

## **SPARK 230**

(Matrix Code: **SPARK230.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Feeling afraid of being seen or heard signals that you have something to say.

**NOTES:** Did you ever feel a fear creeping up your spine that you might be asked to speak? If you are stupid enough to try, you might fail. You might not be good enough. You might make a mistake and be judged, criticized, blamed, or attacked. You might cause pain or embarrassment for someone else. Life happens all around you, but your strategy is to lay low and stay invisible. What is going on?

Feeling afraid of being seen or heard could be an emotional scar from childhood when your primary task was to survive. It is time to [Notice](#) that your [Survival Strategy](#) worked. You already survived. Congratulations. Now the survival game is over for you. Yes, in childhood you may have been ridiculed, abused, or dismissed. But since your eighteenth birthday your circumstances have radically changed. You have begun the healing and transformational [Path](#) of escaping the [8 Prisons](#), yet still you feel this fear of being seen or heard...

If you sit quietly in rows (or disrupt the 'peace'), if you write down what the 'leader' says (or gossip behind their back), if you do your assignments on time (or not at all), if you show up before the meeting starts (or arrive 3 minutes late), all the while keeping that 'friendly little smile' on your face... then you are [still in school](#). Whether you conform to the rules, or fight the rules, you are still controlled by the rules. Your [Adult](#) life cannot start except by occupying who you really are regardless of the rules.

But who are you without your Survival Strategy? It is true that you cannot be anything other than what you really are. It is not possible. If you paint a wall red, it does not suddenly turn blue. If you pick up a banana it does not suddenly transform into a frog. If you drop a rock, it does not suddenly fly upwards. Your psycho-emotional structures are solidly shaped by your [Thoughtware](#), [Box](#), [Baggage](#), [Hookability](#), [Parts](#), [Reactivity](#), [Memetic Constructs](#), [Beliefs](#), [Conclusions](#), etc. This is physics. Your shape forces [E.C.C.O.](#) to give you the possibilities that it does. However, you have [Conscious Will](#). You can relocate your [Point Of Origin](#). You can make [Commitments](#) that change your shape to fulfill a different [Purpose](#). But then you might be seen, and the fear comes back again!

You are not forced to continue being what you currently are. But what is your actual Adult shape? This is possibly the most dangerous question to ask, which is probably why almost no one dares to ask you. But I ask you now: Who are you really? How can you become what you really are? Ahh! We have some ideas about that!

### **EXPERIMENTS:**

**SPARK230.01 EACH TIME YOU FEEL AFRAID OF BEING SEEN OR HEARD, PUT YOUR HAND UP AND SAY, "I HAVE SOMETHING TO SAY"** This is an Experiment. It is something worth trying. No one can put your hand up in the air for you. More interestingly, no one can stop you from putting your hand up each time you feel fear of being seen or heard. Start by doing a [Self Surgery](#) to attach your

emotional fear of being seen or heard to the automatic response of standing upright and putting your hand up. Learn to make this move before you think. Why does feeling afraid of being seen or heard signal that you have something to say? Because, if you did not have something to say, you would not feel the fear of speaking out! Ongoingly watch for your fear of speaking out. Trust your fear. (You are already an [Experimenter](#) or you would not be reading a [S.P.A.R.K.](#) that gives you instructions for your next Experiment...) This Experiment is: no matter whether you are with friends, family, colleagues, boss, clients, celebrities, officials, strangers, animals, a tree, the ocean, or the stars, watch for your fear of being seen or heard. The fear may try to confuse you, delay you, distract you, or make you feel small and worthless, AND, *this is your activation signal!* Just stand up! The instant you notice your fear of being seen or heard, put your hand up high into the air, or stand up while raising your hand, and say, “*I feel afraid to speak. This means I have something to say.*” Then say what needs to be said. Telling people about your fear pulls the cork out of the bottle. If you do not reveal your fear, your communication is blocked by something you must say first but cannot say because it is a taboo to say that you feel afraid. But your hand is already in the air! You are already standing! The taboo is already broken. You are in new territory. Your creative intelligence is already unleashed and flowing. It does not matter if your mind has no idea of what you will say next. Surprise yourself and [Speak From The Unknown](#). Do this Experiment over, and over, and over, and over, and over... Then you are participating in Life.

**SPARK230.02 HATCH OUT OF YOUR SURVIVAL STRATEGY LIKE A BABY DRAGON HATCHES OUT OF HER EGGSHELL** This is YOUR life. You get to choose between staying in the eggshell, or hatching out. No one can blame you for deciding to defend your neurotic Survival Strategy ‘til your dying day. (NOTE: There is one exception to this: If the Survival Strategy you defend keeps you implementing the [ecocide](#) of the [capitalist patriarchal empire](#), there is no place left for that strategy on Earth anymore...). [Adulthood](#) awaits you. Any [Authentic Path of Adulthood Initiations](#) at some point – perhaps sooner than you might think – requires you to step raw into the world. THIS is that Experiment. You get to be born by formally and consciously taking [Authority](#) for Living exposed rather than hiding out. (NOTE: Preparation for doing this Experiment will most certainly include learning to live in [First Position](#), doing [3-3-3 Practice](#), participating in [Rage Club](#) and [Fear Club](#), and eventually [Stellating](#) your [Conscious Anger](#).) Hatching yourself out of your Survival shell can take multiple forms, for example, [Vision Fasting](#), [Firewalking](#), [Family Constellation](#), [Walking There](#), [Expand The Box](#), etc. Whatever actions you take, your [Intention](#) is to crack open your Survival Strategy – one of the [18 Standard Box Designs](#) – and step afresh into the world. All of your Box’s useful parts remain available, but they become optional rather than automatic. No one can do this for you. No one can stop you from doing it. You are not some helpless embryo in there. When the shell is ready to crack off, you are already a Being capable of standing up and learning to [Live Full Out](#) as the [Space](#) through which your [Bright Principles](#) and [Archetypal Lineage](#) do their work in the world. Inside your protective shell you are a fully-formed baby Dragon ready to roar. *But you cannot roar inside your shell!* There is no space. No one can hear you. Think of how it would be to NEVER hatch out of your shell. Then you understand the uninitiated state of most humans on Earth. You can do this. (When you register your Matrix Code for this Experiment in your account at [StartOver.xyz](#), please state what you did to crack out as the PROOF. Thank you.)