

SPARK 228

(Matrix Code: **SPARK228.00** for StartOver.xyz game.)

DISTINCTION: During Phase 1 of your Adulthood Journey you develop your Self Sensor.

NOTES: The above sentence makes 5 [Distinctions](#). The first is that 'Adulthood' is NOT achieved by becoming 18 years old and gaining the modern-culture legal-right to smoke, vote, drink, drive, and pay taxes. Instead, the shift from adolescence to [Conscious Adulthood](#) occurs with your Team during countless Authentic Adulthood Initiatory Process [Liquid States](#), each of which builds onto the [Matrix](#) in you and allows you to be more [Responsible](#) and Conscious. This [Path](#) has a beginning – which is when you do your first Authentic Adulthood [Healing](#) or [Initiation Process](#)... *but it has no top end*. There is no final steady-state achievement of Adulthood on this Path. No badge of mastery or guruship will be granted. Adulthood is a Journey, and on that shared Path, you are a '[Journeyer](#)' until [your last breath](#)...

The second distinction is that this Path of [Authentic Adulthood Initiatory Processes](#) has a [Phase 1 and a Phase 2](#). Phase 1 Adulthood is [Learning](#) to take basic care of yourself, for example: Dressing yourself. Feeding yourself. Grooming yourself. Giving yourself rest, water, exercise, and good food. Maintaining your [Personal Physical Space](#). Keeping others out of your [Energetic Space](#) (ending enmeshment). Not being [Adaptive](#) (stopping your automatic smile...). Taking your [Center](#) back from external authorities. Reclaiming your own [Authority](#). [Inner Navigating](#) your [Feelings](#) and [Emotions](#). [Unmixing your Emotions](#). [Completing Incomplete Emotions](#). Making [Boundaries](#). [Saying what you want](#). Making and standing by your [Decisions](#), Yes or [No](#). Keeping your [time](#) and [money](#) [Agreements](#). Being [Committed](#) to your commitments. Transforming your [Gremlin](#). [Decontaminating](#) your [Adult Ego State](#). Skilling up in [Adulthood Relating](#). Escaping the [8 Prisons](#). Etc.

The third distinction is that you are on a [fool's expedition](#) if you think you can do Phase 2 of the Adulthood Journey before thoroughly trekking Phase 1.

If you read this S.P.A.R.K. online, you will [Notice](#) that [42](#) links have been given so far. Each link leads to a StartOver.xyz website that demands one month to a year or more of enthusiastic [study](#) and [experimentation](#). This means Phase 1 Adulthood is at least a 2-year challenging Journey. If you actually succeed at Phase 1 you will discover – and be courageous enough to enter – [Doorways](#) into Phase 2 Adulthood. *This is unprecedentedly exciting news!* (NOTE: There is no point in describing Phase 2 Adulthood here because without doing Phase 1, you lack Matrix to use it. When you have done Phase 1, you will discover Phase 2 with your [Team](#).)

The fourth distinction is that the Phase 1 Adulthood Journey includes building and activating your 'Self Sensor' which answers the question: "Which 'I' is currently *perceiving / speaking / thinking / feeling / reacting?*" Every human being is a 'zoo' that includes dozens of [Parts](#). This is easy to prove when you are speaking with someone in person and their phone rings. They answer their phone and instantly shift into the personality who speaks to that particular caller: their mother, their boss, a sales person. When they hang up, they slide back into the Part who relates to you and do

not even notice that they [Shifted Identity](#). To what degree is your [Disidentified Self](#) aware of which Part has taken control of you for the moment? [Self Observation](#) helps you avoid 'identifying' with any of your Parts so as to retain freedom of movement.

There is also a fifth Distinction implied, which is that an entirely new world opens up for you in Phase 2 Adulthood. Time to Experiment

EXPERIMENTS:

SPARK228.01 ACTIVATE YOUR 'SELF SENSOR' Your 'Self Sensor' is an energetic hand-held tool that perceives emotions, thoughts, attitudes, moods, behavior patterns, and worldviews in order to identify which Self is active. The way to activate your 'Self Sensor' is to hold these two questions deep in your Being and applying them to each and every thing you do:

1. "Am I being adaptive as a [Survival Strategy](#) (pleasing others, fitting in, being 'nice' or 'good', being the best, being a problem, staying invisible, staying 'safe, being a [Responsible Victim](#)' and then getting [Revenge](#)), OR, am I doing this thing authentically because I decided to do it for me?"

2. "If I am being adaptive, which of my Survival Identities is in control right now?"

Make notes in your [Beep! Book](#) to record the NAME, TRIGGER, and BEHAVIORS of each Self that your Self Sensor detects. Do not worry if, for a while, you feel like you are going crazy because it seems like all of your behaviors come from mechanical Survival Strategy Selves. This is how it can seem at first. It helps to know that your 'Disidentified Self' has few opinions, little emotional [Reactivity](#), and almost no [Voices](#) in your head. It may take a few weeks before you even Notice that it is Present. After Naming and describing the Trigger and Behaviors of 18 different Selves in your *Beep! Book*, please enter Matrix Code SPARK228.01 at [StartOver.xyz](#).

SPARK228.02 STUDY UP ON THE POSSIBILITY OF ADULTHOOD INITIATIONS FOR BECOMING A FREE AND NATURAL ADULT The mind needs Distinctions, Explanations, and Examples to learn how to think in new gamespace. In this case, the new 'gamespace' is being a Journeyer of the Adulthood Journey. This Experiment is to not keep your new discoveries secret, but instead to study in public, for example, during a weekly online-or-offline [Study Group](#). Announce that you will [Hold](#) and [Navigate Space](#) for a weekly 'Disidentified Adult-Self Study Group'. Set a time, day of the week, and a Zoom link or physical location and send out invitations to [more people than you know](#), and also to the *Possibility Creation Village Telegram Group* (Link: <https://t.me/+ViEuN7pEHlcSDICv>). Even if only two other people come, have the Study Group anyway. For material, we suggest reading out loud together and discussing every section of the following websites:

<http://adulthood.mystrkingly.com>, <http://freeandnaturaladult.mystrkingly.com>,
<http://initiations.mystrkingly.com>, <http://disidentification.mystrkingly.com>,
<http://shiftidentity.mystrkingly.com>. After your fifth Study Group meeting, please enter Matrix Code SPARK228.02 in your free account at [StartOver.xyz](#).

SPARK228.03 WRITE AN ARTICLE TELLING A STORY ABOUT ONE STAGE IN YOUR ONGOING ADULTHOOD INITIATION JOURNEY If you never heard about the possibility of adulthood, how would you have gotten this far? Please share details about what you discover by writing and publishing a 3 page [Article](#), then entering Matrix Code SPARK228.03 at [StartOver.xyz](#). Publishing 'adulthood journey maps' is an effective and powerful way to create [Nonmaterial Value](#) and '[pay it forward](#)'