

## **SPARK 242**

(Matrix Code: **SPARK242.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** There is a difference between pressuring yourself to do a thing, and Sourcing that thing.

**NOTES:** In school, church, your parents' house, practicing sports or learning to play a musical instrument, even during Girl Scouts or Boy Scouts, you were in many ways forced to do what you did not want to do when you did not want to do it. You accepted or refused what they told you to do because this is modern family life. You were taught to keep your [Compass Of Reality](#) outside of yourself, and to bow to false 'authorities'.

After years of submitting to external motivation, the sensation of pressuring yourself to do things becomes habitual. The menu becomes your life. Your father does it. Your mother does it. They copy the long-held tradition of self-manipulation. Nothing else is demonstrated. Sooner or later, you integrate self-pressuring into your [Survival Strategy](#) because *this is the way*.

You want to eat a salad? You pressure yourself to eat a salad. You want an ice cream? You pressure yourself to get an ice cream. You want to go to work? You pressure yourself to go to work. You want to kiss him? You pressure yourself to kiss him. Without radical intervention, pressuring yourself continues to your dying day. Next time you get the chance, ask a group of people to raise their hand if they pressure themselves to do things during their day, even things they already want to do. Almost all of them will put up their hand. (If you do this [Experiment](#), see if you pressured yourself to do it...)

What would life and [relating](#) be like if you did not pressure yourself to do things? Would you exercise? Steal things? Meditate? Drop litter? Eat well? Overspend? Clean your dishes? Would you become a dirty, fat, lonely beggar?

What do you really want? Do you even know? If you change your [Inner Structure](#) so that you no longer give your [Authority](#) away, would you pressure yourself to be your own Authority? Is your life built out of 'shoulds' and 'should nots' that come from a scolding [Parent Egostate](#) inside of your head, [incessantly nagging you](#) about what you *must always* do, or *must never* do? Or does your life come from you? How can you know? Modern culture limits your options. If you [escape](#) and every option becomes an option, isn't that more pressure on you? What else is there? Time to Experiment!

### **EXPERIMENTS:**

**SPARK242.01 STARTING FROM THE FIRST MOMENT OF INCARNATION, LIST EVERYONE WHO EVER PRESSURED YOU, AND WHAT THEY PRESSURED YOU ABOUT** This Experiment could fill an entire [Beep! Book](#). Collecting this evidence is NOT about proving you are a Victim. It is about capturing your [First Enemy on the Path](#): FEAR. Vague, unfocused [emotional](#) fears stop you from taking self-motivated actions. Would you naturally allow others to manipulate you or pressure you? No. Of course not! That would be yielding to mafia tactics: blackmail, extortion, threats of assault. So where do those fears come from? Who are the Mafia Bosses? How can you capture your first Enemy on the Path? By using your second Enemy! [Clarity](#). This Experiment is to be [Radically Honest](#) with yourself about who terrorized you enough that you

conform to their demands. Write names, dates, what they said, what they implied would happen if you did not do what they told you to do. Be clear and specific. Also write your decisions about yourself, about them, and about your strategy for surviving in a world like this, with people like them. What you find may be shocking. Go all the way.

**SPARK242.02 AFTER FINISHING EXPERIMENT SPARK242.01, TAKE YOUR CASE TO 'COURT'** Bring together a [Possibility Team](#) or a [3Cell](#) for your 'Court Case'. Dedicate an entire evening for this Process. You need at least two other witnesses in your Courtroom, better five or six. Their job is to listen to you, perhaps to ask clarifying questions. They wait to hear your plea of 'GUILTY'. Read out loud your entire writings from your *Beep! Book* about who secretly holds a gun to your head or a knife to your throat so that you pressure yourself. Explain the [evidence](#) you use to prove where the pressure comes from. Plead 'GUILTY' for blaming those people as Persecutors in your life-long [Low Drama](#). It is time to confess. Explain how you avoided [Radical Responsibility](#) all these years, perhaps since before you were born. Reveal in detail your [Self Deceptions](#) and tactics until the Witnesses are convinced that you feel the pain of remorse. They may decide to delay their verdict, demanding that you do deeper research before you reconvene the Court to continue this hearing. Follow this procedure until the Court agrees that you realize how you sabotaged your own [Radical Freedom](#). This gives you one cubic centimeter of chance.

**SPARK242.03 BUILD A SMALL INNER GARDEN OF RADICAL FREEDOM INSIDE OF YOUR BEING** (It helps to study the [Cavitate Space](#) and [Radical Freedom](#) websites before doing this experiment.) Reserve at least three hours without your phone or other connections to the world. Go into the woods or desert, or to the sea, far enough that you see no signs of civilization. Bring only some water, toilet paper, your *Beep! Book* and a pen. Breathe deeply in this objectively unpressured space. Yes, eventually it may get dark. Eventually you may get hungry. Eventually you may have to pee or shit. [Minimize your NOW](#) until you create a tiny [present moment](#) surrounded by a vast space of time that is completely lacking in any real pressure. Then Cavitate a new [Bubble of Space](#) around you that contains only the [Context](#) of this safe space. Reserve this Bubble Of Space as a Secret Garden for yourself. After an hour of [unfolding](#) your [Being](#) in this self-created Space of Radical Freedom, bring this Garden Space with you. From now on, for the rest of your life, anywhere you go, no matter whom you are with or what is happening, one click of your [Clicker](#) brings you back to this self-cavitated Garden of Radical Freedom. Consider never leaving.

**SPARK242.04 JACK-IN TO THE SOURCE OF EACH THING** Here is a realization that you may not have discovered yet. Back before you were born, before you entered the little flesh-and-bones body in your mother's belly, you rested in a Source. Sit back now, close your eyes, take a deep breath, and for at least 15 minutes, sink into that Source, enjoying the experience. It may be intense. You may need tissues. From there you see that each thing has a Source, but the Source is NOT you. Getting out of bed in the morning has a Source. Brushing your teeth has a Source. If you plug yourself into the Source of a thing, power flows from the Source, not you. Let the Source do the work. If you jack-in to your own Source, then your [Choices](#) and [Actions](#) are internally motivated. There are consequences for choosing or not choosing any of the unlimited [Possibilities](#). You are Radically Responsible for the consequences of what you Source. Choosing to jack-in (or not) to the Source of a thing comes from you, is for you, and is of you. This means you can Choose to keep at the center of your life, the [Power](#) to Choose what you keep at the center of your life, and to let the rest fall away.