

## SPARK 124

(Matrix Code: **SPARK124.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** If where you place your attention is determined by your story, then your Box is living your life, not you.

**NOTES:** Basically, the only resource you have for navigating your life is your free attention. Consciously directing your attention is a next-culture initiation, not a skill taught in modern-culture schools. Not being initiated may cause hesitation in making daily use of the unlimited possibilities available in each moment.

Free attention means that your attention is yours to place wherever you want, whenever you want, for however long you want, no matter your circumstances. For example, if you bump your leg on a chair or someone cuts in front of you in line you do not have to put your attention on them and swear. If someone asks you one question you can answer a different and more radically honest question. If someone tries to block you from noticing something you can put your attention there anyway.

*Free attention* is what is meant by the word *free* in the term, *free and natural adult*. Free attention means you can split your attention and use part of your attention for physical navigating, part for intellectual navigating, part for emotional navigating, and part for energetic navigating all at the same time. You do not have to ask permission to do this. You do not have to explain to anyone else what you are doing with your attention. When you know what you are doing with your attention you can see what other people are doing with their attention and you can collaborate more effectively.

This SPARK says there are consequences as to where you place your attention, even if you place your attention unconsciously. For example, some men stare at women's boobs or try to get into a woman's space unconsciously. Some women degrade or manipulate men unconsciously. Some people unconsciously leave messes in spaces (hair, shoes, dishes, litter, incomplete work). Some people cannot pass a TV without looking at it. Some people unconsciously avoid looking into the center of a person's eyes so no real contact is established. Some people unconsciously give more respect to their own thoughts than to others'. When you suffer the consequences of not having paid enough attention to where you place your attention, *Ignorance of the law is no excuse*.

The reason there are consequences as to where you place your attention is because wherever your attention goes your energy flows. Companies know this. They spend billions each year trying to get your attention because if they get your attention they've got your wallet and then their advertising is free. We pay all corporate advertising, packaging, transportation and environmental costs by being asleep about where we place our attention. Business, politics, education and religion all vote for advertising, and against free attention.

You can detect that you have lost your free attention when you see a billboard and wonder, "How would my life be if I were like him or her?", or, "Could he or she be attracted to me?" They got you the moment you entered their advertising story. Even if you see a billboard and think, "Idiot advertisers!", they *still* got you because giving

them negative attention also flows energy to them. This is identical to the way your Box gets you: by sucking you into stories that attract your positive or negative attention.

Your Box advertises its version of reality to you all day and all night, seducing you with stories in dozens of flavors: opinions, comparisons, reasons, criticisms, complaints, insinuations, expectations, judgments, conclusions, interpretations, and so on. Each one is a story. The instant you believe one of your Box's stories your attention is shrunk to the perception limitations of that story and you lose free access to conscious choosing and nonlinear creating.

If it's hot or noisy, or you must stand in line at the Post Office your Box makes its usual stories: "Man, I'm burning up in here! This noise drives me crazy! I hate standing in lines!" If you believe your own Box's stories you will act as if the stories are true and then your Box runs your life. (In technical terminology we call this *believing your own bullshit*.)

What good is free attention? You need free attention so imagination can speak to you, so intuition can move you, so your Bright Principles can provide clarity and possibility, and so your archetypal lineage can put new jobs on your bench. You need free attention for scanning with your physical, intellectual, emotional, and energetic senses. You need free attention to act on invitations from the Gaia Consciousness Field of Earth, and from the General Consciousness Field of the universe. You need free attention to play, dance, and navigate in ordinary, extraordinary and archetypal love. The moment your free attention is captured by a story you are out of the game.

Keeping your free attention would be when you see a billboard or sense a story and think, "----an---empty---space---of---present---time---noticing---*what---is---without---* attaching---any---stories---to---it-----." How can you do that? Experiment!

## **EXPERIMENTS:**

**SPARK124.01 PART ONE:** Spend the next three days noticing how your attention is trapped by stories. This is where Box Mechanics comes in. Life is a multidimensional movie flowing around and through your four bodies. Your physical body remains in the present in a very small *now*, but your Box has a different agenda. The Box wants to keep everything under its control so it can continue to insure your survival in its usual way. But merely *surviving* is very different from *living*, so if living interests you then split off a 10% chunk of your attention for self-observation and hold it pointed towards yourself like a flashlight to see how your Box makes *snapshots*.

The Box waits for just the right moment to make a *snapshot* of reality ("Look! There! He did it again!"), then as soon as it has one the Box shifts you out of the flow of life into a tiny parallel universe where what is shown in the snapshot justifies your Box's story. The Box gains the power to manipulate you to believe its story only when you identify with the snapshot it extracted from the ever-changing flow of life even though in reality there is *never* only one thing happening.

Sense how frantically your Box politicizes this particular snapshot as the one “right” perspective. Find out why your Box selected this scene as the basis for its story. What is your Box propagandizing to you? Guaranteed, it is a familiar prison.

An unconscious story is like a vampire grabbing you at the neck and sucking out your life-energy... Next time a starving vampire story begs for just a drop or two of your attention so it can survive, are you sure you want to say yes?

Whenever you are hooked into an emotional reaction it is because your Box has captured your free attention with an unconscious story that eliminates all possibilities other than its standard emotional reaction. Each time this happens find the snapshot!

During the three days write down a few of the snapshot scenes your Box makes, and which of its standard stories it attaches to the scene to imprison your free attention (*I can't do this! I'm not good enough! You are hurting me! You never listen! Everyone is out to get me! You don't respect me!*).

**SPARK124.02** Then start PART TWO: build your attention muscles. Over the next four days challenge yourself with this series of exercises:

DAY 1. Allow your Box to keep taking snapshots of the life-flow but don't add any stories to them. A story gives significance to a snapshot. Don't give the scenes that replay in your mind any significance. Refuse to attach even one story. Instead let each snapshot fall away from you like post cards blowing off a rack in a tornado. Let your Box's snapshots stay meaningless. Let other people's Box's snapshots stay meaningless also.

DAY 2. Today, make no snapshots. This is the next level of practice. Keep your center in a very small *now* and don't allow your attention to grab onto scenes. Receive experiences and surf the life-flow. Stay now, and now. Enjoy the ongoing sensations of having awake, multidimensional, free-floating attention.

DAY 3. On this day, decide over and over that it is perfectly okay for you to perceive what your four bodies perceive, even if other people who perceived what you perceive right now might call it “uncomfortable.” For example, perceive feeling angry, perceive hunger, perceive that something around you stinks, perceive that you are sweating or chilled or itchy or impatient, perceive that you look like you look and others look like they look, perceive who speaks and who does not, who stands where and does what, all without taking snapshots or attaching positive or negative stories. Let it be okay. Choose what is.

DAY 4. Today, continue as in Day 3 (Precisely notice but be okay with whatever your sensations perceive while keeping your attention free from stories.) Notice that by not taking snapshots and making stories you conserve personal energy. Use your extra energy to be unreasonably generous, to serve something greater than yourself, to be your Bright Principles in action, to deliver senseless acts of kindness, to engage actions that serve the Gaia field of Earth, your Archetypal Lineage, your imagination's raw inquisitiveness, or your love of love. Stay in the spaces that open up for you and keep your attention free.