

SPARK261

(Matrix Code: **SPARK261.00** in the StartOver.xyz [thoughtware upgrade gameworld](http://thoughtware.upgrade.gameworld.com).)

DISTINCTION: War ends when you disintegrate yourself out of a [Position](#) and into an evolutionary [Process](#).

NOTES: Trying to be right (or wrong) is a *defensive* [Survival Strategy](#). Making others wrong (or right) is an *offensive* Survival Strategy. Survival Strategies are Positions.

Holding a Position blocks [proposals](#) or [negotiation](#) between parties. Suddenly your [Infinite Resources](#) can no longer empower you with [nonlinear Possibility](#). You are thrown into a desperate survival war, your [Box](#) shrieking, *“Either you die, or I die!”*

The [‘I win you lose’](#) strategy has been applied by primates for hundreds of thousands of years. Perhaps eating your enemies keeps the population down... But what if, as [David Gerrold](#) suggests, *“There is no enemy?”* What if we are all martyrs to the [evolution of consciousness](#)? And, what if changing your [Purpose](#) unleashes an exciting alternative to hatred, mortal combat, and permanent doom?

When your Box wants to fight, this S.P.A.R.K. offers you the option of allowing your Position to disintegrate. At first you might think, *“But that would be stupid! I am right! They are wrong! If I don’t fight, who will defend my Position? Why should I be weak and let them win? If I don’t fight, their insane ideas get stronger and more popular.”*

In order to proceed, it is important to first be clear that ‘disintegration’ does NOT mean going into your [Swamp](#). Swamp [Voices](#) – such as, *“I am not good enough.” “I will never make it.” “Everyone hates me.” “I’ll never get this.” “No one understands me.” “I am all alone.” “I hate everyone.” “I am better than everyone else.”* etc. – all come from your Box, and have the [Hidden Purpose](#) of limiting your options to [keep your Box ‘safe’](#). Your Box tells you, *“If you try something different, I can’t save you, and then you might die.”*

In [Radical Reality](#), disintegrating your Position loosens your Box’s grip on your world and instantly expands your options. The bars of your Box prison cannot hang together anymore when you disintegrate. You experience far more Space in which to move around, call forth unusual resources, and create new outcomes.

But, having more Space and being less regulated by [rules](#) and [conclusions](#) can feel very scary. Why? Because if you cannot blame the rules, then *you* are 100% responsible for what happens. You can decide to be [Radically Responsible](#).

The way disintegration works is to reach into your [Bag of Things](#) and pull out a tiny energetic [‘Self Disintegration Button’](#). Keep this at your fingertips during your days and nights so that it remains handy for immediate use, should that necessity ever arise. The moment you encounter push-back, threats, or fear-based [Reactivity](#) and you have the temptation to go to war, press your Self Disintegration Button. Voila! Your Position is gone and you dissolve into a transformational fluid, right before their eyes.

Disintegrating is stage one of evolution. The less resistance you have towards dissolving, the more time, energy, and [Attention](#) you have available for [Navigating](#) new [Spaces](#) of [Possibility](#).

Disintegration gives you an advantage, not from losing the battle, not because you have failed, but because you disintegrate on [Purpose](#) in order to connect more intimately as a [Possibilitator](#) with [Current Reality](#). You disintegrate in order to [Hit Bottom](#) so you can leverage your real assets for more remarkable outcomes. In other words, you pull the thread out of your Positionality so your 'attack mode [construct](#)' falls to shambles and you are free to more thoroughly [play](#).

The thing to [Notice](#) while you disintegrate yourself is that anything that can dissolve is not [real](#). While you allow your suppositions, conclusions, projections, expectations, assumptions, and stories to all dissolve back into their primordial [memes](#), something still remains. See that? You don't die. The world does not end. Welcome to [your Being](#)!

Your dissolution [Process](#) may express as [feelings](#), [emotions](#), hysterical laughter, [confusion](#), loss of plans, loss of secret advantages, [shrinking of your NOW](#), and other experiential intensities, as you enter the [Present](#). All of your [Resources](#) become available. In your melted-down conglomeration you have the freedom to [Experiment](#) with a new level of sprightliness. The [Baggage](#) is gone. You can [discover](#) or [invent](#) new impulses, create new designs and [procedures](#), inhabit your next [identity](#). By voluntarily entering an evolutionary [Process](#), you side with the Universe, unleashing further complexity, greater fluidity, expanded awareness, deeper sensitivity, and amplified intelligence. It is not a bad deal after all!

It could be that you start liking the fluidity and movement freedoms in the Disintegrated State. If so, don't be surprised if you spend more time and energy expanding and exploring than you do in defending Positions. By then, if someone tries to force you to take a Position and fight with them, you can let it slide by like a bad joke.

EXPERIMENTS:

SPARK261.01 FIND OUT WHEN YOU TRY TO BE RIGHT OR MAKE SOMEONE ELSE WRONG The 'someone else' can be a person, but it can also be a gameworld, such as a political party, a corporation, a culture, or a religion. You cannot make yourself more right without making them more wrong. These Positions are two side of the same coin. For the next 7 days, amplify your [Right / Wrong](#) detector to notice your Box and Gremlin conspiring to whip up a war. What twists your hairs? What winds you up? Make a list in your [Beep! Book](#) of WHAT YANKS MY CHAIN. You should end up with a list of nearly 100 'dangerous' moments where your fuse was about to blow and a war could start. This is [Self Observation](#) work. Do not try to change anything at this point. That would be counterproductive. You do not yet have enough mass for sanity.

SPARK261.02 FIND OUT WHICH PART OF EACH PARTY WINS WITH WAR Weapons manufacturers, news agencies, and reconstruction contractors all win by gaining massive corporate profits from war. Land grabbers win with expanded borders. This Experiment is to identify how the concept of 'winning' and 'losing' come into play when it comes to justifying war. The Experiment has 2 parts. PART 1: LOOK OUTSIDE YOURSELF For the first 3 days, make [Beep! Book](#) notes about SOCIETY'S JUSTIFICATIONS FOR WAR. Examine sports competitions, conflicting beliefs, enemy rhetoric, and actual wars. There are plenty to choose from. Open any news channel and your [Beep! Book](#) will overflow with discoveries. Most people think the news is real, rather than a superstition that secretly says, "*War is the basis of a healthy economy,*" regardless of damage to the environment and future generations. PART 2: LOOK INSIDE YOURSELF For the next 3 days, capture MY OWN JUSTIFICATIONS FOR

WAR in your *Beep! Book*. “It’s not my fault.” “They asked for it.” “This is my right!” “It is not fair!” “They deserve it.” etc. Again, do not try to change any of your behavior. Try to catch yourself in the act of creating war by holding onto one or another of your favorite Positions. You should document 20 or more of your own war cries.

SPARK261.03 FIND OUT HOW POSITIONALITY CREATES LESS AND DISINTEGRATING CREATES MORE In your [Possibility Team](#), sit in groups of 3. This is a [Research Team](#). Your challenge is to discover and explain how Positionality creates less, and Disintegration creates more. Think of the energetics of your life. Include qualities of Space, Time, and Possibility. Write down what you discover. Try to include factors such as flexibility, ways of relating, answers to questions, solutions to problems, spaces that do not match the original shape of your Box, whole new territories. This Experiment is to understand how you would, in reality, access more through disintegrating yourself. Be clear and specific with your examples. After 30 to 45 minutes, share what you have found with the other groups of 3. At the end of your meeting, make a chance to decide for yourself, “*I choose more rather than less.*”

SPARK261.04 FIND YOUR FEARS OF DISINTEGRATION In your Possibility Team, sit in groups of 3 with a [Possibilitator](#) facing a Client, and a Coach to the side of the Possibilitator. This Experiment is to deliver [Emotional Healing Processes \(EHP\)](#) for each other, beginning with the Client saying something like, “*I feel scared of disintegrating myself because...*” Let the experience of the fears get bigger and louder. Find out when their fears of disintegrating first began. Write down what the Client first decided about disintegrating. After you write down 5 to 10 of their old decisions, ask: “*Are any of these old decisions still influencing your life today?*” (Yes.) “*Would you like to make any new decisions?*” (Yes... probably.) “*What would the new decisions be?*” Write down their new decisions in full, word for word. We forget that we make these old decisions, but such decisions continue to do their job whether we remember making them or not! Making new decisions about engaging disintegration on purpose can make incredible openings for experiments and experiences in your life. Allow approximately 35 minutes per EHP, then rotate until each person has gotten to be in each role.

SPARK261.05 MAKE PUBLIC EFFORTS TO DISINTEGRATE NOTE: If you have been unconsciously feasting your [Gremlin](#) on war and fighting, we recommend that you start [consciously feeding him or her something entirely different](#) before you try this Experiment. Otherwise your Gremlin will go hungry and will start to eat in other fear-filled unconscious ways. This Experiment is to disintegrate in the face of invitations to battle. This does NOT mean you drop into the [Child Egostate](#) and become small and helpless, or that you let your Gremlin start an insane blame or guilt rampage. To the contrary, it means your ordinary Box responses drop off like tree leaves in the fall. You suddenly blossom in extraordinary dimensions, bringing long-forgotten potentials into action without effort. You twist diagonally and emerge as a water-dragon or the roaring Niagara Falls. You generate shining [Proposals](#) with the force of a million-million fear-eating termite fireflies, lighting the way into spaciousness and [Possibility](#). Each time you disintegrate it is different. Each moment unfolds your loving unrelenting determination to bring forth Heaven on Earth. Why not? Your call to expanded generosity ignites waves of awareness that recognize something completely different from war is possible right now. Each time you disintegrate it is miraculous, seemingly impossible, therefore, document your experiences by writing and publishing an [Article](#) about what happened. Celebrate the joy in your Being that comes from consciously disintegrating into a tornado of [awe](#).