

SPARK 175

(Matrix Code: **SPARK175.00** for StartOver.xyz game.)

DISTINCTION: Your soul is fed by doing things you are willing to be made a fool for.

NOTES: There is always one viewpoint from which what you are doing makes sense. Right? Otherwise, you would not do it! But have you ever done something, and then, after you have been doing it your viewpoint changes? In that moment you shift from being a hero, a good person, a success, a role model (something 'positive' to be proud of) into a fool, an idiot, a loser, a nitwit, a failure (something 'negative' to be embarrassed about).

Being seen by yourself as a fool is one thing, but being seen by other people as a fool has additional consequences, and is always the risk, because you cannot control other people's viewpoints. But if a majority of people around you regard you as a fool you may lose your status, your job, your credibility, your future possibilities, perhaps even your freedom (they could put you in prison) or your life (they could burn you at the stake). So it matters how others regard you.

It's true that you are still alive after all these years, but is there any chance you may be over-exaggerating your cautiousness? Might your fear of the way other people perceive you be restraining you from doing the very thing you came here to do?

Your soul is fed by doing what you came here to do. Did you come here to do things the way they have always been done? Yes or no?

If your answer is, "No," then you have no option but choosing to do things for which you may be seen as a fool, because doing something new always looks foolish to most people at first.

Here are examples of things that most people don't think are foolish that might be: Spending four or more years getting a degree from an educational institution designed to train you for last millennium conditions. Enslaving yourself to a bank to live in a box in a neighborhood far away from food sources, from your friends, and from where you work to pay back the bank. Sending your unique children into a system of enforced standardization. Believing news that is written and produced by profiteering corporations. Spending forty hours each week plus driving time doing things you would never do if you they did not give you money. Exchanging the irreplaceable hours of your life for numbers in a computer.

Here are examples of things that most people think are foolish that might *not* be: Friends of mine, Sepp and Monika Rieser, dedicate their summers to maintaining a traditional mountain hut located 1808 meters high in the Austrian Alps. (<http://www.praeau-gut.at/>). Icy-cold water, gravity-fed from a mountain spring across the canyon, must be hand-carried inside one bucket at a time. Cooking, baking, and heating are accomplished with a single cast-iron wood-burning oven. Lighting is candles. Electricity comes from a small generator run for milking the cows twice a day. And all summer long Sepp – with occasional help from apprentices or guests – cares for 13 horned cows, gathering them from the steep, bushy mountainsides, and milking

them every morning and every evening come rain or shine. By hand they spin-out the cream from warm milk for butter. Monika creates yogurt and a variety of cheeses to feed hikers stopping in for old-fashioned hospitality. Do they make a lot of money maintaining this wilderness outpost? No. Have they become famous? No. Do they risk being regarded as fools for spending their lives preserving such outdated traditions? Yes. Are the souls of Sepp, Monika, and their guests fed by the stand they have taken? Yes.

Another friend, Brad Blanton, has written and published a book titled *The Korporate Kannibal Cookbook* (<http://www.goodreads.com/book/show/11117501-the-korporate-kannibal-kookbook>). Yes, you got that right. “A rapacious form of cannibalism currently exists and is growing more powerful every day. This system is run by psychopaths who are laughing all the way to the bank... This system is called corporate capitalism or, as I have become fond of calling it, korporate kannibalism. It eats you, your children and the Earth. The Korporate Kannibal Cookbook is about the problem being its own solution, or in other words, cannibalism being the solution to corporate cannibalism.” He explains in irrefutable detail that cannibalizing the corporate cannibals greatly increases the likelihood that life on Earth will continue, the first step being to capture, kill, and eat one thousand corporate billionaires. “*Either we eat them or they eat us, so let’s get cookin’.*” Recipes are included. Now, this book isn’t ALL about eating people. It’s more of a theme throughout the book. In fact, the book is a handbook for building a society that deliberates, communicates, and takes loving actions that regenerate Earth. Is Brad’s book a bestseller? No. Has Brad sacrificed his reputation to make such a radical yet well supported plea? Yes. Is Brad’s soul fed from the stand he has taken? Definitely.

Five friends, Michaela Kaiser, Katharina Kaifler, Michael Hallinger, Dagmar Thürnagel, and Dahlia Abramovic have opened a global program that trains certified professional healing practitioners how to use the tools and processes of Possibility Management to heal wounds, diseases, and ailments of the human emotional body (www.feelingspractitioner.com). The need for this program is simple to understand: Medical Doctors are experts in healing the physical body. Psychologists are experts in healing the intellectual body. Spiritual-healers and energy-workers are experts in healing the energetic body. But who heals the emotional body? Certified Feelings Practitioners! Has anybody ever heard of a *Feelings Practitioner* before? No. Is there some longstanding government branch to legitimize the value of emotional-body healing? No. Could the Feelings Practitioner Team be regarded by some high-standing professionals as foolish? Yes. Does taking a stand for this new gameworld and empowering healing practitioners around the world with powerful new healing methods give the Feelings Practitioner Team reason to get out of bed in the morning? You bet it does.

Another friend John Dennis Liu, a scientist well into his 60s and on the far side of a long and successful research career, is just now starting a global transformation movement (<https://www.facebook.com/groups/1206960359323785/>) the *Ecosystem Restoration Cooperative*. John has taken a serious stand. The mission? To build self-sustaining *Ecological Restoration Camps* on every continent to implement already developed techniques for restoring degraded lands. “*We voluntarily, joyfully, and with peaceful intent work together to restore the fundamental ecological integrity of the*

Earth and to train large numbers of people to duplicate this model so that these methods can be adopted throughout the world.” Could John’s entire career as a scientist be ridiculed by him branching out into social entrepreneurship? Yes. Could he seem like a fool to his long and cherished colleagues? Yes. Is John on fire about this project and throwing everything he has into bringing the 1000-member critical-mass team together to start the prototype Ecological Restoration Camp in Spain this year (2016)? Yes. Is his insuppressible inspiration making him young and sexy? (I suppose you have to decide that for yourself...)

Billy Joel’s song *The Longest Time* is about a man getting to the point of taking a stand for loving a woman. Near the end of the song he hits the core realization: *“I don’t care what consequence it brings. I have been a fool for lesser things.”* You too have been a fool for lesser things than doing what you came here to do. Why not be a fool for what matters most to you?

EXPERIMENTS:

SPARK175.01 Start with what you are feeling right now and write without stopping for fifteen minutes. Keep returning to whatever feeling comes next and let your heart and soul speak through what you write down. After you are done, read further.

Take your writing, your related thoughts, your feelings and emotions, your dreams and visions for a weekend-long (Friday evening through Sunday afternoon) solo sabbatical. It can be either a walking sabbatical or a sitting sabbatical, you choose, but either way go alone (speak with as few others as possible). Your intention is to cogitate. Simply contemplate yourself. What have you been doing? Why have you been doing that? What do you really want to do before you are swept away from the world?

If someone needs to know tell them you are going on a weekend retreat. Turn off your phone. Use no alcohol or drugs. Do not watch videos or surf the internet. Avoid sugar and fast foods. Sleep a lot. Eat raw and simple if you can. Drink lots of water.

Do not expect to have a breakthrough. Do not make a list of action steps. This is a weekend with yourself. Do not expect anything. This is a time to integrate and digest your life so far. Your relationships with partners, friends, and family. Your jobs. Your fears and ecstasies. Let memories come up and feel them. Let dreams come back. Let visions nuzzle at your soul. Question whatever justifications you have given. Do not expect to have nice answers, but don’t beat yourself up. Eventually ask yourself what you came here to provide for people, for animals, for the Earth? (Hint: what you feel anger, sadness, or fear about is what you care about. Let your feelings lead you back home.) What change inspires you so much that you are willing to look like a fool to stand for it? What new actions would truly feed your soul even if other people think you are crazy?

When you get back do not justify what you were doing. Do not package what you experienced into concepts that others can grasp. It does not work like that. If anyone asks you how it was just say, *“It was great. You should try it.”*