

## SPARK 188

(Matrix Code: **SPARK188.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Intimacy becomes delightful through expressing the fears in your 5 bodies.

**NOTES:** Did you ever notice secretly feeling unfulfilled, disconnected, or worthless due to lack of intimacy, and yet, simultaneously you avoid intimacy? How could that be? The clue is that we tend to avoid what we fear. Your lack of intimacy might be due to fearing intimacy. But what is there to fear about intimacy? Ask your 5 bodies...

### EXPERIMENTS:

Arrange 5 consecutive café dates with someone, or dedicate your next 5 [Possibility Team](#) meetings to these 5 experiments. The intention is to discover ways to make intelligent use of fears that might arise when any of your 5 bodies gets vulnerable with someone else's 5 bodies. You can create intimacy by intimately sharing about being afraid of intimacy.

**SPARK188.01 PHYSICAL BODY FEARS:** READ THESE INSTRUCTIONS: Find a partner and sit across from them. One person speaks while the other listens, then after 15 minutes change roles for the second 15 minutes. The purpose of this experiment is to explore what stops you from negotiating delightful and celebratory PHYSICAL intimacies. Your fear of physical intimacy mostly comes from not having your center, your authority, and your voice to say, "No!" or "Stop!" You fear that what already happened to you might happen again. You also fear being punished for clearly saying what you want and don't want.

**PART ONE:** First speaker, talk about what was happening when you decided to give away your center, your authority, and your voice. Talk about your decision to avoid saying what you actually want. Be courageous and radically honest. Please begin. (After 15 minutes, change roles. After the second 15 minutes, share what you noticed.)

**PART TWO:** Same partners. Go back to the first speaker. This time explain everything you can about what you want and don't want in physical intimacy. (After 15 minutes, change roles. After the second 15 minutes, share what you noticed.)

**(NOTE:** Recommended healing processes: At [Possibility Labs](#) ask for Stellating your anger, fear, sadness, and joy to reclaim the motivation and clarity needed to make boundaries and distinctions for negotiating physical intimacies. Simultaneously engage the emotional healing processes to escape your Child Ego State, Parent Ego State, and Gremlin Ego State, and stabilize in your Adult Ego State. It is also important to withdraw and avoid making expectations, because one unfulfilled expectation creates a resentment, and one resentment is enough to destroy the possibility of physical intimacy.)

**SPARK188.02 INTELLECTUAL BODY FEARS:** READ THESE INSTRUCTIONS: Get in pairs. Same procedure as above. The purpose of this experiment is to explore what stops you from negotiating delightful, celebratory, INTELLECTUAL intimacies. Your fear of unleashing the powers of your thinking and speaking comes mostly from scars from your family or school. Intellectual Body fear is far bigger than most of us think.

**PART ONE:** First speaker, talk about being intellectually abused through criticism, judgment, ridicule, or a grading system, or being psychologically abused such as falling down and your parents said, "*Nothing happened. It doesn't hurt*". While being criticized you probably made decisions to avoid exposing what you think. Those old decisions are still influencing your life today, even if you forgot that you made them. Talk about what was happening when you decided to look down and play stupid, when you decided that you should not say what you actually want. *This may be a far bigger wound than you realize*. Be courageous, radically honest. Please begin. (After 15 minutes, change roles. After the second 15 minutes, share what you noticed.)

**PART TWO:** Same partners. Go back to the first speaker and this time, say what you think. Share your radically honest perspectives and ideas about everything without fear of criticism. The other person is only listening. (After 15 minutes, change roles. After the second 15 minutes, share what you noticed.)

**SPARK188.03 EMOTIONAL BODY FEARS: READ THESE INSTRUCTIONS:** Get in pairs. Same procedure as above. The purpose of this experiment is to explore what stops you from negotiating delightful and celebratory EMOTIONAL intimacies.

The fear of emotional intimacy is similar to the fear of intellectual intimacy. Your emotional scars are afraid of being restimulated. Emotional abuse occurs when, for example, the father is a rage-aholic and is emotionally violent, or the mother uses her son as a husband substitute, or the mother sacrifices her daughter to her partner's rage to protect herself, and the child (you) have no safe person with whom you can express your feelings.

**PART ONE:** First Speaker, explain what was happening when you numbed out your feelings. Please begin. (After 15 minutes, change roles. After the second 15 minutes, share what you noticed.)

**PART TWO:** Same Partners. Go back to the first speaker and this time start each sentence with, "I feel sad because..." or angry, or scared, or glad. Whatever you heart never got to say before. (After 15 minutes, change roles. After the second 15 minutes, share what you noticed.) (**NOTE:** The *Old Thoughtmap of Feelings* makes sharing your feelings or emotions impossible. Curing your fear of emotional intimacy starts by upgrading your thoughtware to the *New Thoughtmap of Feelings* and learning to experience and express your feelings and emotions, both Phase 1 and Phase 2. This happens in [Expand The Box](#).)

**SPARK188.04 ENERGETIC BODY FEARS: READ THESE INSTRUCTIONS:** Get in pairs. Same procedure as above. The purpose of this experiment is to explore what stops you from negotiating delightful and celebratory ENERGETIC intimacies. The fear of energetic intimacy comes from fear of being seen as a Being, rather than presenting people with the survival strategy of your Box.

**PART ONE:** First speaker, explain what was happening when you shut down your fluidity and took on a solid identity instead. What made you do it? (After 15 minutes, change roles. After the second 15 minutes, share what you noticed.)

**PART TWO:** Same Partners. Go back to the first speaker and this time start speaking from a time before you put a solid identity in place. Perhaps it was before you went to school, or before your siblings were born, or maybe even before you were born. It was a time when you could be present as a Being without knowing and without logic or reasons. What you share does not have to be packaged into your listener's understanding. Play with this. (After 15 minutes, change roles. After the

second 15 minutes, share what you noticed.) (**NOTE:** This fear of being a Being disappears through studying *Box Technology*, doing the *Box and Being* initiation, and learning to use the 13 Tools on your Possibility Manager Toolbelt. By gaining craftsmanship (and craftswomanship) with your Clicker, your Sword of Clarity, your Wand of Declaration, your Disk of Nothing, your Voice Blaster, your Center, your Grounding Cord, doing the Relationship Space Cleanout Process, creating Yellow Stuff, and making Black Holes, your Being's fears of being intimate with another Being will transform into delightful joys and excitement about trying the next experiment. You build matrix for all this by gaining Matrix Points in [StartOver.xyz](http://StartOver.xyz))

**SPARK188.05 ARCHETYPAL BODY FEARS:** READ THESE INSTRUCTIONS: Get in pairs. Same procedure as above. The purpose of this experiment is to explore what stops you from negotiating delightful and celebratory ARCHETYPAL intimacies. The fear of archetypal intimacy comes from being locked into your mind in Verbal Reality and not having a balanced experience of your physical, emotional, and energetic bodies. When you shift to [Experiential Reality](#) and your four bodies collaborate more equally in your daily life, the fifth body (your archetypal body) tends to come online all by itself, reflexively. As soon as you have some clarity about what it is to have and to serve an archetypal body, your fear and confusion about being and doing what you came here to be and do dissolves. By then you will have enough experience to talk about your archetypal body and your Archetypal Lineage with others, and then you can start doing archetypal body experiments together such as creating valuable outcomes that serve the village by being your Archetypal Lineages together in action. Once you are intimately co-creating with someone else who is also at Work, life can't get much better than this.

**PART ONE:** First speaker, explain where you are, these days, along the path of balancing out your four bodies and discovering the workings of your fifth body. What have been your steps along the path? What have been your most recent discoveries and experiments? What are your questions? (After 15 minutes, change roles. After the second 15 minutes, share what you noticed.)

**PART TWO:** Same partners. Go back to the first speaker. This time decide that people have stopped criticizing your thinking, your feelings, your speaking out, and your physical presence. You can now go ahead and create a project exactly the way you want to create it, with all the support you need and no resistance. Explain what the project is and how it allows your Archetypal Lineage to leap into action. Remember, you are speaking into a safe listening space here (not a critical space) so you don't have to have any real idea about what you will say next. Just keep talking. It is okay to not know and to speak anyway. It is okay to enjoy your exploration. (After 15 minutes, change roles. After the second 15 minutes, share what you noticed.)

The next experiment is to combine all 5 experiments. Negotiate and navigate 5 body intimacies in your daily life. Don't expect to suddenly be an expert at this. You may find yourself thrown back into territory you thought you had already mastered only to discover that there are hidden depths of fears with next-level awarenesses and skills to develop. Keep experimenting! If life were too simple and easy we would be bored.