

## SPARK 002

**DISTINCTION:** You are not your Box.

**NOTES:** This is an extremely difficult distinction to get experientially. Unfolding it nearly trespasses on territory possessed by philosophy and religion. The suggestion is to consider what follows as a technical description. Set yourself the task of figuring out how to use the resulting tools. After applying the methods for reinventing reality a few times, you can work out the philosophical ramifications later, that is, if you still want to.

The physical body seems to be the obvious focal point of consciousness. As a child you discovered that you can make the body move and talk. If your body gets hurt, then 'you' feel it. It makes a lot of sense to identify yourself with your body.

As you get a few years older, construct your Box, and acquire language, the Box tells you, "*I think,*" "*I feel,*" "*I want,*" and you automatically include your Box along with your body as your identity. You mix together the body's needs with the Box's needs and you say to yourself and others, "*I need...*" Saying such things as, "*I need...*" is actually quite presumptuous. On the other hand, it is radical to question the necessity of having an identification.

The distinction, "*I am not my Box,*" also implies "*I am not my body.*" These are the first two authentic adulthood initiatory processes: disidentification from your body and your Box. Yet many people have died rather than disidentifying themselves. Recall Marie Antoinette who while escaping from France 'needed' new dresses to take with her, the manufacture of which revealed her secret plans leading directly to her demise.

At this point you should be asking, "*Alrighty then. If I am not my Box, who then am I?*" Let us not consider this question right now. Instead let us move ahead acquiring enough additional radical knowledge to build some kind of foundation for further inquiries. Through practical experimentation you will accumulate an experience-base that makes the question irrelevant. Seeking a solid identity only makes sense within a Box that is trying to defend itself from expanding.

**EXPERIMENT:** The distinction "*I am not my Box,*" becomes remarkably useful as soon as you turn it around and apply it to the people closest to you in your work and your home life. You emotionally react to someone because when you encounter his or her unpleasant manifestations you take it personally. You react to them because you think that 'they' are doing it to 'you.' But if you make the distinction between the other person and their Box, you suddenly have options for relating and communicating with them that were not available to you just a moment before. You can start completely over in a new world where you will never have a conflict with another person again in your life. If you experience a conflict it is not you having the conflict. It is your Box having the conflict. And your Box is not having the conflict with

the other person. Your Box is having a conflict with the other person's Box. You actually have no conflict with the other person at all.

Here is the experiment. Within the next few minutes, you are almost certain to judge someone else or yourself critically. In that moment, when you are about to make a judgment, before you generate a negative story about either the other person or yourself, tell yourself, *"They are not their Box! And I am not my Box!"* Stand firmly in your recognition and no matter how strongly you are tempted refuse to let go of your clarity. Put an anchor down in the new territory. A gentle new world unfolds magically before you and extends as far as you can see. It is a world of being with other people's Beings, of deeper intimacies, and connections not previously imaginable.

Notice that what you previously experienced as 'unpleasant' is simply your Box reflexively reacting to their Box as if your Box was right and their Box was wrong. Imagine that! It's funny isn't it? Two dead structures imagining that each one is right and the other is wrong when they are both dedicated to the same purpose: survival.

From your neutral clarity you can see that your Box is neither right nor wrong, it is simply a lifeless mechanical defense strategy called your Box, designed to defend its positions against all opposition at any cost. The other person's Box is doing the same. All of a sudden the *"I'm right and you are wrong"* imperative evaporates. The other person is neither the villain nor the hero, but rather has transformed into a being, a person who has a Box with certain predictable, mechanical behaviors, just like you.

Notice if you have more or less possibility with this new perspective.

UnBoxing along with you,

Clinton