

## SPARK 008

(Matrix Code: **SPARK008.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You create reality with Is-Glue.

**NOTES:** The word "is" does not exist in nature. You use the word "is" quite creatively (although unconsciously) to manipulate how you and other people experience the world. You use the word "is" as a glue to combine two things together that are not together in reality. The glued formulation modifies your experience of reality by creating expanded or diminished possibilities to suit the purposes of your Box.

You are predisposed, first by modern culture's training and then by habit, to glue together formulations of reality with diminished rather than expanded possibilities, then you act as if you are trapped by the prison bars of the diminished reality! You forget altogether that you yourself built the bars, and therefore that you yourself have, right with you, at all times and in every circumstance, the tools necessary to disassemble the bars whenever you want. All you need to do is unglue the "is's" in your mind.

"Is" camouflages itself through numerous conjugations: is, am, are, was, were, has, have, had, do, does, did, be, being, been, may, might, must, can, could, should, and would, and also the "not" forms of these words, is not, am not, are not, and so on.

For example, consider the statement, "Completing the job on time is impossible." Using the Is-Glue idea, you can see that you have taken the phrase "Completing the job on time" and you have glued it together with the quality of "impossible" by using the word "is" as the connector. It takes a shift of attention to catch this, but if you were to separate the two phrases and look at them without the glue, you could see that "Completing the job on time" and "impossible" have in reality absolutely nothing to do with each other.

By using Is-Glue technology consciously you could just as easily have glued the phrase "Completing the job on time" with a variety of alternative phrases. Each new glue job delimits its own unique results. You could, for example, have created: "Completing the job on time is lots of fun." Or "Completing the job on time is very easy." Or "Completing the job in time is an adventure." Or "Completing the job on time is nothing for this wild team."

The question to consider here is this: Is "Completing the job on time" really "impossible," or are you making it impossible by gluing together such a formulation? Consider the idea that gluing the phrase "Completing the job on time" to the phrase "impossible" is actually "cross wiring," not an actual truth, but rather a manufactured truth. Consider the idea that you are *making* "Completing the job on time" "impossible" through the action of wiring it that way in your mind, and then coaxing agreement about the reality of that reality from your friends.

Look at another common reality that you can create by is-gluing "He" with "wrong." The resulting reality becomes "He is wrong." Think of the possibilities that would

open up if you became aware that you were actually *making* him wrong with the Is-Glue. You would then have the option of making him into anything else you might choose. "He is committed." "He is powerful." "He is interesting." "He is caring." Each formulation creates a different reality, and each formulation invites a different style of workability into the situation.

Consider how often you hear or use these infamous cross wirings: "I cannot do this." "Resources are limited." "My job is tedious." "This is a real mess." "Now we have a problem." "This is bad." "This is scary!" "We are certainly in a crisis now." "This is confusing." "This pisses me off!" "This is hopeless." "They are the competitors." "We are lost." "This cannot be done." "I do not have enough time." "I do not trust you." "There is not enough money." "I am tired." Each mock-up invents a world of its own. If you take the formulations as true, then the world is limited by the assumptions of each statement. If you take the formulations as only one of numerous possible models of reality – illusionary prisons made from phrases glued together with "is" – then you instantly gain the capacity to reinvent worlds. This is not a joke. This is the domain of the Possibility Manager.

### **EXPERIMENTS:**

**SPARK008.01** Stalk yourself. Follow the tracks of your reality-making and notice your patterns. Whenever you use the word "is" you are making reality. What possibilities are you enhancing? What possibilities are you eliminating? The exercise is to catch yourself just after the act of using "is," then during the act, then just before the act, at which point you then have a choice about what gets is-glued together. Break your patterns on purpose so you can see that your reality is only a habitual pattern and not some absolute reality.

**SPARK008.02** An addition to this experiment is to use "do-overs." Just after catching yourself fabricating one reality, simply spray the formulation with Is-Glue-Dissolver so that the "is" comes apart. Then start again with a "do-over" and is-glue to create a reality that is not within the boundaries of your ordinary Box. Try creating realities with an abundance of possibilities.