

SPARK 214

(Matrix Code: **SPARK214.00** for StartOver.xyz game.)

DISTINCTION: More Love happens when you say the Purpose of a communication.

NOTES: In Communications Theory, a whole communication includes both Information and Energy. The communication Energy first explored in Possibility Management is Emotional Energy. You learn to say, “*I feel angry / sad / scared / glad because _____.*” Communicating BOTH the Information AND the Emotional carrier wave is already revolutionary (and evolutionary). This is Phase One of Communication Work. In Phase 2 of Communication Work – which begins after you can consciously experience and express [Feelings](#) and [Emotions](#) – a fabulously elegant energy becomes available for you to create with: Purpose.

Without consciously communicating the Purpose of your communication, your message is wrapped in an unconscious Purpose. Unconscious Purposes are fueled by crude survival, erupting reactively from your Box / Gremlin with the all-too-familiar intention to attack, to defend, to win, to manipulate, to deceive, to be superior, to hide, to control, to abuse yourself, to get revenge, to be right, etc. People do this to you. You do this to other people. Yes, you might be ‘saying what you feel’ as part of your communication, but if the Purpose behind your communication originates in your murky underworld, the result will inevitably be Low Drama.

In Phase Two Communications Skills, a new layer of possibility opens up as a conscious playing field. You can say your [Purpose](#) before you say your message. What Conscious Communication Purposes might you have? Here are possibilities:

- ☺ You could make a [Boundary](#).
- ☺ You could make and keep a promise, a [Commitment](#).
- ☺ You could make a proposal, such as offering an [Experiment](#) to try together.
- ☺ You could [Take A Stand](#). (Marlon Brando took a stand by [refusing to accept his Oscar nomination](#) for *The Godfather* film.)
- ☺ You could admit a mistake, apologize, and ask to make a [Do-Over](#).
- ☺ You could [take yourself into breakdown](#) (as in dismantling a [Resentment](#)).
- ☺ You could appreciate qualities of [Being](#) in someone else.
- ☺ You could compliment. (See examples in the film: [As Good As It Gets](#).)
- ☺ You can create [Clarity](#) by making a [Distinction](#), differentiating between things.
- ☺ You could check-in by vulnerably sharing your inner states (physical, intellectual, emotional, energetic, and archetypal).
- ☺ You could express your wish to learn about someone, as in [Vacuum Learning](#).
- ☺ You could say what you want, being sure to include which ‘I’ ([which identity](#)) is doing the wanting.
- ☺ You could [Ask](#) a question, the answer to which lies in a different [Space](#).
- ☺ You could share your self-inquiry while doing [Self Observation](#).
- ☺ You could [Consciously Declare](#), such as in taking [Radical Responsibility](#).
- ☺ You could offer an invitation, as in opening a [Doorway](#) into a new [Possibility](#).
- ☺ You could [Be The Space](#) through which your [Bright Principles](#) or your [Archetypal Lineage](#) do their work in the world.
- ☺ You could admit an [Assumption](#), [Expectation](#), [Story](#), [Projection](#), [Judgement](#).
- ☺ You could stand in awe.

EXPERIMENTS:

SPARK214.01 NOTICE YOUR PURPOSE BEFORE YOU SPEAK Start a new [Practice](#) of Noticing your Purpose before you open your mouth. [Noticing](#) requires you to [Split Your Attention](#) into two parts. One part of your attention wakes up each time you are about to speak. Tell the awake part to alert the other part of your attention to determine what the Purpose of your speaking is going to be. There are two general categories of the Purpose for your speaking. One category is Unconscious Purpose. The other category is Conscious Purpose. You can safely assume that if you are not aware of the Purpose of your speaking, then you are speaking in the service of Unconscious Purposes, in other words, feeding [your Gremlin](#). The tricky part of this experiment is to notice when you are unconscious of your Purpose. How can you stay aware of what you are not aware of? This may be a new kind of Noticing skill for you to develop. HINT: Slow down and do not speak before you are clear about your Purpose for speaking. If you are about to speak to serve an unconscious Purpose, DO NOT SPEAK. Write into your [Beep! Book](#) the most common unconscious Purposes of your speaking. Do this practice for a few weeks before trying the next Experiment. People might notice that you do not speak as much as you did before. If they ask about it you can say, “Yes, I am doing SPARK Experiment 214.01”.

SPARK214.02 SAY YOUR PURPOSE BEFORE YOU SPEAK After doing SPARK Experiment 214.01 for several weeks, add one more step. Before you communicate, tell the person across from you your Purpose for communicating – regardless of whether you are writing, or are speaking to a group. For example, if your Purpose is to make a boundary, then start by saying, “*I am making a boundary.*” Or, if your Purpose is to make a proposal while negotiating 5 Body intimacy, say, “*I am going to make you a proposal.*” Or, if your Purpose is to make a compliment, say, “*I am going to compliment you.*” Or, if you are going to say what you want, say, “*I am going to tell you what I want.*” This may sound utterly simplistic, but by saying your Purpose before you say what you say, you establish a new kind of awareness in your communication spaces. The difference is profound and immensely satisfying.

SPARK214.03 CHOOSE AND SAY A NEW KIND OF COMMUNICATION Now that you can detect and say your Purpose before you speak, return to the list above of possible Conscious Communication Purposes. Choose a Purpose for speaking that you do not usually use. Dedicate this week to making and keeping promises, or asking extraordinary questions, or making offers for [Nonlinear](#) possibilities, or sharing your Self Observations, or taking yourself into breakdown so as to be more [Present](#) and able to [Navigate](#) to undefendedness. Make notes in your [Beep! Book](#) about what you try, and what it creates in your relationships.

SPARK214.04 DISCOVER THE PLEASURE OF ONGOINGLY CREATING COMMUNICATIONS WITH A CONSCIOUS PURPOSE Conscious creation is love in action. You can directly experience the [Archetypal Love](#) that pervades the Universe in every instant, wherever you are, by ongoingly creating communications with a conscious Purpose. You become the writer, director, and actor in your own ongoing High Dramas through which you take responsibility. Notice the creation force moving through you. Use a part of your attention to fully enjoy being in the field of Love Happening as you invent new conscious Purposes in your communications. Not all of your experiments may succeed. When you notice shattered results, apologize, then make an honest Do-Over to re-commit to the extraordinariness that is possible.