

## SPARK 099

(Matrix Code: **SPARK099.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** If you do not consciously feed your Gremlin then Gremlin feeds on you.

**NOTES:** It is a new world out there. Following the rules and copying known procedures does not necessarily create success anymore. Things are changing too fast. Situations do not remain stable long enough to count on them for an entire lifetime. Rather what is called for is continuously reinventing yourself so you can contribute to what is wanted and needed in the present moment, not what was wanted and needed in the past. It is no longer effective to try to have answers. It is more useful to perceive present conditions and responsibly create new opportunities for yourself and for others. These skills are not provided by our present education. If you want these skills you will need to go outside ordinary culture and develop them yourself. SPARKs are from outside of ordinary culture.

You will be rewarded by a system when you can create possibility for that system. Thinking within a system's rules as if the rules are true or solid gives you no power to create possibility for that system. In order to create possibility for a system it helps if you can see the system as a whole from the outside. Seeing a system from the outside gives you access to viewpoints that are not provided within the system, viewpoints that may even contradict present rules but may still be possible.

The character within you that can disregard rules and exit any system of perception is called "Gremlin." Gremlin sees rules as completely arbitrary, their value being functional: to flow energy through a system so as to produce certain results. New results are obtained only when a system flows energy in a new way. In order for a system to function in a new way the rules need be reinvented. Most people have no conscious relationship to their Gremlin, so reinventing the rules is "against the rules." Your job is to develop an intimate relationship with your Gremlin so that you can put Gremlin to practical use. The way to develop an intimate relationship with your Gremlin is through managing its diet.

### EXPERIMENTS:

Here is a long-term five-step procedure for developing a functional relationship with your Gremlin. Each step may require months or even years of diligent efforts and may include any number of liquid states supported by persistent feedback and coaching from trusted peers. Many of the concepts are foreign to ordinary western culture, so part of the time required is simply proving to yourself that these concepts are indeed valid. What I suggest is to keep this experiment running in the background over the long-term as you continue with your other experiments.

**SPARK099.01 STEP 1. CONCEPTUALLY DISTINGUISH YOUR GREMLIN.** Practice remembering the idea that you and every other person have a part that is Gremlin. First thing in the morning put on Gremlin detector glasses and observe what happens around you and within you. Detecting Gremlin is made simpler when you know that Gremlin's main action and main food is low drama. Learn *with unwavering clarity* that Gremlin is completely irresponsible *and* that Gremlin is neither good nor evil. Gremlin

is Gremlin. Through being irresponsible Gremlin has the power to destroy any space at any time for no reason. If you do not learn to use that power consciously to feed Gremlin on your schedule, Gremlin uses that power through you unconsciously to feed on its own schedule. Establishing a conscious relationship with Gremlin will never involve trying to change or banish Gremlin, because Gremlin cannot be changed or banished. Either you own your Gremlin or your Gremlin owns you. Until you become aware of the characteristic attitudes and actions of your Gremlin, Gremlin will determine your attitudes and actions beneath your awareness. Unconscious Gremlin actions have been shaping the quality of your life thus far. You can become more and more sensitive to and conscious of your Gremlin so that you can discern its presence and intentions before it can act on them. To do so you must leave the domain of concepts and enter the domain of experience, which is STEP 2.

**SPARK099.02 STEP 2. EXPERIENTIALLY DISTINGUISH YOUR GREMLIN.** Become aware of the experiential difference between when you as an adult Man or Woman are in charge and when Gremlin takes over and is in charge. You can feel the difference in your purpose and in your laugh (Yes, exactly that laugh). Your challenge is to be responsible for the irresponsible part of yourself through creating and maintaining a conscious working relationship between you and your Gremlin. Learn to instantly sense what it feels like when Gremlin gets a hold of the steering wheel of your life, when Gremlin decides what you do, when Gremlin judges or criticizes you or others, when Gremlin makes nasty little jokes or comments to other people through your mouth, when Gremlin feeds itself through your actions. Learn your Gremlin's habits, its timing, its favorite energetic foods (e.g. gossip, complaining, adrenaline from fighting, speeding or gambling, being depressed, destructive, guilty, or jealous, sneaking, insulting, freaking out, etc.) and physical foods (e.g. candy, television, newspaper, overeating, junk food, alcohol, chips, sodas, chewing gum, fries, donuts, etc.). Learn the tone and feel of your Gremlin's intentions. Develop sensitivity to your Gremlin's cravings so that you can feel them coming before they are strong enough to take control, which is STEP 3.

**SPARK099.03 STEP 3. LEARN TO SENSE WHEN YOUR GREMLIN IS GETTING HUNGRY.** Gremlin takes control when it gets too hungry. You can feel Gremlin getting hungry by discerning the internal sensation of your purpose. You can detect where your intentions will take you. Purpose is sensed as an urge. Classify your urges into either Adult / Responsible or Gremlin / Irresponsible urges. Gremlin is moved by irresponsible urges whereas you as an adult Man or Woman are moved by responsible urges. When you sense irresponsible urges coming up they are coming from Gremlin. It can help tremendously to distill and memorize the three, four, or five Shadow Principles of your Gremlin's Hidden Purpose (e.g. revenge, sloth, destruction, disrespect, scorn, being right, being perfect, being in scarcity, being the best, etc.). Through careful observation you will see that your irresponsible urges conform to Gremlin's Hidden Purpose. Learn to detect what you are about to create by the purpose that is motivating your minute-to-minute intentions and then you will know if Gremlin is getting hungry or not.

**SPARK099.04 STEP 4. ESTABLISH A REGULAR FEEDING SCHEDULE FOR YOUR GREMLIN.** By establishing a regular feeding schedule for Gremlin (e.g. Saturdays from 12 am to 12 pm) then you are feeding your Gremlin what you want to

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feed it and when you want to feed it rather than Gremlin eating what it wants to eat when it wants to eat it. Impeccably feeding your Gremlin on *your* schedule establishes a working relationship between you and your Gremlin. Then you can tell your whining sneaking nasty little Gremlin to “Sit!” at your feet on a short chain and it will instantly obey knowing that you are aware of its needs and that you will take care of it with respect. This way Gremlin does not have to feel scared about its own survival, knock you unconscious and feed itself to get its needs met – otherwise it will. Here are a few useful hints. If Gremlin knocks you unconscious and snacks for itself on Thursday and you come back to your senses on Friday, do not alter your regularly scheduled feeding on Saturday. Stick to the same schedule and feed your Gremlin as usual on Saturday. If you do not feed Gremlin on Saturday then Gremlin has taken over control again of when it gets fed. Another example, if after awhile Gremlin is not hungry on its scheduled feeding time on Saturday, do not feed it Sunday or Monday. Wait until the next Saturday. After some time of feeding your Gremlin alternative foods it may not want to eat the foods it originally liked to eat best. Also, when you are choosing foods to feed your Gremlin remember that *you* are in charge of the choosing, not Gremlin. This gives you the power to totally avoid certain foods that can cause serious long-lasting negative side-effects, such as alcohol, unprotected sex with strangers, fighting with your partner or your children, drugs, gambling, speeding, computer sex, shopping sprees, and so on. You are regularly providing enough volume of safe Gremlin foods that Gremlin is not justified to take over and devour foods of more serious consequence. Remember, Gremlin will *never* be satisfied. Gremlin can *never* get enough of what it does not need. The boundaries about your Gremlin’s feeding are always up to you, not Gremlin, because no matter what, you will pay the consequences.

**SPARK099.05 STEP 5. PUT YOUR GREMLIN CONSCIOUSLY TO USE.** Gremlin is a tireless resource of nonlinear energy and ingenious intelligence. If you do not consciously direct and regularly apply Gremlin’s creative energies then they will build up and burst at the seams in their own chaotic directions. (This is an immensely valuable clue for understanding what is going on with children. Yes, children have Gremlins too!) When Gremlin is consciously directed it can prove to be uncannily useful and effective in ways that nothing else can. As soon as Gremlin trusts you enough to sit when you say, “Sit!” then you can put Gremlin to work for you like a hunting dog. Start giving your Gremlin regular, important, interesting and specific tasks to do for you, and closely manage its efforts. For example, use Gremlin’s audacity, abundant energy, and disdain for rules as a direct highway to nonlinearity whenever nonlinear ideas or actions are needed. Use your Gremlin for staying unhookable, holding space for a gameworld that is not yet present, keeping yourself awake in a boring environment, staying in the present with your attention, splitting your attention, taking a fierce stand for a Bright Principle, having courage, asking dangerous questions, creating possibility where there apparently is none, making extraordinary efforts, making responsible boundaries, asking for what you need even if it is unprecedented, staying vigilant about your Gremlin’s feeding schedule (Yes, use Gremlin to manage Gremlin. Who else is clever and fast enough?), being vulnerable, creating totally new designs, disassembling other Gremlin’s irresponsible creations, painting doorways through walls of reality, etc. As soon as Gremlin completes its task, thank it curtly, then immediately tell it to “Sit!” and you take over again. Continuously value Gremlin like a fine tool by putting it back in its place,

otherwise Gremlin might get the idea that it owns you rather than you owning it. Do not reward your Gremlin with Gremlin food for a job well done. Simply reward it with respect and appreciation. Stick to your regular Gremlin feeding schedule. Keep exercising your Gremlin. You can work as a team with your Gremlin, but never forget who is boss. Only one of you is responsible, and it ain't Gremlin.