

SPARK AAT

(Matrix Code: **SPARKAAT.00** for StartOver.xyz game.)

DISTINCTION: You are not obligated to follow what your mind says.

NOTES:

You are surrounded by mentalizations, enough to make that your reference frame, enough to conclude that nothing else is real. However, your Being is not implicated in the mental image of yourself.

When the mind is running, you assume this is you. When the mind has no thoughts there is this huge unspoken fear that you will no longer exist.

You exist even if you stop thinking.

Even if your mind excluded your Being from being involved, it still is involved. This is fundamentally confusing to the Being, and the mind. The mind does not care. The Being does care.

You can teach your mind that it is only a mind.

It takes courage to do this.

You are not obligated or implicated (blamed) in the mental image of yourself or the world.

EXPERIMENTS:

SPARK000.01

SPARK000.02

SPARK000.03

SPARK000.04