

SPARK 196

(Matrix Code: **SPARK196.00** for StartOver.xyz game.)

DISTINCTION: Freeing yourself from perfectionism should not free you from being neurotic.

NOTES: Perfectionism is that internal self-criticizing mechanism comparing your behavior, your appearance, your speaking, or what you are trying to create with an unrealistic ideal, that of it 'being perfect'. Perfectionism is not about quality control. It is not about testing to see if your plan is safe enough to try and good enough for now. Perfectionism is unrealistic because nothing material can be perfect. Conditions are either evolving or devolving. Nothing lasts as it is. Everything is in flux. Things get older, grow up or wear out. Kittens inevitably become cats. Cats inevitably disappear. There is no achievable steady-state. The grand champion this year is exceeded next year, or next month, or found to have used drugs and is disqualified.

Trying to be perfect is not about having integrity or fully participating. If you gave all your money to a saving-the-elephants fund, is that perfection? No. Then you would have no money for the next thing. If you put 100% of your attention on caring for your child is that being a perfect parent? No. Then you could not take care of yourself. If you fulfill every single wish of your partner does that make your relationship perfect? No. Your own Being would starve and could not be present for their Being.

Why does it seem so important to be perfect? First, because you can imagine that perfectionism is possible. Second, because you wired-up your mind that if you can make it perfect then you cannot be attacked. If you are perfect then you will be safe. This means trying to be perfect is a survival tactic. If you wired-it that when your face is perfect, your waist, your outfit, your house, all not criticizable – in other words safe – then you also wired it that *if you do not get it perfect you are not safe*. What [emotion](#) does 'not safe' trigger? Fear... survival-level gut-wrenching desperate fear.

Can you unwire perfectionism in your mind? Yes! That's the first EXPERIMENT. However, there is a second consideration here: being 'neurotic'. I use the word 'neurotic' to mean *peculiar, inexplicable, unique, irregular, unfathomable, mysterious*. Human beings cannot be forced into a standard shape without killing the thing that makes us human. Classifying perfectionism as neurotic is confusing, because human beings are, by our very nature, neurotic. Being neurotic makes us loveable.

Here is the theory of this SPARK: If you can drive yourself crazy trying to hide behind perfectionism, can you drive yourself sane through revealing your neurosis?

What would this mean? It encourages you to reveal your individuality. Let yourself be seen. Sing out. [Speak](#) your mind. Whatever you reveal can never be perfect but it can be you celebrating the [novelty](#) of your own neuroses. Say what you want and [don't want](#). Why do you want it? Because that is what you want. Why does a painter paint like they paint? Why does an inventor invent what they invent? Why am I writing this SPARK? Why are you reading it? Because it feeds our neuroses. Paint the life that suits you. [Clarify](#) your own loveable bubble of [culture-space](#). Give it as much

respect as you give the culture-space of another authentically initiated adult. Do not give way simply because you are outnumbered. Allow your quirks to persist. Take a stand for what you have taken a stand for. Build a thriving [gameworld](#) in your preferred [context](#). How dreary is life whenever we conform to the standards of the norm? Think of anything you appreciate about life and you will come to realize that it emerged from some character (including Gaia...) daring to let their unique neuroses fly. Am I condoning psychopathic brainwashed bigoted nationalistic adolescent selfishness, an exaggerated sense of entitlement, a lack of empathy, a need for dominance and admiration? No. I said *the culture-space of [authentically initiated adult](#)*. The freedom to honor your neuroses begins in authentically initiated adulthood.

EXPERIMENTS:

SPARK196.01 REWIRING PERFECTIONISM Here is how to do the energetic surgery of rewiring perfectionism in your mind. Sit in a safe silent place alone or with someone you trust who reads these instructions to you. Close your eyes. Get [centered](#). Make your [grounding cord and bubble](#). Take a deep breath. Wash your hands energetically. Shake them dry. Unzip the top of your energetic skull and lift it up like the hood of a car. Take another breath. Reach inside your brain to find the 'being perfect' wire connected to the 'safe' wire. They are two different colors. Say what the two colors are. Because they are two different colors, they are 'cross-wired'. You made this cross-wired connection long ago to try to survive. Can you remember what was happening when you made the cross-wire connection 'being perfect equals being safe'? Say what was happening. If you feel something while you tell what was happening, this is useful. To rewire the cross-wired connection, first cut out the little metal ball where the two wires join. Then hold the 'being perfect' wire in one hand and reach in your brain to find the other loose 'being perfect' wire. It is the same color. Use a heating iron to melt these two wires together. Now you have it wired so that 'perfectionism' equals 'perfectionism'. This is useful. Put those wires back in your brain. Now find the other loose wire that is the same color as your 'safe' wire. Use the heating iron to connect those two wires together. Now you have it wired that 'being safe' equals 'being safe'. Your wires are no longer cross-wired. Put the 'being safe' wires back in your brain. Close the lid of your skull. Zip it shut. Smear a handful of healing cream along the zipper until it disappears. Wash your hands. Shake them dry. Take a breath. Slowly open your eyes. You are now free to be imperfectly you.

SPARK196.02 VULNERABLY OWN BEING NEUROTIC Be how you are instead of trying to be perfect. Do this for half-an-hour a day at first. Parts of your old self-image may drift away as you realize that you do not know, that you are not actually happy, that you hide your neuroses with lies, deceptions, make-up, and trying to be perfect rather than trying to be [present](#). You may feel far more vulnerable than before. Stay vulnerable. Are you safe? This EXPERIMENT is to be vulnerably neurotic. You may find that you are safer being vulnerably neurotic because you notice other people's deceptions and your responses more accurately match the simplicity of what is.

SPARK196.03 BE INTIMATE IN YOUR NEUROSES Do the previous experiment with another person. Bit by bit admit and reveal to each other your imperfections. Own your quirky neurotic characteristics with each other. Notice what emerges.