

SPARK 184

(Matrix Code: **SPARK184.00** for StartOver.xyz game.)

DISTINCTION: Changing the story you tell yourself about a situation changes the situation.

NOTES: Your trusted psycho-emotional defense strategy (your Gremlin-defended Box) wants you to believe that its stories about people, events, and circumstances that it repeats to you over and over in your mind and in your heart are true. Unless you radically question this – with your conscious Gremlin at your side (to catch himself at work) and your energetic sword-of-clarity in hand – you remain trapped in your own story worlds.

For example, something happens and you think, *“This is not fair.” “They don’t respect me.” “I am not important enough to be noticed.” “I have failed.” “I didn’t take care of myself again.” “We are not really connected.”* Your story triggers your brain to release an avalanche of chemicals into your veins causing strong emotions to rise up, ruining your whole morning. Did you ever tell yourself such stories before? (Yes.)

What if your ongoing practice was to notice the first story and then to keep going, generating a whole forest of alternative stories out of which you can choose one story that empowers you instead of a story that entraps you in old patterns? It could be anything that surprises you, such as, *“What a clever movie script!” “At last I am free of that!” “There are side routes everywhere that I never noticed before!” “My grounding cord just grew another meter longer!” “Purposes have been revealed!” “I am an agent of transformation.” “Sudden freefall is a quick way to start flying.” “Interesting, my future has just changed.” “The more unexpected the event the more information it contains!” “Am I a powerful creator, or what?”*

The purpose of staying within your Box’s original story is at first noble: to keep everything the same so that your survival strategy works and you survive. Living as an initiated adult in flow with your inner and outer resources will elude you. The strategy that once protected you has become your prison, just like a chrysalis imprisons a fully developed butterfly until the butterfly does whatever it takes to get out. Is the butterfly its chrysalis? No. Is the chick its eggshell? No. Is the human its Box? Hmmm...

If you leave your childhood strategy in place you can survive for the rest of your life. Is this what you want? Surviving?

The stories that you tell yourself are a more powerful part of the overall situation than you might have previously imagined. This is great, because your stories are definitely something over which you have some control. Each variety of story grants or removes real powers. By changing the way you look at things the things you look at change.

EXPERIMENTS:

SPARK184.01 The next time you notice emotional charge coursing through your veins about anything or anyone, immediately do the following:

1. Write down the few words you thought to yourself just before the emotions erupted in your emotional body. It will be a story as simple as: *“You never*

listen to me.” “You betrayed me.” “You did it to me again and again and I didn’t say anything.” “I didn’t trust myself.” “I believed your words instead of my own senses.” “I gave you my heart, my soul, my commitment, everything I had and you trampled it with lies.” “You gave me no chance.” “You cut me out.” “You disrespected me.” “You abandoned me.” “My words to you are in vain.”

2. Go find someone to work with you for 15 minutes or so without judgment. Ask them to make no comments, only to listen and to repeat back what they heard you say to them until you feel heard, until you automatically say, “Yes.”
3. In as FEW words as possible, tell them the event or the circumstances that happened. Then read them the FEW WORDS story you wrote down in Part 1 that you have been telling yourself ever since then.
4. Then tell them the sensations you are feeling, including the radical conclusions you have made, such as: *“I am a failure.” “I hate her.” “He is a total fucking asshole.” “She ruined my life.” “He broke my heart.” “She is insane.”*
5. Now stand up. Spin around a few times to get just a little bit dizzy. Sit down again. Then say to your helper to please read this to you: *“Please tell me a totally different story about the same circumstances, event, or person.”*
6. Create and tell them the new story, then stop and wait 20 seconds. Notice the kinds of emotions and sensations that occur in your body as a result of this new story. Write down your new story and your internal experiences.
7. Repeat steps 5 and 6 four additional times. Note which story empowers you.
8. Thank your assistant for their help. Ask them to leave you.
9. This next part is private. Read over your original story, the emotions it causes, your five alternate stories, and the emotion they cause.
10. Decide which of the new stories you want to experimentally try out even if your new story does not give you the intense emotional reactions and the justification for feeling these emotions.
11. Beginning in the moment you choose your new story, make each thought and word, each step and gesture, inside the new story world. It can be an exciting adventure to unfold your Being into the new story space.
12. During the day, without warning, tell three different people your new story something like this: *“I used to have the story that Jane broke my heart. Now I have the story that life is rolling me along into astonishing new territory.”*

The point of this practice is to become an abundant source of alternative stories for you to choose from, rather than having to use the first story that pops into your mind from your Box and Gremlin. As you recognize your talents as a conscious story maker, ecstatic new options for intimacy become available. You might even start inviting others by saying, *“Tell me a different story about that, a story that empowers you!”*