

## SPARK 163

(Matrix Code: **SPARK163.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Your greatest anger mirrors what you came here to do.

**NOTES:** The *Old Thoughtmap of Feelings* explains that anger is one of the *negative* or *bad* feelings which should be suppressed or avoided at all costs because anger is dangerous, loud, uncivilized, destructive, irrational, nonproductive, unprofessional, and frightening.

Possibility Management proposes updated thoughtware on the *New Thoughtmap of Feelings* which claims that anger is not a design error of the universe. Instead anger is one of the four primary feelings: *anger, sadness, fear, and joy*, which are intended to be *stellated* (initialized) through formal and formidable adulthood initiatory processes in which feelings are one-by-one transformed into rocket-fuel for delivering your destiny. Each of the 4 stellated feelings provides its own particular powers, for example, conscious adult anger gives you the energy and intelligence for making boundaries, asking for what you want, saying yes or no, saying stop or go, starting things, ending things, changing things, keeping commitments, making decisions, making distinctions, creating clarity, taking action, etc.

These powers seem immediately attractive, but one would be wise to remember that there are 2 phases in feelings work. In Phase 1 you *learn to feel*. This means learning to consciously lower your Numbness Bar, discerning the 4 primary feelings experientially one from the other through inner navigation, separating mixed feelings into their component feelings (for example separating depression into anger and sadness, separating despair into sadness and fear, etc.), distinguishing feelings from emotions (hint: if it lasts longer than 3 minutes it is an emotion that has nothing to do with the current situation which is only a trigger), using emotions for healing things and feelings for handling things, starting and stopping feelings, accurately calibrating your feelings detector for anger, sadness, fear, and joy, and learning to consciously experience and express any of the four feelings from 0% to 100% archetypal intensity at any time for no reason at all. This is Phase 1 of feelings work, and all this is ordinarily accomplished by your 3<sup>rd</sup> or 4<sup>th</sup> Possibility Lab.

After Phase 1 comes Phase 2 of feelings work, in which you *learn to apply your adult and archetypal feelings*. By becoming conscious of and taking responsibility for feeling your feelings in Phase 1, all manner of astonishingly effective tools and processes suddenly become possible in Phase 2. One conscious feeling application is to use adult anger as the clarity for discerning and the energy for accomplishing what you came here to do.

Yes, it is kind of a weird thing to claim that you came here to do something specific. Yes, such a claim is a story, fabricated with *Is-Glue*, and only one of a gazillion possible stories you could tell about yourself and your life. If for some reason this story attracts you, then you are reading the right SPARK. If the idea resonates that you may have a mission, a task, a service, a contribution to make to the evolution of humanity that was self-assigned before you were born, specifically trained-for

through significant, perhaps even brutal childhood experiences, then this experiment may open new doors for you.

## **EXPERIMENTS:**

**SPARK163.01** Complete Phase 1 of feelings work. You will know you have done this when you no longer express your feelings as a way of being a victim or a persecutor or a rescuer, when you no longer express feelings to complain, blame, undermine authority, resent, or get revenge, but instead use feelings as neutral energy and information for creating new models that make the existing models obsolete.

When you have entered Phase 2 of feelings work, start a new page in your *Beep! Book* and title it: "I feel angry about." On this page list things that you see, think about, notice, experience, encounter, or discover that make you feel more than 50% intense anger. By lowering your Numbness Bar you will observe that at least once a day your anger bounces to over 50% of archetypal maximum intensity. Write specifically what made you angry about the thing: What happened or did not happen? Who did what to whom or what? Be precise.

Please leave a few lines of space between each listing so that you can group your entries when you start to see the patterns.

After a couple weeks of noting what makes you angry to the core a pattern will emerge. Your central concern will reveal itself like a mist clearing to reveal an approaching dragon. This dragon is the key to your future. Don't let your fear of this dragon stop you from making listings on your "I feel angry about." page. You are the dragon. Draw a line under your listings and start to formulate a description of the pattern that this dragon is here to deal with. What does this dragon want to do?

The dragon first reveals her soul by being full of hatred and anger against persons or circumstances. Let the passionate red-hot anger roar. Write it down: "I hate rapists." "I hate religious fanaticism." "I want to destroy corporate and political psychopaths." "I want to utterly vanquish those who harm whales with pollution." "I can no longer stand still when girls and boys are enslaved in sex trade, or are abused by priests and pimps." "I hate people who build weapons and contaminate the world with nuclear waste from depleted uranium." "I refuse to stop until people have clean water to drink and food to eat." "I cannot allow children to work in mines." "I can no longer allow the win-lose profit games, banksters, franchises, money traders, absentee ownership, financial inequality." Whatever angers this dragon, write it down. Do not worry how crazy it might at first sound. This raw anger is a gift. It is your pathfinder, your compass detecting the direction your true efforts yearn to be expressed. If you could accomplish parts of this, you will feel the greatest satisfaction for having lived.

Out of your anger emerges a wish. Write this dragon wish down in the personal "I will" form, with full commitment behind your words even if the words frighten you, even if you are not totally sure this is the way you want to go. Write your mission. "I am here to upgrade human thoughtware."

Now that you have found your task, even if it seems too big for you, even if it is illegal or impossible, even if it sounds insane, at least you can stop lying to yourself about what you came here to do.

With this kind of clarity you might even get on with it. Look in the mirror of your anger and be reminded of who you are. Tell others what you are here for. Explain how the changes will happen, your next steps. Design your game plan. Let others join you. Let the dragon speak.