

## SPARK 178

(Matrix Code: **SPARK178.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** A *good* person is trained to break their own heart before breaking other people's hearts.

**NOTES:** Try to remember being a child and receiving the *Standard Human Intelligence Thoughtware* download from modern culture's morphogenetic field. Try to remember what it informed you about being a human being. Did it strongly suggest that you are your mind, your thoughts and concepts? Did it also firmly plant in your mind the construct that you should be a *good* person?

Most of us got this programming. Even if you resisted or behaved the opposite of the programming you are still shaped by the programming. The programming successfully supports modern culture Zombie-ism because if you identify yourself as your mind and you hold the concept of being a *good* person then you cannot orient to your own heart's wishes and behave autonomously because your heart is not in your mind. Then from the very beginning of your life you break your own heart rather than breaking the hearts of others.

What does *breaking someone's heart* mean? Avoiding *breaking someone's heart* is the same as *walking on eggshells* around them, behaving adaptively around them, making pleasing them a higher priority than pleasing yourself, *not rocking the boat*, avoiding offending them. In other words, you let their possible emotions and feelings determine your life.

Only *good* people will read this SPARK. But being a *good* person must eventually bring you into a particularly nasty inner and outer conflict. The conflict is this: If you repress, suppress, withhold, or deny what your heart wants to avoid breaking other people's hearts, or, if you lie, sneak, and cheat to get what your heart wants without breaking other people's hearts, in either case, how can you still consider yourself to be a *good* person?

Is the idea that a *good* person should sacrifice their heart's desires rather than causing other people to feel sad, angry, or scared about them correct? But if you reject your own gifts, your own desires and longings, you are not being yourself so how can you still consider yourself to be a *good* person? You become a Zombie.

Think about your life... How many times, how deeply, how often, have you let your own heart be broken? By letting your parents put you in a school where you had to cut off from Gaia? By following a corporate-constructed curriculum rather than the hungers of your own heart and soul? By replacing your search for adulthood initiations with creating the appearance of being happy and successful? By staying committed to one person when your heart and Being connects with another person? By allowing the continued degradation of ecosystems rather than dedicating your life to restoring the Earth? By remaining a stable and dependable *good* person rather than losing your reputation *chasing after rainbows and unicorns* in the form of radical career shifts, partner changes, evolved values, and reformed commitments?

How often might you have subverted the evolutionary influence of the universe by defending against personal changes so as to maintain your *good* person image?

One reward you might gain is becoming an expert in complaining to yourself and others about having a broken heart, not having followed an impulse when young, letting true love fly out of your hands and never finding it again, following in your mother's or father's footsteps instead of making tracks of your own.

Then you can share truthfully that you have the same pain as many others: staying in the *good person* prison and never going on life's real adventures. Together you share life's second prize: the intimacy of common pain.

What if sharing the pain of not living is not actually healthy? What if it is a kind of neurosis? What if you and your *drinking buddies* have similarly broken hearts so it feels like you are together but actually you are not? You are merely resonant in the common pain of not following your destiny. At least you are together in this pain... members together in the *At Leaster's Club*.

Did you ever share the mutual heartache of not being together with someone as a way of being together with them? So many people in the world can't be together with the one they love. This may be a collective global suffering. How could this be so common unless we human beings loved this kind of suffering?

Recognizing that you have the hobby of breaking your own heart and complaining about it puts many things in a totally new perspective. For example, you might realize that if you are not able to break other people's hearts you will never find a way to be yourself.

You cannot expect the others in your life to understand this and shift their behavior and make new propositions to you. You are the one reading this SPARK. You are the one getting the download. You have the key. It is up to you to go first.

## **EXPERIMENTS:**

**SPARK178.01** Begin to recognize and take care of your own heart. This may be a whole new approach to life.

Why didn't school teach you this stuff? Why didn't you get these insights before? These are not the most dangerous questions to be asking yourself at this point. If you get this SPARK then the most dangerous question to be asking yourself is what will you do now?

Uninitiated human beings love to be victims. We love to waste each moment and opportunity of our life in order to complain about it even to our deathbed. This is mainstream. An advanced mainstreamer on their deathbed might come to regret something, but it seems much easier to stay in low drama until the end.

Doing what makes your heart shine is never restricted by logistics, e.g. not enough money, time, knowledge, connections, whatever. If it was only a logistical problem you would have solved it long ago. Not so straightforward to solve are commitment

problems. What is your real commitment? Making your heart shine by doing what it wants, or breaking your heart and complaining about it?

Breaking your heart and complaining about it is our normal condition since childhood. A radiant heart may not feel normal and therefore can trigger fear of not surviving. But remember, this is a shift from surviving to living. Are you ready to shift to a new normal where your heart thrives because it gets to live? Then get ready to glow.

The experiment is this: Stop breaking your own heart. Stop not doing what your heart gives you impulses to do. Instead take actions that make your heart sing. It can begin by admitting to whoever is around you that you have been breaking your own heart rather than taking the risk of breaking their heart. By doing this you are being authentic about your own in inauthenticity. This makes you authentic again.

Stay in alignment with your heart and speak, take action, connect, make proposals all in radical honesty. Stay on that edge. Do not recoil backwards. Keep in contact with those around you, but do not martyr your heart to their stories about their feelings. Listen to them with respect, and with equal respect allow them to have their own feelings. You do not get to control what other people feel about anything, even about you.

Give your heart a holding. Listen to your heart's desires. Then give your heart a voice. Let it speak. Your heart has simple language, slow sentence speed, and straightforward longings.

Forgive yourself for not granting your heart reality before now. Drop your old inner convictions of hatred and your fear of loss. These do not feed the bright parts of your heart, only the shadow sides. Instead of being against others, be for your heart.

Be aware of the wounds and scars in your heart. Write them down. Tell them to someone near you, realizing that the wounds and scars are part of you too.

Love full-out whatever it is your heart loves. It need not match the values of civilization. Your heart is not civilized. Stay attentive to the fact that what your heart loves is different from what your Gremlin loves or what your Box loves. Learn these differences experientially and manage those distinctions with a flaming sword of clarity. Respect yourself enough to be you.

Be with others while being in alignment with your heart. Be aware that your heart and the hearts of others are strong enough to experience healing. These are very wild experiments. Your heart is also wild.