

SPARK 210

(Matrix Code: **SPARK210.00** for StartOver.xyz game.)

DISTINCTION: Expectation assassinates reality.

NOTES: Both Extraordinary Relationship and Archetypal Relationship are glorious to experience. Your human organism is designed to explore them. Yet Extraordinary and Archetypal Relationship require magic to create and navigate. As Terry Pratchett explains, “*If you want to amount to anything using magic, you’ve got to learn three things. What’s real, what’s not real, and what’s the difference. It doesn’t stop being magic just because you find out how it is done.*” Expectation assassinates reality because [Expectation](#) confuses the difference between what’s real and what’s not.

Anyone can expect anything about anything. There is no Rule Book defining what is legal or illegal to expect. For example, it is not illegal for me to expect that before this day is over each person in the world suddenly wakes up, takes back their personal authority, leaves every hierarchy they are involved in, and creates a circular local-authority regenerative-culture initiation-centered [nanonation](#). What stops me from this Expectation? Nothing. Nothing except painfully recognizing that Expectation puts me into a self-made fantasy-world that paints itself over the world.

What is the power of an Expectation? It is the power of disempowerment. Expectation is delusional. Expectation relocates you into a dream world. Any change you make in your Expectation-dream-world makes no change in the real world. There is an infinitely large gap between an Expectation-dream-world and reality.

You may expect people to love you. You may expect people to despise you. You may expect to win the lottery and be ‘successful’ or to be thrown into the streets because you do not have enough money to pay rent. You may expect to be ‘discovered’ by a movie producer or to be lost, worthless, and alone the rest of your life. Does any Expectation make a difference? Yes, *every Expectation disconnects you from reality*. Why do you make Expectations? No one showed the true cost.

Adulthood often requires you to predict what will happen, and to commit to your plans and contingencies. You need to estimate time, energy, resources, and a workable strategy for handling things in each moment and over the long run. But plans, strategies, decisions, promises, actions do not involve Expectations. If things are not working out in your life, perhaps it is because you think Expectations have reality.

You do not have to abide by other person’s expectations any more than you have to abide by their fantasy worlds. This means: if you have an Expectation, you made it yourself. An Expectation cannot exist without a human mind imagining it. How do you make an Expectation? It is simple. You create an Expectation by assuming that your Assumption is true. Suddenly your Assumption has become an Expectation.

EXPERIMENTS:

SPARK210.01 Notice every Expectation. During your online-or-offline [Team](#) meeting (or alone) get out your [Beep! Book](#), title a new page: **EXPECTATIONS**, and

spend 15 minutes writing down all of your Expectations clearly and completely. 15 minutes is not enough time, but it is a 'good-enough' start for now. Add more Expectations later as you discover them. You may notice that you expect the sun to rise tomorrow, or that you expect that a meteorite will not crash on top of you in the next 5 minutes. In this Experiment, search for Expectations that you have about yourself or about other people, about how you or they should be or not be, such as, "*I expect this is not allowed,*" or "*I expect they will punish me,*" or, "*I expect to find no way.*" See how Expectation tries to manipulate what happens but has no real power. Notice how each Expectation comes from an Assumption. Ask people to share about how they trick themselves to think an Assumption is true and make an Expectation.

SPARK210.02 Make no Assumptions. Make a new page in your *Beep! Book* titled **ASSUMPTIONS**. Remember in [SPARK 209](#) how Assumptions come from a specific Space, and have the power to limit what is possible in each Space. By making your Assumptions conscious you become more aware of your [Purpose](#) for limiting what can and cannot happen in a Space. Doing SPARK Experiments builds [Matrix](#) for you to be a [Possibilitator](#) who develops [awarenesses](#) and [skills](#) to create and [navigate](#) Spaces with both linear and [nonlinear](#), reasonable and [unreasonable](#) Possibility. Along those lines, this Experiment is for the next 5 minutes, *make NO Assumptions*. Scrutinize your inner workings and write down any Assumptions you cannot stop making. Go through the [Emotional Healing Process](#) about why THAT EXACT ASSUMPTION is so important to you. Do this for each and every Assumption. After you make it for 5 minutes without making any Assumptions, then do 30 minutes of Assumption free Presence. Then go for 60 minutes. Then go for 3 hours. Then go for an entire day. Then go for the rest of your life.

SPARK210.03 Track every Resentment through its broken Expectation back to its conscious or unconscious Assumption. If you consciously or unconsciously make any [Assumption](#) about *anything*, and if you consciously or unconsciously assume that your Assumption is true, then you change your Assumption into an [Expectation](#). If you consciously or unconsciously hold an Expectation that someone does *or does not* do anything, or is *or is not* a certain way, and they do not (read your mind and) fulfill your Expectation, you change your Expectation into Resentment. Resentment is [Gremlin](#) food that destroys connection. Start another page in your *Beep! Book* titled **RESENTMENT / ASSUMPTION**. Take 10 minutes to list every tiny Resentment you can find in your cells, your bones, your memories, even from Past Lives. Leave space between each RESENTMENT. After the 10 minutes, take a few more minutes to go back and by each RESENTMENT, identify the EXPECTATION that was broken, and also list the individual, by name or title. Write down how they broke your Expectation. After each EXPECTATION, identify the ASSUMPTION you made so as to arrange to have a broken EXPECTATION to create the RESENTMENT used by your Gremlin for its food. Afterwards, explain some of these mechanisms to your Team. Do not try to change anything in your behavior. Instead, more-and-more intensely try to experience the pain in your heart that comes from doing this. Repressing this pain is how you kept doing it for so long.

SPARK210.04 Practice having Assumption-Free, Expectation-Free, conversations. Break out with a partner and a Coach and have an Assumption-Free Expectation-Free [Adult](#) and [Archetypal](#) conversation. See how long you can endure the Space of [Being-With](#) with another Being in an Assumption-Free Expectation-Free reality-discovery [journey](#). The Coach does [Beep! Shift! Go!](#) 15 minutes each pair.