

## SPARK 161

(Matrix Code: **SPARK161.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** When you lose the empty space of silence in yourself you are already hooked.

**NOTES:** Being hooked is being captured by your Box's mechanical reactivity and losing the possibility of choosing from alternative options. Being hooked cuts you off from the flow of the universe and forces your Box to run your life. The Box is a dead machine, so when you are hooked you lose your sentient multi-dimensional relatedness and turn into a robotic slave. This explains how people can soldier in the name of corporate agendas, fight religious wars, or replace self-exploration and service with daily financial desperation.

There are two hooked states to detect: hooked from the *inside*, and hooked from the *outside*.

Being hooked from the *inside* is when your empty space of silence is filled to the point where you become convinced of your own monologue (in technical terms: when you believe *your own* bullshit). This is when people join the ranks of the walking dead, when parents turn fanatical, or when consumers and employees accept being brainwashed. When you get innerly hooked you have no silent empty space to use for shifting into other possible *ways of being*.

Being hooked from the *outside* is when your empty space of silence is crushed by your Box's survival reactions to external stimuli (in technical terms: when you believe *their* bullshit). Your Box's neurotic reflex tramples your free inner space and discards it like a wadded up piece of litter. When you get outerly hooked you lose the silent inner emptiness out of which to generate nonlinear *ways of behaving*.

In both cases you lose your inner reservoir of nothingness establishing the gap between the inner world and the outer world, and are then cut off from the endlessly creative resource of not knowing that you need for spontaneously generating previously nonexistent options.

This whole consideration jumps in complexity and importance when you remember that our human personalities are constructed out of numerous isolated parts – a phenomenon easy to observe in others and easy to ignore in yourself.

Having a Box with multiple-identities means that in any given moment, one part may be centered and present, while another part may be terribly hooked. The shocking part is that it is nearly impossible, at first, to detect when a different identity slips in and suddenly takes over control. Again, this is easy to observe in others, and rarely admitted in yourself until you feel the painful consequences of not admitting it.

Managing your own identity shifts is where the empty space of silence becomes invaluable for a Possibility Manager. By centering yourself in your inner vacancy, even during a conversation with another person, even during an emotional flare-up, it doesn't matter which aspect of your Box takes control of the driver's seat. The

radically neutral space of silence takes no sides. Inner and outer worlds can do whatever they want but you retain the free-flowing option to choose something completely different from what is happening right now.

We all have this precious gap of inner silence available to us. It is designed into the human e-body. But in the years before our initiations commence (before the age of fifteen), our silent space gets filled with internal fantasy worlds such as stories about ourselves (for example, I am better than others, I am not good enough, I matter most, I don't matter at all, etc.), and external authorities such as the beliefs of parents and society (for example, the meaning of holiday rituals, how to survive in the corporate lifestyle, what will the neighbors think, the demands of modern culture's linear life plan, have you watched the evening news, political and religious fairy tales, etc.)

Initiations replace childish space-fillers one-by-one with the silent emptiness that powers raw invention during moment-to-moment free-and-natural adult life. One-step-at-a-time and through diverse processes, initiations empty out beliefs, expectations, assumptions, self-limitations, old decisions, perception blinders, brainwash dogmas, rules, customs, conclusions, confusions and delusions.

An unspoken anxiety about initiation is the fear of going crazy when you enter the undefined inner space. This is simply the chicken-and-egg paradox: When uninitiated you have no wings for pleasantly navigating freefall, but it is initiation that gets you out of your childhood straightjacket. This paradox is handled by trusting the universe to navigate your personal evolutionary process. The proof that it can do this is had by looking backwards over your life and noticing that indeed, the universe has all along been doing just exactly that for you.

By blowing across the void a flute player attains resonance and makes music. Without the void there could be no flute. Modern advertisers instead say you should fill up your inner void by purchasing their particular products. You may from time-to-time even catch yourself staring vacantly into an open refrigerator (or the face of your partner) searching for something to pack into that emptiness. Through initiations you experientially redefine inner blankness as your home, the most powerful and friendly place to be in the whole of the universe.

As your initiations proceed you may be surprised to find that being in your inner silent space of stillness no longer equates to feeling lonely, separate, abandoned, crazy, or in exile. Your silent space turns into a landing platform on which the message of your Pearl activates, and the genius of your Bright Principles and your Archetypal Lineage do their work in the world. When nothing particular seems to be happening the stillness is nurturing and rejuvenating. Through resting in your inner space of silence new levels of noticing emerge, out of which new dimensions of relatedness and appreciation emerge, plus abilities for creating results which may have previously seemed impossible.

## **EXPERIMENTS:**

Here are some experiments:

1. **SPARK161.01** Stop filling your inner silent space with random noise, such as whistling, humming to yourself, talking to yourself, inner arguments with

others, disavowing unexpressed feelings, justifying your actions or inactions, or bouncing your attention from shiny object to colorful object to loud object back to shiny object, all the while listening to the endless stream of judgments, criticisms, comparisons, excitements and worries from your mind. It is almost impossible to stop the space-filling because it automatically starts up again so quickly. So instead, focus on doing something different, for example, enjoying the experience of getting to stretch out your being in the warm evolutionary bath of inner silence.

2. **SPARK161.02** Remember your inner space of silence each time you start a new conversation, such as when the phone rings, when you greet someone at the café, each time you say “Hello” to someone, each time you begin a meeting, or each time you interact with a cashier. Use the beginning of the encounter as a trigger for relocating to your inner space of silence. Split your attention and keep 10% on the experience of stretching out your being luxuriously into your inner silence while the rest of your attention interacts with the others.
3. **SPARK161.03** Each time you detect yourself being internally or externally hooked immediately make a concise yet richly descriptive note in your *Beep! Book* about what just triggered your reaction and what you thought, said, felt and did. At first your list may grow impossibly long and complex as your underworld reveals its true dimensions. Let it be so. Becoming aware of what you were not already aware of is a natural procedure. It may even be what you came here for. Trying to ignore what you have been for so long in denial about does not make your underworld go away. Instead make it a practice to welcome disillusionment. Doggedly extend your *Beep! Book* list and bring it with you to your next *Possibility Lab*. Then sit in the *Possibility Chair* and use each incident as a gateway to an evolutionary process. You may be surprised by how momentous the seemingly little things turn out to be. This is the fastest way to build matrix that I have ever discovered.