

SPARK 198

(Matrix Code: **SPARK198.00** for StartOver.xyz game.)

DISTINCTION: Saying what you want makes you vulnerable.

NOTES: What you want is a very scary thing to say. The problem is that *creating* what you want begins with *saying* what you want, so there is no way around saying what you want. It helps to see that ‘what you want’ can fall into three categories:

1. CREATING: Wanting something to appear or to start where now nothing is there or nothing is happening.
2. VANISHING: Wanting something to disappear or to stop where something already exists or something is already happening.
3. TRANSFORMING: Wanting something to become something else.

Perhaps the most powerful action is when you and others explain at the start [which ‘you’](#) and which of your [5 Bodies](#) (Physical, Intellectual, Emotional, Energetic, or Archetypal) is doing the wanting! This will miraculously clarify situations in the shortest possible time. Which ‘you’ is wanting? Is it [your Box](#) wanting comforts and things done in its familiar ways, your Gremlin wanting [Low Drama](#) interactions for its own [Underworld](#) entertainment, the [uninitiated](#) ‘you’ who wants to please your mother or be approved by your father, the ‘you’ who wants to be ‘nice’ or ‘good’ by following rules, the ‘you’ who wants to imitate socially acceptable or religiously dogmatic behaviors, the scared, needy, childish ‘you’ who wants ‘security’ and ‘freedom to be irresponsible’, the ‘you’ who wants to remain invisible, the ‘you’ who wants to [win](#), the ‘you’ who wants to stand out, be first, be best, get more attention or recognition than the others, the ‘you’ who wants to destroy the space, the ‘you’ who wants to follow an impulse from your [Archetypal Lineage](#) or serve your [Bright Principles](#), etc.?

If you say what you want, you make yourself vulnerable because you are saying that you do not already have what you want. Many people avoid vulnerability by pretending as if they already have what they want, even when they do not. If you ask such a person, “*How are you?*” their answer is, “*Fine,*” even if they lie. Here is a pre-Experiment: Instead of asking someone, “*How are you?*”, ask them “*What are you creating or changing so as to get what you want?*” Then [listen silently](#).

What you want does not need to already exist, but *it does need to be possible to exist* in reality, or else other people’s [Bullshit Detectors](#) will go crazy and they will automatically discount you. Detecting the reality potential of what you want depends on standing in ‘practical common sense’. Gaining this practical common sense is a lifelong endeavor that starts with learning the strength of materials, basic physics, chemistry, and mechanics, closed-cycle ecology (not [economics](#)). If you do not have these distinctions, then bring someone into your Team who does, and listen to them. Wanting what cannot be created leaves you stranded in a fantasy world.

You become vulnerable if other people know what you want because their unconscious [Gremlins](#) might try to hurt you. They can, for example, criticize you in front of others for wanting what you want. They can make fun of you. They may even try to create something different from what you want so that you are left without what

you want. Can you stop or control these people? No. Can you keep your [Center](#), your [Grounding Cord](#), your [Bubble](#), your [Sword Of Clarity](#), your [Bright Principles](#), your [Purpose Sniffer](#), your own [Gremlin](#) on a short leash, your [Red Cloth](#) to the side, your [Hammer Of Assertion](#) at the ready, and your [Disk Of Nothing](#) in front of you? Can you [Hold Space](#) and [Navigate Space](#) and create the [Gameworld](#) you want so it exists in the Global Ethnosphere even if it emerges from a [Context](#) that is [extraordinary](#)? Yes... with practice, you definitely can. Doing so is [High Level Fun](#).

EXPERIMENTS:

SPARK198.01 Choose simple places and people to say what you want 3 times each day, clearly and simply. Remember to first say which 'I' is doing the wanting, and what each of your 5 Bodies wants. Observe whether you are challenged, refused, or attacked, or if people collaborate to create what you want. Start at a shoe repair shop, a café, a movie ticket window, a Post Office, where they ask what you want. Simply say what you want. Then try more risky places like in meetings at work.

SPARK198.02 Do the reverse. Rather than saying what you want yourself, 3 times each day tell people that what you want is to know what they want. Be as clear and specific as you can with your request.

"What I want is to know how you want the table set for dinner."

"What I want is to hear how you would like to be invited into a conversation."

"What I want is to hear what you are creating to get what you want."

SPARK198.03 Three times a day, say what you don't want.

SPARK198.04 Three times a day, ask people to tell you which of their 'I's is talking.

SPARK198.05 Each time you come up with a 'good idea' about what to say next in your mind, drop it immediately and let something completely different come out of your mouth instead. The reason for adopting this practice is that the voices you hear in your mind are already old when you hear them. They come from others, from habit, from your Gremlin, from the past, from external authority figures, from 'should' and 'should not', from another moment. There are very few voices in the [Minimized Now](#) of the [Adult Ego State](#). Now is too small for stories. Stories exist in time. In the Present there are no stories. Make sure you have your Center, Grounding Cord, Bubble, Sword Of Clarity, and Bright Principles in your Work Space, then from your Minimized Now let your Presence speak. It starts to be ecstatic in 5 Bodies.

SPARK198.06 When saying what you want, begin by explaining your [Purpose](#) (remembering to first reveal which 'you' claims to be speaking at the moment...). For example, 'your' purpose might be to be more comfortable, to take or avoid your share of responsibility, to be right or correct according to some set of rules, to avoid being punished or blamed, to care for the well-being of another, to guard the context of a gameworld, to hold space for a transformational emotional healing process, to explore intimacies of presence, to weave or repair the village net, to decrease the perceived tensions, to bridge a gap of connection or understanding, to check a potential possibility. Don't be righteous. Simply aim to be clear about your Purpose.

SPARK198.07 Say what you want to create, vanish, or transform in groups and Teams with the intention that each person in the Team or each [Circle](#) also get what they want. This means you tapping into [nonlinear Possibility](#) as a resource for helping you invent and [negotiate](#) ways for all people involved to get, receive, create, have, or experience what their [authentic selves](#) really want. This is possible far more often and with far greater ease than most people may think. Try it.