

SPARK 158

(Matrix Code: **SPARK158.00** for StartOver.xyz game.)

DISTINCTION: There are only two things in life: bullshit, and nothing.

NOTES: This distinction is not meant to sound facetious or insulting. The two words, *bullshit*, and, *nothing*, are technical terms.

Bullshit means: *Stories that are assembled using Is-Glue*, in other words, any assemblage of concepts held together with the words *is, am, are, was, were, has, have, had, do, does, did, may, might, must, can, could, should, would, shall, will*, or their negated forms, such as, *is not, am not, are not*, and so on. For example, “I am an idiot,” is bullshit. So is, “I am a genius.” The “am” is the Is-Glue.

It soon becomes apparent that the above sentence *is* bullshit. As *is* this one...

Nothing means: *The absence of stories*. Such absence is the entryway to *not knowing, nothingness, the void*, and *gaps*, for example, the gap between your Box and your Being.

Technically speaking, men do *bullshit*, which is: *to create stories that are relevant but not true*, such as, “I’ll be home at seven,” or, “I’ll fix the sink this weekend.” Women, on the other hand, do *cowshit*, which is: *to create stories that are true... painfully true... inescapably true... however, at that particular moment, completely irrelevant*. For the sake of this SPARK we will simply use the generic term *bullshit*.

There are only two things in life, bullshit, or nothing. Without this distinction, your life may be confusing. You may even be confused about why you are confused. One reason for your confusion is that in modern culture, most everything which is presented as real, important, or substantial, is merely bullshit. Think of politics, economics, advertising, fashion, the rule of law, emails, the news, or sports. Most of your role models and acquaintances are probably making value judgements and life decisions believing that their perspective-dependent fictions are true.

Ancient Mayan culture and traditions were flexible and resilient enough to adapt and survive through 400 years of Catholic conquistadors’ massacres, diseases and domination. But modern evangelists, seducing Mayan youth with sun glasses, blue jeans, digital cameras, and the story that their parents are embarrassingly backwards can kill Mayan culture in one generation. Uninitiated youth, mistakenly believing that modern culture’s bullshit is more true than their parents’ traditions and practices, leave the village and try to get jobs in the big city. Most of them now live in slums and work as alcoholic tobacco-addicted money-slaves in corporate sweat-shops.

If the Mayan’s taught their youth that their own story was bullshit, then when the missionaries came, the youth could laugh in their faces seeing the stupid missionaries believing that their own bullshit is true. The youth would be clear that both stories are bullshit, and then have the freedom to choose which quality of life in the long run provides more authentic value for them personally.

Why are you hysterically insistent that any belief a person believes to be true should be respected? What do beliefs actually accomplish? They cover up the unknown. Experiencing stories as bullshit gives you freedom from coercion by stories. Then the sky clears and you can more easily stay true to your own destiny.

EXPERIMENTS:

Obviously we need two sections: one for bullshit and one for nothing.

THE BULLSHIT EXPERIMENTS: You only believe other people's stories to be true because you believe your own stories to be true. Begin by catching yourself believing your own beliefs to be true. Make a long list of these stories and write why you believe each one. Then check to see if your reason is also a bullshit story. If you believe your own stories to be true then your Box and Gremlin have been leading you around with a big iron ring pierced through your nose.

SPARK158.01 Choose one story about yourself, such as, "I am the best," or, "I am not good enough," or, "I am successful," or, "I am not attractive." Notice how believing your own bullshit is the force that makes you seek evidence to prove to yourself that the story is true. Notice that your story comes first, then you hunt for evidence.

The universe is rich in evidence. There is enough evidence to make up bullshit stories about anything (see SPARK 69). Think of the three blind men encountering different parts of an elephant and then arguing about who is correct. In the capitalist patriarchal empire assuming your bullshit superstitions and beliefs are correct is justification for war. This is why an appropriate abbreviation for the term belief system is BS (short for bullshit).

SPARK158.02 At your next Possibility Team choose a global conflict (e.g. corporate profits vs. extinction of species, or corporate profits vs. peace in the Middle East) and list the bullshit superstitions and beliefs that each side uses to justify its position. Identify where each person has difficulties recognizing a story as bullshit.

SPARK158.03 Spend one whole day, from dawn to dusk, no matter what advertisement you hear, what opinion someone spouts, whatever bullshit is presented, say out loud to everyone as if you truly believe it, "That's true!"

Spend the next whole day, from dawn to dusk, no matter what advertisement you hear or see, or what opinion someone spouts, whatever bullshit is presented, say out loud to everyone as if you truly believe it, "That's bullshit!"

The next day go back to "That's true!" Next day say "That's bullshit!" Keep alternating back and forth until you get it about how much bullshit you have been generating.

Then when you hear bullshit that others around you believe to be true, you can disattach from it by marveling out loud at the specific creative genius used to make this bullshit story, every now and then saying, "Fascinating!" A bullshit story loses its power when you explain how hilarious it is that someone actually believes this.

THE NOTHING EXPERIMENTS: Most of us are not initiated into making use of nothingness. Nothingness brings up fear, and since everyone knows fear is a “bad” or “negative” feeling we jump away from nothingness or the unknown and fill it up with bullshit as fast as possible, usually faster than we see ourselves doing it.

SPARK158.04 Make a “Pirate Agreement” with someone to catch each other backing away from anything unknown out of unconscious fear. Help each other step forwards into the unknown instead of backing away and shutting down.

SPARK158.05 The uninitiated fear of nothingness is why many groups fill the frightening emptiness of the middle of their meeting circles with distracting objects like candles, flowers, colored silks, seashells and crystals. These “meditative items” successfully block the gateway to the unknown, the unexpected, the unpredictable, and the uncontrollable. So many precious and powerful resources are snuffed with such a simple decoration! The next time you have a circle meeting build your altar at the side of the room. Keep the center completely empty (you will have to fight for this), and watch what happens during the meeting!

SPARK158.06 Practice not knowing. Practice entering collaborative endeavors as simple as setting the table for dinner, and as complicated as creating a massively multiplayer on-and-offline personal development game. When you enter the collaboration look the other people straight in the eyes, and from a position of power say, “I don’t know how this goes.” Notice the voices in your head that wants to ridicule you for not knowing. Shoot those voices. This involves healing the “I must already know” imperative that was hammered into you at school. Life is better when you don’t already know. Try it. Practice it. Start over and over again from not knowing. It is so enlivening to start with an empty heart and mind.

SPARK158.07 Find and enter the gap between the knowing of your Box and the already-build matrix of your Being. Stay in that gap. Wait. Stay there longer. Still don’t go into knowing. Wait. Experiencing the nothingness in that gap gives you direct but uncomfortable access to nonlinear possibility in every moment. Putting your center in that gap reveals that nothing is as it seems. Everything that is not the nothingness is concocted stories, in other words, bullshit. Let the bullshit slide past you like somebody’s stinking fart. Stay in the not knowing. Suddenly you will have access to a possibility neither you nor anyone around you ever encountered before. Say it to everyone when it comes. BUT, DO NOT EXIT THE NOTHINGNESS. Make sure the first gift from the gap is documented but stay in the unknown so the next gift can come. Document what comes. Stay in the nothingness. Tell yourself or others what percentage fear you feel and why, but keep staying in the gap. What is in the gap? Nothing! What is possible in the gap?