

SPARK 202

(Matrix Code: **SPARK202.00** for StartOver.xyz game.)

DISTINCTION: Your healing cannot complete until you give up being a wounded person.

NOTES: You may be wounded in one or more of your 5-Bodies: physically wounded, intellectually wounded, emotionally wounded, energetically wounded, or archetypally wounded.

What is the difference between a wound and an initiation? This is a scary question to think about. It is scary because the logic of the enquiry could seem to imply that being wounded is okay, or possibly even necessary to become adult.

The purpose behind this S.P.A.R.K. is personal empowerment, healing, matrix building, and adulthood. It is not intended to make wounding into another evil spectator sport such as Rugby, race-car driving, gambling, boxing, the stock market, or obstacle-course TV shows such as *Wipeout*.

The following questions require your [radical honesty](#) and [radical responsibility](#) to answer: Are you disempowered or handicapped by wounds from other people, wounds from society, or wounds from natural accident? Yes? Or, no?

Do you perceive yourself as wounded... as bearing wounds... as being a wounded person? Yes? Or, no?

If you are wounded, have you taken each wound into a [Possibility Coaching](#) session, or into the Possibility Chair during a [Possibility Lab](#) Training, and used your locked-up [emotions](#) as a [doorway](#) to an [Emotional Healing Process](#)? Yes? Or, no?

If so, did you get back to the [Point Of Origin](#) of your emotions, and then [consciously experience and express](#) their information and energy – [unmixed](#) – to their [full intensity](#) with a [spaceholder](#) and a witness? Yes? Or, no?

If so, did you use this new [experiential clarity](#) to make boundaries, clearly complete communications, [change your mind](#) and make [new agreements](#), [say what you want](#), etc.? Yes? Or, no?

If so, did you discover which of the life-shaping [decisions](#) that you made in that long-ago moment (to save your life) are still operational today even if you forgot that you made those decisions? Yes? Or, no?

If you think your old decisions are still operational, can you now recognize exactly how these old decisions influence your life still today with examples? Yes? Or, no?

If so, did you make new decisions about yourself, about other people (women, men, authority figures, groups, god) or about life (taking responsibility, trusting your ability to make intelligent risks, taking opportunities, trusting your capacity to make

decisions that affect others, [taking a stand](#) in the world for something greater than yourself)? Yes? Or, no?

If so, do you notice that you are still not free of the wound? Yes? Or, no?

If yes, then it is experiment time. (By the way, all previous steps are recommended.)

EXPERIMENTS:

SPARK202.01 Take this S.P.A.R.K. 202 to your next [Possibility Team](#). Ask for support from your [Team](#) to help you do this **Experiment**. It has six parts:

PART 1: Stand up and ask someone from the Team to read through the above series of questions to you even if you have read through them already before. Answer each question out loud with a clear “Yes” or “No” so that everyone there can hear you and can follow the process. Make sure the Reader leaves you plenty of time to feel out loud so your answers come from your heart and not your mind, no matter what needs to be felt. Tell the story behind each emotion as you feel it.

PART 2: If you end up answering the: “*Do you still feel wounded?*” question with, “Yes,” then do PART 3. If you say, “No,” then this process is over... and you better stand ready to show with your life that you are woundless... unwounded.

PART 3: The Reader asks you an additional question: “*What is your [Gremlin’s](#) payoff for holding onto your, “I have been wounded. I am a wounded person”, self-image for this long? Please be clear and specific with examples and detailed stories to demonstrate your Gremlin’s benefits.*” You answer.

PART 4: The Reader then asks you, “*Do you want to change your self-image?*” If you say, “No, I don’t want to change my self-image,” this process is over. If you say, “Yes, I do want to change my self-image,” the Reader says, “*Why?*” If you do not visibly experience some emotions while you share your true wish to change your “*I am a wounded person*” self-image, this process is over and incomplete.

PART 5: If your sharing is authentic, then the Reader will ask,

- “*What gifts has the wound given to you?*” (e.g. attentiveness, Sword of Clarity)
- “*What job has the wound done to cause you to learn new things?*” (wakeup)
- “*What have you learned?*” (e.g. “I wound myself if I don’t make boundaries.”)
- “*Who have you become through making use of the wound’s teachings?*”

Clearly explain how the wound has transformed or initiated your Being into its own extraordinary adulthood and archetypal presence, how new skills replace the wound.

PART 6: To finish the process, tell the people in your Team: “*The wound has done its job. I am changed. I let the wound of _____ fall off of my Being like a scab. I am no longer a wounded person.*” Tell your new story of what you are now without the wound, and your new title (examples include: “*I am a [Possibilitator](#), a [Bridgebuilder](#), a [Space Navigator](#), a [Riftwalker](#), a [Seed](#), a [Space of Possibility](#),” etc.)*

SPARK202.02 Recognize how, each time you became more aware, the reordering of your [Being](#) caused a wound in you. Each new distinction that lands in your Being changes who you are and causes you to automatically modify the shape of your Box. Your previous way of Being in the world dies. People relate to you differently. You cannot undo the wound of awareness. No matter how many Snickers bars you eat or how much porn you watch, you cannot become less aware. Write an account in your [Beep! Book](#) about one such awareness expansion wound.