

## SPARK 194

(Matrix Code: **SPARK194.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** No one can stand in your juiciness but you.

**NOTES:** What is juiciness? It is the uncensored thrill of being playfully alive. It is enthusiastic wildness, magical impulses, wonder as a direct experience, discovering awe at the center of your Being, unstoppable sexiness, unthrottled go-for-it power, unabated quirkiness, spunk, nonlinear freedom of movement in 5 Bodies, reasonless exuberance, fierce ongoing extemporaneous invention, nerve...

Long ago your spiritedness was tamed, civilized, forced to sit although it is designed to [fly](#). Restraint happened to you. You allowed it to happen. You caved-in to obeying or possibly you would have been killed... more killed than you already are. This was not stupid or wrong to allow. There are valuable lessons in self-discipline. Plus, you *did* survive.

But that was then, and this is now.

Your juiciness did not vanish. It stood impatiently-patient to the side. It is still there now, waiting for the moment when you are ready to come back around, back to life.

Who decides when that moment is?

That question is not rhetorical. In a respectful culture your moment of re-igniting your ruthless spontaneity would be a vibrant ceremony. It would have previously occurred. You would have already been jacked-back-in to life at 1000 Volts.

Modern culture is the opposite of respectful. Your gentle spirit is trod daily with unrelenting aggressive pressure to make money, to be on time, to know, to buy. There has been no 'rebirth party' for that in you which longs to be free.

I am not *at all* talking about your 'inner child'. The 'inner child' concept – easy to understand but without connection to reality – has been one of the most destructive constructs of modern psychology. To bring aliveness back to life involves killing the 'inner child' construct in you. Why do you have to kill it? Because... (as Stephen Jenkinson so eloquently says...) *because it won't give way*. Perhaps you allow your scared, needy, wounded, polite, naughty child to run your life. How crippling...

I am also *not at all* talking about giving the steering wheel over to your Gremlin. *Not*.

There is another part awaiting you: the 'free-and-natural-adult' you... the radically-responsible dimension of you that can make huge creative messes *because* you will also clean them up. The free-and-natural-adult creates massive problems without them being a problem. You demand answers to devastating questions as the first stage of reinvention, of yourself, your team, your project. Limitless abundance is within you. I think you get what I am talking about. Let's experiment.

## EXPERIMENTS:

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**SPARK194.01 STAND IN YOUR JUICINESS.** To stand in something means to take a stand for the stand that you are taking for that thing. In this case it means you become consequent for being surprising. To 'stand in your juiciness' assumes that you can locate your juiciness in the first place. Where did you put your juiciness? Where is it hiding? In a closet? The basement? In the tears you cried into your pillow at night? Have you buried it in overwork, stress, pills, alcohol, a false show of acceptance? Pretend happiness? Simply admitting that at some point you put your juiciness away it revolutionary, because you acknowledge that it existed. Now create the possibility of taking it back. No one will give it to you. They cannot. You will need to pirate it yourself. At first you may want to avoid embarrassing yourself. In the transformation business they say, "*When the wind don't blow, you gotta row.*" This means, *fake it 'til you make it.* You may feel weird or artificial at first, but try it anyway. Act as if you are *rejuicified* until your nervous system and comfort-zone get used to it again. I say *again*, because you were juicy as a kid, or at least you had the potential even if you immediately suppressed it in your family or at school. Observe young children. It is human to be juicy. Most people around you are sleeping. They don't want to be startled awake, until afterwards, when they might secretly thank you for being the disinhibiting factor that triggers their *anamnesia* (helping them remember what they had also forgotten – their own juiciness). Make up experiments for standing in your own volcano. Play with this. Start small. Cut loose for just fifteen minutes at a time, twice a day. Time it. Then an hour. Than a full day. Try it everywhere except while driving. Yodel in the toilet. Order dessert first. Talk to whoever sits next to you. (*Do you think it's an accident they are sitting next to you?*) Say yes when you habitually say no. Don't shut up. You know all those things you always wanted to do? Go do them. Turn on. [Live full out](#). No one can do it for you.

**SPARK194.02 GIVE YOURSELF A 'JUICE DAY'.** This EXPERIMENT is to set aside a private 'Juice Day', from 03:00am until 03:00am, during which time you only experiment. Take a private holy-day to honor your juice. Have a different kind of 'juice fast'. You'll find tons of experiments online through <http://spaceport.mystrikingly.com/>. Do your first *Juice Days* alone until the sense of the senselessness finds deep unquestionable roots in your Being. It is a new thing to prove to yourself that you are not restricted by the restrictions of others. Later you might invite a friend or two.

**SPARK194.03 HAVE A 'REBIRTHDAY' PARTY.** Consider uncorking the genie completely so that juiciness can step into your life in earnest. Earnestly unbridled. Earnestly expansive. Earnestly lawless. A 'Rebirthday Party' is a formal celebration of becoming informal. Take a stand for standing / sitting / lying-down / swimming in your own juiciness. Make yourself a *Rebirth Certificate with date, time, place*, signed by all the others at your party as witnesses. Not Gremlin. No alcohol. No drugs. Only [experimenting](#).