

## SPARK 109

(Matrix Code: **SPARK109.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** The hidden purpose of your relationship may be to feed your Gremlin.

**NOTES:** You probably assume that a relationship is intended to be about giving and receiving love. The occasional nasty comment, numbness, offending behavior or flare-ups could then be regarded as the exception to the rule. But what if it is the other way around? What if the promise of love is simply the worm on the hook, and the actual purpose of ordinary relationship is to have a ready partner with whom a part of your Box can regularly engage in irresponsible interactions?

Exactly which part of your Box would that be? In Possibility Management that part is known as *Gremlin*. What is Gremlin? Gremlin is an internally consistent identity who fulfills your unconsciously hidden purposes. Each person has a fully functional Gremlin, whether you know it or not. Gremlin is the archetypal king or queen of your own personal underworld, commanding the various underworld characters that you play out during the *low dramas* of your daily life.

Although the interactions called “low drama” were clearly distinguished over forty years ago by Dr. Stephen Karpman on his *Drama Triangle* from Transactional Analysis, it could be that you to mistakenly assume that if low dramas occur at all, they must happen to some other poor people, never to you. You fail to recognize that each time you perceive yourself as a victim of another *person* (boss, neighbor, grocery store clerk, child) or a victim of your *circumstances* (not enough appreciation, adventure, time, money, sex, energy, relaxation) you are, in that very moment, *completely absorbed in a low drama*. You blind yourself from seeing that your frequent little resentments, complaints, blaming, justifications, being right, and making wrong, each indicate that low drama is happening with the same precision that smoke indicates fire.

You enact low dramas as a victim, persecutor or rescuer through your:

- thoughts (replaying low drama memories, imagining vengeance, having mental conversations, thoughts of hopelessness, self hatred, cynicism, self-criticism),
- words (gossiping, complaining, swearing, arguing, defending a position, name-calling, scolding, shaming, insulting, making nasty little jokes)
- and deeds (having power over another, winning so someone else loses, sulking, flirting, rejecting others, acting superior, acting inferior, subtle sabotage such as being late, making mistakes, having accidents, getting sick, or failing).

In the background, Gremlin happily devours the possibility of intimacy without regard for the cost. Gremlin takes no measure of the loss of love, because, for Gremlin, there is no love, only survival. The inhumanity of merely surviving is ignored by Gremlin.

To guarantee a steady food supply, Gremlin finds you a perfect partner for endless low dramas. For example, if one person’s Gremlin is an incurable victim, their partner’s Gremlin is a survival hero who never gives up trying to rescue them. What a team! Neither person’s true destiny is fulfilled. Your Gremlin transforms everyday interactions into an all-you-can-eat low drama fast-food buffet, open 24 / 7. And that becomes the purpose of your relationship.

Is it any wonder that the most potentially intimate and rewarding interactions of your day turn into a subtle battlefield where you spar for position and territory, and struggle for power just to survive? You drop into bed exhausted, not because of your busy schedule or heavy work load – working hard is ecstatic. You end your day exhausted because the energetic foods intended to nurture your heart and soul through generous loving interactions all day long are greedily gobbled up by your greedy and unfillable underworld Gremlin.

### **EXPERIMENTS:**

There is a war going on between the Gremlins and the humans for control of planet Earth. At this point it looks as if the Gremlins are winning. The weapons of the humans are clarity and awareness, and, as told in Tolkein's Hobbit stories, to never give up. This experiment is about using your weapons, starting with yourself. It turns out that your Gremlin's feeding patterns are hidden only to one person. (Guess who?) Gremlin's behavioral tendencies are obvious and predictable to everyone else. How much longer will you sacrifice intimate opportunities so as to feed your untamed Gremlin? Here are several levels of experiments you can try.

**SPARK109.01** Your underworld does not *have to* be unconscious. Your Gremlin does not *have to* turn your relationships into a Gremlin feeding frenzy every time it gets hungry. The procedure for taking conscious responsibility for your underworld and its leading character, the Gremlin, is one aspect of a true initiation process into adulthood. Taking your Gremlin into possession is long and tedious work, not for children. But until you own your Gremlin, it owns you. Until you become conscious of your Gremlin and distill its hidden purposes out of your life so you can choose which purpose your actions serve, Gremlin fulfills its shadow principles completely unhindered.

Distill your hidden purpose through tracking your Gremlin. Title a few pages in your *Beep! Book* "My Gremlin." Observe in total neutrality the quality and style of the low dramas you experience from morning 'til night, no matter how big or small they are. Assume that any *beep* you get or any dramatic interaction is low drama, and assume, even if you think that you avoided a low drama, that your Gremlin somehow fed itself from it. Observe how you experience dramatic moments with your partner or others close to you. After several weeks of observation, ask yourself, what if you are not *experiencing* these moments, but instead you are *creating* them to serve a very specific but unconscious purpose: to feed your hungry Gremlin? What purpose is accomplished? Write down that purpose each time. After several more weeks, detect the consistent patterns in the purposes. Distill these purposes into a simple, clear description of your Gremlin's hidden purpose. Check your formulation with a trainer.

**SPARK109.02** Establish a disciplined relationship with your Gremlin. Make a list of its 30 favorite foods, e.g. superiority, winning, speeding, lying, sneaking, being right, candy, fast-foods, coffee, cola, being special, complaining, self-ridicule, cynicism, internet sex, masturbating, watching videos, leaving messes, shocking people, flirting with married people, secretly hating, competing, threatening the innocence of children, danger, gambling. After making a thorough list, choose 5 of the foods most acceptable to you as an adult. Then choose a regular time each week, say Saturday from 12 am to 12 pm, and let your Gremlin eat as much as it wants of those 5 foods during that time, and none of them for the rest of the week. (Note: tobacco, alcohol and other drugs

are entities that are distinct from, and bigger than, Gremlin. Other procedures are to be used with these addictions. See SPARK 17.) Declare your household to be a Gremlin-free zone. Train your Gremlin to sit at your feet on a short chain waiting your command, confident that it will be regularly fed and put to good use in adventurous tasks, fit for conscious use of Gremlin. (I have written in much greater detail about this in the book: *Radiant Joy Brilliant Love*. Also see SPARK 99.)

**SPARK109.03** Use Gremlin to stay adult. Western culture is a patriarchy of child-level responsibility. Assume that you have little or no understanding of what being *adult* is. This is okay. Start from not knowing and study it. Adult is being yourself in the present with a minimized now, owning your center, directing your attention, holding space, being aware of what you are aware of, using your feelings consciously, listening intentionally, making no conclusions, completing communications, and taking radical responsibility. With Gremlin at your service you gain the additional ability to stay unhookable. Gremlin respects nothing and therefore can destroy or disagree with any story told by anybody about anything. Gremlin's ability keeps you unidentified with the interpretations provided to you by your Box and also by the other person's Box. Gremlin reserves a paper-thin sliver-of-light gap between you and your Box to allow Gremlin the freedom to move in any direction at any time regardless of how the Box is reacting. Adult Gremlin knows that you have a Box, but that you are not your Box. And neither is your partner their Box!

With a satisfied Gremlin alert and sitting at your feet (on a short chain, remember!) adult responsibility becomes your home. Then go about making your home a place of adult responsibility. Never put your gap-making sword of clarity away! Experiment with having conversations with your partner (child, sibling, parent, colleague, neighbor, etc.). Relax into holding an absolute commitment to staying adult and *also* to continuing the interaction, no matter the level of responsibility exhibited in your partner's behavior.

Here is the key: if you stay adult, it becomes very difficult for your partner to stay neurotic. This is remarkable! It is comparable to the card game of poker: a full house beats a flush every time! What a joy this is! There is *no* contest between responsibility and irresponsibility, because irresponsibility *is an illusion!*

**(SPARK109.04** For an extra credit experiment, begin directing the cleverness of your Gremlin to outsmart and disassemble your *own* defenses from the inside out. Move closer and closer towards authentic vulnerability. Do this slowly, gradually, and thoroughly, with a balancing eye towards integrity.)