

SPARK 155

(Matrix Code: **SPARK155.00** for StartOver.xyz game.)

DISTINCTION: Being cool slows down your attention.

NOTES: Your attention is the medium through which you interact with the environment. In other words, where your attention goes, your energy flows. This is why so many people and corporations try to get your attention: by internet, TV, radio, magazines, billboards, newspapers, low dramas... Flash! Flesh! Froth! Bing! Bang! Badda-Boom! They want your attention to get your energy, because if they can get your energy, they think they can get your money, or your love.

To protect yourself from the outrageous daily vampire attacks you learn to be cool.

“Cool” is a positive-attribute slang word meaning: *staying detached enough to invent nonlinear ways to survive in difficult circumstances*. Cool is *cool* partly because of its survival value. When you see someone be cool in a paradoxical situation and succeed you may think, “I want to be like that!” and you try to remember their tricks.

However, the central trick to being cool is *detachment*, and detachment slows down your attention.

Possibility Management thrives from making such mechanisms conscious. When conscious they can be mapped, understood both intellectually and energetically, and then practiced. In this case, you practice so as to gain conscious choice about what you do with your attention and your energy.

But there is cultural resistance to dismantling and understanding cool. Cool has been *cool* for over a century, far longer than most slang words stick around. Cool is deeply woven into the western way of being. The way to dismantle your resistance to understanding *cool* is to directly experience the pain of what being cool costs you.

When you are cool you numb your senses. You slide all the insinuations, noise, and images by you to remain untouched. But if you are untouchable you have disconnected your reality detectors: your physical and energetic sensing, your feelings, your intuition, and your imagination. You try *not* to notice what’s going on around you. Any action you might take is delayed, sometimes by minutes or even hours. By then it is too late to go through the doorways of opportunity, too late to sense raw beauty, harmonize yourself, or catalyze transformation.

My teacher Lee Lozowick defines “the Work” as *immediate alchemical process*. By being cool you lose *immediacy*, and thus the ability to facilitate alchemical processes. The multidimensional world zips past you. By the time you come around to noticing what happened you have already lost your options for taking interesting actions.

Did you ever decide to be cool about losing your own options because you see others being cool about losing theirs? It’s like being cool about standing in line at the gas chambers. Staying cool cuts you off from the nonlinear possibilities that are only accessible with a quick attention in a small *now*. So let us experiment!

EXPERIMENTS:

Here are some experiments to help you regain immediacy without losing your center, and also, by the way, without totally losing your cool. These experiments are perfect for your next Possibility Team.

1. **SPARK155.01 PRACTICE POINT ATTENTION** Use a black felt-tipped pen to put a small dot on the fingernail of each person's right pointer finger. Find a partner. One person is the Client. The other person is Gremlin. The Client stands on one foot, holds their dotted finger out before them and practices Point Attention by focusing only on the dot while keeping their balance. For 1 whole minute the Gremlin does everything they can to distract the Client from their Point Attention – no touching, spitting, or shouting in the ears! (Farting is allowed.) If the Client smiles, laughs, looks away from the dot, or loses their balance the Gremlin says, "Stop! You lost your focus! Start again!" After the 1 minute, stop and take sharing, then change roles and go again.
2. **SPARK155.02 PRACTICE FIELD ATTENTION** All practice at once. Each person hold your pointer fingers out to the sides as wide as your peripheral vision can still see them. Use soft eyes. Rather than looking out, let the vision come in all at once. Do not focus on any particular thing. Now slowly spin to the right and keep scanning. As you scan with Field Attention, the spaceholder says, "Scan for red!" then waits a moment. Then they say, "Scan for yellow!" then waits a moment. And so on with other colors. (The order of colors does not matter.) As people scan with Field Attention the colors they scan for appear all by themselves. Your body knows how to scan. After a couple of minutes stop and take sharing.
3. **SPARK155.03 PRACTICE SCANNING** Ask people to bring 10 or 12 different little objects and a handkerchief or small towel. Get in pairs. One person is the Scanner, the other person is the Arranger. The Arranger secretly places 4 of their objects under their handkerchief, tells the Scanner to get ready, then removes the cloth for just a moment then covers the objects back up and asks the Scanner "What did you see?" Then the Arranger puts 6 objects under the cloth, including the previous ones or not, tells the Scanner to get ready, then flashes the objects again. Keep progressing until all 12 objects are scanned at the same time. The Arranger can also ask questions, such as: "What time was on the watch? How many dots were facing up on the dice? Which direction did the pencil point? Who was in the photograph? Which side of the coin faced upwards? Etc. Then change roles.
4. **SPARK155.04 MOVE YOUR ATTENTION QUICKLY FROM ONE THING TO ANOTHER THING WHILE GIVING YOUR CENTER AWAY** Find a partner. One person is the Client. The other is the Possibility Manager serving as spaceholder and coach. For 2 full minutes the Client throws their attention at any internal sensation or external stimulus as fast as they can while also throwing their center in the same direction or in some other direction. As you throw your attention and center around shout out what you are throwing your attention and your center at. For example, "The clock is ticking! My center is with the clock!

My foot moved! My center is at the door! I am breathing! My center is with you! She is shouting! My center is with her! I feel scared! My center is in the future thinking I will be punished! I hear my voice! My center is back on you!" Keep going for 2 minutes, then come to a stop. Leave a full minute of silence for digesting the experience. This may feel like going completely insane. After you do this exercise a few times you might notice that young children are doing this exercise almost constantly, but unconsciously. After the minute of silence the coach asks the Client to share about their experience. Then reverse roles and repeat.

5. **SPARK155.05 MOVE YOUR ATTENTION FROM THING TO THING QUICKLY WITHOUT GIVING YOUR CENTER AWAY** This exercise is identical to the previous one except this time the Client makes efforts to give their attention away while keeping their center. The Client still shouts out what they throw their attention at, but each time takes a moment to make sure their energetic center is still on their physical center before throwing out their attention again. Commitment and willpower are required to strengthen the internal energetic muscles holding your energetic center on your physical center while you throw your attention at various internal and external stimuli. The Client should say things like, "The shelf holds many books! My center is in me! My head aches! I keep my center here!" After 2 minutes take a 1 minute silent pause for integration, and then ask for sharing. What do people notice that is different?
6. **SPARK155.06 WATCH THE SHERLOCK HOLMES FILM A GAME OF SHADOWS (2011) (129 min), with Robert Downey Jr. and Jude Law.** While you watch the film put yourself in Sherlock's frame of mind. Adopt his qualities of free-attention and notice the location of his center. You may have to watch several scenes over again to catch what happens and make the distinctions. Sense what Sherlock senses. Keep your attention as free of assumptions and as moveable and lightweight as Sherlock's attention. Stop the film whenever anyone notices something, but BE SURE to finish the whole film or you will miss the point.
7. **SPARK155.07 PRACTICE KEEPING YOUR ATTENTION FREE OF ASSUMPTIONS** Sit close together in groups of 4. One person is the Client; the other 3 are Possibility Manager Coaches. Each Client gets 12 minutes. Instruct the Client to explain in detail what is most pressing in this moment in their life while the Coaches listen. When any Coach detects that the Client is making an assumption they say, "Pause! You are assuming that..." and explains the assumption. The Client may want to make notes to help with later inquiry about their assumptions. Then the Client says, "Thank you," and continues saying what is most pressing for him now. The Coaches feedback about assumptions should be concise and powerful, and not ridiculous. For example, it may not be helpful to say, "You are assuming that you were born." Or, "...that you are still alive." Keep your explanations practical, such as, "You are assuming that they have power over you." Or, "...that there are rules you must follow." Or, "...that the story you just made up is true." After the 12 minutes, switch to a new Client and continue.

8. **SPARK155.08** HOMEWORK Notice the times you try to be cool with what you wear, how you stand, how you watch yourself in the mirror, what you don't feel, don't say, or don't admit. Each time you detect yourself trying to be cool immediately ask yourself: "What am I avoiding? Where am I not putting my attention? What am I detaching from?" Then do the opposite. *Be uncool!* Quickly put your attention where it should not be and *don't give away your center!* Get attached to what is or is not happening. Connect with whoever is involved. Step forward. Move instead of being paralyzed. Take action. Speak out instead of staying silent. Respond clearly, directly, and immediately. Discover the parts of yourself which have for so long been suffocating in cool.