

## SPARK 005

(Matrix Code: **SPARK005.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You are *always* creating.

**NOTES:** You do not need to learn to be creative. You are already an enormously powerful creator. The insight here is that most of what you create lies outside of your ordinary awareness. You do not normally recognize that you are right-now creating. You think that you might be creating sometimes, for example, when you are "being creative," or when you are supposed to be "problem solving."

But consider the possibility that you are *always* creating. Every gesture is creative. You create with the words you speak and how you speak them (volume, tone of voice, timing). You create with the words you do not speak (what you "accidentally" forget to say, what you leave out). You create through where you place your attention (whole or in part), and by where you place your glance (even for an instant). You create by the expression on your face. You create by how you sit (still or moving, the tilt of your head, leaning forward, leaning back). You create by how you breathe (yawning, sighing, coughing). You create through tense or relaxed posture (in your shoulders, face, belly). Every thought is your creation. Every feeling is your creation. You create by inference, insinuation, attitude, and mood. What is it that you are always creating? You are always creating reality according to the predilections of your Box. Almost all of this creating is unconscious.

How you stand, how you dress, how you walk, the way you move through spaces and how you manage energetic interactions with people, objects and circumstances are all gestures that create a Box-friendly reality for yourself. If you place a pen on a table, where you place the pen and how you place it is creating a reality. You already know this about other people. You already know that their tiniest gesture implicates the intent of their Box to redesign the space around them. What you may not know is that you determine the possibility limits of your own reality through exactly the same subtlety of gesture. A Possibility Manager takes responsibility for these tremendously creative powers and practices to use these powers for serving conscious purposes.

### EXPERIMENTS:

**SPARK005.01** Slow down your moves or speed up your attention and begin to notice the immense number of gestures you make within the time span of one minute. Notice that each gesture is unique, separate from other gestures, and that each gesture serves a purpose. Perhaps you moved your head. You put your attention across the room on someone else for a moment. What was the purpose of this action? Did you hear a noise and wish to know what it was? Did you want to think of something so you just let your eyes wander randomly? Did you move your head to relieve the tension in the muscles of your neck? Begin to detect the intention and purpose of even your smallest actions and you will become aware of how much creative effort is dedicated to keeping your Box intact.

The same methods applied to keeping conditions the same can then be applied towards reinventing conditions so that reality has additional possibilities.