

SPARK 137

(Matrix Code: **SPARK137.00** for StartOver.xyz game.)

DISTINCTION: Contributing your talents full out can feel like you are going crazy.

NOTES: Being out of your mind does not have to be a negative experience. Especially when you recognize that your mind is only one quarter of your resources, as described on the *Thoughtmap of Four Bodies*. You gain joyful precision when you distinguish and navigate your moment-to-moment experiences using:

- a physical body with organs that have sensations,
- an intellectual body with a mind that has thoughts, attention, opinions, judgments, curiosity, and memories,
- an emotional body with a heart that feels angry, sad, scared and glad,
- and an energetic body with a *being* that has presence, will, vision, decisions, commitment, and the ability to connect and be-with other *beings*.

By expanding your Box to include the 4-body thoughtmap your definition of insanity changes. It suddenly becomes crazy to limit experiencing and expressing your life through merely the intellect. You gain the possibility of being out of your mind perhaps as much as three-quarters of the time. All those times when you are centered more in physical experiences, feelings experiences, and energetic experiences you are literally out of your mind. Then being out of your mind is normal.

To a seven-year-old child raised in next culture's archearchal context this 4-body conversation would be ridiculously rudimentary and self-evident. However, since most of us were born and raised in a modern culture that lacks the 4-body distinctions and thoughtmaps this consideration becomes revolutionary and life-transforming.

Imagine how thoroughly your capacity to give full out has been externally suppressed for decades by terrified authority figures such as teachers, priests, relatives, neighbors, administrators or bureaucrats. Observe how thoroughly you continue the practice of suppressing your own sensations, feelings and energetic capabilities because you reflexively conform to childhood survival modes. Of course your original reasons for suppression were not stupid. They probably saved your life.

But recently you have been learning about things you did not know that you did not know about. You have learned things that place you in a different relationship to circumstances and opportunities. You can handle bigger and more challenging situations with less energy and higher skill than previously. Perhaps your still existing decisions to shut yourself down are no longer valid. New decisions are in order. However you may still feel embarrassed about showing up and getting all that attention from people, or taking up too much time and space, or speaking out of turn and getting punished. How can you determine when contributing your perceptions and talents full out is actually called for?

It is easy. Use your 4-bodies to detect experientially where the impulse comes from. Is your Box or Gremlin trying to be right, trying to attack or defend? Or is it the space, your bright principles, or your archetypal lineage calling for you to show up? You can

detect what the purpose is by experiencing the impulse like an arrow. The arrow was shot from somewhere. Follow the impulse back to its source and you will find the original intention.

It will take some practice to start depending on your “crazy” impulses. Here are some purposes to start going full out crazy with your feelings, your clear and passionate vision speaking, and your radically honest insights:

- To demonstrate what levels of energy are possible for human beings.
- To paint the bright possible future of your project or community.
- To invisibly hold yourself back while holding space and encouraging others to use their crazy resources to speak out and show up.
- To give powerful and immediate feedback and coaching to leaders as course-correction so they can unleash even more talents for the benefit of all.

Thinking that you need to like yourself or believe in yourself before you can deliver your full 4-body resources assumes that God made a mistake. You are not a mistake. Your full powers are needed by others, just like you need them to use theirs.

If you can apply even one distinction from Possibility Management you are almost a super-hero in modern culture. For example, if you can detect low drama and help people learn how to avoid or exit low dramas in their life, or if you can distinguish Gremlin and help people put their Gremlins on a conscious feeding schedule and give their Gremlins interesting jobs to do, or if you can detect mixed feelings and help people unmix their feelings so that depression or hysteria or despair or melancholy just vanish into their component feelings, *these are all miracles!* You do miracles by making use of distinctions that are not available in the modern culture context. As Robert Heinlein said, *One man's “magic” is another man's engineering.*

Delivering your one distinction could be a full-time well-paid profession for you for the rest of your life and would benefit many thousands of people. Why would you hesitate to do that? Because you think you need to understand everything that has ever been discovered in Possibility Management first before you are qualified to deliver this one distinction? Because you think you must be a certified Possibility Trainer to help others with Possibility Management? *Gimme a break!*

If you identify yourself as your Box and think that is who you are, or if you imagine that your value comes from what you know, then you cannot allow something that is bigger and more resourceful than your Box or your mind to show up through you because where could it possibly be coming from? That would be crazy.

From another perspective, if you are willing to let talents that are inexplicably bigger than your Box or your mind come through you and serve people, when this happens it can feel like you have gone out of your mind. Which is true. The *you* that is showing up delivering the talents is not a *you* that the mind has the capacity to grasp.

It helps to recognize that crazy talents cannot show up without you being there. They need your eyes, your voice, your hands, and your perceptions so they can serve others in the material world. When you get out of your mind and let the bright principles show up through you the bright principles are grateful. They express their

gratitude by giving you little physical, intellectual, feeling, and energetic gifts. You get to see and know things you would not normally be able to see or know. Coincidences out of all proportion tilt scales to your benefit. You get little health improvements for no reason. You get to be a little happier than could be expected in your circumstances. Small good fortunes come, like somebody finds your lost wallet and returns it to you with all the cash and credit cards still inside, or somebody remembers your name and refers you to an organization that needs your special skills. You stay younger longer. Your creations have a wider field of influence. Of course not everyone playing full out experiences all of these side-benefits all of the time. But probably you've experienced enough of these things in your life to already know what I am talking about.

EXPERIMENTS:

SPARK137.01 On rare occasions it can happen that big talents show up before a person has chosen to allow this, in other words, before they have shifted their self-image to include delivering talents that are bigger than their mind and Box. If this happens, a conflict between self-image and direct experience can occur. This conflict can be confusing, painful, frightening and even shattering. In notable cases it has sadly lead to self-destruction as a way of resolving the conflict, as possibly occurred with Heath Ledger, Lenny Bruce, Michael Jackson, Abbie Hoffman, Jimmie Hendrix, Whitney Houston, Janis Joplin, Bruce Lee, and Elvis Presley to name but a few.

You can make the decision to be okay with delivering talents from a source that is bigger than your mind and bigger than your Box. This is a fundamental life decision. It changes your self-image. It liberates your *being* from the prison of your familiar self-experience. Nobody can make this decision for you. On the other hand, nobody can stop you from doing it. You do not need any previous evidence that such talents exist to make the decision that they are allowed to show up through you.

If you want, you can make the decision now. Close your eyes. Take a deep breath. Decide new. When it is done, tell someone your new decision. Say, *I decided that the full blast of my potential can come through me now.* Then continue reading.

Some people will use their talents under certain circumstances, such as when at a performance, while delivering a workshop or training, when in front of a camera or in the recording studio. But as soon as they exit the space where such talents are socially acceptable they disconnect and let the Box and mind confine them to diminished capacities in their life and relationships. Try the experiment of never shutting off the connections (except to sleep). Let the expansions take over your life.

In terms of showing up, in terms of doing edgework experiments, in terms of going full out, try making it a working assumption that you are not going crazy enough rather than that you are going too crazy. Your own inner dialogue tends to amplify the experience of your inner dramas, but on the outside nobody sees these and nobody cares. They do care to what degree you show up, just like you care to what degree they show up. Be okay with surprising others and surprising yourself.