

SPARK AAV

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

DISTINCTION: The purpose of the Box is to create and endless stream of meaningless thoughts, and the mind will fulfill its purpose.

NOTES: The opportunity for proper use of free will is to choose or choose not to listen to which thoughts. We assume that if we have a thought we must listen to it. We assume our thoughts are true. You are not your Box.

Thoughts about ourselves:

I'm the best, anyway, better than you.

I'm no good, I'm a failure, I will never make it.

I'm too fat. I'm too old.

I'm sick. Everything aches. I'm ugly. I'm not as pretty as them.

I don't have enough money. I don't know how to do it. I can't do this. I don't want to do this. I'm not enough.

I'm not turned on right now to do it. I don't have what it takes. I'm not lovable.

I'm must fight to survive.

I don't matter. I'm wrong. I'm bad. I'm stupid.

Thoughts about our partner, friends, children, colleagues:

She doesn't really love me.

He must have a lover hidden somewhere.

What will they think of me if I do this?

This is a problem child. They are against me.

This is war, if they win, I lose.

They don't care about me. They can't.

Thoughts about life:

I'm not allowed. That's too big for me. Life is not trustworthy. The world is not safe. Life makes no sense.

These thoughts are based on evidence. Stories exist in time. In the present there is no time. The thoughts take us out of the present where there are no thoughts.

The goal is to recognize thoughts as thoughts own thoughts, use them or they use you. The thoughts eat you, your friendships and your life.

The purpose of constantly thinking is to hide the deep ache of emptiness and meaninglessness of life for ourselves. Imagination fills in the gaps so we believe that we are against upright honest citizens when often we are the opposite.

EXPERIMENTS:

SPARKAAV.01 CATCH YOUR MIND GENERATING THOUGHTS. Just don't go there. Don't assume it's true. Blast the thoughts if they persist. Blast them to smithereens, back to nothingness where they came from.

SPARKAAV.02

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