

## SPARK 093

(Matrix Code: **SPARK093.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You have infinite resources when you can ask for help.

**NOTES:** If you could examine your primary block against doing what you really want to do, could it be that you decided you lack the proper resources? Not enough time, money, connections, intelligence, power, recognition, ability, insight, and so on – these lacks add up to an obvious explanation as to why you cannot go ahead.

Perhaps after a good cup of coffee you have fantasized about what it would be like *if you did* somehow find the resources you need to go ahead. In that moment a new vista opens up before you – the possibility of immediately starting what you want to do. The view may create a shock like suddenly standing on the edge of the 5 meter platform. One more step and you are in freefall. In that same instant a deeper level of obstacles reveals itself and additional missing resources become obvious: “I can’t do this because I might fail and be embarrassed. I might look stupid and be ridiculed. I might lose face and get a bad reputation.” You may nervously conclude that it is courage you lack.

This SPARK intends to initiate a change of great versatility and power. This SPARK proposes that the block stopping you from truly engaging your full possibilities in life is simply that you do not have company. We can remedy that together with an experiment.

### EXPERIMENTS:

**SPARK093.01** Look at the clock. Determine when it will be five minutes from now. Can you make a five-minute gap for yourself to work in? Use these five minutes to make a spontaneous list on your computer or on a piece of paper. The list is three categories of responsible things that you would like to try, build, create, learn, experience, have, start, discover, share etc. This is not a list against what you don’t want, things that might hurt anyone or harm anything. This is a list supporting what you *do* want, respectful things that come from your true dignity and integrity.

- 1) The first category is things that you think would be good for you to do, things for yourself, such as clean out the garage of everything you have not touched in the last two years, or pay off all your credit card bills, or get your teeth worked on, or build an extension onto the back of your house for your mother in law to live in, or complete your hobby project, and so on.
- 2) The second category is things that would be very exciting for you to do, things with other people, such as hike the Inca Trail in Peru for two months with your kids, or take an *Expand The Box* training, or write a film script and make a movie out of it, or do a painting, sculpture or concerto that expresses moods that have been inspiring your heart for ages, or start a business that coaches people to gain skills for healing Technopenuriaphobia (TPP) the fear of the failure of modern technology, and so on.
- 3) The third category is completely wild things that you could hardly imagine yourself doing but that would make your life truly marvelously fantastically

worth living if you got to do them, things that make a difference for mankind, such as start a new sustainable human culture based on the understanding that we live in a closed system ecology, or create a cure for child abuse, or establish world peace, or bring the world's religions into communion, and so on. Fill in the blank on these. I have no idea what would turn you on. You do not have to explain yourself. You do not have to be reasonable at all. Let your imagination fly. Play with this. Make sure you write at least three things in each category. Do not analyze or think much while making your list. Write what you write. Surprise yourself. You can always add, subtract or change things on this list whenever you want. We just need something to start with. This is your "amazing grace" list. Start now. You have just received amazing grace.

This list that you just made is private. It is yours alone. You are not going to show it to anybody. Nobody is going to test you on what you wrote. Let us make a secret agreement. The secret agreement is to glance through your list of three categories and to circle or mark one item from each of your three categories. Our agreement is that from now on, for the rest of our lives, we will work together to make these things happen.

If you agree to this secret agreement, then you and I have just started three projects. Not more. Not less. Three. And no matter what your present circumstances are, you keep it in the back of your mind that you are also involved in doing these three projects even if it does not look like it. These are continuous parallel background projects. You are doing them always and already no matter what else you are doing – no matter when it was that you made the last practical effort to move them forward. The fact that you accomplish these things or do not accomplish these things is not what matters. What matters is that we have this secret agreement between us, you and I, that you are working on all of the other things in your life so as to be accomplishing one each of the things in your three categories. For example, you wake up in the morning and you take a shower and brush your teeth so as to accomplish the things from your amazing grace list. It is what moves you. You take out the garbage and drive to work so as to accomplish the things from your amazing grace list. Now that we have this agreement – provided, that is, that you agreed to the agreement – then it makes perfect sense that of course you must do the other things of your life also because they need to be done, but you are doing them so *that* you can accomplish one of each category of the things on your list.

If you have decided to make this secret agreement then we can continue. Think about how is it for you if someone else asks you for help. First you might scan the person to see if they would actually make use of the help that you would give them. Your help is worthwhile. Can they actually make use of what you would offer? If you put your name behind their efforts would your name stay in good standing? Your assessment would be more positive if you knew that the person was not living in a fantasy world, if what they were asking you to help them with was a life-long endeavor for them rather than just a temporary euphoric mood swing. You would be more inclined to add your energy to what they were doing if you knew they were really committed to the project and were going to keep trying to make it happen

regardless of whether you help them or not. If the endeavor is noble rather than self-serving then by helping them you are being used to serve something greater than yourself. Would you help them? Yes, of course. You would probably do everything you could to help them. Would it be great for you? It would be super! Now think: this is what someone gets to experience when you ask them for help.

Here is the experiment: whatever little or big thing you need for taking the next step in each of your three projects is what to ask each person you meet to help you with. The subject you speak about at breakfast, at a party, at a meeting, in line at the post office, everywhere is: what would help you. Make it part of your daily conversation. You are already in action. Ask for what you need from each person the universe puts in front of you to ask. This is how infinite resources become available to you. If you do not know exactly who to ask for help, then ask for help about who to ask for help. If you ask for help then you are not being rescued. The help given is a form of creative collaboration between you and the helper. Now even the boring parts of your life are interesting because you never know who you will next meet to ask for help.