

## SPARK 159

(Matrix Code: **SPARK159.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Stage-fright comes from putting your center into the future and your attention on yourself.

**NOTES:** Under certain circumstances almost everybody experiences stage-fright sensations:

- Cold clammy hands.
- Stammering.
- Forgetting your lines.
- Having people's attention on you and not being able to speak.
- Slight dizziness.
- Shortness of breath.
- Rapid heart rate.
- Blank but racing mind.
- Panic.
- Wanting to get away from there.
- Being horrified about what others must think of you right now.
- Fear of losing all credibility.
- Ready to pee in your pants.
- Shaking in all four bodies.
- Ringing in your ears.
- Weak knees.
- Beginning to faint.
- Slightly nauseous.
- ...add your own specials!

A few of these together is enough to give you stage-fright.

Stage-fright can arise in an instant when you are about to speak or perform, about to have people's attention or the cameras turned to you. This four-body state takes you over like a black cloud, fogging up and shutting down every possible escape route. You're afraid to make *any* move because it is certain to be a mistake. When the time actually comes to face the audience or the camera you are as frozen as a snowman.

If you ever had an experience like this yourself, you might want to try the following few experiments. It is useful to ask a friend to help you practice these new skills so they can give you objective feedback and coaching about how you are doing.

### EXPERIMENTS:

It is easy to get stage-fright. Put your attention on yourself and your energetic-center into the future. In your mind, imagine what you should do when you are on stage, how to respond to questions, how to perform so you do a good job in these near-future circumstances. It seems like a good thing to do, but it is not. The problem is that you have no power in the future.

When you throw your energetic-center into the future, even if only a few minutes into the future ... even if only a few SECONDS into the future... you cannot cause *anything* to occur there, because the future is not here yet. Your power is in the present.

This means you can only speak, move, take action, perform... NOW. Right NOW. In a very-small NOW. This NOW. Not then, not in a few seconds.

Imagine trying to step up a flight of stairs before you are at the stairs. What happens? You fall over flat on your face. Why? Because the stairs are still a few feet away. This example seems so obvious as to be ridiculous. But it is exactly what you are doing when you put your center into the future. You are trying to take actions in a time that has not yet become the present. You are trying to do something to take care of a situation that has not yet arrived. You are powerless, swinging your sword full-power at future phantoms, while you put your attention on yourself so see how you are doing. It will be horrifying because you are powerless to make something happen in the future, even if that future is only a few clock-ticks away. This is worse than being in a nightmare because it is not a nightmare; it is real. This is stage-fright.

New skills to practice:

1. **SPARK159.01** Split your attention into two parts, for example, on singing a song and moving your hand in an unusual way, or imagine the Mona Lisa painting and stand on one foot, etc. Ask your coach to test you over and over in many different ways and give you feedback about your splitting-attention muscles.
2. **SPARK159.02** Keep 50% of your attention on everyday kinds of interactions, such as walking down the street, while using the other 50% of your attention to scan and locate your energetic-center. Where is your center now? Say what you sense out loud. Then ask your coach to give you feedback about where they see your energetic-center. Here are some places your energetic-center might be:
  - In your head on some concept, thinking about trying to scan for your energetic-center... which does not happen in your head – your intellectual body. Scanning happens in your energetic body.
  - On your coach, being adaptive, giving your authority away to the coach, trying to please them, being afraid of their criticism (by the way, coaching as criticism is from the *Old Thoughtmap of Feedback and Coaching...*).
  - On a memory from the past, perhaps remembering a time when you made a mistake or when something “bad” happened, causing you to be afraid NOW that the same thing might happen again.
  - In the future, trying to handle what might happen *then* without any power to cause something to happen *then*... *because then is in the FUTURE!* and nobody has power in the future.

Use your attention NOW to find your energetic-center NOW.

3. **SPARK159.03** Keep your *attention* focused on your energetic-center (*point attention*) and at the same time use your *intention* to move your energetic-center from wherever it is NOW to place it on your physical-center – located three fingers below your navel and half-way back into your abdomen.

4. **SPARK159.04** When your energetic-center is at your physical-center you are centered. Stay centered. Use 10% of your attention to make sure you stay centered...
5. **SPARK159.05** ...and put 90% of your attention on what is happening in your surroundings right NOW so you can interact with these surroundings powerfully and effectively RIGHT NOW. Forget about what you will have to handle in the future because it is not here and now yet. It is a fantasy. You don't actually know what will happen then, and you have no power to handle it anyway. What you can handle is happening around you right here right NOW. Enjoy the power of handling it.
6. **SPARK159.06** Notice that you no longer have the symptoms of stage-fright...
7. **SPARK159.07** What do you experience instead? (HINT: It might be joy.)

NOTE 1: Do not mistake this SPARK to be saying you should walk into busy streets without looking both ways while using a small NOW, thinking that you don't have to watch out for approaching cars because they are not here yet... that would be just stupid.

NOTE 2: Do not mistake this SPARK to be saying that you should *not* plan or *not* intelligently prepare yourself for what might happen. That would be stupid too! (C'mon! SPARKs are *not* to be twisted around into something stupid! I do not want to have to give cautions like, "Do not put your cat into your microwave oven to dry him off..." C'mon! SPARKs are experiments in radical responsibility. *Your* radical responsibility. Thanks for listening...)

**SPARK159.08** While we're on the subject, the way to plan is this: Set aside a specific few minutes to plan. This is your *Planning Time*. Put planning sessions in your day-calendar. Bring the necessary people around you to help you make good plans. Sit together and venture into the future, other cultures, other dimensions, other eventualities... whatever it takes to think up what you might have to take care of. Make your plans. Then stop planning. Fully exit the *Planning Mode* (Some people leave *Planning Mode* on and running all the time in the background thinking they are being efficient and instead they are a nervous wreck...). After planning, revert back to a small HERE and a small NOW, and live full-out making powerful actions in the present, trusting in your own excellent home-made radically-responsible plans!