

SPARK 032

(Matrix Code: **SPARK032.00** for StartOver.xyz game.)

DISTINCTION: What you have is what you want.

NOTES: You might be living with an underlying uneasiness and uncertainty about knowing exactly what you want. Perhaps you are not sure that you have the right job, the right partner, the right hairstyle, the right car, the right shoes, the right watch, the right house, the right investments, the right past, or the right future. Living in confusion and doubt about such simple yet fundamental life questions puts you in a position of weakness and instability that makes you easily manipulable by external forces to serve purposes that are not your own.

Looking outside of yourself for confirmation about your choices only brings you to images and information from magazines, television, movies, newspapers, radio, internet and so on. These imaginary answers are often distorted far enough from what is possible in reality that you can never quite achieve the white-toothed smiles, the smoothness of skin, and the freedom from problems that are represented as normal or proper. Compared to the magazines' computer-buffed images you find yourself noticeably lacking. You may try to compensate for your lack by buying the skin and hair products, the cars, the alcohol, and the clothes in the images. Then you buy whatever you can to numb yourself to the pain of your confused inability to live out your hibernating destiny. Plus you, of course, buy more magazines. You may never come to discover that authentic confirmation of your choices comes from within yourself, or that authentic confirmation may actually never come at all.

You are in a culture that accepts you most when you are malleable due to your neurotic uncertainty about who you are and what you are doing. This requirement for malleability directly conflicts with your destiny that asks you to stand in enduring clarity about the purposes of your life.

The resolution of this conflict arises through taking the uncompromising responsibility that if something is in your life it is there because you want it there. What you have is at every level exactly what you want. Even if what you have is confusion, uncertainty, and victimhood, what you have is what you want. Radical responsibility applies this principle to everybody, everywhere, every time, whether you own it or not. It may be that the primary design criterion of Western civilization is to avoid realizing that what you have is what you want.

In taking radical responsibility you risk encountering a horrifying reflected image of yourself dedicated to creating hellish situations for yourself and others. By taking responsibility you lose recourse to your usual methods of blaming someone else for your mess. Resenting antagonists or complaining that you are a victim of the circumstances no longer provides any refuge. At the same time taking radical responsibility opens wide a door to new ways of being where you can create something with the time and energy of your days other than repeated versions of low drama. The difficulty is the unavoidability of starting exactly and only where you are.

EXPERIMENTS:

SPARK032.01 Start by trying to recognize during your day when something is turning out a certain way. For example, notice when you are seeing what there is for breakfast, seeing what clothes you have for dressing yourself, arriving late for an appointment, figuring how to get about town, not completing a project on time, choosing a store for making a purchase, breaking a promise and creating excuses as to why it was unavoidable, losing your house keys, answering your telephone, finding an unpaid overdue bill, seeing someone disappointed with you, receiving a happy hug and kiss from someone, having an argument with your neighbor, someone betraying you, someone praising you, and so on. In the same moment that you recognize that a thing is happening this way, practice thinking, "It is happening this way because I want it to happen this way."

The experiment is about not reflexively jolting to make moves to change something in the same moment you see how it is. Instead try fully absorbing yourself into understanding that you are the one responsible for arranging things to be exactly this way. Observe your Box trying to avoid its own responsibility in the matter of creating your life while acknowledging that responsibility cannot be avoided. Sooner or later you will come to the place where there is no longer doubt that what you have is what the largest voting constituency within you wants to have.

You are the average of an assembly of various internal ebb and flow aspects. Responsibly noticing how things are in your life tells you which part presently has the largest vote. It is quite likely that you have other parts with an almost equal sized vote cast for creating something entirely different. Stop for a moment and list the wishes of the various electorates within you. Minority parties reveal themselves through wishes, dreams or visions. While making your list be vigilant about giving each voice complete autonomy from the editorial influence of all the others as if for the moment it alone has complete control of your pen.

The human mind, heart, soul and body can contain within it multiple forces in the same place at the same time, even if the forces conflict. For example, the basic conflicting force comes from a clear view of what is desired contrasted with an honest assessment of the state of current reality. Holding together both sides of this conflict generates a heat, a pain, a sideways-directed evolutionary force. When you become sensitive to it you can ride this vectored pressure like a surfer rides a wave to move from how things are to having them be a new way. The vector will inform you of very practical next steps to take to move in your desired direction. Make a list right now of possible moves that you could make from where you are to where you would like to be. This week, choose one or two (or three) steps and start them.