



Thank You

For the invitation for discovery



Belonging

Internally & Externally

Our Journey Today

EXTERNAL-
THE BELONGING
PYRAMID

INTERNAL-
DON'T FEED THEM
AFTER MIDNIGHT,
GREMLINS

REFLECTIVE SPACE



What is Belonging?



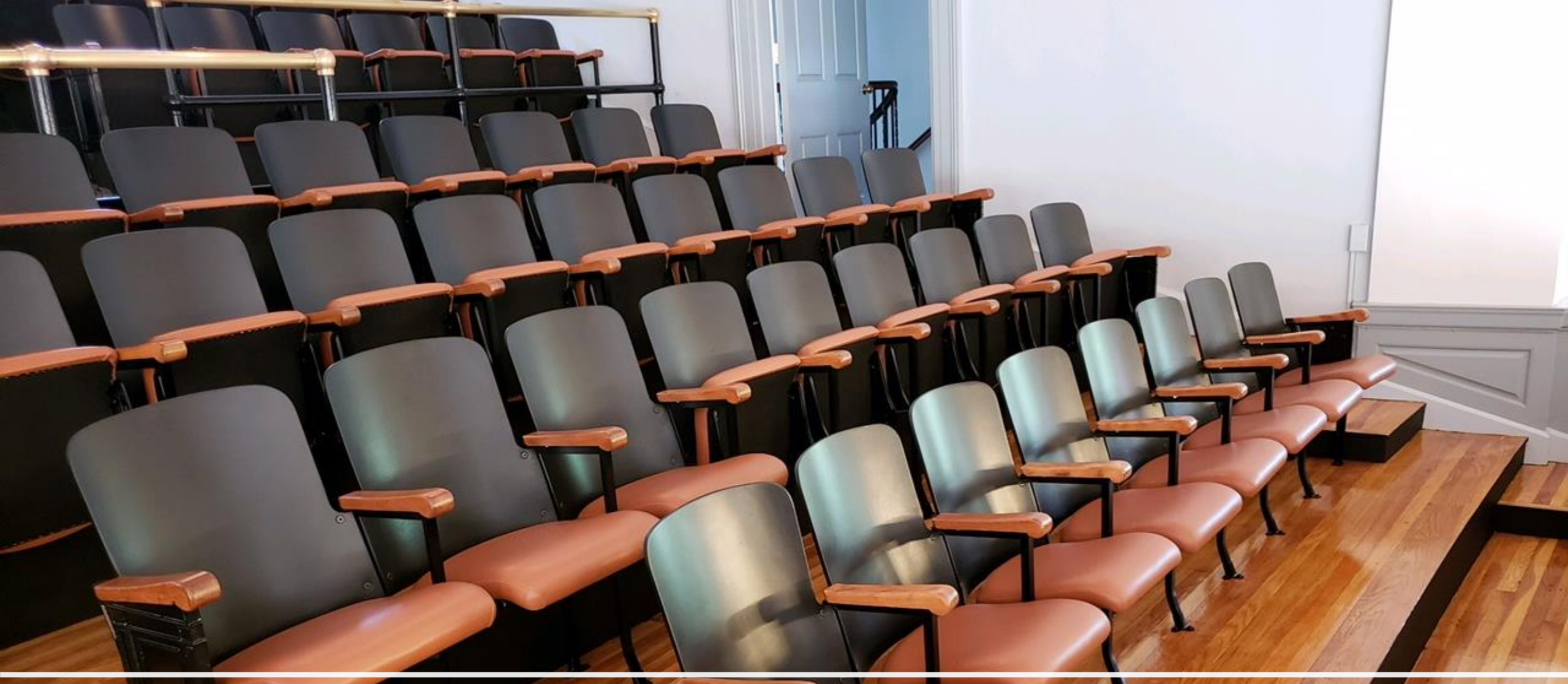
Accessibility

Is it....?



Accessibility

Building pyramid...



Is it....?

Building the pyramid...



Accessibility

Inclusion



What is belonging? |

Building the pyramid...



Accessibility

Inclusion

Belonging



But a piece is missing that supports the pyramid?



Gremlins



What are Gremlins?

World War II mythology....

The inner voice-saboteur

Do they hold us back?

Do they keep us safe?



For us...

- It is the inner piece of us that holds us back. Now the gremlin is not just a negative soundtrack, it can be that, it is also the things that sound like safe gate keepers:
- my experience says this can happen;
- I need more data,
- what ifs?
- Anything else that rolls around that can make you hesitant or lead you to stop something that is beneficial?



- they Stay Awake

**GREMLINS WILL
PUSH YOU
'ROUND!**



**LOOK where
you're going!**



**BACK UP OUR
BATTLESKIES!**

Hold onto...

- Hold those voices/statements and feelings. The gremlin work arises when in conversation in the moment, or over time you note the same hesitations or phrases arising from the client, congregant, colleague, or in self-awareness yourself. It brings a full mind-heart approach as it is creative in how we root this out. Ensure you have a blank piece of paper, and a pen or pencil:



Ponder with me for a moment...


Meet your Gremlin...

Centre yourself; take some deep breaths slowly counting up to 5, and then back down to 0.



On the paper in front of you, we are going to take 1 minute to quickly scribble out an image of what your gremlin looks like. This gives us a visual.

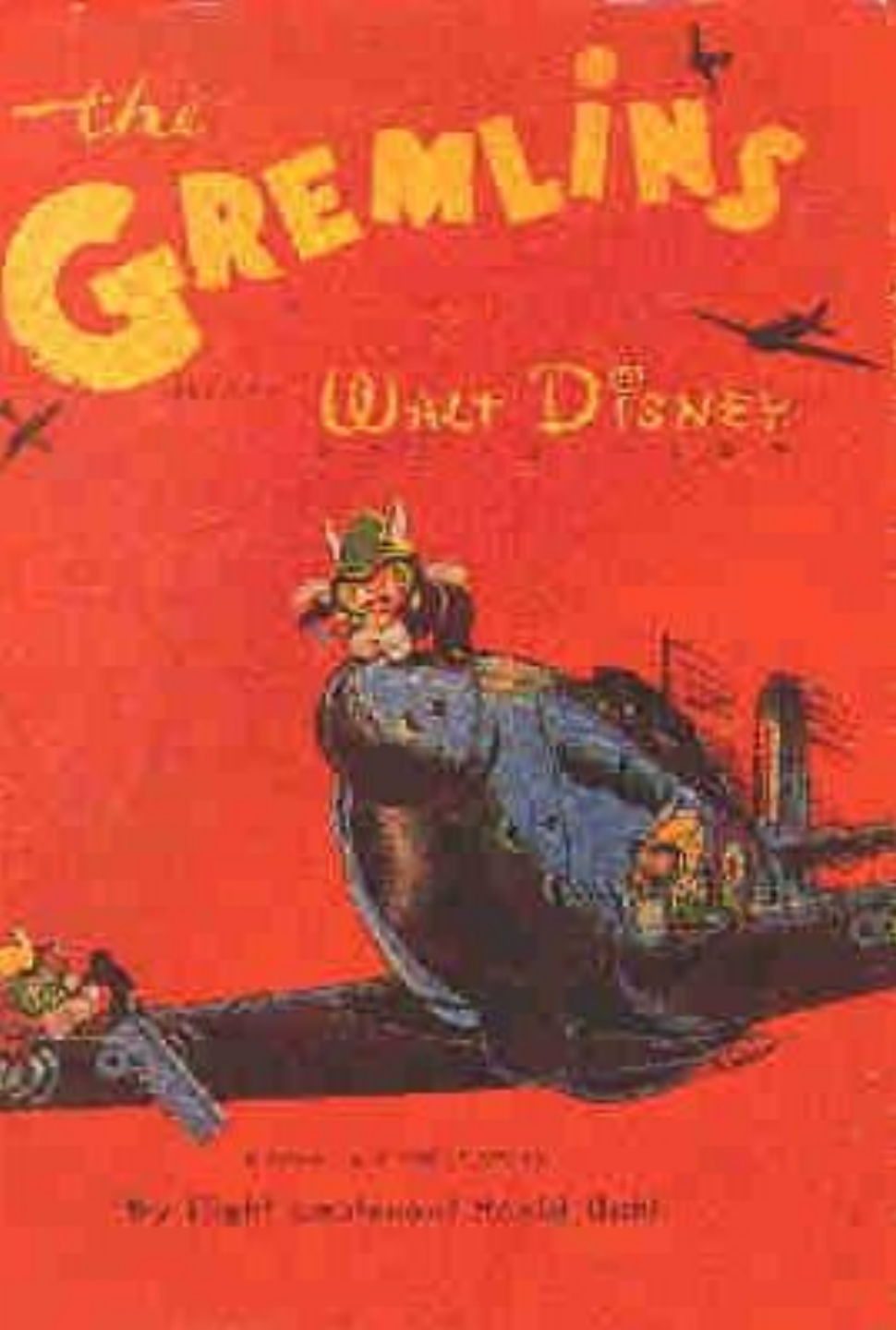
Then we are going to take a few minutes around the visual write some of the things said from the voice of the gremlin.



Name your gremlin. They are a part of you, and as such should be given the honour of a name.



Now, take the time you need to contemplate if you are ready to move beyond the gremlin, or to let it remain. Some you work with may be ready right away, some may still struggle.

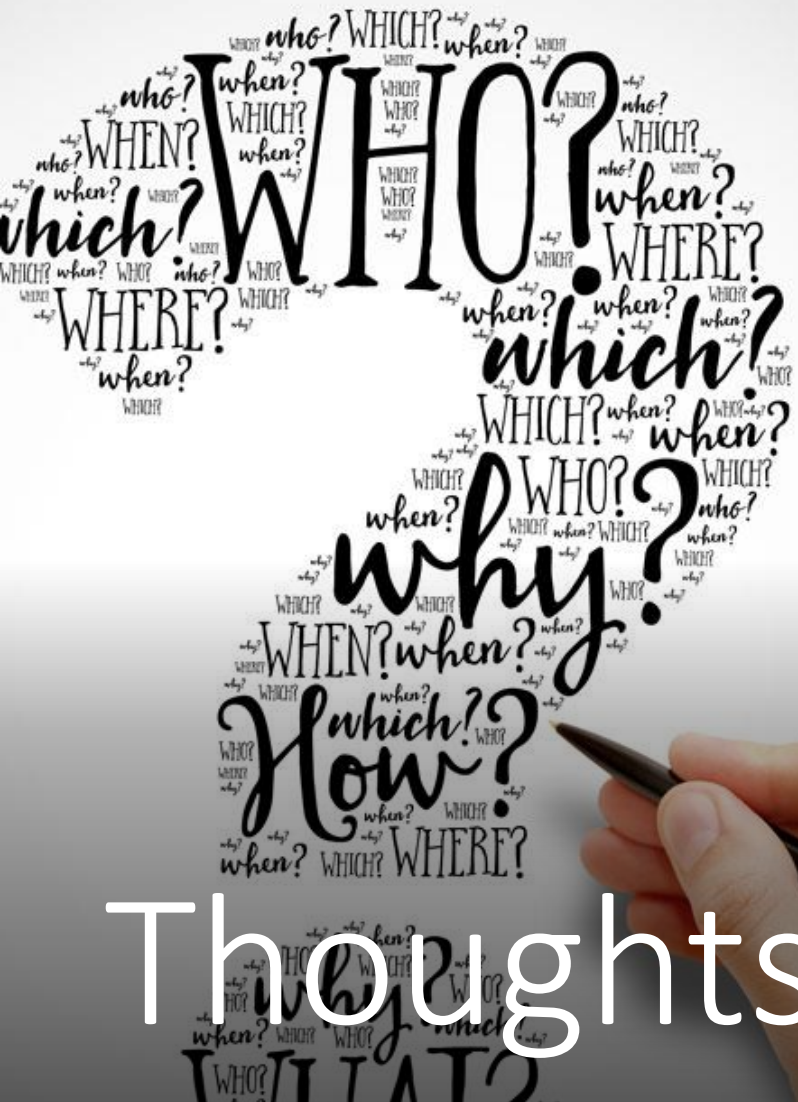


Gremlin Gratitude?

- See the gremlin has kept us safe, even if unhealthy, and gotten us to this point in our lives. If you are ready to say good-bye:
- Thank your gremlin for the work it has done for you, but acknowledge it is time to be whole. I would suggest a destruction ritual of tearing up and the garbage or burning.
- This does not mean the gremlin is gone forever, it may resurface, but you have named it, and now can tell it to go away when it surfaces again.
- If you are not ready, that is okay, share about your gremlin with a confidant, and set a specific time and place to revisit. Accountability is the key with doing this type of work.



As you explore
External belonging
with the belonging
pyramid...what
communal gremlins
exist?



Thoughts/Questions



Closing Time

- Thank you all for your work today!
- Thank you for the wrestling with the internal & external things that keep us from belonging.

Thank you

