

## SPARK 180

(Matrix Code: **SPARK180.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** There is vast intelligence in the fear behind your stories.

**NOTES:** For a while now we've known that human beings make up stories to serve conscious or unconscious purposes. This is a central distinction on the *Thoughtmap of Possibility* (found in Appendix C of *Directing the Power of Conscious Feelings*). We are the story-making species. It takes energy to invent stories so we do not make up stories for no reason, whether we are aware of our reason or not.

Now we've made a new discovery! The motivation for inventing a story is fear, and that fear has intelligence.

Think about your Box. You live in there, watching 360 degree surround-sound TV, everything edited, filtered, and politicized by the survival strategies of your Box. What is the greatest fear? That something might be unknown, unexplainable, or uncontrollable. Why? Because then you might not survive.

What do you do when there is hole in your screen, some gap that does not hang together with the rest of the pictures projected onto the inside of your Box? You cover the hole over with a Bandaid and then paint the Bandaid so it matches its surrounding scenery. Voila! The hole vanishes! You prefer believing in your story rather than enduring the fear of seeing an inexplicable void on the inside of your Box.

When someone does something that does not match the scenario of what you expect them to do, if they do something you assume they *would* not or *could* not or *should* not do, what do you do then? You make up a story about what they did or did not do so that you think you understand their behavior. You pretend to understand the other person's behavior by naming and classifying it into a category. Then you can go on about your life in the delusion that you have understood and explained that person, so you are safe enough and things are back to normal and under control.

If someone does something 'bad' then the story you make up about them is that they are a 'bad' person. They have hurt you, betrayed you, disregarded you, abandoned you, disrespected you, and so on, and to protect yourself you need to attack them, reject them, separate from them, or hate them. You react like this even if you do not actually know why they behaved like they did. The fear of not predicting their behavior caused you to make up your story about them. Then you relate to your 'true' story instead of directly to them, thinking that this way you can protect yourself.

This mechanism also springs into operation if the other person does something unexpectedly 'good' to you. Since you did not predict their behavior you feel fear, and, to cover over the fear of not predicting or controlling how 'good' they behaved towards you, you make up a story that they are trying to manipulate you, take advantage of you, that you are not worthy of their attentions, that they are foolishly wrong about you, etc. Again, you relate to your story about the person rather than being curious about the discrepancy between their behavior and what your Box permits them to be. Instead

of relating to the person you relate to your story about the person and the intimacy between you diminishes.

Other people are also using this same reflexive Box survival strategy towards you. If you behave towards them, or towards others, or towards yourself in some way that their Box labels as too 'bad,' too 'good,' too 'wild,' or too 'boring,' their fear of you being outside of their predictive control results in them instantly making up a remarkable story that categorizes and explains you to themselves. They quickly replace their direct experience of you with their stories about you and the real intimacy that is possible between you vanishes. Is it any wonder we are so lonely?

What can you do about all this? You can try this amazing experiment, of course!

### **EXPERIMENTS:**

**SPARK180.01** This six step experiment is so simple, and so amazing, that I suggest you memorize it right now rather than having to refer to it while you are trying to do the experiment. The six steps go like this.

1. Admit to yourself and to the other person that your Box is freaking out. You say, *"My Box is freaking out."* This way they know that you know it is your Box.
2. Then you say, *"I made up the story about you that you are \_\_\_\_\_, and that you are not \_\_\_\_\_."* Explain in full detail the exact stories that you made up about them.
3. Then you say, *"The evidence for my story is that you did \_\_\_\_\_, or you did not do \_\_\_\_\_."* Fill in the blanks with your evidence.
4. Then you say, *"The fear behind my story is that \_\_\_\_\_."* Here you dig deep into yourself and find and reveal exactly what your fears are. Your fears probably come from things that you imagine might happen or might not happen because of what they did or did not do. The fear is that you do not understand their behavior, they are out of your control, you do not actually know who they are, and in order to protect yourself in the future you try to use the story to classify and predict what they will do or not do next.
5. Then you say, *"I am fully responsible for my story and for my fears."*
6. Then you say, *"What do you think about my story?"* Then you listen.

What they will tell you is gold. If you did this experiment, over and over, with many different people in your life, what might happen? If this was your main kind of conversation with people, revealing all the tiny and gigantic stories you make up about them every day and night, then listening carefully to what they think about your stories and your fears, probably you would grow closer together than any logical or philosophical discussion could ever bring you.

The uncanny intelligence of the fear behind your story points exactly to those parts of a person that your Box automatically blocks. Your fear helps you deepen your connections to the invisible facets of people that would ordinarily never make it through your Box's filters. The intimacy of your new understandings could become more entertaining than the evening news!