

SPARK243

(Matrix Code: **SPARK243.00** for the StartOver.xyz game.)

DISTINCTION: Your mind is incapable of protecting you from feeling fear.

NOTES: Even if you love your mind and your ability to talk to yourself inside of your own head... even if your mind was overfed information at school and rewarded for confining your thinking to the school's thought limits... even if you regard your chattering thought-world as a comfortable and familiar home for yourself... your 'bothersome' heart continues to feel feelings. You can get a prescription for brain drugs that interfere with your mind noticing that your heart feels something, but the drugs do not stop your heart from feeling things. Learning to think clearly is one set of skills. Learning to feel clearly is a different set of skills. At school you were taught one and not the other. You have the capacity to build an [Inner Structure](#) for both clear thinking and clear feeling. What are you going to do about it?

If you do not use the intelligence and energy of [Conscious Fear](#) in your daily life, it may be because you are trapped inside the *Old Thoughtmap Of Feelings*, where the feeling of fear is classified by your mind as one of the so-called 'bad' or 'negative' sensations. It could also be that your [Adult Egostate](#) is [contaminated](#) with your Child Egostate screaming at you, *"If you feel fear, you are powerless and you will be hurt,"* or with your Parent Egostate scolding you, *"If you feel fear, you are being stupid."*

There is a war in modern culture between mind and heart. If you watch the news, mind has already won this war. But if you look at [Reality](#), you see how insanely mind deludes itself. The minds that present the news agree to stay in a [Fantasy World](#), thinking that if they can 'please their bosses' and 'keep their job', they will 'keep getting enough money to survive'. It is frightening to see 'smart people' do this to themselves.

How did we come to think that the mind is all powerful? The answer becomes obvious as soon as you 'follow the money' and look who benefits from the idea that the mind is all powerful: the mind benefits. This explains why politicians think they can promise whatever sounds popular when they run for office, and then ignore their promises the instant they gain the authority to start the next war. People get frightened by the war and forget what the politician said. Mind is your in-house politician.

It can be useful to remember previous [S.P.A.R.K.s](#):

- [SPARK051](#) Your mind functions in the service of your [Box](#).
- [SPARK128](#) Your mind can understand concepts that have no relationship to reality, meaning, you could be seriously [fooling yourself](#).
- [SPARK149](#) Fear is the most useful feeling for animals. Human beings are animals.

And also, future S.P.A.R.K.s:

- Your mind is yours to play with and make into whatever you want.
- You are not obligated to follow what your mind says.
- It is possible to go other places than where your mind has already been.
- Mind can try whatever it wants, but [reality](#) prevails.

There is nothing that your mind can do that will shut down your heart. You can meditate for forty years to achieve 'peace of mind' but will this stop your heart from signaling

fear if it is concerned? No. These are two separate departments. Your sense of fear has a different source than the mind. Thinking that by turning off your mind you can turn off your heart is like thinking that by turning off the TV you can turn off the washing machine. The TV uses electromagnetic signals from its dish antenna. The washing machine uses water and laundry soap. These are disconnected systems. Sure, you can turn off your house's main electrical circuit to kill both, but this equates to suicide.

Can your heart shut off your thoughts? No. No matter what you feel, you also still think. Even if you are in full panic mode, terrified, frozen, unable to speak or move, you still judge yourself, criticize yourself, worry what others are thinking of you, wish to be somewhere else, etc. Enforcing a strategy of shutting off your thoughts hoping this will shut down your feelings could be a fast lane to senility. Trying to 'feel happy' while your mind screams that it disagrees with what you are doing makes you psychotic.

Can your mind shut off your feelings? No. No matter if you chant your mantra, repeat your aphorism, dream your fantasy world, say your prayers, your feelings continue, even while you try to suppress or deny them. Trying to distract yourself from what you feel by hiding inside your mind quickly produces nervous ticks, bouncing legs, rashes, fingernail biting, hair pulling, headaches, ulcers, indigestion, poor vision, cramps, tumors, auto-immune diseases, Parkinson's... Are you ready to try something else?

EXPERIMENTS:

SPARK243.01 FIND OUT WHERE YOU GOT THE IDEA THAT YOU SHOULD BE PROTECTED FROM FEELING FEAR. It may not even be your idea. Create a [Team](#) in the [PM Healing Village](#) on [Telegram](#) to hold space for you while you dive deeply into this question as a series of [Emotional Healing Processes](#). [Document](#) and [share](#) your findings. Even if you held this idea for a long time, it is possible to [Change Your Mind](#).

SPARK243.02 DEVELOP YOUR POWER TO LET THE THOUGHTS AND WORDS OF YOUR HEART SPEAK. Yes, [your heart can think and speak](#). Modern culture does not respect your heart, but you can. This Experiment is to give equal time to your 'second brain'. For the next month, each time you have a conversation with someone else, give equal time for your heart to speak and for your mind to speak. Start with your heart. Tell people about your [Experiment](#) as you do it and what you are [Noticing](#).

SPARK243.03 NEGOTIATE A NEW DEAL BETWEEN YOUR MIND AND YOUR HEART. Arrange for a skilled [Possibilitator](#) to [Hold Space](#) for you to journey into the question: *What is my problem with using the mind for its strengths and the heart for its strengths?* During your [Process](#), [Declare](#) that you will [Cavitate](#) and [Inhabit](#) a new culture with equality between your heart and your mind. Have your heart and your mind speak with each other to [Negotiate Intimacy](#). Write down the new agreement in your [Beep! Book](#) and give [WorkTalks](#) explaining this process so others can try it too.

SPARK243.04 FIND WHAT YOU FEAR ABOUT BEING TOO POWERFUL TO BE RESTRAINED BY THE LAWS OF MODERN CULTURE. If you gain the power of [Stellated Feelings Archetypes](#), what specific fears do you have about turning into the Joker? Or Hannibal Lecter? Or Donald Trump? Or your mother? Get out your [Beep! Book](#) and write whatever fears pop up even if they are less than 10% intense. Then arrange for a [Possibility Coach](#) to hold space for you to go the next level deeper to find why your strategy is to constrain your [Free Will](#) with laws instead of letting it live under its [own recognizance](#). It might involve facing a [Past Live Vow](#). Do the process anyway.