

SPARK AAW

(Matrix Code: **SPARKAAW.00** for StartOver.xyz game.)

DISTINCTION: The world is made out of Love.

NOTES:

The most confounding effect of living with a psychology that experiences itself as a separate individual is that it distorts our experience of Love.

Our survival psychology personalizes and circumstantializes Love into a fractional aspect of its universal radiant form.

The vastness of the presence of Love gets shunt out by an iris constricted down to its tiniest diameter, the result being that we experience Love as a temporary and even rare experience identified as “I love you”.

Everything is perfect exactly the way it is.

Trains exist because we love trains, magazines, fast food restaurants, music, stores, clothing styles, war, starving countries, religious conflicts, holes in the ozone layer, global warming, catastrophes, cities, profit motive, time, practical experiences, Olympics, bureaucratic governments.

We put each thing where we put it because we love to have it there.

EXPERIMENTS:

SPARKAAW.01 WHILE SITTING RIGHT WHERE YOU ARE CLOSE YOUR EYES, TAKE A DEEP BREATH, RELAX, and navigate into the experience of being one with the never-ending abundance of Love. It is not a thought. It is a whole-body experience like amber light, clear bright and warm. Let it be as intense as it can as long as you can. Try it now.

SPARKAAW.02 DO NOT GET OFF IT. REFUSE TO SHIFT SPACE. You have opened your eyes, but the remains in your body. Experience 2 is to refuse to shift space. No matter what occurs, refuse to go back to normal, have your attention reserved to not get distracted. Don't give up. Just do not shift back. Stay flexible, open, alert, accepting and permanently contextualized in your irresistible, indestructible recognition and appreciation of the endless richly diverse expressions of only Love. Stay there as long as you can. Keep breathing. Keep returning. Notice each of the hooks that come by to shrink you into a smaller ser of possibilities. But don't put more than 2% of your attention on a hook. Notice it like you might notice a fly on the wall where you are having an orgasm.

Hooks can present themselves in a wide range of styles, such as physical discomfort (hunger, physical pain, emotions), time survival, the written word, boredom, perfectionism (or any other forms of self-abusive neurosis), shifting identity, going through doorways into new rooms, expectations, being offended.

SPARK000.03 SINCE EVERYTHING IS THE WAY THAT IT IS IN YOUR LIFE BECAUSE PART OF YOU LOVES IT THAT WAY, find out which part loves which

things. Assume you have two main parts: a responsible that loves presence, being respectful, listening, accepting, completing things, caring, communicating. – this the Adult man or woman parts. An irresponsible part that loves complaining, blaming other, creating excuses, feeling resentment, being a victim. – this is the Gremlin part.

Through carefully observing these two parts in action for a few days, you may notice some patterns. For example, you may live near a train tracks. Part of you may hate the sound of the trains going by. But that part loves complain about the train sound so it keeps you from moving somewhere without trains.

A part of you may hate the disorder in your kids' rooms. But that part loves to persecute your kids about their mess, so it keeps looking in the kids room.

SPARK000.04