

## SPARK 190

(Matrix Code: **SPARK190.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You can get out of overwhelm the same way you got into it.

**NOTES:** These days, overwhelm is epidemic. Perhaps you know the experience? Your nerves can't stretch another millimeter. Noise and sudden movements shock your system. Too many people demand too much. Your attention is exhausted and cannot hold one more bit of information. Small problems become day crushers. Sleep is more valuable than intimacy. Your intestines gurgle in a snarl of fear and anger. Nobody really connects with you authentically anymore – no time for that. Headaches are normal. Your will to live has cracks and wobbles.

Overstimulated, overstressed, overstretched, overtaxed, overloaded, over the edge... Does this happen all by itself? Not likely...

Then how does it happen? Why would anyone arrange to be overwhelmed? What's the benefit of being in breakdown?

Discovering your actual purpose may not be pretty. Perhaps it goes like this. With no spare energy, nothing can change. Nothing new can emerge in you. This lack of energy forces things to stay the same. What part of you wants things to stay the same? Your [Gremlin](#). Why? Because he is protecting your survival strategy – your Box – which has, until now, worked just fine for you. How do you know it has worked just fine? Because you have survived. If your survival strategy were to change – even in the tiniest detail – you might lose your survival guarantee. Your Box has a built-in limit for how much energy you can have so that you do not evolve.

If life tells you that you must evolve to survive, and your Box tells you that you must not evolve or you won't survive, this creates overwhelm: two desperate forces with opposite purposes pressing against each other inside of you.

Your Being commits to a result that your Box refuses to deliver. What a mess... what can you do? Experiment!

### EXPERIMENTS:

**SPARK190.01** Hah! Experiments! More things to put on your *To Do List* to create more overwhelm! Very clever, Mr. Gremlin! How can you NOT use Experimenting as just another way to beat yourself up more? Try this. Recognize that experimenting does not take place in the same domain as your scarcity of energy, time, patience, attention, and will power. Experimenting comes with its own power supply. Experimenting invents a new you with more than enough energy, time, patience, stamina to experiment because experimenting feels like being in love. [Shift to being an Experimenter!](#) How to do this? Try this. Get up. Go to the bathroom. Look directly into your eyes in the mirror. Point a finger at your chest (or, if you are Japanese, point at your nose...). Take a deep breath and say out loud – even if someone else is there in the bathroom – *"I am an experimenter."* Keep looking into your eyes for ten more seconds while the message sinks into your [5 bodies](#). The experiment is over. How do you feel?

**SPARK190.02** View your circumstances through the eyes of being an *experimenter*. Snap your fingers and [declare](#) that the next 10 minutes are a soft, warm, fuzzy safety zone for yourself. In that protected, neutral safety zone, write a list of the ways you bring yourself bit-by-bit into overwhelm. This is a science experiment. It is not time to beat yourself up with 'should' and 'should not'. This is pure research. Find out exactly how you do it. On a fresh page in your *Beep! Book* write down this list:

#### HOW I CREATE OVERWHELM

1. Assumptions I make:
2. Expectations I have about myself:
3. Stories I tell myself about me and my life:
4. Beliefs that define the world for me: (such as: Men must... Women cannot... Mothers have to..., etc.):
5. Voices I hear in my head that order me around:

Everybody has these 5. It is part of what makes us feel like "me". Fill in your personal version writing down as close as you can the exact words without judging yourself. The purpose is to discover what is driving your inner works. It is fine to add more that you discover in the next few days. End of experiment.

**SPARK190.03** Being overwhelmed is a role, an identity that you take on, a character you play in a dramatic stage play. You slip into the role of *the overwhelmed person*. Your enactment includes certain story lines about how things are, and convincing reasons why they cannot be different from that. It includes rigid beliefs about what things mean. It includes a script telling you how to complain, who to blame, which sad distorted faces to use, what is the huge burden you carry on your shoulders, what is the tar around your legs bogging you down, and reasons why you must reject connection and compassion. The experiment is this: the next time this role is offered to you, refuse to accept it. Wake up in the morning and decline to slip into the costume of the overwhelmed person today. Let someone else play that role for a while... maybe for a *long* while. Now you have a new problem: what role will you play instead? What if you play the role of *you*? The problem with playing the role of yourself is that that this is only role that is improvised. There is no script for being you. There is no story already written for you. You get to make it up one moment at a time as you roll along through your day. There are no assumptions, conclusions, or patterns. You won't know what you are going to say before you say it. You won't know what you are going to do before you do it. You cannot please or disappoint anyone because being you cannot be judged right or wrong, good enough or not good enough. You can only be you now. Not tomorrow or next week. You can discover how your life is only as you experience yourself going through your life. If you want to inspire others you can write a short story about your shift from being overwhelmed to being you and post it online. Do this for one day. That is the experiment.