

SPARK 205

(Matrix Code: **SPARK205.00** for StartOver.xyz game.)

DISTINCTION: You make someone into an authority to avoid being alive with them.

NOTES: Do you have any authority figures in your life? (Yes.) Do all people regard them as an authority? (No.) How did these people become authority figures for you? (*You made them into an authority figure.*) How and why do you make the authority figures in your life? Ahh, now, these are interesting questions!

The people you are most likely to put into the prison of being an authority figure are those adults who are most alive, meaning, those people you cannot control. They create ways to do what they want to do. They see what your Box and Gremlin are hiding from you, and can ask questions that might bring your Box into an uncomfortable evolutionary [Liquid State](#). They choose from options not shown on the ordinary menu. They live full-out building [gameworlds](#) for unfolding the human potentials of their Team. They seem powerful and free to you. This is so scary because their presence disproves your stories that aliveness is impossible. They are dangerous to your self-image's status quo.

By relating to an alive person as if they are an authority, you put them into a prison high up on a pedestal that cuts you off from connection with them. Then your Box feels safer. You make the pedestal by finding a piece of evidence to prove your story that this person is 'perfect', and then you 'bow down at their feet'. But while 'bowing down at their feet' your Gremlin busily searches for evidence to prove that this person is *not* perfect. With one piece of condemning evidence your Gremlin breaks the pedestal that your 'hero' stands on, and crashes this authority figure down far below you. Your Gremlin wins by hating the 'authority' when they are high-up on the pedestal, and hating them when they have 'betrayed' you by becoming 'imperfect'. Your Gremlin gets fatter and your Box feels safe again. You have burned the witch.

If an alive person does not want you to be able to make them into an 'authority' they might try to be 'nice' to you by being adaptive or quiet around you. Then your Box could not label them as dangerous, and you can 'trust' them. This means you force an alive person to pretend to be as dead as you are in order to be your friend. If you force someone not to be themselves around you – to 'walk on eggshells', to fit the expectations of your worldview, to be 'nice' or 'polite' according to your Box's definitions of 'nice' and 'polite' – then you are not friends with *them*. You are friends with the fake show you force them to put on around you. This means you only 'trust' the people you can control. You are saying, "*I trust you because you are willing to play dead around me. I trust you because I can control you.*" This is the 'slave and master' game, where the slave owns the master because the master is forced to take care of the slave.

No human being is perfect. Putting someone on a pedestal is the Gremlin-game of trying to kill an alive person by starving them to death from lack of connection by labeling them as 'perfect'. (This is why most alive human beings have a private friend-circle of other alive human beings. Then they are impervious to you trying to starve them.)

Alive human beings are not controllable. When your Box is challenged by an alive person you have a choice: Perceive their aliveness as an attack on your reality, or perceive their aliveness as an invitation to evolve. Being in eye-to-eye connection with an alive human being emerges through you making ongoing [5-body intimacy negotiations](#) with them.

EXPERIMENTS:

SPARK205.01 Get out your [Beep! Book](#) and start a new page titled: **I AM TERRIFIED OF BEING ALIVE**. Start with writing out 33 reasons why you are scared to show up as glorious as you really are, become visible, take risks, say what you want, and do what is important to you. Then for the rest of the week, observe yourself destroying invitations to speak out. Write down the ways you secretly avoid opportunities. You pretend to be too busy, pretend to not hear or see the offers, pretend to be confused. You might start laughing because the most common fear of being alive is that they might kill you. The plan is to stay dead so you won't be killed. This is equivalent to slow suicide. Actually, it is not so funny after all...

SPARK205.02 Obtain a [hammer](#). It can be a nail hammer, a rock hammer, a metal-shaping ball-peen hammer, a sledge hammer... find a hammer that your Being feels resonance with. Carry this hammer around with you everywhere you go for one full month: day-and-night, at work, at home, at restaurants, in the toilet, in the shower, in bed, while shopping and eating. For 30 days have your Hammer in your hand ready to use. This is a physical representation of your energetic tool called the [Hammer Of Assertion](#). It is one of your [13 Tools](#) on your toolbelt. We guarantee that doing this Experiment [Builds Matrix](#) and helps you make way for yourself to live full out.

SPARK205.03 Go to the first person who comes to mind when you think of an authority figure you made by putting them onto a pedestal. Arrange to meet them in person. Leave your self-whipping tools outside the door. Explain to them how you looked for evidence that they are perfect to put them in the authority prison, and looked for evidence that they are *imperfect* so you can destroy them. Put your [shit on the table](#) in front of them. Reveal your wish to disconnect from them so they starve from loneliness. Do all this without self-pity and without shame. Listen to whatever they have to say to you, then thank them and leave. This is not a discussion time.

SPARK205.04 Trust yourself to take care of yourself around alive people by [asking them questions](#) about how you can become more alive. To do this Experiment, choose someone you consider to be an alive person. Contact them directly and ask them what it would take for them to let you ask them questions about exact steps, processes, initiatory processes you can do to unleash your own aliveness. Assign their suggestions as top priorities in your life. Let everything else about your life take second priority, at least for a while. Make nonlinear offers and negotiate interesting experiments and interactions with them in real-time (meaning in the [Present](#), in a [small NOW](#)) that gradually Build Matrix to sustain your increasing aliveness. For example, dedicate three months, or six months – or two years – to repeating this experiment over and over with the new alive people you meet by doing what the first alive person suggested. Congratulations! You have discovered the Path!

SPARK205.05 Do not let other people put you on a pedestal in an authority prison. Instead, invite them to a café and do this S.P.A.R.K. with them. During the conversation [ask your way](#) into the core of what is really going on for them. Listen to their pain with neutral amazement. We are human beings. We are not controllable.