

Hidden Purpose Process

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(Revised: 06. March 2017 by Nicola Neumann-Mangoldt)

NOTE: It is seriously advised that the Hidden Purpose process only be led by a certified Possibility Trainer who has participated in the process themselves. It is useful to lead the Hidden Purpose Process with one or several assistant trainers (depending on the number of participants) who have themselves done the process and who can continuously make black holes during the process to keep the space clean, and who can also handle the logistical needs of the participants (bringing more tissues, bringing a puke bucket, being with anyone who leaves the room (very rare), etc.)

FORMAT:

From 1 to 100 participants. Whole group process.

Duration: 120 minutes for the underworld journey plus another session for refining Shadow Principles and developing your practices.

The Hidden Purpose Process has 4 parts:

Part 1: Introduction to Map of Possibility, Gremlin, and Hidden Purpose

Part 2: Journey into your underworld

Part 3: Refining your Hidden Purpose

Parts 2 and 3 bring Part 1 out of intellectual curiosity into authenticity.

Part 4: Developing your body of practice

PURPOSE:

To distill a person's Shadow Principles so they can have conscious options about what purpose they serve with each action they take.

PREREQUISITE:

This is a big loud long feelings process. It is advised that the *Hidden Purpose Process* only be done after a person has already distilled and memorized the responsible Bright Principles of their Destiny and has significant clarity and practical skills for inner-navigating feelings.

SETUP:

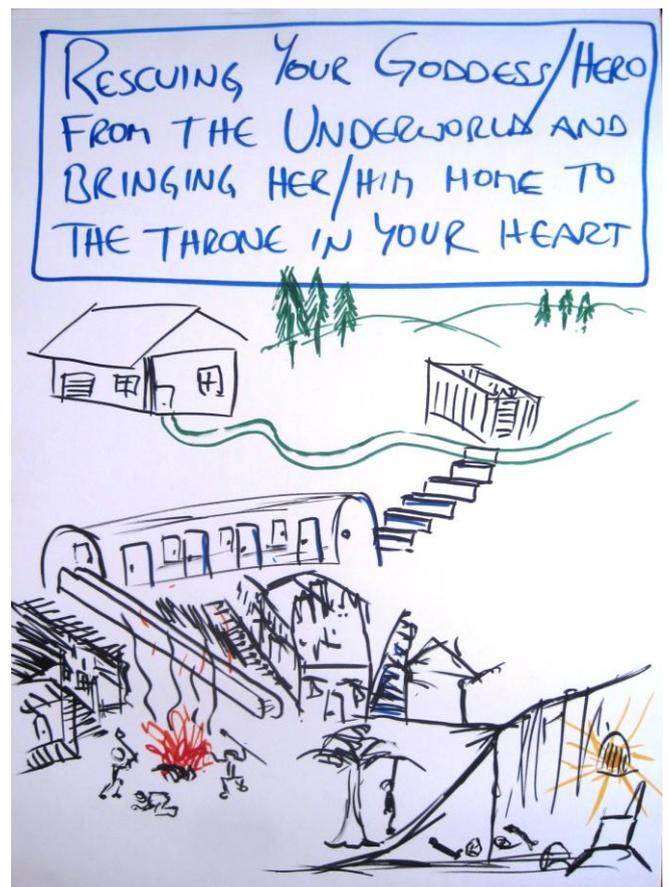
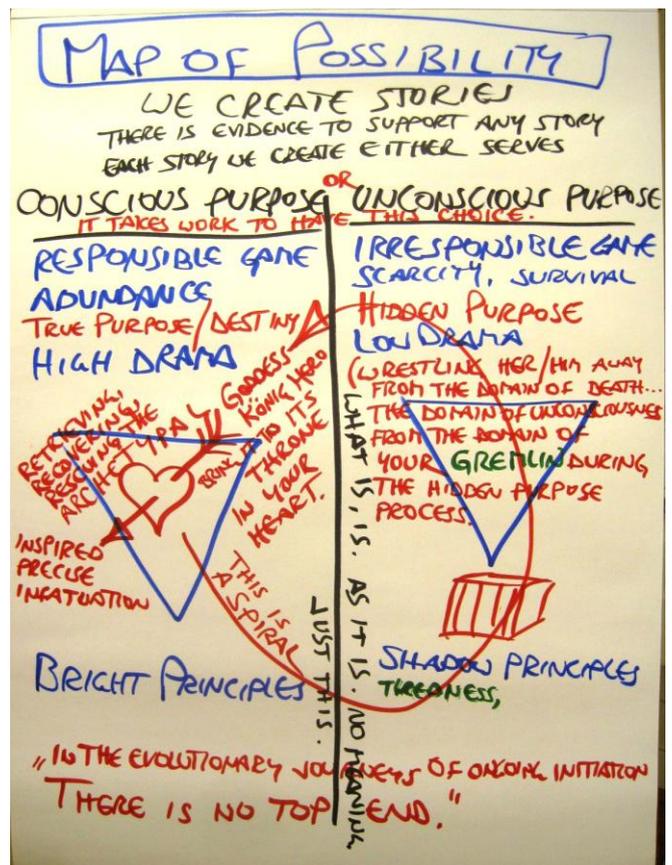
The *Hidden Purpose Process* should be done in the morning to give participants the remaining part of the day to digest all that comes up during this process. Participants need pens and paper for writing. Arrange a cushion for each participant in a circle on a carpeted floor (if possible) with room to move between the cushions and plenty of red hand-towels, boxes of tissues, and plastic puke-buckets. Just before beginning take a break for people to drink water, go pee, and get pen and paper.

Part 1: INTRODUCTION

Deliver the *Map of Possibility* with the Gremlin distinction as King/Queen of the underworld. After distilling your *Bright Principles* and your *Shadow Principles* what you gain is a conscious choice in each moment about which purpose your actions serve. This choice is worth working for. Otherwise your Gremlin unconsciously runs your life and your relationships.

The *Hidden Purpose Process* is an initiatory journey into your own personal underworld to recover the sacred jewel, grab the magic sword, find the golden key, take the book of knowledge, pick up the sorcerer's staff, confront the dragon, rescue the princess or the hero, and install them in their proper place in the throne of your heart. Really.

- Archetypally speaking, there is a Middleworld, an Upperworld and an Underworld. We normally live our lives in the Middleworld.
- Your daily middleworld actions, communications and relationships are oriented and textured by the bright or shadow principles that you are serving while you act, communicate and relate.
- You have the potential to consciously choose between serving responsible Upperworld principles or irresponsible Underworld principles. Neither is good nor bad. But you cannot distinguish between Upperworld and Underworld principles before you have owned the Upperworld and Underworld parts of yourself.
- The *Distilling Destiny Process* is about owning your Upperworld principles.
- The *Hidden Purpose Process* is about owning your Underworld principles.



Draw the *Map of the Underworld Journey* and explain the three levels:

1. Horrors that are known to you.
2. Horrors that could be known.
3. Horrors beyond understanding. Here is where you battle for the treasure.

This journey is like a video game. You are going to go in, get the treasure, and get out again. The treasure is: Clarity about your Hidden Purpose, clarity about the Gremlin motivations of your unconscious actions. As we go into different chambers your job is to experience and express the feelings of all the characters and to say what is happening and WHY. The WHY is important. You are looking for sneaky payoffs, underworld rewards, themes, methods, tricks, traps, and shadow principles. As you find them, say them out loud and write them down. When I hear you recognizing your underworld technologies I will keep shouting, "Write that down." Just open one eye and write down phrases, descriptions and sentences. Do not just write down single words. These are not enough. You need to write underworld poetry. Write it down and jump immediately and fully back into the experience.

TRAINER NOTE: At this point don't allow many questions or you will waste the energy of the process in intellectual discussion. Gremlins are *verrrrry* clever about asking questions to avoid being made conscious...

Part 2: JOURNEY INTO YOUR UNDERWORLD

BEGINNING: IN THE TRAINING ROOM

Please arrange your paper and pen so they are ready to use on the floor in front of you. During the process you will be opening one eye, writing something down, then closing your eye and continuing with the process. Your pen needs to be ready.

You may notice the red towels. These are useful tools for feeling totally angry and not hurting yourself or anybody else. (Demonstrate how to wring them or hit them onto the floor.)

You may notice the boxes of tissues. These are useful tools for feeling totally sad and totally afraid and not hurting yourself or anybody else. (Demonstrate how to blow your nose and drop the tissues while staying focused so you can get back to business.)

*You may notice the plastic trash cans. These are useful tools for being totally nauseous and not holding it in anymore. Since there aren't enough buckets for every person you need to learn the **Left Hand Rule**. The Left Hand Rule means that when two people need to use the same bucket at the same time, each person puts their head to the left. Then you don't bump heads.*

There is another rule: Don't hurt yourself and don't hurt anybody else. Do you agree? (Pay attention that every participant says yes). Does anybody not agree?

Please look around at the other participants who will be joining you on this underworld initiation journey. This is your team. Take a deep breath. Close your eyes. Relax.

We start where we are. Take another deep breath. Imagine standing up. You walk towards the door. Get your shoes on. Go outside. Walk down the road until you come to a path. The path leads over the hills, through the woods, across a meadow. There is blue sky, sunshine, and flowers. Birds are chirping. It is a fine day. Off to the left of the path is a smaller path that leads to a gated black-iron fence around stone stairs that go down into the Earth. Walk to the gate. Reach in your pocket and pull out the golden key that has always been there. This key unlocks all gates. Pull open the iron gate, step inside, close the gate behind you but don't lock it. Turn around. Start going down the stone steps. Your eyes adjust to the dark. At first it feels cooler. After awhile it starts getting warmer. Finally at the bottom you come to a large and ancient wooden door. This door cannot be locked. It opens by pushing inwards. The door opens into a long hallway with many doors lining both sides. Each door leads to an experience of the horrors from your life that you know about. These chambers hold what has happened to you. This is the first level of your underworld, the horrors that are known.

TRAINER NOTE:

Throughout the following Underworld journey, keep encouraging the participants by shouting e. g. "Yes... let it all come back....let the feelings come...say what's happening....what are you doing... what are they doing to you...write it down....what's your purpose....what's your benefit....", etc.

FIRST LEVEL: DOWN THE STONE-STAIRS INTO THE HALLWAY

FIRST CHAMBER:

Walk down the hallway until your intuition chooses a door on the left side of the hallway. Pull open the door towards you, and step inside. There before you is a scene from your life where you were being abused, abandoned, belittled or betrayed. As you step inside you become the whole scene. You are each and every character and every object. It is all you. Every intention and every action comes from you. Now it is time to experience the feelings, fearlessly speak out the sounds and words, play all the roles, and make conscious what happened to you. Go ahead. Let it surprise you. Let it be loud. (takes a while)

While this is happening, keep an eye open for your purpose. See how you arranged this to happen. See what your payoff has been. Whenever a piece of this becomes clear, say it out loud so others can hear you while you write it down on your paper. (takes a while)

Now step backwards out of this room into the hallway. The whole scene still plays before you, just like it has always been. The difference is, now the scene is yours. You have experienced and owned this incident by taking responsibility for causing it to occur. You played all the roles. What happens in this room can't ever change because it already happened to you. You cannot change what happened to you. But you can change your relationship to what happened to you, and you just did that. You took responsibility for having caused this incident to occur. This incident no longer possesses you. Take a deep breath. Let it all go. Close the door. Turn and walk further down the hallway.

SECOND CHAMBER:

This time with your intuition choose a door on the right side of the hallway. Pull open that door and step inside. Another scene is happening just like it happened to you. You are there. Everyone else is also there. See the whole thing. Step inside and let the feelings come full force. You have more power now than you did then. You have more ability to experience and express feelings. Let the sounds get all the way big. Shift from role to role and enact the incident. It may feel like you are going crazy. This is how it feels. You will be fine. It is time to reclaim this part of your underworld. It is time to unlock the secrets and let the energy flow. Enter the scene wholeheartedly with everything you are now and feel it. (takes a while)

Now step backwards out of the room. You are still viewing the scene because it never stops. But notice how it doesn't touch you the same anymore. What you see in there is just what happened. Now somehow you are freer of your old stories about what happened. It's just what happened. Take a deep breath and let this incident go. Close this door. Turn and walk further down the hallway.

THIRD CHAMBER:

There are many kinds of abuse, for example, physical, psychological, emotional, intellectual, and sexual. When you fall down and hurt your knee and you Mom comes and says, "Nothing happened," or, "It doesn't hurt," that is psychological abuse. You are going to walk down the hall and open one last door. This time let your intuition guide you to choose a door, left or right, to a chamber in which you discover something you forgot that happened to you. Pull open the door and step inside. Say out loud what you see is going on. Step inside and become the scene. Play all the roles. Be outraged. Be outrageously loud. (takes a while)

That was it. Step backwards to the doorway and stand there looking in with respect and amazement. This has been a part of your life. You can't change it and you learned something from it. It has helped make you what you are today. And all the people who love you include this in the you they have come to love. Receive the blessings, take a deep breath, and close the door. You are back in the hallway, ready to go to the next level of your underworld.

The end of the hall opens into a huge dark space. As you walk closer you smell smoke and sulfur and see that the hallway ends at the top of a long escalator that goes down. You press the button that starts the escalator rolling downwards. You step onto it, hold the railing with your right hand and look over the side. Far down below there a fire burns in the middle of a village. This is your village. The further you descend the clearer the details become.

SECOND LEVEL: DOWN THE ESCALATOR TO THE VILLAGE

DOWNTOWN SQUARE:

This is the second level of your underworld. It contains the horrors that could be known, the horrors that you could imagine. The downtown square of most villages is a large bonfire. Demons are dancing around it. People are being tortured, roasted, skewered, drawn and quartered. There are soldiers marching along dragging slaves

in chains. There is fighting and screaming and stink and heat. People are being whipped and chased. It is pure underworld chaos, and it is all yours. As you step off the escalator into the town square you enter fully into the low drama actions shifting from once character to the next. Experience and express their wild pain and frustration. Play out all the scenes. (takes awhile)

FAVORITE, DARK BUILDING:

After awhile the town square action gets a little repetitive. As King or Queen of your underworld you start looking for something a little more interesting. One side of the town square disappears out into total darkness. The other side has a few streets and alleys where the underworld action continues. Let your intuition choose one of the streets. Go along it until your intuition takes you into one of the buildings. Inside you find intense underworld activities and they are all you. Become each of the characters, feel their feelings, say what is happening. Find their motivation and write it down. Why are they doing this? How do they catch their victims? What is the scam? Let it get loud. (takes awhile)

SHADOWY, EVIL ALLEY:

After awhile you wander back to the town square. The bonfire and demons and soldiers are all doing their usual thing. Over between some buildings you notice a shadowy alley that you never noticed before. Something particularly evil about that alley attracts you to go in there. As your eyes adjust to the shadows you all of a sudden see what is going on around you. All of it is you. You let the actions take over and you experience and express all the feelings. It is time to get real. What is your real goal. Let yourself see the purpose, the part you have been pretending isn't true. Why are you going this? What do you get out of it? How did you make this happen? Write it down. (take a while)

By now you have had enough of your underworld village. It all seems pretty much the same at level two. It certainly never changes. You are now ready to enter the third level of your underworld.

THIRD LEVEL: OVER THE CLIFF TO THE VALLEY

From the center of the village near the bonfire you peer off into darkness where there are no buildings. You walk in that direction. While you are walking, you pass a sign. On this sign the purpose of your underworld village is written. Say it out loud. It is one clear word. What is the purpose of your underworld village? Say it out loud now and write it down.

Now keep walking off into the darkness. The sound and smell of demons dancing and eating each other fades slightly behind you and in a short while you reach the drop off. It is a cliff that drops straight down into seeming endlessness. One more step seems would take you into a bottomless pit, but you know it's not so. This is your underworld, after all. The edge of this cliff is merely gateway to the third level of your underworld, the level of horrors beyond imagination. You take the step. Slowly you drift down the face of the cliff. Hanging here and there are the debris of horrors, like what remains after a tsunami or a hurricane pass. Broken bodies, broken souls, hanging stranded on branches and sharp outcroppings of basalt. Creatures no longer

human locked away in suspended cages and behind heavy grills in caves stare vacantly as you continue drifting downwards. It is all horrible, beyond imagination. Hopelessness, heartlessness, only suffering for no reason. Finally your feet reach the bottom of a great dark valley. This is the third level of your underworld. Beneath your feet are slimy bones that crunch as you walk, and greasy creatures groveling at your feet, trying to get your attention and suck away your energy.

Then you notice it. Down the valley a little, on the side, is a slightly familiar glowing, a humming that resonates with your inner essence. It is a long lost part of yourself, something you could reclaim – if you had the determination, if you had the courage. This is a part of your Upperworld. Only now that you went through the underworld can you reclaim it. Before, it was not accessible for you. You approach the glowing, and a growl comes at you. The glowing is trapped in a prison or dungeon guarded by a demon. This nameless faceless monster is keeping you from a part of yourself. But after the horrors in the three chambers of the hallway, and after the horrors in the village streets and alleys, this demon is nothing that could weaken your resolve. No evil can stop your longing to reclaim this part of yourself.

You unhesitatingly attack and battle this demon. You do whatever it takes to move him away, coax him or crush him, until he is utterly vanquished and surrenders and there remains only a locked cage between you and reclaiming your archetypal hero nature, the goddess missing from your soul. This eternal jail is locked, but so what? You have the eternal golden key. You open the cage and cradle the crippled, starving doubtful hero or goddess in your arms. You turn around, away from the jail, and walk up the valley with your precious cargo. Bones crunch under your feet. The stench is indescribable. Creatures slither here and there, cringing, begging, stealing whatever they can.

In the distance a shape forms in the mist. The shape is at once familiar and foreboding. From long past memories the outline of a shape comes back to you. No one but you dares go near it. This is your throne in the underworld. Who built this throne? (WAIT FOR THE ANSWER: “I built it.”) It hits you that long ago you built this throne for yourself. It hits you that level one, level two, level three... you built them all. You created every shadow of your underworld to serve your Gremlin’s unconscious purposes for eons untold.

And here it remains, eternal home, your ruling seat in the world of horrors beyond imagination. You step one by one up the dark stones to the chair you hand-crafted out of bones and leather, stolen jewels, gold, and the skulls of vanquished enemies. This throne caters to the form of your body as you sit in it. Here is your underworld power place, the throne from which you commanded that all three levels be constructed to your specifications. You take a deep amazing breath, astonished as your life comes full circle. You have consciously returned to your source of unconsciousness. Due to radical honesty the place of greatest horrors has become the place of greatest safety. No one else would ever come here.

You notice that the hero or goddess in your arms has returned to his or her full strength although in a miniature size, standing easily in the palm of your hand. Their glow radiates stronger, their hum throbs in resonance to your true purpose. It is time to reconnect to the whole Earth web. It is time to get initialized, to become whole. It is time for you to undergo the initiation of your core.

You carefully cuddle the glowing jewel-sized being of inspiration and possibility, this hero or goddess part that has been missing for oh, so long! You bring him or her close to your heart and open your heart wide, like a miniature palace, a sanctuary, a shrine, and the hero or goddess steps directly from your hand into your heart where he or she sits down and reconnects to inspire your every perception, decision and action for the rest of your life. Finally you ignite an inner furnace of unquenchable inspiration. Let the hero or goddess fully integrate in all four bodies. Enjoy the experience in every nerve and cell and level of your body. (takes a while)

RETURN: UP AND OUT OF ALL 3 LEVELS BACK TO THE TRAINING ROOM

Sitting in your Gremlin throne in the third level of your underworld, what could be more horrible? What could be more shattering? To realize you made it all... You have been the one to keep the whole thing running for all this time. And it cannot change, for this is the underworld, one of the three great forces of nature, the destructive force, the nonlinear force.

A question naturally comes to you. It is a profound yet extremely simple question. It comes to you from the inside. The question goes like this: Even here, sitting in the dark throne in the third level of my underworld, recognizing that I created this internal level of horrors beyond all understanding, even here, am I okay?

TRAINER NOTE: Pause here, let people answer out loud. This is a critical moment. Perhaps ask the question again, if needed, to elicit clear answers from everyone. The answer is, “Yes, even here I am okay.” Some people will mumble it in awe. Some people will shout it with tears. Let people have the time to answer this question clearly before you continue.

By reclaiming your underworld Gremlin throne and taking grievous responsibility for sourcing your whole underworld, something happens. The burden of doubt falls away. There is no more doubt about where this comes from. It is all your creation, all your purpose. As your doubts fade, the burden vanishes, and without effort you suddenly begin to float up out of your throne.

You float past the gruesome worthless creatures in the wall of the cliff. You observe it all with neutral accuracy. This is exactly how it is. When the ledge comes you step back onto solid rock and turn around. You view the territory below. Then face the town square and see it is all still going on as you left it. Fire blazing. Demons dancing. All yours.

You walk back to the escalator, push the button so it rolls upwards, and you step onto it, holding on with your left hand. As you lean over the side of the escalatory the sounds and stench of war and death and torture fade away below you. At the top of the escalator you step into the hallway. You turn around for one last view of the vast shadow world below you.

Then you turn and walk the full length of the hall, passing all the closed doors. You may be surprised by how many doors there are, plenty for future journeys should you ever wish to take them. At the end of the hall is the great wooden door. You pull it open, turn to take one last glance down the hallway, then pull the great door closed behind you.

You are now at the bottom of the stone steps. One at a time you climb back towards the light. There is so much joy to be breathing in fresh cool air! The light is so bright when you reach the gate. You push it open, step through, close it behind you and use the golden key to lock it shut. You walk the short path to the main path, turn right, walk through the green meadow with the white and yellow flowers, the forest, over the hill, back through the door of the training house.

You take your shoes off, walk back into this training room, find your place, and sit or lie down in exactly the same position you are in right now. Take a deep breath. (pause) Congratulations! You made it! Please take another deep breath and slowly open your eyes. Welcome back from the underworld. (pause)

Take a slow look around the room. These are your fellow adventurers. You can see it in their eyes. This is a journey no one ever forgets. And you did it together. Please take one more deep breath. (pause) We are going to take a ten minute SILENT break now. Please drink some water, stretch your legs, walk around a bit, use the toilet if you need to, help clean up the room if you can. In ten minutes we will start again in the big chair circle.

Part 3: REFINING YOUR HIDDEN PURPOSE

Distillation:

- Circle the 3 to 5 main Shadow Principles that have been common in your life, the themes that drive your underworld creations.
- Copy them to the bottom of your page.
- When you separate yourself from the horrors you have been creating what you are looking at is your Hidden Purpose.
- To get clarity and specificity about your Hidden Purpose, formulate the phrases into one sentence. Write the phrases in their most clear and powerful natural order. Check and refine this sentence with the help of the Trainer.
- Do this until what you read resonates in your body as an undeniable description of your Hidden Purpose.
- What you have now that you did not have before is clarity about what you are choosing in each action.

TRAINER NOTE:

- It has to be ONE sentence (not two or three). The sentence starts with "I am a" (Let the participant find the Underworld word that describes him. It is not "I am a woman/man, who..." but rather something like "I am a revengeful, better-knowing black magician/ruler/witch.....who...")
- The sentence has to reveal the concrete revenge strategy and communicate the vicious impact. At the same time it is important that the sentence relates to daily life, i. e. that it becomes clear how the hidden purpose regularly

undermines the life of the participant. And YES, this sentence is painful. Don't allow participants to phrase it in a soft way.

- When the participants read out their sentences, coach them so that they read from all 4 bodies and land the sentence in the space.
- Ask the participants to learn the sentence by heart so that they have it on their lips wherever they go. Only when you have the sentence clear and right on the lips do you get a chance to reveal the gremlin's game in daily life.

Part 4: DEVELOPING YOUR BODY OF PRACTICES (Group of 3-5)

At first, your Hidden Purpose carries huge momentum and occludes itself with great dexterity from your own awareness. Create a list (15 min) of 20 practices for yourself that build your awareness of:

1. Ways to catch yourself when you are enacting your Hidden Purpose unconsciously.
2. Options for other ways to the problems you presently solve using your Hidden Purpose.
3. How to make best use of your Gremlin's skills professionally and artistically.

Then review your practices with the others on your team (15 min per person) and write down their corrections, additions and subtractions. Be sure that each person writes down what you say and NOT what they heard you say. Gremlin is so sly...

