

## **SPARK 237**

(Matrix Code: **SPARK237.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** By saying you cannot trust, you are saying you cannot be angry enough to take care of yourself.

**NOTES:** In [S.P.A.R.K.018](#) we experiment with trust as a decision. Trust is NOT a fuzzy sensation of warmth in the belly. You decide to trust, or you decide to not trust. Here is the next part of that equation. Making the conclusion “*I don’t trust...*” can crush your aliveness. By entering the state of ‘not trusting’, you make the world unmanageable for yourself. You categorize things into ‘TRUSTABLE’ and ‘NOT TRUSTABLE’, and day-by-day the ‘NOT TRUSTABLE’ category grows, compressing your aliveness into a private little cave. You toss someone into the ‘NOT TRUSTABLE’ category when you approach your tolerance of fear. You move them out of range for you. By saying you cannot trust, you are giving up on yourself and being a victim. Where is your anger?

[Conscious Fear](#) is for detecting what needs to be done. [Conscious Anger](#) is for handling it. Your aliveness wakes up through using your Conscious Anger to change the deal in ways that your Conscious Fear tells you are needed.

In terms of relating, if you are too afraid to be close with someone, too afraid to be seen, too afraid to vulnerably connect and communicate, it could be that you are not angry enough to establish alternative options, open up new [Possibilities](#), or apply immediate [Clarity](#) for creating what you want.

There is so much difference between not trusting yourself to take care of yourself, and reinventing your world so you get to play full out. There is so much difference between cutting off interactions with someone because you do not trust them to respect your boundaries, and bringing enough anger into play to immediately reinvent the deal.

- If you are afraid that someone will not keep their word, can you be angry enough to build clear formidable consequences into your negotiated deal with them?
- If you are afraid that the corporation, restaurant, or Airbnb will give the same poor service to their next customers as they did to you, can you be angry enough to give them a one-star rating along with written details and photographs?
- If you are afraid that fanatics in your religion do not respect your full presence as a human being, can you be angry enough to leave the religion behind?
- If you are afraid that your true [Nonmaterial Value](#) is not being recognized or utilized in your current [job](#), can you be angry enough to [practice-up](#) your nonmaterial-value-delivery-skills until you have so many paying clients that you are too busy to go to work anymore?
- If you are afraid that someone is about to physically, psychologically, or sexually abuse you, can you be angry enough to break their nose and leave?
- If you are afraid that your government is doing things in your name that are too despicable for you to tolerate, can you be angry enough to do whatever it takes to exit their gameworld and get a [new passport](#)?

- If you are afraid that modern culture stands on a fundamental [design flaw](#) and is [exterminating life on Earth](#), can you be angry enough to [cavitate radically-responsible initiation-centered](#) regenerative culture space and move into it?

## EXPERIMENTS:

**SPARK237.01 TEST FOR INTEGRITY IN YOUR AGREEMENTS** Once or twice each day for the next two weeks, make a small [Agreement](#) with someone. Be sure the Agreement is concise and measurable (includes time, place, or cost details). Write the Agreement into your [Beep! Book](#). Have the person read what you wrote so they understand what they are agreeing to. By making this Agreement, you are giving your [Word](#). Each Agreement you make is an Experiment in building your ability to negotiate workable Agreements. Then see if the Agreement is kept. Did you keep your Word? Why? Or why not? Did they keep their Word? Why? Or why not? The Agreements can be unusual. For example, you can make the Agreement that you give them €100 in cash, and that in six days they give it back to you. You can decide whether it must be the same bills, or equivalent bills. You can make a '[Pirate Agreement](#)', meaning that you agree to support each other to accomplish something. For example, you sit together and make a list of the people who are upset at you. When you each have ten people on your list, you agree to each call three of those people in the next five days and ask them to give you feedback which you write down. You can make the Agreement that each time you talk together, each person has the same amount of time to speak. Practice negotiating clear Agreements. Refine your skills.

**SPARK237.02 EACH TIME YOU FEEL AT LEAST 3% ANGRY, RENEGOTIATE THE DEAL** Call together a [Possibility Team](#) meeting for this Experiment. Decide to lower your [Numbness Bar](#) during this meeting so that you can easily detect when you are at the least 3% Angry. For this Experiment it does not matter if your Anger is a [Feeling](#) or an [Emotion](#). Then, for 30 minutes, sit together without an agenda while each person uses their low intensity [Conscious Anger](#) to renegotiate the deal, whatever the deal is. It could be about where the chairs are placed, what the [Purpose](#) of the Space is, who is speaking too much or not enough, what kind of [Listening](#) is happening, how many Proposals are ordinary [Proposals](#), and how many Proposals are [Transformational Proposals](#). After 30 minutes, bring the Space to a pause. Go around the circle while the whole group gives Coaching to each person about ways that they could improve their ability to make high class, valuable, powerful negotiations. Then continue the Experiment for another 30 minutes, including renegotiating how things are being renegotiated. The purpose of this practice is to discover [Distinctions](#) and [Build Matrix](#) for using Conscious Anger to empower spontaneous renegotiations about *everything!*

**SPARK237.03 WHILE RENEGOTIATING THE DEAL, RADICALLY RELY ON YOUR INFINITE RESOURCES** This will be a rather wild Experiment, and depends on you being in your [Free And Natural Egostate](#). If your [Gremlin](#) is not [Transformed](#), or if your [Adult Egostate](#) is [Contaminated](#) with your Child, Parent, Gremlin, or Demon Egostate, then please do not do this Experiment yet. The [Context](#) for this Experiment is that your everyday life is real. This means that even during the little in-between moments, the [Thoughtware Upgrades](#) from [Possibility Management](#) still apply. All deals can be renegotiated. All options are [Possible](#). As an [Adult](#) on the [Initiatory Path](#), you have access to internal and external [Infinite Resources](#), such as your [Bright Principles](#), your [Archetypal Lineage](#), [E.C.C.O.](#), the [Unknown](#), your [Stellated Feelings Archetypes](#), etc. For the next month, *let your Infinite Resources do your renegotiating*. Report what happens in your [Beep! Book](#), [Articles](#), [WorkTalks](#), and [Workshops](#). Have [Fun!](#)