

SPARK069

(Matrix Code: **SPARK069.00** for the global StartOver.xyz thoughtware upgrade game.)

DISTINCTION: A Belief is a bandaid on the inside of your Box that falls away when the wound is healed.

NOTES: Wherever you have installed a Belief in the structure of your [Box](#) about yourself, about other people, or about the world, the Belief blocks your perception of neutral reality. This means you disempower your practical [agency](#) with [Beliefs](#). Since being a [Possibilitator](#) requires direct access to the nuts-and-bolts of [reality](#), Beliefs are an impediment. Having a Belief is like hanging a painting in front of a doorway and thinking that the image on the painting is what is on the other side of the door. Not only is Belief a [self-deceiving fantasy](#), it also blocks you from going through the [doorway](#).

Beliefs have no relationship to reality. Anyone can have any Belief about anything. No one can reason with you about your Belief, because, hey! It is a Belief! Giving respect to beliefs is as insane as giving psychopaths access to nuclear weapons.

Beliefs serve the [Hidden Purpose](#) of supplying you with ready-made, comforting answers to painful, frightening, or unanswerable questions. Humans naturally have questions about death, money, sex, God, the universe, and the purpose of life. Many of these questions are, by nature, unanswerable. By pasting a Belief over a hole in the inside of your Box that is created by an unanswerable question, you no longer have to experience the fear of [not knowing](#) an answer to the question. Instead of facing an unexplored, constantly changing, multidimensional, and groundless Universe, a Belief lets you face a familiar, self-generated illusion. There may even be other people who profess to have the same Belief as you, so you are not alone in your [position](#). You can start to feel arrogant and superior because you have adopted the '[right](#)' Belief. If enough people use a common Belief, they can create the illusion of agreement about what is real, or '[true](#)'. Then you can agree that anybody who disagrees with you must either be crazy, a witch, or your enemy. What a familiar [game](#)! Look at human history.

Here is a fable about Beliefs. In one village the people believe that hotdogs are the most sacred objects in the world! The worst sin is to eat a hotdog. They place Holy Hotdogs in gilded stands on altars in their living rooms, and pray to the hotdogs each morning. These kind and generous people hold Holy Hotdog festivals each year where they lovingly give each other hotdogs as gifts, and sing Holy Hotdog chants in beautiful harmonies. On certain days of the year they parade their best Holy Hotdogs around the village and then have joyous parties paying respects to the gift of hotdogs.

On the other side of the mountain is another village, the gravest enemy of the first village. In this second village, people believe that hotdogs are the most sacred objects in the world! The worst sin is to waste a Holy Hotdog. These kind and generous people pray to their Holy Hotdogs each morning and make sure that no one goes without their daily hotdog for lunch. On festival days they hold Holy Hotdog cooking galas, with contests for the best recipes, hotdog-eating competitions, and Holy Hotdog feasts. They even feed Holy Hotdogs to their favorite pets.

The centuries-old hatred between these two villages is horrendous. Such sacrilege is committed by the other villagers that no forgiveness or understanding is possible, and

war is the only solution... until one night, when the mayor of the non-hotdog-eating village can stand it no longer. Alone he hikes over the hill and sneaks into the other village on festival night. He is at first utterly revolted by what he witnesses: hundreds of people sinning horribly, eating Holy Hotdogs! My god! But what he cannot understand is how all these people, even though they sin so seriously, can be so happy, so kind and loving to one another, so generous with their children. It is exactly like his own village! And then his mind snaps. Through the crack he realizes that the only difference between the two villages, the one thing that creates so much animosity and keeps them enemies, the thing for which so many young men and women have fought and died in the endless Hotdog Wars, is merely a difference of Belief! He is stunned to see that Beliefs only occur on the surface of the mind, to cover up what nobody can know, the answer to the biggest question: *"What is truly the right way?"* Nobody can know that! He thinks to himself, *'Instead of being willing to live in the fear of knowing that I don't know the right way, I adopted a 'false knowing' called a Belief. I have hated all these people by claiming that I am right and they are wrong. But nobody is wrong!'*

His face lights up. He shakes his head in wonder. His heart feels immense relief. He enters the town hall, finds the other mayor, introduces himself, and explains that they are no longer enemies. *"I am so, so sorry, sir. It was all a mistake. We were fools to create Beliefs to try to cover our childish fears of the unknown. Of course we do not know the right way to be! Could you and your people please come over to our village tomorrow morning and explain the same thing to my people? Then we can all get on with celebrating each other and living in abundance and harmony together!"* The second mayor laughs in delight at the good news. He hugs the first mayor solidly, ceremoniously gives him his best Holy Hotdog, then bows and says, *"Do whatever you want with that thing! It's only a hotdog!"* And they all live happily ever after.

Beliefs are a standard structural component of the [Box](#), like columns in a room. But just as every room need not have columns, every Box need not have Beliefs. Believe it or not, Beliefs are optional! Beliefs are neither good nor bad. Beliefs are just Beliefs, completely arbitrary [Stories](#), made up by [Declaring](#) them out of nothing with [Is Glue](#). However, without Beliefs clamping down on your perceptions, you suddenly gain freedoms of movement in your thinking and being that few humans ever experienced before. Beliefs have hampered humans since the beginning of time, so there is a lot to explore out there.

EXPERIMENTS:

SPARK069.01 ONE BY ONE LOCATE ALL OF YOUR BELIEFS AND FIND OUT WHY YOU INSTALLED THEM AS PART OF YOUR BOX Each Belief you have covers over a fear of not knowing. You installed each Belief yourself. This Experiment is to find out when and why you built each Belief into the walls of your Box. You are not stupid. You did it for a good reason. What was the reason? What was happening in your life that made it smart at that moment to adopt the Belief instead of facing the fear? Perhaps you inherited the Belief from someone else and it is not even your Belief! That would make it simple to give the Belief back to them and let the fresh air of Unknown space flow back into your life. Having direct access to the Unknown through a hole in the side of your Box has [many valuable uses](#). For example, what is in the Unknown? [Nothing](#). What is Possible in the Unknown? Everything! This Experiment is to build yourself a [3 Cell](#) with two other [Possibilitors](#) and dedicate the next 13 months to taking each other through the [Emotional Healing Processes \(EHP\)](#) and adventure

journeys that [As Is](#) the fears behind each of your Beliefs. This transforms the fears into resources so the bandaid (the Belief) can naturally fall away. It is miraculous!

SPARK069.02 TAKE RADICAL RESPONSIBILITY FOR THE FEAR OF NOT KNOWING The answer to the fear of not knowing is not to try to make the fear go away by knowing everything. Many things you truly cannot know. The answer to the fear of not knowing is to decide that it is really [okay not to know](#). Accept the not knowing. For example, if your Belief is that you are not good enough, then the healing is to learn to live with the fear of not knowing if you are good enough or not, and going ahead and [living full out](#) anyway. If your fear is about dying, go to your Possibility Team and ask them to [hold space](#) for you to greet your fear of dying. You start by saying, “Hello fear. *What do you have for me?*” Then someone else writes down what you say the fear of dying tells you. Many people are afraid of dying because they are not really living. Ask your fear to give you 7 Experiments to try this next week to become more alive, then do them all. The Experiments could be, for example, to break 5 of your unspoken rules, to change 5 old decisions during Emotional Healing Processes, to try eating new kinds of fruit or learn a new dance step, to invite your Possibility Team to go bowling with you, etc. Make a photo montage of all your Rule Breaking and share them online.

SPARK069.03 SPLASH AROUND IN THE SEA OF BELIEFS AND SEE WHAT MONSTERS YOU STIR UP A Belief is like a scab on the mind. The scab is there because the wound is not healed. The wound is fear of the unknown. At the next party or family get together you attend, gingerly enter the domain of politics, religion, or culture in some of your discussions. Your job is to seek to discover your own scabs. You will know that you have found a scab by the sensation of a particular kind of pain, associated with fearing the unknown. When anyone starts poking too closely at one of your Beliefs, you either cower and depart or immediately start poking back because it hurts under your scab. Make notes in your [Beep! Book](#) about what you find out. Later, when you are on your own, do the [Experiment](#) of remembering the incidents, and exploring why you fear not knowing in this particular area. Why is it so frightening for you to not know about this part of life? The Experiment is to honestly admit to yourself that you do not know in this area and see if you can live with the not knowing for a few hours. See how that feels, being okay with yourself, even if you do not know. Those few hours could take you a long way towards healing your wound.

SPARK069.04 CHECK YOUR BELIEFS ABOUT OTHER PEOPLE'S BELIEFS The next time you are with one of your parents or grandparents, create the free time and space to ask them this question, “*Mom (or Dad, Grandma, Grandpa...), what do you believe about God?*” Then do not say anything for about 15 minutes. Simply be there with them and listen carefully. No matter what they say or leave out, DO NOT set forth your opinions or Beliefs. Keep your mouth shut and pay [attention](#). How an open space into which they feel free to talk. If you succeed at just listening, this could be quite a memorable conversation. You could have mapped out for you the entire cosmological structure that you unconsciously inherited as a child. This is a gift of great benefit. It will help you to find a new start. Later, after the conversation has ended, write notes into your [Beep! Book](#) about what they said. It could turn into the backdrop for your next novel!