

SPARK002

(Matrix Code: **SPARK002.00** in the [StartOver.xyz](https://startover.xyz) [thoughtware upgrade gameworld](https://startover.xyz).)

DISTINCTION: You are not your Box.

NOTES: By taking [responsibility](#) for building a personal [Survival Box](#) during childhood to interface with the world, you open [Doorways](#) to astonishing [Possibility](#). Adding the further [Distinction](#), “*I have a Box, but, I AM NOT THAT BOX,*” can be shocking. This idea invades territories usually claimed by philosophy, anthropology, psychology, ethics, political science, or religion. Plus, it challenges you to [ask the next question](#): “*If I am not my Box, then what am I?*” The [Proposal](#) here is to regard this question as a [thoughtmap](#). Then, if you [Experiment](#) and decide that this thoughtmap is valuable and interesting for you, get a [small Team](#) together to practice using it effectively. After benefiting from the techniques for ‘reinventing reality’ a few times, you can work out the philosophical ramifications later... if you still want to.

It probably seemed clear, as a child, that your physical Body is the focal point of your [Consciousness](#). Your Body is life! It moves, breathes, cries, drinks, eats, hears sounds, looks around, and laughs. If your Body feels cold or gets hurt, ‘you’ have the sensations. It makes sense to identify yourself as your physical Body.

After aging a few years, acquiring language, and building your Box, your Box starts telling you, “*I see,*” “*I think,*” “*I like this,*” “*I feel,*” “*This is good,*” “*That is bad,*” “*I don’t like that,*” “*I don’t know how.*” Soon you combine your Body and your Box as your Identity. You mix your Body’s needs with your Box’s ‘needs’, and you say, “*I need...*”

After decades of defining ‘yourself’ as a combination of your Body and your Box, it can seem a little crazy to question the reality of your Identity. But the Distinction, “*I am not my Box,*” also includes “*I am not my Body.*”

[Disidentifying](#) from your Box, and Disidentifying from your Body, turn out to be the first two [Authentic Adulthood Initiatory Processes](#). Yet many people have died rather than going through Disidentification. Think of Marie Antoinette, who, while trying to escape from France, ‘needed’ new dresses to bring along with her, the manufacturing of which revealed her secret escape plans and led directly to her abrupt demise.

But if you Disidentify from your Body’s sensations and you Disidentify from your Box’s opinions, [Beliefs](#), [Stories](#), [Prejudices](#), preferences, [Excuses](#), habits, [Reasons](#), [Conclusions](#), [Judgments](#), [Survival Strategy](#), etc., then... who are you? What are you?

After peeling away the superficial, all that remains is [your Being](#). But... really? Your Being? What is that? Modern culture gives you no education about being ‘a Being’. Neither are you trained how you – as a Being – can [relate](#) with another Being, [human or otherwise](#).

The author of [Magical Child](#), Joseph Chilton Pearce, defines ‘intelligence’ as ‘the ability to interact’. You were not trained in how to interact with a group of Beings organized into a [hierarchy](#), a [circle](#), or a [mob](#). How does one Being interact with another Being who lives in a [different cultural context](#)? How does a Being [listen](#)? How does a Being

[think](#)? Or [choose](#)? Or [feel](#)? Or [create](#)? Ahh! There is much to discover through these [Quest-Ions](#)! As [Jonathan Livingston Seagull](#) says, “*Let us begin with level [flight](#).*”

EXPERIMENTS:

(NOTE: PLEASE DO NOT DO ANY OF THESE EXPERIMENTS WHILE DRIVING A CAR OR USING HEAVY MACHINERY BECAUSE YOU MAY SLIGHTLY DRIFT INTO AN ‘ALTERED STATE OF CONSCIOUSNESS’. THANK YOU.)

SPARK002.01 EXPLORE YOUR BEING For the next 7 days, [Declare](#) that 1 hour of each day is your ‘Being Research Hour’. Make it a different hour each day, sometimes morning, sometimes evening, sometimes night, sometimes alone, sometimes with people you don’t know, sometimes with friends, etc. [Split Your Attention](#) between making neutral [Self Observation](#) notes in your [Beep! Book](#), and simply being a Being. Shift into [Experiential Reality](#) so that you can experientially distinguish between your Body, your Box, and your Being. If you carefully write about what your Body is up to (its wordless sensations), and what your Box is up to (its *Blah! Blah!* [Stories](#) and their [Purposes](#)), then what remains is what your Being is up to. What is your Being up to? Probably not much, at first. Your Being is simply... being. After a while, you might [Notice](#) what your Being is longing for, or what your Being is in [Awe](#) about. When this happens you will probably feel some [Emotions](#). Don’t worry. You are not going crazy. We will explore [Feelings and Emotions](#) in later [S.P.A.R.K.s](#). In this Experiment, your Purpose is to explore your Being while it is being. Simply make clear detailed – even poetic – notes about what you think and feel while being a Being for one hour each day living your ordinary life. Share what you discover at your next [Possibility Team](#).

SPARK002.02 DISTINGUISH BETWEEN WHAT YOUR BODY WANTS, WHAT YOUR BOX WANTS, AND WHAT YOUR BEING WANTS Continue Experiment SPARK002.01 [Practicing](#) 1 hour each day for the next 7 days, but now become more precise about what you are [Observing](#). Title 3 new pages in your *Beep! Book* as follows: WHAT MY BODY WANTS, WHAT MY BOX WANTS, WHAT MY BEING WANTS. For example, in the same moment and circumstances, your Body may want to play volleyball, eat a pizza, or have a nap, while at the same time your Box wants to call someone an ‘asshole’, get praised in public, or sneakily break a rule and not get caught, while also at the same time your Being wants to pause and [connect with the ‘bird Beings’](#) outside the window, gaze into someone’s eyes for [Being-To-Being connection](#), sing ‘[Hallelujah](#)’, or cut loose with [Dragon Speaking](#). This Experiment is to bring into your everyday awareness these 3 wildly diverse motivating drivers, to make them conscious rather than simply trying to subjugate them with your [reasoning](#) mind. Make notes on the 3 pages in your *Beep! Book*, detailing which impulses you have tended to habitually follow. After 2 days, give yourself the new option of choosing to follow an impulse that is from your Being rather than from your Body or your Box. Specifically Notice the outcomes when you follow an impulse from your Being, even if it contradicts an impulse from your Body or your Box. Stay at this edge and take tiny steps. This is called [Edgework](#) Experimenting. Share what you discover at your next Possibility Team.

SPARK002.03 COMMUNICATE CLEARLY WHAT YOUR BODY, YOUR BOX, AND YOUR BEING WANT Now it is time to bring what you have been Noticing and [Practicing](#) into the public conversations around you. Noticing and speaking about what others are neither Noticing nor speaking about, deepens the [Context](#) and awareness of the culture you are living in with other people. You are putting the [Poop On The Table](#) about the structure and Purpose of your culture, what is in people’s awareness, and what is beyond people’s ability to Notice. So, 5 times each day for the next 7 days, bring it up in the [Space](#) of your relating what your Body wants, what your Box wants,

and what your Being wants, even if what they want breaks a custom or an unspoken rule of the ordinary culture. This is the beginning of [Radical Relating](#), which is one component of [Archan Relating](#). For example, telling the others around you, “*My Body wants to go snorkel in the ocean, my Box wants to have sex, and my Being wants to be fed from strolling through an art gallery,*” does not mean you are out of control. It means you have enough awareness to [consciously Choose](#) what you do next, rather than having these inner forces battle it out between themselves below the threshold of your awareness, or simply enslaving yourself to someone else’s rules. In your *Beep! Book* write a paragraph of notes about what happens each time you communicate what your Body, Box, and Being want. Share some of these stories at your Possibility Team.

SPARK002.04 LET YOUR BEING LEAD NO MATTER WHAT YOUR BOX WANTS

This is not something to do always. It is something to try several times as an *Experiment* because you are becoming an [Experimenter](#). For your whole life until now, your Box has surrounded you like a spacesuit – or an eggshell – as a [Survival Strategy](#). Your Being survived while your Body and your Box learned the practicalities of life in your culture and times. You survived by forcing your Body and your Being to submit themselves to the constraints of your Box. What your Being could perceive, what your Being could express, were rigidly controlled by your Box, justified by the Box threatening, “*If you don’t do it like I say, you might not survive.*” But by the time you read these words, your Box is already past its ‘best if used by’ date. Your Box was ready to take the back seat when you were about 18 years old. Do this Experiment first at your Possibility Team, where you all agree to hold a safe enough [Space](#) for each one to let their Being show up, wet and vulnerable as a newborn baby. Gently set aside your Box [construct](#). No one need speak for a while. If it seems you are ‘locked inside your Box’, the lock opens with your [Golden Key](#), located in the [Bag Of Things](#) tied to your [Possibilitator Tool Belt](#). Reach into your Bag Of Things, pull out your Golden Key, put it into the lock, and turn it. Voila! You are out! The instructions for this Experiment are, for the next hour, let your Being lead, no matter how much your Box is freaking out. This does NOT mean to force yourself against your [Will](#) to do anything you do not want to do. Do not let ANYONE cross your personal [boundaries](#). This Experiment is to give your Being enough respect and Space and Love that it can express feelings and sounds, make movements, look around, breathe, connect with other Beings, and explore the world without fear for its Survival. Your time of total fear is over. Your Being already survived. These are new circumstances. Go slowly with this. After the hour, come back into your Possibility Team circle and share about how that was for you. There is no [right or wrong](#) way to be a Being. Then, for the next 7 days, in random moments from 5 minutes to one hour at a time, let your Being lead. Un-Box your Being in your life. After each Experiment, write in your *Beep! Book* what circumstance it was, what your Body, Box, and Being wanted, what you did, and what happened as a result of letting your Being lead. Eventually make notes about what your Being is really up to [creating](#). There is a lot to [Discover](#) about living on Earth as a Being.

SPARK002.05 REINVENT REALITY BY REINVENTING YOURSELF Your self image before now has been pretending as if you are your Box. Now you are discovering that you have a Box, but you are not your Box, and neither are other people their Box. What has been possible in relating with others has been determined by what your Boxes allow. By Disidentifying from your Box and letting your Being lead, you have reinvented your ‘self’. The concept of ‘self’ is most likely a superstition. Where is your ‘self’? Can you point to it? No. Can you show it to me? No. You are a Being that has been wearing your Body and your Box for protection, under the [Self Deception](#) that you should have a ‘self’. Each moment that you step into the world as a raw Being, you have

been ongoingly [reinventing](#) who you are. Instantly, the entire Universe and all your friends and family conform to your new shape. Probably a third of the people around you feel scared and hate the Experiments you are doing, while a third of the people around you are inspired and totally love the Experiments you are doing, and the last third of the people around you don't Notice anything... In none of these cases is it your problem. Let people have their own problems. In this Experiment, your challenge is to free your Being to move, do, say, and [Propose](#) things that your Box would previously not allow. The hint is to enter slowly into domains of pleasure, while expanding your experience of [Presence](#). The old aphorism was, "*Be here now.*" This new Experiment is, "*Be here more.*" In your spare moments, design 3 additional Experiments in which you transform a problem by transforming yourself, then try your 3 Experiments and report on each one. For example, if the problem is that someone [resents](#) you, your Experiment could be to go to them and apologize about whatever they resent you for. Or, if the problem is that you do not want to go to work that day, your Experiment could be to become a [gameworld builder](#) who creates a cooperative gameworld of people helping each other to shift into lives not centered on [money survival](#). Or, if the problem is that [public school](#) schedules and demands have invaded your family life, take your children [out of school](#), become [nomadic world explorers](#), and use the world as a springboard for unfolding each person's [Nonmaterial Value](#) and their [Archetypal Lineage](#). Whichever way you reinvent yourself to reinvent [reality](#), be sure to capture prodigious notes in your [Beep! Book](#) for the [articles](#) and [book](#) you will write about it!