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Defeating Your Inner Gremlins. Four Ways You Sabotage Yourself – And How to Be Victorious

Gremlins is a 1984 American comedy honor film about a young man who receives a strange creature as a pet, which then spawns other creatures who transform into small, destructive, evil monsters. Gremlins are a great metaphor for what happens in our inner world.

A gremlin is a sneaky creature. We all have them, including yours truly! A gremlin is an internal habit or a feeling that seems to run on its own autopilot – so good at hiding we don't know they are there. Although they might hide in different places of our mind, when they come out, gremlins cause fear, chaos and stuckness. A gremlin is an intrinsic motivation killer, an energy stealer, and an oppressor of enthusiasm. Gremlins are nasty creatures who usually have 'Fear of' in their names and are all very clever at doing one thing: preventing you from being your authentic self.

This is what fear does, doesn't it? It creates the lie we are less than we truly are that we can't be who we truly are. You, as your most authentic self, are a dazzling sight indeed. You know who you are and what you want, you have a vision for your life that reaches higher than most would dare, you take creative, bold action, have that golden Midas touch in all your success endeavours and are surrounded by healthy, loving relationships. Does that sound like you? I heard so many of you say "no" to that question... and honestly my own answer wasn't a confident "yes" either. Dang it! It is time to eradicate our pesky inner Gremlins and gain the victory so we can shine as the wonderful, authentic beings we are!

The good news is, you are much, much, much more than these thought viruses. You are wired to progress and expand. Just look around you. Life is always seeking a fuller expression: the blade of grass wants to grow, the flower wants to blossom, tree wants to expand, and you are here to learn to trust the voice of love with in you, more than the voice of fear.

Martha Graham, modern dancer says, "There is a vitality, a life force, a quickening (energy) that is translated through you into action, and because there is only one of you in all time, this expression is unique. If you block it, it will never

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exist through any other medium and be lost. The world will not have it. It is not yours to determine how good it is; nor how it compares with other expressions. It is your business to keep the channel open”.

To keep the channel open, we want to learn to dial down the voice of our gremlins, and dial up the voice of our soul’s expansion. Life is always expanding its self, through itself, by means of you... When you lean into this expansion, there’s a great feeling.

A Few of the Most Sabotaging Gremlins

1) Fear of Going After Your Deepest Dreams

Ever catch yourself daydreaming and fantasizing about living **someone else’s** amazing life? (me nodding “yes”) And as this person with the great life, you get all the things you wouldn’t let yourself even think to want. Then, when you open eyes you dissociate, and feel confused about what you want? Maybe you even feel disempowered, lacking purpose or like you “have no choice”? I have and it is the worst feeling. It creates the heaviest of emotions. If you are feeling that way now, you aren’t alone. A lot of people are afraid to dream because they believe the past equals the future. If you’ve ever been tempted to say the phrase “This is just how it is for me”, or thought of something you deeply desire and said, “That will never happen. It is not for people like me.” Then, let’s kick that gremlin out on its tail!

2) Fear of Not Deserving What You Want

If you tend to sprint out of the gate taking on new projects, but then get discouraged pretty quickly and tend not to finish projects, then get out your flashlight and check for this mischievous gremlin. If when the time comes to pick up the phone or give the presentation, and your legs turn to jelly and it feels like you can’t breathe... and your enthusiasm drains away at the slightest ‘obstacle’, you’ve got a gremlin to deal with!

3) Fear of Being Authentic

Ever sit in a meeting that was heading towards a decision you knew in your heart was wrong, or been in a conversation where that person was almost spewing their negativity or belief systems into your energy field... and said nothing?

“It’s not worth it” we tell ourselves and bite our tongue until we can get out of the room. We play it safe and give responsibility of decisions (and often our own well-being too) *to somebody else*. Wow this is a sneaky gremlin! By convincing ourselves we’ll be humiliated or harmed if we express OUR values and authenticity, we end up giving away our power and follow instead of lead or partner. If you’re marriage or relationships feel disempowering... shine a light and see if this gremlin shows up.

4) Fear of Responsibility, Blame & Rejection

If you worry a lot, this is you! This gremlin likes to distract you with “I can’t”. If you go through a list of why you can’t achieve what you want, you are sabotaging yourself with a mindset created to avoid rejection and blame. How people will react to you if you fail *or succeed*, how your family or job or culture is preventing you from success, how your education isn’t what it needs to be... all are symptoms of this gremlin! Worrying about what’s not in your control can be crazy making, can’t it?

Want a “Freedom Tool” to Defeat and Exile your Gremlins?

Let’s play the “IF Game”. To play you must complete the first and most important step of writing out 3 things on 3 sheets of paper:

- 1) Your values (what is most important to you),
- 2) Your priorities (or what you *wish* they were),
- 3) Your vision for your life *you love* three years from now (do not focus on how, just write the vision a life you really love)

Now go through each sheet and play along – even it feels like playing pretend at first because it works!

“IF Game” – Step #1: Look at your sheet with your vision. Say to yourself, “IF this was my life, would I love it?” You must love it, every part of it. Rewrite until you absolutely love it.

“IF Game” – Step #2: Then say to yourself, “What IF every part of my vision for my life was 100% possible & guaranteed... just what if...?” Use your imagination. Play and let yourself go there and see the pictures in as much detail as possible. The gremlins may show up in resistance or constriction, but for the game, don’t pay any attention to the sneaky gremlin... or even better... act as if they are not even there.

“IF Game” – Step #3: Then ask, “IF I was living this vision, what would it feel like?” Let yourself *feel* the positive emotions in every cell of your body as you visualize it. Again, pay no mind to any gremlins who show up. Feels good doesn’t it? Yes or yes?

“IF Game” – Step #4: Now say, “What IF I knew this was happening... or even better, guaranteed to happen... what small step(s) will I take today to get there?” Or another way of saying it for your priorities sheet is “What IF I was guaranteed to live this life (or something even better for me), what am I doing today to prove it? What can I do with what I have in this moment?”

Write all inspirations or action steps that come up for you (you’ll be surprised how much does!) Then, take ACTION!

Playing the “IF Game” helps you re-frame your mindset and emotions in a gentle way that naturally turns off those gremlin programs and kicks them out of our thoughts and feelings! Play the game as much as possible, make the questions your own and have tons of fun.

What IF, your words become your reality?

What IF, the best movie you will ever watch is the future you are moving into?

What IF, you are here to *love* your grandest vision into existence?

Feel the gratitude flowing, and wave good-bye to the pesky gremlins because what you think about and thank about you bring about.

Rae will share many more “Gremlins” and the “Freedom Tools” to Master Overcoming Stuckness in her workshop.