

## SPARK 183

(Matrix Code: **SPARK183.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** It is all foreplay.

**NOTES:** How often do you have sex? How many minutes in your average week do you spend actually wrapped in 5-body intimacies that heal your bones, melt your fears, feast your heart, charge your energetic body, and fry your mental circuits?

In today's busy modern world, perhaps you spend more time diddling around in a sexual-fantasy-world stimulated by the erotic suggestions of modern advertising or the computer porn industry, than you do enjoying real-world sex.

This S.P.A.R.K. makes an invitation for you to start over again.

This S.P.A.R.K. offers you a doorway to the experience that you can actually have sex almost all the time. If you extend the definition of sex beyond penetration and orgasm, if you extend the experience of sex to include foreplay, then if you ever have sex again you are having sex right now, foreplay for sex by reading this S.P.A.R.K.

When you get it that the universe cannot avoid watching you, that the universe conforms to your every gesture, then you realize that everything you do or avoid doing is foreplay... for something. Whether you know it or not - each move you make stacks the cards in favor of one outcome or another. Seriously, what are you building up to right now in your inner world? Do you even notice it? What are you causing in the experiences that others are having around you right now? It all matters. Are you laying out pathways for more authentic, vulnerable, lovely and ecstatic intimacy? Or are you conjuring up resistance, mistrust, rejection, or fear in yourself or others? Are you making people feel more empowered, creative, expressive, and alive around you? Or are you forcing them to withdraw, have doubts, feel judged, and unsafe?

What makes for outrageously good sex? Each person has ideas, and there is no arguing about taste. Nonetheless I take a risk to suggest a few ingredients: presence, freshness, alertness, awe, 5-body hunger for the Being in your arms, wordlessly enacted passions, a sense of the mysterious, flowing focus, humble humor, magical spontaneity, breathlessness, wonder, depth of connection to that specific individual, sensitivity to sensations, self-acceptance, openness to receive love, authentic appreciation, trustworthiness, enjoyment of simple delights, innocence, devilishness, radical honesty, radical responsibility, care for the other, lack of assumptions/ expectations/ stories/ or conclusions, a small here, a minimized NOW...

What would these qualities do to you if you created them in your everyday life? Could they be core conditions for having a great day? Why would you ever stop them?

If you spend your day stressed, fighting, drowning in bitter victimhood and self-hatred, triggered by emotional reactions, trying to increase your own numbness, avoiding real contact, competing, complaining, repressing self-expression, plotting revenge, seeking stronger distractions... why do you think you should find tender

caresses in the arms of your partner? The Karmic law of, “*As ye sow, so shall ye reap,*” is not a child’s bed-time story. It is physics. If you make a wave, the source of the wave can always be found by looking at where the wave came from. Everyone feels each disturbance you cause in the Force because each disturbance carries the personal signature of who made it. Everything about you is completely visible and readable by everyone around you like an open book. Your secret life is no secret. Wherever you do not create conscious foreplay for ecstatic love-making you are creating unconscious foreplay for a Gremlin feeding frenzy.

Do you think the universe does not feel you? Do you think the universe does not respond to the shape you occupy? The universe viscerally detects you as contorted or generous, spiteful or clear, adaptively-dull or so unexpectedly-bright that you awaken sleeping princesses.

If you already know how sex is going to go, is it really sex? If sexual behavior fits a predictable pattern how alive is the sex? The mind cannot wrap itself around sex. If you think you understand or can predict sex it is not sex, it is mental masturbation.

Manipulating someone to do anything they do not want to do is rape. Even telling someone your opinion when they don’t want to hear it is rape. How is a raped person forced react to you after you rape them? They must protect themselves from further rape. What if you learned how to create the space where the Being of the person you are with could unfold and heal in your tender protection? What if you made each moment into a sensuous art piece of sculpted foreplay for conscious evolution?

#### **EXPERIMENT:**

**SPARK183.01** The experiment is to remember that it is all foreplay for something. Make your foreplay conscious. The way you breathe is foreplay. The attitude and intention of the voices talking to you in your own mind are foreplay. The way your attention lands on people, places, or things is either full of malice, jealousy, and poisonous hatred, or full of sacredness, precision, wonder, respect, and new possibility. Who chooses? This S.P.A.R.K. says you choose. With each gesture you choose to smash-down or sparkle-up each and every moment of your life, consciously or unconsciously. If you forget this, your Gremlin is running your life.

Right now, this moment, during each moment of your waking life, whether you know it or not, you are preparing yourself and your environment for your next sexual encounter. You are writing your own epitaph or passing around a love elixir, painting the scenery doomsday-dark or radiantly-colorful for your next erotic encounter. This very moment you are making your bed out of dreck and dust-balls or satin and rose-petals. Each word, thought, insinuation, tone of voice, and action are erotic foreplay for your Gremlin or for the Lover in you. If the road to hell is paved with good intentions, the road to blissful intimacy is paved with creating delightful experiences.

The fact that you are making moves cannot be changed. Your every gesture either inside of yourself or in the world creates consequences. It’s an alive world.