

SPARK 215

(Matrix Code: **SPARK215.00** for StartOver.xyz game.)

DISTINCTION: You trap yourself in a lie if you think you should be able to do something that you cannot.

NOTES: Perhaps you have a university degree or some certification. The idea is that since you have the diploma, you should be able to do certain things. The diploma represents your skill. This is an easy to understand concept, but is it real? Or perhaps the idea that you should be able to do something comes from being a woman, or a man, of a certain age, or that you have been hired to do a certain job. You feel pressured by the thought: "*I should be able to create these results.*" You find yourself making subtle actions to support people's illusion that you can do these things. But... deep in your guts... you are sure that you cannot do those things. You are running on empty. Rarely do you admit it, but the fear of not being able to do what other people assume you can do, is terrifying. There is a gap between reality and a fantasy world you hold onto that others think is true.

For a long time, you may also have believed that your certificate was your skill. You proudly coveted your achievement because they told you if you get the degree you will be safe in life. But you are a straw man, an empty bag. Reality approaches with solid measurables. You flap arms with no feathers attached.

Who will be the first to discover that you are fake? Probably it will be you, suddenly realizing that you are a secret liar. You have deluded yourself for years. The others might not know yet, but you do. How do you sleep at night? Why does the fear never stop jittering in your nerves? Why can't you feel connected with the people around you? Why don't you feel seen? Now that the trick is discovered, how far will you fall before crashing into sharp stones? Who will love you anymore? And after all that, it is easier for a woman to fake an orgasm than it is for a man.

Living inside a lie can kill you. A famous actor kept seeing himself on the screen doing things that he was certain he could not do. His irreconcilable inner conflict produced Parkinson's disease. Your irreconcilable inner conflict might be: "*I should be able to do this stuff, but actually I cannot do it.*" You trap yourself in a lie yet keep the illusion. You have been fake all along. What for? What can you do about this?

EXPERIMENTS:

SPARK215.01 LIVING IN LIES Make yourself a nice cup of tea and find a quiet place to sit for a while to write. Title a page in your [Beep! Book](#) **THE LIES I LIVE IN**. Sit there in stillness for a while, sensing your subtle fears of being discovered, of being found out. Write each one down. Trace back your impulses to shut down intimacy if someone gets too close to you. Where do the fears start in you? Be [radically honest](#). Write down each incident, each clue, each question regarding your self-deceptions. Keep in mind that none of what you find is *bad*, or *wrong*, or *stupid*. This writing is your own journey. You have been doing the best you could do. And you survived. So, your strategy worked. Okay. Now it is time to move onward. That strategy has taken you as far as you can go. New possibilities are on the horizon.

They start right here at the tip of your pen, at the edge of your [noticing](#). Write for an hour or more. Also write what you are feeling.

SPARK215.02 RECONCILE YOURSELF WITH YOURSELF Arrange for an hour of private time with two trustworthy members of your [Team](#). Meet with them online or onsite. Tell them that you are doing SPARK Experiment SPARK215.02 and that you would like them to listen to you while [Radically Relying](#) on your speaking. Here you have created an ultra-safe space in which the consciousness of two attentive human beings will listen as you research back inside and explore how this great chasm got created inside of you. To find the chasm, name the two sides. On one side describe the illusion of competence that you thought was true, that you bought. On the other side describe the actual truth, your incapacity, your frailty. This is NOT a 'beat yourself up in public' session. Nothing is wrong here. You are uncovering a gap between fantasy and reality. It is like finding a nasty hole in the road. Before you can fill the hole, you need to go directly where the hole is and find where it starts and stops. Reconcile your life as it is now with a giant disparity between what you think you should be able to do, and what you can actually create. This is a deep healing process. Feel the emotions as you speak to your friends. Ask your listeners to repeat back what they heard you say to make a '[Completion Loop](#)' for accuracy.

SPARK215.03 RECONCILE YOURSELF WITH YOUR TEAM Ask for twenty to thirty minutes at your next [Team](#) meeting to do Experiment SPARK215.03. Spend the first five minutes explaining about the gap between what you think you should be able to do, and what you actually can do. Say something like, "*I have been living inside of this lie. I admit this to you as witnesses. Please repeat back what you heard me say and tell me anything that you have noticed about this in me before now.*" Then listen to what they say. Again, this is NOT about 'proving yourself wrong'. This is for you to get an accurate assessment of current reality. All you need to say is, "Thank you," or, "Say more about that, please." This is RECONCILIATION, putting [The Poop On The Table](#). For the last seven minutes or so, say, "*Please give me exact Experiments to try that will allow me to let go of my fantasy self-image so I can be where I am.*" (Like letting go the string of a helium-filled balloon so it floats away). Write down every Experiment they say, even if you do not understand what it means.

SPARK215.04 EXPLORE WHO AND WHAT YOU ACTUALLY ARE BY DOING THE EXPERIMENTS SUGGESTED BY YOUR TEAM Keep this part simple. Choose at least three of the Experiments suggested to you by your Team and slowly, steadily, clearly, thoroughly do each Experiment. Make notes in your [Beep! Book](#).

SPARK215.05 START OVER MEETING YOURSELF Try to imagine: you have built and maintained an image of yourself ever since first assembling the components of your [Box](#) with its [Survival Strategy](#) and [Gremlin](#) to protect it. Your self-image has evolved to include the idea that you should be able to do certain things, because of the certificates and trophies on your wall, the clothes you wear, the kind of car you drive, the person you live with, or what part of which city you live in. Your self-image is fake. You have decided to leave the fake part aside and [Start Over](#), like a crab sliding backwards out of its old shell to emerge all soft and mushy in a newly expanded shell... you are entering your next life phase. This may feel like you are going crazy, like your life is falling apart, like nothing at all in the whole world is real anymore. Trust the process. While transformation happens, focus on re-discovering two or three small things that you can do, and do those things that you love to do. The rest of your life will reorder around you aligning to fulfill your [Archetypal Lineage](#).