

## SPARK 189

(Matrix Code: **SPARK189.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** When you are in reaction you give up your freedom to choose.

**NOTES:** Your personal identity may be contaminated with the experience of being in reaction. In other words, if you are not in reaction you might not know who you are, so you stay in reaction as a lifestyle. Your primary role models for being human may be ongoingly reactive. They showed you that reaction is life and you copied them. You may have grown accustomed to waking up each morning in reactivity. You may think that, if there is a problem, then you must go into reactivity to have enough energy to solve the problem. You may have been in reaction for years... for decades.

Perhaps your family and relatives relate with each other through reactivity. Perhaps reactivity is the standard behavior where you work. You may wonder if it is even possible to relate to another person without being in reaction. What would you talk about? How can you raise your children or be a teacher without being in reaction?

Most of modern culture is devoted to disconnecting you from your [power of choice](#) by keeping you in reaction. If you consciously chose what time you wake up, what clothes you wear, what you eat for breakfast, what matters to you, what you give your attention and energy to, how you regard yourself, what culture you thrive in, or which gameworlds you co-create, you would escape the grip of modern culture

The fear, of course, is that if you are fundamentally different from the others then you will not fit in. There is a realization to counteract this fear. The realization is that if you are not part of the solution then you are part of the problem. Whatever you do not oppose you support. The paradox is that you strengthen that which you oppose.

How is it possible to oppose reactivity without strengthening it? Here is a suggestion. Instead of trying to oppose what already exists, let's co-create and step into a new culture that makes reactivity irrelevant.

### EXPERIMENTS:

**SPARK189.01** Regain your freedom to choose by finding the zero point of non-reaction. You already know what it feels like to be in the triggered state. Now learn to detect when your body is just about to go into reaction so you get the choice of not going there. The challenge is that the instant a reaction starts it is already too late. What you need is to know when a reaction is *about* to start. Then you have a choice. If a reaction starts, your brain has already squirted adrenaline and other neuroactive hormones into your bloodstream. It takes a minimum of 20 minutes to metabolize the hormones and get them back out of your bloodstream, unless you trigger more reaction hormones in the meantime. In your everyday stressful life your body might be either reacting or in the ready-to-react condition almost all the time. Here is a secret: steal three moments each day when you return to the zero point of no reaction. When you are not in reaction you automatically regain the power of making conscious choices again. How to get to the zero point? Two minutes of meditation, three times per day. Go back to zero reaction. Go back to presence. How to meditate? It's nothing! Stop moving. This probably means sit down. Stop identifying

with your thoughts and stories. This probably means close your eyes, take a deep breath, and move your attention to your physical center, behind and below your belly button. Your thoughts and stories do not stop, of course. The purpose of the mind is to create an endless stream of meaningless thoughts. When you move to your center and enter the zero point, the thoughts and stories become like somebody else's radio making background noise. Enjoy the vast spaciousness of being at your center. This is presence. The first thing to notice is that if you stop thinking you don't die. The second thing to notice is that if you are not reacting you also don't die. This is what it feels like to be alive. You are a Being, being with your Being, being present. This is your natural state. This is life. With a little practice you might grow to like it.

**SPARK189.02** Being in reaction so that you lose your freedom to choose does not mean choices are not being made. Did you ever ask who or what then is making your choices? If you are not driving your own car, so to speak, who is behind the wheel and where are they taking you? Title a page in your *Beep! Book*: OTHER DRIVERS. Then make a list of who or what is making your choices and what their purpose and reason is. For example, other drivers could be your parents, the priest, your [Gremlin](#), your Box, a vampire demon, your ancestors, the culture, the laws, the planets, a bardo space, etc. List them by name, as specifically as you can. Their reason or purpose might be to make you right, to get revenge, to protect you, to give you power, to make you invisible so you can survive, to make you superior, etc. This list becomes a very useful underworld map once you reclaim your freedom to choose.

**SPARK189.03** When you are NOT in reaction you do not die. You are still there. Maybe when you are not in reaction you are even more *there* than when you are in reaction. The experience of non-reaction is called *presence*. But who are you if you are not reacting? You are a present noticing Being. To help distinguish between the state of reaction and the state of presence you can give your Being a secret name. Your Being already knows its name. Write down your Being's secret name in your *Beep! Book*. Write it down now and remember it. When you look in your eyes in the mirror, say hello to your Being. Do not tell anyone your secret name. Later on you can tell one or two other people your secret name, but these should be people with whom you would entrust your life, people who also already have a secret name to tell you.

As you are able to spend more time in non-reaction you get options to choose from that you did not have before. What would your Being like to create when you are not in reaction? These may be small things that feed your Being with life. These may also be huge things, bigger than you, jobs, networks, schools and projects that your Archetypal Lineage has been offering to you for decades. Non-reaction is what your Archetypal Lineage has been waiting for. What are you waiting for?