

SPARK 197

(Matrix Code: **SPARK197.00** for StartOver.xyz game.)

DISTINCTION: Each time you listen to a Gremlin Rumor without destroying it, you become as contaminated as the person who tells it to you.

NOTES: Anybody can make up a rumor about anything by using [Is-Glue's](#) power of '[Declaring what is so](#)' to create a [story](#). A rumor is a story that contains gossip, in other words, a story that contains information you hear from someone about someone else who is not there. A rumor is 'triangulation'. Rumors are neither good nor bad, and like any message, each rumor has two components: the *information* and the '*carrier wave*'. In the case of a rumor, the information is *implied* to be true but not verified. And the rumor's 'carrier wave' is its purpose. There are three worlds of purposes: 1. Upperworld Purposes such as congratulations or appreciation, 2. Middleworld Purposes such as providing information that is wanted and needed, and, 3. Underworld Purposes such as revenge. If a rumor serves Underworld Purposes it is a '[Gremlin](#) Rumor'.

A Gremlin Rumor is a slanderous mean-spirited story that someone makes up in reaction to believing another story (which they *also* made up...) that they themselves are a [Victim](#). The Gremlin Rumor is about someone else, who the 'Victim' perceives as smarter, more popular, wealthier, more successful, harder-working, luckier, happier, or nicer than they are. The 'rumor-monger' (a person who creates, carries, or passes on a rumor) spreads their rumor because he or she feels emotionally jealous or afraid or angry, and wants to hurt the person who he or she is spreading the rumor about, wishing that the happy person feels as bad as they do, or worse. The rumor is their way of getting revenge – a major tasty feast for a Gremlin.

Gremlin Rumors function like 'germ warfare' spreading toxic memetic viruses about 'the enemy', not to kill 'the enemy' but rather to trigger 'the enemy' into losing their dignity by fighting back using the same toxic weapons. Each time you listen to a Gremlin Rumor without destroying it, you become as toxic as the original sender, even if you do not pass the rumor on to anyone else. By not killing a Gremlin Rumor the moment you hear it, *you are promoting it*. You become infested, a 'carrier', taken over by the rumor's 'demon' and serving its purposes. Carrying a Gremlin Rumor is like carrying a resentment. It hurts you.

EXPERIMENTS:

SPARK197.01 BUILD YOUR SELF TRUST One reason you listen to rumors is to hear other people's opinions about something that you do not trust yourself to decide about. Doing research is wise. Distrusting your own ability to assess situations is unwise. Some try to guard against possible bad consequences of any choice by shielding themselves behind other people's opinions. If you decide because others decided the same thing, then you are 'justified'. The strategy of using other people's opinion of what is 'cool' or not does not strengthen your ability to discern 'cool'. *Adulthood emerges as you learn to trust yourself to take care of yourself around other people.* Trusting other people's opinions is what children do, believing in fairy stories. Wise fear is more useful than blind trust. Use your fear to inform your

decisions as an adventurous [Experimenter](#), aiming to improve your ability to assess reality. You are entering the [adult](#) world. You can [quickly improve your trust skills](#) by trusting yourself to take care of yourself around other people, deciding, then seeing what happens. Then you do not have to use the naïve childhood fantasy approach of ‘trusting other people’ on faith alone. Ignore opinions. Make each choice your choice. Learn from your mistakes.

SPARK197.02 DE-TRIANGULATE RUMORS Gremlin Rumor Warfare creates ‘us-and-them’ separations without which [Low Drama](#) cannot thrive. ‘Triangulating’ means ‘to talk with someone about someone else rather than talking directly and immediately with the person you are talking about’. Triangulating creates gaps of separation. Separation serves [Gremlin](#). This Experiment is use the natural power of *Ubuntu: I am because we are*, as the basis for reconnection. The instant you hear a rumor, take the rumor AND the rumor-monger back to the focus of the rumor. DO NOT TRY TO DE-TRIANGULATE BY MESSAGING OR EMAIL – these are a Gremlin’s Fun Park! De-Triangulate in face-to-face meetings with a third person serving as a Possibility Coach, even if the meeting is by video call. Put the shit on the table. When the rumors and gossip are on the table, simply wait to let the truth percolate up. The truth will be someone’s emotional fear, sadness, anger, or mixed emotions. The main question to use over and over is: “*What is really going on here?*” Use this question, with your [Sword of Clarity](#) to hand, at least three times in a row. The first answer will be the hypnosis answer given by the [Box](#) to put people to sleep with justified logic or reasons. The second answer will be the Gremlin attacking the questioner. The third answer will finally contain the gold of authentic vulnerability from the rumor-monger’s Being. Bathe in the golden light as the Ubuntu heals itself. For more on this see the vacuum procedure explained at <http://rapidlearning.xyz>.

SPARK197.03 INSTANTLY KILL GREMLIN RUMORS By not killing a Gremlin Rumor the moment you hear it *you get contaminated*. You cannot kill a Gremlin Rumor by arguing whether or not there is evidence to support the validity of the rumor. The universe is rich in evidence. Anyone can find evidence to support *any* rumor. The most effective approach to killing a Gremlin Rumor is to name what is going on. This is [unfair](#) because, in a way, you have no choice about having to kill the rumor, or rather, you have only one option to choose from if you are not to become a carrier for the demon in the rumor’s Underworld Purposes. This relies on you ongoingly keeping your [Sword of Clarity](#) to hand – and why not? It won’t wear out. It is not heavy. If you don’t use it, it hangs there limply in your [Toolbelt](#), unused, rusting away... The Sword of Clarity says fiercely, “*This is a Gremlin Rumor. You are trying to infect me with a Gremlin Rumor that you have already been infected by. I will have none of this. Please tell me how it could possibly be that a person like you would bring around a Gremlin Rumor and try to contaminate me with it? I am truly curious. I have no idea why this could be so. What is really going on in you right now? What is motivating you to try this with me right now?*” (You need to memorize these questions until delivering a [vacuum of authentic curiosity](#) becomes more familiar to you.) **Do not let the person change the subject, or end the conversation, or leave!** Keep your Sword to their throat with your focused attention and kindly insist that they answer your questions. Become a space of radically-clear emptiness so the demon purpose gets sucked into the light and the person can humanly reconnect to you.