

SPARK 239

(Matrix Code: **SPARK239.00** for StartOver.xyz game.)

DISTINCTION: You can only be lost if you are holding onto plans.

NOTES: Remember the last time you experienced a sense of being lost? Not just lost on a strange street or in a strange conversation, but lost as in ‘losing the sense of life’, ‘not knowing who I am’, or not being sure if ‘this is what I really want to be doing’. Next time, try asking yourself this question: *What tells me that this is not exactly where I am supposed to be? Where does the sense of ‘wrongness’ in this situation come from?*

If you sniff around, you might discover that the sense of ‘being lost’ comes from comparing what is happening now to a Plan you are holding but not following. *Where did that Plan come from? [Societal expectations](#)? Your [parents](#)? Relatives? A [Past Life Vow](#)? Some [religious text](#)? An old decision? Perhaps the Plan you hold onto about your life is not even *your* Plan. Perhaps you absentmindedly adopted it from your surroundings. Consider the idea that if you did not hold onto this particular Plan about how your life is supposed to be right now, then you would not be experiencing sensations of being lost! Instead, you could be fully alive exactly where you are!*

A ‘Plan’ is an attempt to view the future from the present, or it is a way to view things ‘over there’ from here. Why do you want to view it? To control it. What emotion empowers the strategy of trying to control things? Right. It is fear. Fear is not bad or wrong or stupid. On the contrary, fear can provide invaluable energy and information in daily life either for handling things if your fear is a [Feeling](#), or for healing things if your fear is an [Emotion](#). But if your fear is *unconscious*, meaning that you do not even [Notice](#) that you are feeling afraid, then your fear triggers automatic [Reactivity](#) that takes you far away from the [Present](#), which is the only place you have [Agency](#).

There are many clever ways to make Plans which view the future as if it will stay the same as the present, or to view ‘over there’ as if will be the same as here. One of the most self-deceiving ways to Plan is to make an [Assumption](#). By making an Assumption, you create a delusional Belief for yourself that things will stay the same as they are right now (*“I assume that people will keep liking me.”*), or that things will change from the way they are right now (*“I assume that people will stop liking me.”*). The truth is, people will keep liking you or stop liking you independent of what you Assume. So, why do you make the Assumption? Probably because your [Survival Strategy Box](#) works one way and not the other (either if people like you or do not like you), and you are afraid to not survive. Your Assumption makes your Box feel more comfortable. But in that moment you make your Plan that life will follow your Assumption, you are no longer Present in a small [Now](#) where you can take Action. Believing in your Plan keeps you lost in a [Fantasy World](#) where you have the least [Power](#) to make a difference.

I am not saying you should not Plan. That would be foolish. Instead I invite you to Experiment with not Assuming that your Plan is Reality. Make all the Plans you want. In fact, the most useful sentence I ever found in the *Boy Scout Handbook* is: *“Thinking fast in an emergency depends on the habit of figuring things out in advance.”* ‘Figuring things out’ means to calculate the probability of the various possible ways things might go. Then Plan accordingly. It does *not* mean to Assume that your favorite Plans are

facts, and assert that everyone else should know and conform to your Plans, *especially* Reality. [Reality](#) could have very different ideas for you than following your Plans... When you are so lucky as to enter the space of 'Having No Plans', and stay in awe and [Improvise](#), then you discover how to [Live Full Out](#) even when all Plans fail.

EXPERIMENTS:

SPARK239.01 GIVE UP YOUR PLANS THAT SOMEONE IS GOING TO JUDGE YOU

If you are afraid that someone is going to judge you, then *you made a Plan* that someone is going to [judge](#) you. This Experiment is to destroy that Plan altogether. Close your eyes. Go find out where you keep this Plan. Is it in your body somewhere? On a shelf in your mind? Back in your childhood cellar? Go grab this Plan with two hands and bring it into the light of your mind's eye. What is the Plan made of? Paper? Steel? Bone? Ideas? Whatever the material of your Plan, crush it into small pieces and drop them into the river of time that is flowing before you. Tick. Tick. Tick. Each second that passes takes your destroyed Plan farther and farther back into your past where it automatically returns to its original creator. If they made that Plan, it is their Plan. You may have borrowed that Plan for a while, but it is not *your* Plan. No one can make Plans for you. After this, you are no longer holding onto the Plan that someone is going to judge you. Now you can go get creatively lost and enjoy your life without that fear.

SPARK239.02 ALLOW YOURSELF TO BE 'OFF PLAN' ONCE A DAY FOR 50 DAYS

Write in your [Beep! Book](#) a list of [50 WAYS TO LEAVE MY PLANS](#). Then, for each of the next fifty days, do one of those ways. So many qualities of fear arise just thinking about leaving *The Plan!* Each one is a [Doorway](#) to an [Emotional Healing Process](#) (EHP). The instant any fear arises (fears are arising right now!), write it in your *Beep! Book's* **LIST OF EHPs**: "*I feel scared that if I leave the Plan...*" Do every EHP. Enjoy the five-body experience of being 'Off Plan' in the new territory of your processes. It won't take long before your emotional fears are transformed and the [Free And Natural Adult](#) feelings of fear become tantalizing, tingling, challenging, adventures.

SPARK239.03 DECIDE THAT YOU ARE A REPRESENTATIVE OF NEW POSSIBILITIES

As an [Edgeworker](#), your job is to discover and implement new [Possibilities](#) for the benefit of others. Call your [3Cell](#) or [Possibility Team](#) together and ask them to help you create a working title for what you are. Write your job title in the inside cover of your *Beep! Book*. Announce your title to a new person for 21 days.

SPARK239.04 PREPARE TO GO OFF PLAN AND BE LOST IN YOUR EVERYDAY LIFE OF DISCOVERY

Get out your *Beep! Book*. On a fresh page, write down the following question: *What would happen if I had Plans, yet held no intention of following them?* Don't stop writing until you give at least ten different answers. After this research you will be better informed while doing the following Experiment. Title a page near the end of your *Beep! Book*: **DISTINCTIONS I CAN DELIVER FOR THE BENEFIT OF OTHERS**. List at least 33 Archan Thoughtware Distinctions you can deliver. Then ask yourself the question: *If I stay on Plan, will I [Discover](#) new [Distinctions](#)?* (If you think the answer is 'yes', try to investigate what you mean by 'new'.) If your discovering creates valuable distinctions which you can deliver for the benefit of others in [articles](#), videos, [WorkTalks](#), [Workshops](#), [Emotional Healing Processes](#) (EHP), [S.P.A.R.K. Study Group](#), etc., then you can stay 'Off Plan' for the rest of your life, because you are free of modern culture's systems. Wake up each morning and intentionally go 'Off Plan'. Deliver your [Nonmaterial Value](#) by landing new Distinctions in [Spaces](#). Then show others how to do this. HINT: The best way to research new Distinctions is by delivering the Distinctions you already are so that others can also become them.