

SPARK AAU

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

DISTINCTION: Resentment is permanent revenge

NOTES: Resentments do not happen all by themselves – they have a purpose. You store up revenge instead of taking care of yourself. Responsible victim. You think that you cannot take care of yourself. So instead, you promise to yourself to one day get revenge. But if you try to take care of yourself in every tiny little discomfort or upset you soon get neurotic. This comes from confusing who is you, confusing you and your Box. You have a Box, you are not your Box.

There is a fundamental question, the answer to which gives massive implementation and ramifications. Who or what is actually going to run your life – who will have the final say so – you, or your Box? The Box has so many corners and edges, so many ways to be offended, so many sensitivities. Trying to accommodate your life to them is like focusing on the seeds instead of the watermelon.

Here is another perspective – who gets to declare what matters to you? Many times, what we think really matters to us is only what matters to old authority figures: our parents, our older sister, our teacher, our grandfather, the church, the government. The way to make a resentment is to start with a generalization such as, you always, or you never, or you don't, or you can't, and when you are around that person you consistently remember this story about them but don't say anything.

The way to end resentment or better yet, to avoid create resentment for yourself in the first place, is to be specific instead of general. Avoid the "you always" or "you never". perspective, it comes from the Box to establish permanence for its aggressive position. Get precise with who, what, when, how, where (avoid the why – thinking that we know what truly motivates to other people is pure hubris). And then communicate your concern to the other person with the sentence, "I feel mad, sad, glad or scared": last saturday when you told me you were going to the grocery store for milk and came back an hour later with cake, I felt angry.

EXPERIMENTS:

SPARKAAU.01 ONE THING AT A TIME REFUSE THE TIME, DISCONNECT THE MECHANISMS THAT TRIGGER RESENTMENT BY CHANGING YOUR MIND about what matters to you. Say, this is no longer important to me. Over time the sharp pointed hard little personality Box gets rounded off into a smoother softer more flexible pliable fluid resilient bubble of Being.

SPARKAAU.02
SPARKAAU.03
SPARKAAU.04

