

SPARK 154

(Matrix Code: **SPARK154.00** for StartOver.xyz game.)

DISTINCTION: Intolerance is a doorway to intimacy.

NOTES: The person standing across from you would not be intolerable if you were not there.

The situation you are in would not be intolerable if you had not gotten yourself into this situation.

The fact that something seems intolerable is a function of how hungry your Gremlin is.

With each incident you have a three-second window in which to unconsciously decide to get offended, or consciously decide to get intimate. Any time you forget that you have this choice, the choice has already been made to go unconscious, kill intimacy, feed your Gremlin.

This sadly means we feed our Gremlins most often on the people closest to us.

With this SPARK that could entirely change for you. Pay attention!

Let's map out how it goes. Many times in many circumstances during the day with many different people you get offended to one degree or another, meaning you have a psycho-emotional-energetic reaction somewhere between 1% and 100% intense.

The offense comes from you making either a projection or an assumption.

A *projection* is the story that the person standing in front of you is a different person, someone with whom you have incomplete communications (often your mother or father) and you think that if you could just fight with them a little more your past would be resolved.

An *assumption* is any story you make up so that your mind can relax, because after you step into the storyworld you just made up your mind "knows" what is going on.

Being *offended* arises because you make a second assumption about your assumption (or projection) which assumes your story is true.

This makes sense because, after all, you do not make up stories for no reason! So you have come to trust the stories you make up. The proof that your stories are trustworthy is that you have used them for your whole life and you are still alive. This makes it easy to assume that your stories are true stories. However, your second assumption rigidifies reality and changes your first assumption (or your projection) into an *expectation*, which is a story that you *know* is so right that it *must be fulfilled* or else your Box can no longer assure your survival.

But if your *expectation* is not fulfilled, if your behavior towards the projected person does *not* resolve anything, you feel painfully *betrayed*, and the *betrayal* is associated

with the other person, crystallizing into *resentment*, becoming part of your Box's reality-making structure. You know who they are. They are the ones who betrayed you.

Crystallization makes resentments *very* difficult to disassemble. Thus a resentment may stick with you forever. It only takes one resentment to destroy intimacy, because when you have contact with the person you resent, their touch only stimulates your resentment towards them, taking you out of the present and into your betrayal story. Then there is no possibility for relationship, only for Gremlin feeding. Relationship is over.

People who have not upgraded their thoughtware with these distinctions usually end up collecting so many resentments in their relationship that they must either deaden themselves by finding ways to stay numb or confused, or they must leave the relationship and start making resentments with their next partner...

What else can you do? You can experiment!

EXPERIMENTS:

SPARK154.01 Let's go back and start over, but this time let's take a different path, a magician's path, the path of consciously creating no stories. In the three seconds after an incident happens navigate away from your standard story-making machinery. Do this by preferring the unknown. Tell your Gremlin to "Sit!" Maintain stupefaction. Nurture yourself with the experience of being amazed with no story attached. Commit to a small *now*. Stay in the undefined. This is not about being stupid or naïve, but rather being alert and attentive. You maintain your freedom of movement because nothing is forcing you to find evidence for defending any particular position.

As mentioned in SPARK 14 and SPARK 147, *stories exist in time*. By behaving according to the story's details you stay inside of a storyworld. But then you are no longer in the present and you no longer have choice about what you are creating. The story determines the victimized, reprimanding, or "helping" roles you must play.

The key to creating new results in those first three seconds after an incident is entering a state which Lee Lozowick calls "draw no conclusions mind." Make no assumptions. Choose to not know. If you wait through the three seconds and refrain from story making you access an entirely different space and therefore an entirely different set of possibilities. Yay!

From there you can initiate a new kind of conversation. Memorize the following script. You say, "May I ask you a question?"

If they say "No" you turn and walk away.

If they say "Yes" you say, "In order to get to know you better could you please explain how it could come to pass that a man like you... a woman like you... a Possibility Manager like you... could choose to arrange that things turn out this way?"

Then stop talking and listen for a long time. Stay open. Try to understand. Do not take it personally. Stay in awe. Have authentic innocent interest. Seek better

comprehension of their inner world. Have no agenda. Do not manipulate, moralize, argue, reason, or analyze. Stay open-hearted. Let yourself acknowledge how it is inside of them completely without judgment.

You may have to ask again to liberate a deeper level of radical honesty. Sink to the root of your intolerance and reveal that you just do not get it. Explain how you do not understand and would like to get to know them better through whatever they can reveal.

Notice that it may not be a happy end to this conversation, especially the first few times you use it. But also notice that there was no Gremlin feeding. Notice that you are still in relationship, still connected, still communicating, and that this is the point! There is still love happening even while the underworld is becoming more conscious for both of you.

One way to consciously feed your Gremlin is to give him interesting jobs to do. In this case your Gremlin's job is to spot the other person's Gremlin and yet make no story about it. Stay unhookable, do not take it personally when they make an assumption or project onto you. Do not judge. Do not manipulate. Instead listen to their world until you get it that they did what they did because they could find no better options. By you staying in "not knowing" and avoiding assumptions or conclusions you are still in relationship with them. Staying in relationship is the point. It keeps the possibilities flowing.