

## SPARK033

(Matrix Code: **SPARK033.00** for the global [StartOver.xyz](http://StartOver.xyz) thoughtware upgrade game.)

**DISTINCTION:** There is a difference between your heart and your Being.

**NOTES:** Your heart is for giving to the people you love. Your Being is for giving to your destiny. Both your heart and soul need to be fed by you, not fifty-fifty, but each given 100% satisfaction. (This distinction is extracted from Lee Lozowick's Liars, Gods & Beggars song: *You Don't Understand*, on the *Alive & Kicking* album.)

In the career-oriented high-speed consumption-as-entertainment living that is promoted by [modern culture](#), considerations about your heart and your Being may seem irrelevant, even antiquated, better suited for romance novels or philosophy class. However, without navigating these [experiential distinctions](#) in your life, any number of heart-breaking, Being-starving, scenarios can arise to undermine your natural tranquility in disconcerting ways. By not sufficiently feeding both your heart and your Being, you lose [agency](#) for taking action when undefined disturbances become chronic. What remains is a sense of desperation driving you to try anything before your relationship spins apart into another casualty statistic on the divorce charts.

Your heart is the center of your Emotional Body in your [5 Body](#) system. Your other 4 bodies are your Physical Body, your Intellectual Body (your mind), your Energetic Body, and your Archetypal Body. Each Body requires a different kind of food in order to thrive.

- Your PHYSICAL BODY is nurtured by clean air, warm sun, clean water, aerobic exercise, touch, and healthy foods like fruit, vegetables, and grains.
- Your INTELLECTUAL BODY is nurtured by [stimulating books](#) and articles, profound [distinctions](#), [thoughtware upgrades](#), [entertainment](#), debate on challenging problems, designing regenerative systems and models.
- Your EMOTIONAL BODY is nurtured by conscious [speaking](#) and [listening](#) as the heart communicates, creating with [Feelings](#), healing with [Emotions](#), trustworthiness, acceptance, contact, and love.
- Your ENERGETIC BODY is nurtured by clarity of [purpose](#), clear [boundaries](#), [collaborative communication](#), respect, inspiration, evolutionary [Liquid States](#), and [Speaking from the Unknown](#) to [Create Possibility](#).
- Your ARCHETYPAL BODY is nurtured by [integrity](#), opening your [Pearl](#), relying on your [Bright Principles](#), serving your [Archetypal Lineage](#), being used by [E.C.C.O.](#) (Earth Coincidence Control Office), and making 5 Body [Intimacy Journeys](#) into the [Archetypal Domains](#).

To avoid religious connotations, [Possibility Management](#) uses the word 'Being' to replace the word 'soul'. [Your Being](#) wears your [5 Bodies](#) like a head-to-toe 'body glove'. When the 5 Bodies are nurtured, your Being thrives in [Being-to-Being connection](#), engaging in [Matrix](#)-building experiences that trigger the [evolution of Consciousness](#), and creating [gameworks](#) that fulfill the Being's mission within the Being's preferred [Context](#). Neglecting to feed either your heart or your Being leaves them withered and weak, desperate to do whatever it takes to [survive](#). Trying to nurture the heart with Being food or the Being with heart food may seem to work for awhile, but will result in malnutrition, like eating only doughnuts or fried chicken. Sooner or later your whole

system gives out, as in the following 5 Scenarios. (Note: Stereotypes are used in these scenarios for the sake of brevity. They could also be reversed.)

**Scenario #1 THE GOOD HUBBY** The man's work does not fulfill his Being but he does not notice because he has given his heart and his Being to his family. His heart is fed from general family love, but not by the love of his woman. Since her man is only being 'good' and does not live authentically inspired, she is not turned on by him. The woman has sacrificed the health of her heart and her Being in exchange for fake 'security' provided by the Good Hubby. Hubby does not flirt or drink. He pays the bills and fawns on her in a boyish way. But the woman deeply wants her man to give her his man-heart in erotic ways, and she wants him to give his Being to thriving projects that totally turn him on. The man regards these things as naughty or selfish, so he does not try them.

**Scenario #2 THE KICKABOUT** Rather than daring to risk his Being by creating his destiny, or risk his heart by giving it to his woman, the 'kickabout' does the minimum needed to get by. The woman neither understands nor respects that her man has a Being. She just knows that she wants him to be at home and help with the kids. She considers her man's work to be an energy drain, complaining that he invests too much time at work for the money he brings home in exchange. She gives her heart to her children, but is desperate and depressed about her Being, and wants her man to love her anyway.

**Scenario #3 THE PROFESSIONAL** The man has created fabulous projects that abundantly feed his Being. Every day he gets to be his destiny in action, managing creative Teams and making a difference for the community or humanity at large. He sweeps his woman into his inspired vision and, for a while, her Being is also fed by his work. But the man feeds his heart on an overflow of Being food and does not know that his heart and his woman's heart starve for simply being open with each other. Heart food seems too soft and tender to the man, compared to the glorious vibrancy of Being food. He is shocked when she runs off with a simpler man for the sake of heart food intimacy.

**Scenario #4 THE SCIENTIST** The man is involved in high-tech development, programming, or research. Every day he is bathed in rich sophisticated intellectual food. He mistakes intellectual ecstasy as both heart food and Being food. He centers himself in his mind so he does not feel the starvation of his heart and the emptiness of his Being. His woman sees that he is happy with his mind-centered work, but she starves on every level in her relationship with him. She cannot even share intellectual intimacy with him because everything she could offer just bores him, and anything he offers just sounds crazy to her. So they watch movies together.

**Scenario #5 THE NURSE** The woman is a healer. She heals with love. She gives her heart so abundantly at work that she tries to feed both her heart and her Being with heart food. Her Being is not properly fed because she is so absorbed with giving from her heart. She comes home to her man – who wants her heart – but she sees him as just another patient who wants healing. Her heart is already overused at work so her man gets little of it, and both of their Beings dwindle.

Serving your Bright Principles feeds your Being. Serving your loving relationships feeds your heart. You need to feed both, 100% full. So does your partner. If you try to force

your partner to choose between feeding their Being or their heart – one or the other – their Being with their work, or, their heart with you, you create someone who is only half alive. If you confuse your heart with your Being, or your relationship with your destiny, imbalances arise and block you from further development. If you try to give your Being to your mate, they do not want it, and may feel angry. Even if they cannot articulate it, [Archon](#) partners want you to give your Being to your destiny. They want you to be alive and inspired from serving your true purposes. Then they can love your heart all the way.

## EXPERIMENTS:

**SPARK033.01 CLEAN UP THE DIET OF YOUR HEART AND YOUR BEING** Make a list in your [Beep! Book](#) of what you feed to your heart and what you feed to your Being. Be clear and specific about how much and how often. Figure out where you have been ‘cross-feeding’, that is, where you have been feeding your heart with Being food, and feeding your Being with heart food. Then make a list of 13 Practices for how to feed your heart with heart food from your partner and friends, and feed your Being with Being food from your inspired [creation](#) work. As you bring these distinctions into your life, [notice](#) what changes. Some people report that they gain a lightness of Being, as if their Being is liberated from an unknown burden. Some people notice that their daily work resolves into new levels of effectiveness, or that they gain the courage to create far more boldly and with a newfound assuredness – without the fear of losing love if they fail. Some people find that their heart glows and their relationship blossoms with a new freedom of expression, as if their heart has been washed clean of an ancient contamination. Take note of the changes you experience, and for each shift write a poem from your heart’s viewpoint and a separate poem from your Being’s viewpoint. Read your poems out loud at your Possibility Team, and also publish your poetry [online](#).

**SPARK033.02 GIVE A WORKTALK ON HEART FOOD AND BEING FOOD AS PART OF YOUR BEING FOOD** Read through the website about [How To Give A WorkTalk](#). In your mind’s eye, decide for [no reason](#) that you will give 10 WorkTalks in the next 12 months. These can be either online or in-person spaces, but in either case, record each WorkTalk and post it on your YouTube channel and your website. Why? To put yourself into circulation so your Bright Principles and Archetypal Lineage can begin to work through you in the Spaces you hold. Charge €10 entry for each WorkTalk you give, and deliver the WorkTalk and record it even if only one person shows up. Collect the email addresses of people who participate. Why? Because this is the circle of people interested in the food you love to create. By feeding them from the edge of your research they gain nutrients for bringing their own [Nonmaterial Value](#) to life.

**SPARK033.03 MAKE A WEEKLY HEART FOOD WALK WITH YOUR PARTNER** Even if you do not have a ‘partner’, select someone who could at least partner with you for an hour long walk. This is not an exercise walk, because exercising pushes people faster than the ‘speed of love’. Speed walking leaves love behind. A Heart Food Walk is slower than a stroll and faster than a meander. It gives you a chance to walk side-by-side, feeling, speaking, and interacting at the [edges](#) of your heart’s longing for wonder and simplicity. Let your heart speak rather than your [Box](#). If either of your [Gremlins](#) start to gossip or complain, gently set him or her aside and shift back to the Heart Food Walk Space. Learn to listen in such a way that the other person’s heart can also speak and feel seen, and heard. This is a blessing for both of you, and a Space in which your heart gets nurtured and can grow and express itself in its full radiance. During the week, share a few of the insights that arise during your Heart Food Walks with others. Perhaps they never heard of a Heart Food Walk before.