

SPARK 061

(Matrix Code: **SPARK061.00** for StartOver.xyz game.)

DISTINCTION: Two things cannot occupy the same space at the same time.

NOTES: You can be afraid that a meteorite will crash on your house and you will all be killed. You can be afraid that terrorists will blow up the next airplane that you are in, or that your jet will crash into the north Atlantic and you will freeze to death in icy water. You can be afraid that you will not get your work done and that your business will fail. You can be afraid that your mate is having an affair with another man or woman, or that your mate does not love you any more. You can be afraid that you will die of some terrible disease. You can be afraid that one of your children will die. You can be afraid that if you get rich people will be jealous and destroy you to take your money. You can be afraid that if you are big and powerful and successful then you will become visible, envied by others, and attacked or betrayed. You can be afraid that if you are beautiful or radiant you will be raped. You can be afraid that if you lead people you will make a mistake and they will die, and it will be your fault. You can be afraid that you will throw your allegiance in with the Dark Side, again. You can be afraid that your actions or inactions, your unique psychic gifts, your extraordinary experiences, or your inadequacies will be reported to the authorities and then you will be taken away and imprisoned or killed.

You are very creative about what you can be afraid of. These are all fears that you *know* that you can have because you have already felt them. You have also read the newspapers and studied the history books. Your Box has evidence to *prove* that these fears are reasonable. These things have happened to others in the past. They could happen to you in the future. Perhaps you even made a vow during a previous intense time to always remember the fear so that you are careful never let this same thing happen again.

To be effective, it helps if you as a Possibility Manager make the following distinction: *Any fear that is not about what is happening right here and right now is imaginary.*

(I am not speaking about intelligently using fear for making plans, staying alert, being precise, learning, being authentic, creating out of nothing, or any of the other practical uses of fear. I am speaking about unconsciously using fear to avoid being present.)

If you bring imaginary fears into the present, then the present itself is not available to you. Two things cannot occupy the same space at the same time.

You choose what rules each of your moments: either the present, or the not-present. Neither choice is good nor bad. They do, nonetheless, produce very different results.

This distinction about imaginary fears gives you a new choice. If you want to have this choice then you must keep making the choice over and over again in every moment. When you see the inarguable evidence for having an imaginary fear right now you can choose to not go there. Instead you put up a little road sign in your mind

that says, “DON’T GO THERE!” When you see that sign you can train yourself to turn and go somewhere else.

Why would you choose not to go into imaginary fear? Because you already know how it is to live in imaginary fear. You know that imaginary fear places you in a powerless position because you cannot change the future or the past. You know that imaginary fear is endless, intense and addictive, and that you can use (and have used) this fear to justify playing out being a victim. You have used imaginary fear as a reason to take revenge. And you know that by bringing in an imaginary fear you can methodically destroy what is possible in the present moment, especially intimacy, vulnerability, love, trust and relationship.

EXPERIMENTS:

SPARK061.01 The experiment is to keep the present free of imaginary fears. The distinction necessary to do this experiment is the distinction between what is really going on right now and what you imagine could possibly be going on right now. What is really going on is neutral and without meaning. What you imagine could possibly be going on is strategically created moment-to-moment to serve the unconscious purposes of your Box.

To practice discerning between what is really going on and what we imagine could possibly be going on, remember to do this experiment especially when you are with the people closest to you in your life. Whether it is with your boss, your mate, your children, your parents, or your neighbors, persistently ask yourself the question: “What is *really* going on?” Keep your “Bullshit Detector” set to high sensitivity, and have a strong intention to observe your Box with clarity.

Create the desire to see what is really going on even if what you see is not what you hope to see, even if what you see is not what other people want you to believe is going on.

The instant you are tempted to bring in an imaginary fear, hammer in a “DON’T GO THERE!” sign. At some point while developing the ability to detect the difference between what is really going on and what the Box wants you to imagine is going on, you will suddenly notice that you have a moment’s reprieve standing at the “DON’T GO THERE!” sign. In this precious teetering moment you have the choice between indulging in imagined futures with strategies from the past, or staying with an unfolding, ever-new, unknowable present. It helps to remember this: You can only be in relationship in the present. Two things cannot occupy the same space at the same time. If you bring in future fears, you may never actually experience who that person standing before you really is.