

SPARK 208

(Matrix Code: **SPARK208.00** for StartOver.xyz game.)

DISTINCTION: Confidence is delusional.

NOTES: In English the concept of ‘confidence’ has several meanings, all of which involve deceiving others or deceiving yourself. For example, a ‘confidence game’ (‘con game’ for short) is ‘swindling your victim out of something valuable after you have won his or her trust’. One con game is to blame a trusting ‘friend’ for ‘attacking you’, and then quickly switch from Victim to Persecutor to take revenge. If your friend buys into your Low Drama ([they don’t have to...](#)), you conned them. You abused their trust to create [Gremlin food](#). Another example is an email informing you that ‘you have just inherited \$37,000,000 from a long-lost uncle who died in Africa’. The ‘law office’ will transfer you the full amount if you first pay several thousand dollars in ‘transfer fees’. If the con artist gains your trust and you pay the ‘fees’, you never hear from him again. By fooling someone into trusting you, you can betray their trust and your Gremlin wins. He wins but you lose. Betraying confidence is delusional.

Another meaning for having ‘confidence’ is having ‘magical superpowers’, like when the cartoon character *Popeye* eats a can of spinach. ‘Having confidence’ makes you ‘stronger, louder, more proactive, with enough courage (chutzpah) to say what you want, make boundaries with assholes, negotiate deals, stop being naïve, and feel much happier in life’. You may have read ‘self-help’ articles with titles like *10 Ways To Boost Your Confidence*. Of course, these 10 ways are not in your current behavior. If reading an article could give you self-trust, you would be confident already, right? Trying to ‘have confidence’ or ‘be confident’ is trying to be something you are not, making a ‘confident-looking avatar of yourself’ to show to the world. Your mask takes over and you no longer get to participate in your own life. Your avatar’s ‘show of confidence’ is self-generated-deception, in other words, delusional.

What is this illusion called ‘confidence’? A clue is its instability. If confidence can come and go, then perhaps it is made out of feelings and emotions. Consider this:

- ☹ If you are ‘very confident’, then what are you feeling? Probably you are numb from having a high [Numbness Bar](#), or feeling superior (a [Shadow Principle](#)), or feeling [emotional happiness](#) from a fantasy world, disconnected from reality.
- ☹ If you are ‘not confident’, then what are you feeling? Uncertain? Insecure? Probably you feel emotional fear, not from the present. Or despair. ‘Despair’ is the name of [what it feels like to mix emotional fear with emotional sadness](#).

If both ‘confidence’ and ‘lack of confidence’ are delusional, then what can you use to know if you are ready or not to try something new? Time to Experiment!

EXPERIMENTS:

SPARK208.01 MAKE UP A TON OF CONFIDENCE AND TAKE ACTION. To do this Experiment choose a film character or superhero you feel attracted to who has confidence. Temporarily [shift your identity](#) and become that character for one or two hours in public. Take on their speech patterns and the way they place their attention.

Yes, imagining yourself as having good looks, perfect hair and skin, attractive muscles, fame, the answer to every question and the solution to every problem... might be complete bullshit. And? So? Imagining yourself as having no friends, being a worthless, incompetent, useless, invisible, idiotic, weak-and-ugly nobody, a loser... *is an equal amount of bullshit.* (Probably you have adopted the loser identity more often than you would want us to know about, deciding this is your *real* identity so that your Gremlin doesn't starve. Interesting...) Go to a meeting as the superhero, as Sherlock Holmes, as Wonder Woman. Notice the lack of self-abusing stories in your head, the joy of moving like a panther, the freedom and directness of your encounters with other people and circumstances. You see everything. You cannot be fooled. Of course, this is not the 'real' you. This is just play-acting, pretending 'as if' you are truly amazing. This is merely an Experiment. If it is only an Experiment, then nobody can stop you from enjoying the hell out of yourself while you are doing it.

SPARK208.02 HAVE ZERO CONFIDENCE AND TAKE ACTION. This Experiment is to give yourself the experience of having absolutely no confidence at all, for one or two hours, while in public. Be barely confident enough to take your next breath. Go to the shopping zone, or better yet, to a party. Sit in a corner. Slouch your shoulders. Be as heavy and depressed as you can be. Look in no one's eyes. Idolize how alone you are, how nobody would even notice if you died. Re-live the horrible times in school or with your last partner. The world is fucked, and there is no place for you in it. You have nothing to offer to anyone. Exude the dark cloud. If by some freak chance someone should come over and ask what is going on with you, you can say, *"I am doing SPARK Experiment 208.02, experiencing what it is like taking actions while having absolutely zero confidence. I earn 1 Matrix Point for trying this."* Don't say this with too much spark in your voice. People might think you have confidence... Afterwards, make notes in your [Beep! Book](#) about what happened both inside and outside of you in the two hours. Even with zero confidence, were you still okay?

SPARK208.03 REPLACE 'LEVEL OF CONFIDENCE' WITH 'PRESENCE'. First, spend a couple hours investigating how alive animals are. Notice how even ants and flies are passionate and alert. Your four feelings are your cat whiskers (fear), your donkey ears (sadness), your tiger claws (anger), and your crow's raucous laughter (joy). Because animals don't understand the concept of confidence, they have no way to avoid being present. [Human beings are also animals.](#) This means you also have direct access to Presence. This Experiment is to sense how exciting it feels to be alive in every breath *without caring at all* about how much confidence you have. Spend one whole day (or perhaps the rest of your life...) relaxing into [Presence](#). Keep a small HERE and a [small NOW](#). Lower your [Numbness Bar](#). When you feel fear (even 3% fear, [which is very often](#)) say, *"Welcome fear. What do you have for me?"* Write down what your fear tells you in your [Beep! Book](#). Do the same for anger, sadness, and joy. Later you can decide what to do with what your feelings told you. If you are feeling *emotions* and not *feelings*, do your [emotional healing processes](#).

SPARK208.04 ASSERT THAT EVERYTHING YOU DO IS EXPERIMENTAL. If you do not ongoingly check your 'confidence level', how will you know if you are [prepared enough to try something new](#)? The usual thinking is EITHER, *"I am sure I can do it right and I feel confident,"* OR, *"I am unsure if I can do it right and I feel unconfident."* Here is your Experiment: Replace that entire mental blah-blah with this nonlinear [assertion](#): *"I am [an Experimenter](#). I live in unanswered [questions](#). Whether I feel confident or not, I ongoingly try new things. Some things work, some do not. I am alive and I learn. It is all [improvising](#)."*