

SPARK 204

(Matrix Code: **SPARK204.00** for StartOver.xyz game.)

DISTINCTION: You get to choose between being an Asshole or being a victim.

NOTES: On first view, this may not seem like such a pleasant choice. Most of us have not learned how to be a [Conscious Asshole](#), so we end up absentmindedly agreeing to be victimized... being a polite slave of circumstances that serve someone else. Perhaps with this SPARK that is about to change for you!

Here are some examples of where you might be being victimized due to keeping your Conscious Asshole resourcefulness in prison:

- You might be wearing clothes that do not feel comfortable or do not represent your true character.
- You might be working a job that you do not love and does not feed your soul.
- You might be spending most of your day in survival mode, fighting Low Dramas against Gremlin 'enemies' over 'scarce' resources.
- You might be paying money to a bank for thirty years just to live in a house that is not passive solar and not built with love.
- You might not feel seen, included, accepted, or met in the social arena, so instead you wear a mask showing what you think people want to see.
- You might sense that the hours of your life are not your own, so to be who you are or to do what you want, you must sneak around, or wait until 'someday'.
- You might be giving tax money to a government that kills innocent women and children on the other side of the planet in your name with assassin drones for no reason that you could ever agree are valid.
- You might live in a concrete city designed by uninitiated patriarchal men to accommodate automobiles and not human beings, children, or nature.
- You might be forcing your kids into an education system that invades your household with busywork and schedules, does not call forth each child's true potential, and does not prepare your children at all for what is coming.

What then shall you do? This SPARK invites you to become a Conscious Asshole. In other words, start over and disagree with being abused. Even Gandhi used nonviolent noncompliance. Why not you? You fear disagreeing because?

1. You might be labeled by your neighbors as a witch, ostracized by the church as a heretic, torn away from your family and home, and burned at the stake.
2. ...well, let's face it. Number 1 is the main thing, right? It already happened before. It could easily happen again... Time to experiment.

EXPERIMENTS:

SPARK204.01 Invite a friend of yours to coffee. Together slowly read the unfinished [Asshole Training](#) website. (It will always be unfinished because there are always new ways to become a Conscious Asshole...). Talk over the ideas until you decide you really want to create a new future for yourselves. Then practice gently being Conscious Assholes with each other by disagreeing about simple daily life issues.

SPARK204.02 Become fanatical about detecting assumptions. It may be easier at first to notice the assumptions held and directed at you by others. Become sensitive

to every time someone says, 'we all', 'you' (that includes you), 'never', 'always', 'must not', 'should'... These are all shame-inducing manipulative thought-blobs of assumption. Stop the conversation immediately when you detect one and shift to a [Metaconversation](#) where you precisely identify each assumption that the other person is making. Each time, [Declare](#) your refusal to be included in that.

SPARK204.03 Look around your home, your neighborhood, your workplace. Clean up any mess you don't like. Do not ask permission. Rearrange things. Clean things. Reorganize things. Toss out things. Just do it. Do not worry if the cost of time, energy or money is not fair. Decide that this is your planet, your neighborhood, your space, then do whatever it takes to transform it into a 'Dojo', a sacred workout-place for your Archetypal Lineage to [practice](#). Fairness is an *ordinary* consideration. Conscious Assholeness functions beyond [fair or unfair](#) in the domain of the *extraordinary*.

SPARK204.04 Originate yourself from being [Centered](#) as yourself [here and now](#) in the [present](#). From this moment on, or as soon as possible from NOW without hurting yourself or others, do not move until you decide that every word, glance, or gesture comes from your Center and is really what You want as a grounded, centered, and bubbled [adult](#) human being. This could be in 15 minutes. It could be in 15 hours. You might need to tape a 'DO NOT DISTURB' sign to your chest and sleep for 12 hours. This is not about letting your Gremlin drive your life, although you may need the [Chutzpah](#) of your Gremlin to explain, "*I am doing SPARK EXPERIMENT204.04.*"

SPARK204.05 This week, each time you speak or write to anyone you know or to a complete stranger, hesitate for 15 full seconds before moving or speaking. Stay in contact with the person. Look into their eyes. Keep breathing. Make no excuses for waiting so long. Let the forces that might be trying to make you nice or polite slide by into the past while you stay in a small NOW in the present. Reserve your right to remain silent. Say or do what [your Being](#) wants to say or do only when you authentically want to say or do it. Make sure that anything you say or write includes BOTH the information AND the feelings (angry, sad, glad, scared) in each message.

SPARK204.06 Practice being contrary. Do the opposite of what the commonly expected thing to do is. Don't hurt yourself and don't hurt anyone else, and at the same time, refuse to conform. *This is how you gain the capacity of being disagreeable*. Be contrary for however long it takes to escape the sleeping forces of habitual conformity. Once you can do the opposite, then cast aside the consideration altogether of whether or not you agree. *Agreeing or disagreeing is Box*. Instead, originate your own perspective and operate from there interdependently. Respect your needs and objectives with equal force to questioning others. Negotiate workable outcomes without compromises! Compromises create [lose-lose](#) outcomes. Instead [go nonlinear](#) so that each collaborator can create what they need.

SPARK204.07 Do the work of distilling your own [Bright Principles](#) and values rather than [adaptively](#) blending in with others. State your Bright Principles when you [hold Space](#). Use [Dragon Speaking](#) to [set context](#) for building and inhabiting one of the [gameworlds](#) you would love to live in. Use your [Real Voice](#) as a problematical Asshole to [activate](#) your [archetypal treasures](#) for making the world a better place, rather than seeking invisible silence and the illusion of 'safety'. As you practice these nearly impossible things, eventually you will notice the quality of your life improving. That is the moment you register **SPARK207.07** Matrix Points at [StartOver.xyz](#).