

SPARK258

(Matrix Code: **SPARK258.00** for the StartOver.xyz thoughtware upgrade game.)

DISTINCTION: If your Inner Structure does not match your Context you may experience dissociation.

NOTES: Symptoms of dissociation can include feeling weirdly disconnected from yourself, other people, or the world around you. You may experience memory gaps about events or the flow of time, uncertainty about your own identity, whole body spinning dizziness, or emotional numbness. Your life may become unreal, foggy, or dreamlike. It may seem as if you are watching yourself from outside of your body, like you are seeing a movie. Due to these symptoms, fears naturally arise about not knowing what is going on, how long the symptoms might last, how to come back to 'normal', and what may happen if other people discover this is happening for you.

Modern medicine views dissociation as a 'coping mechanism' in response to overwhelming trauma, persistent stress, or abuse, particularly during childhood, and classifies dissociation as a common symptom of Post Traumatic Stress Syndrome (PTSD), anxiety, or depression, possibly triggered by medical issues, or substance use. Modern doctors prescribe psychotherapy to build stronger coping mechanisms, techniques for creating a highly structured lifestyle to provide a stable environment, and psycho-pharmaceutical medications to dull the depression and anxiety.

Remarkably, these symptoms can closely match descriptions of a [5 Body](#) evolutionary [Liquid State](#). Suddenly questions arise: What actually causes dissociative symptoms during [deep emotional healings](#), authentic [adulthood initiatory processes](#), and [thoughtware upgrades](#) in [Possibility Management](#) trainings? Is it possible that what some people experience in their 'ordinary life' which was labeled as 'dissociation' is actually symptoms of transformation? Here is where the excitement builds!

Three evolutionary forces occur during [PM trainings](#): Context Shift, [3 Phase Healing](#), and [Thoughtware Upgrade](#). First, a clear [Archan Context](#) is held in PM training [Spaces](#). Archan Context is distinct from [modern culture](#) Context in many profound ways, for example, [experientially distinguishing](#) between [Feelings](#) and [Emotions](#), between [Gremlin](#), [Child](#), [Adult](#), and [Radical Responsibility](#). Archiarchy uses [nonhierarchical Nonmaterial Value](#) and [Standard Human Intelligence Thoughtware](#) Upgrades.

The 3 Phase Healing in a Possibility Management training emerge with clear personal inspection of your [Inner Structure](#) to learn which [memes](#) it is made of. The [Purpose](#) of distilling your [beliefs](#), [assumptions](#), [conclusions](#), [excuses](#), [old decisions](#), [reasons](#) and [stories](#) is to empower you with the [Possibility](#) of redesigning your Inner Structure.

The PM Context has been deepening for 5 decades (since 1975) and has matured to an extent that gives you [agency](#) for clearly navigating in [3 Worlds](#), [discovering](#) or [inventing](#) strong [nonlinear Possibilities](#) and [Potentials](#), making leaps over the [chasm](#) into whole new cultural territories together with other [Possibilitators](#). You learn to source this new cultural Context in your own day-to-day life, also with your [Clients](#) and [Teams](#).

But because evolution is not 'perfect', symptoms of dissociation could arise from even temporary incongruities between your Inner Structure and the Context you desire to source while you [heal](#) and [evolve](#). Let us investigate this through [Experimenting](#).

EXPERIMENTS:

SPARK258.01 ASSESS WHICH CONTEXT YOU WISH TO SOURCE First, decide which [Part](#) of you gets to choose the Context you source. Your [Box](#)? Your father-pleasing perfectionist? Your [Survival](#)-driven [Gremlin](#)? Your mind's [Fantasy World](#)? Your evolving [Being](#)? There is no right or wrong answer. The intention is to find out what is actually going on. Write a full sentence into your [Beep! Book](#), for example: 'The Possibilitator in me gets to assess which Context I source in the world.' Then, from that Part's perspective, bring this [Quest](#) to your [Possibility Team](#) and ask them to help you define and distill clear characteristics of the Context, Purpose, and [level of responsibility](#) you want to live within. Describe that Context clearly in writing.

SPARK258.02 MAP OUT YOUR INNER STRUCTURE Together with your Possibility Team, review the [Inner Structure website](#) to understand what you are attempting to map in your inner world. With at least 2 Possibilitators at your side, sketch and describe the significant components of the Inner Structure you use as the scaffolding for your life. Draw the energetic connections causing your life to come out the way it has been working lately. Include the Archetypal elements such as [E.C.C.O.](#), your [Bright Principles](#), your [Archetypal Lineage](#), your [Gremlin](#) and its [Hidden Competing Commitments](#) so that all 3 Worlds are included in your energetic diagram.

SPARK258.03 COMPARE YOUR INNER STRUCTURE WITH YOUR CONTEXT Continue with your Possibility Team to visually and conceptually compare your Inner Structure with the Context you wish to source. What matches? What is askew? Ask your Team to withhold nothing in their analysis. This Experiment is not focused on trying to 'look good'. but rather about building a more robust foundation for your future evolution. What conflicts can you find? Clearly describe and number them in your [Beep! Book](#). Each tiny discrepancy is a [Doorway](#) to finding how you may be [fooling yourself](#).

SPARK258.04 DECIDE WHETHER TO ADJUST YOUR INNER STRUCTURE OR YOUR CONTEXT Each discrepancy you uncover in Experiment SPARK258.03 above is also a design for an Experiment to try that will help you decide which is further away from reality: your Inner Structure? Or the Context you wish to generate? For example, let's say you think you want to generate the Context of Adult Level Responsibility, but when you do the Experiment of seeking Adult Level Responsibility with your brother, you cannot accept that you should pay an equal or fair share for your parents' health care with him, so actually you want to source a Child Level – unfair – Context. This indicates that your Child Level Inner Structure does not match the Adult Level Context you want to hold. Now it is time to decide whether to work on adjusting the self-image of your Inner Structure, or whether to modify the [Integrity](#), [Honesty](#), and Responsibility standards of the Context you want to source in the world.

SPARK258.05 DO 13 NEW EXPERIMENTS STARTING WHERE YOU ARE Trying to do Experiments that do not combine both your current Inner Structure and Context may not be as fruitful as you imagine. This Experiment is to ask your Possibility Team to help you design and write down 13 new Experiments for you to do which are located precisely at the [edges of where you are](#), not where you think you should be, or where you think you want to be. These 13 Experiments are to explore the advancing edges of your Inner Structure and your Context so as to call forth your [potentials](#). The intention is to expand both your awareness and your [skill base](#). For example, if your Team calculates that you are 11% outside of the [Patriarchy](#) in your Inner Structure, but 18% outside of the Patriarchy in your Context, one Experiment would be to Practice dismantling the [assumptions](#), [beliefs](#), [projections](#), [expectations](#), and [Conclusions](#) of your Inner Patriarchal Structure so your Being expands to match the Context you love. Some of these Experiments should also be [Fun](#). After doing all 13 Experiments, please record Matrix Code SPARK258.05 in your free account at <https://login.startover.xyz>.