

Conscious Use Of Gremlin

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FORMAT:

Whole group stage process, or in groups of 5.
May take a whole session.

NOTE:

Originated by Katharina Kaifler and Georg Pollitt in Switzerland at a one-day workshop 11th of October 2015.

BACKGROUND CONTEXT AND PURPOSE:

PROCEDURE:

The Nacktschnecke was supposed to call his or her Gremlin next to him (played by another participant) and give him an interesting task.

And he/she got immediate feedback from his/her gremlin and the whole group.

Most people needed a lot of shift's and go's until they got a glimmer of what it means to work together with their Gremlin, how clear, centered, in relationship, interesting, fast and in his/her own power he/she has to be able to hold the space for the Gremlin.

One young man was blown away from the power of his Gremlin.

Another woman realized that her Box can't hold space for her Gremlin.

Most People had no idea, which task to give to their Gremlin, so the Gremlin was bored and started to mess around or to argue with the person's Box (that was an interesting game for the Gremlin....).

COMPLETION AND WRAP UP:

Take sharing on what people noticed, what they will take home with them to continue practicing.