

SPARK 203

(Matrix Code: **SPARK203.00** for StartOver.xyz game.)

DISTINCTION: Your life can become more wonderful if you share what is alive in you.

NOTES: Two Possibilitators motorcycle through southern Africa and meet so many people living wonderfully in apparent poverty. The phrase 'living wonderfully' can have as many meanings as there are [Boxes](#). If you assume that achieving some kind of steady-state 'security' makes your life wonderful or vital, try it for a while. Follow a predictably-safe schedule and see how quickly your Being longs to be truly seen and heard. Your Being may already be starving for more aliveness... for [flying](#).

What would an archetypal definition of 'living wonderfully' be? One possibility is: *moment-by-moment nonlinear-creation in relationship*. In other words: living in radically responsible groundlessness and sharing it.

The proposal in this SPARK is to see if 'living wonderfully' can be enhanced by upgrading your abilities to consciously distinguish, share about, and listen to what is alive in yourself and others so that you can negotiate agreements and decisions that make your life and the lives of others more wonderful.

EXPERIMENTS:

SPARK203.01 Before being able to share about what is alive in you, you first need to *notice* what is alive in you. Noticing what is alive in you does not happen in your mind. What is alive in you is alive in [5 Bodies](#). Noticing what is alive in you in 5 Bodies requires applying *experiential distinctions*. The [experiential](#) part of an *experiential distinction* is made up of sensations in your physical, intellectual, emotional, energetic, and archetypal bodies that you sense. The *distinguishing* part of an *experiential distinction* comes from naming what you sense so that each sensation is clearly differentiated from the others. Get out your [Beep! Book](#) and right [NOW](#), for the next 20 minutes, notice experiential distinctions of what is alive in your 5 Bodies. Write them down without judgement and without stopping. Simply *smooge* words together in improvised poetic ways to [paint your experience](#) onto the paper. This is one way to notice what is going on for you so you can share it.

SPARK203.02 The problem with noticing and sharing about what is alive in you is that neither [your education](#) nor your language empowers you to differentiate subtle sensations. That is why the most common response to the question, "*What is alive in you?*" is, "*I don't know,*" which, if you have studied [SPARK 191](#), you would recognize as an *internal energetic torpedo* that destroys the exact sensations that allow you to notice what is alive in you. During this whole month, skip saying, "*I don't know,*" and jump directly to letting your sensations speak out what is alive in you even when you don't know how. For each "*I don't know*" you say, put one Euro in a jar and at the end of the month give the whole jar to the first beggar you encounter.

SPARK203.03 Feelings become destructive when you try to imply that other people's behavior causes your feelings by saying, "*You make me feel...*" The cause of your feelings is NOT other people's behavior. *It is your own needs*. Their behavior might be a *stimulus* for your feelings, but it is not the *cause* of your feelings. It is not what other people do that ignites your feelings, but how you *interpret* what they do. You

choose your interpretations according to what you need. You are [radically responsible](#) for the interpretations you apply. When human beings connect at the needs level, conflicts that seem unresolvable can simply vanish. For the next month practice saying: “*I feel angry / sad / scared / glad because I need _____.*”

SPARK203.04 What is alive in you can change from moment to moment, and can also change *completely* once it has been seen or heard by others. This means sharing what is alive in you through written text such as by message or by email is NOT useful except to feed [your Gremlin](#). What you write persists as if it is as true in you as when you first experienced it, *even if it may have vanished the instant you wrote it*. As the old saying goes, “*Feelings pass like gas, but emails don’t.*” This month-long experiment has two aspects. First, refuse to share about what is alive in you by messaging. Instead speak to others face-to-face in person, or via video call. Second, refuse to listen to sharing from anyone else except face-to-face in person or by video call. If someone messages you with sharing, respond with, “*When can you talk?*” After the month you may not want to drop this practice.

SPARK203.05 Gather in small groups of 3 to 5 people, give each person 7 to 10 minutes to share about what is alive in all of their 5 Bodies. What is alive in one person could be the interpretations, assumptions, conclusions, confusions, projections, expectations and opinion-filled stories that their Intellectual Body repeats over and over to itself. What is alive in someone else might be Bright Principle impulses in their Archetypal Body, or instructions from their Archetypal Lineage. Listen to it all. If someone leaves out one body, or over emphasizes another, have them expand their attentions to include more balanced sharings of all 5 Bodies. Have them explain what each of their 5 Bodies needs.

SPARK203.06 This experiment is to sit across from three other people. Look first at one person and in 3 minutes share your 5 Body aliveness so they get it, meaning, so that it lands in all 5 of *their* bodies. Then switch to the second person and in the next 3 minutes share your aliveness in ways specifically designed so that the new person gets it. Continue with the third person. Then rotate so each person has a chance to share what is alive in their 5 Bodies with the others. With practice you will see how communicating about what is alive in you requires custom-shaping your expression to fit each person’s [Box type](#), their [Brain type](#), their [Gremlin type](#), and so on. Make it a practice to [scan](#) who is across from you before sharing about yourself.

SPARK203.07 Walk slowly through the forest for an hour and ask yourself:

What can I change to enhance life in me?

What can I do to make life more wonderful?

Sit for half-an-hour and write possibilities in your *Beep! Book*.

You might come up with new experiments to try, such as: Make clearer invitations and offers. [Say, “No!”](#) more often. Say, “Yes!” more often. Adapt to nothing. [Withhold](#) nothing. [Play full out](#). Ask profound [vacuum questions](#) everywhere. Inquire into dissent to allow people to disagree and share their needs. Tell people the ways you want them to be different and why. (They won’t necessarily *change* anything, but at last you have said it and are not withholding anymore!) Invite people to be more interested in the needs of their own 5 Bodies.

The value of noticing and being able to clearly communicate what is alive in you in all 5 Bodies is that you join a *Wonderful-Life Alliance* of inspired people inventing ways to inspire each other further. Plus, [you watch less TV!](#)