

GREMLIN HANDSHAKE INITIATION

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(NOTE: Possibility Management is open code thoughtware. The copyleft notice affirms that this material cannot be copyrighted. The use limit is to assure that if an unqualified person tries to deliver this initiation and runs into problems, they alone are responsible. This is a powerful initiatory process that tends to catalyze expansion in personal consciousness. It needs to be delivered within a specifically held context by a person with a specific skill level, quality of consciousness, and intention.)

FORMAT: This initiation is a mass floor process that is part of the [Gremlin Transformation Journey](#). Participants lie on their backs during the process while the Placeholder reads through this script for the participants. Duration 1h45 - 2h.

PURPOSE: To discover the moment when you gave your [Gremlin](#) the assignment of protecting you (as part of your [Survival Strategy](#)), and to give your Gremlin a new assignment of [Healing](#), [Thoughtware Upgrade](#), [Initiation](#), [Transformation](#), and [Gameworld Building](#) to bring your [Archetypal Lineage](#) into the world as your service to the village.

SETUP: This is a mass process. People lie on their backs and have access to a rage towel, tissues, a bucket, and have their [Beep! Books](#) and pens at the ready.

BACKGROUND CONTEXT: This initiation is part of the Gremlin Transformation Journey. The participants would need to have gone through at least 3 to 4 weeks of intensive discovery about their Gremlin's unconscious feeding patterns, with clarity and detail about most of each low drama food's purpose/benefit, and ongoing emotional healing processes before doing Gremlin Handshake.

INTRODUCTION: Tell the participants this process will have a few different parts, and that you will be speaking into their bodies, and they will start to feel. Tell them that this is appropriate, and so that everyone can hear all the context, to only let the loud feelings come out when you say GO!.

PROCEDURE:

PART 1: INTRODUCTION

"Please lie down, take a big breath in and out. Make sure you are Centered, Grounded, and Bubbled. Now turn your attention to your Gremlin at either your right or your left side."

"For the past few weeks, you've been working on your relationship with your Gremlin. You've discovered your Gremlin's favorite foods (and even put him on a diet — maybe the first conscious diet your Gremlin has ever been on). You've gone through emotional healing processes about your Gremlin. You've made moves toward your Gremlin, trying to better understand and connect with him or her.

"The purpose of this work has been to build a conscious relationship with your Gremlin so that Gremlin can be at your side, at your service, helping you to evolve and create what you came to this planet to create. That is the work of an initiated Gremlin standing at the side of an initiated adult Man or Woman.

“What we are doing here is part of relationship building with your Gremlin. For this process, you will need your Gremlin at your side to help you remember what you have forgotten.

“Please turn to your Gremlin now and say, “Hello Gremlin - I need your help. Please help me to remember and to unblock my heart so I can feel today.” Go ahead.”

PART 2: BEFORE YOU MADE THE DEAL

“Right now, your Gremlin’s primary job is to defend your Box and protect you so you can survive. Your Gremlin protects you by creating a big wall around your heart. He protects you by helping you avoid responsibility. He protects you by filling up your day with activities, making you so busy that you never go slow enough to be in relationship with other people or yourself. Or by numbing your senses and distracting you from the longings that live inside of your heart with physical foods and substances. Or by never ever letting anyone get too close.

“Over these past few weeks you’ve gotten to know more about the specific ways your Gremlin has been protecting you.”

“Your Gremlin has done this job of protecting for a very long time. He’s been doing it for so long that you might not notice what he’s up to anymore.”

“But life was not always this way. There was a time, maybe when you were very young, or still in the womb, perhaps even before you came into the womb, or even many lifetimes ago, when you were simply a vulnerable, unprotected Being. Your Gremlin’s job was not to yet protect you, because you did not need protection. There were no threats. There was no danger. There was a simple state of being. And you chose to come here — to come to earth — because you were longing to experience life and everything life had to offer. Because you had a mission.

“With your clicker, you are going to go back to this time, before your Gremlin had the job of protecting you — before you discovered how world really was and how much you really needed a Gremlin to protect you.

“On the count of three, please click your clicker, and journey back to that time of unprotectedness.”

1, 2, 3... CLICK

“As you go back to this time, before your Gremlin had the job of protecting you, notice how it is over there.

“Notice how free and spacious you are.

Notice this state of Being.

Notice how much or if you want to engage with and connect with the world or people around you.

Notice what it’s like, all the way from your head and all the way down to your toes.

Notice how your heart is when it is unprotected. How your bodies feel. And let the sounds come. Let the sounds of this state of being and openness come from your mouth.

Notice how open, vulnerable, sensitive and undefended you are here.

“You might not have a clear memory of this moment. Even if you don’t remember it clearly, see if you can sense it. Sense what it is like not to need any protection. Sense what it is like to be able to explore, lie that, to feel around, to get to know what is here.

“It’s possible that this moment will come back to you clearly. Maybe like something familiar. Or maybe like something from a dream. This space where your heart could lead you. The space where you just trusted without realizing that you had the option not to trust. Without even considering that there might be danger.

“What did you hope to experience on earth? What did you hope to experience on the planet? Please write these things down in your BEEP! Book and say them out loud. Make complete sentences, instead of one word answers.

“As you experience this space, also notice if you can sense your Gremlin here. Your Gremlin’s job is not to protect you yet. Notice what your Gremlin is doing. Right now, before you needed protection, it’s just here to serve you. What is it doing? See if you can sense its presence, here with you even now. Write down how it is to be with your gremlin in this space.

PART 3: MAKING THE DEAL WITH THE GREMLIN

“This blissful state did not last. You were an innocent, vulnerable, and open tiny Being, and at some point you sensed into the world and realized it was full of threats and dangers. Maybe this realization came all of a sudden, or came slowly. You realized that the world you were being born into had pain and heartache, had hatred and competition, domination and revenge, all these mixed purposes and hidden purposes.

“As a little, tiny being, so open and so sensitive, so hopeful about the world you were entering, you soon discovered that the world you were entering was a world of horror. It was a world of wars. Every single person in this space was born in a time when war was happening somewhere in the world. A world of weapons that can blow up entire cities, a world where money is worshiped, and a world where so few actually know what love is. You were born into a world of genocide, a world of climate chaos, a world of disharmony and conflict.

“At a personal level, you were born into a world where maybe your mother and your father were at war — constantly fighting with each other, or maybe being cold with each other and not talking. Or perhaps you were born into a world where there was never enough money or enough food, so scarcity was always present.

“And as a little tiny being, you had no protection from the horror or intensity. You had to feel it. You had to feel it all without any numbness to buffer or protect you. There was no escape. You came into the world with such joy and excitement. And then, as you encountered what the world really was, something happened inside of you. Your heart was broken.

"You are going to go back to this very moment when your heart was broken by the way the world really is and say what was happening. If you cannot remember, ask your gremlin what wasn't happening and say it out loud with all your bodies. On the count of 3, please click your clicker back to this moment of horror and intensity. 1, 2, 3, GO!

"Let the feelings out and say what was happening!
Say what was happening and write it down."

(This seems like a repetition of the last section)

The safety and trust that you had thought would be here when you arrived were not there. All you could see was pain, was disappointment, was wrongness. All you could see was a world of uninitiated adults. So when you felt the pain and the disappointment and betrayal of coming into this world and finding out that it wasn't what you thought it was going to be, you were totally alone in that pain. Anyone who could've helped you was already so jaded. And as a little tiny being, you had no protection from the horror or intensity. You had to feel it. You had to feel it all without any numbness to buffer or protect you. There was no escape.

(Pause)

"You were experiencing all this pain and torment, you could not hide from it. So, you turned to your Gremlin, this genius creative force of invention in you and you made a deal with him. You decided to give him the assignment of protecting you, of helping you survive. Of protecting your broken heart so you wouldn't have to feel it anymore. Of blinding you from seeing what was really going on with the people around you or the world. Of keeping you small or hidden so you wouldn't be the target of someone else's anger. Of numbing you or making you foggy or unclear so that the world just appeared blurry to you and so you wouldn't be destroyed by the clarity of what you were able to see.

"You may not remember the moment. In fact, you probably don't. But your Gremlin remembers this moment. You are going to ask your gremlin to help you remember. And as your Gremlin tells you, SAY IT OUT LOUD. Say out loud what the horror was you were facing. Say out loud how your Gremlin came in to protect you, how your Gremlin helped you learn to defend yourself. Say it out loud and WRITE IT DOWN on your Beep!Book.

"Please turn to your Gremlin now and ask him. Say — "Gremlin, please help me remember. What happened back then that I asked you to come in and protect me?"

Start speaking, OUT LOUD, let it get big!

"Ask your Gremlin: "What were you protecting me from?" Say it and write it down!

..

"Ask it: "How did you do it?"

"GO"

(Pause)

"Notice that when you ask your Gremlin to protect you, he didn't hesitate at all. He said "Yes" immediately. That's how devoted he is to you.

Notice the moment when you reached out to your Gremlin and shook his hand, sealing the deal that you had made.

Don't numb this out. Don't turn it off. Feel the pain of how you brought your Gremlin in to protect you. Notice how he said 'yes.' Notice what that is like.

Now please write down exactly what the exact deal was. Did he shut down your heart. Did he hide you in some way. Write it down.

(Please take a deep breath).

PART 4: A NEW DEAL

"Up to this point, your Gremlin has been doing the assignment you gave him to do. Even if you forgot about this assignment, your Gremlin did not. Your Gremlin has been here, loyally, lovingly doing everything in its power to protect you, defend you, and keep you safe. Who in your life has been this loyal to you and loved you this much? Who in your life has been so committed to protecting you that they never, ever let you down? Probably not many people.

"Now is the time to appreciate your Gremlin from your heart. Turn to your Gremlin now, look into its eyes, and say: "Thank you for protecting me all these years. Thank you for keeping me safe. Thank you for helping me survive."

"What does your Gremlin say to you? Listen to him. If your Gremlin is unresponsive, say it again, sincerely.

"You might even want to give your Gremlin a hug. Go ahead and do that.

Please take a deep breath.

"You now have an opportunity to give your Gremlin a new assignment. Its old assignment was to protect you. Its old assignment was to defend you from the harshness of the world. But now, you are learning to be an adult. You can take care of yourself. And, in fact, you don't need your heart to be shut down anymore. You don't need your Gremlin to run around numbing you or mixing your feelings or helping you pretend to be happy. You need your Gremlin for your Evolution. You need him so that he can help you continue to become your Destiny in Action. You need your Gremlin to help you to keep expanding.

"You have the opportunity to give your Gremlin a new assignment. One that allows him to serve you as an adult. The old assignment was "Protect me. Save me. Get me out of here." What could be the new assignment?

"If you are lost, turn to your Gremlin and ask: "What would turn you on? What would excite you about serving my Evolution?"

"When you have the new assignment, write it down. It should be a clear assignment.

Now say to your Gremlin:

"You protected me for a long time. You did that job very well. Now I am on the path of adulthood, I am learning to grow up and take responsibility. I am taking care of myself, I do not need protection anymore. Your job is complete. Thank you."

"What does your Gremlin say?"

"If your Gremlin has resistance ask it what it is. (Spaceholder checks if every participant is relating honestly with Gremlin. Sometimes the participant says that they can take care of themselves and that is not true yet. Check it out).

"Then give the new assignment to your Gremlin: "I would like to give you a new assignment. The new assignment is..."

"What does your Gremlin say? If your Gremlin says YES, then reach to shake its hand.

(If the Gremlin does not say yes, check the assignment. Sometimes the participants have unrealistic assignments. Give feedback and coaching to each participant without a successful handshake.)

"Please take a deep breath.

"Throughout your life, your Gremlin has had an orientation of protecting you. With this process, he's getting a brand new orientation. You might need to do this many times, as many as the survival assignments you gave your Gremlin. But it starts here.

"Since you are in contact with your Gremlin so deeply now, take the moment to ask him about his diet. Ask: "Are there any foods that you aren't getting enough of? Is there something that would nurture you more than the foods I am currently feeding you?" Or "what can I do to collaborate with you better?" The answer might surprise you. Write down everything the Gremlin says.

"Now, returning to lying down on your back. We will be closing this space soon. Check with your Gremlin if there's anything else he would like to say to you. If there is not anything, thank your Gremlin, acknowledge that this process is ending, and tell him that you are looking forward to working with him going forward.

COMPLETION AND WRAP UP:

Ask participants to come slowly back to the screen or out of the process. People will be very Liquid. Do not take sharings, but do ask if anybody needs anything. It is also possible to simply be with participants in the quiet after the process.