

SPARK 244

(Matrix Code: **SPARK244.00** for the StartOver.xyz game.)

DISTINCTION: Saying what you feel changes nothing unless you use your feelings to change something.

NOTES: There is a [‘Phase 1’](#) and a [‘Phase 2’](#) of [Feelings Work](#). Phase 1 is the time when you [upgrade your thoughtware](#) to the [Four Feelings thoughtmap from Valerie Lankford](#). Suddenly you gain the [Authority](#) to [Choose](#) whether you keep using the *Old Thoughtmap Of Four Feelings* in your daily life to react with [Low Drama](#), [Survival](#), and [Revenge](#), or whether you [shift](#) over to the *New Thoughtmap Of Four Feelings*.

If you shift, you discover your [Numbness Bar](#), learn how to lower it, and begin using the sentence, *“I feel mad, sad, glad, and scared because...”* because, in reality, you feel all four feeling about everything all the time. Now you Notice it. You recognize the utterly simple but world-changing difference between [Feelings](#) and [Emotions](#). You calibrate your [Feelings Detector](#), and discover first-hand how effectively [Liquid States](#) transform your [Memetic Constructs](#) through [Emotional Healing Processes \(EHP\)](#). This is when you [Hit Bottom](#). You cannot Hit Bottom alone, but you *can* Hit Bottom.

Hitting Bottom and staying there is your graduation from Phase 1 to Phase 2 of Feelings Work.

Whereas in Phase 1 of Feelings Work you learned how to Consciously Feel and say what you are feeling, in Phase 2 of Feelings Work you use the energy and information of your [Conscious Feelings](#) to change things, create things, and heal things inside of yourself, inside of others, and between you and others. In Phase 2 you jack in to [Infinite Resources](#) as ‘rocket fuel’ for [Transforming your Gremlin](#), and for [Decontaminating your Adult Egostate](#) from [Child, Parent, Gremlin](#), and [Demon Egostate](#) contaminations. You find a new home in a [Minimized NOW](#), too small for [Stories](#). From here you frequently [slide sideways](#) through the [Free and Natural Adult Egostate](#) into the [Archetypal Domains](#) and explore [5 Body Intimacy Journeys](#).

Then you start [Cavitating](#), [Holding](#), and [Navigating](#) Spaces for exchanging Emotional Healing Processes with others. Along the way you [Stellate](#) each of your Four Feelings to ignite your inner [Feelings Archetypes](#). It suddenly becomes important for you to care for the [Gameworlds](#) that have supported you on your [initiatory journey](#), while at the same time you build [Your Circle](#), [Your Website](#), and your [Gameworld](#) in the [regenerative Archan](#) universe.

Practically speaking, Phase 1 of Feelings Work takes no longer than one exciting year of [Healings](#), [Self Surgeries](#), [Thoughtware Upgrades](#), and [Adulthood Initiations](#). If it is taking you longer than one year, then you are probably serving a [Hidden Competing Commitment](#). This means that a fear you [hide from yourself](#) carries more force in your life than your [Intention](#) to [Grow Up](#) and become the Space through which your [Bright Principles](#) and [Archetypal Lineage](#) can do their work in the world. Your fear may be as simple as, *“If I take [Radical Responsibility](#) for [Choosing](#) to [Believe](#) the [Stories](#) that I use to trigger my [Emotional Reactions](#) and stop believing my own [Bullshit](#), then my [Gremlin](#) will not be able to control other people anymore, and I will go [insane](#) and die.”*

It makes sense that the Hidden Purpose “to avoid falling over and dying from fear of losing the power to control everyone around me” – could paralyze you. But then again, is that your true goal? This Hidden Purpose could well be past its ‘Best If Used By...’ date. Things might have changed since you implemented that Hidden Purpose as your central imperative. You might have learned a few new skills lately...

Saying that you are scared, sad, and angry will not change anything if you are not using those feelings to change something in [reality](#). In Phase 2 of Feelings Work, you use your feelings to take new actions, try intelligent risks, make [Proposals](#), take responsibility, [Take A Stand](#), [Make Conscious Offers](#), [Negotiate Deals](#), and [create](#) what you came here to create. The Phase 2 ball is in your court. Are you ready to play?

EXPERIMENTS:

SPARK244.01 DO THE HIDDEN COMPETING COMMITMENTS PROCESS TO UNRAVEL YOUR SELF DECEPTION By the time you read this S.P.A.R.K. it is almost too late for you. The rest of your life is barely enough time to [Cavitate](#), [Inhabit](#), and [Activate](#) the part of Archiarchy you came here to create. You can find out how you are stopping yourself. Find a [Possibility Coach](#) to take you thoroughly through the *Hidden Competing Commitments* process. There is no right answer. There is no obligation to apply the new clarity in any particular way. But after this process, you will have a fresh chance to sidestep the [Swamp](#) and use your energy and [Attention](#) for your life.

SPARK244.02 USE YOUR LOW LEVEL EMOTIONS TO DO 13 EMOTIONAL HEALING PROCESSES IN 2 WEEKS This is called an [EHP Intensive](#). It is a wild ride, and liberates amazing inner resources to use for something other than mere survival. We recommend creating yourself a [3Cell](#) for this, and joining the [Telegram EHP Team](#). Be sure to publicly document your steps to leave trail markers to inspire others.

SPARK244.03 PRACTICE USING YOUR LOW LEVEL FEELINGS TO CHANGE SOMETHING IN REALITY Emotions are for healing things. So, use them for healing yourself. But Feelings! Feelings are for creating things. This Experiment is two times each day for the next 6 months, [Notice](#) and immediately use (without thinking much about it) a Low Level Feeling of anger, sadness, fear, or joy, to create a [Nonmaterial](#) change within you or around you. Publicly document and share what you create with your Feelings. Take note of what works and what could be improved.

SPARK244.04 BUILD YOUR CIRCLE TO 1000 TRUE FRIENDS Engage in actions to build [Your Circle](#) of [Edgeworkers](#). Empower your people by giving them a pathway through modern culture’s [Memetic](#) jungle so they find the part of Archan culture you are building out for them to inhabit. Deliver [WorkTalks](#) at least once per month to deepen the [Context](#) of your [Possibilitator Specialty](#) and to become absurdly effective at [Cavitating](#) and [Navigating](#) transformational space. Personally visit other gameworlds related to the [Nonmaterial Value](#) you offer and provide value to them. Send out a [monthly newsletter](#) to feed the people around you with new [Possibilities](#), new Challenges that they can try to make their life extraordinary. Deliver [Rage Club](#) and one-on-one Rage sessions so your people can come alive. Open online and in-person [Practice Spaces](#) to improve [Core Skills](#). Deliver [Workshops](#) where people can experiment with lowering their [Numbness Bar](#) while staying [Centered](#), [Grounded](#), and [Bubbled](#) in a [Minimized NOW](#). These things are valuable beyond what money can pay. By building your Circle, you build a next culture [Village of Practicing Archan](#) friends.