

SPARK264

(Matrix Code: **SPARK264.00** in the StartOver.xyz [thoughtware upgrade gameworld](http://thoughtware.upgrade.gameworld.com).)

DISTINCTION: You gain power by losing your Stories – exiting the [Post Card Strategy](#).

NOTES: Long ago you invented a [Survival Strategy](#), called your ‘[Box](#)’, which was defended by its active component, your ‘[Gremlin](#)’. Your Survival Strategy worked, or you would not be alive to read these words. However, your Survival Strategy is only intended to get you through your first 18 years of life, until you build enough [Matrix](#) in your [Being](#) to hatch out of your Box, like a chick hatches out of its eggshell. After your [Initiatory transformation](#), your Being can set foot onto its [Adulthood Path](#) in the world.

Probably you are now older than 18. No matter. Through [experimenting](#), we know that you can still make the [adolescent-to-adult](#) rebirth-shift, even if parts of your Box have crystallized and hardened into unconscious habits. It may simply be a rougher ride now.

Over the years we have identified [18 Standard Box Designs](#). One particular design, Box #1, the ‘nice girl’ / ‘good boy’, mixed with Box #18, the ‘actor’, overlays various ‘Post Card’ pictures onto your life scenarios and gives you a sure-fire character script to follow. To build this Strategy as a child, you look around to identify someone who seems to be Surviving well in a certain circumstance, and you think, “*I want to be like him... like her... like that...*” Click! You just made a ‘Post Card’ picture to use. Another person with an attractive Strategy comes along, and Click! You make another Post Card. Within a few years you have surrounded yourself with an entire library of ‘right way’ or ‘best way’ Post Card scenarios to choose from. Your Post Card collection surrounds you as a buffer zone between your Being and [Radical Reality](#). You always have a Post Card character to imitate – even if it is not an exact fit – to feel ‘safe’ enough to Survive.

Then, whenever a related or similar situation arises to any of your Post Cards, you automatically [Shift Identity](#), slip into that [Story World](#), and act ‘as if’ you have the values of this character in that moment. When the situation changes, zoom! You slide into a different Post Card character. Hardly anyone notices that none of your Post Card identities are you. They are a fake show. This is the [Post Card Survival Strategy](#). You may get to Survive, but you do not get to be you. You haven’t yet discovered who you actually are. As with all Survival Strategies, you are stopped from inhabiting current Reality, unable to relate as yourself, cut off from making full use of [Possibility](#) at large.

It can feel creepy to discover, for example, that even after decades of living, a ‘favorite place’ is not the place, but rather your Story about the place. If you return to that place and try to be there as if it is your ‘favorite place’, then you are not actually at the place. You are in the Post Card world you made of that place. You are not in Reality, experiencing that place as who you are now, and what it is now. You are in an old Story.

Human Beings are designed to have direct, immediate, and ongoing access to unlimited [Possibility](#) in a [small Here and a small NOW](#). However, because your Story interprets your experience of a person, place, or occurrence, you are not in Reality with that person, place, or occurrence. You are in your Story World. The instant you disintegrate your Story, you gain the power of direct uninterpreted interface with Radical Reality. Then, when you move, Reality moves along with you. Suddenly new, previously invisible options appear to Choose from. Locating your Being beyond the

reach of Stories means letting go of all (yes, all) Stories (both your Stories and other people's Stories, also cultural-identity Stories) slide past you as unnecessary [Baggage](#). Being [Present](#) without any Story attached is a [Possibilitator Inner Navigation](#) skill.

EXPERIMENTS:

SPARK264.01 DIFFERENTIATE BETWEEN 'WHAT IS' WITH A STORY ATTACHED AND 'WHAT IS' WITH NO STORY ATTACHED This Experiment is, for 3 weeks, to go around carrying 2 simultaneous parallel views. One view may seem 'normal', 'correct', 'acceptable', or 'usual' to you because you have maintained your Survival Strategy Practice of encountering a person, place, object, or occurrence with the 'normal', 'correct', 'acceptable', or 'familiar' Story attached to it. For example, you see a coffee mug nearby and you sense, "*Ah, there is my favorite coffee mug.*" This short sensation includes 3 Stories smashed together, all 'Is Glued' to that object. The 3 Stories are: "*It is mine.*" "*It is my favorite.*" And, "*It is a coffee mug.*" You weigh down your flexibility with 3 heavy Story World burdens, each one cutting off further options. If the object is 'yours', then you must guard it from other people trying to have it. If it is 'your favorite', then you must [Justify](#) your sentiment with [Reasons](#) to explain why it is your favorite. And if it is a 'coffee mug', then it is not a nut bowl, a plant pot, a weapon, a musical instrument, a children's toy, a soup bowl, or a shovel for digging away the sand from around your car tire that is stuck in a riverbed so you can place rocks under the tire upon which to drive out before the flash flood comes. This Experiment is to gradually remove Stories which you [Assume](#) give you the power 'to know', so that instead you gain the much greater power of [Not Knowing](#). The 2 parallel views are, first, to be aware of all the Stories you are applying in this moment to your inner and outer experience, and, simultaneously, to locate and own the experience of having zero Stories about your inner and outer experience. Let the world, the object, the situation, the experience, and yourself simply be there, Storyless. The caution is that Storylessness can feel scary at first, new and bizarre enough to think you might be going crazy. But, to the contrary, you could be, for the first time in a long time, becoming sane. Notice, in particular, how much free energy and [Attention](#) arises in you when you do not have to maintain and coordinate your '3 ring Story circus'. Write notes to [Document](#) what you [Notice](#) in your [Beep! Book](#), and share them during your next 3 [Possibility Teams](#).

SPARK264.02 EXPERIENCE THE PRESENT WITHOUT ANY STORY ATTACHED Notice how, when there is no Story, you gain more Possibility because you do not have to adapt your perceptions to fit into the restrictions of any Story. There is no longer a buffer between you and Radical Reality, therefore details reveal themselves more swiftly. You may experience 'new' colors, shapes, sounds, smells, tastes, all of which you have no Story for, no explanation, no name. For example, things do not taste 'good' anymore, because 'good' is a Story. You may realize that you no longer like what you thought you liked anymore, because, "*My favorite flavor of ice cream is chocolate,*" is a Story. Do this Experiment over and over again, in many different circumstances, at first for only 5 seconds, then fully stop and wait at least 1 hour before doing the Experiment again. When 5 seconds of Storylessness seems manageable, do the Experiment for 15 seconds. Then later for 30 seconds. Then later for 1 full minute. Keep breathing. Keep expanding your Storylessness in time. In your new spaciousness, you may feel dizzy, light-headed, confused, or lost. Do not make up new Stories about these sensations. Instead, experience your experiences with full awareness, and maintain your Storylessness. Let your Storylessness be the Space into which your Being becomes more [Present](#). Occupy the newly emptied Space with your Being. Let your Being inhabit Reality more. Be here more. Feel welcomed by Reality.

Write a poem expressing joy about being welcomed by Reality. Read it at your next Possibility Team. Or extend your poem to a full page or more, and ask [Suno.ai](#) to make it into a song for you. Play your song at your next Possibility Team.

SPARK264.03 RETURN TO PLACES WHERE YOU MADE POST CARDS AND VANISH YOUR STORIES ABOUT THOSE PLACES Your Story-vanishing adventure is a lot like housekeeping, capturing those wild rolling nerps, dusting the shelves, washing out the toilet. This does not happen magically with a click of your [Clicker](#). It takes actual work. Since you have been weaving your Story Worlds for decades, you face hundreds, if not thousands, of Stories to 'As Is' back into [Nothingness](#). One of the most powerful ways to do this, for example, with a place, is to revisit that exact place in your Storyless condition. Suddenly the objectively experienced Reality of the place is contrasted with your long-carried Story World, causing the Story to detach itself and disintegrate. This may cause you to feel sadness as your nostalgia or sentimentality floats away. Write it in your *Beep! Book*, something like, "*I feel sad to grieve the loss of my nostalgic Story about...*" Note how your actual memories of the place do not change, because what happened actually happened. But the meaning you attached to what happened falls away, freeing up the energy and Attention you were using to hold onto your Stories. Celebrate having more energy, free Attention, and inner Space by landing more of your Being on Earth. Resist the temptation to immediately use up your new resources with entertainment, [Low Drama](#), or new projects. Give yourself time to explore your new self experience, and integrate and activate your new [Potentials](#).

SPARK264.04 RETURN TO EXPERIENCES IN WHICH YOU MADE POST CARDS AND VANISH YOUR STORIES ABOUT THOSE EXPERIENCES Do this Experiment at your Possibility Team. Ask for a team of 2 others, one will be your Possibilitator and the other Coaches the Possibilitator. You are the Client. Remember and report about an experience for which you created a Post Card Story. This Process will not work unless you express both your [Emotions](#) and [Feelings](#) about this experience, out loud, in full conscious intensity, which are consciously perceived and received by others. Listen carefully as the Possibilitator uses [Completion Loops](#) to repeat back what they heard you say, so that your communication can be completed. If you say, "Yes," to what they repeat back, then go to the next level of intensity of that emotion, or go to the next emotion, or, if that is all and your whole body sighs, then say, "Yes. Thank you." And Notice that the Post Card Story is gone, and that you are back in the Present, and have more of your Being available to you. Then go to the next experience. Do between 3 and 5 experiences in one session. Do as many sessions as are necessary to clean the slate of this experience from all its Stories.

SPARK264.05 RETURN TO PEOPLE ABOUT WHOM YOU MADE POST CARDS AND VANISH YOUR STORIES ABOUT THOSE PEOPLE Perhaps one of the most powerful healing Experiments is to meet with the individuals whom you made 'positive' "*I want to be like you*" Post Cards, or 'negative' "*I don't want to be like you*" Post Cards, and vanish your Stories about them. Such meetings work best in person, but if done carefully and with full feelings expression, can also be done by video call. It is also possible to vanish your 'positive' or 'negative' Stories about a person who has already died. You do this in your Possibility Team, in a group of 3, with you taking the Possibilitator position, a Coach at your side, and the Client [Shifting Identity](#) into and role-playing the character of the person you are clearing your Stories with. Make sure the Client 'spins out of' the character they 'spun into' after they repeat back what you said, your Post Card dissolves, and your Story has disintegrated. Make a list in your *Beep! Book* of all the people you are entangled with through your Post Card Stories, and [Do All](#) of them, one by one. It is so worth the effort.