

## SPARK 157

(Matrix Code: **SPARK157.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** If you are single your Box has won.

**NOTES:** Please do NOT interpret this SPARK to be saying you *should not be single*, or *it is wrong or bad to be single*, or *you have to be with a partner*. The enmeshed co-dependent low-drama Gremlin-feeding-frenzies common in many paired relationships (for example, the abused woman who does not leave, or the *fight and fuck* syndrome, or the “if you lose this I’ll sacrifice that” agreements) probably cause more damage to an individual than remaining single. This SPARK has no intention of moralizing a belief. It is not trying to hold heterosexual partnerships as superior to homosexual, bisexual, transsexual or whatever. Nor is it trying to make you well-adjusted to a society that breaks up nuclear families into patchwork families so companies can sell more refrigerators. Not.

This SPARK presents a simple question: *If you live alone, what is really going on?*

Many people wonder why they don’t have a partner while at the same time they frequently talk in pained tones with friends about being alone. This longing with its associated self-recriminations, self-doubts, mixed sadness, fear and frustration, may itself be a primary benefit of staying single. If you remain single then you have a condition to be consistently unhappy about. This way the active part of your Box – your Gremlin – has a regular meal proving to the world that your parents failed you because you cannot find a partner.

Remember the Box’s purpose: The Box is the chrysalis in which you survived your childhood. The chrysalis gives you enough time in a protected environment to develop the matrix to begin applying adulthood responsibilities.

But the initiatory processes to get you out of the chrysalis are missing. Modern culture long ago banned initiations. This leaves you still inside the Box which tries desperately never to let another person closer to you than it is, for fear its defensive barriers will be compromised. To feel your Box’s fear simply stand close to someone and look into their eyes. How long can you stand it? Even someone close to you, how soon before you look away? Three seconds? Ten seconds? The fear and the looking away come from your Box.

To escape and transform the Box’s chrysalis function, arrange to engage authentic formidable adulthood initiatory experiences originating beyond modern civilization’s thought limits. These build your capacities for taking care of yourself, making it less-and-less necessary for the Box to take care of you. Increased adulthood awareness combined with the spontaneous ability to act replace the Box’s protective functions and the Box reverts to being an optional tool to use as an adult.

Until you escape the chrysalis, your Box owns you like an insane robot, programmed to do an excellent job of keeping you safely the same, imprisoning you to protect you from healing, from growing up, and from accessing the archetypal, all of which are essential to relationship. The out-of-control robot Box encrusts itself in layer-after-layer

of other boxes. It may surround you with an *outer box* such as your comfortable apartment or a room in your parents' house, keeping you busy with hobbies, insurance policies, stock portfolios, and bizarre little coupon-clipping habits, filling in the blanks with a glass of wine at dinner, a smoke in the afternoon, a couple of beers during the game on TV. These all terminate relationships.

If permitted, your robot Box takes even a further step and “protects” your *outer box* with a *social box*, such as a stable job with colleagues, a chronic health condition so you cannot work and must receive government money, or a circle of superficial friends whom you will never trust enough to ask for feedback about your Box's secret life and hidden motives. In this way your Box succeeds by staying in control and protecting itself first, assuming that by protecting itself it is “protecting” you. Unless your Box is taken out of power it will keep adding layers of “protection” around you against relationship, for the remainder of your life.

Allowing your Box to be so neurotically self-obsessed as to build itself a triple-protection system may be the result of faulty thinking. Perhaps one of your old emotional wounds is still painful and unhealed. Perhaps someone, somewhere, or some group of people, hurt you so badly that you lost any sense of possibility or self-empowerment. Perhaps the wound forces you to shut down your connection with the bigger forces in life, the archetypal forces of evolution, your pearl, the Bright Principles, your archetypal lineage. Perhaps you cut off from God. Perhaps you concluded that your wounds and the betrayals that caused them are so unapproachable, so unhealable that you are damaged for life, and that if you do not let your Box keep protecting its protections only more wounds will come.

### **EXPERIMENTS:**

The three ways your Box arranges to keep you single are: 1. By building a buffer zone of Box privacy, 2. By assuming your “emotional wounds” are unhealable, and 3. By choosing mainstream society's “normal” over a path of ongoing adulthood initiations. Being in relationship destroys all three of these plans. This experiment is to commit to relationship as an adulthood initiatory path that includes: 1. Putting your Box at risk, 2. Healing the old wounds, and 3. Engaging ongoing initiations.

Before you think, “I am already doing these things!” please remember that the mind is an integral part of the fanatical robot Box trying to keep you “safely” out of relationship... of course it will think that.

You have almost no training and few role models for how to manage your Box in a way that promotes a life of free-and-natural adult play in intimate relationship. But you have no need of that training if you are still in the chrysalis Box thinking your emotional wounds are unhealable. What good is an interesting invitation if you do not have the inner and outer energy plus the extraordinary and archetypal resources to take action? So let's experiment!

**SPARK157.01** 1. PUT YOUR BOX AT RISK This does not mean blow up your apartment like Tyler Durden in the film *Fight Club*, but it doesn't preclude that either. Move out. Move over. Move through. Move on. Move. Unsettle those patterns. Decrystallize. Make your life look bad on purpose. Let it fall apart rather than trying to

keep it together according to your Box's neat little designs. Get rid of the pets, the lawn, the ex-mother-in-law, the superficial Box-supporting friends. Don't do anything you've ever done before. Don't know yourself. Will this drive your Box crazy? We hope so. Let it stay in flux.

**SPARK157.02** 2. HEAL YOUR WOUNDS An emotional wound is not a burden to be kept secret. Each wound is a valuable gateway to a significant personal development step. Stop hesitating. Take those steps. You may experience current upsets with people around you, previous relationship wounds, childhood abandonments or abuses (physical, sexual, emotional, and psychological). Even "past life" horrors may still haunt your ability to be present and be intimate with another person. The term "taking steps" here does not insinuate therapy. It asserts *possibility*, which includes processes that originate far from the psychotherapeutic context. If you choose to use Possibility Management you will find it straightforward, fast, and at least afterwards, fun. Arrange private sessions, or better yet, use the power of a training space to sit in a *Possibility Chair* and let your wound lead you. It is not about figuring something out. It is about going through the tunnel into another domain. The feelings will carry you through. Trust the process. After the seventh or ninth process adulthood opens up.

**SPARK157.03** 3. ENGAGE YOUR NEXT INITIATIONS Get yourself into *Possibility Coaching* or *Possibility Labs* and find out who you are after you do these initiations:

- *Relationship Space Cleanout* initiation removes energetic debris from your relationship temple. If the temple is full how can someone new come in?
- *Entfaltungs Initiation* cracks off a layer of the chrysalis from sheer uncivilized wildness expanding from your inside out. Which layer of the crust are you?
- *Diaphragm* initiation unwinds the festering tensions constricting your body from forgotten unconscious fears. When someone is close, do you relax?
- *Calling the Being Through* initiation lets you more fully inhabit your place in the world. Can you imagine finally being recognized and received into the loving arms of other human beings just like you?

How will all this end your time of being single? Ah, yes. The universe works in mysterious ways, doesn't it? A boomerang does not loop back around until it is flung mightily into the air. Water automatically flows when the dam is broken. An airplane lifts off the ground only when it races down the runway. This is about getting in motion so nonlinear forces can perturb you.

It is not usually you who picks your next partner. It's the universe. Relationship is evolutionary and the purpose of the universe is evolution, so the universe doesn't want you hiding out being single. If you're not in relationship it is your Box. Take your construct apart and let the water flow.

May your heart and soul light up with the warmth of a sun nurturing an entire solar-system of evolving beings and inspiring projects around you.