

SPARK 177

(Matrix Code: **SPARK177.00** for StartOver.xyz game.)

DISTINCTION: No one can be you but you.

NOTES: What is the amazing distinction here? The idea seems self-evident enough to be worthless. But this is because the entire culture of western civilization assumes that who you are is defined by external authority. When you are born people do not come up to you and ask, “So, *what language would you like to speak? What belief system are you attracted to? What inherent talents do you bring with you for benefitting the village?*” No, they skip that part. Instead the culture decides to educate you. Which is funny, because the root of ‘educate’ is ‘educe’ which means to draw out, to call through or unfold something that is already there. True education would emerge through being asked earnest unanswered questions, not from statements.

Becoming yourself occurs during a series of theatrical acts that start over again each time from zero, regardless of where you have so far come. I use the term ‘theatrical’ because becoming yourself involves taking on new possibilities through trying them on, through acting ‘as if...’ For example, in order to start over you would need to act as if your Box already crystallized into using a rigidly defended survival strategy. You would need to act as if you are a fresh Being, newly arrived on Earth, finding out what you are here for, assuming you may not already know what you are here to create or how to do that. It means entering into a condition of finding out who you are outside of every gameworld. What does that even mean?

Since childhood you have been sucked into a series of gameworlds that are meant to appear as if they dovetail together to form an internally consistent cultural reality, such as: Living in an apartment, living in a house in the suburbs, having a refrigerator full of food that you buy with a plastic card from a grocery store. Mommy and Daddy go to work while you go to day care and then kindergarten and then school.

If you buy the illusion you won’t even laugh at yourself when you end up thinking something as bizarre as, “I am an American.” You assume your identity is true and has meaning when it could be that you are wearing some kind of artificially induced “Bourne Identity.” Since no one around you questions the framework, why should you?

That’s a serious question, as serious as the possible outcome of you starting over at zero.

Let’s assume you have come up with a really good reason for questioning the construct. It could be that you want to create a different future than the one designed for you by modern culture, or that current role models don’t turn you on, or perhaps you are just curious to reassess the needs of your essential self. In the sudden and unexpected darkness and silence of your deconstructed life you have space to experiment.

EXPERIMENTS:

SPARK177.01 Assume that each of your likes and dislikes, prejudices, and preferences could possibly be so inaccurate that they de-inspire and unbalance you. Go to the neutral “I don’t actually know” condition and start testing.

Find out what quantity of what kinds of foods in what combination and what times of the day make you feel nourished and energized. This may involve you searching in foreign-culture food markets, ashrams, ecovillages, farmer’s markets, third-world countries, trying things you never thought of before (salad for breakfast), things your mother could never imagine (not eating wheat), and perhaps even developing the skills to sprout, grow, harvest, store, and prepare food. One of the PM Trainers knew since childhood that he hated raisins. One day after noticing this about him we other Trainers convinced him to cast away everything he knew about himself and raisins, and to actually eat one from this startlingly raw condition. The looks that came across his face were priceless as he discovered that raisins are actually not so bad after all.

Many familiar aspects of your character may be the way you know them due to external conditioning, assumptions, or survival adaptation to conditions that no longer exist. This means you may have been nurturing false realities about yourself keeping illusions alive while core elements of your Being have been left starving. Now it is time for you to question everything so that you can engage conditions that more accurately correspond to the needs of your Being.

Find out what kinds of music feed your Being. Balinese gamelan? African kalimba? Austrian yodeling? Balalaika? Mongolian head tones? Sufi? Gregorian? Druidic? Shaku hachi Japanese flutes? Polka? When you start finding it, listen to it regularly as if you are taking vitamins for your soul. If you are not listening deeply once a week to your soul’s music (or playing it yourself) you may be suffering a deficiency disease as debilitating as scurvy.

Find out what kinds of movement feed your Being: ocean swimming, Taekwondo, spelunking, vegetable gardening, New England style line dancing, wrestling, playing with children, fencing, high bar calisthenics, bike riding, horse riding, unicycling, tree-trimming, rock-hopping, silly-walking, juggling... and move in those ways once or twice a week for a couple of hours.

Find out what kinds of archaic weapons empower your Being: blow gun, sling, boomerang, bow and arrow, hatchet throwing, Japanese sword, saber, foil, crossbow, slingshot, spear, long staff, nan-chucks, and practice them regularly.

Find out what kinds of colors harmonize and nurture your Being and wear them, paint with them, meditate with them, eat them.

Find out what kinds of tools your Being loves to work with: leather punches, stone drills, wood carving knives, food grater, riveters, tile saws, pickaxe, shovel, wheel barrow, back hoe, wood saw, drill press, metal mill, 3-D plastic printer, glass cutters, needles, thread, scissors, sewing machine, hammers, screw drivers, wrenches, wool carders and spinners, and use these tools weekly.

Find out what kinds of clothing bring your Being to life: hats, boots, capes, vests, belt pouches, coats, culots, kilts, robes, togas, wraps, sulus, dhotis, kurtas, babushkas, scarves, saris, and wear them around town and the house for no special occasion.

Find out what kinds of undefined meditation feeds your Being and engage it regularly without feeling like you need to excuse your behavior or explain yourself to anyone. Maybe your meditation is watching water flow over rocks, picking up litter, sipping green tea, pulling weeds, doing crossword puzzles, polishing silverware, cleaning out closets, sculpting clay, writing plays, tightrope walking, washing windows, ironing, quilting, tree hugging, stamp collecting, scratching the cat's ears, sweeping sidewalks, or drinking the indigo-blue star-glittered sky on full moon nights.

After your essential needs are established you can start finding out your special talents for serving people. Meet with your Possibility Team and ask them to tell you why you do what you do, what your hidden talents are in the work you are already doing. For example, if you are good at being with children they tell you the reason why is because you have direct access to nonlinear possibility to play with the children, or because your talent is creating peace, or your talent is empathic acceptance of individual needs, or your talent is simplicity, or your talent is improvisation. Write down what they say in your *Beep! Book*.

After 10 minutes of this, ask your Team to tell you other ways you could also deliver these talents, but not using the standard modern culture set of professions like fireman, doctor, shop owner, schoolteacher. Write down what they say (because otherwise your Box will forget it in no time). These are ways you can deliver your true talents that would feed and nurture your Being outside of your current gameworlds.

The next experiment is to sidestep all of your hesitations, assumptions, and stories and live your newly ignited practices as resources for delivering yourself to the world.

In the end, of course, becoming yourself is not foreign or mysterious. Your Being has sensed itself all along. You see yourself daily in the way other people relate with you, in sideways reflections in the mirror, in what you love and what you hate, in the problems you detect, in those tiny gaps between your thoughts and your feelings. There you are, spaceholding and sourcing whatever you consciously or unconsciously choose. By experimenting to care more appropriately for the needs of your Being you become a well-equipped workbench upon which to create your gifts for a better world for all.

You may be sitting here thinking about all this, but... hey... time's a wastin'. You are the one who can replace your day-to-day life with novel elements that nurture your unique Being instead of crippling yourself by copying standard behaviors.