

## **SPARK 235**

(Matrix Code: **SPARK235.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** You need space to Hold Space.

**NOTES:** A [Possibilitator](#) is a [Spaceholder Distinguishing](#) two kinds of space: Physical Space and Energetic Space. Physical Space is characterized by multiple physical elements, for example: is the Physical Space outdoors? Or indoors? Or moving, such as a car, plane, or elevator? How many square meters of floor space do you have? What are the wall colors and textures, acoustic qualities, windows, doors, flooring, temperature controls, decorations, furniture, accessories such as TVs, sinks, toilets, trash cans, mirrors, closets, refrigerators, toasters? Where is physical baggage stored? Who is the 'owner' of the Physical Space? Who pays the rent? Who is paying for the electricity, water, heating, garbage, taxes, and association fees? Who is the House Manager?

Energetic Space is determined by you, the Spaceholder, consciously or unconsciously establishing qualities such as [Context](#), [Purpose](#), [Distinctions](#), [Meeting Technology Agreements](#), how much [Listening](#), how much [Possibility](#)? To what degree is [Gremlin](#) required to be [Transformed](#)? To what degree is [Adulthood](#) required to be [Decontaminated](#)? How are [Reactivity](#), [Baggage](#), [Traditions](#), and [Emotional Healing Processes \(EHP\)](#) handled? Who is the [next Spaceholder](#)?

How you Hold the Energetic Space also affects the Physical Space. For example, is the Energetic Space honored enough that people remove their shoes before entering the Physical Space? Is it [Children's Culture](#) or [Adult Culture](#)? Where is the [compost](#) pile? How are plastics, paper, glass, and metal forbidden or [recycled](#)? To what degree do the neighbors, city laws, police, priests, mafia, or the government influence what can happen in this Space?

Conflicts can arise when Physical and Energetic Space distinctions are not clearly [Negotiated](#). Yet the biggest obstacle has not been named! Energetic Space is controlled by the presiding [Gameworld](#), AND... [one or another](#) Gameworld has claimed all available Energetic Space on Earth. There is no free Energetic Space left. All you can do is copy what already exists. You are forced to conform to the dominant protocol. Yes, you can Hold and Navigate Space if it fulfills the local purpose, but you are forbidden to try [anything different](#). To vanish old Possibility, or to cause new [Possibility](#), a Possibilitator requires uncontrolled, undefined, unoccupied free space in which to move around. You need space to hold space.

This means that a valuable skillset is: being able to create enough Free Space to work in, even when that does not seem possible. The most obvious solution seems to be stealing away someone else's already-existing Space, called 'Pirating the Space'. However, this approach operates on the [Assumption](#) that there is a limited amount of Space available in the Universe. From the scarcity viewpoint, Free Space appears to be a rare resource. However, quite the opposite is true. You gain immediate access to unlimited Free Space through taking [Radical Responsibility](#) for [Cavating New Energetic Space](#).

To 'Cavitate' means 'to create a cave'. You see this every time you fill a glass with carbonated mineral water. Tiny bubbles mysteriously appear on the inside of the glass at special 'Cavitation Points'. Sometimes you can observe a Cavitation Point floating freely in the liquid. A Cavitation Point is an irregularity, an imperfection, a discontinuity, a rift at which a new Space in the water can suddenly pop into existence even if all available Space seems fully occupied by the water. *You can become a Cavitation Point!* Full instructions are given at the website: [www.cavitatespace.mystrikingly.com](http://www.cavitatespace.mystrikingly.com). Please explore that website, do the Experiments there, then return here. Holding Space depends on your [Agency](#) to ongoingly [Cavitate](#), [Contextualize](#), and [Navigate](#) your own new Energetic Space.

## EXPERIMENTS:

**SPARK235.01 USE SELF OBSERVATION TO NOTICE HOW YOU SUPPRESS YOURSELF WHEN CONFINED BY AN ORDINARY BELIEF SPACE** Most of every day and every night you are in [Survival](#) trying not to get caught being you. Using your various [social masks](#), you adapt to or struggle against a wide array of Space Police. You try to be Jewish, Democrat, a student, a parent, a boss, Moslem, Nonbinary, a Yoga practitioner, Buddhist, a woman, a man, a 'good' citizen, or a Possibilitator, yet in trying to be ANY of these things, you suppress being yourself. Not only that, but you are subtly but extremely adaptive towards anyone who polices the roles you try to play for fear of being reported as a phony, an imposter, a fake, and then banished or executed. This [Experiment](#) is to use ongoing [Self Observation](#) to [Notice](#) your subtle efforts to immediately hide within the local definition of 'ordinary'. Clearly describe your Self-Observed behaviors in your [Beep! Book](#). Then explain at your next [Possibility Team](#) how you abandon your [Path](#) by being a Space Chameleon.

**SPARK235.02 TAKE RADICAL RESPONSIBILITY FOR CLARIFYING PHYSICAL AND ENERGETIC SPACE AGREEMENTS** Pay almost neurotic [Attention](#) to Physical and Energetic Space Agreements. Most of these Agreements are *assumed* to be made by everyone in the Space, but it is a lie. If an [Agreement](#) is buried in [Assumptions](#), there are no clear [Gaps](#) through which to move sideways. You are a [Possibilitator](#). You need to perceive or create those irregular Gaps in order to Cavitate and Navigate new culture Space. For the next two weeks, once a day, have an in-depth [Metaconversation](#) about specific Physical and/or Energetic Space Agreements. People might think you are really weird, but tell them you are doing a '[science experiment](#)'. Determine how many of these 'unspoken rules' are being broken, and how many problems this causes in human interactions. Negotiate clear Physical and Energetic Space Agreements. See what it does for your [Integrity](#).

**SPARK235.03 TAKE RADICAL RESPONSIBILITY FOR CAVITATING NEW ENERGETIC SPACE** You are a Placeholder for a [Possibility Team](#), for [Rage Club](#), for a project, for your [Path](#). No one can Hold this Space for you, and there are times when you might fall asleep or get hypnotized. Use the sensations of entering the [Zombie](#) state as a [Reminding Factor](#) to wake yourself up! The Space you hold is important because: *The Space determines what is Possible*. Constantly ask: "Who owns this Space?" If the answer is not, "I do," then what are you *really* doing there? By giving ownership of your Space to someone else – or to their Gameworld – you lose your aliveness. This Experiment is: for the next fifty years, get out of bed each morning by [Cavitating](#) and stepping into the culture Space you love to live in. Do not leave that Space all day and all night. If you do leave it, find out why, and immediately do the [EHP](#) to transform your [Fear](#) into new [Clarity](#) and [Possibility](#).