

SPARK 191

(Matrix Code: **SPARK191.00** for StartOver.xyz game.)

DISTINCTION: You block transformational resources by using energetic “*I know*” and “*I don’t know*” torpedoes.

NOTES: When you say something relevant and important to someone and they respond with “*I know!*” what does that feel like to you? Do they think you don’t notice? What does this two-word [declaration](#) “*I know!*” actually cause?

Do you sense that the person truly receives what you are offering them? Or is “*I know!*” a trick to make you think they understand your words while actually the phrase is an *energetic torpedo* that blows up your communication in the air before it comes in and touches their Being?

Do you ever use “*I know!*” torpedoes? How do you think the person speaking to you feels when you destroy their offer and avoid internally considering or experiencing the possibilities in their message? They probably sense it just like you, as a loss.

If the messages we carefully compile and offer to each other are corrupted with “*I know!*” torpedoes into superficial blah-blah that never touches our Beings, is the effort of formulating valuable communications still worthwhile? Why are you energetically killing communications from trusted friends?

The answer is obvious! It is crucial that your defense strategy – your Box and Gremlin – protect itself from change, because if your defense strategy changes, even a tiny bit, it might no longer assure your survival. If you permit what someone else tells you to touch your Being, you might change your Box and risk your way of life.

“*I know!*” torpedoes block external transformational resources. But you employ an even more sublime transformational resource-annihilation technique. It is the, “*I don’t know!*” torpedo.

If someone asks you a question that causes you to reach down into yourself and pull out surprising new clarity and possibility that could change your self-experience, what should you do? If you dare to go to where the question leads, you might tap into resources that are bigger and more authentic than your Box can ignore. If you discover useful transformational resources deep within your own Being, parts of your Box may no longer be useful. This can entirely freak-out your Box. It’s probably safer not to take the risk. Better instead to remain the same old you and simply make the claim, “*I don’t know*”, which, of course, is true, because your mind does not already know what transformational potentials reside within your Being. You would need to let your Being speak, your intuition speak, your imagination speak, your cells speak, your [Pearl](#) speak, etc., before your mind knows what is in your inner resources.

You may be thinking, “*What’s so great about external and internal transformation resources anyway? I already have enough problems!*” Well, think about this. You have the problems that you have because your Being is shaped the way it is currently

shaped. Your Being is designed to evolve and change its shape. If your Being changes shape you would have different problems.

The overarching purpose of the Universe is evolution. There is a perfect match between the evolution capacity of your Being and the evolutionary forces of the Universe... that is, unless you remain uninitiated, unhatched from the egg-shell protection of your Box. When uninitiated, your Box and Gremlin block your Being's evolutionary [Path](#). If you persistently block your external and internal transformational resources with "*I know!*" and "*I don't know!*" torpedoes, your Being cannot evolve. Eventually the Universe gets pissed off enough to hit you with *The Hammer*. Your dog runs away and you lose your wallet and your car breaks down and your keys disappear and some virus eats your computer or your health and your partner gets laid by someone else and you get laid off work and everything you thought of as solid and safe demonstrates its essential impermanence all at once... Then evolution is forced on you. Instead of waiting for the Universe to use *The Hammer*, you could make it a daily [practice](#) to experiment with evolutionary baby-steps.

EXPERIMENTS:

SPARK191.01 YOU The instant before you use an "*I know!*" torpedo to blow up transformational resources coming in from someone else, pay fierce attention to the sensations occurring in your body. Write those sensations down in your *Beep! Book*. Which feelings are they? Anger? Fear? Sadness? Do you have a tightening of your guts? A jerk in your shoulder that moves your head slightly sideways? Perhaps a picture that something might change if you let your heart and soul consider what is being told to you? Stop using "*I know!*" torpedoes. Notice what changes.

SPARK191.02 THEY When someone uses an "*I know!*" torpedo on you, try using a meta-conversation that goes something like this: "*I noticed that you just used an 'I know!' torpedo with me. Could you please explain to me why you did that? Could I say the thing again and you don't use the 'I know!' torpedo?*" Negotiate that others stop using "*I know!*" torpedoes with you. Notice what changes.

SPARK191.03 YOU The instant before you use an "*I don't know!*" torpedo to blow up resources within yourself, pay fierce attention to the sensations occurring in your body. Write those sensations down in your *Beep! Book*. Which feelings are they? Anger? Fear? Sadness? About what exactly? What if you have more inner resources than you think? Stop using "*I don't know!*" torpedoes. Notice what changes.

SPARK191.04 THEY When someone uses an "*I don't know!*" torpedo on themselves in front of you, try using a meta-conversation that goes something like this: "*I noticed that you just used an 'I don't know' torpedo to block your inner resources that I would love to interact with. Are you willing to experimentally stop using 'I don't know' torpedoes in this conversation so that those inner resources can become available to us? I would sincerely like to hear from your inner resources.*" Negotiate that others stop using "*I don't know!*" torpedoes with you. Notice what changes.

"*I know!*" and "*I don't know!*" are both lies. Try something else.