

SPARK 218

(Matrix Code: **SPARK218.00** for StartOver.xyz game.)

DISTINCTION: You can get out of the patriarchy the same way you got into it.

NOTES: Being trapped in the patriarchy is one of the [8 Prisons](#) blocking you from expanding into [Adulthood](#) as [yourself](#). After choosing imprisonment in the patriarchy at birth (rather than choosing death...), you stop seeing the prison anymore. The bars and lifestyle become normal. You live within the constraints of the prison as if the worldview is real. But it is not real. The [patriarchal](#) construct of modern culture is no more real than the constructs of any [Gameworld](#). Yet you submitted yourself absolutely to these gamerules. Why are you still in this prison? What if you make it so painful to stay in the patriarchy that you have irresistible cause to escape?

EXPERIMENTS:

SPARK218.01 Grab your [Beep! Book](#) and **LIST THE VALUES OF THE CAPITALIST PATRIARCHAL EMPIRE**. A 'value' is what you hold dear in practical reality, not what you like as a self-concept or in theory. A 'value' is what you create as the consequences of your actions. Results do not lie about your [values](#). Try to be clear and specific in this [Discovery](#) journey about the actual values of patriarchy. For example, if you think 'efficiency' is one of the values of patriarchy, unfold the full dimensions of what this means. 'Patriarchal efficiency' means that the slaves (the employees) must show up on time to do what the masters (corporate directors and bankers) tell them to do, such as to send in Special Ops forces and operate drone strikes for assassinations that cause regime changes and collapse local governments enough that corporations can freely cut roads into the last of the forests to blow up mountains and create pit mines to dig out the lithium or the molybdenum or the oil required for making the watches that the slaves must buy to make sure they show up on time. 'Patriarchal efficiency' means squeezing the maximum efforts for the minimum reward, applying stress to minimize living, enforcing survival mode so that employees do not evolve and instead remain docile, powerless, controllable slaves. Or, if you list 'security' as a value of the patriarchy, unfold it deeper. Ask yourself if 'security' – a concept easy to comprehend as a political slogan – has any meaning in reality? How can there be 'security' if you and everyone you know and love is going to die? How can there be 'security' if weapon manufacturers bribe politicians even in democracies to create wars so that desperate customers will buy more weapons and increase GNP? Dig the next layer deeper when assessing the values of the patriarchy, and then the next. After that, **LIST THE VALUES OF ARCHEARCHY**. Find ten values that relate to loving relationship, local authority community, healthy ecosystems of Earth, evolution of consciousness, unfolding personal potential, authentic adulthood initiatory processes, celebration of others, etc.

SPARK218.02 FIND AND LIST YOUR OWN PERSONAL VALUES PART 1: Silently re-read and contemplate the list of values of modern culture's capitalist patriarchal empire that you made in SPARK218.01. Circle any of these patriarchal values that you find resonance with, that you are attracted to living out and for which you [Take A Stand](#). Please re-write your circled patriarchal values around the edges of a clean page of your [Beep! Book](#). These are your prison walls. **PART 2:** In order to sink deeply enough inside your [Being](#), please set aside 15 minutes to sit with your eyes closed and remember back to *who you were before you joined the patriarchy*. You

may feel something at this point. What would richly feed your unmolested 5 Bodies? What would inspire you to leap out of bed in the morning to ecstatically create and inhabit the more beautiful life your heart knows is possible? Write your inner – perhaps secret – values inside of the ‘prison walls’ in your *Beep! Book*. Let the emotions come. (NOTE: This Experiment may work best during an [Emotional Healing Process](#), or in [Possibility Team](#). Can you create this for yourself?)

SPARK218.03 THE EYE OF THE NEEDLE (NOTE: This part of this SPARK is an authentic adulthood initiatory process. It can be described here, but perhaps it can only be done in a [Possibility Coaching](#) session, or during a [Possibility Lab](#).)

PART 1: (15 minutes) Open your *Beep! Book* and begin by writing a non-rhyming series of lines to explore the language-free experience you had of being yourself before you joined the patriarchy. What had you hoped to find in the world? Why did you come to be born? What was your vision? Feel and write and feel and write. It does not have to make sense. It does not even have to be possible. Simply reclaim the sensations of who you were at first. Re-experience it. Write it down. **PART 2:** Slowly approach the moment of tension when your original fragile mission was confronted by a relentless demand: *Join the patriarchy or die! No, the patriarchy will not recognize or acknowledge you! Yes, you must drop everything and fit in! No, there is no one here to save you from this! Yes, to survive you must surrender your mission! No, you have no other options! Yes, if you do not drop your mission and join the patriarchy you will be abandoned and die! What do you choose? Answer now!* See... you chose. It was your choice to enter the patriarchy. To accomplish entering the patriarchy, you dropped everything important to you and became small enough to go through the *Eye Of The Needle*. And that is how you began to survive in the patriarchy. **PART 3:** Return to the [Eye Of The Needle](#). Remember: you made a choice as a baby. You have survived. Now the patriarchy has given you things: possessions, money, a job title, clothes, credit cards, a car, perhaps certificates or trophies from sports. You built a patriarchal identity. These make you too large to fit back through the *Eye Of The Needle*. Now you are stuck on the patriarchal side, and are faced with another choice. Do you choose to keep what you carry from the patriarchy? Or do you choose to drop those artifacts, go back to nearly nothing, get small and light enough to fit through the *Eye Of The Needle* again, and start over in a culture with values that you create? The answer is not in your mind. The choice is not verbal. It is action: drop almost everything you think of as ‘important to survival in the patriarchy’ and slide sideways into a new space. **NOTE:** This is a 20-minute time of going seemingly insane. It is loud and full of anger, fear, sadness, and joy. (If it is not loud and actively emotional you are not doing it.) You are designed to [transform](#). There are loving people waiting for you on the other side. You can do this. *Go!*

SPARK218.04 START OVER BUILDING OUT A NEW LIFE FOR YOURSELF INGREDIENT-BY-INGREDIENT, DISCOVERING WHO YOU ARE AND DEVELOPING YOUR SERVICES IN ARCHEARCHY From here on out, everything will be new. Take your time. Keep breathing. Keep returning to the small voice within you to choose what you truly want, and what you wish to avoid. And keep [Practicing](#). Find the others around you who made it back through the *Eye Of The Needle* into themselves. In fact, there are over 300 million cultural creatives on Earth who have escaped the patriarchy by now and are ecstatically building next culture together. They are not fully healed and not fully actualized, of course, but they are on their merry way. And they are waiting to welcome you.