

SPARK 250

(Matrix Code: **SPARK250.00** for StartOver.xyz thoughtware upgrade game.)

DISTINCTION: You make your own abuse.

NOTES: Stop! This [Distinction](#) is NOT saying that you wanted to be raped, beaten, bullied, abandoned, burglarized, held prisoner, or psychologically tormented. It is NOT saying you intentionally arranged it to happen. The world – as it is currently constituted – is full of unconscious, savage, feral [Gremlins](#), [Demons](#), [Black Widows](#), [Psychopaths](#), and [Zombies](#). Modern culture does not protect itself or its participants from being vampired, even by those at the top of its [hierarchical](#) structures. It COULD protect us, but it does not. We are left on our own to develop and shift into a [new culture](#) in which we work together to develop [centered alertness](#) for instantly [recognizing](#) abuser traits, and to enhance our [Agency](#) for avoiding and [dealing](#) with potential abusers.

This Distinction is also NOT about the [parts](#) of your [inner zoo](#) who thrive on arranging to be abused, and then living in the [false ecstasy of being a victim](#), plotting [Revenge](#).

This Distinction is about the [Stories](#) you tell yourself about what has happened to you. You source the Stories you live in. Even if you copy your Stories from someone else, it is you who selects which Stories to adopt, and it is you [Choosing](#) which Stories to keep alive in you right now. If something happened to you that you did not like, it is you telling yourself, “*I was abused*,” which establishes you as a Victim in a [Low Drama](#). With the same effort you could create a Story that empowers you in [High Drama](#).

Anyone can story-up an abuse Story about anything. If someone arrives early to an appointment with you, they are ‘abusing’ you because you might not be ready for them to arrive. If someone does NOT arrive early to an appointment with you, they are ‘abusing’ you because they don’t respect you enough to be sure they arrive on time.

There is a difference between running with the Story, “*I was abused by my parents, brother, neighbor, teacher, boss, drunk boyfriend, society-at-large*,” and running with the Story, “*Shit happened and I learned from it*.” There is a difference between regarding yourself as an abused victim, and regarding yourself as a [Rapid Learner](#).

Various sorts of shit happens to everyone. So what? The question is: Who is [responsible](#) for attaching the meanings to what happens in your life? There is no law forcing you to adopt the same meanings that other people use. Is climate change happening? Hell, yes. Ferociously! Are we doomed as a species? Not yet. You can live in the story, “*It is hopeless*.” You can live in the story, “*I am a [Possibilitator](#) and I have a lot [to create](#)*.” You can live in a Story that empowers you any way you want.

It is important to distinguish the difference between living in a [Storyworld](#) and living in a [Fantasy World](#). The difference is that a Fantasy World lacks a connection to [Reality](#). By building your [Inner Structure](#), you can evolve your Storyworlds along a [Path](#) where the [thoughtmaps](#) of your Storyworld grow closer and closer to Reality. This increases your Agency to create useful results in an expanding variety of [domains](#) in the real world. Are you ready to create new stories for yourself?

EXPERIMENTS:

SPARK250.01 DESCRIBE THE STORIES OF THE LIFE YOU NOW LIVE Open your [Beep! Book](#) and write a detailed description of THE LIFE I LIVE NOW, hour by hour, day by day, year by year. What Stories do you tell yourself, and why? Document your various [Purposes](#) during the days, nights, and 'weekends'. Include the [Values](#) that your desires reflect, the [Reasons](#) and [Justifications](#) you use to [understand](#) why you do what you do, and the goals you hope to achieve. Describe when and why you adopted your goals, and who you hope to please by achieving them. Also describe the addictions you have to wearing the badge of 'being abused', including your payoffs and underworld [Gremlin](#) benefits. Be [Radically Honest](#) about this. Yes, for real.

SPARK250.02 DESCRIBE THE KIND OF LIFE YOU COULD IMAGINE FOR YOURSELF Sit quietly for 20 minutes, eyes closed, and imagine a wonderful life. Then open your eyes and write down the details in your [Beep! Book](#). If you are a woman and you imagined being taken care of by 'a kind but powerful man', you are imagining a [Fantasy World](#) life. If you are a man and you imagined being successful, rich, famous, and powerful, surrounded by beautiful women, fast cars, and all the latest hi-tech conveniences, you are imagining a [Patriarchal](#) life. These visions do not come from you. They are merely childhood programming. Start over by bringing together a [3Cell](#), or use a series of [Possibility Team](#) meetings, to help each other build out your capacities to imagine a life of 'reciprocal feeding'. In other words, a life that feeds your heart AND your [Being](#), while, at the same time, being fed by your [Pearl](#), your [Bright Principles](#), your [Archetypal Lineage](#), and [E.C.C.O.](#) This may, at first, be far beyond your [Box's](#) ability to grasp. Do the [EHPs](#), as they emerge, around you giving yourself permission to [create and inhabit](#) such a life. If that life is not centered on a [regenerative lifestyle](#) where you [serve Gaia](#), it may still be a childhood Fantasy World. Get your [adult egostate Decontaminated](#), and then try again. This may take half a year or more of concentrated work, but it will be well worth the efforts you make.

SPARK250.03 IDENTIFY YOUR CURRENT STORY AND REPLACE IT WITH A NEW STORY It is far more difficult to get rid of an existing story than it is to 'jump tracks' into a new story. Trying to use raw 'will power' to banish an old story is like trying to stop a river using the Moses 'vanish the water' trick (unless, of course, you are Moses...). The [Proposal](#) is to use your [Attention](#) to [Cavitate](#) a [Space](#) which is [Contexted](#) in a new story, then step into that space and occupy the new story. It sounds simple... because it is simple. Stories are made with [Is Glue](#), which is one of the [13 Energetic Tools](#) you are born with. In your Possibility Team Space hold out your current story before you and spray it with [Is Glue Dissolver](#). Slide the old story apart into its two components. Hold "I..." in one hand. Put the rest of the story on an energetic shelf. Reach into your [Bag Of Things](#). Pull out alternative Stories until you find a good one. Use your Is Glue to 'spthlutttt' the two Story pieces together. Step into your new Story. Tell it clearly to three different people. "I have changed my mind. I used to think that I am... Now I think that I am..." Ask your [Team](#) to help you create 3 powerful [Practices](#) to empower your new story. Do these Practices consistently for a month.

SPARK250.04 LEAVE YOUR STORY BEHIND IN TIME You cannot change what happened to you, but you can change your *relationship* to what happened to you. Get with your Team. Use your [Real Voice](#) to tell them exactly what happened to you, expressing full 100% intense feelings. Take back your [Archetypal Power](#). Karma exists. You do not have to take Revenge. The Universe handles that. Put the incidents in the 'River Of Time'. Let them 'tick, tick, tick' drift back into the past. Be here now.