

## SPARK 164

(Matrix Code: **SPARK164.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Aggression comes from being scared.

**NOTES:** The 2 uninitiated human responses to fear are *flight* or *fight*, that is, to run away or to face and try to destroy whatever it is that is making you afraid.

In modern mega-government's mass-media of mutually-assured-destruction there is so much happening or not happening that raises fundamental fears but which cannot be stopped by attacking it. Those who try attacking the fear makers (the forest burners, ocean killers, war instigators, GMO users, money manipulators, nuclear-weapons makers, profit-at-any-cost-business owners, etc.) may even be assassinated one way or another, which is an additional thing to make you afraid.

If you can't run and you can't hide – because there is no door for exiting a small round planet... and if you can't attack back – because that's like trying to fight off a swarm of angry radioactive hornet drones – then neither your fear nor your anger can be expressed and completed. Your feelings remain unexpressed.

Starting as early as kindergarten your unexpressed fear and anger mixes together and turns into aggression (one of the mixed feelings). Aggression becomes a background emotion in your life and leaks out ineffectually at whoever is around you.

It is not that aggression is bad – just like depression is not bad, despair is not bad, melancholy, guilt, shame, jealousy, disgust... none of the mixed feelings are bad. They are simply ineffective. No matter how strongly you experience or express a mixed feeling, nothing changes, because mixed feelings are not intended to cause change. Mixing feelings is a Box-strategy for protecting yourself.

### EXPERIMENTS:

**SPARK164.01** Lower your Numbness Bar enough to notice when you are being aggressive. Reserve a section in your *Beep! Book* to list what made you aggressive, what percentage aggressive you are, how you expressed the aggression, and what you are afraid of that made you aggressive. Your list might look like this:

DAY	TRIGGER	%	EXPRESSION	ORIGINATING FEAR
09/11	driver cuts me off	62%	cussing, honking, bad mood	Fear of death, being late, crashing, painful injuries, fear of expensive car repairs, fear of fear.
09/11	long Post Office line	33%	bad mood, rude to the man, not being kind, tension in shoulders, keep "being in a hurry" all day	Fear of wasting time, being late, being a victim of incompetence in bureaucratic systems.
09/11	child interrupts me	28%	scolding, withdrawing my love, threatening punishment	Fear of not getting dinner ready on time, fear of being distracted, fear of not being good enough, fear of losing love.
09/11	news of war on TV	48%	turning off TV, shouting, having a bad mood, hopelessness	Fear of being powerless, of being a victim of psychopathic leaders.
09/11	husband is late	16%	sullen, listless, haughty, evil, silently plotting revenge	Fear of being betrayed, not being respected, fear of losing intimacy.

etc.

It won't take long before you see patterns (like noticing that you withdraw love from your child for fear of losing love from your husband...) and realize that even seemingly small incidents can trigger huge aggressions that reveal deep-rooted fears.

Now that you see how much aggression arises in you on a daily basis there is a distinction to apply. Look through your list and separate between:

- Which fears are *feelings* that you use for making new plans, taking care of things, checking communications, staying centered, staying unhookable, etc., and disappear in less than 3 minutes?
- Which fears are *emotions* that drag you down and continue on and on for hours?

Using fear and anger mixed together as aggression is manipulative because you do not reveal what you are afraid of that is making you angry. With your new awareness about what is going on inside of you, you can now say, "*I feel angry because I feel afraid that \_\_\_\_\_.*" This will change your life.

**SPARK164.02** Select the most aggravating of your emotional fears. Use it as the gateway to a healing and transformational process during your next Possibility Lab. Sit in the Possibility Chair, and when the Possibility Manager sitting across from you says, "*What can I do for you?*" you say, "*I keep noticing an emotional fear coming up that causes me to be aggressive and I want you to help me change that.*"

**SPARK164.03** Extra-Credit Pirate Experiment: In order to make productive use of your fears about things that are too massive and nebulous to change, this experiment is to become a swarm yourself – to become a field of influence.

This Pirate Experiment has two phases.

**Phase 1: CREATE A SEED CRYSTAL OF NEXT CULTURE** Call together a small circle of like-minded friends that meets every week at your home without using alcohol. At the meetings help each other become more and more skillful in practically applying the distinctions of your chosen context. The context sets your group's relationship to responsibility and consciousness, and is the source of your group's distinctions, thoughtware, and practices. The context that is most effective for this particular *Pirate Experiment* is the context of radical responsibility. Bring your team into being a *community-of-practice*.

**Phase 2: CONNECT YOUR SEED TO OTHER SEEDS IN THE GLOBAL ETHNOSPHERE** Increase the field-of-influence for the emergence of next culture by establishing critical-connections between your community-of-practice and other communities-of-practice and then exchanging real value. For example, you can exchange adulthood initiatory processes, 3-D printing plans, information and contact resources, technopenuriaphobia (TPP) healing skills, harvested foods, power solutions, revolutionary theater pieces, etc. This means your team becomes part of the global team that is building parallel infrastructure for humanity on Earth, building the new model that makes the existing model obsolete.