

## **SPARK 212**

(Matrix Code: **SPARK212.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Unconsciousness glues things together.

**NOTES:** Did you ever wonder why you were hesitant to become aware of things that you are not currently aware of? (Or why other people ‘never’ get it?) It turns out that we human beings are a ‘hero in our own minds’ because we have arranged things how ‘we’ want them, even if how we arranged things makes us hate ourselves. The familiarity of hating yourself is preferable to the unfamiliarity of seeing what you are up to with so much clarity that you cannot continue your behavior anymore and things actually change. Pretending as if things are familiar creates the glue.

Staying unconscious of the bizarre reasons you arranged things the way you have them has the effect of gluing those things together. To your [Survival Strategy](#), keeping things the same is the ultimate tactic for feeling ‘safe’. This strategy contradicts a Universe where ‘safety’ is an illusion, and evolution is inescapable.

If I asked you what your life is about you might say something like, “*I am trying to make things ‘better’ for myself. I am trying to improve my relationship, move into a nicer house, become more physically fit, gain social status (more ‘Likes’ on Facebook). I am hoping for a promotion at work, trying to get more money in the bank, trying to go on nicer vacations, trying to love myself more,*” etc.

Trying to make things better implies you are not actually being with things (in [5 Bodies](#)) the way they actually are right now. You live in a nearly-dead ineffectiveness created by thinking you are trying to ‘make things better’, when in fact your attention and energy are secretly doing everything they can to keep things the way they are right now. The way you do this is by averting your attention away from [Noticing](#) exactly how you keep things the way they are right now.

If you could experience exactly how you make things the way they are right now you could gain some power to substitute different actions. By not accurately perceiving exactly how you make things the way they are, you avoid creating a new future. As Juan Santos, the Revolutionary, says, “*You cannot change what you cannot face.*”

Your unconscious commitment to not noticing is like smearing peanut-butter over your choice-point cracks, making everything look, smell, feel, and taste like peanut butter. In this way you cannot perceive distinctions to use as [Gaps](#) into which you could hammer enough painful awareness to initiate other actions.

### **EXPERIMENTS:**

#### **SPARK212.01 IDENTIFY THINGS YOU WANT TO PROTECT FROM CHANGE**

Open your [Beep! Book](#) and title a page **THINGS I WANT TO KEEP UNCHANGED**. During the next couple days, in different places, while doing different things with different people, list the things in every dimension of your life that you want to keep the same. Perhaps it is your health, your living place, your ability to solve problems, etc. Usually we focus on thinking about things we want to *change* in our life, but that orientation takes you away from what you are actually up to: secretly trying to keep

things the same. This **Experiment** is to look with a different question: “*What am I trying to keep the same?*” Ask others during casual conversation to help you identify what you secretly protect and write down exactly what they tell you. Try being radically honest about this. Don’t edit or judge. This helps you get to know yourself.

**SPARK212.02 IDENTIFY HOW YOU KEEP THINGS THE SAME** Regarding what you want to keep the same and what you want to change, three forces are at work:

1. You want something. (In this case, you want things to stay the same).
2. You feel fear about the consequences of wanting that thing. (In this case, you feel fear about wanting to keep things the same.)
3. You don’t want to feel feelings if you do not get that thing, AND, you don’t want to feel fear about what might change if you actually got that thing, so you ignore the thing altogether and things stay the same.

In order to change something, your anger about keeping things the same would have to be more intense than your fear of changing things. This **Experiment** is to make your inner mechanisms more conscious. Sit with a friend and have them ask you to explain how it goes inside of you to them. Write **MY INNER MECHANISMS** in your *Beep! Book* and describe exactly where you put your attention. Ask for their perceptions of you. Where do you put your intention? How do you confuse yourself or keep yourself distracted or fuzzy? Do you use [Box 13](#)? [Addictions](#)? [Mind Machines](#)? [Low Drama](#)? [Feed energy to a Demon](#)? Watch TV Series? Overeat and then barf? Have a fight and get depressed? Talk about how your [Survival Strategy](#) has glued things together and kept things the same. By making your talents for Self-Glueing more conscious you discover where you have [Hidden Competing Commitments](#) that re-direct your efforts and block the thing you want from ever emerging. The majority of your will prefers to keep your status quo. This can change.

**SPARK212.03 REMOVE THE PEANUT BUTTER** This is the *Peanut Butter Removal Process*. Get together with your [Team](#) online or offline and partner with one or two people to spend about an hour with each other. Invent for each person at least 9 specific ways they could create new results in their life. For example,

1. Ride a horse, go wind surfing, do New England Style Country Dancing, help at a Soup Kitchen, sing outside the Post Office. In other words, go do something you obviously never did before. (*Be careful not to hurt yourself.*)
2. Give a one-hour public talk, even on a chair in the center of town, about how to remove the unconscious glue that keeps people from being [Present](#) and free of the sleep-inducing mechanisms in their life.
3. Thoroughly clean out extra stuff from your garage, basement, attic, and closets. Get enthusiastically dirty doing something that seems like a bothersome chore. Etc.

We make this list as Teamwork because it is far easier to solve other people’s problems than to solve our own. This unleashes [Group Intelligence](#). To complete this **Experiment**, do 3 of these 9 procedures to Remove The Peanut Butter this week.

**SPARK212.04 REMOVE THE PEANUT BUTTER** Ask your Team right now, while you are in their presence, to do anything they can to have you remove the glue that keeps you unconscious about something important you might want to change. Insist that they be clear, specific, and persistent about you trying what they suggest right now with their support because they care about you. Try to gain a new internal freedom of movement, a new choice, a new distinction, a new nonlinear possibility. This **Experiment** may take an hour.