

## SPARK 200

(Matrix Code: **SPARK200.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Having integrity does not restrict your freedom of movement.

**NOTES:** ‘Integrity’ occurs through certain behaviors, for example, saying what you are, saying what your purpose is, doing what you say you will do, asking for what you want, taking radical responsibility for consequences, etc. Having integrity does not restrict your freedom of movement because you can renegotiate agreements.

It may be that you strategically frame-up your understanding about your life to avoid having integrity with the vast possibilities of what you are. For example, if every time you make a decision you drag around on your shoulders the rent and the electric bill and the shopping and cooking and cleaning and your kids and their schooling and your partner and your partner’s job and your job and your garden and your dog and your parents’ feelings and what the neighbors might think, etc., you are probably using a ‘Responsible Victim’ strategy to block having integrity with what you are.

A ‘Responsible Victim’ does responsible-looking things while secretly using ‘being victimized’ as justification for getting revenge. *“Somebody has to do it. No one else has the ‘integrity’ to do it. Since I have ‘integrity’, I must stay late and make extra efforts and sacrifice my life to do it. And then I will make you pay...”* With all that weight pressing down on your shoulders you have the evidence you need to prove the story that you are powerless to do anything but continue down the rut you are in.

After a while, Low Drama is no longer satisfactory compensation for having no life. When this change of value from Low Drama to High Drama (integrity) occurs for you, it is time to face into the assumptions in your ‘constructs’.

A ‘construct’ is a set of assertions woven tightly enough together that they appear to hold water as a belief or a world view. Examples of modern constructs include Democracy, Capitalism, Land Ownership, Monogamy, and The Economy. Groups of people often band together to create a social field which agrees that their constructs are ‘normal’ or ‘real’. Even if you privately disagree, you survive as a chameleon, doing what other people think you should do. Here is a secret: *You can get out of a construct the same you got into it!* Are you ready for something different?

### EXPERIMENTS:

**SPARK200.01** Grab your *Beep! Book* and label a new page: **MY FAVORITE CONSTRUCTS**. List 10 constructs you function within during your daily life. This may take serious self-reflection because constructs tend to block you from thinking of them as ‘constructs’. Constructs are like superstitions. *A superstition is not a superstition until you recognize it as a superstition! Before then it seems to be the truth!* Experience your feelings while thinking: *a black cat crosses my path, I walk under a ladder, I spill the salt, I break a mirror*. Now experience your feelings while thinking: *men are the breadwinners, I should aim for a good retirement plan, men must be masculine, women must be feminine, school makes me successful, an ‘A’ student makes a better leader, white people are superior, crying is for sissies, I am*

*monogamous, I am polyamorous, I should make more money, I am a Democrat, I am Jewish, soccer is a great game, fear makes me weak, the government has my best interests to heart so I should pay my taxes...* you get the idea. This EXPERIMENT is simply to make your list of constructs to prepare for the next experiments.

**SPARK200.02** You remain within a construct until you make a key that opens a doorway out of the construct. The 'key' is a new kind of clarity, recognizing that you locked yourself into the construct therefore a way out exists. This EXPERIMENT is to notice exactly what you do – *and what you value about what you do* – while you are *sleepwalking* inside the construct. Return to your list of **MY FAVORITE CONSTRUCTS** and beside each construct write down 1. *What you are* within that construct, 2. *What you value* inside that construct, and 3. How you would picture yourself if you were to *perfectly obey* the dictates of that construct. Also write: Why are these values so important to me? What do I get from holding these values?

**SPARK200.03** Strengthen your integrity by doing what you say you will do. Make three commitments each day that you keep no matter what. Start simple. Say things like, *"I will shut the window before I leave."* *"I will wash the dishes before 9:00am."* Etc. Train your Gremlin to help you keep commitments rather than breaking them, then take a bigger stand. Humans are designed to speak archetypally, to make archetypal commitments, and to keep them. Most of us have not practiced, so each time we try the Universe laughs in our face. This EXPERIMENT is to learn to speak archetypally using sentences that start with: *"I learned..."* *"I saw that..."* *"I commit to..."* *"I take the stand for..."* *"I will..."* *"I refuse..."* *"I changed my mind..."* *"I decided that..."* *"I love..."* *"I care about..."* Then prove the integrity of what you say.

**SPARK200.04** There could be no better circumstances than the nothingness of the Void for an initiated adult human being. Why? Because in the Void you have resistance-free space in which to Be. This EXPERIMENT is to say *what you are* without limiting yourself to a commonly accepted framework. Each iteration of saying what you are opens a new set of EXPERIMENTs to unfold your potential as you become that. The problem with saying what you are is the necessity of proving it. If you say you are a S.C.U.B.A. diver you can prove it by showing your S.C.U.B.A. diving certification. But what if you say you are a [Village Weaver](#), or a [Possibilitator](#), or an [Edgeworker](#), or a [Seed](#), or a [Riftwalker](#), or a [Memetic Wizard](#), or a [Gameworld Alchemist](#), or an [Earth Guardian](#), or a [Possibility Trainer](#)... Okay then... you have said it. Now prove it. How can you substantiate your claim? Can you ongoingly create out of nothing that which such a person can create? The secret to becoming that is [a life of practice](#). This EXPERIMENT is: this week introduce yourself to two new people each day by saying *what you are* and then proving it. Make notes in your [Beep! Book](#) about who you speak to, and what you do to prove your claim. Also write what the Universe gives you for feedback...

**SPARK200.05** This EXPERIMENT starts by recognizing that you can arrange to have the mentors you choose. Many people hated school so much that they confuse mentors with teachers. The difference is that your schoolteachers were forced on you, while you hand-pick and can negotiate with your mentors. Why not choose mentors who empower you with clarity, tools, thoughtmaps, and experiments that build out your matrix to have integrity with being what you are? This EXPERIMENT is to personally select three of your ideal potential mentors, contact them by phone (not by messaging except to arrange the call) and negotiate a specific period of mentorship with at least one of them, anywhere from five minutes to five months.