

SPARK 187

(Matrix Code: **SPARK187.00** for StartOver.xyz game.)

DISTINCTION: You do not have roles, you have a Life.

NOTES: How often have you been overwhelmed by trying to generate the time and energy it takes to fulfill all the roles you are committed to? It can be exhausting to fulfill your role as an attentive son or daughter, plus your role as a good student, plus your role as a responsible citizen of your village, plus your role as a worthy employee, plus your role as a dedicated spouse, plus your role as a chat friend, plus your role as a yoga practitioner, plus your role as the lineage holder of your family name and traditions, plus your role as a participant in <http://350.org>, plus your role as a house owner or renter, plus your role as a trustworthy credit-card holder, plus your role as a loving parent, plus your role as a member of the sports club, plus your role in the Possibility Team, plus your role as your self! How are you supposed to manage all of this role playing?

What if the answer is that your life has been hijacked by a construct?

By now you know that it is possible for the intellect to understand and believe a concept that has no connection to reality. This is an everyday occurrence if you consider concepts like: Money has value. Your sins might never be forgiven. Stories can be true. I am a good person. Or, my favorite, Santa Claus is coming to town. When a concept is labeled as 'the way things are', then it transforms from an understandable but optional *concept* into a *construct* that has a life of its own. The problem is that the life of the construct takes over your own life.

Without your acknowledgement or conscious permission the concept that each person needs to fulfill various roles with different people in different situations may have hardened into an unquestioned, perhaps unquestionable, construct, and now makes you overwhelmed, powerless, and depressed.

In this S.P.A.R.K. I invite you to question this construct with some experiments!

EXPERIMENTS:

Let us consider the idea of fulfilling imaginary roles versus the idea of Living. I write the word 'Living' with a capital 'L' to differentiate it from the word 'Surviving' which is what you are forced to call 'living' until you hatch out of and become the owner of your Survival Strategy (your Box) in its entirety. Let us assume that by now you can click your Clicker and put your Box in the palm of your left hand as a 10 centimeter cube, at least for a while. You have observed the devastating desperations of your Box and the cunning guile and deceitfulness of your Gremlin to the point that you can recognize them just before they activate and you can choose not to go there. But what about those societal roles you are supposed to fulfill?

SPARK187.01 Go to a nice little Café by yourself for one hour. Be sure to bring your *Beep! Book* with you. Order a Cappuccino (or whatever). Take a couple of sips before you read the rest of this EXPERIMENT. I'll wait until you are there.

Once you are well settled into your Café, title a fresh page in your *Beep! Book: 'Role Constructs'*. Use 10 minutes or more to list all the roles you are trying to fulfill.

I'll wait until you're finished.

Put a check mark in front of each of the roles that feeds your soul, nurtures your heart, delights your vision, and brings more vitality into your life. Be careful. This is a bit of a trick question... Is it the role that feeds you? Or is it the individual activities, creations, and interactions that feed you? If putting on the false costume of playing the role does not feed you, then do not put a check mark in front of it.

After making (or not making) your check marks, write this question on the next page: *"If the role is not giving me energy, then why am I playing the role?"* Immediately write down the first thought, second thought, and third thought that comes into your mind. I'll wait.

Perhaps you wrote something like: *"I play the roles because there are people who expect me to do more for them as a way of more perfectly fulfilling my roles."*

The distinction that might be coming to you is: *If it is expected that I take on more roles than I have time, energy, attention, or personality to fulfill, then the construct of 'roles' is in direct conflict with reality.* Reality has limits.

What if the purpose of the construct of roles is to create an abundance of Low Drama Gremlin feeding opportunities? Do you want to keep playing that game?

SPARK187.02 Choose one of your roles and exit that role, permanently. Which one will you try?

What does this mean, to exit a role permanently? It does not necessarily mean exiting the things you do. It means exiting playing any role that contaminates the things you do with 'have to'. It might mean dropping playing roles and entering Living.

Consider stopping your role playing everywhere. Even stop role playing your self.

What would be left of you? What would be left of your life? People might react. They might feel angry at you. They might be afraid they cannot control you anymore, can't predict what you will do, can't feed their Gremlin by manipulating you. Oh, my...

What if your moment-to-moment everyday life was you choosing and doing or not doing whatever it is that you consciously choose to do or not do without any roles attached? You could jump from one domain to another, mixing and matching, being present, interacting with what is needed and wanted. You could be a free-and-natural adult woman or man rather than playing roles to fulfill other people's expectations about what that role should look like. You might have all the time in the world.

Take off the roles and exit stage left. Step into your own authority.