

SPARK 238

(Matrix Code: **SPARK238.00** for StartOver.xyz game.)

DISTINCTION: Calibrating your Reality Compass ends your emotional fears about your own Agency.

NOTES: Your [Agency](#) is your capacity for being powerfully [present](#), [reinventing](#) what is [possible](#), [communicating](#), [connecting](#) in teams, and [causing change](#). Your Agency shows up as creative interactions with what is. Your Agency depends upon sensing if you are on or off, if you are giving enough or taking enough, if you are too close or too far, if the timing is good or not, whose space it is, if you are saying too much or too little, if a [Do-Over](#) is needed, if something is so or not so, if it is better to leave or better to transform. Radically-clear sensing comes from your Calibrated '[Reality Compass](#)'.

As a baby, your Agency is raw and uneducated. Expressing Agency as a child would get you killed. Your greatest survival power as a child is to be [Adaptive](#), to fit into your family and your culture – at least enough to avoid getting run over, or left behind at the next gas station. To sense what the others want, you relocated your 'Reality Compass' outside of yourself. If your own Agency ever inspires you to speak or take action, you shut it down. Survival depends on you being afraid of your own Agency.

Most of your present emotional fears come from still having your Reality Compass uncalibrated, tuned to the opinions of others instead of to your own Being. You either go around being adaptive, looking for approval and acceptance, or you lock yourself into a strongly positive or negative [fantasy identity](#). Your Reality Compass is 'out there', always checking what the others think and feel about you. If others say that you are doing well, you gain a fake sense of 'safety'. By being nice, or untouchable, or controlling, or adaptive to please 'them', you might survive, but you are not living.

Keeping your Reality Compass uncalibrated has value as a child, provided that when you turn eighteen years old, your Survival Strategy is demolished by a series of formidable and authentic initiatory processes. But no [initiations](#) came. This leaves you still locked within your childhood [Survival Strategies](#). As powerfully as your Survival Strategies may have worked in childhood, they are killing you now.

Type 1 Gremlins (extrovert) and Type 2 Gremlins (introvert) use different strategies:

[Type 2 Gremlins](#) keep their Reality Compass outside of themselves so they can please or offend external authorities, such as parents, relatives, teachers, even friends. If the feedback from others properly answers their Box's question, "*Am I good enough?*" or "*Am I bad enough?*" their Fantasy World Survival Strategy remains successful, but they are afraid of being killed if they activate their real Agency.

[Type 1 Gremlins](#) keep their Reality Compass inside of themselves and ignore external authorities, deciding independently that, "*I am way good enough!*" or "*I am way bad enough!*" This Fantasy World isolates them from reality, and forces them to fight any external authority who disagrees with their self-distorted Reality Compass. Again, their Survival Strategy works, but they are afraid of dying if they activate their real Agency.

Emotional fear arises when you give your Reality Compass away, or you do not Calibrate your Reality Compass, because then you lack the accurate assessment of current reality needed by your Agency. Your fear comes from your inability to act.

Calibrating your Reality Compass starts with taking Radical Responsibility for creating emotional fears as part of a Buffer Zone between your Being and the vast unlimited [Resources](#) of the world. When your Reality Compass is Calibrated, then your emotional fears and feelings of fear empower you to navigate reality with Agency to create real results in multiple dimensions. By detecting which [emotional fears](#) you use to suppress your Agency, you locate your true Agency.

Your Reality Compass is more multidimensional and far faster than your [mind](#). It is quick enough to interact with reality [Immediately](#). Your Being can Calibrate your Reality Compass when you follow your Being's desire to be [Present](#), be [With](#), [interact well](#), [Discover](#), [Create](#), be [Intimate](#), and [Live Full Out](#) as a [Free And Natural Adult](#).

EXPERIMENTS:

SPARK238.01 STOP PRETENDING THAT YOU DO NOT HAVE EMOTIONAL FEAR

You start to bring your Reality Compass back online when you stop pretending that you do NOT have emotional fear, and instead use your emotional fear as a signal that you are giving your Reality Compass away to someone outside of you, or to a Fantasy World inside of you. This Experiment is to [Notice](#) that your emotional fears suppress your actual feelings of fear about your own Agency. Do as many [EHPs](#) as needed to heal and transform your emotional fears about gaining remarkable qualities of Agency. You are leaving behind your Buffer of being adaptive or confusing yourself, and unleashing your true Agency. Feel your fears. Use fear to take creative actions.

SPARK238.02 DRAW OUT A MAP OF YOUR BEING AND YOUR BUFFER ZONES

Open to a fresh page in your *Beep! Book*. Have your pen ready to draw. Then close your eyes to sense how it is for you. Your Being is at your core. Connected to that are your [Feelings](#). On top of that are your [Emotions](#). On top of that are your strategies from your different [Parts](#) trying to make your emotions go away. On top of that are your strategies for trying to manage all your strategies. Sketch out how the energy flows in and around you from your Being out to your unlimited [Potentials](#). Show how your strategies only act as a further buffer between you and the real world. Think about how long you have been living with your energy flowing like this. What else is possible? What would get you to make a new inner design? Start over by drawing a new design.

SPARK238.03 CALIBRATE 37 DIFFERENT PARTS OF YOUR REALITY COMPASS

As has been said, *"Reality is hard and persistent, and will kick you in the ass every time."* But what is reality? Ask your Possibility Team or 3Cell to tell you in which domains you are powerless. Write down everything they tell you. Where you are powerless, you are [Lying](#). Find out what you are trying to protect with lies. It could be your 'freedom from responsibility'. We live in a responsible Universe. There is no freedom from responsibility in this Universe. What you *can* gain is Agency. Perceiving yourself as powerless is a lie. When you are powerless you think you only have one option to choose from. What option are you holding onto? From whom did you copy that one option? If your Reality Compass is Calibrated and connected to your Being, you have direct access to [Possibility](#). If you are powerless and you do not say you are powerless, then you are lying. When you discover the [Story World](#) that says, *"I have only one option,"* this is where you are disconnected from Reality. This Experiment is

to Calibrate your [Reality Compass](#) in thirty-seven different dimensions. This is how you take your Authority back. When your Being is connected to your Calibrated Reality Compass, you discover unquestionable [Authority](#). This is thirty-seven Experiments in one Experiment! You may already have Agency in some of these elements, so focus on the others. There are thousands of additional Reality elements to Calibrate that are not on this list, a list which is given only to help you get the idea. Calibrate your Reality Compass by doing whatever it takes to gain competence to cut steel with a hacksaw and weld it together to make a bookcase, build a sturdy stool to sit on out of wood and screws, cut glass to make a leaded stained glass lampshade or window, catch and eat a fish using only string and a fishhook, shoot five arrows into the center of a target with a bow and arrow and also a crossbow, knock down three cans from ten meters away shooting stones from a slingshot, ride a bicycle for one-hundred kilometers in one day, go without spending even one cent of money for a week, do an eleven-day vision fast with [School Of Lost Borders](#), construct an [Archetypal Lineage](#) outfit for yourself using needle, thread, scissors and cloth, make a leather [Bag Of Things](#) for yourself, change a flat tire on a car, change the oil in a car, use a blowgun to hit a green coconut from fifteen meters three times in a row, make paper and ink, write with a feather, take apart a gasoline engine and put it back together again so it works, learn to find flintstone and use it to start a fire, build a wall, cook a feast for twenty friends, go square dancing and line dancing, go snorkeling in warm tropical waters and learn the scientific names for ten sea creatures (such as [Anisodoris nobilis](#) and [Hermisenda crassicornis](#)), go spelunking in a pitch black cave for eight hours deep underground, sleep overnight alone in a forest, throw three knives or screwdrivers in a row so they stick point first into a cardboard or wooden target, juggle three balls for one minute, sing a full song in public, visit a tortilla factory, raise chickens or ducks for eggs, learn to make excellent compost, build and use a composting toilet, take an Official Red Cross first aid course to deliver CPR (Cardio Pulmonary Respiration), bake bread, make and wear your own shoes out of a discarded car tire, write and publish an article about your experiments, call twenty people and ask them to give you feedback about what an asshole you are, join the [Archiarchy Kiva Team](#) and make three twenty-five dollar loans to people in third-world countries to rebuild their toilets, minimize all your stuff until you can live out of a carry-on bag, [Cavitate Archiarchal Space](#) for a [Torus Technology](#) meeting with fifteen people, grow large [Curcubita Maxima](#) squash in a garden, meet with the Mayor of your town and interview her or him about the details of the town's energy decent plan, etc. Calibrating your Reality Compass gives Agency to create real results.

SPARK238.04 MOVE YOUR REALITY COMPASS INSIDE OF YOU Your Box's fears and survival tricks have their uses, but they need not be your calling card. This Experiment is to add more options to choose from for how to live well, options beyond your [Box's Channel 1](#) (e.g. fight, be right, attack, prove others wrong, pretend you are happy), and Channel 2 (e.g. flee, be sad, be scared, pretend you are lost and broken). Use your [Intention](#) to connect your Reality Compass directly to [your Being](#). This does two things. First, it causes you to respectfully disregard other people's opinions. Second, it heats up your Reality Compass hot enough to burn away your Fantasy Worlds so you stop Being Adaptive. The point is NOT to become independent and arrogant, but it may feel at first like this. Some people find they can make this shift in one giant sudden step. Most people need to this with one area of their life at a time. The difference seems to be how much [Matrix](#) you have already built. It only matters that you stay in the middle of doing it for a year or more. Document your [Experimental](#) efforts in your [Beep! Book](#), [Articles](#), and [WorkTalks](#), and share them in your [Circles](#).