

## SPARK 166

(Matrix Code: **SPARK166.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** What you can distinguish you can choose.

**NOTES:** If you can choose something you can put your attention on it and go there. If you cannot *distinguish* a new opportunity, if you don't even notice that something completely different from this is possible right now, how can you choose it? Making powerful distinctions opens new options to choose from. The problem is, modern culture asserts that *new concepts* and *new information* are sufficient to bring you into a new relationship with the world. But they are not. At the same time modern culture doesn't want you free to make new *distinctions*.

Western society pounds you with an avalanche of new information and technological breakthroughs every day. But by dedicating yourself to understanding all this, what really changes? Certainly your mind's capacity stretches while trying to hold so much data. You may accurately parrot the latest news, but what new results can you create? Could it be that more information is not the answer?

What can make a difference in your creation powers? What opens territory for new behavior? What generates new clarity, authenticity, and intimacy in relationship? What activates new perceptions and new experiments? It isn't information; it is *distinctions*. There is a difference between understanding new information and being able to establish and use a new distinction. Fresh information gives you something new to think about. Fresh distinctions give you new leverage points to think *with*.

A distinction activates your capacity to discern between 2 things that you previously assumed were merely 1 thing. Your ability to navigate gets refined, not because things change, but because you change. Getting a new distinction changes who you are.

It is commonly understood (in certain circles...) that in order to do the impossible you must first be able to see the invisible. In other words, creating new possibilities for yourself and others depends on clearly distinguishing what was, until now, indistinguishable.

Since a Possibility Manager's main service is explaining and implementing new possibilities, your skills improve by making distinctions about distinctions. For example, there are four kinds of distinctions:

- Intellectual-body distinctions based on a specific set of concepts, such as classifying animals and plants into their proper kingdom, phylum, class, order, family, genus, and species, or, guarding against circular logic, or, making clear power-point presentations, or, producing useful instruction manuals.
- Physical-body distinctions, for example, a cook sensing how much salt to put in the soup to make it taste right, or, an exercise instructor distinguishing how far to stretch certain muscles, or, a mechanic determining why a car doesn't work, or a shopper discerning qualities of vegetables.
- Emotional-body distinctions such as identifying and unmixing mixed feelings, or, distinguishing a here-and-now adult feeling from the 3 emotions and their

sources, or, using feelings to make boundaries or ask for what you want, or a musician sensing the mood of music she is writing.

- Energetic-body distinctions such as detecting purpose, locating your center, sensing what people are doing with their attention and why, distinguishing which ego-state is talking, holding and navigating spaces, avoiding low drama, creating high drama, or, effectively interacting with your archetypal lineage.

The world is far richer in subtlety than modern culture would lead you to perceive. Consciously using your energetic body's experiential distinctions gives you more precise navigation in the subtle domains. The more subtle your distinctions, the more clarity you have to navigate what happens next.

The purpose of focusing your everyday intentions on making distinctions is to provide better service. Think of someone with skills that are irreplaceable when needed: a brain surgeon, computer technician, seamstress, or animal whisperer. It is their subtlety of experiential distinctions that makes them able to reshape reality in a useful way. The same is true with a Possibility Manager.

One woman's magic is another woman's technology. If you can make a distinction that someone else needs but cannot make, they become your client. They hire you because your distinctions can bring them valuable new personal and professional possibilities. This is about you coming into your own power to serve.

## **EXPERIMENTS:**

**SPARK166.01** Practice distinguishing and explaining new possible options so clearly that either you get what you want or others get what they want even though the options are not on the menu. Deliver the distinctions like an artist applies paint on a blank canvas. Look closely at what is there, then use precise distinctions to paint a doorway into what was previously regarded as a solid barrier.

Give the door a name. Use words innovatively as a bridge to convey the new possibility directly into other people's bodies so they can find the handle and open the door themselves. It can help if you memorize and apply some of these distinction phrases: *"There is a difference between..."* or, *"What if you distinguish..."* or, *"Can you notice that..."* or, *"From this other viewpoint you can see that..."* or, *"Would you be willing to try..."* or, *"What would change if we discerned..."* or, *"If you regard yourself as a (new identity) would it be possible to..."*

Practice landing experiential distinctions in the energetic bodies of a team as a way of proposing options that did not exist before so the team can implement the new options. For example, go to the school where your children go (if they go to school at all...) and explain about the harmful effects of technopenuriaphobia (the fear of losing modern technology and then not being able to survive on the Earth). Continue until learning low tech life-skills as a technopenuriaphobia healing-process is added to the daily school curriculum.

Since there are only 2 things in life, bullshit, and nothing, practice distinguishing between useful bullshit and not useful bullshit. What is the difference in their

purpose? Which bullshit creates high drama and which bullshit creates low drama?  
Use distinctions to empower people to feed their Gremlins by creating high drama.