

SPARK 035

(Matrix Code: **SPARK035.00** for StartOver.xyz game.)

DISTINCTION: Being offended is a result of self-importance.

NOTES: You know what it feels like to be offended. You have already been offended many times today. Most of the offenses you felt today were so small they were barely detectable. You may be offended in this very moment by being told that you have already been offended. Notice the quality of the feeling. The physical sensation of being offended is an experiential indicator that can tell you your unconscious story-generating machine is cranking up to deliver yet another low drama. Since being offended is such a common and powerful sensation it is used by the Box to prove that its story is real and to justify its defensive or offensive actions.

The sensation of being offended is just chemicals squirted into your bloodstream by certain glands. But the impact of those chemicals can be lethal. People have died because their Box generated the sensation of being offended and then used being offended as justification for taking drastic measures to defend its positions. The Box says, "How dare you, you scoundrel! I challenge you to a duel! Choose your weapon!" Next thing you know you are born again in some household in China.

It is useful to know that the Box can only arrange for you to be offended if you meet the following two criteria:

- First, you can only be offended if you think that you are your Box. (If your Box reacts to something and you experience yourself as *distinct* from your Box, then you will not be offended. You will instead just observe the Box doing its typical "reaction thing" and you will not use the reaction as reason for anything.)
- Second, you can only be offended if you are operating under the assumption that you matter, that you are something, or that you are right. You can only be offended if you are being self-important.

The opposite of being offended is being invisible. Except for theatrical purposes, a Possibility Manager strives to be invisible. Being invisible does not mean that you have given your center away. It means that you are behaving coherent with the circumstances. In other words, nothing offends you.

How can you learn to be invisible? By learning what makes you visible and not doing that. Being offendable makes you visible. Self-importance makes you visible. If you are self-important you become a "sitting-duck" target for anyone wanting to start a fight and feed their Gremlin. Other Boxes recognize your self-importance from a mile away. They already know they can hook you into a low drama in an instant. If you are self-important it is like holding open your coat and saying, "Hey, push these buttons and I am guaranteed to react!"

If an experienced Possibility Manager gets offended they feel grateful. Being offended about anything gives the Possibility Manager a direct trail back to a place of rigid self-importance in their Box. At that place the Box is nailed into a solid position

and therefore gives a predictable machine-like response. The rigidity is a blockage that eliminates the possibility of expanded possibilities, and can be treated like cramps in the muscles with deep massage. Originally self-importance seemed crucial to assuring the survival of the self. Now the question is, "What self?" Relieving the cramp of self-importance is like taking rocks out of the river to let the river flow free and smooth.

EXPERIMENTS:

SPARK035.01 This experiment has 2 Phases.

Phase 1: Pay close attention today to all of the times when you are offended. Use your pocket-sized notebook and pen – your "Beep! Book" - to write down every instance of offense. Make columns for answering these three questions:

- 1) What particular detail offended you?
- 2) Specifically why was it offensive?
- 3) What do you get to do now that you are offended?

In a very short time you will observe how often you are offended and what purposes being offended serves for your Box. You will also notice patterns of reasons why you are offended. These patterns of reasons outline the design of your Box.

After the first few days of stalking your Box's trigger mechanisms you can begin Phase 2 of the experiment.

Phase 2: Vanish your self-importance. You can vanish your self-importance when you stop being right. Instead of trying to be right in a situation, make the assumption that, in fact, you do not actually know what is happening, and that not already knowing what is happening is *completely* okay with you. Not knowing, for example, allows you to be more present and connected than you would be if you already knew all about it. You can be more alert and interested in the unfolding of the events at hand if you do not already know about them.

While establishing for yourself that you do not completely already know what is happening, so therefore you are not right, try to avoid using the "I don't know" of ignorance, confusion, or disempowerment. Instead use the "I don't know" of openness, acceptance, interest, wonder, and awe. Surrender fully into the not knowing.

No matter what is happening, get off of the position that you know or that you are right. Instead, look at the shock of whatever has the force to offend your Box with a new set of eyes. See the shock not as a reason to get offended but rather as a gateway to new possibility.

For example, if the shock that would normally offend your Box is that someone opposes you or corrects you, use the shock as a newly opened doorway to step closer to that person. Since you assert that you do not already have the ultimate knowledge you are therefore willing to be informed. If someone opposes you or corrects you they are actually trying to help you expand your knowing. You can agree with them completely, accept their kind invitation, and step through the door they

opened to gaining a more intimate understanding of how it is for them. You can express gratitude with joy about being opposed or corrected because you no longer have to stand alone in your old all-knowing self-importance anymore. Now they are there with you, making a difference for you!