

## SPARK 199

(Matrix Code: **SPARK199.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You can choose about the forces influencing your choices.

**NOTES:** Making the big decisions in life – such as, where to live, what kind of work to do, or who to be with – can feel overwhelming. Many of us focus on making the smaller decisions – such as, what to have for lunch, what to wear today, what to do on the weekend – and to let the bigger decisions get made by ‘default’.

It can be interesting to look at the default-decision influences which may be at play in your life. For example, when deciding where to live, five common forces are:

1. Living where you were born or where your parents live: in their culture, their religion, their social class, their country, their lifestyle.
2. Living where you can do the things that are most familiar to you: wind surfing, strolling in Central Park, going to art museums, mountain climbing, snorkeling, horse racing, gambling, sitting in cafés, attending classes at the university.
3. Living where your job requires you to live: farming, mining, factory, office building, commuting, client availability, transportation convenience.
4. Living where your preferred partner lives.
5. Living where [ECCO](#) puts you (Earth Coincidence Control Office).

Your decision about which influence has the highest priority in your life decisions reflects what you are doing with your life. Is the strongest influence:

1. Being acceptable to your family and relatives, fitting in, giving your center to your elders, following in your parents’ footsteps, being adaptive, seeking approval, ‘honoring your ancestors’? Or,
2. Being in an environment that supports your [Box](#) and [Gremlin’s](#) ‘ideal’ lifestyle? Or,
3. Being committed to establishing ‘financial security’ for ‘retirement’? Or,
4. Being with a particular person? Or,
5. Being on a path of serving your [Archetypal Lineage](#)?

It may be frightful to ignore any of these forces without doing it consciously and without a [Team](#) to support you.

It may surprise you to observe your priorities changing as you evolve.

One strategy is to choose where you are going before you choose who you are going with. If you do the opposite – for example, if you make commitments to a partner and they don’t want to try the things you want to try – then the person you are with may restrict where you can go... or you may restrict where they can go.

In Latin they say, “*De gustibus non disputandum est,*” which translates roughly as: “*There ain’t no arguin’ about tastes.*” Neither following nor going against influences can be measured as right or wrong. Each is a matter of taste. Nonetheless, life choices do have real consequences.

## EXPERIMENTS:

**SPARK199.01** Title a new page in your [Beep! Book](#): **LIFE CHOICES**. Under that, (leaving gaps between them) write the following five decisions and what you have – for now – consciously or unconsciously decided for each of them as revealed in your current circumstances:

1. Place to live.
2. Leisure activities / hobbies.
3. Income source.
4. Partner.
5. Service to the 'village'.

While being [radically honest](#) with yourself (and with your *Beep! Book*...), after each of these five decisions, write the influence that you set as your highest priority in making each choice (parents, comfort, job, mate, ECCO, other – be specific). Bring this result to your next [Possibility Team](#) and ask to slowly read out what you chose along with your top influences. Sharing this inquiry in public gives you the chance to be witnessed by others who care about you, and to reconsider your choices. Be prepared for a [Liquid State](#). Let yourself be held by your Team.

**SPARK199.02** Make an appointment to talk with a friend in private. Choose one of the five **LIFE CHOICES** above that your 'soul' – your Being – is not happy with. Explain how it happened that you chose the answer you have right now. Let yourself feel sad, angry, and scared, and let your heart speak about how this decision does not feed your Being. Then ask your friend to create a safe space into which your Being can speak without needing to be reasonable or logical. Explore alternative choices you could make that would feed your Being. Say them out loud even if that possibility surprises you or freaks out your Box. (How do you know if, your Being is speaking? Your Being speaks slowly. It does not do mental ping-pong. Your Being speaks in simple words, and in a way that rings true to all of your [5 Bodies](#) at the same time. Your Being speaks before your mind knows what you are going to say. Your Being says things you may never have thought of before.) Ask your friend to write down word-for-word notes into your *Beep! Book* exactly what your Being says.

**SPARK199.03** Make three logistical arrangements towards implementing one of the new **LIFE CHOICE** options your Being spoke about in the previous EXPERIMENT. While making the arrangements, your 5 Bodies will either tighten up, or they will relax.

- If your 5 Bodies tighten up, then the new decision might not work for you now.
- If your 5 Bodies relax, then the new decision might work great for you now.

Then tell your friends you will stop making these logistical arrangements.

- If your 5 Bodies tighten up, then stopping could be wrong for you.
- If your 5 Bodies relax, then stopping could be the right thing for you.

If you keep your mind out of it, this double-test approach can help you confirm the validity of a new decision even if your new decision does not get approval from your relatives, does not make your Box comfortable, does not build up your security blanket, and does not keep you with your same partner. With this new freedom of movement, ECCO can put you to good use.