

## SPARK 055

(Matrix Code: **SPARK055.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Stay hungry.

**NOTES:** (This is not so much a distinction as it is an extraordinary strategic possibility from Possibility Management.) Let us review. As babies your first experiences are sights, sounds, physical sensations, tastes and smells. Since these experiences are so immediate and are so intensely happening to “you” (“If you touch ‘me’ then ‘I’ feel it.”) you first identify yourself as your body. You conclude, “I am my body.”

Later as you develop your Box and as you experience your Box reacting to your environment and trying to defend itself with thoughts and feelings (“If you offend ‘me’ then ‘I’ feel it”) you also identify yourself as your Box. You conclude, “I am my world view, my comfort zone, my belief system (i.e. my Box).”

Identification is *far* more powerful than mere belief. For you the experience of identification with your body or your Box is not like, “I believe I am my body,” or, “I believe I am my reactions.” No. This is far too removed. You live as if “I am my body,” without a doubt. Why else would you buy special clothes, put make-up on, or do your hair? Why else would your car, your computer, your watch, etc., matter so much to you? You live as if “I am my reactions,” without question. Why else would you have fights with your colleagues or family? Why else would you experience Gremlin joy when the other team loses? Why else would you seek power and control over territory in the office? Why else would there be wars?

Proposing that you as a Possibility Manager stay hungry, goes in direct opposition to the two most powerful motivators of your behavior: the dictates from your body and the mandates from your Box.

Your body’s intention is to stay full. Hunger hits you like a life or death need. If you repeatedly ask someone why they work, most often they work because of a deep-rooted fear of being cast homeless and cold into the streets and starving to death. When you are full your body is numbed with endorphins and your body’s energy is focused on digestion or sleep.

Your Box’s intention is to know. You may panic if you do not have possession and control of all the resources like information, territory, beauty, influence, recognition, intelligence or stimulating experiences. With control your Box can keep things the same and feel secure. If you repeatedly ask someone why they have the friends, house, job, religion, etc. that they have, most often they chose these conditions to feel comfortable and safe. When you think that you already know or when you keep yourself in sensory overload (including self-induced stress from overwork, worry, guilt or low drama) then what else is possible right now becomes invisible to you and you fall asleep.

Staying hungry both physically and energetically helps you as a Possibility Manager to stay alert, receptive, open, accepting, and flexible, with plenty of energy and free

floating attention to do your work. FURTHER NOTE: Some of us have neurotic tendencies to starve ourselves of food, good company or rich experiences. That is *not* what this SPARK is about.

### **EXPERIMENTS:**

**SPARK055.01** When dining at a restaurant, the first time choose a main course that you do want to eat, the next time choose a main course that you do not want to eat. Notice the tendencies that reveal themselves to you with this experiment.

**SPARK055.02** This week, remove excessive stimulation from your environments such as radio, newspaper, CDs, television, videos, computer games, magazines, internet surfing, window shopping, catalogs, and so on. Stimulation fills the void. Decide that your attention is precious and protect yourself from the battering. Spend more time just being. See what happens to your energy.

**SPARK055.03** Do an 8 hour food fast (not fast food). Eat nothing (no gum). Drink only water (not tea, coffee, soda or juice). See what happens to your energy.

**SPARK055.04** Do an 8 hour speaking fast (not fast speaking). Cease unnecessary talking, including phone calls, gossip, sharing opinions, arguing, and conversations about sports, politics or movies, etc. Be silent. See what happens to your energy.