

## SPARK 171

(Matrix Code: **SPARK171.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You are already famous.

**NOTES:** What you are famous for is the ways you avoid being famous. Each of your actions – including non-actions, avoidance of actions, re-actions, hesitating to act, and so on – all cause ripples in the energetic field of consciousness. Everyone consciously or unconsciously experiences everybody else's ripples. For example, in his book *Lightening Bird*, Lyall Watson tells how an African villager locates the lone anthropologist, Adrian Boshier, who is wandering so far from roads or towns in the African outback that he himself does not know where he is. When Adrian asks the villager, “*How did you know where to find me?*” the villager is stupefied by the obviousness of the answer. “*It is easy to find you. We need you.*” He followed Adrian's ripples back to their source because that is where Adrian was.

You cannot avoid generating ripples, and you cannot avoid being at the center of the ripples you generate. You are already famous and visible. This is the same as saying that you cannot avoid being responsible and you cannot avoid consequences.

You may raise your numbness bar, use certain substances, or stress yourself out to not perceive the consequences you make... but how safe are ostriches really when they stick their head in the sand?

You are already famous and visible for the ways you avoid being famous and visible. The consequences are real and unavoidable: you stop yourself from standing up, speaking out, and participating full-out. You stop yourself from making boundaries and decisions about actions that create a new future. You stop yourself from writing a film script, singing, giving talks, making videos, performing dance or music or theater. You stop yourself from communicating directly with the whole of nature. It limits how many people come to your workshops, trainings, art showings, and performances.

Trying to avoid being famous or avoid being seen blocks your magnificence, stops you wearing attractive clothing, demonstrating your talents, connecting with passionate people, moving into a more conscious gameworld with different people and a different context. It stops you from speaking on radio talk-shows or television programs. It stops you from stepping out on stage in front of 3000 people at a festival or conference and letting yourself be seen. It stops you from leaving a job and becoming self-employed to deliver your personal services. It stops you from being yourself so that others can love you rather trying to love some image that you manufacture.

### EXPERIMENTS:

**SPARK171.01** Until you detect how you withhold expressing yourself you can't very well become more visible. The following experiments help you catch your self-imprisonment actions as well as getting okay with being more famous and visible. (Did you notice a chill go down your spine just now? Could you sense an inner contraction, shrinking away from becoming more famous and visible? What images

came to you? Write them down. What fears come from imagining being more visible and famous? What might the unpleasant outcomes be? Write them down now!

You have just discovered a hidden fear that if you become visible or famous an undesirable side-effect will happen, such as being attacked or poisoned, being rejected, having your kids kidnapped and held for ransom, being in scandals, people being jealous, following you around and sabotaging your life, etc. Your hidden competing commitment is to avoid these bad things happening. The dreadfulness of your fear wins the commitment competition (i.e. commitment to personal safety wins over commitment to achieving a goal) but it was hidden from you. So you didn't know why your trainings are not full, why your performance gigs fail, why you are not invited to give keynote speeches, and so on. By failing at your stated goal you fulfill an even more important commitment: staying safe.

Now that you know what your hidden competing commitment has been (to avoid something bad) you can assess its reality. How likely is it to happen? Do you still regard what you were unconsciously fearing as something that is probable? Or have you learned new skills such as saying "No!" or "Stop!" Have your circumstances changed since childhood? Do you have more experience now and an upgraded understanding of human nature so that you can take care of yourself better and could probably become more famous and visible without much risk?

Here are further ways to prepare yourself for becoming more famous and visible:

- ☺ **SPARK171.02** Take a yoga class or an improvisational movement workshop with the purpose of taking off the straightjacket that defines your standard movement patterns and stretching into a new shape.
- ☺ **SPARK171.03** Sometimes introduce yourself as a more famous person, perhaps using a spin-off from your name. With my name this is easy. I sometimes introduce myself as Bill Clinton, Clint Eastwood, or Clint Eastwood's infamous movie character Harry Callahan who carries a big gun and says: "Make my day..."
- ☺ **SPARK171.04** Put on exotic or extravagant clothing that could make you appear more beautiful, handsome, strong, wealthy, powerful, fabulous... Walk around town and learn to keep your energetic center rather than giving your center away to other people's judgements.
- ☺ **SPARK171.05** Get yourself into a Possibility Lab, sit in the Possibility Chair, and ask for possibility about your fear that something bad will happen if you become more famous or visible.
- ☺ **SPARK171.06** Get with a friend and write down your self-images. Then make modifications to your self-image so that you experience yourself as okay even if you are more famous and visible. Check this by asking each other relevant questions such as: How many people can come to your performance? How many chairs should we set out at your training? Who could you have dinner with? How much money can you have in the bank? Where can you go on your next vacation? Can you each add 30% to 50% in every category?
- ☺ **SPARK171.07** Each time the scared, needy, adaptive child ego state takes you over, assume it is a strategy to avoid being famous and visible. Then assess if it is still necessary to use this strategy. If not, perhaps instead shift into the free-and-natural adult ego-state where the innocence comes back

along with radical responsibility. Then life becomes a field for high level fun play.