

## **SPARK246**

(Matrix Code: **SPARK246.00** for the [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** If you adopt meaning from external authorities, you are lost.

**NOTES:** When the Universe appeared, it contained equal amounts of matter and antimatter floating in a field of consciousness. For reasons not understood, the balance immediately tilted into a slight excess of matter over antimatter, on the order of one part in a billion. This small imbalance was enough to allow stars and galaxies to form. Did consciousness care about forming matter? If consciousness cared, there was meaning behind the caring.

One part in a billion is not a big percentage. It is easy to ignore it and assume that the Universe is empty and meaningless... even empty and meaningless about it being empty and meaningless. But your consciousness is made of the same stuff that cared that a Universe full of stars and galaxies came into existence. You have the capacity to make meaning and care. Can you find that place in you where you make meaning? It is not in your mind. Your mind is full of thoughts and opinions, but your thoughts and opinions are meaningless until you give them meaning. Where does meaning arise? When you were a baby, your survival depended on other people caring that you were fed, clothed, and nurtured to some degree. In the hopes of surviving, you naturally sensed the meaning given to various things by your caretakers. You might have adopted those same meanings in order to create a bond of resonance with your caretakers. As you started to develop your will, you might have also chosen to ignore their meaning entirely, or adopt an opposite meaning, just to be stubborn.

Up until about eighteen years old, this is how you survived. Then your adulthood initiations began. There are hundreds of aspects of adulthood to activate. One of these is to take ownership of your Meaning Making Machinery. Until you successfully take back your meaning making, you unconsciously adopt meanings from external authorities such as relatives, neighbors, priests, politicians, teachers, police, and the media. If your meaning making is externalized, then you are lost. No matter how many people you empower or 'up-status' by adopting the same meaning as theirs, until you make up some kind of meaning for yourself, you have no meaning at all. Right now, you already know that hollow feeling inside. You already know if this applies to you.

Other people's meaning is meaningless in your circumstances. It does not work to outsource self-meaning-making. You might have the strategy of making another person's meaning more meaningful by taking it on for yourself and showing them or others that you are doing this. But that is manipulation. That is prostituting yourself. If you carry someone else's self-meaning, or bend to the will of the church or a political dogma and adopt the meaning they want you to have, you are empty and alone. The meaning you hold for yourself and your life is not truthful. You lack integrity from not being in alignment with yourself.

A Possibility Management Trainer was once holding space for a rage stick process. The rage stick accidentally bounced off the rage cushion and struck her in the head. Participants all gathered around to rescue her, until she shouted, "*I am not a victim! This is nothing!*" She chose not to accept the meaning being provided to her by others. Instead she chose to give the incident no meaning at all. Choosing to make your own meaning rather than accepting other people's meaning can set you onto your own new tracks in life .

## EXPERIMENTS:

**SPARK246.01 NOTICE IF YOU KEEP YOURSELF NUMB AND CONFUSED BY SCATTERING YOUR MEANING MAKING** So much in the world is crazy. People suffer in war. Animals are going extinct due to human activities. Political leaders serve their own [distorted ego](#) instead of the will of the people. But if you care about any of this, you reveal that it means something to you. Even being depressed or hysterical about what is going on means you care about it. Those feelings are valuable energy and information that you could transform into useful actions. But caring about something makes you vulnerable. If the thing you care about fails, and other people see this, they can laugh at you, betray you, try to destroy you. To hide the fact that you care about living things, you may have figured out ways to scatter your inner world. Then you cannot [Take A Stand](#). You cannot stand up and say, “*Stop chopping down the trees because I care about them!*” You keep your meaning making scattered, your [Inner Structure](#) disorganized, your Being torn to shreds. You put on a superficial smile and pretend like everything is okay for you. Then you are safe. One distinction to make about this is that saying, “*I like...*” or, “*I don’t like..*” comes from your [Survival Strategy Gremlin-guarded Box](#). This is more superficial than saying, “I care about...” or “I don’t care about...” (e.g. “I don’t care about which football team wins or loses.”) Opinions of ‘like’ or ‘don’t like’ puts your Box at risk. Declaring what you care about or don’t care about puts you at risk. This Experiment is to interview five friends for at least 20 minutes each telling you what they notice about precisely how you scatter your inner world to protect yourself from caring. Write down everything they say in your [Beep! Book](#). Not what you hear them say, or what you understand them to say, but the actual words they speak to you. Ask them to check what you wrote and make corrections. Use what they tell you as [Doorways](#) for your next [Emotional Healing Processes \(EHP\)](#).

**SPARK246.02 DOCUMENT YOUR MEANING MAKING MACHINERY** Title a new page in your *Beep! Book*: MY MEANING MAKING MACHINE. Then during this week, continuously [Self Observe](#) and write answers to the following questions. (It can help to have café conversations with others about these questions so that you have something to push against while reflecting on your own experience and realizations.) Are other people’s meanings meaningful to me? What stories have I made about other people’s meanings being real? If I give something meaning, do I need to believe the meaning I gave it? Or is belief extraneous? What kind of [choices](#) do I have about making meanings? What if any person can apply any meaning to anything? How can I relate to someone if I give no meaning to something they have given meaning to? How can I relate to someone if they are afraid of, or hate, the meaning I have given to something? Do I need to believe other people’s meaning that they make up for themselves about themselves, or about the world around them, or about me? What stops me from staying connected with someone when I do not believe their meanings? What stops me from staying connected with someone when I have chosen to apply a different meaning from theirs? What is the meaning I give to researching my own Meaning Making Machinery? Write down the meanings you have unconsciously given to things, and whether you choose to keep those meanings, or choose different meanings, or choose to make it meaningless. Write an article about what you discover on your Meaning Making Machine research journey.

**SPARK246.03 USE BEING OFFENDED TO DETECT MEANING** You might feel offended many times in one day. Your emotional reactivity might be miniscule, or immense, but no matter how intense it is, each offense gives you a chance to locate something you care about because you have assigned meaning there. For example,

you could feel offended if someone cuts in front of you while driving down the road, or they don't keep their time agreement with you, or they look at you a certain way, or they bump you while passing, or they avoid taking responsibility in a project with you, etc. This Experiment is to title a new page I AM OFFENDED BECAUSE in your *Beep! Book*. Then, during the next month, every time you feel offended – even the tiniest little but – write down what offended you and the meaning you used to care so much about the thing that you got offended. Also write down each time where the meaning came from. Did the meaning of fairness, or propriety, or status, or ownership etc. come from you? Or from external authority, for example social or legal rules? Each item on your list gives you a chance to consciously choose to keep or change a meaning.

**SPARK246.04 FIND OUT IF YOUR MEANING MAKING IS 'GOOD' OR 'BAD'** Most people have not inspected their meaning making. This means they unconsciously look around in their 'Space of Meaning' to notice if the meaning they currently carry match the externally marketed beliefs defining which meanings are 'good' or 'bad', 'right' or 'wrong'. If you see yourself checking whether your meaning is 'good' or 'bad', this indicates that *it is not your meaning*. When you consciously choose a meaning, it carries zero meaning from external authority. It is *your* meaning. This does not mean you will keep this same meaning for the rest of your life. You can [change your mind](#) about the meanings you make whenever you want. This Experiment is to inspect your meanings for one month. If you find a meaning that came from someone else, and you change your mind about keeping that meaning, create a five-minute meeting with someone and say something like, *"I used to have the meaning that owning a Mercedes meant I was successful. I changed my mind about that. Now, if I have a Mercedes, or if someone else has a Mercedes, I give it the meaning that they like Mercedes."* Or, *"Now I give it no meaning at all. I free up my Space Of Meaning to have more inner freedom of movement."* Make notes in your *Beep! Book* about what this meaning housecleaning experience does for you. Tell this [Legend](#) to others. If they like your Legend, ask if they would give you [their email address](#) so you can send them your [Newsletter](#) to inform them about [other cool experiments](#) like this.

**SPARK246.05 PROTECT YOUR SPACE OF SELF MEANING** Continue making notes in your *Beep! Book* as you Self Observe about the following questions. What currently occupies your Space of Self Meaning? Have you filled it with praise from others who assign you the meaning of being valuable? Or beautiful? Why? What is going on here? What do you want, really? What do you lose by using other people's meanings? Or, do you fill your Space of Self Meaning with accusations and hatred from others who assign you the meaning of being worthless, or a failure? Why? What is going on here? What do you gain? What do you lose? This Experiment is to empty your Space of Self Meaning from all meanings you have collected from someone else, no matter who they are. Spend an hour in private silence, absolutely emptying your Space of Self Meaning into your *Beep! Book*. Then walk around for two or three hours in nature, defending your Space of Self Meaning from being occupied by anything. Keep it empty. Enjoy the experience of having so much meaninglessness inside of you. Decide who gets to make meaning for you. If you decide it is only you, then give your [Gremlin](#) the job of guarding your Space of Self Meaning from all external sources of meaning. Empower your Gremlin to say, *"You do not get to make meaning for me! I get to make my own meaning for everything."* Then you can start over, completely free of other peoples' meanings, and even free of your own meanings. After that, keep your attention awake to the opportunities the Universe gives you, now that institutional meanings or other people's meanings are no longer distorting your Self Meaning.