

SPARK 136

(Matrix Code: **SPARK136.00** for StartOver.xyz game.)

DISTINCTION: Your opportunities are shaped by your agreements.

NOTES: The daily agreements you make with yourself and others determine how things work in your personal, energetic, and business relationships. Your agreements also determine which opportunities are provided to you by the universe at large. If you are not attentive about consciously and elegantly crafting your daily agreements you automatically arrange for yourself a life full of communication breakdown, low drama, failure, frustration, betrayal and revenge.

For example, my sixteen-year-old stepson ordered a hamburger at the restaurant. They normally serve it with a side salad. He told the waiter he did not want it. I said I would take it if the waiter could put Caesar Salad Dressing on it. The waiter said he could and he would. When the waiter served me my salad my son said he wanted it. My son had no idea he was trying to forcefully break or change three agreements. He had no idea why he was suddenly overwhelmed with fear, sadness and outrage.

Another example. My friend's fourteen-year-old son suddenly wanted to change plans and not go to his family's New Year's party but to instead go to the party at a school friend's whose parents my friend did not know. The young man had no idea why his father and mother so adamantly said *No!* until we all sat together and began talking about agreements. The young man was totally surprised to realize that he himself created his mother not trusting him and his father being so rigid by ongoingly breaking promises to them and creating distrust through vandalism and alcohol. He could have built trust by inviting the new parents over to meet his parents. He could have built trust by borrowing \$100 from his father and promising to pay it back on February 14, not spending it on anything, then returning it on February 14. Keeping such agreements makes one trustworthy. Then when you want to do something that seems more risky, people are willing to take a chance on you.

The world does not run because surveillance cameras and police enforce the laws of the land. The world runs on agreements. What sorts of agreements are you making?

There are four agreement contexts – each has its own purpose and consequences. Three of these lead directly to low drama. Only one creates high drama.

Childish Agreements – Naively trusting that others have your best interests at heart. Hoping that you will get what you want by others reading your mind and watching out for your needs. If you don't get what you want, then you play victim and complain to try to get what you want. If that doesn't work, then you go into outrageous or depressive emotional states to manipulate others into giving you what you want.

External Authority Agreements – Obeying the rules and following the customs established by someone other than yourself. Arranging to get what other people think you should want in order to gain their approval. Only wanting what you are supposed to want so that you do not upset the worldview or expectations of others. Feeling secretly bad about being so adaptive and figuring out subtle ways to get revenge.

Gremlin Agreements – Letting your Gremlin arrange to get what he wants, which is invariably some form of low drama Gremlin food. It is easiest to arrange this by pretending to make no agreements at all and then aggressively reacting to the Childish Agreements or External Authority Agreements that get made by default.

Adult Agreements – Arranging to get what you want while simultaneously helping other people arrange to get what they want. This is not about compromising or making “lose-lose” agreements. Adult Agreements are ongoing actions of creative collaboration, often nonlinear. By making Adult Agreements you trust yourself to take care of yourself by paying careful attention to the agreements you make with others and that others make with you.

Adult Agreements involve using conscious feelings rather than using 3 kinds of emotions (childhood, Gremlin, or external authority emotions). Using fear as an example, avoid using childhood emotional fear (*Oh, no, it is going to happen again!*), avoid using Gremlin-created fears (*See? You are making me afraid! Ha-ha! I got you now! I can take revenge!*), and avoid using fears from external authorities (*Other people are afraid so I should be afraid too, even if this means that I stay at my unfulfilling job, get vaccinations, send my kids to school, buy health insurance, put in alarm systems, make a retirement fund, read mainstream news, and don't ask real questions.*)

Distinguishing and avoiding the 3 kinds of emotional fear lets you use adult fears to design your agreements. For example, if you are afraid that the person will spend too much time or money, that they will be late, that they will demand extra work from you which is not previously arranged, that they will not return things to their original place or in their original condition, that they will not replace lost or damaged things, etc. include all of this in your agreement with them. Conscious adult fears provide the information and energy to create excellent agreements around other people.

Soon after you start keeping well-made agreements (even small ones) by doing what you agree to do, you become reliable in the eyes of the universe, which does not waste such resources. Don't be surprised when by “coincidence” you begin finding yourself with opportunities for more interesting jobs to do.

EXPERIMENTS:

An essential skillset of next-culture education is the ability to create and transform agreements. Modern-culture schooling ignores *agreement technology*. As a result you are barred from learning a fabulous set of possibility skills. The deficiency can be remedied through practice. This experiment is to practice creating agreements so that both you and other people increase trust in your agreement-making and agreement-keeping skills.

SPARK136.01 Often agreements are assumed to be made when they are not. Sometimes this may have to do with language misunderstandings. If it is a language thing you can immediately acknowledge it and correct it and there will be no emotional residue. But if emotional reactions remain, the misunderstanding was – *from the very beginning!* – a Gremlin setup for low drama. Start paying hyper-

attention to your assumptions, implications, meanings, beliefs, expectations, and also those of others. Write them down in your *Beep! Book*. Instead of trying to ignore conflicts recognize their usefulness for sniffing out potential confusions. To do that slow things down and make a space to bring the cause of the conflict into visibility. Talk it over. Try again. Here are some steps:

1. **SPARK136.02** For 3 days make absolutely no agreements whatsoever with anyone, not even yourself (when to get up, when to be somewhere, what to accomplish, not even the agreement to not make agreements!). Tell people you are on a three-day *agreement fast*. This will help you recognize how many tiny agreements underpin your everyday life and interactions. It will also help you track down how many agreements you make each day without realizing you are making an agreement.
2. **SPARK136.03** For the next 3 days carefully make tiny, short term, adult agreements and keep each and every one. For example, *Hello. I want to make the agreement to meet with you at seven.* Be there five minutes before seven. *Hello. I want to make the agreement with you that I cook dinner tonight.* Make it happen easefully. *Hello. I agree to stop interrupting you.* Then keep your mouth shut. Be careful about making more than one agreement at the same time. Give 5\$ to the next beggar you see for each and every agreement you do not keep.
3. **SPARK136.04** For the next 3 days write all your agreements into your *Beep! Book*. At first this is crazy-making, but it is worth it. Take the time to write down even ridiculously small agreements and check them with the other people involved to make sure you got it right. After you or the other people do or do not keep to all or part of the agreement, look back into your *Beep! Book* and figure out what you missed, what you assumed, what you did not perceive in the other person as a hidden expectation. Remember, when making agreements with another person, they have a hungry Gremlin too. That person may not be as clear as you about the shadow-principle things their Gremlin might be cooking up.
4. **SPARK136.05** For the next 3 days make tiny agreements, then wait 3 seconds, then say, *Sorry. I have changed my mind. I cancel that agreement and make this new agreement with you...* This connects you to the power of “do-overs” in agreements. Take care that the done-over agreement works for the other person as well as it works for you. Otherwise do another do-over.
5. **SPARK136.06** Think about yourself for awhile and make an outrageous agreement, meaning beyond the comprehension of your Box. I have witnessed people making agreements such as, *Within three years I will climb near Mount Everest,* or, *By June 15 next summer I will submit the manuscript to a publisher,* or, *Before the end of the year I will circumambulate Mount Arunachala in Tiruvannamalai, deliver an Expand The Box training in Auroville, and put my feet into the intersection of three oceans at Kanyakumari, India...* and all three of these incredible agreements were kept. Make an intelligently outrageous agreement with yourself and others, and then put it at the center of your world. Then one step after another do whatever it takes to fulfill your part of the bargain.
6. **SPARK136.07** For extra credit, practice not agreeing to agreements that other people assume everyone must agree to. Tell people exactly what you are not agreeing to, such as, *I do not agree that I am being represented in the*

government, or, I do not agree that using disposable packaging is acceptable, or, I do not agree that beliefs have validity. See what starts happening.