

## **SPARK ABG**

(Matrix Code: **SPARKABG.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Our first practice is to feel because the only way we know we are alive is to feel.

### **NOTES:**

Circumstances do not cause us to feel a certain way, but our stories/Box/unconscious decisions causes us to feel a certain way. Our unconscious decisions have the same purpose of the Box.

For example, our kids are fighting, we say we feel said, we are victims instead of making it clear about the boundary, or our partner works late and we say “you make me feel angry” and in doing so, we act as a victim.

We pretend as if circumstances makes us feel a certain way.

Our true power lies in our conscious use of information and the energy of feelings applied responsibly in an adult way.

The more we get to have feelings “caused by our environment” the more we think it is life.

It is not life.

We can indulge ourselves and be in circumstances that “cause” us to feel a certain way, justified to have access to feelings. The only possibility to feel is unconscious because we have no role model to deal with our feelings.

We create low drama around us because low drama is the only way to feel regardless of the consequences. We have a body designed to feel. When we feel, we feel alive. Life is naturally ecstatic except mind gets in the way.

Use feeling responsibly to start.

Unconscious Anger – Blame

Conscious Anger - boundaries

Unconscious Sadness - Victim, isolate

Conscious Sadness - connect and be vulnerable

Unconscious Fear - Paralyses, stuck, overwhelm

Conscious Fear - new approach, taking care of things

Unconscious Joy: Conscious Joy – to inspire, to lead, create own life

### **EXPERIMENTS:**

**SPARKABG.01**

**SPARKABG.02**

**SPARKABG.03**

**SPARKABG.04**