

SPARK 152

(Matrix Code: **SPARK152.00** for StartOver.xyz game.)

DISTINCTION: The more intensely you feel the consequences, the fewer messes you are willing to make.

NOTES: Messes hold contrary energy. Every hair you ever left in a sink, each time you intentionally (or accidentally!) shocked or angered someone has created a swirl of consequences which you are still now trying to manage. Consequences irrevocably bind to whoever creates the mess – in this case you – and cannot be avoided. True, we are human animals who mostly cannot change our behavior until it is too painful to keep doing it the old way. But this is a responsible universe. Things do not magically correct themselves. When you throw a rock in the air it will come down somewhere that was, for the most part, predetermined by your toss. Where it lands will have an effect, even if you forget about throwing it or deny it was you. If the rock splashes into a pond you can see that every part of each ripple refers back to the point of impact, to the flight of the stone itself, and directly back to you, the thrower.

This is not a belief. This is energetic law. By paying close attention you can observe how each action you make or avoid making already contains its consequences. Do you keep reading or stop reading here? Do you remember what you just read or let it slide away forgotten? Do you click on something else? Go get something to eat? Ignore the ringing phone? Try to catch someone's glance? There is a lot going on, and you don't have your hands on all of it, yet the consequences still hit you.

Just like in juggling, you are completely out of contact with that third ball flying through space yet are still responsible for it.

Even more disconcerting is to recognize that awareness of a mess makes you just as responsible for the mess being there as the person who made it. Choosing not to pick up a piece of litter is the same choice whether made by you or the person who dropped it.

This makes it tougher to sell the idea of how great it is to become more aware... until you upgrade from the *Old Map of Responsibility* where only *stupid* people take responsibility, to the *New Map of Responsibility* where the more responsible you are the more sovereign you are. Freedom from messy consequences depends on detecting messes before you make them and using the awareness to choose a different action. How many other kinds of messes do you think of when reading this list of mess making techniques?

- Not doing what you say you will do. Not keeping your promises. Changing behavior without changing agreements.
- Complaining about what is happening. Blaming others for your circumstances.
- Sulking. Being depressive. Being resentful. Shunning others by not communicating. Being adaptive. Withholding.
- Starting arguments or being hooked into fight mode. Feeling attacked.

- Manipulating to get what you want instead of saying what you want. For example, saying, “There doesn’t seem to be any salt at this end of the table,” rather than, “Would you please pass me the salt?”
- Rapidly twisting the story around in clever ways so the problem is apparently not your fault.
- Competing with those around you to be the smarter, faster, more beautiful, more important, or more successful one according to capitalist patriarchal empire standards.
- Trying to rush the other people when your own Box is panicking about not being fast enough.
- Kicking off your shoes and leaving them in front of the shoe shelf or in places that inconvenience others.
- Turning your bike or car to the right or left without signaling to other travelers first.
- Driving in a manner that scares your passengers, other drivers, or pedestrians.
- Gossiping. Triangulating. Speaking about someone when they are not present.
- Stealing paperclips, stealing minutes from colleagues by being late to a meeting, stealing the punch-line in other people’s jokes, stealing glances from the beautiful or powerful.
- Speaking in the third person rather than in the first person, such as, “You can’t get what you want around here...”
- Preaching. Proselytizing. Speaking dogmatically from the position of the one who knows.
- Making practical jokes or little comments that degrade others.
- Getting ticketed for speeding or parking thus financing the police and judicial systems.
- Arranging to be sued, arrested, put in jail or prison thus assuring that lawyers get paid.
- Getting yourself addicted to alcohol, tobacco, marijuana, Facebook-surfing, WhatsApp mental-ping-pong chats, over-eating, shopping for whatever, computer sex, investment gambling, junk-food, power struggles, debt etc.
- Arranging to be victimized by being naïve, working with bullies, leaving loose ends in agreements, not giving adequate instructions, not saying what you want.
- Not maintaining your energetic center, your grounding cord, and your bubble of personal space thus allowing other people’s needs, opinions, and neurotic thought-forms to stick onto and weigh down your energetic body.
- Enmeshing your personal energy into other people’s energetic space so as to subtly manipulate and control them.
- (PLEASE NOTE: THESE BEHAVIORS ARE NEITHER RIGHT NOR WRONG, GOOD NOR BAD. THEY ARE MERELY WAYS YOU MIGHT BE MAKING SIGNIFICANT MESSSES FOR YOURSELF AND OTHERS ON A DAILY BASIS.)
- Leaving lights on when you leave a room. Leaving the car’s gas-tank almost empty.
- Leaving coffee cups, water glasses, or dirty dishes for others to pick up or wash. Using cold water and no soap to wash dishes that others will use. Not thoroughly rinsing soap off of dishes you wash before drying them.
- Using scratchy sponges to wash teflon pans.
- Not paying a bill by the date you agreed to pay it.

- Leaving near-empty jars or moldy food in the refrigerator. Eating special foods of others without asking.
- Parking your car so it takes up more than one parking place.
- Teaching your children the same levels of dimwittedness you learned. Teaching them to stay unaware of what is really going on, for example, by sending them to public school, or by absentmindedly forcing your children to follow the holiday, dress-code, diet, or other life-pattern customs of the surrounding culture. After all, “What would the neighbors think?” (You are still afraid of being burned at the stake?)
- Reacting to current situations using old decisions made in entirely different circumstances.
- Leaving little white flecks on the mirror from squeezing pimples or flossing your teeth.
- Thinking you can make profits for your shareholders through externalizing your company’s manufacturing, packaging, marketing and shipping costs to society, to “under-developed” countries, or to future generations.
- Pretending as if you can give your sovereignty away to external authority figures in exchange for them providing you with security – a concept that is easy to understand but which has no connection to reality.
- Flicking boogers from your nose.
- Leaving popcorn boxes and ice-cream wrappers in the movie theater.
- Dropping used chewing gum on the sidewalk, or pressing it under tables or chairs.
- Letting your dog shit on other people’s grass or on the sidewalk.
- Letting your dog bark in your house or tied up somewhere.
- Splashing pee onto the toilet seat or floor.
- Using up the toilet paper and not replacing the roll.
- Stepping out of the shower or bathtub before you are dry.
- Loaning out books without asking for them to be returned to you, or vice versa.
- Putting things back in a place different from where you found them.
- Blocking the completion of communications by shifting the attention to your own problems, giving unasked-for solutions, commenting with cynicisms, arguing your own opinions, etc.
- Leaving water drops on the faucet, crumbs on the floor, damp cloths on the counter, fingerprints on the wall.
- Peeling and eating oranges on the white couch.
- Making sudden loud sounds, such as bursting into a room without respect for the space on the other side.
- Honking your car horn in the street instead of going to the house door when picking up a passenger.
- Using disposables such as plastic ear swabs, disposable cups, plastic eating utensils, disposable pens, BIC lighters, plastic grocery bags, bubble-wrap shipping envelopes, products in plastic bottles or plastic wrapping.
- Making unnecessary noise by slamming doors, dropping things, sneezing unexpectedly, humming, whistling.
- Leaving without telling people where you are going or when you will be back.
- Keeping the TV or radio on in the background.
- Beating yourself up for not being perfect enough.

- Beating other people up for not being as perfect as you.
- Putting your attention on inappropriate parts of other people's bodies.
- Speaking or taking action when the timing is off.
- Imagining that your little world of secret imaginings is actually secret.
- Not noticing the forbidden experiences your Gremlin longs for.
- Pretending that the three-letter agencies of the government which issued you your passport are not torturing, blackmailing and assassinating other people in your name.
- Using heating oil, diesel, gasoline and other fossil fuels. (It is possible to demand that your university, church, insurance company, NGO, etc. completely divests from the fossil fuel industry. EXPERIMENT: Figure out how to do this. Then do it.)
- Using electricity that comes from nuclear or fossil fuel power plants. (It is possible to make contracts with energy companies to buy your electricity from 100% renewable resources. EXPERIMENT: Figure out how to do this. Then do it.)
- Maintaining the attitude that you are a single individual, not responsible for causing or reversing global warming, and using that as a justification for doing nothing about it.
- Contributing to the manufacture, distribution, sale or use of military weaponry. (Think about this one. It means identifying people and companies who are in any way serving the war machine in any way and refusing to sell them food, clothing, medicines or services until they stop, and also refusing to support the people or companies who support those people or companies...)

In general you make huge messes each time you use Standard Human Intelligence Thoughtware (S.H.I.T.) provided by modern culture, such as thinking you need money to survive, thinking you can own land, thinking you live on a planet, thinking there are countries that should fight against each other. To shine more light on your autoadopted behaviors check out this blog post from the Slovenian actionist Nara Petrovic: <https://narapetrovic.wordpress.com/2014/02/20/teachings-of-the-man-who-helped-himself/>.)

The benefit of letting this SPARK's distinction destroy your life is that its corollary is also true: The more you are aware of the consequences of your actions and inactions, the more deftly you can navigate the shadow-world and the more effectively your creations can serve others, the Earth, and a bright future.

EXPERIMENTS:

The next-culture shaman Robert Svoboda says, "The more refined your interaction with the space the less chance of creating perturbations." By *perturbations* he means karmic ripples, the kind that come back and hit you hard up-side the head when you least expect it, which you could have simply avoided. The following experiments build your muscles of discernment.

SPARK152.01 Practice juggling 3 objects until you can juggle them for one minute without dropping any of them. The ability to juggle builds the courage to take responsibility for things you can't control.

Responsibility is consciousness in action. Take responsibility for messes you are making on a minute to minute basis. Here are some steps for practicing this:

- a. **SPARK152.02** Count up how many messes you just made during this past 10 minutes? Do this 10 times a day for 10 days. What? You didn't make any messes? Ask someone else to follow you around and point out the messes you make in the next 10 minutes. Yes it can be a wake-up call... what? You don't want to wake up? Which "you" doesn't want to wake up?
- b. **SPARK152.03** Practice being aware of your own mess-making until you can be aware of a mess you are making while you make it and for an additional whole minute keep making the mess consciously. Do not stop yourself. The purpose is to feel the full and dire impact of the consequences of your actions or inactions. (After the minute it is fine and perhaps useful to apologize and feel authentic remorse for having made the mess, and then clean it up, but only *after* you have waited the full minute and fully felt the 4 body liquid states.)
- c. **SPARK152.04** Make a running list of messes that your Box or Gremlin *wanted* to make but that you consciously *chose not to make*, for example, making mean, nasty, crude, snippy, snide, or crass comments, etc. For further ideas refer to the list of messes above.
- d. **SPARK152.05** Practice being aware of mess-making until you notice the messes other people make with their Box habits and Gremlin feeding tricks, but do not ooze any negative energy in their direction. HINT: It helps to admit the astonishingly malicious energetics of ordinary human interactions, such as competition, resentment, betrayal, revenge, numbness, uncared, jealousy, manipulation, justification, etc. Staying vulnerable yet lucid about underworld shenanigans gets easier when you consciously hold your Center, your Grounding Cord, your Bubble, and your energetic cube of Work Space contexted in your unique set of Bright Principles and in service to your own Archetypal Lineage. The work spaces of most everyone else function in such stark contrast to this that their unconscious purposes become ridiculously obvious and easily avoided.

SPARK152.06 After developing your capacity for averting messy consequences, practice delivering actions that produce delightful consequences. The more wonderful, loving, and transformational the consequences of your actions the more risks you will find yourself taking to do things you never did before, things that might even freak your Box completely out, and the more inviting your gameworld becomes to the truly inventive edgewalkers. When you spend your days with a team of like-minded individuals collaborating on projects that extend and intensify the expression of values such as inner-and-outer awareness development, exchanging from the heart, generosity, and kindness, your gameworld automatically becomes more substantial.

Meet regularly for the purpose of implementing ways to shift away from old measures of success based on fame, money, acquisition, position and power. Create ways to enact more sophisticated value systems, for example, appreciating other people's presence, experiencing oneness with Gaia, unleashing mutual stewardship, and celebrating the empowered bestowal of gifts. By doing these kinds of experiments together you amplify the global emergence of next culture that is rapidly becoming

the new norm in human experience. Through accentuating and enjoying precisely chosen values in your nano-environments you have already moved into archarchy. When you can craft these kinds of spaces ongoingly in diverse circumstances you never have to leave home.