

SPARK ABO

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

DISTINCTION: Just this is as good as it gets

NOTES: We build our identity out of stories that we make up about who did what to us and who said what to us and try to protect ourselves from – there is something missing here.

We fabricate assumptions about why we think that happened letting it happen again. This puts most of our attention on remembering the past or projecting into the future.

We invent our present out of the present, we invest our present in the past or the future.

We tell ourselves the story that things will be better when we are at home or on vacation, or after the meeting. We think things a long time ago were better than what is happening now. We distract ourselves with these stories and second by second, the opportunities that abound and flourish in the present moment pass us by. Unrecognized and unused.

EXPERIMENTS:

SPARKABO.01 NO STORIES, NO MENTAL MOVIES

SPARKABO.02

SPARKABO.03

SPARKABO.04