

SPARK 024

(Matrix Code: **SPARK024.00** for StartOver.xyz game.)

DISTINCTION: The most important thing that ever happened to you in your entire life is happening right now.

NOTES: If life ever feels depressing, dull, pointless, repetitive, disappointing, or dead, or if you ever feel overwhelmed, confused, or outraged, perhaps it is because you are not present to your own aliveness. You may be completely missing great opportunities because you are entangled with something that happened in the past or are fantasizing about what might happen to you in the future. This distinction is one of the most important distinctions for a Possibility Manager to make, and to keep making over and over again. The distinction is this: Life is like a door prize. You have to be present to win.

For example, you have just finished reading the paragraph above. Now, make it so that you did not read that paragraph. Change it so that this did not happen. You are a powerful person. It only happened a few seconds ago. Go ahead. Can you do that? (No.) Why not? Why can't you make it even a little different? (Because it happened in the past.) That is right! The **ONLY** time and place where you have the power to make a difference, to do something, to take action, to make love, to change something, is exactly right now and here. As a Possibility Manager you need power, and power is only accessible right now in the present.

How much time, energy and attention are you spending being involved with the past? With the future? With someone or something that is not right here? (Perhaps a lot.) Why do you do that? What is the value? (I can complain and pretend I am being victimized. I can feel resentment. I can be right and feel justified. I can avoid being responsible or being at risk because both the past and the future are in the domain of fantasy where nothing can really happen. Nothing can be figured out or resolved there. Nothing will change. I can therefore continue my usual low drama forever.) Yes! There are tremendous payoffs in irresponsibility. These payoffs are tempting enough to be addictive.

How can you personally avoid the addictive substances of low drama? How do you avoid other addictive substances? (By feeling the pain of indulgence. By having perfect clarity about the cost of using them and being unwilling to pay that price.) Yes, by feeling the pain. The cost of low drama is very high and you are paying full price. Each time you sacrifice your sacred present moment to the insatiable drama demon you pay with your life. The moments go by and you will **NEVER** get those moments back. The most important thing that ever happened to you in your entire life is happening right now, and if you are in a low drama you are missing it.

When you are creating low drama interactions you miss the chance to be with the person who is standing in front of you. You miss the opportunity to choose from infinite options because your attention is distracted into a place without real options. The gateway to infinite possibility is open only in the present.

EXPERIMENTS:

SPARK024.01 Donate one US dollar to charity for every minute that you spend regarding yourself as a victim or being involved in a low drama. Pay each day.