

## SPARK 211

(Matrix Code: **SPARK211.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You create physical pain to avoid suffering.

**NOTES:** Suffering is your interpretation of pain. You attach a [story](#) to pain to understand. But pain has no story. The pain is what is. Your story is optional. To suffer is to argue with what is. What is, emerges with no story attached. What is, (in this case, pain) is [meaningless](#). It is even meaningless that it is meaningless.

The story that what is, is what is, is false, because things are continuously evolving. By accepting what is, as it is, with no story attached, you free what is to become something else in the next moment. It is true that what is, has emerged as a consequence of what was. Yet something completely different from this is possible right now. Something new can come next, although, be warned: you might not like it.

You are not restricted to duplicating the past. At least, you know you can survive in the what was. But perhaps you are bored with the ‘at least’ strategy? Each new moment is a [Start Over](#) point for a new future. Starting over now (and now, etc.) kills all the stories you carry around as extra baggage attached to your current what is.

Buddha is often quoted as saying, “*All life is suffering.*” If he said this, he did not have the distinctions of Possibility Management which say, “*All life is painful sensations in your 5 Bodies: physical, intellectual, emotional, energetic, and archetypal pain. You can change your pain into suffering by adding stories to it, but you don’t have to.*”

The same sensations of stretching, exhaustion, fear, muscle aches, coldness, staring at a computer screen, breathlessness, falling, hanging on by your fingertips, rage, getting punched in the face or thrown to the floor, being shot at, high-speed driving, wrestling alligators, etc. may be intense suffering to one person and intense ecstasy to another. In each case the pain is the same. Suffering comes from attaching stories. This means: From this moment on, whatever you suffer is caused by you.

As a human being you have the power to change physical pain into ‘suffering’ by attaching a ‘negative’ or ‘positive’ story to a meaningless neutral experience such as, “*Ouch! This is horrible. I’m tired. I hate this! I might die. This is not fair.*” OR, “*Yihaw! Harbigarrr! This is amazing! Razorback! Cool! I love this! Party on, Dudes!*” What is not so well known is that, as a human being, you have the power to do the opposite. That is, *you have the power to change suffering into physical pain*. Why would you want to do that? The answer is easy: to avoid suffering. In other words, to avoid feeling ‘negative’ (or ‘positive’) emotions woven into the stories you attach to your sensations. Two examples illustrate how far choosing pain over suffering can go.

1. One night, a friend’s wonderful college-age daughter was driving home from the university to visit her family for the holidays. A drunk driver swerved over the yellow line, smashed her car over the cliff and she was killed. The drunk driver lived. The ‘nice girl’ mother managed to avoid feeling her suffering: 1. Her killer-level hateful rage, 2. Her grief of utter loss, and, 3. Her fear of living in an uncaring insane world. Within a year she was dead from one of the most painful diseases: bone cancer. She chose pain over suffering.

2. A bright thirteen-year-old girl who loved family and carried a strong vision of creating community was in a history class in Germany. One day her teacher told the class authoritatively – as if it were a well-known fact: “*Anyone who loves community will become a Nazi.*” Believing him created an irreconcilable inner conflict within her. She loved community and was terrified of becoming a Nazi. Rather than expressing her suffering: 1. Rage to contradict this sick teacher and destroy him in public, 2. Huge sadness about losing her trust in the education system, 3. Fear of being responsible for getting the teacher fired, she chose the pain of carrying on a yes / no war in her nerves that manifested as Parkinson’s Disease. She chose pain over suffering.

Life is pain. (*Anyone who tells you different is trying to sell you something.*) By attaching a story to pain, your suffering commences. Can you live without suffering?

## **EXPERIMENTS:**

**SPARK211.01 Discover the Treasures buried within your physical pains. PART 1:** (10 min per person) Online-or-offline, do this in pairs or groups of 3. Help one person at a time make a **PHYSICAL PAINS** list in their [Beep! Book](#). Help them collect their physical symptoms precisely. Especially describe in which circumstances the pains intensify. Ask them about: tensions, rashes, stiffness, headache, eye ache, panic, breathless, small mishaps, dropping or breaking things, dizziness, bumping into things, car or bike accidents, sleeplessness, arguments in the mind, self-hatred, numbness, feeling cold, sweating, warts, ingrown toenails, infections, coughing, broken bones, cutting themselves, virus / fungus / bacterial infections, serious illnesses. **PART 2:** (20 min per person) Spaceholder asks one person to choose a bothersome physical pain as a [Doorway](#) to complete an [Emotional Healing Process](#). Close your eyes. Let all emotions woven into that physical pain arise and get very big. Let the sounds out. Do not hurt yourself. Spaceholder asks the intelligence of the emotions to speak. Write down old decisions and stories with [Completion Loops](#). At the end, Listeners appreciate the features of their Process [journey](#).

**SPARK211.02 Change your mind about suffering.** The old thoughtware about experiencing and expressing feelings is: *feelings are depraved and dangerous suffering.* The idea of getting out of control, going justifiably hysterical, aggressively hurting someone, being imprisoned in a lunatic asylum, given strong drugs or electro-shock therapy and used for medical research simply for admitting to having feelings... is huge enough to prefer to feel pain rather than to express your suffering. This Experiment is to change your mind about suffering to: *Suffering is simply anger, sadness, fear, and joy, and Unmixing mixed emotions.* This experiment is to get with your [Team](#) and build skills of [Inner Navigating](#) your [four feelings](#) each time you meet. Start now. Express your suffering as clear feelings and emotions with no judgement, criticism, or wrongness about it. Make this the way you say, “*Hello,*” to each other.

**SPARK211.03 Be insanely happy for no reason.** The story, “*This is wonderful,*” is just as much [Bullshit](#) as the story, “*This is horrible.*” Avoid the ‘positive’ Bullshit. [Feelings](#) are totally different from [Emotions](#). Emotions have reasons. Feelings have actions. Since there are no reasons to Feel glad, you may be avoiding joy altogether. This Experiment is to: [Go Unreasonable](#). Experience and express Feelings while refusing to justify them with stories. Children want stories. Adults want creation space that is free of stories. Creation only happens in a NOW that is too small for stories. ([Stories](#) exist in time.) Make huge story-free Spaces for yourself AND give yourself permission to Feel joy for no reason. [Write an article](#) about your Experiment.