culture would have you believe the opposite. If corporations can get you to believe that other people *cannot* be trusted then they can sell you insurances, home security systems, local police arming themselves like military SWAT teams, security cameras with face recognition software, automated speed traps, three-letter organizations with free access to your electronic communications, GPS transponders built into your car with remote police-controlled engine cut-off switches, and so on. It is all for your own safety, of course, because they have convinced you that other people are not to be trusted.

This SPARK starts with inviting you to fully take back your authority for deciding who to trust and who not to trust. Trust is not a feeling. Trust is a choice. You can decide to trust someone or something, or to not trust. Letting other people make that decision for you involves giving your authority away to them. The authorities want you to assume that they have a greater capacity to choose wisely for you than you do. They try to convince you that they are not just trying to get your money, but actually have your best interests in mind. If you agree, then you give your authority away to them and they own that part of your life.

Taking back your authority to choose who to trust and who not to trust allows you to come together with other people in groups. Coming together in groups to work things out peaceably for the mutual benefit of all is a revolutionary human development.

There are four useful criteria for deciding if you can commit to someone or not, the awareness of which empowers you establish extraordinary relationships. Please note that the suggestion here is to commit to one person at a time, not to groups of people, because there is no “we” when it comes to taking responsibility. Also note that there is a difference between a *superficial commitment* and a *radical commitment* to a person. Radical commitment is almost like marriage, but without the typical assumptions and expectations that go with it. It takes at least 3 people to become an energetic configuration of commitment, otherwise you are two single-fighters subject to wild self-delusions and trapped in a Box to Box duel. When at least 3 planetary adults radically commit to each other they become an energetic configuration of commitment that functions as a seed crystal of a new culture in the global ethnosphere, capable of re-shaping the future.

The 4 criteria for commitment are:

1. Are you playing in the same gameworld?
2. Do you have the same purposes?
3. Does the other person basically do what they say they will do?
4. Can the other person shift behavior when they receive clear feedback?

If the answer to any of these 4 questions is *No*, a commitment between you would be more likely to serve Gremlin purposes than bright purposes.

Applying these 4 considerations to your relationships reflects back on you, because you are the one deciding to what degree, and in which areas, you trust or don't trust each person in your life. Most of us have many reasons NOT to trust our decisions about trusting others. This is because we have been betrayed.

Feeling betrayed is a strong sensation. The Box gets outraged. Blood pressure goes up. You feel grief about losing your innocence, or losing a once-trustworthy friend. There may be self-hatred from losing self-respect, self-criticism for having allowed yourself to be betrayed again, hatred for whole categories of people represented by the betrayer, and accompanying vows to cut yourself off from them forever. All of this providing excellent Gremlin food...

After observing big and small betrayals occurring regularly in your life for years the question may arise if these are genuine betrayals or not. Perhaps they are the result of a "looking for betrayals" that your Box and Gremlin have devised as a defensive strategy, allowing them to keep the game going that they developed since childhood as a regular source of Gremlin food. The Gremlin holds special sunglasses over your eyes to amplify evidence that proves you have been betrayed, while filtering out evidence that would contradict this story.

Some adulthood initiatory processes allow you to re-make old decisions about yourself, about others and the world. Other initiatory processes connect you to inner resources and powerful distinctions that you did not have as a child. After some number of initiations you notice that you have learned things. You perceive things differently, which allows you to make an astounding new decision about yourself. *You can decide to trust yourself to be able to take care of yourself around other people.*

The basis for your new decision is real. You have your center now, your grounding cord, and your bubble. You can navigate your feelings. You can speak out without hesitation. You can make boundaries, say yes or no, take independent actions, and clearly say what you want or don't want. These new capabilities let you take care of yourself even around scoundrels, who may in reality be delightfully fun to be around. You now have the power to say, "No," without justification, even when they ask to borrow money, or to visit your house, or to take care of your children. Even while saying, "No," you can stay connected with them. You don't have to cut off in order to prevent their Gremlins running freely in your life, even if they are your relatives, even if they are politicians. Life can be profoundly simple.

Now you can trust your ability to decide if someone is in the same gameworld as you, serving the same purposes, doing what they say they will do, and changing behavior according to feedback and coaching. If so, perhaps it is time to start a new conversation with them. Perhaps you have something to do together. Perhaps there is a service you can all provide to the world. Perhaps there is a project you can run or a journey to take together. If this rare opportunity presents itself, I hope that you can say yes to it. I hope

that you have the nonlinear power to break free of society-induced fears, to escape from the grips of ordinary commitments, and radically commit to each other. In the moment you do, an angel is born. Together as one multi-hearted organism you become an agent of Bright Principles and Gaia, the living Earth. You are connected soul-to-soul with these other human beings in a way that is so rich and wonderful that it is only longed for in dreams. I encourage you to enter this opportunity and ride it as long as it will take you, and to use every discipline you can activate to prevent your Box or Gremlin (or other people's Boxes or Gremlins) from taking it apart. When it comes time for you to die you will be glad you did this.

## EXPERIMENTS:

The point of the experiments below is to build matrix for your own *planetary adulthood*, because planetary adulthood is the foundation for radical mutual commitment. These experiments melt your identification with a childhood cultural Box that limits what kinds of commitments are appropriate for you. They help you become a *planetary adult* rather than an adult as defined by your birth culture. With enough planetary adulthood matrix you can enjoy the intensity of love that flows in radical mutual commitment with other human beings. That should be enough incentive to make these experiments part of your daily life:

- **SPARK140.01** Walk through foreign culture neighborhoods. Go into shops. Buy some little items. Start small-talking with the shop owner and other customers. Ask questions rather than making statements. Ask open questions and then listen with an open heart.
- **SPARK140.02** Get your hair made up like someone from another culture.
- **SPARK140.03** Wear clothing from other cultures.
- **SPARK140.04** Learn to dance like people from other cultures.
- **SPARK140.05** Learn to speak foreign languages. Learn Mandarin, Spanish, Hindi, Arabic, or Russian. These are the most widely spoken languages in the world. Read news reports in the foreign languages. Notice how foreign language news reports differ from the stories in your birth culture news reports.
- **SPARK140.06** Enjoy meals in restaurants with cuisines from other cultures. Order what you don't know, or what the waiter recommends.
- **SPARK140.07** In whatever group you are in, hold space for the following exercise. Each person finds a partner and sits facing them. One person listens. The other person completes the following sentence over and over again for three minutes, "I cannot commit to you because \_\_\_\_\_." No discussion. Just listen to them. When you are the speaker, talk from your energetic body. Be specific. Give details of what you would be afraid of, what you could not tolerate. After 3 minutes, reverse roles. After the next 3 minutes, go find another partner and repeat. Do this with 5 to 10 different partners in the group - it takes a couple of hours. Notice what happens in the group. What you may find is that you can more fully commit to the people who clearly tell you why they cannot commit to you.