

## **Stellating Joy – Stellating Mass Gremlin**

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### **FORMAT:**

Whole group process.  
Duration: 120 min

*Warning:* this process could possibly catch on fire and the fire could last all day and all night. Let it burn. What burns is resentment towards civilization as each person gets their true nonlinear creative power back.

### **PURPOSE:**

To rebirth the Gremlin in each participant. Stellating Gremlin simultaneously stellates pure joy of life for no reason and without limit. At first, as with the other three feelings of anger, sadness and fear, when we stellate the feeling of joy it comes back not responsible. With practice we learn to experience and express joy responsibly.

### **SETUP:**

Big circle to start. Then divide into Gremlin Meeting groups. Each Gremlin Meeting Group has supplies from the Create Something bag, toys for the Gremlins to play with.

### **INTRO / PROCEDURE:**

We all have a part that civilization trains us not to look at because it is out of control. So society has civilized us, broken our spirit, just like old fashioned cowboys would “break” a wild horse to their control. But for our life to work our spirit cannot be broken. This process is about locating, waking, naming and liberating the Gremlin part in each of us.

The civilized part is the part that says, “I can’t. I don’t know how. I’m not good enough. It is against the rules. Good boys or nice girls don’t do that.” The Gremlin does not care about any of these things. The Gremlin just goes ahead and does it anyway. This training is safe enough to allow for the eruptions and chaos associated with the rebirth of your Gremlin.

### **INSTRUCTIONS / PROCEDURE:**

#### **Phase 1:**

Start in a big circle. Trainer scans the group and chooses someone with a big Gremlin that will be easy to distinguish and call forth. Trainer moves his chair to sit directly facing that person and Trainer begins to speak into that person’s being and to lay context for what is about to happen. Trainer shifts into his own Gremlin and

starts to get the other person to admit to the existence of their Gremlin. As soon as the other person's Gremlin starts to speak, Trainer asks him or her what his name is. Thenceforward the Trainer calls the person by their Gremlin name. Trainer asks open ended questions of the Gremlin about how they got locked away, what was happening, who did it, how it was to be locked away, what they really love to do, what their life is really about, what they want to do now, and so on. Take all the time you need to do this so it is solid. Trainer speaks in radical honesty and builds a conspiracy with the newly awakened Gremlin to each go wake up and call back to life another Gremlin, and so on, until all the Gremlins are awake. This starts Phase 2.

### **Phase 2:**

Smaller group members make their own Gremlin name shield in whatever way they want. Then it is play time. Have the contents of the Nonlinear Problems bag divided into the different groups. Include juggling equipment. Use mattresses, chairs. See if you can divide into two teams (although Gremlins do not tend to play well on teams) and start to play the game of Capture The Flag. Use red towels for the flags, or carrots, or?

### **Precautions:**

Gremlin has tremendous power and creativity. That is why we want Gremlin back. But we also want Gremlin in our service, not the other way around. Stellating Gremlin could be compared to a whole group Going Sane Process. People can really get into this experience as it opens up a whole new universe of possibilities for them, ways of being, possible actions, perspectives, etc. The new universe is not limited by the beliefs, attitudes, opinions, rules and regulations of civilization. Stellating Gremlin is also similar to the "I am" process in that all of civilization sloughs off and falls away useless, and what remains is the essential pure (irresponsible) joy of being alive in a human body. Trainer must be big enough to Hold Space so that all this can happen without irreparable damage to the seminar house or individual health.

### **DEBRIEF:**

Take time to share the awesome revelations unfolded by this process. Make sure that people have the switch between Gremlin and Possibility Manager firmly in their control, not in control of Gremlin. Do not be too hard on people in the training space. Gremlin has spent many years imprisoned. The training is a safe space to experiment in letting the Gremlin roam free without much consequence. You do not have to worry (too much) about if a person will get it all back together by the end of the training. Civilization is so massive and so invasive that as soon as the training is over we all go back into the steel claw grips of civilization and this will automatically bring people out of the Free Gremlin Liquid State.

### **MORE BACKGROUND**

Gremlin is the Archetypal King or Queen of the Shadow World, or that part ourselves dedicated to creating Low Drama and serving Hidden Purpose in that moment. Each of us is part Gremlin. Gremlin is quite likely to take over whenever we are unconscious of our Purpose. Gremlin takes over as an entity and feeds on the energies and the spaces in our lives. During that time we do not know the true cost of our actions. Gremlin creates Low Drama Gameworlds based on scarcity, competition, and survival. Gremlin leaders take other people's Centers and surround

themselves with followers in order to feel safe. Gremlin derives joy at other people's expense through "I win! You lose!" "I'm right! You're wrong!" and "Ha ha! I got you!" games and nasty little jokes. Gremlin is not bad. (This is important to remember!) Gremlin cannot be rehabilitated to be Responsible because Gremlin is Gremlin. Gremlin is not our enemy. The idea is not to kill, imprison or disempower Gremlin as we have been taught, but rather to establish a relationship with it such that Gremlin is subsumed and integrated into our general presence. Transforming our relationship to Gremlin is the way to Stellate Joy, and like Stellating the other Feelings involves two phases. Phase One is liberating Gremlin to 100% capacity and presence (which obviously must be done in a special environment designed exactly for this purpose). Phase Two is integrating Gremlin capacities into practical skills through conscious practice. Since Gremlin can destroy any Space at any time for no reason, there are many practical uses for Gremlin that nothing else can accomplish. Some of these uses are staying un hypnotized, staying Unhookable, and going Nonlinear. Expanding to responsibly include Gremlin takes time and necessitates the building of Matrix. (See Map Of Possibility, Center, Purpose, Hidden Purpose, Unhookable, Matrix, Nonlinear, Pirate)