

SPARK 223

(Matrix Code: **SPARK223.00** for StartOver.xyz game.)

DISTINCTION: Inspiration does not come from amazing results.

NOTES: If you are focused on deriving inspiration from the results you create, life will be bad for you. Inspiration from newly achieved results only lasts about fifteen seconds, then you need more results. Already achieved results become lifeless. To stay alive you need to make more results. For example, you will never have enough money in the bank because the excitement about more money quickly wears off. You will never receive enough recognition because you could always be appreciated and honored more. No one will ever love you deeply enough, or truly enough, because when the sound fades from them saying, “*I love you,*” then what?

If you are limited to being inspired by amazing results, you force yourself to create more quantity of things, bypassing the entirely different world of exploring the qualities of things. The old saying goes, “*The hunt is better than the kill.*” Your inspiration leaps when you abandon trying to be inspired by results, and redirect your focus to using [5 Bodies](#) to experience the creation processes.

The Process is not the product. In reality, *there is no product*. Thinking you have achieved a result is delusional, because, by holding the perspective that something is ‘finished’ or ‘complete’, you deny the relentless force of Evolution. The nature of reality is Evolution, not ‘end results’, otherwise you would see things stop changing. Life is [Process](#). “*Panta Rei,*” said Heraclitus: “*Everything moves. All is in flux.*”

This S.P.A.R.K. is an invitation to shift your focus away from amazing results and towards amazing evolutionary experiences. You can be:

- Radically inspired by [Noticing Experiential 5 Body Distinctions](#) in a small [HERE](#) as your [Adult](#) self in a [small NOW](#).
- Radically inspired by discovering [Nonlinear Possibility](#).
- Radically inspired by [Learning](#), [Healing](#), and [Transformation](#).
- Radically inspired by [Love Happening](#).
- Radically inspired by [Causing Adventure](#).
- Radically inspired by relying on your [Bright Principles](#).
- Radically inspired by relying on your [Archetypal Lineage](#).

Process prevails. Transformational inspiration does not vanish – even if your hoped-for results do not appear, or if your adaptive-self wants to accomplish things so others love you. By relocating your focus to being inspired by what is happening right now, you enter co-creative ecstasy. There you can stay in awe, and [Improvise](#).

EXPERIMENTS:

SPARK223.01 GET AWARE OF THE RESULTS YOU HAVE BEEN TRYING TO BE INSPIRED BY Make a list in your [Beep! Book](#) titled **OUTCOMES I HAVE BEEN TRYING TO REACH** (This also includes outcomes previously achieved which you still cling to.) For example, you might list your college degrees, your trophies, ribbons, and Boy Scout badges, your salary, mountains you hiked, job title, how many houses you possess, your brand of car, how your partner looks... For each item, write out:

- *Why should this inspire me?*
- *What is my exact justification for dedicating so much of my soul to this 'achievement'?*
- *Who is this result supposed to impress?*
- *Exactly why should this result make them proud of me or jealous of me?*

The purpose of this Experiment is to enter reality... not to beat yourself up.

SPARK223.02 DISCOVER WHO YOU MIGHT BECOME IF YOU WERE NO LONGER FOCUSED ON RESULTS Fears about the unknown consequences of not being 'results oriented' will emerge almost instantly. Title a new page in your *Beep! Book*: **FEARS ABOUT WHAT OTHERS MIGHT THINK OF ME**. Sit for 15 minutes in silence and consider these questions then write answers. If the quantity of things you 'have' becomes less important to you than the quality of your experiences:

- *How might I judge myself?*
- *What am I afraid could happen?*
- *What opinions or stories might others create about me?*
- *What do I find when I dig down into the roots of these fears?*
- *Are these fears still valid now?*

Any of these questions could lead you into an [Emotional Healing Process](#). If so, enter your Matrix Code *after* arranging with someone to do these Processes with you.

SPARK223.03 TRY OUT YOUR NEW IDENTITY FOR ONE HOUR PER DAY FOR TWO WEEKS Wear a badge or small article of clothing (such as a brass Sheriff's Star, or a businessman's necktie worn as an arm band) to remind you for this hour that you are trying out the identity of a person who is inspired by your [Immediate](#) creation experience, rather than hoping for inspiration to come after accomplishing your desired results. On one or two of these Experiment hours, do errands in town. While you check things off of your 'To Do List' or 'Shopping List', shift from being inspired by completing the task to being inspired by your 5 Body experiences while interacting with people from extraordinary creation space you hold. Notice the quality-of-relationship differences. Make notes in your *Beep! Book* about what you try and how it works, then report about this Experiment at your next [Possibility Team](#). Be sure to explain how in reality, there are no results, not even during your reporting. Instead, discover inspiration while in the immediacy of sharing your stories.

SPARK223.04 EXPERIENCE THE PAIN CAUSED BY YOUR 'TIME IS MONEY' THOUGHTWARE Yes, you have been brainwashed to think that time is money. Since having money is the highest value of modern culture, 'wasting time' is the worst sin. Write a 17-line free-verse poem about discovering 'time is ecstasy'. Publish your poem online and provide the link to your poem as your Matrix Points proof.

SPARK223.05 DISCOVER A WORLD FREE FROM 'RUSHING AROUND TO GET THINGS DONE' *Taking time is making time*. The adrenaline addiction from rushing around to achieve results blocks experiencing the ecstasy of time abundance. Go to a favorite café or safe place in nature without a plan for what you must do next. Stay at that spot basking in your power to make time for hours. Once you can stay there for six hours, without remorse, guilt, or fear of retribution, register your Matrix Code.

SPARK223.06 EXPLORE INSPIRATION THAT COMES FROM CAUSING ADVENTURE Read through the [Cause Adventure](#) website to pick up techniques for transforming 'what is' – no matter what the 'what is' is – into adventure for you (and, if possible – of course it is possible – also for others). Write a 3-page article titled *Causing Adventure...* and enter the online link to it as proof at [StartOver.xyz](#).