

SPARK 169

(Matrix Code: **SPARK169.00** for StartOver.xyz game.)

DISTINCTION: It changes you to know where you got the time to read this SPARK.

NOTES: Radical responsibility allows you to take responsibility for things most people don't realize it is possible to take responsibility for. In this case we are talking about taking radical responsibility for time. In particular, your time. Specifically, where did you get the time to read this SPARK?

You may think...

"I took the time from my job," or, *"I took the time from my kids."* This means you are a time thief.

"I found the time." This means you are a time scavenger in time survival.

"I snuck it in between other things." This makes you a time sneaker.

"My wife gave me the time." This makes you a victim of whether other people give you time or not.

"I planned the time in my calendar." This means your calendar owns your time.

"The clock was ticking and I used the time for this." Then the clock owns your time.

"I received a certain amount of time when I was born and I used some of it to read this SPARK." Then you are stuck in a linear concept of time.

Radical responsibility for time starts when you source time, when you face that *you can only do what you make the time to do*. You then recognize yourself as a *time maker*, and your identity shifts. You realize, *"I made the time to read this SPARK."* Your life includes whatever you make the time for. If you don't do something it is because you did not make the time to do it. End of story.

It may be that you unconsciously make time to do certain things that you actually don't want in your life. For example, if you argue with your spouse, fight with your neighbor or kids, gossip about your colleague, complain about your boss, etc. you made the time to do these things. They could not happen if you refused to make the time for them.

You could just as easily make time to walk by the river, to curl up on the couch and take a nap, to knit, to put your hands in the Earth, or sing show tunes: *"I said hello, Dolly! Well, hello Dolly! It's so nice to have you back where you belong!"*

EXPERIMENTS:

SPARK169.01 This week take on the practice that before each action you pause for one breath and say out loud what you choose to make time for. Say, *"I now make time for..."* and say the thing. Refuse to do anything that you do not consciously choose to make the time to do. If you make each time-use decision-point conscious you may suddenly find yourself forking into unexpected but highly rewarding actions instead of simply doing what your circumstances and habits pressure you to do. For example, you might suddenly say, *"I make the time to do my stretches,"* or, *"I make the time to call my brother."*

The urgency of some things may tempt you to label them *high priority*. If something is *urgent but not-important* you could perhaps delegate it to someone else. If it is *urgent and important* then you can most effectively prioritize the top 3 such items and focus on handling them. Sometimes you make time to do things that are *not-urgent and not-important* – in this case there would be little consequence if you crossed these off your list. Then you have an entire list of things that *are not-urgent but are important-to-you*, actions that might feed your Being but not your bank account, for example: learning to play the ocarina, digging a meditation chamber in your back yard, assembling a family genealogy, carving a model *voice blaster*, writing a film script, or starting an NGO to train people how to run next culture schools. Through taking radical responsibility for time it becomes clear that you won't do these *important but not-urgent* things until you make the time to do them – something only *you* can do. And these may be the very things that you were born to contribute to humanity.

Start a new page in your *Beep! Book* titled *Important Adventures* where you list the *important-to-you but not-urgent* things your soul longs to do before you die. It could be 20 things. It could be 50. You might not know how to do them. They might be beyond your budget, impossible, or forbidden. Write them down anyway.

Then circle 3 of them, the first 3 that come to your attention. You can always change your mind later.

Pick one of your 3 *Important Adventures* and right-now begin it. Make time for it. How? Minimize your *NOW* and step into one of the gaps that occur between each moment then take responsibility for sourcing the time to do one microscopic step right now no matter what. Right now. Maybe your action will succeed. Maybe it won't. Doesn't matter, because while you are doing actions that move an *Important Adventure* forward you are in ecstasy. Notice your Being's ecstasy. Enjoy every instant of it to the max. You can come back for more any time you make time for it.

Here is a hint: If one of your *Important Adventures* is to write a film script, and if you use the tactic of trying to get all your *urgent and important* work done fast enough that you end up with enough surplus time that you can finally write your film script, the writing will never happen. Right? You've probably tried that one before. An alternative tactic is to use your mind to trick your mind: Wake up in the morning (or whenever you start wildly creating – for some this may be midnight...) and write your film script first, before the *urgent and important* things. Do your *Important Adventure* first so your soul is on fire, and then your soul will bend reality as easily as a knife slices warm butter to get your *urgent and important* things done also, as a side-effect of being in soul ecstasy.

SPARK169.02 Figure out how to move faster than the speed of time. Take it on as a practice in reality and do it as often as possible. (Hint: Most people spend their day chasing the clock, being a frantic victim racing the irreversible seconds, trying to reach a destination in the same moment the clock reaches a certain hour. How could you get there before the clock does?)