

## SPARK 195

(Matrix Code: **SPARK195.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Flow restarts through speaking your unspoken things.

**NOTES:** I use the word 'flow' to refer to the background field of influence intelligently organizing the coincidences of your life. Flow works like a magnetic field relentlessly nudging you towards increasing consciousness. Flow is the force of evolution.

How can you notice flow? If you remember who you were five or ten years ago, would you like to go back? Most people answer, "Yes, I would love to be younger, but only if I can keep what I learned in the meantime." The difference between the 'you' now and the 'you' back then is the expanded awareness naturally arising from the experiential distinctions that the flow arranged to weave into your Being while you were busy making other plans. That is the flow I mean.

The problem of allowing your Being to be influenced by flow is, of course, that your Being evolves. Evolution is not about learning something new, but about *becoming* something new. Becoming something new devastates what existed before, e.g. your [self-image](#), your [Gremlin](#) payoffs, your [comfort zone](#). Until you are [initiated](#) into the joys of [transformation](#), the loss of what currently exists is not welcome. In other words, one of the greatest factors to you being able to answer the question, "How are you?" with the socially acceptable answer, "Fine," is your ability to block flow.

How can you block flow? Here is the secret. Flow only has influence now, meaning, in the present moment. If you can arrange to keep your Being out of the present moment, then you can arrange to avoid the influence of flow. How can you arrange to keep your Being out of the present moment? One of the most pernicious techniques is to 'unspeak' things, to leave crucial things unsaid.

Two common reasons for withholding are 'I did not know how to say it,' or, using beliefs or taboos to secretly classify the thing as unspeakable. What if the unspoken and the unspeakable have the same purpose? To block the flow.

Are you assuming that if you leave something unspoken long enough it will simply fade away? What if this is a false assumption? What if unspoken / unspeakable things bury into your cells and nerves, causing your back to hunch over, forcing your face muscles to tick, taking your eyes out of focus to help you not see, pinching your nerves until you have headaches and neck pains, until you can hardly walk or look people in the eye, or face the day without enough pain killers or alcohol or dope?

### EXPERIMENTS:

**SPARK195.01 KEEP YOUR BEING OUT OF THE PRESENT MOMENT** Let's do a brainstorming session together in your *Beep! Book*, shall we? (*I will wait until you have your Beep! Book open to a fresh page titled EXIT MODES. Ready?*) I will describe a possible way to keep your Being out of the present moment, and then you write one down. Then read my next idea, and then you write another one of your favorite techniques. Got it? Here we go:

1. Do not really listen to whoever is talking to you. Instead, stay active in your mind thinking up arguments, reasons, justifications, attacks, and defenses so that you can be right about it. Interrupt the person to say what you think.
  2. (Your turn...)
  3. Do not complete communications and do not let other people complete communications with you. Leave loose ends. Hold grudges. Don't apologize.
  4. (Your turn...)
  5. Make up wild stories about what is happening right now. Believe that your [story world](#) is true. Blame others for doing these horrible things to you.
  6. (Your turn...)
  7. Put your center into the future. Worry about not knowing how to deal with what might happen next month, next week, tomorrow, or in a half-hour.
  8. (Your turn...)
  9. Listen to your mind-chatter fear-mongering voices. Believe that the voices you hear are your own voice. Believe that you do not have a [Voice Blaster](#).
  10. (Your turn...)
  11. Find evidence to support the idea that you are rejected, you are abandoned, you are not good enough, you don't fit in, you are not seen. Live in that idea.
- This EXPERIMENT is once a day to do one of your techniques on purpose for a few minutes. Feel what it does to the flow. Makes notes on which way is most effective.

**SPARK195.02 ENTER NOW #1** Stop taking the pain killers. Stop seeking overactivity, exhaustion, distractive Low Dramas, gossiping, overstimulation from listening to music, TV, and media. Release your grip on problems that belong to other people. See what happens. How long can you stand it to be with yourself? Write down what fears come up for you. What sadnesses? What angers?

**SPARK195.03 ENTER NOW #2** Stop messaging. Tell people you are on a 'messaging fast' for 3 weeks – doctor's orders. If a communication MUST be made, meet in person, or talk briefly by video call. No messaging or email for three weeks.

**SPARK195.04 ENTER NOW #3** Slow down your communications. Be SURE you hear and understand *each and every word* someone tells you. Let the words in past your mind, into your heart and your Being. If you do not want to commit to understanding every word being said to you then tell the person, "*I am not ready to have this conversation with you right now,*" and leave their presence. Keep breathing.

**SPARK195.05 SPEAK YOUR UNSPOKEN AND UNSPEAKABLE THINGS** Make a list in your *Beep! Book* titled INCOMPLETES. List ten different meetings, groups, or people where you withheld what you needed to say. What did you suppress? Scan your connections all around the world, your entire life. Write down exactly what you did not say and why. Then one after the other, in the order you listed them, physically meet with or call these ten and say, "*I am sorry I held myself back. I thought it was unspeakable, so I was inauthentic, but now I am able to say it. I feel (angry, sad, afraid, or glad) because \_\_\_\_\_.*" After you say it, listen to them, every word. Make notes after each session about flow coming back home in you. Surf the flow.