

SPARK 149

(Matrix Code: **SPARK149.00** for StartOver.xyz game.)

DISTINCTION: Fear is the most useful feeling for animals. Human beings are animals.

NOTES: If you observe birds you soon notice how alert they are - incessantly scanning everything around them that might endanger their existence, provide them with food or shelter, or connect them with others of their species. Birds interface with the world using fear as their first response.

Think about insects. If you approach an ant, a butterfly, a beetle, how do they react? They react with fear first, trying to get away before you get close enough to hurt them. Even mosquitos or flies which may be trying to approach you for their own purposes buzz away when you swing at them.

Think about squirrels, horses, lions (wild cats), wolves (wild dogs), dolphins, or gorillas. Fear is their first response. Fear keeps them connected with their environment, ready for opportunities and threats. Certainly these animals can also exhibit anger, sadness and joy, plus mixed feelings. But why has fear consistently evolved as their top-level interaction sensor? Why is fear their most useful feeling?

And why is it that modern-culture humans are so afraid of experiencing fear? Why are you taught that fear is 'bad,' a 'negative' feeling? Why has fear become a sign of weakness, immaturity, or childishness, definitely to be avoided?

Is the modern understanding of fear appropriate and necessary? Is it truly beneficial for you to dodge or deaden your experiences of fear? Or does being numb make you more docile, more easily manipulated by corporations, governments and religions?

Could it be that repressing fear makes you incautious towards harmful working or living conditions so you do not take unpredictable or uncontrolled actions together with others? Does dismissing your fear force you to stay isolated from each other because, without fear, you cannot learn to trust yourself to take care of yourself around other human beings? Do you avoid bonding with other people because without conscious fear you cannot clearly explain your needs, see where distinctions or boundaries are missing, or detect and clarify confused communications?

Are you blocked from using adult responsible fear because as an isolated numb individual you cannot self-organize into communities of circular, spiral, torus, or cloud formations accessing and applying nonlinear intelligence, and instead must bow down before slow and stupid hierarchical organizations such as police and military?

Could authentic adulthood initiation into fear be the start of (r)evolution?

EXPERIMENTS:

Here are four productive areas in which to experiment with reclaiming the benefits of your fears:

SPARK149.01 CALIBRATE YOUR FEAR DETECTOR. In this experiment you calibrate the accuracy of your fear. First make sure you are using the *New Thoughtmap of Feelings*, where fear is neutral energy and information (neither *bad* nor *negative*) from 0% to 100% intense, serving you in your adult life. Then choose any object or circumstance around you and start lowering your *Numbness Bar* to feel fear about it.

Imagine absolutely crazy things to be afraid of. If you choose an apple, for example, be afraid that the apple could explode and blow up your whole house. Be afraid that the apple is secretly poisoned. Be afraid that one bite of this apple will change you into a frog. Be afraid that the person who said the apple was delicious lied to you and the apple tastes awful. Be afraid that the apple is a love-potion that will make you fall hopelessly in love with the first person you see after you eat the apple. Be afraid that the apple is stolen and you will be arrested if you eat it, and so on. Do the same thing with your shirt, a cloud in the sky, the chair, a water glass, a song on the radio, your telephone, a door handle, a bad smell, and so on.

As soon as you collect outrageous ways to be afraid about a thing, calibrate your fear using these three criteria:

1. Is what you fear *possible*? If not, stop here. If it is possible, keep going.
2. Is what you fear *probable*? If the probability is less than 10%, stop here. If the probability is more than 10%, keep going.
3. Is what you fear *actual*? Ahh! Here is the tricky part! If a fear is both *possible* and *probable*, how can you test whether your fear is *actual*? To test the validity of your fear – meaning to see if your fear informs you about something tangible in the present – you need to use common sense. The problem is, *common sense is not so common*. However, you can replace common sense with calibrated fear. This means changing your mind and being okay with feeling fear. When you sense that you are afraid you no longer have to worry that you might get scared because *you already feel fear*. Now use your fear to find out if what you are afraid of is actually so.

With the apple, it is almost certainly less than 10% probable that it is a love potion, that it will explode, that it will change you into a frog, or that you will be arrested. If you got the apple from a reputable shop and you selected it from a pile of many other apples it is probably not poisoned, although there is a fair chance that the farmer used pesticides. Washing the apple would then be a wise use of your fear. You could also cut the apple open to see if it looks and smells good before you taste it. If you decide the apple is clean and that it could taste good, then decide to trust your own assessment and take a bite. If it does taste good (and you do not suddenly love some unexpected person) then you have taken a step towards calibrating your fear. Do the same with each crazy fear you come up with. Be aware that sometimes your assessment will not be accurate. This is to be expected during calibration. Fear is not perfect. Fear is useful.

SPARK149.02 NOTICE UNCONSCIOUS NUMBNESS. Make a list of things you *could* become afraid enough to take action about except that *you are unconsciously ignoring the fear*. Examples of suppressing subtle fears could include the fear of depending on a government to provide you with security when that government is already corrupt, the fear that eating GMO foodstuffs served at McDonald's and other fast-food restaurants might lead to cancer or other diseases, the fear that using a mobile phone

may be cooking your brain, the fear that your nation's newspapers and news TV channels are all owned by six corporations which might be providing distorted information, the fear that global oil production peaked in 2008 but gasoline prices remain low indicating that prices are being manipulated for someone else's benefit, the fear that the technology upon which you have come to depend could at any moment fail and strand you without the skills to survive on Earth (*technopenuriaphobia*), the fear that since you elected a new president who promised new policies but the same old policies continue may indicate that your vote is meaningless and that someone behind the president is actually pulling puppet strings to their private advantage, the fear that the just-in-time global food-supply-chains that fly, ship, and truck massive quantities of cheap food from third-world countries to your supermarket's shelves could be disrupted so that in two days the shelves would be empty, the fear that what your children are forced to study in school fails to prepare them for the future that is rapidly approaching, and so on.

Noticing fears which you might unconsciously be numbing is not about becoming paranoid or joining some conspiracy theory. It is about becoming aware of the degree to which you naively avoid sensing even low-level but potentially very useful fears. By suppressing fears you lose naturally intelligent impulses for taking actions and making decisions. Once you recover these fears, start listing actions you could possibly take if you trusted that your fear was intelligently informing you. Then consider taking some of these actions, even if your neighbors are not.

SPARK149.03 DETECT FEAR TENSIONS. Various tensions in your body may signal long-ignored fears. Rather than trying to accommodate and accept muscular tensions, shift your tactics and begin hunting tensions for the treasures they offer you. Relax yourself, then go to the tension and say, *"Hello tension. I found you! Please inform me about the fears you have been holding for me. I am ready to listen now."* Each tension you find has information and energy for your personal well-being and evolution. Receive their nutritious gifts gracefully.

SPARK149.04 USE YOUR FEAR AS A TOOL. We have each developed tricks and tools for getting by in the world. This experiment is to avoid putting on the *I'm cool, I'm strong, I have it all under control*, tough-guy mask and instead use your fear as the first tool you apply. Pay special attention to your quickly-passing low-intensity fears. Notice them and say, *"I feel 3% scared because..."* Use these fears professionally.

Your clients can only go as far as you can go. When serving as a parent, consultant, teacher, inventor, performer, manager, therapist, healer, trainer, etc., if you wish to liberate your client's potential or facilitate change in an organization, you can no longer keep your fear bound-and-gagged in the cellar. You can most effectively create new results through perceiving new opportunities. Perceiving new opportunities is scary because seeing new opportunities changes how reality works for you. Since anything new emerges out of the unknown of the next moment, fear is a tool of the future.