

SPARK 216

(Matrix Code: **SPARK216.00** for StartOver.xyz game.)

DISTINCTION: Confusion comes from lying to yourself that you are not angry.

NOTES: Feeling confused is itself confusing because it often arises in unexpected circumstances and at inopportune moments. What do you feel when you suddenly find that you are confused? Do you feel relieved, glad, unburdened? I doubt it. I suspect that you actually feel flustered, disempowered, obstructed, hindered... angry.

There are so many things to be confused about these days: Should you have children, or build a 'career', or rescue families in a refugee camp? Should you take a job, or travel, or start your own not-for-profit service business? Is climate collapse important enough to change your lifestyle? Which values from local or traditional beliefs and customs should you adopt, and which should you ignore? Do 'authorities' have your wellbeing in mind when making policy decisions, or only their own deep pockets? Who should you trust? How could corporate-owned news be worth listening to? What should you wear and where should you get your clothes? Why are you paying rent to 'landlords' who did nothing but inherit the property? Is food grown for a 'profit' actually healthy, or are health and profit a conflict of interests? How should you behave around people you do not agree with? Who decides about your life?

So many people are so confused, about so many things, so often, that one must assume the capacity to feel confused is not a mistake. What could confusion's survival purpose be?

It certainly seems that the most popular human survival strategy is to try to adapt to your current circumstances: Stay invisible. Do not rock the boat. Fit in. Keep quiet. Lay low. Say little. Hide yourself in the flock. Probably things will blow past you. Probably you will survive.

The opposite strategy would be to perceive and think for yourself. Create your own stories. Use team intelligence as a resource for making up your own mind. Take actions according to your own decisions. Ignore authority and abandon tradition in favor of creating results that you want or need.

If you ask which of these two survival strategies – adapt or invent – employs confusion, the answer would seem obvious: suppress your clarity, defuse your impulses, block your ability to commit or decide, stay weak and confused. Call it 'humbleness'. Then you can accept your self-effacing adaptive behavior.

Did you ever experience feeling angry about being confused? (Yes.) This is your unconscious anger leaking out sideways from under your suppression. What is the cure for confusion? Stop lying to yourself about not feeling angry. Welcome Anger. [Conscious Anger](#) is the agency for escaping confusion. Staying confused swindles you out of having the energy and clarity for changing things. The motive for staying 'safely' quiet rather than causing a transformational ruckus is to avoid the risk of being killed. That purpose may have been useful in the past, but today what may be most needed in the world is [conscious transformational ruckus](#).

Now you are at a crossroads. Shall you remain weak and confused but possibly 'safe' in a future determined by forces external to you? Or shall you recognize confusion (yours or others) as a signal that a supply of change-juice (Conscious Anger) is available for your personal use, and then apply it to empower your [Archetypal Lineage](#) to create a new future? Moment to moment that choice is yours.

EXPERIMENTS:

SPARK216.01 BECOME A CONFUSION EXPERT Research the art and science of confusion. Start with making two headings in your [Beep! Book](#). **CONFUSE MYSELF** and **CONFUSE OTHERS**. List techniques and specific examples on both pages. For example, under CONFUSING YOURSELF you might write: self-doubt, question my own logic, stay in [Verbal Reality](#), numb my sensations, play stupid, count on [beliefs](#) rather than on perceptions, grant others the authority to choose, believe my own [assumptions](#), conform to other people's [expectations](#), make excuses to be lazy, ignore details, make no contingency plans, give no clear instructions, do not clearly say what I want AND what I do not want, deny facts, trust advertisements, do not read labels or fine print, follow the beaten path, listen to inner voices powered by fear of being a problem for others, hate myself, etc. For CONFUSING OTHERS you might list: do not tell the whole truth, omit risky details, talk too fast, distract their attention, imply insults, use [my Gremlin](#) to [Hook](#) their Gremlin into emotional [Reactivity](#), send out flirtatious sexual energy [entanglements](#) and misleading invitations, etc. Read both of your lists during your next [Possibility Team](#). Then ask each one to explain exactly how they confuse themselves and others. Ask people to say what the life consequences have been and to express feelings and emotions about a lifetime of pretending to be confused. Several [Emotional Healing Processes](#) might be in order. [Make a pact](#) to STOP confusing yourselves, and to stop confusing others.

SPARK216.02 CONFUSE YOURSELF ON PURPOSE The next time you feel angry – even about the tiniest thing – tell yourself and anyone around you that you are confused. Do whatever you can to confuse yourself *on purpose*. Act confused. Walk in circles. Mumble to yourself. Scratch your head. Look away. Change the subject in random ways absentmindedly. Do not answer questions clearly, etc. Learn to *consciously* behave in an extremely confused manner. This can be embarrassing and uncomfortable, but you will become painfully aware of the territory of confusion. This helps you instantly identify confusion inside of yourself, in others, in couples, and in organizations. This makes you a better [Possibility Coach](#).

SPARK216.03 GIVE A WORKTALK CALLED 'THE CURE FOR CONFUSION' Use what you learned in Experiments 01 and 02 above as the outline for a [WorkTalk](#), online or offline. Connect with participants, talk for twenty minutes, then ask for specific questions and examples from their lives. Navigate the talk space for 1.5 to 2 hours. Charge 10 Euros to attend. Record the talk. Upload it linked to your [Website](#).

SPARK216.04 BE ANGRY INSTEAD OF BEING CONFUSED Adopt a new strategy. Each time the temptation arises to be confused, DON'T GO THERE! Leave the CONFUSION [doorway](#) closed. Don't even go near it. Instead, create a new pattern in your [Inner Navigating](#) and immediately say, "I feel angry because _____." Write down what you are angry about. Your anger will either be an [Emotion](#), meaning it is incomplete anger from your past (and needs an [Emotional Healing Process](#)) or it is a [Feeling](#) from [NOW](#), and is the energy you need to start, stop, or change things. After you write down what your anger is about, take a deep breath, then use your own conscious [Authority](#) to decide what you will do about it.