

SPARK 186

(Matrix Code: **SPARK186.00** for StartOver.xyz game.)

DISTINCTION: There are five neurotic strategies for control.

NOTES: Trying to control your circumstances makes sense at first. It seems essential to do whatever it takes to make the world a safe place for you to exist. This theory holds true until you are about eighteen years old when you become capable of taking authentic responsibility and your initiations into adulthood would begin, that is... if you lived in an adult-responsibility local-authority creative-collaboration regenerative culture.

There are two approaches to this enigma. Either you keep your *point-of-origin* (...the source of your identity and thoughtware) anchored in modern culture and follow that culture's instructions for suppressing the vision of your Being and staying disconnected from your Pearl, your four-feelings, your Bright Principles, and your archetypal lineage. The result is that you get to keep trying to control your circumstances using the five neurotic methods, you get to keep your job and your current set of friends, and you get to live a life of quiet desperation.

Or... you could select a different approach. You could relocate your *point-of-origin* to the center of a new culture, an unknown culture – *next culture* – a culture that puts adult and archetypal initiatory processes at its center rather than profit, power games, and possession of material objects.

One next culture initiation is shifting from unconsciously using the five neurotic strategies for control to using the energy that triggers your controlling impulses to serve more conscious purposes.

I label the strategy to control 'neurotic' because in the real world, control is futile. Control is a childhood fantasy world. Things will be controlled when you are dead. Life is more like surfing. You don't control the waves. You ride them.

I shall proceed as if, because you are reading SPARK 186, you have chosen to shift from controlling to living.

EXPERIMENTS:

SPARK186.01 There may be more, but for now we have discovered five neurotic strategies for choosing to try to control things rather than using the volatile energy that stimulates your urge to control for more conscious purposes. At this point it might be smart to determine what that volatile energy is. If you are trying to control things, what force is driving you? What feeling inspires your frantic efforts to take over, hold-fast, dominate, restrict, oppress, undermine, manipulate, install more rules? Yes. It is fear. Plus, as soon as fear arises, it is natural to attack the things that are frightening you. Stopping or changing things is done with anger. Control is fear-stimulated anger-empowered actions.

Here are the five kinds of neurotic control. You may be using more than one of them.

1. **BRAIN-WIRED FEAR=CONTROL** You have soldered the red wire of the experience of fear in your brain to the brown wire of control. The instant you experience any kind of fear you reflexively move to control things around you. It is hard-wired. You have no other options. There are many ways to try to control things, for example: steal power positions, shout people down, insult people, take over authority, separate yourself from the group, pout, argue, sabotage, betray, disempower, break connections, take your ball and go home. Applying hard-wired fear=control maneuvers is a desperate strategy that destroys intimacy and possibility. Healing hard-wired fear=control requires doing a brain surgery with a spaceholder to guide you. The steps are as follows: Go into your energetic surgical room. Wash your hands. Unzip the top of your head. Open up the brain case. Find and pull out the red wire of fear in your brain. Safely and cleanly cut the connection between the red wire and the brown wire that connects fear=control. Let go of the brown wire. Locate the other loose end of the red wire in your brain. Solder the original red wire to the new red wire so fear=fear. Test the connection. Replace the newly connected red wires back in your brain. Close and zipper the top of your brain case. Smooth the zipper with healing cream. Wash your hands. Leave your laboratory. Enjoy a new life.
2. **FRIGHTENED CHILD CONTROL** If you are identified with the Child Ego-State, or if your Adult Ego-State is contaminated with your Child Ego-State, then when something frightens you, you automatically assume that you are not being listened to, that you have no power to make a respected boundary, or that you are unable to re-negotiate your circumstances so that you are not frightened. Instead you react using a child's hopeless strategies to desperately try to control powers that are beyond your control. This places you automatically as a victimy child trying to manipulate mommy and daddy to stay together, to stop mommy and daddy from hurting each other, to get them to see you, etc. The healing for Frightened Child Control is to extract your Child Ego-State from your Adult Ego-State, and to go through the adulthood and archetypal initiatory processes that jack you into resources for staying centered as yourself in the Adult Ego-State with your own voice and your own feelings in the small here-and-now present. You are designed to feel this empowered.
3. **PERFECTIONIST CONTROL** It is possible for the mind to understand and believe in concepts that have no relationship to reality. One such superstition is that making things perfect is possible. The problem is that in the material world, nothing is perfect. Not one single thing can be perfect in life. If you have adopted perfectionism it is probably from thinking that if you could make things perfect such as getting perfect grades, being a perfect girl or good boy, being perfect in the eyes of God, then you would be seen, appreciated, approved of, accepted, and loved... in short, that you would survive. It is a terribly neurotic survival strategy because things can never be made perfect enough. You can never be perfect enough. It can drive you and other people totally crazy to try to make things perfect enough to meet the standards of external authority figures. It will never happen, no matter how much you are in control. The healing for Perfectionist Control is to change your mind about perfectionism – to decide that perfectionism is a false paradigm. You can decide instead that you are a learner, an experimenter, who naturally makes mistakes on your learning path, and that you are what you are and do what you do and it will never be perfect.

4. **ADOPTED CONTROL** It is possible that you adopted the control strategy of one of your parents or some other external authority figure as a survival strategy. This is a powerful Box technique to copy some part of the Box of your caretakers so they feel your resonance and support. It could also be true that you decided to rebel and be the opposite of the authority figure's Box. The thing is, in either case, you do not get to be yourself. You are just as controlled by what you submit to as what you oppose. Adopted Control can help you survive until you are about eighteen years old, after which time the price of not being yourself is approximately lethal. For example, in order to get the approval and acceptance of her father, one woman adopted the hatred that her father held towards her mother. The result was that until she was fifty years old she hated women and was adoptive towards any man in the space as if he had the answers to her life and would protect her. The healing for Adopted Control is to do radical rage and grief work about the cost of copying another person's control behaviors. Use anger to pull the strategy out of your heart, out of your 5-bodies. Grieve the lost years of your life. (This will hurt – like ripping out fish guts. If you are not screaming and yelling and using your hands to rip this stuff out of you by the roots you are not doing it.) Package the control strategy into a ball. Find someone to role-play the person you copied the control strategy from. Give the entire ball back them. After you return it to its proper owner there will be a void in you. It is important to fill that void by reaching into your [Bag of Things](#), pulling out concentrated golden balls of your own energy and information, and dropping them one-by-one into your center where they pop open and power-up your newly recovered inner world.
5. **GREMLIN CONTROL** Long ago you may have figured out that putting your [Gremlin](#) in charge of controlling your life could protect you from brothers, sisters, parents, or the kids and teachers at school. Again, this can be a viable strategy for the first eighteen years of your life, but the cost is enormous. The price you pay is that your Adult Ego-State gets contaminated by your Gremlin Ego-State. Gremlin runs your life, even the precious moments. No matter how much you want it, authentic adulthood remains inaccessible. This can be extremely difficult to change because your Gremlin is so successful at its sabotage, revenge, and stupid insulting comments that you have not developed alternative relationship or communication skills. Healing Gremlin Control can take two or more years of rigorous, vigilant efforts with the help of a dedicated support team to give you radically honest feedback and coaching. You will need to rely on them like a blind person relies on a guide dog, like a psychopath who desperately wants to love relies on insights from a person with a connection between their mind and heart. You may need to cut off from all ordinary interactions for some time to notice the ways your Gremlin feeds off of vulnerability, innocence and trust. All I can say to encourage you to make the efforts to escape from Gremlin Control of your life is that, in my opinion from personal experience, it is worth it.

At first, trying to control is a noble effort, but it inexorably turns into energy-draining neurotic behavior patterns. The way out starts with clarity about the way in.