

SPARK 135

(Matrix Code: **SPARK135.00** for StartOver.xyz game.)

DISTINCTION: God did not rest on the seventh day.

NOTES: This may be one of those SPARKs that is a little too weird for your Box to wrestle with right now. If so, fine. Store it away in your mind for later. On the other hand, this SPARK could be a game-changer for you. I am betting on the latter.

Did you ever notice how, even after years of personal development work, getting okay with your parents, taking responsibility for your life, learning to be centered, observing yourself, etc., there are still periods when you feel exhausted, cranky, depressed, overwhelmed, or resentful, seemingly for no reason at all? You may think that if you could just solve some vague problem these states would go away. But they don't. Did you ever have that?

This SPARK suggests that perhaps these states do not originate in a childhood trauma which will vanish if treated with psychology, drugs, beer, or one more workshop. Maybe something entirely different is at work here, something about which modern culture offers few useful distinctions.

If you research it you'll find that the universe is made up of 4.9% [ordinary matter](#), 26.8% [dark matter](#), and 68.3% [dark energy](#). This means that there are whole domains of existence that modern culture does not understand. The physical universe that we think constitutes our whole lives actually represents less than 5% of the whole universe. 95% of what currently affects us is completely beyond our grasp.

This SPARK presents the *Theory of Parasitic Entities* and the possibility of becoming a *Trigger Hunger*. If, in the Christian creation story, God did not rest on the seventh day, then in the intergalactic food chain, human beings are not at the top. The food chain is more of a food web, where top predators such as humans are also fed upon by much smaller and simpler organisms such as bacteria, viruses, fungi, mosquitoes, ticks, lice, mites, toxic wastes, and advertising jingles.

The *Theory of Parasitic Entities* suggests that not all life forms in the human food web have physical bodies. Many exist as [dissipative structures](#), that is, as structures that are sustained by energy flowing through them (such as a tornado, a memory, or a culture). This was described by [Ilya Prigogine](#), a Belgian physical chemist, in his *Theory of Dissipative Structures*, which incidentally won him the Nobel Prize in 1977.

Spinning a vortex in the *General Field of Consciousness* can create a consciousness singularity, some of which sustain themselves by sucking energy out of organic life forms. You may have become an all-you-can-eat lunch buffet for an energetic vampire entity. Your feeling-awful state may be the experience of being fed upon. The experience lasts until the entity gets full, burps, falls asleep, and releases you. Then through sleep, sunlight, breathing, drinking water, exercising, and eating, your energy gradually returns.

For most people the low energy state ends all by itself because nothing else you try can stop it. When the entity comes knocking you let it into your buffet by using a *Trigger Phrase*, then slurp, gulp, yummy-yummy, and during hours or days your energy is drained. The more you develop your Being, the more attractive and tasty you look to a hungry vampire entity.

Alcohol is a trigger that quickly and thoroughly calls an entity to feed on you. One sniff is trigger enough (see the film *Flight* with Denzel Washington), but the alcohol thing is a different SPARK ([SPARK 017](#)). The kind of trigger I mean here is a disempowering thought that you validate with the circumstances around you and with emotional hormones that you feel streaming through your veins.

Some of the Trigger Phrases we have so far discovered are: *I am missing out. I am alone. You have abandoned me. I am not useful. I am nobody special to anyone. My joy is gone. She doesn't really love me. They get to do it and I don't. You exclude me. You get to express your feelings but I don't. You think I am stupid. I don't fit in. It is all too much. The fun is over. I can't protect myself. I'm not good enough. It is hopeless. I am powerless. I only cause pain for people.* Do you recognize any of these?

When you repeat a Trigger Phrase to yourself in your mind it rings out like a dinner bell, an incantation calling in a vampire entity for a free lunch at your heart, mind, and neck buffet. One reason you may have arranged for entities to suck out your energy is that if you had more energy you would use it to change something in your life. The uninitiated Box is afraid that if anything changes you won't survive, therefore it calls in entities to suck out your energy as a Box survival strategy to keep things the same.

As you navigate bigger projects it becomes more and more important to close the entities' lunch bar in order to use your energy to create your destiny. The time to close your entity café may be now. If so, the entities already know this. They won't starve. There are plenty of other sleepwalkers around they can use for food.

EXPERIMENTS:

SPARK135.01 PHASE 1: Become a *Trigger Hunter*. Your greatest success will be capturing your first *Trigger Phrase*. Until you track down and capture your first Trigger Phrase, do not read PHASE 2. To catch a Trigger Phrase, stay in the joyful present for weeks on end. Notice any moment you shift into your irritable, crushed, grouchy, depressive, alone-in-my-cave state. In that instant remember the sentence you thought just before your mood shift. That is your Trigger Phrase! Write it down IMMEDIATELY in the back of your *Beep! Book*. The intense mixed emotions that get triggered and surge through your veins make you believe that the Trigger Phrase is true. But it is not true. It is a story. You probably have 15 to 20 Trigger Phrases. After capturing your first Trigger Phrase in your *Beep! Book*, read PHASE 2.

SPARK135.02 PHASE 2: Close the restaurant. Identifying the Trigger Phrases you use to call in parasitic entities gives you the option of shutting down the restaurant. If you understand these words you have gained the capacity to change your entity feeding agreements.

When you are ready to shut down the 24/7/365 all-you-can-eat Entity Diner, the procedure for doing so is formal and goes exactly as follows. This works best if you are actually in the overwhelmed irritation mood that indicates a feeding is happening right now. Quickly find someone to be spaceholder for you. Your spaceholder should read the following instructions to you. Repeat what the spaceholder tells you to say out loud, and then report to the spaceholder what you see or hear in response.

This process requires that you speak the words out loud, and that you have at least one other person holding space for you. SPACEHOLDER INSTRUCTIONS ARE CAPITALIZED. The spaceholder's script is in *italics*.

STAY STANDING. SLOWLY AND FIRMLY READ OUT LOUD THE FOLLOWING ITALICIZED WORDS TO YOUR CLIENT: *Please sit down. Take a deep breath. Keep your eyes closed. Put your energetic center on your physical center to get centered. Use your clicker (meaning snap your fingers once to make a clicking sound) to make your bubble and to make your grounding cord. What color is your grounding cord?* THEY MIGHT TELL YOU ANY COLOR. *Thank you.*

SAY: *Please take a deep breath. Now firmly say to the entities which are feeding on you, "Hello Parasitic Entities."*

WAIT A FEW SECONDS WHILE THEY SAY IT, THEN ADD: *Keep your attention on the entities while listening to me. It is usually a group of entities that becomes visible, although it could be just one, or the group may have a dominant leader. Stay in contact with the entities. Tell me what you see.* LISTEN TO WHAT THEY TELL YOU.

SAY: *Now tell the entities, "For a long time I have been providing you with a regular meal of my life energy."*

WAIT A FEW SECONDS UNTIL THEY SAY IT. THEN ASK: *How do the entities react?*

LISTEN. THEN SAY: *Keep watching the entities while you listen to me. Usually the entities are anxious because you can see them, but they are listening to you.*

WAIT A FEW SECONDS, THEN SAY: *Use your clicker to create an energetic sword of clarity pointing at the throat of each entity, even if there are many. You may look like a Hindu god with so many arms and swords, but that is required now. There is no need to attack, only to attentively hold your swords at their throats and stay present.*

SAY: *With your swords of clarity pointed at their throats, firmly say, "Up until now it was okay with me to feed you with my energy. I wanted to do that. But now I have learned new things and I have changed my mind."* WAIT A FEW SECONDS WHILE THEY SAY THIS

SAY: *Firmly say, "This agreement is over."* WAIT A FEW SECONDS WHILE THEY SAY THIS, THEN CONTINUE.

SAY: *Firmly say, "This restaurant is now closed. You may no longer feed here."*
WAIT A FEW SECONDS WHILE THEY SAY IT.

SAY: *Keep your attention on the entities while you listen to me. There could be any kind of reaction right now. Mostly they will try to get you to fall back to sleep, to forget this conversation, to get distracted or confused, or to go into your head and experience disbelief. Don't do any of these things. Stay in unwavering attentiveness towards all the entities. Watch what happens.* PAUSE A MOMENT.

SAY: *The entities may be behind you, above you, or under you. They may move or stay still. Stay in the present. Stay centered. Keep breathing. Keep your swords pointed at each one, but do not attack. Report what you observe in a brief statement to me.* LISTEN.

SAY: *Now ask the entities, "Do you have to compete with other vampire entities to get enough food for yourselves?"* WAIT A FEW SECONDS.

SAY: *Keep your attention on the entities while listening to me. This is an amazing question, because on the one hand, you express care about their future wellbeing. On the other hand they reveal to you that they are not afraid of starving. There is plenty to eat from sucking the life energy out of the many other available humans on Earth. They may be sad that they must go because you were a particularly tasty meal for them. But they already know it is a natural process for a human being to gain enough awareness to discover that the parasitic entities are there, and enough conscious will to decide to close the restaurant. Notice that the entities are okay with moving on.* WAIT A FEW SECONDS.

SAY: *Take a deep breath and say these words, but not with anger or aggression, only with firm clarity about making your decision happen now, "Alrighty then. Out with you. Be gone. Leave the café now. Skedaddle. Leave me now and never come back."* WAIT A FEW SECONDS.

SAY: *This is like talking to puppies or cockroaches. You may have to spray the last entity with Cockroach Spray to get him out. As the last entity goes out, shut and lock your restaurant door. Slide the bolt. Turn off the lights. Reverse the OPEN sign so it reads CLOSED. Turn out the neon sign.* WAIT A FEW SECONDS.

SAY: *Take another deep breath. Stay fully alert. Scan what is happening outside the restaurant and briefly report this to me.* LISTEN FOR A FEW SECONDS.

SAY: *Sometimes one or two of the entities hang around in front of your restaurant thinking you might change your mind. Stay resolute and clear that the restaurant is closed forever.* WAIT A FEW SECONDS.

SAY: *When the entities have gone, take a deep breath, keep your swords at the ready position, and slowly open your eyes.* WAIT A FEW SECONDS:

SAY: *This change is complete. Your café is closed.*

Thank your spaceholder.

SPARK135.03 PHASE 3: From now on regard yourself as a *Trigger Hunter*. This has been the initiation of taking radical responsibility for what you feed energetically. I think this *Theory of Parasitic Entities* could replace a lot of psychotherapy, brain drugs, hospitals, and prisons, perhaps even war.

During the coming months stay alert. Keep your attention ready. Hunt for signs of triggers. The instant you start drifting into that exhausted, frustrated, passive-aggressive, overwhelmed, contracted state, hunt the Trigger Phrase. When you grab one, shout, "*Gotcha!*" Write the exact wording on your list of Trigger Phrases in your *Beep! Book*.

If a familiar Trigger Phrase comes around again, even if it entices you with lots of evidence, call it by name: "*You are a Trigger Phrase!*" Capture the energy of the Trigger Phrase in your *Beep! Book* list instead of letting it hook into your heart or your energetic body.

Be sure to celebrate with other people each new Trigger Phrase you capture. Tell them what the Trigger Phrase is. Explain what was happening in your life when you first let it start sucking out your energy. Ask your friends if they have captured any new Trigger Phrases lately. These are warrior and warrioress conversations.

Keep hunting Trigger Phrases both in yourself and in others, and stay aware of the roving bands of hungry parasitic entities. Soon you will notice that since your restaurant is closed entities pass you by without even bothering to knock anymore.

Becoming a Trigger Hunter changes your self-image and adds exciting new dimensions to your life. Sometimes when you look into your own eyes in a mirror, tell yourself, "*I am a Trigger Hunter.*" Smile about it.