

SPARK 207

(Matrix Code: **SPARK207.00** for StartOver.xyz game.)

DISTINCTION: Being yourself is not as easy as it sounds.

NOTES: Diverse possibilities for which ‘self’ to be are marketed to you with enough imperious force to make you utterly schizophrenic!

- Your parents modeled how to be a woman or a man, how to parent, how to be in relationship with the opposite sex, what to own to be a modern person, what to value, what political opinions to have, what to see and what to stay unconscious about. These models shape you even if you do the opposite.
- School forces you to sit in rows, suppress real questions, do your homework, and be a ‘good student’. School pressures you to believe that achieving the highest grades will get you into the best job so you can make the most money and finally retire in success and happiness.
- Society tries to shape you into a law-abiding, tax-paying, legal citizen.
- The economic paradigm manipulates you to use its definition of success, to give your authority away to managers in the hierarchy, to value corporate profits above all – regardless of the consequences, even planetary suicide.
- Success promoters taunt you to clarify your goals, stick to you plan, achieve your vision, be a ‘leader’ in your field. Then your top hits will go viral, you will have your fame and your big private house... just like Michael Jackson.
- Religions threaten you with hell and reward you with belonging to their flock.
- Advertisers hard-sell their flashy clothes and essential products to make your ‘self’ match their photo-shopped images so you too can be a YouTube star.
- Your [Box](#) and its [Gremlin](#) freely say, “I” and “me” fully convinced they are you.
- Each of your [5 Bodies](#) – which your Being wears like a body-glove – blabbers its needs and longings directly into your hormones trying to get you to obey.
 - By serving your mind (Box), you follow belief systems of foreign origin.
 - By serving your physical body, you feed your Box or Gremlin’s addictions to avoid being responsibly present.
 - By serving your emotional body, you indulge in [reactivity](#) and get trapped in [Low Dramas](#) while your Gremlin gets fatter.
 - By serving your energetic body, you may become angelically fanatical, a self-judging perfectionist, or may habitually exit your physical body.
 - If you serve your archetypal body, well... that is a different S.P.A.R.K....

All the while, advocates of personal wellbeing and happiness urge you to ‘know yourself’, and even beyond that, ‘be yourself’. Which ‘self’ do they mean? Where are ‘you’ in all this? Where is this ‘self’ you are supposed to be? The idea is so scary because your experience says by being your ‘self’ you become a target others attack.

What if this ‘self’ you heard about your whole life and have tried to become, or tried to resist becoming, is a superstition? What if having a ‘self’ is one of those concepts that is easy to understand but has no connection to reality? What if what you are is a space? A space of [Possibility](#)? A space through which your [Bright Principles](#) and your [Archetypal Lineage](#) can do their work in the world? Time to Experiment.

EXPERIMENTS:

SPARK207.01 SPIN YOUR ENERGETIC BODY. Right now start spinning your energetic body. Slowly spin your energetic body like a cylinder around the surface of your physical body, either clockwise or counterclockwise (it does not matter which way). Spinning your energetic body rolls you out of the grip of any and all forces trying to shape who you are. When a force comes and tries to influence you with 'shoulds', 'should nots', 'have tos', 'musts', etc. even subtle sexual energies, they flow right past you. They cannot get into you or grip you because your energetic body is rotating. See how great this is? You do not need to fight against the forces or block them with big 'Xs' or walls. Simply spin. Continue this in your everyday life if you want. Rotating your energetic body conserves so much personal energy.

SPARK207.02 OWN SPACEOUSNESS PART 1: Sit back, close your eyes, take a few deep breaths, sink down out of your mind into the middle of your body, and let some memories come back to you of the best times of your life. Those amazing sunrises, moments of light where everything works and everyone is wonderful, a public talk you gave that talked by itself and people gave you a standing ovation, amazing sexual intimacies opening up endless joy, playing music together, singing or dancing in perfect harmony, fabulous archetypal dinner spaces... Let your 5 Bodies re-live some moments. These things really happened to you. They have not vanished. They remain in you as experiential reference points for what is possible. Bathe in your loveliness for 10-15 minutes. After that, read the second part of this experiment. (Go ahead. I'll wait for you...)

SPARK207.03 OWN SPACEOUSNESS PART 2: Prepare to write in your [Beep! Book](#). Read the following question and immediately write whatever comes for 15 minutes: *"If my 'self' is a space, what problems does that create for me?"* Describe them as clearly as you can. And then: *"What problems does that solve for me?"*

SPARK207.04 WRITE MY PARENTS' MODELS INTO YOUR BEEP! BOOK and don't stop writing for 30 minutes. The ones you like have more influence than the ones you don't like, but whether you follow them or fight them, they are still not you.

SPARK207.05 WRITE SOCIETY'S MODELS INTO YOUR BEEP! BOOK and don't stop writing for 30 minutes. The ones you like have more influence than the ones you don't like, but whether you follow them or fight them, they are still not you.

SPARK207.06 WRITE 5 BODIES' WISHES INTO YOUR BEEP! BOOK. Write explicitly what each of your 5 bodies is trying to get you to be.

SPARK207.07 TAKE BACK YOUR BEING PART 1: You cannot know how this will go. It may take a year or more. But if you never start, you can be sure it *won't* go. Get in [Rage Club](#). Use [conscious anger](#) to unleash [Your Voice](#). Practice [Taking A Stand](#) and [Dragon Speaking](#) to ongoingly redefine your 'self', *"This is MY life! These are MY decisions! I trust MY OWN opinions! IT DOES NOT MATTER if you see me as I see myself!"* Take back your Being, even if you don't know how to Be it. You must become SOMETHING, for a while, before you can enter Nothingness as a resource.

SPARK207.08 TAKE BACK YOUR BEING PART 2: NOTE: Do PART 1 first! Sit with your eyes closed. Take a slow deep breath. All those external forces trying to manipulate you to conform to their designs still exist. They are out there, even now. AND, all those internal forces trying to manipulate you to match inner images still exist. They won't go away. This Experiment is to *neither agree nor disagree* with any of these internal and external forces. Let them be. Step sideways into a different space where there are no forces at work. Take this space with you when you open your eyes and move about in your daily life.