

SPARK 219

(Matrix Code: **SPARK219.00** for StartOver.xyz game.)

DISTINCTION: Clarity frees you from being trapped inside your doorless memetic survival cocoon.

NOTES: Whether or not you realize it, you design and redesign your [Memetic Construct](#) almost daily, at least in subtle ways. Mostly you improve your defenses to keep your original survival-based Memetic Construct 'safe'.

You defend your Memetic Construct by confirming to yourself what you already 'know' about the world and your place in it. By blocking yourself from changing your mind about your worldview, you retain your current life. The downside is that your busy little inner-work of defending your worldview severely limits the possibilities you can create for yourself and others. You block yourself from considering anything that freaks out your [Box](#).

This S.P.A.R.K. says: *Something completely different from this is possible (right now).*

Your Meme Construct is a familiar, unquestionable, and inescapable framework that saved your life at one time. You dived into it and shut the door behind you, throwing away the key. Your Meme Construct has no exit strategy. You bounce around in there passing your time. This is the equivalent of giving yourself a life-long prison sentence with no chance of parole.

A sample Memetic Construct goes something like this: *"I hate what is happening in my life so I am going to kill myself. If I kill myself, I will make a mess. If I make a mess, they will kill me."* (This is an actual example. Yours is somehow similar.)

If your Memetic Construct is unconscious, then your life purpose follows the 'least common denominator' principle, meaning, any efforts to redesign or defend your internal-world focus on survival, pure and simple. Yes, you stay alive... but probably you do not get to [live full out](#).

This S.P.A.R.K. claims that you can take [Radical Responsibility](#) for shifting your actions to originate outside of the limited territory of your survival-based childhood Memetic Construct. How? By relocating the [Point Of Origin](#) of your actions outside the walls of your Memetic Construct.

How can you do that? Through gaining [clarity](#) about your [Memetic Engineering](#).

During a Memetic Engineering process, you become excruciatingly aware of the exact memes out of which you built your memetic survival prison. You identify precisely when, how, and why you put each brick in the wall. You discover how flawlessly the mechanisms of your Memetic Construct work together, seamlessly triggering each other in a hermetically-sealed loop that goes round and round forever with your Being inside.

The secret is that you can only see the entire Memetic Construct from outside of it. The moment you perceive how the entire mechanism works, Voilà! You stand separate from and free of your Memetic Construct. It stands over 'there', yet you are still within yourself. Your *Point Of Origin* has shifted. You suddenly experience a vast spaciousness inside of you not perceivable from within a memetic prison, which murmurs on like an old abandoned washing machine that no longer contains you.

You never have to go back inside that memetic prison again, for the rest of your life. Every now and then the mechanism may groan or squeak, sending out a neurotic signal trying to attract you to climb back inside. But you are bigger now. You have expanded your Being. You do not fit in there anymore. After three or six months of disuse, the Memetic Construct that saved your life in childhood will [decompose](#) all by itself, rust into pieces, and be blown away in the winds of time, liberating you into adulthood.

EXPERIMENTS:

SPARK219.01 TRACK YOUR BEHAVIORS FOR DEFENDING YOUR MEMETIC CONSTRUCT Interview 7 intelligent people (not your 'friends') about how you defend your core survival construct. Ask them: "*How do I stay in denial, confusion, numbness, suppression, fear, withholding, shyness, Low Drama, blame, resentment? How do I keep myself trapped inside myself? How do I keep you from helping me out?*" Write down what they say in your [Beep! Book](#) as **MY MEMETIC DEFENSES**.

SPARK219.02 DISTILL YOUR MEMETIC CONSTRUCT TO ITS THREE-TO-FIVE QUINTESSENTIAL ELEMENTS At your next online-or-offline [Possibility Team](#), explain your request for collaboration in this Experiment. Your purpose is to gain radical [Clarity](#) about exactly which [Declarations](#) your doorless-memetic-survival-cocoon is constructed. Start by giving your allies any clues you have about your construct design, things like: "*I cannot be powerful or I will be attacked.*" "*I must take care of myself because others are not there for me.*" "*Life is dangerous so I refuse to be born.*" "*I have to be a poor victim or people will not think I need their company.*" Ask the others to help you find the two-to-four additional elements of your circular memetic construct based on their perceptions of you. Be sure to write down word-for-word what they say in your [Beep! Book](#). When the formulation rings true, memorize it. Be amazed about its cleverness. This is what saved your life, the same way a cocoon saves a butterfly's life. Share with people what it is like for you that seeing how the whole of your Memetic Construct brings you out of it. Share with them your experience of discovering all this unexpected space inside of yourself to freely be in. (**NOTE:** For scripts of actual Memetic Engineering processes, please visit <http://memeticengineering.mystrikingly.com>.)

SPARK219.03 FIGURE OUT WHAT YOU WOULD DO IF YOU WERE NOT TRAPPED INSIDE YOUR MEMETIC CONSTRUCT If you do not find new ways to relate to the world other than as a prisoner, being a prisoner will remain your lifestyle and you will unswervingly find your way back to prison. [Write three articles](#) titled *Metamorphosis: Free of the Cocoon* 1, 2, and 3, exploring what is possible for a human being to create that serves humanity and Gaia, if you start from today on as a well-equipped adult ecstatically delivering your services. Publish the articles online. Collect a small [Team](#) and implement at least one of your plans.