

## **SPARK 231**

(Matrix Code: **SPARK231.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Survival is the avoidance of Living.

**NOTES:** Think about what you do to survive. You breathe. You drink. You eat. You pee and shit. You sleep. You make money for food, shelter, clothing, transportation, and smart-phone. Each morning you hide behind your personality mask. You secretly rehearse in your mind what you will say to others. You strategize how to deal with problematical people. You praise and criticize yourself. You try to follow the law so you are perceived as someone not so dangerous as to be put behind bars or be given brain drugs. Survival seems like a full-time job... seemingly the most important purpose that any living creature has. But this is not the most challenging question a human being must answer. The most challenging question is: *What is the purpose of my life?*

If you try to avoid the responsibility of defining the purpose of your life, then you imprison yourself in the unquestioned assumption that the purpose of your life is to survive. But if you think about it, survival is a dead-ended purpose. You will never succeed at the purpose of survival! "*Life is a finite experience.*" (David Gerrold in Book 3 of [The Chtorr Saga: A Rage For Revenge](#), Matrix Code [BOOK0254.00](#).)

Even if you intellectually understand that you will someday die, you probably surround yourself with the self-made delusion that you can 'win' the battle of survival. But you *cannot* win it. The best you can ever do is postpone your defeat. You call this 'victory'? Postponing defeat is not victory. Postponing death is merely dragging out the whole tragic story. You call that a life?

There is a disturbing cost for dedicating your lifetime to survival. The cost is that there is no Life at all in that kind of a life.

Here are standard strategies for facing the question: *Are you willing to stand in the purpose of your Life?*

- **BE IN SCHOOL** You freeze and don't speak. You take one step backwards, hoping that someone else will find the one 'right' answer. Once you memorize the 'right' answer, you can safely use it to pass the next test.
- **BE A ROBOT** You copy what other people are doing because some institution or person who is an 'authority' told them to do it.
- **BE A GOOD PERSON** You think it is 'wrong' to not know your purpose for life, so you make up something that matches being a 'good' or 'normal' person.
- **BE SUPERIOR** You make up something fast so you can be the first one, the one who everyone else looks up to and envies.
- **BE RIGHT** You make up what you imagine to be a 'right' answer because it is obviously the 'right' thing to do. Then you are safe.
- **FIGURE IT OUT** You think through everything, comparing it to what you already know so as to logically decide and not be stupid or make a mistake.
- **PROTECT YOUR IDENTITY** You fight for the survival of anything that you have invested your identity in (e.g. religion, family name, flag, political party).

- HIDE, LIE, PROCRASTINATE, WITHHOLD, ACT CONFUSED You delay by deceiving yourself about the seriousness of this question. People will ignore or pity you, perhaps even rescue you if you have enough pain. When the shit hits the fan, you think that lying or doing nothing is the best way to survive.
- WORRY If people see that you are worried about it, this lets you look responsible without having to take a stand one way or another.

Notice that whatever you are doing right now to answer the question about the Purpose of your life, you are implementing your current [Survival Strategy](#). You are in survival mode right now while facing the question of the Purpose of your life. Your approach is still mere survival! Life has nothing to do with surviving. Being in survival is the avoidance of Living. Why are you so invested in survival? What about Living?

### EXPERIMENTS:

**SPARK231.01 LIST WHAT YOU DO TO SURVIVE** Get out your [Beep! Book](#) and title a page **WHAT I DO TO SURVIVE**. Then list 50 actions you take that promote surviving in your daily life. Do not stop until you have listed 50 distinct actions.

**SPARK231.02 LIST WHAT YOU DO TO LIVE** Title a new page in your *Beep! Book*: **WHAT I DO TO LIVE**. Spend 50 minutes feeling the feelings and emotions that come up with trying to list what you actually do to transcend survival, to leave surviving behind and enter a completely different domain of existence called 'Living Full Out'. Please list every emotion you feel while considering this question – along with its reason – at the back of your *Beep! Book* as a Doorway to an [Emotional Healing Process \(EHP\)](#). Then do all of these [EHPs](#) one after the other.

**SPARK231.03 EXPAND YOUR LIVING** Get together with your [3Cell](#) or [Possibility Team](#) and ask for [Spaceholding](#) so that you can explore what imprisons you in Survival mode. There could be old [Decisions](#), [Energetic Blocks](#), [Brain Splits](#), [Mind Machines](#), or [Memetic Constructs](#). Perhaps you sent away parts of your [Being](#) or your [Energetic Body](#) and without retrieving them you cannot come fully to Life. Perhaps you are terribly afraid of [Unconscious Fears](#) lurking around behind your heart and thus you paralyze yourself. Perhaps you have an [Unreconstructed Type 2 Gremlin](#). This [Experiment](#) could take a year or more to complete and may encompass a journey into many dimensions of your [Underworld](#). The overall objective of this Experiment is to ongoingly refine a simple rough draft of the [Purpose](#) of your Living during real-time [Relating](#) and [Creating](#). Who are you Alive?

**SPARK231.04 HELP SOMEONE ELSE EXPAND THEIR LIVING** There are people you care about. There are probably even more people who you would like to care about if they somehow became more Alive. This Experiment is to create an ongoing series of [Doorways](#) through which other people can encounter this Experiment of realizing they dedicate themselves to Survival at the expense of their Living. There are many ways to create these Doorways, for example: [write articles](#), [make films](#), give [WorkTalks](#), offer [workshops](#), deliver [Emotional Healing Processes](#) online or offline, provide [Possibility Coaching](#) sessions, make a weekly online or offline [S.P.A.R.K. Study Group](#) starting with this or any of the other [S.P.A.R.K.s](#). Your objective is to share the Treasure. This is the kind of Treasure that grows as you give it away. After you receive feedback from one person that you helped them become more Alive, please register **Matrix Code SPARK231.04** in your free [StartOver.xyz](#) account.