

SPARK 082

(Matrix Code: **SPARK082.00** for StartOver.xyz game.)

DISTINCTION: If you want it you will not get it.

NOTES: It may seem strange to say that you will never get what you want. You may tend to assume that the only way to get something is first to want it. For example, if you want a new pair of shoes, your wanting the shoes is often all that it takes for you to make the time, collect the money, locate a shoe store and go purchase yourself a new pair of shoes.

In the case of the shoes what you actually want is to buy the shoes. If you wanted the shoes without being able to buy them this would be a different consideration. What about all of the things that you want that *cannot* be bought?

Did you ever think: “I want a satisfying loving relationship. I want radiant, happy, intelligent children. I want a successful career. I want to be vitally healthy and free of pain. I want to be unafraid to do what I want to do. I want to be certain that I am doing the right thing with my life. I want good friends. I want to feel totally safe and secure. I want to experience more ecstasy, adventure and pure joy. I want to open my heart and share myself wholly. I want to feel truly known and recognized. I want to be rich and famous.” These are things that cannot be bought, meaning, you cannot acquire these things in a linear, verifiable, and repeatable way like you can acquire a new pair of shoes.

The things you want that cannot be bought are actually not things at all. They are states of being. Even wanting more money or having money are states of being. States of being are not linearly achievable, not objectively verifiable, and are definitely not guaranteed repeatable. *Yet you still want them.* And you think that wanting them is the best way to create the possibility of having them. What this SPARK says is that wanting things that cannot be bought is exactly what *prevents* you from having them.

There is a reflexive relationship between you and the universe expressed in an ancient alchemical formula: “As above, so below. As below, so above.” Unfolding this formula completely is beyond the scope of this SPARK (and of this author!). But still the formula can help you understand the mechanics of how the universe works. The formula says that the subtle fabric of the universe responds to you like a perfect mirror, reflecting back exactly how you are being – including both your conscious and unconscious dispositions. What the universe reflects back to you is, “Yes. Like that. It is so.” You get to have what you are.

If the way you are is “wanting to have a satisfying relationship,” then the universe says, “Yes, you get to have wanting-to-have a satisfying relationship.” The wanting is what you get, not the thing that you say that you want. You have defined yourself to be a seeker and the universe is a *perfect* mirror providing you with endless seeking. If you want more money and you go around saying to yourself, “I want to have ten thousand dollars per month in my account,” then the universe says, “Okay,” and arranges for you exactly that, to continue *wanting* to have ten thousand dollars in

your account. You do not get the ten thousand dollars. You get the wanting-to-have ten thousand dollars.

You think that your wanting is a force that attracts the object of your wanting, but the opposite is true. The universe is precise. Your wanting gets mirrored by continuous circumstances that keep you wanting. The universe says, "Yes. You want." You end up with your wanting instead of the thing that you want.

EXPERIMENTS:

You probably heard of or already experimented with using so-called "affirmations" or "positive thinking" at some point in your life. This experiment is very different from that. This is an experiment in shifting your experience of who you are being. Affirmations and positive thinking are thoughts in your mind. Experiencing who you are being includes sensations in all levels of your body.

When you want something you can easily identify the sensation of wanting. It includes tension, neediness, scarcity, frustration, even desperation. You are in survival. The sensation is in your guts, tissues and cells. The sensation frames how you see things, the tone of your voice, how you interact with opportunities, and where you can place your free attention. The universe then mirrors you by generating circumstances to let you keep experiencing sensations of wanting.

SPARK082.01 Part 1 of this experiment is to choose one of the things that you want that cannot be bought. Shift so that who you are being is grateful that the universe is in the process of delivering this thing to you. If you want a satisfying loving relationship then spend your days and nights experiencing gratitude for being in the process of entering a satisfying loving relationship. If you want ten thousand dollars per month in your account then spend moment after moment breathing gratitude that you are in the process of receiving ten thousand dollars per month. Absolutely banish the wanting.

This is not intended to be an experiment in self-deception. If, for example, you do not have a satisfying loving relationship you make a choice. Either you choose to regard yourself as a victim who wants and does not have a relationship. This causes the universe to mirror back circumstances to support you continuing to be a victim who wants relationship. Or you choose to be responsibly grateful for being in the process of entering a satisfying relationship. Being responsibly grateful for receiving something is a completely different experience than the sensation of wanting that thing. The new sensation of gratitude is also easy to identify: relaxation, presence, connectedness, appreciation, faith, luckiness, joy of life, and so on.

Note: Do this experiment without trying to cause anything to occur. Trying to get something presupposes that you are lacking that thing. You are not trying to manipulate the universe into giving you something that you are lacking. You are feeling gratitude for being in the process of receiving that thing from the universe. It is merely a different perspective on the same circumstance, but *your perspective is what instructs the universe what to reflect back to you.*

SPARK082.02 Part 2 of this experiment is to face the raw fact that your physical, intellectual, emotional and energetic systems are completely adjusted to living in survival about not having what you want. This is normal for you. The sensation of being in survival has years of momentum in your body, and due to habit your body wants to continue that experience. Part 2 is to pay sword-like attention to the arising of sensations of lack. Catch the sensations early and pull them out by their roots. Keep putting your body back into the experience of gratitude until it becomes a new normal for you.