

Showing Up

Week 4: Our Gremlins & Fear

While we arrive...

Imagine a welcome door mat sitting outside the doorway to your life. What images, symbols, colours, words would it display?



The Snow Queen by Hans Christian Anderson

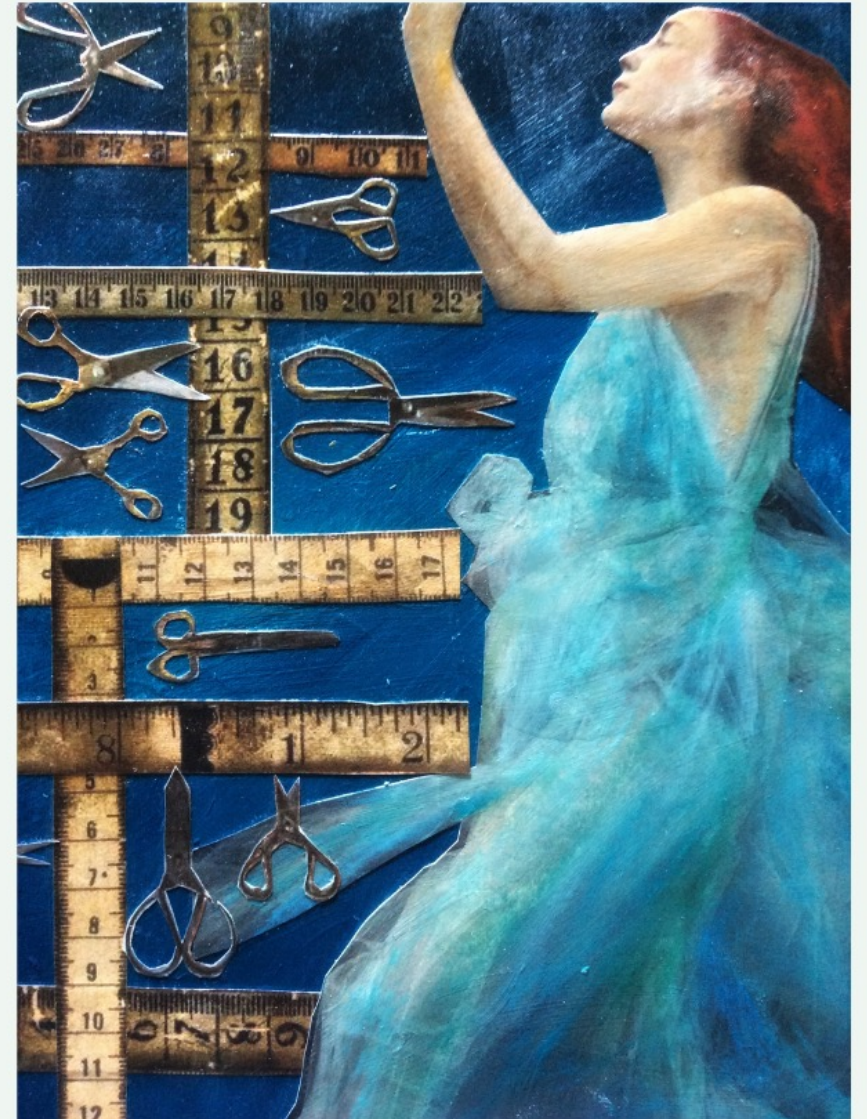
There was once a dreadfully wicked hobgoblin. One day he was in capital spirits because he had made a looking glass which reflected everything that was good and beautiful in such a way that it dwindled almost to nothing, but anything that was bad and ugly stood out very clearly and looked much worse. The most beautiful landscapes looked like boiled spinach, and the best people looked repulsive or seemed to stand on their heads with no bodies; their faces were so changed that they could not be recognised, and if anyone had a freckle you might be sure it would be spread over the nose and mouth. That was the best part of it, according to the hobgoblin.

But one day the looking glass was dropped, and it broke into a million-billion and more pieces. Now came the greatest misfortune of all, for each of the pieces was hardly as large as a grain of sand and they flew about all over the world - and if anyone had a bit in his eye there it stayed, and then he would see everything awry, or else could only see the bad sides of a case. For every tiny splinter of the glass possessed the same power that the whole glass had.

Some people got a splinter in their hearts, and that was dreadful, for then it began to turn into a lump of ice. The hobgoblin laughed until his sides ached, but still the tiny bits of glass flew about.



Our Goblins & Fear



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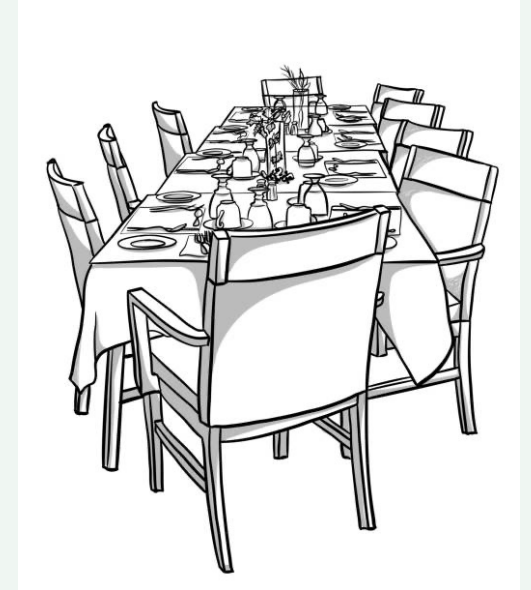
A Uniquely Human Relationship.

Where does it come from?
Reflection.... Not us and we ALL have it.
It's echoes of childhood, parents, teachers, culture
& society.

It is one voice at the table... sometimes very
very loud. Attack, judge, criticize, focus on
self- improvement, put in our place

Shows up when we are truly living/out of
comfort zone.... like in creative spaces!

Wants to keep us safe, but even FEAR can
show up with compassion, care & love.



What do we do with it?

Notice it.

Name it.

Ask yourself is this a wise caring voice?

Imagine you are speaking to a child and

begin to coach it to change its tone.

meditation

Our Process

1. Set an Intention
2. Ask a Question
3. Trust Impulses
4. Trust the process
5. Write

I intend to
welcome my
gremlins &
notice how they
operate.

Right now, in this
moment how is this
gremlin inside me
trying to be seen?

Homework



Do this



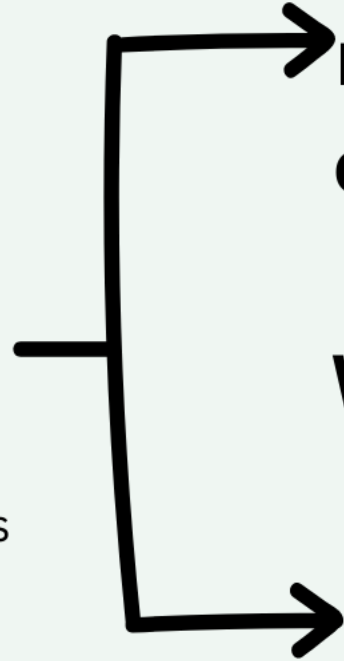
Set an Intention

Ask a question

Trust your Impulses

Trust the Process

Write



I intend to hold space for my "gremlin" as well as the other wise parts of myself.

What does my gremlin look like? What does my wise self look like? What do they have to say to each other?

" There's plenty of room in this car...Creativity and I are the only ones who will be making any decisions along the way...You're allowed to have a seat, and you're allowed to have a voice, but you are not allowed to have a vote...But above all else, my dear old familiar friend, you are absolutely forbidden to drive."

- **Elizabeth Gilbert- Big Magic**