

GREMLIN RECONSTRUCTION

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FORMAT: Group process, 2h long. It's an ideal Possibility Lab process and can also be held during a stand-alone workshop. The requirement is for the participants to already know the name of their Gremlin.

If delivered during a workshop, the trainer can strongly recommend the participants to read *beforehand* the sections about Gremlin in *Directing the Power of Conscious Feelings* or *Radiant Joy Brilliant Love (Building Love That Lasts - new edition 2020)* and the website: [Your Gremlin \(http://yourgremlin.mystrikingly.com/\)](http://yourgremlin.mystrikingly.com/).

PURPOSE: In this process, the participants find when, where and how they destroyed or locked away parts of or their whole Gremlin when they were children. Then, they will have an opportunity to bring back to life the banished parts of their Gremlin and integrate them back into their fully grown Gremlin at their side.

SETUP: The participants sit in chairs set up in a big circle, the chairs slightly parted from each other so they have physical space for their Gremlin to sit either at their left side (if right handed) or right side (if left handed). They need their Beep! Book and pen.

BACKGROUND CONTEXT:

Modern culture knows nothing about the distinction Gremlin. This process is one of the milestones in the path of initiation of the Gremlin.

You cannot stand in your adult Man or adult Woman if you do not own your Underworld. The Underworld is always there. You cannot get rid of it. It is one of your resources if you can learn to navigate it. Adult Man and Woman navigate all three worlds simultaneously.

INTRODUCTION:

Trainer: "When you were a child, your Gremlin was already too big, too creative, too wild, too uncontrollable for your environment to handle. Therefore, you might have decided that the only way for you to survive was to bury and try to kill parts of your Gremlin. We have different ways of doing so. It is not bad or not wrong to have buried your Gremlin, you had to survive and you made a choice. It was a good choice, because you are here right now: you survived. And..."

"As an adult Man or Woman, you need your Gremlin for your Life and Destiny. You need the nonlinearity, rule-breaking possibilities of your Gremlin for example to bring your next project to the world. Your Gremlin has the ability to destroy any space at any time for no reason. When uninitiated the Gremlin will do this unconsciously to protect the Box from any space that represents a possibility of expansion or evolution. When the Gremlin starts to be

initiated, you can give him different jobs: for example, destroying a space of ordinary to be able to set an extraordinary space. Your Box is probably freaked out just thinking about this. For your Gremlin, no problem, it's an easy job."

"This process is the next step in the initiation path of your Gremlin. If you are stuck in the process of bringing your next project to life, if you cannot hold your ground in the face of bigger Gremlins, if you cannot tell your Gremlin to act on purpose, ... some parts of your Gremlin are left in your childhood."

PROCEDURE:

Step 0 Reveal the parts missing: "I would like to hear from each person in what ways they are missing parts of their Gremlin in their life, for their life, to bring their Destiny forth, in their relationships, ... You are still giving your center, your authority away, you are still playing small, ... Your Gremlin if it was fully there would not allow that."

"We will start now. Please take a deep breath and close your eyes. Make sure that your Gremlin - as it is right now - is sitting at your left or right side on a leash."

Step 1 Find the parts: "Now, find where you put the little smashed, compressed, boxed parts of your Gremlin: you might have put them under your childhood bed, in a Box in the dark, in a prison-like Box, with chains around, with handcuffs, ... Sketch those parts and where they were put away in your Beep! Book."

Trainer checks if everybody has found the parts of their Gremlin.

Step 2 Go back there: "Click your clicker and go back to the moment when that happened (maybe there's more than one event, for more than one piece, ...). Take one moment at a time. What was happening? What happened to you? What was the life or death situation when you had to put your Gremlin away? Let the feelings, emotions come up. Let them speak. The whole way."

Make contact. "You and your Gremlin make contact with this part(s). Tell the participants: *'Hello. I am sorry that we've had to put you away for so long to save my life'*."

Step 3 Old Agreement: "You've made an agreement, a deal with your Gremlin at the time. The agreement is: 'You have to be put away forever'."

Because *'I cannot be scary for other', 'I cannot control you', 'I cannot cause trouble', 'I have to stay small', 'I cannot have a voice', 'I cannot do those things or make messes', 'I must conform to my Box', 'I have to be nice/good', 'I must adapt', 'I must be like them', 'I must be quiet', 'I must not make waves'* What are the parts that were not allowed to exist back then? *'I cannot be smart or fast', 'I cannot say what you see', 'I shall appear weak and broken before others', 'I cannot be big', 'I am not allowed to disagree', 'I have to pretend that I obey', 'I have to pretend that I like it'*. Write down the old agreement(s) in your Beep! Beep. The agreement was forever."

Step 4 Destroy Old Agreement: "But since then, since you were a child, you have been on this path of learning. You have learned a lot, new skills, new distinctions. You have learned to hold your center, have your grounding cord, hold your personal space, say 'No', 'Stop', 'Yes', take back your authority, ..."

“The next step is to talk to these parts of your Gremlin that are crippled and handicapped, that couldn’t grow properly and tell them: *‘I was wrong about that. I learned some things that I didn’t know I could learn about. I have learned some things. I am a different PERSON. I can hold space for you and all your parts and your bigness and wildness. Now I want you back. I need you in my life as an Adult Woman/ Man’*. What do your Gremlin parts say? They might be shy. They might not trust you. You might need to repeat it again. Or do completion loop”

“When your Gremlin parts have heard you, then tell him, *‘It has been long enough. This contract, this agreement is over.’* When you find the agreement, it will be written somewhere, on an energetic piece of paper, on the floor of your room, on a rock, ... Find what it is written on. Then go on by burning or destroying the agreement and putting it down in a black hole.”

Step 5 Bring parts back to life: “Now that you’ve destroyed the old agreement, you will bring back to life the parts or the whole of your Gremlin that were bound by that old agreement. Talk to those parts: ‘The way to bring your Gremlin’s parts back to life depends how you’ve put it away. Use the Golden Keys to get them out.

If your Gremlin is in chains, you have had the Golden key the whole time. Same if it’s in a cage with a lock, you have had the key since the day you locked him in there. Find the key, and unlock the chain.

If your Gremlin is under the bed, you will have to talk to him for him to come out.

If your Gremlin is shriveled up, find a way to make him big again. For example, you might need to use an air pump, or an elixir to make big (like Alice in Wonderland), or pull him up. Trust your intuition. You could even ask your Gremlin for ideas of how to bring himself back to full size. (Tell me so I can add to the list).

You need to make the sound of the process, it is not happening in your mind, it is happening at the energetic levels.

“Say out loud which parts were locked away that you just recovered and made big again. What do they look like, what are the talents of those parts, ... You have been missing those parts of your Gremlin for most of your life. They were locked away and alone and unused. Let the feelings come up. Take your time to grieve the lost time and the lost talents for all this time.”

Step 6 Re-integration: “At this point, you have your Gremlin at your right or left side, and the newly grown-up part of your Gremlin in front of you. You will need to re-integrate them together. Have them face each other. And have your Gremlin talk to the parts of him that he was missing.

Gremlin: *‘Hello Parts.’*

Parts: *‘Hello (name of your Gremlin)’*

Gremlin: *‘I have been missing you. It has been such a long time.’*

Let your Gremlin and the Parts speak, then:

Gremlin: *‘There is space here for you to come back in. So we can be fully reintegrated, and whole. It’s time. Now it happens’* Then have your Gremlin (and you can do it too) hold his hands in front and welcome the Parts into him. Let the feelings come up.”

Give some space and time for all the participants' parts to be reintegrated with their respective Gremlin.

"When all the parts are reintegrated, you might want to give a hug (the adult you) to your Gremlin."

"Then take a deep breath. And tell your fully reconstructed Gremlin to sit at your left or right side."

Step 7 Drawing the Reconstructed Gremlin: "If your Gremlin's name has not changed, start drawing his new shape, and tools, and skills in your Beep! Book on a whole new page as big as he really is. He might look very different from your first drawing. For some people, their first drawing was one of the toys of their Gremlin."

Step 8 New Name: "For some of you, your Gremlin might have a new name now that it is fully reconstructed. Please raise your hand, for those you sense that their Gremlin might have a new name."

Finding out the new name is a one-by-one process. Do not do this together at the same time. One after the next, say to the people who raised their hands: "*Look at your fully reconstructed Gremlin and say: 'Tell me your name.'*" Ask them what is the new name of their Gremlin and to write it down in their Beep! Book. Then ask them to draw their fully reconstructed Gremlin (see below for instruction) and write their name next to their picture.

Step 9 New agreements: When everyone has a drawing of their Reconstructed Gremlin and its name, then the last step of this process is to make new agreements with the Gremlin.

"This is about giving your Gremlin new jobs, high-drama jobs, jobs that your Box cannot do but your Gremlin can, now that it has his parts reintegrated. I have a few proposals for what those jobs could be:

- Watch out for Gremlins at all times, what their purposes are, are they coming towards me or someone in the space.
- Give the job to your Gremlin to catch himself in his unconscious purpose and moves. Nobody is as fast and smart as him.
- Provide you with nonlinear possibilities in your work, relationship and project to move into extraordinary and Archetypal spaces.

"This is not a discussion. These are his new jobs. You are the boss in this relationship."

"Start by telling your Gremlin: '*I will give you new jobs to do, high-drama jobs, that will be much more interesting than the low-drama jobs that you've been serving until now. The jobs are...*'"

"Everybody please take a deep breath and open your eyes. Come back to the here and now, with your Gremlin at your side."

COMPLETION AND WRAP UP: “This is a big process, a life-changing process. You might not recognize yourself in the next days, weeks, months. You might say things that you never would dare to say before. You might make proposals that you could not make before. Your Box will freak out. Let it freak out. Your Box can freak out and you don’t have to.”

“We will take a few sharings, and after this I would like you to drink lots of water and go for a walk, go outside for 15-20min, don’t try to jump back to your life from before. Let your 5-bodies reorganize in relation to your new sized Gremlin.”

Take some sharings and warp up the space.