SPARK 147

(Matrix Code: **SPARK147.00** for StartOver.xyz game.)

DISTINCTION: Feeling resentful means your Gremlin is running your life.

NOTES: If you think of someone and a low drama starts running in your mind, or if you wake up in the morning counting your enemies, this is resentment. Resentment is mixing anger with just enough fear to prevent you from using your anger to change things. The anger / fear mixture indicates that resentment is *hysteria*, an emotional cyclone pumping voices into your head, images into your mind's eye, and chemicals into your veins, producing an inner-low-drama film-festival for your Gremlin, who loves reruns. Even getting revenge and having your enemies dead and buried does not stop resentment, because resentment is not about getting revenge. Resentment is about getting Gremlin food.

It is simple to become resentful. Here is the formula: make a *double assumption* by assuming that your original assumption is true. For example, if someone makes an agreement with you, you might assume they will keep their agreement. This seems so reasonable that you assume your first assumption is reality, but it is not. The second assumption changes your first assumption into an *expectation*. Now you *expect* the person to keep their agreement. The expectation separates you from reality and imprisons you in a self-generated story world, where you experience the story script rather than experiencing what is actually going on.

Expectations make relationships difficult enough. But if an expectation is not fulfilled… ah! That is when the resentment demon devours you!

Having even one resentment about someone blocks your intimacy with that person. If they touch you or speak to you it only re-stimulates your resentment. Then you are in the resentful story and no longer in the present where intimacy occurs. Relationships don't die from a lack of love; they die from a lack of intimacy. You can bring your relationship back to life by clearing a resentment.

Almost no one clears resentments. This is not because clearing resentments is impossible, but rather because in order to stop resenting, something in you has to die, which means you will feel things. If it is not okay to feel authentic feelings you will not be able to end resentment.

The thing that dies is the childish belief that the universe attaches stories to events so as to give them meaning. Actually, the universe is empty and meaningless. It is so empty and meaningless that it doesn't even mean anything that it doesn't mean anything! Pema Chödrön puts it like this; "The nature of reality is groundlessness."

Stories are invented inside of you. Reality occurs outside of you. You adopt or reject other people's stories by choice. Any story you live in was consciously or unconsciously attached to storyless reality by *you*. Once a story is attached it acts like a personal movie theater distracting you from perceiving the neutral situation outside the theater. For example, if the neutral event was she scratches her ear, Gremlin's story might be, "You never listen to me." The interesting question

becomes: Who controls your packaging department? You? Or your Gremlin? Feeling resentful indicates that Gremlin has hijacked your life.

If someone's breath smells a certain way, or if someone does or does not put their clothing in a certain place, the original circumstance has no packaging on it at all. If any kind of story is attached, it is your inner packaging department that glues it on. If your Gremlin is running your packaging department then he gets to determine what you see, think and feel about whatever is happening. If he adds a twist of low-drama he gets a juicy snack. If he applies a *trigger phrase* for calling in a parasitic entity to feed on you – see SPARK 135 – he gets a gigantic feast! By taking back control of the editorial mechanism that establishes what you regard as the truth, you gain an amazing new option: making no story at all.

Stories exist in time. In the present moment there is no time. Each story you embrace separates you from reality because it drags you out of the present and into time. If you have words chattering in your head you are living in a story, not in the present moment. In the present moment, *there are very few words*. Your *now* can be small enough that it contains no stories, but if you have a resentment your *now* is huge.

In this experiment you will distinguish between an event and the meaning that your packaging department has applied to it. You will be getting out of the story and going back to the neutral event. Once you start seeing packaging as packaging you can instruct your Gremlin to unwrap every package the moment it is presented, even if it is presented by your own Gremlin! Resentment ends by taking the packaging off. If you are identified with the packaging it can feel like dying.

EXPERIMENTS:
SPARK147.01 Vanish a resentment. It doesn't matter which person or which resentment you choose to work with, because each resentment is connected to every other resentment through being a source of Gremlin food. Go to the person you have a resentment with and say. "Hi. Will you please meet with me for half an hour so that I can take responsibility for having created a resentment with you? All you need to do is listen. By the end I will be fine."

At the appointed time have a box of tissues and this SPARK with you. Sit in a private place and ask the LISTENER to read these INSTRUCTIONS to you:

INSTRUCTIONS FOR VANISHING RESENTMENT
NOTE TO THE LISTENER: In this process you mostly listen. Now and then you might repeat what you just heard the SPEAKER say using their own words so they know you heard them. Ask NO questions, give NO justifications, make NO analysis, offer NO suggestions, and *definitely resist the temptation to rescue them*. Offer your attention, your respect, and pure listening. They already said they will be fine.

PLEASE READ TO THE SPEAKER: At the core of your resentment is something that happened or did not happen. Your Gremlin wrapped that inside of an expectation that was not fulfilled. The unfulfilled expectation caused the resentment.

This process is not about me and what I did or did not do. This process is about *you* giving up your charade of being right. It's about *you* hitting bottom, *you* getting off it, *you* revealing your emotions, *you* explaining why you chose to avoid intimacy with me, and instead chose to feed your Gremlin with resentment.

Please speak with radical self-honesty, even if you look unprofessional, immature, stupid, silly, weak and childish, even if it proves that you are a failure or an idiot.

Do not worry that you don't already know how to do this. Nobody already knows how to do this. It cannot be figured out. Simply feel and talk.

- Please use "*I statements" such as,* "I feel (angry, sad, scared, or glad) because…"
- Please do not use "*You statements"* such as, "You don't see…" "You only…" "You avoid…" "You act as if…" "You should…" etc.
- Please avoid imaginary perfection words like *always* and *never*. Instead go further and try to express what is behind the imaginary words.
- This is a time to take responsibility, not a time to accuse. This is a safe place to explore what is happening inside of you through using feeling statements. I am listening. Please begin.

PLEASE ASK THE SPEAKER:
1. Please tell me the thing that happened or did not happen.
2. What was missing? Or what was wrong?
3. What do you feel about this? (Angry, sad, glad or scared because _____.)
4. What expectations did you have about me?
5. What did you assume?
6. What did you conclude?
7. What did your Gremlin get from all this?

PLEASE GIVE THESE FURTHER HINTS TO THE SPEAKER:
Please keep reaching deeper to express how it is for you, in full embarrassment, without explanation, without trying to force what you say to make sense.
Admit your defeat. Crumble into the liquid state and stay there without knowing how.
Share your pain, your fear of being vulnerable. Explore different levels.
Unmask your old habits and your helplessness.
Navigate yourself to undefendedness.
Let your weak and imperfect self be with me.

AFTER ABOUT 20 MINUTES THE LISTENER SAYS: Here is what touches me about what you said: _____.
Is there anything else that should be said?

NOTES ABOUT THIS PROCESS: Resentment resolves itself without a solution through radically-vulnerable communication in a space of clarity and possibility. Respect these moments. Notice the shifts. Do not rush this. The cause of the conflict is dissipated through re-establishing intimacy. The quality of *being with* and the compassionate listening are sufficient. Out of the ashes a phoenix arises. Let love remain a mystery.