

## SPARK 172

(Matrix Code: **SPARK172.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You cannot kill one story with another story.

**NOTES:** Let's go directly to the point, shall we? Relationships do not die from a lack of love. Relationships die from a lack of *intimacy*. Intimacy occurs in reality – or else it is imaginary. You want imaginary intimacy? Go do computer sex.

Pema Chodron says: “*The nature of reality is groundlessness.*” Groundlessness means you have no stories to hang onto, no beliefs, no opinions, no meanings, etc. Intimacy occurs in reality. Stories glue interpretations to reality, so if you enter a storyworld you are blocked from intimacy. The secret to intimacy is starting at the place where there are zero stories. Where is that place? How can you get there?

### EXPERIMENTS:

**SPARK172.01** A common strategy for reviving intimacy is to judge your own judgements, to cancel one story by putting another story on top of it. However this only moves you further away from reality, like gluing new wallpaper over the present wallpaper thinking you are getting closer to the wall. If you have tried this strategy then by now you may have given up on intimacy because the simplest interaction turns into a massively complex and unsolvable mess.

I mean, a human interaction probably is, in reality, a massively complex and unsolvable mess, but that is no problem as soon as you understand that the complications of each individual's psycho-emotional construct are not to be resolved. They are to be navigated.

Intimacy does not mean there is no mess. Longing for no mess is like longing for happiness while missing many intensely joyful moments. Intimacy comes from ongoingly navigating the processes of being with each other in the complex evolving 4-body realities that in the physical world show up as a mess, without drowning in a swarm of stories about the mess.

Getting to reality together – entering reality – can happen through sharing the origins of the stories you attach to reality. The stories make you inauthentic. Being authentic about your inauthenticity brings you back to reality. Revealing the origin and purpose of a story frees you from the grip of that storyworld. Speaking from the reporter's position liberates you from the storyworld prison. This is because you cannot tell the story as a neutrally-observing reporter and remain captured in the mess of the story. Explaining the purpose of each successive story steps you towards storylessness.

If someone looks at you, speaks to you, or touches you in a certain way your body may automatically cringe or tighten up. There could be any number of reasons for this. (The same is true if you are touched and your body moves towards the other person and relaxes, but let us investigate the negative case.)

From the reporter mode you may notice that moving away or tensing up indicates fear, so then you say, “*When you do this I feel afraid because in 2008 my ex-partner...*” and

with feelings you tell how, when, why you attached the story. It could also be that you were abandoned or betrayed by someone else in a way that the touch reminds you of. Perhaps you made an old decision to never allow that hurt to happen again. Or perhaps you think that some part of your body is dirty or ugly or disgusting or private. Or perhaps you are not in the present. Perhaps you are in a fantasy world, a story world, imagining them or you to be someone else. They may have expectations about you that you sense as pressure or manipulation and you resist. Or you may have expectations about them. If your expectation is not fulfilled it turns into a resentment. Even one small seemingly-insignificant resentment is enough of a story to take either of you out of reality and into the story-world of the resentment thus blocking intimacy. Intimacy occurs in present reality.

Make the arrangement with your partner to sit near each other. While one listens interestedly without interrupting, the other explains the origin and purposes (conscious and unconscious) of the story that currently frames up their present experience. Then change roles. Go back and forth slowly, each time at a new and deeper level. Make sure to take the time that all 4 of your bodies deliver the communication and that all 4 of their bodies receive the communication, so that you are not just playing mental ping-pong. There will be feelings coming up.

While telling your story, share the experience of what it is like for you in there. Why did you put it together that way? What happened to you? What was the pain, ecstasy, liquid state, or concept happening in each of your 4 bodies?

For example, if you look in the mirror to check if your clothing makes your belly smaller, your hips not so wide, your boobs bigger or smaller... if you try to make your hair straighter or curlier, your skin paler or darker, your legs longer or shorter... what stories motivate all your attempts to deceive? Explain the moment and circumstances in which you adopted your stories? Did it come from magazine images? Television? Movies? Your mother's critical comments about how other people look or behave? Your teachers' or preachers' propaganda? What survival power did you get by adopting this story? How did you cement each belief into the walls of your Box?

When you think of yourself or see yourself in a mirror the stories that run in your mind radiate into the field around you with such force and certainty that they crush everyone else's experience of you. Then if someone is to approach you they can only come closer if they accept your self-critical or self-praising stories as true. They can never get closer to you than your stories. The result is that you both starve for intimacy. Intimacy has no stories.

Revealing the source and purpose of your stories is already intimacy. Is it pain free? No. Will it be perfectly clear? No. Will the stories end? Never. Is it fulfilling and pleasurable to grow closer like this? Find out for yourself. The point is not to achieve some final state of clarity free of stories. Nothing about being human is stable. There are too many layers. Things keep evolving. The point is to enjoy the intimacies of the journey.