

## SPARK 056

(Matrix Code: **SPARK056.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Fear of death indicates that you are not really living.

**NOTES:** So, what does this mean: really living? You actually know but you do not often acknowledge it to yourself. You do not often put your life to the test for fear of what you might discover.

You are really living...

when you examine your life and realize that you are not really living.

when you seek reality and truth over comfort.

when you withhold nothing and adapt to nothing.

when you take back your center and give it to no one under any circumstance.

when you use your voice and live out loud.

when you rip your own mask off and forget about it.

when you stop playing manipulative games and get straight with people.

when you take radical responsibility that everything is neutral, that it is impossible to be a victim, that there is no such thing as a problem, no matter what the situation is.

when you are not afraid of your anger, and speak it, and use it to make boundaries, or ask for what you need, or say No! or Yes! and feel glad about being angry.

when you take the risks you really want to take to do the things you really want to do.

when you are not owned by your fear, and use fear as a guide to precision and alertness.

when you live by your own rules and not the rules of your parents or society.

when you realize that there really are no rules.

when you are not afraid to take up space or to be a problem when necessary.

when you take radical responsibility for your life and make no excuses for your mistakes and your successes.

when you go 100% maximum.

when you commit yourself totally in the service of your Bright Principles.

when you say what you want to say to whomever you want to say it to.

when you shoot the voices of other people that speak into your head.

when you claim your own space and clear it of other people's energy.

when you stop worrying about hurting other people's feelings.

when you cut your umbilical cord to your mother, extract your own vision from your father's, and leave your childhood behind with gratitude.

when you dare to experience the intensity of 100% boundless pure love that is present through another.

when you stop being strategic.

when you stop being resentful and plotting revenge.

when you hold space for your relationship, your children, your project, and your Bright Principles.

when you receive and carry out the jobs of your archetypal lineage.

when you keep your eyes open and stop fooling yourself about what is really going on.

when your intuition informs you, your instinct guides you, and your Bright Principles move you into action from the center of your being.

when you own your attention and it cannot be taken from you; when you cannot be distracted.

when you can laugh out loud from the belly.

when you are a space and listen to others as a service to them.

when you have self-discipline and use it joyfully every day.

when you claim integrity and do what you say you are going to do regardless of unexpected circumstances.

when you irrefutably claim your essential value and worth for no reason.

when you sacrifice comfort by your willing choice in the service of another.

when you declare that you really care about something.

when you trust yourself enough to decide to trust someone else enough to take you beyond your limits and dare to explore new territory.

when you get totally vulnerable with the universe and have no secrets.

when you practice something for no reason except to be practicing something.

when you open to all the people you encounter, to all the situations that arise, to all the feelings that you feel, and trust that you can do that.

when you act, and refuse to hide behind blaming someone else or something else for your actions.

when you make a real contribution to the success of others.

when you keep your promises, when you have become your word.

when you act proactively instead of reactively, when your actions are not welded to reasons.

when you complete things, even if you have to end them by saying, "There. It is finished now because I say it is over."

when you start things and stop things on purpose.

when you stop hiding behind beliefs, prejudices and expectations.

when you commit before you know how, and do it anyway.

when archetypal energies flow through your veins because you are not there.

when you share the immensity of your sadness without embarrassment or shame.

when you bless others around you for no reason.

when you spend time and help children and older people do what they want to do.

when you use your freedom and power to make things better any way you can.

when you dance and sing and laugh and cry all the way big.

when you are aware of what you are aware of; when you look at what you are looking with; when you pay attention to your attention.

when you arrange things according to how the Bright Principles want them to be.

when you are unhookable into low drama, even when faced with real assholes.

when you stay in a minimized "now", hear the feedback, shift, and try again.

when you stop rescuing people, no matter who they are.

when you stop carrying around other people's garbage.

when it is truly okay to have no problem.

when it is okay to feel really totally glad to the core at no one's expense.

when you use your sword to make clarity and act on it without the mind interfering with doubts.

when you handle the details fully and clean up your messes.

when you trust and act on your skepticism.

when you trust and act on your faith.

when you shift identity and play out roles that are not you.

when you battle your addictions and risk intense discomfort instead of giving in.

when you hit bottom in your underworld and do not try to make things different from what they are.

When it is okay to die...  
Then you are really living.

**EXPERIMENTS:**

**SPARK056.01** Listed above. Choose one. Go.