

SPARK 066

(Matrix Code: **SPARK066.00** for StartOver.xyz game.)

DISTINCTION: You need not feel a certain way before you do a certain thing.

NOTES: Without realizing it you often live within the limits of a very astonishing conclusion. You think that you must feel a certain way or have a certain experience or fulfill certain requirement before you do a certain thing.

Who made up these rules? There is no connection between mood and action except in your belief system. (Example: I am tired and hungry right now; I have a headache and a heartache; my desk is a total mess, and I feel afraid that I do not have enough money in the bank, yet I can still write this.)

You think that you must feel enthusiastic, not-depressed, inspired, loving, accepting, open, cheerful, happy, positive, (or the opposites) before you take action, yet it is through taking action that your mood change.

You think that you must be angry before you make boundaries with your children, your mate or your neighbors. You think you must be desperate before you ask for what you need. You think that you must have a good reason before you change your habits. You think that you must make a clear decision before you act.

You think that you must be successful before you make certain phone calls or start enacting certain plans. You think that people must relate to you in friendly ways before you can treat them with dignity and respect, or even interact with them at all. You think that you must have no fear before you can go on stage. You think that you must have credibility before you can perform. You think that you have to know people before you can ask them for help or ask them to get involved in your projects. You think that you must have free time, open space and the right training and materials before you can be creative. You think that you have to know what you are doing or must have some assurances of success before you can start.

You wait around for conditions to be met instead of just going ahead and living like you want to live. This is being a victim of circumstances. This is procrastination. You know this about yourself. Perhaps you have not spoken it out loud, but you know it secretly, privately. Your soul knows that you have imprisoned yourself within walls of fictitious conditions.

For what conditions do you await
before you make a prison break?

EXPERIMENTS:

SPARK066.01 Take one lunch period to do this experiment alone. (Any lunch period will do. For example, today's lunch period! It does not even have to be a lunch period! Stop looking for conditions to be right before you do the experiment!)

The experiment has two parts. For the first part you will need a pen and paper. PART I: First, slowly begin thinking about what you would really love to do. Scan the entire

universe. Unleash your imagination for a few minutes. Good. That's enough. Next, shift your perspective to start thinking about why you are not doing those things right now. Track yourself by writing out answers to the following questions:

- What is the thing you would love to do?
- What exactly are you waiting for before you do this?
- What are you waiting to hear?
- What are you waiting to have?
- What are you waiting to know?
- What are you waiting to feel?
- What are you waiting to see?
- What are you waiting to change about yourself?
- What are you waiting to change about other people?
- What are you waiting to change about the world?
- What must change before you can live full out?
- What do you think that you need before you can begin?

Be clear and specific in your written answers. Take your time. Avoid one-word answers. One-word answers are too simplistic for reality, too simplistic to be of use to you. Write more rather than less. Explain a little about the history of why you are waiting for these particular things and why you need those things. (Remember, other people are holding back because they are waiting for other things. Different people wait for different things. The difference originates in the Box.) Let yourself keep writing for a while. Cogitate on and write out what bubbles to the surface of your mind. Ask yourself what is really going on here? Give yourself a little time for a second realization to arise with each question *after* the first realization has already come. Do not get off the elevator at the first floor! Things start to get interesting at the second level "Ahah!"

SPARK066.02 After you have answered these questions for the top five items on your "life as it could be" dream list, start PART II: Choose one small area of your life, one project, one action, and abandon all of your public and private considerations about what needs to happen first before it can happen. Just go ahead and begin living as you wish to live. Without regard for circumstances just start what you want to be creating. Then, do not stop.

Be careful. You may find yourself doing this experiment in greater and greater areas of your life. It can produce very inspiring results when you discover that living full out has no prerequisites!