

## SPARK 142

(Matrix Code: **SPARK142.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Insecurity is the fear of feeling fear.

**NOTES:** Feeling insecure is a commonly accepted explanation for doing or not doing things. It is often directed accusingly against whomever is indicated as causing the insecure feeling. However, if you research it in yourself, you will eventually find that insecurity is a *meta-feeling*, that is, a *feeling about another feeling*, in this case, fear. Insecurity is the fear of feeling fear.

If you are afraid of feeling fear then you are probably feeling one of the three kinds of emotional fears on the *Old Thoughtmap of Feelings*, probably not conscious of where it came from, and also unaware that your circumstances have changed. It is possible to shift into *conscious adult fear* which is an immense wealth of clarity and power.

*CONSCIOUS FEAR* means that you are aware that the sensation that is sending chills down your spine, speeding your heart, amplifying your alertness, tingling your nerves, and making your hair stand on end is fear. You know what percentage big the fear is, and you know to what degree the fear is mixed with other feelings like sadness (which creates despair or isolation), or anger (which creates hysteria or aggression), or joy (which creates excitement or careless risking). You reflexively extract out the fear into its pure and useable form, and you use it. That is *conscious fear*.

*ADULT FEAR* means that you own the fear rather than the fear owning you. It means you have *stellated* your fear, meaning you have turned it on. You can intentionally experience fear up to 100% archetypally intense for no reason and still function, navigating the fear, starting and stopping at will. And it means that you have re-wired the meaning of fear in your mind so that the experience of fear has no story attached. Then when fear comes you know that the whole schmageggy is nothing more than fear. Fear is fear. You have located yourself on the *New Thoughtmap of Feelings* and you are skilled at using your fear as a precious resource.

It requires a number of initiatory processes to shift from unconscious childhood fear to conscious adult fear. But you can do it. It is straightforward and possible. Even if modern education neither explains this to us nor provides the initiatory processes, human beings are designed to grow up and expand consciousness, particularly with regards to feelings.

Fear provides the exact energy and information you need to handle a specific condition in your life. Claiming that you feel insecure is simply what it feels like when you do not know how to use conscious adult fear. Clinging to your insecurity blocks you from feeling your fear and being able to make use of it. Claiming that someone else is causing you to feel insecure is the starting point for low drama – you place yourself in the victim position so as to place the other person in persecutor or rescuer position – for the sole purpose of feeding your gremlin.

But it gets even worse. Valuing and seeking security enslaves you to a false concept. The false concept is that security exists.

It doesn't. How could security exist when ultimately you and every other living thing are going to die?

As Helen Keller, the blind and deaf American social activist wrote in her 1957 book *The Open Door*, "Security is mostly a superstition. It does not exist in nature... Life is either a daring adventure, or nothing."

If security is a superstition, then *insecurity* is also a superstition. The following experiments are about entering the daring adventure.

### EXPERIMENTS:

The first experiment is to mine and document the treasures in your insecurities. The second is to enter the playing field of creative insecurity.

#### SPARK142.01 MINING THE TREASURES OF YOUR INSECURITIES

Start identifying each moment you are feeling what might be *insecurity*. You might feel nervous, withdrawn, hesitating, resentful, over-reactive, blaming, being adaptive, staying home, staying out of contact, not playing, being depressive, being over-serious, and so on. You may feel insecure far more often than you realize.

For the next 5 days make a list with three columns in your *Beep! Book*. Each time you feel insecure write down these three things: 1. The thought or incident that precedes the insecurity, 2. The fear you are afraid to feel that is being blocked by the insecurity, and 3. The wise action that could result if you used the energy and information provided by the fear. Pay particular attention to your tiniest insecurities for mining the treasures they hold. A typical list might look something like this:

INCIDENT/THOUGHT	THE FEAR IS ABOUT	WISE ACTION TO TAKE
Post woman is coming	Not having paid a bill	Call company, make a deal
Telephone rings	My ex-boyfriend calling	Tell him to stop calling
Grey sky	Possible rain or snow	Bring coat, change plans
Looking in the mirror	Not looking beautiful	Go to Possibility Team
Pain in left shoulder	Torn ligament?	Visit healer, have patience
Seeing the clock	Forgot an appointment?	Look in calendar
Looking at the menu	Being too fat	Don't let gremlin order
Idea for a film project	Having no team	Ask at Possibility Team
House is a mess	Not being a good Dad	Use <b>Voice Blaster</b> shoot voices
News of government	Powerless re: global warming	Create resilient community
Resilient community	Being seen as a sect	Remember Bright Principles
I change, lose friends	Being alone	Call a new friend: be honest
Kids complain re: school	Is school abusing my kids?	Take kids out of school
Taking kids out of school	Being overwhelmed by kids	Learn about freeschooling
I'm bored, not challenged	Not being normal	Make new boundaries
It's getting late, hungry	No dinner? I'm a bad wife	Empty fridge onto table, self-created meals today!

The benefit in finding your wise-action treasures comes from silently, in the privacy of your own space, asking yourself this question: *Could I actually do these things?*

#### ENTERING THE PLAYING FIELD OF CREATIVE INSECURITY.

If insecurity is a superstition, and conscious adult fear is a resource, this could be the beginning of a new world for you. This experiment is learning to thrive in your new world through ongoing edgework experiments, taking tiny little steps to get to the edge of your Box. Then stay there and mine your insecurities until you are so rich with wise actions that you can't find the insecurity anymore.

Keep in mind that sometimes the wise action might be to simply stand where you are, staying in contact with the people around you, feeling what you feel, and wait to see what happens next, either within you or around you.

Here are 3 possible creative insecurity experiments to try (there are many more for you to invent and implement yourself):

- **SPARK142.02 SOMETHING HIDING:** Scan your heart to feel the first emotion in there right now. The emotion indicates that there is something out of integrity trying to hide out unobserved inside of you. Through scanning it is no longer unobserved! Along with the emotion your heart includes insightful instructions about what to do to bring things back into balance. Most often this starts with a conversation with the person whose face shows up with the emotion. Having this conversation probably starts with fear – so start where you are. Say, *“Hello. I feel afraid to talk with you because \_\_\_\_\_.”* Then listen how it is for them. Remember, you know that the other person has a Box, and that they are not their Box. They probably don't know this. (HINT: *Do not try to teach them!* When they want to learn about this they can attend an *Expand The Box* training themselves!) By staying in Being-to-Being contact directly through their Box and by focusing on this connection as your main experience, the Boxes can't do their thing so much anymore, and whatever it is that is troubling your heart can complete itself. Try this!
- **SPARK142.03 UNREASONABLE REQUEST:** It is so common to rely on your own insecurity as the measure for pre-deciding another person's answers, and make only reasonable requests of them: *Please pass the salt.* We don't often make unreasonable requests of each other: *Come with me to the Himalayas and let's mine our own salt.* Making unreasonable requests could fill up a whole SPARK of its own... but practice anyway. (That's an unreasonable request!)
- **SPARK142.04 INSECURITY HUNTER:** Refer back to the wise-action treasures you listed in Experiment 1 above and, one after another, do them. Shift your attitude away from trying to avoid insecurities and towards being an insecurity hunter. Welcome insecurity as a doorway which you can immediately go through into wise action. Each time you do an action, be amazed at yourself, and celebrate joyfully with others. Tell them what you did and how you did it.