

SPARK 165

(Matrix Code: **SPARK165.00** for StartOver.xyz game.)

DISTINCTION: Admitting that you have clear impulses of anger, fear, sadness, and joy makes you an agent of change.

NOTES: What you have been most empowered to do is repress your feelings, numb yourself out, stay too busy, scattered, stressed-out, and intellectual to notice your personal feelings impulses. This SPARK says you do not have to stay that way forever. If you experiment with entering the present, minimizing your NOW down to less than 3 seconds, shrinking you're HERE down to what you can immediately smell, hear, taste, see, and touch, then automatically your Being enters more fully into your body. When you get into your body you can't help but start noticing feelings impulses.

If you are using the *Old Thoughtmap Of Feelings* then any feelings impulses that come along bring up big fears that something might be wrong with you, that you might be detected as being ill or being a problem and then something bad will happen to you. So you go back into your mind, back into the overwhelming madness of modern culture, you move around faster than the speed of your heart and you leave your feelings impulses behind you – as unnoticed as possible.

However, if you are using the *New Thoughtmap Of Feelings*, then you relate to feelings as neutral energy and information that you need for navigating your life and delivering the services of your archetypal lineage in the world. Your feelings impulses are your main resources. This SPARK is about activating your resources at the next level.

EXPERIMENTS:

This is one of those more “dangerous” experiments, to be engaged *after* you have already decided that it is too boring and frustrating sitting around, waiting for other people to make things better, that you are ready to step into your adulthood capacities for being an agent of change.

PART 1: ENTER THE PRESENT Here are 5 ways to enter the present. You can use these and other ways almost all the time to stay in the present. Both your power of being and your power of doing are only available in the present.

1. **SPARK165.01** The present occupies a small NOW. Rub your Possibility Stone ever-so-gently with the tip of one finger until the fine-touch sensation is almost ticklish. Experiencing a sensation only happens NOW, so by touching your stone you find the present. Skillful actions require noticing and using the fine sensations which can only be experienced in a small NOW. Stay in a small NOW. This is the present.
2. **SPARK165.02** Remember that you are in a space. If you forget that you are in a space then you are sleep-walking (sleep-sitting, sleep-talking, etc.), and you cannot take responsibility for calling in Bright Principles or navigating the space. If you forget that you are in a space then your mind thinks about things that are not HERE, sucking you into a big HERE where you are powerless because you can only go through a door when you are at the door. You can only take the step in front of you, not the step that is somewhere else. You only have power HERE. Stay in a small HERE. This is the present.

3. **SPARK165.03** Put your attention on your attention and consciously choose what to put your attention on next. Do not let your attention wander around on its own unless you consciously decide to spend time scanning with free-floating attention. Where your attention goes your energy flows. If you do not have your attention you have no energy to consciously create with. You can only create in the present. If you are not consciously choosing what to do with your attention then you are unconsciously creating, that is, you are serving Gremlin's Hidden Purposes, playing victim, persecutor, or rescuer, feeding low dramas with your life energy.
4. **SPARK165.04** Notice that you are breathing. If you don't breathe you die. Often breathing happens automatically, which is useful. It can also be useful to sometimes consciously experience the sensations of breathing. Notice the diaphragm moving downwards, the ribs in your chest rising, the warm or cool, dry or damp air passing in through your nose and throat, the subtle fear of not having enough oxygen which triggers you to breathe in, and the pleasures of having enough oxygen for your body to function.
5. **SPARK165.05** Notice that things are where they are and won't move from where they are until an agent of change moves them. You are still an agent of change if you decide to move nothing from where it is right now. But what is your purpose in leaving things the way they are, leaving a meeting, a conversation, a connection or disconnection the way it is? What is your purpose? Each and every action or avoidance of action is driven by a purpose. What is your purpose NOW with that thing HERE. Does it give you energy to leave it that way? Or does it suck energy away from you to leave it that way? Go through your whole house, office, garage, basement, and consider this energy relationship with each and every thing. Noticing purpose occurs in the present where you are deciding what actions to take.

PART 2: FOLLOW SOME IMPULSES Here are 5 steps for following your feelings impulses to take action as an agent of change.

1. **SPARK165.06** Stand in the clarity of the *New Thoughtmap Of Feelings* that feelings impulses are valuable resources of energy and intelligence. If a feeling comes and it seems to use up your energy, this suggests you are using up energy to suppress the exact feelings which are there to give you energy. This happens when you use the *Old (flatworld) Thoughtmap Of Feelings*. Why are you doing the old thoughtware? To not change? If so, this is bad news for your change-agent career, because if you want to be an agent of change, guess who has to change first? Your feelings give you energy and information about what and how to change things, starting with yourself.
2. **SPARK165.07** Lower your *Numbness Bar* far enough down to sense waves of feelings that are less than 10% intense. Suddenly you may sense surges of anger about what is not being done to make the world a better place, about children, about animals, about neighbors, about food, about the oceans, etc. Rather than dismissing your feelings impulse with logic, escaping the impulse by moving into the future or into your intellect, or squashing the impulses by force of will, admit that you are experiencing low-level feelings impulses.
3. **SPARK165.08 THIS IS IMPORTANT:** Detect if the impulse is a *feeling* or an *emotion*. Here is how to tell the difference. Emotions come from 3 main sources:
 1. External authorities such as your parents, politicians, corporate marketing, or

religions, who make you adaptive to their program. 2. The past, your incomplete communications, your sense of abandonment, you being unacknowledged, your childhood wounds. 3. Your Gremlin, his vows for revenge, superiority, being right, being faster, being better, being bad, being a failure. The key is that emotions last longer than 3 minutes and have nothing to do with the person across from you or what is happening right now. Circumstances trigger pre-existing emotional reactions. If you see that your impulse is an *emotional* reaction (and most of them are, at first), then the action to take is to ask someone to navigate a healing process for you. This is the value of emotions. They are a gateway to your healing processes, and it is not an accident that you experience them NOW (whenever they arise).

Feeling an emotion indicates you are ready for that healing.

4. **SPARK165.09** During the morning hours of each day lower your *Numbness Bar* as far as you possibly can and see where the feelings impulses (not emotional impulses) lead you to take action. The key here is to admit that you have feelings impulses! First acknowledge and experience their existence. Perhaps you have fear instead of anger. Perhaps it is joy. Perhaps sadness. Each feelings impulse naturally provides an urge to do something to make the world a better place. The validity of the impulse is enough to commit you to a path of action, which even if you try and fail, and try and fail, is still as rewarding as life gets. Practice directing each feelings impulse to define 3 possible actions you might take. Don't immediately start with the first action, imagining that to be the only possible solution in this circumstance. Require the impulse to deliver 3 possible actions. Then choose wisely.
5. **SPARK165.10** Now the rubber meets the road: take one of the actions. Let the intelligence and energy of your feelings initiate and guide your action. To quote the www.pachamama.org activist Jon Symes, "*This impulse is a great gift. It is a prompt for movement. Give thanks for it. Often this same urge brings confusion and uncertainty in its wake. What on Earth should I do (you ask)? Feeling the impulse, admitting to having impulses, makes you already an activist, an agent of change, someone through whom life is co-creating our future.*" Your experiment is to trust life more than you trust the neurotic programming of your local culture and times. As was carved into the ancient stone tablet, "*Goeth for it!*"