

SPARK 153

(Matrix Code: **SPARK153.00** for StartOver.xyz game.)

DISTINCTION: There is no learning step during Gremlin feeding.

NOTES: We all have parts. You can see this when someone's mobile phone rings. If the caller is their mother, boss, child, or the police, they immediately shift identity. Their whole personality changes. Their posture, tone of voice, hand gestures, facial expressions, attitudes, speech patterns and vocabulary originate in the personality they use with the caller. As soon as they hang up, *whooooosh*, they shift completely back into the identity they use for interacting with you. If your friends do not detect their own personality shifts, guess who else shifts identity?

That's right. You shift identity too. And one of the most significant shifts is when your *Gremlin* takes over. The term *Gremlin* was invented during World War One when English soldiers and air pilots attributed missing tools and inexplicable mechanical failures to a mischievous creature they named *Gremlin*. In Possibility Management we use the term *Gremlin* to identify that part in each of us which unconsciously serves Shadow Principles as King or Queen or our personal underworld.

It is important to remember that Gremlin is not bad; it simply behaves irresponsibly. Gremlin is the active part of our survival Box, implementing *Channel One* defense behavior such as being arrogant, righteous, vengeful or cynical. If *Channel One* does not work, then Gremlin implements *Channel Two*, often some form of withdrawal, shunning, self-isolation, depression or running away. Or vice versa.

Before adulthood initiations, your Gremlin owns you. Since modern culture does not provide adulthood initiations, many modern-culture men and women holding positions of authority and power are still owned by their Gremlin. This explains a lot about modern culture. Being owned by your Gremlin means that when your Gremlin gets hungry it takes over your life and uses it for sneaking, blaming, deception, aggression, etc. Gremlin starts with identity theft. You suddenly perceive, feel, choose and act all from within your Gremlin's reference frame while thinking this perspective is the "true," "right," or "only possible" reference frame for you. The "I" at the center of your world has become a different "I" than it was just a moment before.

A hungry Gremlin has a *modus operandi*. He finds tiny shreds of evidence to amplify and validate his Low Drama stories. For example, "Dinner is five minutes late! You are so irresponsible!" or "Your shoe is untied! You are a disgrace to this family!" or "You didn't apologize to me! You don't care about our relationship!" or "The flowers in the vase are dry! You don't actually love me!" As soon as the Gremlin has proof of being victimized it licenses itself for revenge, switching into persecuting and rescuing for a Low Drama feast.

When your Gremlin is full he falls back to sleep. Then another of your Box's identities takes over and wonders what all that fuss was about? Why is intimacy scarce in your relationships? Why are there broken dishes, increased debts, scabs on your knuckles, kids who shrink away in fear or shame, a hangover, unreached goals, unfulfilled dreams, and so many beer and wine bottles in your recycle bin...?

Gremlin typically uses reaction-hardened words to detect incompetence, teach someone a lesson, set someone straight, establish logic, or bring someone into alignment with “reality.” But no matter how well justified your Gremlin’s story is, no learning step will take place, because during Gremlin feeding neither learning nor becoming more aware are on Gremlin’s agenda.

EXPERIMENTS:

SPARK153.01 Having a Gremlin is not a human design error. In fact, Gremlin qualities and behaviors may be the central reason you survived your childhood. But beginning around age fifteen, your Box and Gremlin are ready to shift purpose from defensive mode to expansive mode through formidable adulthood initiatory processes. An initiated woman or man navigates life with their alert and empowered conscious Gremlin sitting collaboratively beside them on a short chain, ready to obey instructions for creating High Drama. But when you don’t see your Gremlin sitting beside you, guess who is running your life?

Until you can detect your Gremlin, call him by name, and tell him to “Sit!,” any discussion about how to use your Gremlin for creating High Drama is useless, even though consciously using Gremlin for making High Drama is central to the free and natural adult ego state and where Possibility Management begins in earnest. As the stunt-pilot trainer tells her eager young students, “First we begin with level flight.”

In this case, *level flight* means *self-observation*, noticing what your Gremlin is up to by using your *being* to neutrally observe your Box. To begin self-observation, use your *intention* to split off a 20% chunk of your *attention* – later, with practice, that can decrease to about 5%. Extend your attention out beyond the edges of your Box like looking through a pair of neutral, non-judgmental eyes. Turn them around to look back at your Box, and observe in present-time what happens. Detect which “I” is speaking. Notice what its purpose is. Most importantly, make no story about it.

You already have a built-in capacity to split your attention unconsciously. For example, you may be walking to a store in the mall, chewing gum, listening to your MP3 player, thinking about your plans, seeing if any guys or chicks are checking you out, all the while window shopping. You split your attention six different ways. All we are talking about here is adding one more dimension to your attention splitting – to simultaneously but neutrally observe what your Gremlin is up to. Neutral observation builds matrix. More matrix holds more consciousness. Sooner or later your behavior changes all by itself.

During proper self-observation there are no voices running in your mind. The attention only observes, without opinions, self-judgments, self-criticisms, self-hatred, self-praise, and without inner comparisons to some “perfect” image. In proper self-observation there is no pain. This experiment is to begin earnest development of your self-observation muscles. See how long you can stay aware of what you are aware of. (Note: Both *Directing the Power of Conscious Feelings* and *Building Love That Lasts* provide an abundance of more detailed Gremlin information.)