

## SPARK 193

(Matrix Code: **SPARK193.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Life is a nonspecific question.

**NOTES:** A nonspecific question is a wide-open invitation to create something in the next moment that you never created before. Life asks, “*Who are you now?*” or, “*What is urgent and important to you today?*” or, “*What will you do next?*” or, “*Why does what you are doing right now turn you on so much that you are willing to spend these days (these moments...) doing it even though you will never get this time back again?*” “*Which ‘you’ is speaking answers to these questions into your mind?*”

A nonspecific question has no right answers. How could it? It is a blank canvas! Life asks you to live out loud onto a vast four-dimensional white board. How are you going to relate to this opportunity? With fear and overwhelm? With fierce playful inspiration? Will your responses be right? Will they be wrong? What else *could* you create if you did not already think you knew the ‘right’ way to live?

If you went to school you have been trained to think that all questions have one correct answer. After you find the correct answer you stop thinking because you assume you are SAFE from criticism. You cannot be condemned because EVERYBODY knows and agrees on the right answers... right?

Do you ever get concerned about what the neighbors might think? Do you choose what to do with your life by looking around and imitating what ‘normal’ people have done? Does it seem easier to try to fit in?

Consider this: If there *are* right answers for how to live, why is there so much diversity in lifestyles? Could so many people be wrong?

What if the concept of ‘right answers’ is a hollow belief? What if there are only choices to make and consequences to experience? What if ‘right answers’ and ‘security’ do not exist in reality? What if they are false concepts? What if all of your efforts to be good, to fit in, to be safe, and to find the right answers for how to live have the same legitimacy as avoiding walking under ladders, or trying *not* to spill the salt? In other words, what if trying to live ‘the right way’ is following a superstition?

If this is so, and you realize now that what you have regarded as a viable life strategy... is delusional... it means you probably have some new life skills to practice. Will you perform them perfectly the first time? Probably not. That is why we call the next section *experiments*.

### EXPERIMENTS:

**SPARK193.01** If you cannot speak *vigorously* into a non-specific question you aren’t really living. This experiment is about learning to speak *vigorously*. Three times each day for the next week, when anyone asks you a question or wants to know your opinion, speak *vigorously*. How do you speak vigorously? Vigorous speaking has five qualities. 1. Respond instantaneously from your [Center](#) (located three fingers below your navel) before you have time to think. Do not think about what you will say. Do

not speak ideas from your mind. 2. Speak 50% louder than your usual speaking voice in that situation. 3. Speak with commitment rather than uncertainty. Yes, you may be wrong, but than ask for a [Do-Over](#). 4. Radically rely on [being the space](#) through which your [Bright Principles](#) can do their work in the world. In other words, let your Bright Principles speak. 5. Speak in short powerful sentences that make [distinctions](#) in your own energetic body. This is not about your opinion. It is about clarifying the way the world works. Let your speaking inspire your Being. 6. Hook your mouth to your heart and let your heart speak (START WITH “*I feel scared, sad, angry, or glad because...*”). Vigorous speaking is a form of [Dragon Speaking](#).

**SPARK193.02** You become an *edgeworker* by speaking from an unknown future rather than a known past. This is an internal shift-of-perspective experiment. Each morning before you start your day do a 1-minute meditation in which you redirect your inner eyes. Instead of looking backwards in time and basing your self-experience and knowledge on what has already happened to you, forget the past entirely and set your eyes forward. In the past there is certainty, yes, so many memories, stories, old decisions... but it is all dead, known, and lifeless. It made you but it is over. You cannot change what happened to you. Focus your vision the other direction, into the near future. The future is blank, only potentials. Speak from [possibility](#) all day, what *could* be, what you are creating *now*, what *excites* you, what *is possible*. Free from your past, bring the future alive from a [minimized NOW](#).

**SPARK193.03** Memorize three nonspecific questions, for example, from the list at the beginning of the NOTES section above. Once a day this week, ask a different person *to ask you these three questions* and to listen to you as an empty ultra-safe space of listening for 5-10 minutes while you speak into the invitations these questions create. Make sure you do not analyze or judge your speaking. Whatever you say, be okay with it. If critical voices come up in your mind about what you said, just shoot the voices with your [Voice Blaster](#). The criticisms do not come from you. Trust that what you are saying contains learning or entertainment value for you. Politely avoid getting into a discussion with your listener about your answers.

**SPARK193.04** Use the same three nonspecific questions that you used in the previous EXPERIMENT. Each day this week arrange to have 20-30 minutes in private with a different person – have a ‘coffee break’ with them – and ask them the three nonspecific questions while you listen to them as an empty ultra-safe listening space. There are 4 things to observe. 1. What is the other person’s way of facing into nonspecific questions? Just notice it. Do not judge it or make stories about it. 2. What do their answers cause in you? 3. In what ways does this potentially extraordinary conversation affect the surrounding space? 4. How does this conversation [build matrix](#) and feed your Being?

**SPARK193.05** Each day do 3 actions that surprise you, on purpose but unexpected. Expand yourself at your edges. Ask new kinds of questions. Challenge others to think or act differently. Write what you do in your *Beep! Book*, and share your notes.