

## **SPARK 217**

(Matrix Code: **SPARK217.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You use your wounds to feed your Gremlin or to feed your Transformation.

**NOTES:** Which fire do you want to stoke? The fire of victimhood? Getting revenge? Having a really good excuse that explains why you are not happy and successful? Or do you want to feed the fire of [Building Matrix](#)? Gaining Awareness? Relocating your [Point Of Origin](#)? [Becoming Centered](#), [Present](#), and [Unhookable](#)? No one can make this [choice](#) for you. On the other hand, no one can stop you from picking up your entire life and setting it onto tracks that lead to a different outcome. You either get to [stay Wounded](#), or use what you learned for your [Transformational Path](#).

The concept just explained above is easy to understand. What is *not* easy is accomplishing the practical details. The Path of Transformation may not be a pretty sight. It usually leads directly into your personal underworld, [closely examining](#) exactly those [characteristics](#) about yourself that you do not want to admit are [Reactively](#) driving your actions day-in and day-out.

'Understanding what to do' can swiftly become [your Gremlin's](#) weapon against doing anything differently. For that reason, let us go directly to the [Experiments](#). Here is a practical suggestion: *Do not read the next Experiment until you have completed the Experiment you read.* Let's not be fooling ourselves here, shall we?

**EXPERIMENTS:** (Perfect for your [Possibility Team](#) or a day-long [WorkShop](#))

**SPARK217.01 LIST THE SEVEN BIGGEST WOUNDS OF YOUR LIFE** (60 minutes)

Get out your [Beep! Book](#) and title a page **MY 7 CRITICAL WOUNDS**. For each Wound, describe in detail the following 10 things: 1. What happened to you? 2. Who did this to you? 3. Why did they do this to you? 4. What does this Wound do to your inner world? 5. What does this Wound do to your relationships? 6. What does this wound do to your ability to take actions or create? 7. Why does this incident still leave you powerless? 8. How does [your Gremlin](#) feel empowered from this Wound? 9. How does your Gremlin use this Wound as a weapon against yourself or against others? 10. How does your Gremlin use this Wound to 'protect' you?

**SPARK217.02 INVESTIGATE HOW TO MAKE A WOUND IN YOU** (60 minutes)

Of what is a 'Wound' made? What are its ingredients? To begin with, something happens that you do not *expect* to happen. Or, something *does not* happen that you *expect should* happen. Or, something happens in a *different way* than you *expect* it should. Clearly, [Expectations](#) are involved in creating your Wounds. Where do Expectations come from? You create an Expectation out of any [Assumption](#) that you [believe](#) is the truth rather than an Assumption you just made up. (Silly, isn't it?) Anyone can make any Assumption about anything. Assumptions cost ten cents the dozen. [Notice](#) that you only change *certain* Assumptions into Expectations. Why is that? How do you choose which Assumption to change into an Expectation? It takes extra effort to change an Assumption into an Expectation. What is your benefit for investing extra effort? Perhaps the 'you' who benefits from the effort is [your Gremlin](#)? What benefit could your Gremlin gain from making an Expectation? Ahhh! An Expectation is a psycho-emotional-energetic trap! Each Expectation you make is like

setting a mouse trap. Whenever someone does not fulfill your Expectation – especially your hidden or secret Expectation – the trap is sprung, and your Gremlin catches a mouse! That unfulfilled Expectation turns into your ‘Wound’. What does the Wound earn for your Gremlin? The ‘Wound’ is your Gremlin’s ‘license’ to get revenge! Please go through your **7 Critical Wounds**, and for each Wound write out these 4 things: 1. What was your specific unfulfilled Expectation that created this Wound? 2. What was the specific Assumption you made before then that you changed into an Expectation? 3. In what ways has your Gremlin been using this Wound to take revenge? 4. A Wound is powerful weapon against Transformation. What does your Gremlin accomplish by keeping this Wound alive for you?

**SPARK217.03 INVESTIGATE WHY YOU ARE SO ATTACHED TO YOUR WOUNDS** We are so righteous about our wounds. Why is that? We do not want the Wounds to go away. We think they are so permanent and real. We think “*This is who I am! How dare you question me! How dare you treat me as if I am not Wounded!*” Can you feel your righteousness about defending your Woundedness? You stand in the [Position](#) that you have a right to be Wounded! Nobody understands what it is like for you to be Wounded in this way! No one truly sees you! This Experiment is to write into your [Beep! Book](#) 5 serious answers to each of these 3 questions: 1. Why is my Gremlin so attached to my Wounds? 2. Which of my Wounds is my Gremlin most attached to? 3. What Transformation might happen if I did not cling to this Wound?

**SPARK217.04 DISCOVER THE POSSIBILITY OF BEING UN-WOUNDED** (90 minutes) This Experiment is to write two stories of you. **NOTE:** *Please write the first story before reading the instructions for writing the second story.* **INSTRUCTIONS FOR THE FIRST STORY OF YOU** Spend 30 minutes writing in your [Beep! Book](#) the secret stories about yourself that prove your inadequacies, your woundedness, your incapacitated state, your lack of qualifications to be a healed person. Be clear and specific in your story, listing every reason you can think of why your wounded story about yourself is true. Keep completing the sentence, “*I am a wounded person because \_\_\_\_\_*” Please begin NOW. **INSTRUCTIONS FOR THE SECOND STORY OF YOU** First, take a 30-minute walk outdoors, breathe the air, touch trees, flowers, or plants, pet the neighborhood dogs and cats, feed some bread to the ducks or carp at the pond. While interacting with the non-human world out there, notice how much of it carries the story “*I am wounded.*” What percentage is it? (Probably zero percent. Nature creates no stories about itself.) When you come back inside, fix yourself a cup of tea, then write for 30 minutes the following scenario: (you cannot know for sure, but this is about guessing, estimating, considering): “*What would my life be like without any Wounds?*” Write: “*I have de-wounded myself, and now I can \_\_\_\_\_*”

**SPARK217.05 DE-WOUND YOURSELF** [As Is your Wounds](#). *AFTER* doing the first 4 Experiments in this S.P.A.R.K, arrange a meeting with two [Possibilitators](#), online or at a [Possibility Team](#). Set up three chairs. You (as your adult self now) sit across from a person who role plays your Gremlin. The third person sits to the side as your Coach. The Coach says, “*This is a conversation between you and your Gremlin about the seventh of your 7 CRITICAL WOUNDS. The purpose of this conversation is to ‘As Is’ what happened to you. We will know you have As-Ised a Wound when you are not Wounded by it anymore. Tell your Gremlin you have decided to De-Wound yourself, that you are ready to be De-Wounded. Your Gremlin can help you do the Transformational job of [Self Surgery](#) to detach each story from the Wound and drop it into a Black Hole, until what happened becomes storyless.*” Coach: make sure they use [Completion Loops](#). De-Wound all 7 Wounds. Then change roles and continue.