

SPARK262

(Matrix Code: **SPARK262.00** in the [StartOver.xyz](https://startover.xyz) [thoughtware upgrade gameworld](https://startover.xyz).)

DISTINCTION: The extent of your Rescuing is proportional to the extent of your Resentment.

NOTES: Rescuing means 'to provide help that is not asked for'. On the surface, Rescuing looks like you are being generous, being a 'nice person', trying to be helpful, or kind. But beneath the surface, other things are going on. For example, by Rescuing you are being Superior because you Assume that you know better what a person needs than they do themselves. You decide they are incompetent at whatever they are trying to do, so you step in, take over, and do it for them, because you can do it 'better'.

If you succeed in Rescuing someone, even in minor ways, your Gremlin gains the Shadow World benefit of being able to look down upon them. Your Gremlin thinks, "*I have Rescued them from their own incompetence, so I get to hate them for being incompetent.*" The more you need to hate, the more you will Rescue.

This behavior makes a lot of sense for women living in a capitalist Patriarchal empire. Why? Because if a woman is a 'slave' or a 'sex object', she might naturally look down upon herself. But if she can Rescue the men because they are slow, stupid and useless, who is actually superior? She is.

Women keep the Patriarchy running by Rescuing men. Why? Because then women get to feel Superior, be Resentful, and take Revenge for being trapped in the Patriarchy. It is a brutal circle. If women stopped Rescuing men, the Patriarchy would collapse overnight. But then, what would the women do? Women block themselves from learning how to Live Full Out as Initiated Adults in Archiarchy by being too occupied looking for chances to Rescue. The better you make a Patriarch look, the more they value you.

How should a woman proceed? Clear and persistent Self Observation is needed to catch the darker sentiments skulking around in the murkier mumblings of your mind. Watch out for specific phrasings. For example, "*I want my family to work, or my Team to work, so I will do whatever is not being done to my level of satisfaction – what no one else is capable of doing – even though it is not my job, and even though I don't want to do it.*" This false form of Rescuing is called 'the Responsible Victim'. Your Justification is absolutely clear: "*If I don't do it, who will?*" But that is only an Excuse to continue your tactical maneuver of being able to hate whoever you Rescue.

Another thought pattern to watch out for is: "*If I step in and I do it, people will see how it can be done, that it is possible to do. Eventually they will 'grow up' or 'wake up' and start doing it this way themselves. When I handle these details now, then all of us can eventually enjoy having the high-functioning Team I want us to have.*" This Rescuer strategy is two steps away from Reality.

The first step is, "*I Assume that what I see needs doing is what actually needs to be done. I Assume that if I do this for them, they will adopt my view of the world, learn from my example, and copy my behavior. Then I get what I want.*" This is Manipulation. You are living in a Fantasy World that when people understand your behavior and intentions, everything will turn out for the better, in your own personal

definition of the term 'better'. But your hungry Gremlin waits around for a feast each time your Team does not do what you think they should do.

The second step is that you are smart, so you Assume that your Assumption is true. By Assuming your Assumption is true, you change your Assumption into an Expectation and wait around anxiously, Expecting a particular outcome. When your Expectation is not met, you feel Resentment and are unleashed to take Revenge. It is all Gremlin food.

Ah-hah! The objective is revealed! You make an Assumption to change it into an Expectation so that your Expectation can be broken, which gives you the Justification to feel Resentment and take Revenge. Voila! You get to live a Gremlin's life, or rather, your Gremlin is in charge of your life. Is there a difference?

This Low Drama Soap Opera is a set-up for being betrayed. But women think, "*It is my only hope,*" because women in Patriarchy are not allowed to create what they want.

Men in Patriarchy have been taught that Earth is their world, that everything belongs to them, and they can do whatever any [Part](#) of their uninitiated unaware Underworld wants to do with it, including rape it, or blow the whole thing to Hell with nuclear weapons. For a Patriarch, life is simple. "*People do what I want, or I kill them.*"

But for a woman in Patriarchy, life is complex. Women are incompetent at creating Patriarchy. Women may make it look like they are trying to get what they want, but what they really want is a good [Reason](#) to take Revenge against men as a constant supply of Gremlin food. Otherwise, women would have left Patriarchy long ago.

When a woman slips sideways out of the Patriarchy and stands, reborn, on the other side of the Line, an entirely new skillset is required, the skills of no longer Manipulating or having to be [Adaptive](#) to create what you want. Instead you use [Space Cavitation](#) and [Navigation](#) to [Consciously Declare](#), [Choose](#), and [Ask](#). You make [Boundaries](#) and [Distinctions](#), and [Nonlinear Possibility Proposals](#), to build [Teams](#) having the particular [Context](#) in which you desire to live. Back in the Patriarchy, women are only allowed to Create what is understood and permitted by men. Your new skills give you [Agency](#) to take [immediate](#) action, without even thinking of asking for permission. You stop looking around to see if what you want is allowed. This is not arrogance, because arrogance has a framework against which you are judged to be arrogant. No, this is starfire. It is ragelove. It is reasonless mysterymagic [Creation](#) of the highest order, far beyond what the Patriarchy can comprehend or control. For Archiarchy to fly, full out [Nonmaterial](#) Creation is needed from [Women of Earth](#). It is time now. Maybe the men will follow.

EXPERIMENTS:

SPARK262.01 CATCH YOUR RESENTMENT AND REVENGE TECHNOLOGIES

For the next 7 days, tune your Self Observation towards [Noticing](#) the [5 Body](#) sensations of Resentment, paying particular [Attention](#) to the Voices and [Stories](#) circulating in your mind that invoke and arrange Resentment. Capture your [Memetic Constructs](#) in your [Beep! Book](#) until you find the whole 'wash cycle': exactly how you arrange to be Resentful and how you take Revenge. Revenge includes exclusion, shunning, ghosting, snubbing, rejecting, gossiping, being late, misunderstanding so you force others to explain again, making mistakes, making the men pay, having 'accidents', failing to keep your [Agreements](#), etc. For example, your Memetic Construct may go something like: "*I*

feel [Offended](#). Then I Blame whoever is around and make awful Stories about their ignorance. I gossip about them. Then I Blame myself for being rude and heartless, beat myself up and go into the [Swamp](#). Then I try to make amends and go out of my way to be helpful and nice to everyone. When people do not see the 'special efforts' I am making, I get Offended again." Once you clearly describe the entire circular sequence, and watch it go around-and-around a few times, you are standing outside of the machine! Why? Because you can only witness the entire machine from outside of it! During these 7 days, see how long you can enjoy the quality of Space and freedom of movement you experience outside of your Memetic Construct. Do not hate your Memetic Construct. It probably saved your life at one point. You may hear it going around and around, grinding away like an old washing machine over there in the corner of your mind, but if you do not crawl back inside of it for a couple of months, it will [Decompose](#) and vanish. Write and publish an [Article](#) about your discoveries, titled something like: *Round and Around No More: exiting a Memetic Construct*.

SPARK262.02 WOMEN: OBSERVE HOW YOU RESCUE THE MEN. MEN: OBSERVE HOW YOU ARRANGE TO BE RESCUED For the next 7 days, pay particular Attention to your interactions with other genders. The energetic and Status exchanges you make are subtle and fast. Pay Attention to the outcomes of each interaction. Is the energy stronger, higher frequency, clearer, brighter, more filled with the Love and appreciation of [Winning Happening](#)? Or is the Space darker, more confusing, leaves a bad aftertaste, lower frequency, cloudier, heavy with the grungy smell of a smirking Gremlin in the air? The point is not to [Blame](#) yourself or the others. The point is to figure out how to Navigate so that you simply do not Rescue anymore. It is a matter of [Respecting](#) yourself enough to step up and [Renegotiate](#) whatever is not working, and Respecting the other person enough to let them have their [Problem](#). If they [Authentically](#) want you to join their [Creative Collaboration](#) Team, they can [Collaboratively Communicate](#) with you. But if you step in and Rescue them, even in the subtlest way, then you block the Universe from giving them Feedback and they don't learn anything. Enabling their handicap is Gremlin food for you. Figure out what else to feed your Gremlin. If you want support with that, get on a [Gremlin Transformation](#) Team.

SPARK262.03 DECIDE IF YOU WANT TO KEEP USING THE PATRIARCHY TO FEED YOUR GREMLIN, OR IF YOU WANT TO ESCAPE THE PATRIARCHY In your [Possibility Team](#), organize into Teams of 4, with 3 Possibilitators sitting directly across from the Chosen One. The Chosen One hands their *Beep! Book* to one of the Possibilitators and asks them to take clear notes. Then a different Possibilitator tells the Chosen One, "We are Holding Space for you. Please tell us ways your Gremlin feeds on of the Patriarchy." Keep asking them to go deeper until you have documented around 20 detailed and specific ways their Gremlin eats due to the Patriarchy. Then say, "You survive in the Patriarchy using your Gremlin. Whether you live a Gremlin life, or whether your Gremlin runs your life, it is the same. Here, right now, in this Space you have a chance to make a new [Decision](#). No one can make this Decision for you. More interestingly, no one can stop you from making this Decision. The question is this: Do you want to keep using the Patriarchy to feed your Gremlin? Or do you want to [Escape The Patriarchy](#)? What do you really want? And just to be clear, if you answer, 'I don't know', or if you do not fully Decide to Escape The Patriarchy, then you are Deciding to keep using the Patriarchy to live a Gremlin life." Hold the Space for them to feel out loud, to think out loud, and to make their Decision consciously. Write down their considerations and their Decision. After 20 minutes, rotate to the next

Chosen One. Continue until each person has had a chance to be the Chosen One. Then come together in your big circle and listen to anything anyone wants to share.

SPARK262.04 AN EXPERIMENT FOR MEN: GO WITH WHAT THE WOMAN IS DOING For the next 7 days, pay careful Attention to the following. At any moment it could be the situation – either one-on-one, or in a Team meeting – that the man cannot figure out what the woman is trying to do. He does not [understand](#) it, and feels unconsciously terrified about what might happen to him if he is not in [control](#). It is an Archan Experiment to simply go with what the woman is doing. Hold Space for her. Your [Purpose](#) is to learn from a new approach by joining in the [Process](#) and observing the outcome. For example, instead of trying to confuse the woman, ridiculing her, trying to stop her, you go 100% along with what the woman is doing even though your [Box](#) is freaking out and you do not understand. Hold Space for the woman to to [invent](#) and activate whatever next moves make sense to her. [Creative Collaboration](#) runs best if it includes multiple kinds of intelligences. Rather than trying to control and limit things to remain understandable, allow a feminine kind of [Chaos](#) to run free. Stand back and go along. Find out where it ends up. You might be surprised how much you have been missing. Report back to your Possibility Team each time you try this. Also ask the woman if she is willing to report how it was for her, and ask for any [Feedback and Coaching](#) she might have for you. Be sure to write the Feedback and Coaching into your *Beep! Book*, because, for sure, your Box won't remember it.

SPARK262.05 FIGURE OUT WHO YOU ARE OUTSIDE OF PATRIARCHY AND PRACTICE THAT UNTIL THE PATRIARCHY BECOMES IRRELEVANT In your Possibility Team, organize into Teams of 3, with a Possibilitator facing a Client, and a Coach sitting to the side of the Possibilitator. The Possibilitator makes sure everyone is in [First Position](#) and knows the color of their [Grounding Cord](#). The Client gives their *Beep! Book* to the Coach and asks them to make careful notes. Then the Possibilitator asks the Client, *"We are Holding Space for you. Please picture yourself completely free of the Patriarchy, outside of its grip and control, beyond redemption, with your eyes closed for a full minute."* Possibilitator leaves a full minute of silence. After the minute, Possibilitator continues. *"Here are the options. 1. Do you choose to have no [Construct](#) at all? 2. Do you choose [Archiarchy](#)? Or, 3. Do you choose some other social Construct?"* Wait for their answer. Regardless of which they choose, write their Decision in their *Beep! Book*, and then ask the following questions. *"Please explain who you are in (no construct / Archiarchy / some other Construct? Please tell us how your life goes and what you do during your days and nights, where you live, what you eat, what you wear, what your friends and / or family are like."* Write down all they say. *"Please tell us what are your Practices outside of Patriarchy? How exactly do you work with your Attention, your energy, your time, your Spaces, your money, your food, your clothing, your housing, your transportation, your education, and your friends."* Write down what they say, especially their Practices. Then ask, *"What would be in the way of you Practicing these exact things now?"* Write down what they say. Then ask, *"But could you work your way around those obstacles and still Practice now?"* Whether they answer, "Yes," or, "No," does not matter. It is not your Problem. The choice is completely up to them. The point is that they realize and take [Radical Responsibility](#) for what they are choosing. After about 30 minutes, come to a stop, switch around in the chairs, and start over again. Continue until each person has a chance to be the Client. Afterwards, come together in the big circle and invite people to Create special [3Cells](#) in order to [Practice](#) together specific ways of Being beyond the Patriarchy until the Patriarchy becomes irrelevant. You are bringing Archiarchy to life as your life.