



What Box?

I have a Box. I am not my Box. You have a Box. You are not your Box. With these distinctions, we never again will have a conflict. It would be our Boxes having the conflicts and doing everything to win because that is what they learned to survive. This clarity can open up tasting possibilities towards more authenticity, real closeness, and trustfully togetherness. In case that sounds attractive to you, you'll find more hints in the following remarks.

The Box is neither good nor bad. (Judgments like good, bad, right, wrong are Box tricks themselves.) The Box is the Box, or, in other words, the sum of all believe sentences, behavior patterns, surviving mechanisms, opinions, perceptions, norms, taboos, prejudices, imprintings etc. Other ways to name the Box are ego, personality, character, identity, or comfort zone.

It's not about getting rid of the Box. Nevertheless it is possible to experience in specific exercises that the Box is optional, that you can change it as you are changing your clothes, that you can experiment with it and expand it so that you have more possibilities. And in some initiation processes or life situations it may occur to you as if your Box is dying, burning, melting down, splintering. If you have experienced that 100% of fear is okay for you and that you are bigger than your fear, you will start to enjoy such moments, wishing to stay in them for longer. But independent of your longing or avoiding – the Box is building up automatically again (sometimes not being noticed at the beginning) like phoenix from the ashes, or like fluid gold becoming hard again while cooling.

Maybe, especially if you know already something about our gameworld and the context behind it, this new thoughtware is already common for you. In that case it could be, that you are already using the distinction between your Box and your Being in your daily life, and that you are saying sentences like “my Box likes to overwork itself” or “my Box is surviving by humbling itself”. Take a moment and look inside of you if you have a sentence like those which is describing a typical behavior of your Box, something you would like to change.

Do you have such a sentence? If not, choose what comes to you first without thinking a lot. It's worth to write it down (the Box is very tricky, permanently filtering, especially anything which could offend it).

If you have found a sentence this way, it's describing an aspect of channel 1 of your Box (if you haven't found a sentence it could be something like “my Box already knows everything and will not allow me to take part in such silly exercises”). Your Box is creating more details, if necessary whole story worlds, and a full bunch of concrete experiences which all are showing that exactly this is an important part of your Box.

The next step is about discovering a genial trick of your Box. There are situations where channel 1 is not working, maybe because of requests from the outside or even because of requests from yourself (in case you are developing the idea to change that behavior).



That's when you will start to try something else. Often it's nearly the opposite. And maybe you can discover, that you've used this alternative way of doing things already since a while. (Sometimes this is very obvious, sometime more subtle. You could ask others for feedback if you are not sure by observing yourself.)

Now the painful news: That's just channel 2, and also a part of your Box. Let's take for example the "busy-busy" Box, which can explain convincingly why it cannot do a special job ("because I want to come out of this pattern"). Or the "nice boy" (there are "nice girls, too), who is selling his own grandmother without batting an eye (or even noticing it). Sometimes, I really believed that I was out of my Box with tricks like that. Until other Boxes gave me the chance to discover the trick by observing them, and through that coming to the poor clarity: When I'm not adapting to show people that I'm not dependent of others, then I'm not really living the creative freedom of my Being but stuck in the surviving mechanisms of my Box, dependent on others noticing how cool not-adaptive I am.

What is your channel 2 belonging to the sentence you found before? It could be behaviors seemingly in opposite of channel 1 and nevertheless somehow connected because you are choosing them as soon as channel 1 is not working or you want to get rid of it.

Some other quite common examples for such opposites which can be used by channel 1 and 2: To react as victim or to set boundaries with exaggerated anger; carrying the world on one own shoulders or going into burnout; having an answer for everything or suffering in depression because of the senselessness; being better than everybody or being heavily ashamed; being cautious and shy or ruling unconsciously the whole space; being perfect and adaptive or being angry against every command, destroying beauty and immaculacy; playing just a small cog in the machine or being a (more or less hidden) tyrant; etc.

The experiment is about discovering different aspects of channel 1 and 2 by neutral self observation. No judging, no acting, just observing. If you are doing this for a while, it could happen that you discover how you are choosing new ways of behavior, this time without reason, without story, just from your Being. At that point, real aliveness is starting.

High level Fun with experimenting
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