

ADVENTURES WITH EDGES
Exploring Unknown Territories

Mildred Akinyi Opondo

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INTRODUCTION

It was a chilly morning, one of those ordinary days—or so I thought. I was up early, so I decided to give my car a little extra time to warm up before heading out. I went back inside the house, thinking to myself that maybe today would be one of those rare lucky days. I grabbed my lunch box, water bottle, and bag, and as I settled into the driver's seat, I said a quick prayer before heading off to work.

As I drove down the quiet, deserted forest road, a thought crossed my mind: how eerie and unsettling this place could feel without anyone around. While I was lost in that thought, I spotted a vehicle coming towards me in the distance. It was swerving on the road, and a wave of fear washed over me. But something deep inside urged me to keep driving—maybe the driver

hadn't seen me. As the car drew nearer, my fear intensified. Just as I realized the car was nearly upon me, I swerved carefully off the road. But due to the panic and tension, my car picked up speed and veered further into the forest. I gripped the wheel, my eyes squeezed shut, while my hands desperately tried to engage the handbrake—though it wasn't working. I stamped the foot brake, but there was no response.

"Please, God... preserve my life. My children shouldn't become orphans like I was," I whispered, praying with everything I had.

Just as the words left my lips, the car came to an abrupt stop. Slowly, I opened my eyes and saw a massive tree in front of me. I had never noticed it there before, and for a moment, I wondered where it had come from. But there was no time to dwell on it. I pinched myself, checking to see if I was really alive and if my body was still intact.

I opened the door slowly and stepped out, my legs shaky, still in disbelief that I was somehow still breathing. I stood there by the side of the road, confused and stunned, trying to make sense of everything. Cars passed by, honking, but I didn't even notice—my mind was elsewhere, replaying how I had narrowly escaped death for the second time.

This took me back more than thirty years ago when I survived a terrible fire that nearly took my life. I was told I spent weeks in the ICU, and one day, my father prayed to God, asking Him to spare my life, even if it meant his own. Not long after my recovery, my father passed away. This, I realized, was the second time God had chosen to preserve my life.

I snapped back to reality when two men pulled over, parked their car, and approached me. They asked if I was alright, and I turned to look at my car, now badly damaged. They followed my gaze and asked if anyone else was inside. I told them I was alone. They kept asking if I was okay until a truck from the Kenya Power Company arrived.

The men helped pull my car out of the forest, and as everyone stood there, I couldn't help but think: another chance to live.

Second Chance

The process of unfolding the miracle of this experience has shown me a new direction in my "second chance" life. In this process came the death of an old identity and the flowering of a new one, though also beautifully familiar. Going back over the nearly dreamlike experience, I discovered that God's help came in the form of this immense tree. The tree actually and miraculously saved me by stopping my car. I am grateful. And wanted to receive her gift for me. In my second life, I look to the tree for guidance in my new direction. I communed with her in my innerwork to discover her message for me, allowing myself to shape-shift, and become her.

First, I experienced an unimaginable strength and stability, deeply rooted with an unshakable presence. Following this energy, I also experienced a new kind of calm and serenity. This presence became filled with love. A love that flowed abundantly through me. I loved Mildred, and I loved loving through Mildred! At some point it is very hard to say who is who 😊 I, as Mildred in her second life, felt such a joy to be filled with this love, and by the gift to share it! Many of my questions surprisingly got answered. I had been debating about my resources, and how much I could afford to give in a specific situation regarding a child needing my care. In my new life, there was no question! I knew – Oh, I will LOVE loving that one! And from here, I realized that I love meeting others in dark places, joining them, and helping them out. Hence – my path as a teacher, as a lawyer, and as a therapist. My journey to become a coach started before I even knew about it! Now, although life with this perspective is somehow brand new, being moved by love has been my way since I can remember, maybe since my first meeting with death. In this paper I will show my journey, how I was always practicing these skills, and how I am now discovering things that I always knew, so that I can enjoy and follow them to continue on my joyous path of love. To me this often means joining a person in a moment of despair, and assisting them through it. Learning about how to identify and work with an edge has been especially helpful tool for me in my own life, and to assist others in moments of great challenge, when what is known and familiar is no longer working, and what appears to be on the other side looks unknown, impossible, and most often terrifying. Although my paper is autobiographical in nature, after each personal story I highlight a theoretical concept and/or practice from process work that is relevant to the story. I use this format as a way to understand better the wisdom of my life journey and the one in me who guided me through many difficulties, and additionally, as a way to better understand process work concepts and applications, how they are relevant to me in my own life, how seemingly I had a tacit knowledge of many of them since I was very young, and how knowing them explicitly allows me to apply them more impactful in my own life and work as a coach. I will begin by briefly introducing you to Processwork Psychology, in case you are not familiar with the paradigm.

INTRODUCTION TO PROCESSWORK AND THE EDGE

Process-oriented psychology, also known as Processwork, is a holistic approach to psychotherapy developed by Arnold Mindell, a physicist and Jungian analyst. It is an awareness-based approach focusing on inner and outer experiences, including body symptoms, relationship issues, work-related dilemmas, night dreams, and the full spectrum of everyday life. It is rooted in Jungian psychology, physics, Taoism, and shamanism.

A few of the many key concepts from Process-Oriented Psychology that are especially relevant for me and my work are the concepts of the **dreambody**, **primary and secondary processes**, and the **edge**. I will focus on these terms explicitly in this paper, and I invite readers to explore other sources for a deeper understanding.

The concept of the *dreambody* suggests that the patterns in our night dreams are mirrored in the patterns of our body disturbances, relationship issues, and struggles with the external world. There is wisdom in these underlying patterns, which can be discovered by differentiating between the identified and the unidentified aspects of our experiences.

The wisdom of the dreaming body flows through different channels of experience. These include:

- Proprioception
- Relationship
- Visual
- Auditory
- Environmental/World
- Movement

The **primary process** refers to aspects of experience with which a person identifies and considers acceptable. The **secondary process** refers to experiences that feel unfamiliar or forbidden—often aspects we do not identify with—and which embody the unknown.

Edge

Let me define the term *edge*:

An **edge** is the boundary between what is familiar and more known (Primary Process, or “u-energy,” identity) and what is less known, often forbidden and uncomfortable (Secondary Process, or “x-energy,” non-identity). Edges represent thresholds where individuals confront uncertainty, unfamiliar emotions, or discomfort. When a person reaches an edge, they may

experience fear, resistance, or confusion. However, these moments of tension offer powerful opportunities for transformation and growth.

Processwork can help individuals bring awareness to experiences that are marginalized or suppressed because they fall outside the boundaries of their everyday identity. A process-oriented facilitator assists by helping bring awareness to these edge experiences—deepening into emotions that feel threatening or exploring new ways of being in the world, at work, or in relationships.

No edge exists without **edge figures**—these are roles, thoughts, values, or viewpoints from personal history or society that guard the edge and inhibit movement to the other side.

Examples include:

- “You can’t just sit there and do nothing!”
- “That’s not who you are!”
- “People will judge you.”

These are internalized messages that keep us from exploring the unknown.

What some therapies might call avoidance or resistance can often be understood as the presence of an edge. Rather than framing these moments as problems, Process-Oriented Psychology explores the **information that is present**, with curiosity and openness.

For me, the edge is a never-ending source of growth, adventure, and challenge. That’s why I’ve placed it at the center of this work. 😊

Working with Edges: My Personal Experience

Edges often show up for me when I feel stuck, helpless, or unable to decide. I may feel that something isn’t quite right but can’t name it. This could be something simple, like choosing a dress for a party—or something deeply life-changing, like ending a long-term relationship or losing a loved one. When I sit with myself at the edge, I often discover unexpected, creative, and effective ways forward.

Through the process of crossing edges, I have found surprising openings and new possibilities. Reiss (2021) explains this beautifully:

“An edge is a doorway where we hesitate and may freeze when going into new territory. Much of Processwork is based on our going over the edge. We know we are at an edge when we begin to circle, when we don’t complete our speech, our feelings, and/or our movement. We start moving then we stop. We start feeling then we cut off our feelings. We use words such as, ‘I

cannot do this' or 'I shouldn't feel this.' All these family and cultural limitations come up. We process these and go beyond them." (p.17)

In my experience, working with edges is not always easy—but it's always worthwhile. Theory alone won't help you cross an edge. It takes a real, embodied, and personal encounter to move through it.

That's why I am sharing my own edge experiences throughout this paper—not only to reflect on my own growth, but also to show how process-oriented psychology has helped me, and can help others too.

In the next section, I will share five key edge experiences that have shaped my life.

For me, the edge is an endless source of adventure and challenge, which is why I have placed it at the center of this work 😊

In my experience, working with edges can be both exciting and adventurous! Finding and working with the edge is a complex process. Edges are contextual, in relation to a personal disturbance. That is why my narrative is personal and detailed. Theory on its own will not cross an edge for you! the magic is in the real life, nail biting experiences that unfold!

Now that I have introduced you to the concept of the Edge, I would like to share with you my own practice of crossing edges, which started long before I knew anything about the term, edge! I hope this might inspire and encourage you also in your journey.

For easier reading and understanding, I will give you a short overview.

In the following narrative, I will share examples of 5 different types of edge experiences that I have worked with over the course of my life, and explain their significance in process work terms.

- The first occurred at a pivotal moment when I was a small child, and crossed an edge, guided by what sounded like a wise and encouraging inner voice.
- The second was a challenging experience that nearly forced me into a new identity. I transitioned from being a more relationship-oriented person to becoming a scholar, as a result of negative relationship experiences in school which motivated me to focus on studies rather than friends, transforming me into a dedicated student.
- The third edge involved establishing relationship boundaries. As I embraced my new identity as a scholar, and developed a sense of confidence from that, I found it necessary to reassess my connections with others. Over time, I learned to create healthy boundaries by recognizing when painful situations arose—either by addressing them directly or choosing to distance myself from certain individuals.

- The fourth edge relates to navigating my role as a woman in society, grappling with the inner conflict of how to assert myself in a variety of situations. This exploration developed gradually as well.
- Lastly, I will show how an edge can be crossed within the context of a personal coaching session, using the process work methodology. In this example I will show how I gained awareness of the contrast between my old identity and my new one.

MY LIFE - MY EDGES – MY PATH

EDGE Type #1 – Crossing my First Edge

Processwork has become part and parcel of me and it triggers so many things in my inner being as every day presents itself with new revelation and realization. Here is part of my story. A small girl in the village of Nyadhi in Siaya County, Kenya is orphaned at a very young age and presented with a life like a mountain of ugali (a thick, usually cornmeal porridge and main staple in Kenya) to try eat and finish. The ugali is huge in such a way that I cannot see the other side of the table and have no idea what awaits me on the other end. With tiny and fragile fingers I try taking the ugali but not only is it big but also so hot! I have to cry whenever I plunge my tiny fingers in it because I am so hungry but it is too hot and huge.....sobs! How could the world and life be that cruel, I cry with tiny sobs as tears flow like a river finding its way into an ocean.

A sound whispers to me to keep trying the ugali bits by bits because I will be thin and die if I don't do my best. I follow the inner voice and swing my fragile and tiny fingers in the air to cool off as I tell myself how strong I am. A flash of my favorite song crosses my mind and I sing to myself,

“Rao rao, rao rabet, gino okalo kaa, wololo wololo, gino onyono piny!”

“Elephant Elephant, Big Elephant, that thing has passed here, ooh ooh, that thing has stepped on the ground!”

I then became the elephant and take my hands into the ugali and take a big slice and very fast dip it into a plate of vegetables as I blow it to cool off. Then slowly put it into my mouth. The feeling is heavenly since I feel like the elephant and at any time I would step on the ground, I would shake it hard.

Wow! looking back, I am impressed with how I could so easily become the elephant! This was a completely new identity. ***The tiny frail girl crossed a big edge to become a big powerful elephant.*** And with this identity shift/crossing of the edge, the mountain of ugali was no match for me 😊 I am encouraged now when I encounter new edges in my life to know that I have a natural ability to switch out of “comfortable” identities and venture into new worlds – Adventure!

In the next pages, I will show more examples of edges and the adventurous journey of crossing them throughout my life.

Edge Type # 2: Identity Shift in Relationships and Relationship Edges

The following example portrays the crossing of an edge from one identity to another, sometimes due to outer circumstances that catapult us forward, and the process of re-orienting with the new identity in the relationship channel.

My Personal Relationship Story

When I was young—I can't remember exactly how old—I got a serious burn that left lasting marks on my face, left arm, and thigh. Growing up, I didn't know how to embrace these marks or personalize them as part of my identity. Both children and adults would make fun of me and call me names. This led me to feel isolated and low, and I secluded myself whenever possible. I couldn't trust anyone, even those who seemed to offer genuine friendship, because at some point, they would use my vulnerability against me.

Because I was often alone, I turned to academics. I studied in a rural village school and poured my energy into my studies. Every closing day, I would emerge as the best girl in school! This gave me hope and boosted my confidence. Outperforming those who mocked me became a source of joy and validation. Over time, I discovered a deep academic talent and a capacity for perseverance. Knowing this about myself has helped me navigate many life challenges independently. What seemed like misfortune became a gift.

Identity – Before and After

Eventually, I began to explore relationships—cautiously. Reflecting now, I see that what allowed me to step into the world of relationships was my ability to switch from the relationship channel to the world channel (focusing on my studies and path in the world). While my original identity craved connection, I was compelled by circumstance to focus on my life path. This helped me mature emotionally and psychologically, and spiritually, more quickly than many peers. *The strong sense of self I developed empowered me to revisit the relational world with more confidence and joy. In the next section, I will discuss navigating relationship edges.*

Psychological Boundaries in Relationships

Just like physical boundaries, psychological boundaries help differentiate between “self” and “other.” In my personal relationships, I often felt overwhelmed because I couldn't distinguish my own feelings from those of others. At times the feelings of others were transposed into negative inner critics. My past difficulties taught me to set strong boundaries to protect myself.

Closeness was at one point difficult. The slightest signals of intimacy could trigger ridicule or rebuke. Over time I learn to recognize these moments of “shutting down” and respond when it feels right, as I described in the previous example. It's been a long journey and I expect it will continue on an adventurous path. Gradually, I've learned how to balance the need for personal space with the wish for connection. Building healthy boundaries remains an evolving process. In the next section, I describe and example of this evolving process, navigating relationship edges.

Edge #3: Navigating Relationship Edges

Human Relationships and Spirit

As I shared, I have had many painful relationship experiences in my life that initially caused me to pull away. I developed the capacity to be a self – sufficient hermit, to rely on myself alone. This is crucial in my life, and I am very grateful for my self-reliance. However, I also seek connection and enjoy being close to others. Relationships with friends and family are one of my greatest sources of joy in my personal life, and a key aspect also in my work life, as a teacher, coach, and facilitator.

The process of allowing myself to be close to others, and them to me, has been complex. I will share one of many examples here, to describe how over time I have navigated through the ups and downs of relationship challenges.

My mother died when I was young. She had an older sister, my aunt, who I lived with for periods of my life. This situation was difficult for me, as I was not taken in as her own, and many times I felt lonely and isolated. However, I stayed connected with her and her children, and assisted her daughter to find her place in the world. Even so, she told her daughter not to talk to me or my sister, and I was blocked from all contact. I was of course very hurt.

As time went on, her daughter reached a crisis point in her life. She returned to Kenya from Dubai, and had troubles with the process of settling. Her house upcountry was leaking due to a bad roof, and she was lacking funds to repair it. She seemed to be on her own. I found myself feeling bad for her. Something in me wanted to help. I gathered family members to assist in renovations for the roof, and then the entire house. They appreciated it.

I wondered what allowed me to open up to her and to assist, after being so hurt and excluded by her. The path of revenge was wide open for me, I even felt maybe I should go that way, that's what most of the world tells me to do - but my deeper being didn't want to. ***I had to cross a relationship edge.***

Something in me wanted to connect, and allowed me to reach deeper and beyond the circumstances of everyday life. First, I felt the spirit of my mother in the background, not being happy with me pushing her relatives away. This inspired me to go beyond my personal hurt and connect. Maybe even more powerful was my connection with something eternal, with the spirit behind individual lives, that I am very close to. This spirit moved me to relate from a deeper place, to love from a place beyond my everyday hurts and concerns. So I did ☐

This process facilitated a new space in the relationship, and even brought out the beauty in my family members as well, as they were grateful. Through the many years on my own, having to fend for myself in so many tough circumstances, I found support and love from spirits beyond human form, and learned to rely on them. This sense of spirit in the background guides me, and also allows me to open up to humans, knowing that if I get hurt (which likely I will at some point in the trials and tribulations of relationships) this force will be with me, holding me and helping me through. This connection with spirit allows me to cross relationship edges that at one point

would have been impossible, and to enjoy the beauty of some human connections as they are given to me along my path.

Long-Term Edgework and Where I Am Today

This process of entering relationships illustrates long-term edgework. I moved from comfort in solitude to engaging with others. The burn marks challenged my self-worth, but they also revealed my strength and my ability to connect with an eternal source that is always there. Although I wasn't always aware I was at an edge, my inner wisdom guided me. Today, I can cross edges more consciously—expecting disorientation, but embracing the growth that lies beyond. I also help others in this process, knowing it is painful, but truly rewarding.

Now I will demonstrate some of the ways that edges in relationships and inner work processes can be worked on applying process-oriented methods.

Relational Edges and Facilitation

Edges also show up in how people relate. In relationships, edges often appear around communication, values, or differences. They are related to cultural values and cultural norms in communication. These can lead to conflict or, if consciously addressed, deeper connection. Process Oriented facilitators can help individuals notice and work through these edges, opening doors to new ways of being and relating.

Working with Polarities

Polarities are internal opposites—conflicting sides of the self. For instance, a teenage boy might struggle between the desire for independence and the need for connection. These inner conflicts can feel like "either/or" situations, and are most often related to roles in the field, shared by the larger culture. Process-oriented facilitation can help us become aware of these polarities, not to choose one side, but to discover the wisdom in each and find our own way to navigate depending on the circumstances.

Edge Type #4 Personal Example of Facilitating Opposing Inner Forces

Polarities within the larger social field often play out in our individual personal experiences. For example, in my life as a woman, I often struggle with an inner conflict in various situations around *passivity and assertiveness*—especially regarding issues affecting women in Africa.

One morning, I received a strange call from one of the ladies I once worked with closely, but due to transfers and other things, we had lost contact completely. That fateful morning, I had barely woken up, so my sensory system was still quite relaxed. I became fully awake when she screamed that she was dying. I had to sit and calm her down so that I could get all the information. Her voice was shaky as she narrated how she had become involved in a relationship with a married man, and the man had moved into her home. She didn't know he was a monster, and she had been going through gender-based violence silently, thinking things would get better. Things worsened to the point that he nearly chopped off both her hands.

I was shocked, but at the same time, something inside me was telling me that I should feel sorry for her for selfishly keeping someone's husband and father (my passive side). But at the same time, I was extremely angered that a man would lay his hands on a woman—especially one who had gone out of her way to host him in her home (my assertive side came out). The same conflict was also running in her mind. She felt she hated herself so much and, at the same time, hated the man deeply.

In this case, my assertive side was needed, and I followed it, pushing away voices in me that suggested I should remain passive. I stood by her in the fight, picked up the aggression that had turned against her, and channeled it to protect her from her inner criticism and the outer situation that was dangerous. I took action and got her physically out of that situation. This was not a moment for passivity. In the days to follow, we also worked on her own edge to move out of that situation.

In this context, my “receiving” side was needed to understand the emotional complexity of the situation. Because this example is meant to show how I work with my own inner polarities, I will not go further into the case about this colleague.

Both these aspects—“passivity” and “assertiveness”—are needed in certain moments. I can go between them depending on the circumstance and access a more fluid and adaptive way of engaging with the world, rather than feeling stuck in one extreme or the other end of polarity. To do this, I have to become aware of societal pressures that dictate how I should behave within this context as a woman, and navigate the way that is right for me in the given situation.

The process of working with inner polarities and crossing edges is an ongoing, dynamic process. For me, it requires patience, willingness, and self-compassion to embrace the complexity of my own experience. In other circumstances, I need to put a hold on my more assertive side, as the timing might not be right to come out with a strong viewpoint, which could damage my position in the workplace or within an important relationship.

This is a rocky road for me to navigate, and I enjoy the ongoing challenge.

ABC's OF WORKING WITH EDGES

It sounds simple, maybe, but in practice it's not 😊

Edge Type #4 This example presents a concrete example of working with an edge in a personal session. The edge work described in the previous chapters unfolded over time. What follows is a specific moment of crossing an edge—and then the ongoing practice of integrating awareness around that edge and its related polarity.

Example 1: Working with Dr. Ellen

i. Topic/Issue – World Channel disturbance: Finances. I have two teenage boys, both still in school. Schooling in Kenya is not cheap. I also need to ensure all our bills are paid on time to avoid additional charges or service cutoffs. At the same time, I really wanted to go back to school and finish my studies. This would help me switch jobs and get a break from my current position, which is low paying, time consuming, and somewhat monotonous. However, my current income didn't allow for all this to happen—I was on the edge.

ii. Dreamdoor – I set aside the issue and worked with a dream. In my dream, I was signing final papers to leave my current job (which is my main source of income).

iii. Unfolding – I “shape-shifted” into the experience of signing the papers and, surprisingly, discovered a deep sense of calm and contentment. As I followed this energy and made space for it, I found myself in a yogic meditation posture. My mind felt at ease and my body relaxed. From this perspective, I knew the universe would take care of things as needed.

I realized that my usual self would be to work harder, worry more, and push myself to find a solution—but that wasn't necessary. I felt relaxed. Throughout my life, these situations have always resolved themselves, and now my task is to remain centered and “do nothing.”

iv. Notice and Process Possible Edge Figures – My personal history and cultural context strongly reinforce the belief that when facing a problem, one must work harder or do more. I heard an inner voice say: “How can you just relax when everything is falling apart? This isn't you! You've got to do something before everything falls apart right before you!”

My challenge now is to notice when I catch myself worrying or pushing too much for my own well-being and to re-connect with this inner calm.

The World is New After Crossing the Edge

This adventure with the world channel edge began with me feeling stuck, worried, and frustrated. I believe many people experience this and may fall into depression or illness because of it. I was heading in that direction, too, since I had no clear solution for my financial edge. By

working with the dream, I found an entirely new door that hadn't existed before. I used this door to unfold the edge, gaining a totally new, healing, and refreshing perspective.

It was like walking in the desert and discovering blooming flowers hidden under a rock—unexpected and beautiful. In the spirit of adventure, I realized that traditional norms of confronting problems head-on could sometimes do more harm than good. Now, whenever I encounter an edge, I explore it through whatever channels are available and see how far and deep I can sail in and out—that's the adventure.

AND FINALLY - WHY I LOVE WORKING WITH EDGES!

Accessing Unknown, Exciting Experiences: Edges often point to hidden parts of ourselves—experiences and feelings that may have been repressed or overlooked. By working with these edges, individuals can access deeper layers of self-awareness and healing, and perhaps most importantly, experience more joy and possibility.

I recently sat for my final entry exam and passed. After receiving a letter from the institution stating I needed to pay three-quarters of the tuition fees, I realized I needed to work on my financial edge. I came to understand that **wanting** to study is very different from **actualizing** that dream and overcoming the edges that come with it.

Facilitating Transformation:

On one side of the edge was my known identity: I am a single mother with two boys, burdened by school fees and many bills. I cannot afford to think about my own education or career. That was my familiar reality.

On the other side of the edge, I discovered a different identity—one filled with passion for study and learning. I realized that in my everyday identity, I believed I could not afford to be a learner. I was “the responsible one.”

But the emerging identity—the one beyond the edge—was that of a student, a seeker. I realized I am also a young person with a life ahead of me. I will continue to study, take my time, and save the money I need to fulfill this dream according to my own dreampath.

I think you can see from reading my story the adventurous, magical life that has unfolded for me as I have crossed edge after edge. In some ways, it’s like a mini death and rebirthing experience each time along the way. ***My “second chance” occurs in mini experiences throughout my life.***

This paper explores the adventures of working with edges in Processwork psychology. I realized that edges are part and parcel of life, and every time I wanted to do—or not do—something, edges were at play. I have shared my personal experiences in the various chapters of this thesis to help others relate to and explore the adventure of working with their own personal edges.

In Chapter One, I introduced the concept of working with edges in Processwork psychology. I also reflected on an early life experience where Processwork may have first revealed its presence. The chapter provided a glimpse into the work of the founder and legend of Processwork, Arnold Mindell. It is through his profound insights and generosity that Processwork continues to thrive.

Chapter Two explored edges in relationships - as psychological boundaries, the role of edges in transformation, and the relationship between edges and polarities in my own life. I elaborated on how edges serve as boundaries between the more known and less known aspects of the self, and how they highlight areas of potential growth. I also examined how polarities represent internal conflicts and their role in personal development.

Chapter Three demonstrated methods for working with edges, using a practical example from my personal session with my main coach. It shows the process of identifying the edge, crossing it, and the new world that emerged for me as a result of my new perspective on the other side of the edge.

I show how an identity shift resulting from identifying and crossing an edge can lead to a new life design and path.

Working with edges in Processwork psychology is a transformative and adventurous journey that calls for openness to the unknown and a willingness to embrace discomfort. It highlights the potential for personal growth through confronting resistance and moving through life's boundaries. The adventure of working with edges is not just about overcoming resistance, but about discovering the possibilities for growth that lie hidden in the places where we feel stuck or challenged.

I am passionate about this area of focus, and will continue in my life to enjoy and struggle with my edges and working with those of others. This is a complex, rich, and full area of study. I hope this work has opened the door for intrigue, curiosity and further study. There is so much to explore and discover! I hope you might join me on this quest 😊

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DEFINITIONS

DEFINITIONS

Process Work: Also known as Process-Oriented Psychology, this is a holistic approach to understanding and working with human experiences, conflicts, and group dynamics. Developed by Arnold Mindell, it emphasizes the exploration of unfolding processes to promote awareness, transformation, and integration.

Edge: The psychological boundaries or thresholds we encounter when facing intense emotions, conflict, life transitions, or phases.

Consensus Reality: The shared everyday reality that is widely accepted within a culture or society. It includes facts, norms, and social expectations.

Dreaming Level: This level includes symbolic, metaphorical, and unconscious experiences such as dreams, fantasies, and visions that offer insight into deeper aspects of life.

Essence: The core, authentic self or fundamental nature of a person or group. It transcends conditioning and personal history and reflects a deeper identity.