

SPARK ABF

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

DISTINCTION: We do not feel a certain way before we do a certain thing.

NOTES: We think that we must feel a certain way or have a certain experience or fulfill certain requirement before we do a thing. For example: we may think we must not feel depressed before we get out of bed. We may think that we must be in ecstasy before we can say “I love you”. We may think that our children or partner must behave a certain way before we can say, “I trust you”.

We think that we must feel not depressed, enthusiastic, inspired, loving, accepting, open, cheerful, positive, (or the opposites) before we do a certain thing. This is looking for evidence. This is being a victim of circumstances. This is procrastination.

We think that we must be successful before we make certain phone calls or start enacting certain plans. We think that people must regard us or treat us in certain ways before we are kind to them.

So, we spend our time waiting for conditions to be correct so that we can live how we want to live. It is this waiting that is insidious. We pay full price because we can never get this time back. Time passes just as irrevocably as we are parked or if we are driving.

Waiting around to have some feeling before we act – or its opposite – having some feeling so thinking that we must therefore act – this is how our Box controls us and removes the most dominant factor in our character, it does not have to be that way, if we begin taking little steps into a different relationship to this mechanism we can begin to free ourselves of the Box’s tyranny. The experiments are to see the circumstances, to have the feeling or not have the feeling, and yet reclaim sovereignty over these circumstances. It means making a decision and following through with the decision regardless of what you feel.

We think that we can do everything all at once because we have the ability to see it as already complete.

We wait around instead of just going ahead and living like we want to live. You know this about yourself. Perhaps you have not spoken it out loud, but you know it secretly, privately. Your soul knows that you have imprisoned yourself.

We look for what we must do in order to be.

EXPERIMENTS:

SPARKABF.01 BEGIN BY SLOWLY ASSESS WHAT YOU WOULD REALLY LOVE TO DO. Write your reasons by answering the following questions. What exactly are you waiting for? What are you waiting to hear? What are you waiting to have? What are you waiting to know? What are you waiting to feel? What are you waiting to see? What must change before you can live? What do you think that you need before you can begin? Be clear and specific. Avoid one-word answers. One-word answers are too simplistic for reality, too simplistic to be of use to you. Write more rather than less. Explain a little about the history of why are you waiting for these particular things and why you need those things. (Remember that other people would hold back because they are waiting for other things. Different people wait for different things, and the difference originates in the Box.) Let yourself keep writing for a while. Cogitate on and write out what bubbles to the surface. Give yourself a little time for the realization to occur. That is where it gets interesting: at the second level “Ahah!” Then there is the experiment: choose one small area of your life, one project, one action, and abandon all of your public and private considerations about what needs to happen first before it can happen. Just go ahead and begin living as you wish to live. (Be careful. You may find yourself doing this experiment in greater and greater areas of your life. It can produce very inspiring results.)

SPARKABF.02

SPARKABF.03

SPARKABF.04

