

## **SPARK245**

(Matrix Code: **SPARK245.00** for the [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Radical Relating becomes possible the moment you Hit Bottom.

**NOTES:** [Radical Relating](#) is a core element of [Archan Relating](#) which includes many elements. This S.P.A.R.K. indicates that 'Hitting Bottom' is a core element of Radical Relating. The psycho-emotional meaning for the term '[Hit Bottom](#)' was first documented in the 1953 edition of [Alcoholics Anonymous 12 Steps and 12 Traditions](#). The 'Bottom' is not something that you 'hit'. It is something that you feel. Few people can [Practice](#) or [Experiment](#) until they have Hit Bottom and are forced to acknowledge '[the horror](#)' of their situation. Hitting Bottom is when your current condition becomes more frightening than the fear of not knowing what life will be like without using your [Survival Strategy](#) to protect your current condition. You realize that whatever you are doing to 'feel better' has turned on you, and is trying to kill you. This is the initiation of [self-reflection](#), becoming crazy enough to pull yourself up by your own bootstraps.

From the viewpoint of the [ordinary](#) sleeping world, to 'Hit Bottom' means to be a 'failure' in marriage, to lose your job, to have the bank repossess your home, to get addicted to alcohol or drugs, or to be convicted of a crime and put in prison. If you 'Hit Bottom', modern culture might send you to counseling where you start sessions with a psychologist who may force you to take mood-altering brain drugs. It is 'bad'.

Modern culture uses a model of '2 Phase Healing'. In Phase 1 you are viewed as 'being well'. In Phase 2 you are viewed as being 'sick'. The aim of the doctor is to bring you back to how you were in Phase 1, forgetting that the conditions of Phase 1 are what made you sick in the first place. Here we propose the '[3 Phase Healing](#)' model from [Archiarchy](#). In Phase 1 you are seen as being where you are on your evolutionary [Path](#). In Phase 2 you are viewed as being in a transformational [Liquid State](#) in one or more of your [5 Bodies](#). The aim of the [Possibilitator](#) is to provide [Clarity](#) and [Possibility](#) for going through the 5 Body shift [processes](#) for you to efficiently stabilize in Phase 3: being a new person with expanded [Agency](#) for navigating the next steps on your Path.

From the [Archan](#) perspective, Hitting Bottom is something to celebrate in the same way a caterpillar would celebrate the outrageous discomfort of having to weave herself into a chrysalis and melt down into paste on her way to becoming a butterfly, even if she never saw or heard of a 'butterfly' in her caterpillar condition. We recommend that you 'Hit Bottom' as often and as thoroughly as possible. If you Hit Bottom three times before breakfast, it could be the start of a very fine day. Hitting Bottom starts a [Phoenix Process](#). To Hit Bottom is to 'enter reality'.

### **EXPERIMENTS:**

**SPARK245.01 TRY TO HIT BOTTOM BY FINDING AND FACING ALL THE SUBTLE TWISTED WAYS YOU DESTROY RADICAL RELATING BY GOING AWAY FROM THE BOTTOM** Bring your Team together at a one hour weekly meeting for 3 months to give you Feedback and Coaching about all the ways you destroy Radical Relating. Pay them each 100 Euros if you do not do the Practices they give you each week. There are still feelings at the Bottom, but the feelings have no Stories tied to them. Yet those feelings have words. This Experiment is to learn to use words to communicate

feelings directly to another person without attaching any Story from your mind. The words of your feelings are a bridge to the other person's Being (not their mind) so they 'get' (not 'understand') what your Being is sharing from the Bottom. These are simple skills that you can learn for [Radical Relating](#). You use words to say 'what is' without holding on to a Story about 'what is'. You say the next thing, and the next thing. Even if the things seem contradictory or 'crazy' to the mind, they may not be contradictory or crazy to the Being. What matters to the Being may not matter to the mind at all. How can you tell if you are at the Bottom? You tell no [Stories](#), no [Assumptions](#), no [Expectations](#), no [Conclusions](#), no [Projections](#), no [Judgments](#), no [Prejudices](#), etc. You will stay at the Bottom if you say what needs to be said *from the Bottom's perspective*. This may be far less than what your mind or your [Box](#) and [Gremlin Survival Strategy](#) blah-blah are comfortable and familiar with saying. Making a cloud of stinking verbal distractions is how to leave the Bottom, not how to stay at the Bottom. Say what needs to be said from being in [Integrity](#) with yourself, from being [Accountable](#) for your life. What is your actual [Stand](#) right now, without [Lying](#)? This is what needs to be said. What you currently have is what you actually want, and what you are trying to create.

**SPARK245.02 ADMIT TO YOURSELF THAT THERE IS NOTHING ELSE THAN THIS AND THAT THIS IS NOTHING** Minimize your NOW until it is so small that there is no room for the past or the future, only for the tiniest immediate present moment. New skills are required to stay in this Minimized NOW, a skillset called 'Hit Bottom'. When you Minimize your NOW, there is no more 'have to', or 'must', or 'supposed to be', because all these rules or expectations come from external authority figures, not from yourself. Suddenly, without the past to complain about or to be nostalgic about, and without a future to be afraid of or to try to control, external authority dissolves away like the mirage that it is. Your 'big life' dies. Distractions disappear. What remains at the Bottom is the same as what remains after an 'air burial' (an 'air burial' is leaving a corpse at the top of the mountain for the vultures, ravens, rats, flies, ants, and wild dogs to devour...) namely, nothing. At Bottom you have the freedom to consider:

*"What do I want to speak about with this person across from me before they die?"*

*"What is most important for me to share with them in our last moments together?"*

*"What do I want to do before I have no chance to do anything with them ever again?"*

This is what you can do together now at the Bottom: the essential, the core, the basic, the authentic, the real. This is how to begin Radical Relating. Die first.

**SPARK245.03 RESEARCH BEING VULNERABLE AT THE BOTTOM** Radical Relating is Being-to-Being relating. Many people think of vulnerability as crying, being sad, or sharing where you are stuck or a victim, where you don't know, where you need help. Vulnerability is often equated with weakness. Being able to be weak is a powerful skill, and a gift. Being authentically weak is being strong enough to allow reality to permeate your shields. Vulnerability is not limited to being weak. It is not weakness to stay at the Bottom. You are vulnerable when you:

- Say what you want, and what you don't want.
- Make a [Distinction](#). (Distinctions are more powerful than Boundaries.)
- [Take A Stand](#) for the Stand that you Take.
- Commit to someone else's conscious [Commitment](#).
- Refuse to be sucked into someone else's [Bullshit](#), or your own...
- Hold your [Sword Of Clarity](#) unwaveringly at the other's throat.
- Stand steady and relational in your own Clarity and [Agency](#).

You are vulnerable because you are at risk. You are at risk because you are taking a risk, because you have no need to protect your Being from other people's Box and Gremlin Survival Strategies. Being vulnerable is authentic Radical Relating.

**SPARK245.04 PULL THE RUG OUT BETWEEN YOU AND THE BOTTOM** The 'Rug' is what you stand on to act as if you are 'being yourself' in the world. The 'Rug' is beliefs, talents, interpretations, memories, positionality, whatever you post at Instagram, what you use to attach meaning to your current experience. You know best what the Rug is for you because you keep secrets from others about what is 'true for you' that you hold onto like a life raft so other people cannot undermine you. This means you are also the one best suited to undermine yourself. If you successfully 'pull the Rug out from under your own feet', you will be standing on nothing. As the Buddhist monk Pema Chodron says, "*The nature of reality is groundlessness.*" In groundlessness you no longer have pretense. You are no longer legitimized. You lack all confirmation. No one approves your reason for Being. You have achieved meaninglessness, a moment of no [Bullshit](#). Find a way to cherish this experience. The Bullshit-less state is rare in modern human culture. Because you have done this to yourself, you have no one to blame for any discomforts. Discomforts are caused by stories. No stories, no discomforts. Keep breathing. Keep falling.