

**Humorous Process Work:
A Personal Journey Through Deep Democracy**

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Introduction

In this article I'd love to share how my Humorous nature and Process Work came to meet. I found it interesting to share this with you.

For me, humor and play are deeply connected to Process Work. Role-playing, theatre methods, and playful exploration are central to uncovering hidden dynamics in individuals and groups.

My article explores the intersection between my humorous personality, and principles of Process Work developed by Arnold Mindell and as I learned it in my studies with the Deep Democracy Institute International (DDII).

Using personal experiences from childhood to professional life, I reflect on how humor has shaped my identity, resilience, and leadership, and how Process-oriented Psychology has given me tools to integrate challenges, inner critics, dreams, and altered states. The study highlights the role of humor and creativity in personal growth, community dialogue, and conflict transformation.

As a comedian, I learned that humor builds resilience, social bonding, and creativity. It is also a tool for navigating difficult emotions and building relationships. Humor has always been central to my life. From childhood encounters with animals and playful cousins, to struggles with authority and career choices, humor has been both a survival strategy and a gift. Later, Process Work helped me understand inner conflicts, dreams, and group dynamics. Now I don't have to only rely on humor for survival, I have some inner work tools to facilitate a conflict. Like right now! I need to pause a moment to work on myself.

Reading this last draft, I notice that finishing this thesis, I was so overwhelmed. At first I didn't notice I was overwhelmed, I just told myself a story: "You have so many things to do, this is too much, just forget it". Then a moment came that I could no longer avoid the finish.

So now I am stopping and doing my inner work:

One role: I am so excited, I'm finishing my bachelors, degree, I'm finishing my Process Work Diploma, I'm going to be a dad any day!"

Critic says: you are going to fumble, you're not going to make it, even if you finish your bachelor's degree, maybe you're not going to find a job, and with your finances you might not be able to graduate from uiniversity. You are going to be

a dad, but you might not be a good dad, all your childhood bad experiences will come in between.”

This kills my morale. I go on the side of my inner critic: You are right.

Then I push back to the critic: I've worked hard, I've worked on myself for years, I've worked on my Process Work path. I have to finish. This is the last part. I can celebrate later, but I have to finish this first. The last peak of the mountain. I have come from far, this is the last peak and I will have conquered the mountain.

So now I am ready to finish my final draft! Thank you for your patience and helping me do this dear reader!

In this article I share how Process Work has influenced my relationship with my life experiences, specifically in:

My childhood humor and creativity; encounters with authority and suppression of humor; my comedy and theatre journey; my experience of meeting Process Work in DDI Process Work seminars; work with inner critics, dreams, group process, and altered states.

This text is not a traditional academic thesis. It is a reflective and narrative exploration of how humor and Process Work have intertwined in my life and the insights I have gained.

Growing up free in nature: Childhood humor and identity

Growing up with my grandmother and uncle, I found humor in animals, rivers, and nature. Humor became part of my identity and social acceptance.

In my childhood, that's where I got in touch with my Humorous self because I found it fulfilling to laugh and be able to make others laugh. I used to live with my grandmother and uncle and my young cousins (same age as me). The nature around me was welcoming and I couldn't help it but to notice animals and trees around me and I looked for humor in them which made me popular among my fellow children. I would say my uncle played a big part in making humor in everything.

Also I loved the sound of rivers, the trees and the monkeys playing around in the trees. Also domestic animals, cows and goats and sheep, especially the young ones who would always jump around with energy and their playful nature. I would join them to match the energy and also to be more creative in a humorous way and this really fulfilled my heart.

Moving away: Conflict with authority

As the years went by, I moved to a different environment where there was no such freedom. It was rules and technology. Television was the entertainment. I could only watch the people being in their Humorous form and energy and be free to do what they want in the television and movies but I wasn't allowed to do it because the new environment with my mother as the authority figure imposed strict rules on me. I was not allowed to be Humorous. I felt like I am being held back from being myself. This was the worst feeling when growing up.

Living with my mother introduced strict rules that suppressed humor. This created an inner split—seriousness at home versus humor in public.

When in school, I would go out and explore this bubbly energy and my Humorous side with my schoolmate and they loved it and also it would make me feel whole and satisfied. When I go back to my mother's house, I saw her as always serious and didn't entertain any humour. Her strict rules didn't always sit well with me. I should not go out to play. I should not imitate what I see on TV. I should sit still and behave like a city child. I am not allowed to play around outside. I am supposed to look clean and mature like a grown up.

So I had to fit in. At home I'd try to be this serious Child who doesn't like humor But I did a very bad job. In public I would be myself and be bubbly and energetic and humorous. Few years after I finished my high school I left home seeking to be myself, free from my authoritative mother and to explore my humorous and bubbly side.

My comedy and theatre path

I was accepted and made friends with many people for my bubbly and humorous personality. Through jobs as a waiter and janitor, humor continued to shape my interactions. Encouragement from others led me to pursue stand-up comedy. Auditions and performances brought challenges and self-doubt.

I was working as a waiter and at times as a janitor and I would still be a humorous waiter or a humorous janitor full of energy. People often came to me and shared what they are going through in their life and how difficult it is for them and they kept asking me the secret of being happy and energetic like me.

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I felt good being noticed which made me be more energetic. Other people would come to me and say to me that I am in the wrong place and that I was supposed to be in a theatre somewhere entertaining people or doing comedy. This was my Aha!! Moment. I decided I need a bigger audience to share my bubbly, humorous and energetic personality.

So I started my journey to become a stand up comedian and move to Nairobi. In my first few auditions as a stand up comedian I failed and this started killing my momentum because the ones auditioning me were very serious and they weren't as I expected.

This really challenged me for some time. I would meet other comedians, and they would tell me that I am a very funny person but when I went to auditions I would fail.

After some few trials, I got a chance to perform my first stand up comedy but it wasn't as I expected. The audience gave me a hard time – not welcoming my art with the same energy as my friends did. This made me start doubting myself.

I did several stand-up comedy shows most were not as I expected, except one that was on national television which I gave it my all. Good energy from audience but less appreciation from the organisers. This one show made me think of trying to move on and maybe try something new.

Reading over my draft, I notice two experiences with a similar pattern. One is free and bubbly and playful. This is the part of me I love and identify with as “me”. The other one is strict and serious. This part I don't identify with or like.

But I need this strict serious part to finish my thesis! 🙄😞

Later on I will explain Process Work concepts behind this pattern.

My Process Work Path

I had this inner struggle to figure out what to do next with my life and still be allowed to keep my bubbly and humor energy which I always feel is part of me.

A chance meeting led me to DDI seminars. One day on a matatu(bus) I was still in my thoughts of what to do next. I sat beside a lady who I felt was disturbing me as I was trying to think about my next step in life. She was looking for something in her bag and her elbows were disturbing me, so I decided to confront her tell her that she is disturbing my peace.

When I went to confront her, she had already found what she was looking for and it was a brochure inviting me to a Deep Democracy Institute seminar which was happening in Kenya. I accepted it without giving it much thoughts and we exchanged contacts.

Little did I know at the time, that her behaviour (rustling the paper in her bag which was annoying me while I as contemplating my next step in life, was my next step in life!!! Ha hah ha now there is a good joke 😂).

The next few days, she was persistent in trying to make me sign up for the seminar. I wasn't giving much attention because I was trying to figure out what to do next with my life. Her name is Jennifer Mwikali (one of the first Process Work diplomates from DDI in Kenya).

So as she was so resilient, I decided to give it a try and that was the best decision I ever made.

Meeting Process Work: x + u

On my first day of the seminar, the topic was Inner Critics. Max Schupbach was the teacher. He started talking about inner critics as two voices inside us. One that voice we identify with and the other one we don't identify with. He called them U and X.

U- being the voice we identity within our daily life – like my humorous bubbly side.

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X- The voice that we don't really identify with or the disturbance energy – like my strict mother, or Jennifer's disturbing flyer in her bag.

It was interesting to me because of what I was going through with figuring out my next steps. I recognized this x and u, because I actually had two voices in my head at that very moment!

One was telling me I wasn't good enough as a comedian and as an energetic person with bubbly personality and I should change, which now identified it as my X energy. The other voice was telling me how my personality has always been fulfilling to me and others around me and people need this energy; that's why they are drawn to me. I identified this as my U energy.

We worked around the inner voices where I volunteered to work in the middle (At the seminars normally people sit in a circle where it allows someone willing to stand in the middle of the circle and demonstrate).

I explained to Max the facilitator about my challenge at that moment and my inner voices. Interestingly he said "how about we play out the voices" and I liked it because there I was back in the theatre role playing! I loved the idea because it resonated with me as a person who was in a performance theatre and loved acting.

So I took on the voice that I resonated with (My U energy) and the facilitator took on the role that I didn't resonate with (My X energy). We played around with the voices and I was comfortable in my U energy.

Then the facilitator asked if we could switch roles. I didn't quite get why but I went for it. I became the X energy where I immediately became serious and started criticising the other side with intensity.

As I was playing this role, I noticed that I was speaking as my mother who was always against my bubbly nature personality. I didn't expect that outcome and so I shared it with my facilitator and he said good job. And he asked if we could switch roles and I go back to my U energy.

When we switched roles he asked what I would tell my mother now because we identify my X energy as my mother. So I told her that I loved this energy and she

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should support me instead of criticizing me. Also I explained to her that it won't stop me from being a serious person when needed.

It was beautiful for me to talk to my inner critic and have an unexpected ally who would always remind me to be serious when needed.

That was like my turning point of life and seeing life in a different eye.

When I discovered the voice of my mother, the authoritative voice, at that moment I realized she didn't mean bad, she didn't want me to only rely on my bubbly side, because many people would not take me seriously. I now saw it in a different eye. The strict side that I hated was also a crucial thing for me to adapt into my life because I also will help me taken myself seriously, not just as a cartoon playing around.

Through the work on my inner critic, I discovered the interplay between my humorous "U-energy" and my mother's critical "X-energy." Role switching exercises deepened my awareness and helped me integrate these voices.

This made me want to attend many more DDI seminars and classes where most of my life started unfolding.

Group process and facilitation

I noticed that group process and Process Work facilitation resembled my previous life as a performer. This experience with Process Work enhanced my understanding of humor: performance and standup comedy. And the other way around, my understanding of performance was enhanced by Process Work.

Group process is just like performing to an audience in my stand-up comedy or acting. My job most of the time is to hold the pot and make sure the audience feels heard and understood. Only difference is in performing you do all the work since the audience is here to see you and support you in your art. In group process, in a seminar set-up we **choose facilitators** who helps in selection of topics and also **sorting** out the **topics** where there will be one topic chosen by the group.

The **facilitators** will then play out **roles** in the topic chosen to bring out **polarities** – two sides of the topic. Sometimes there is one side or role that is more obvious (u), one less acceptable (x). As the group start joining in the

different sides, the work of the facilitator is to hold the space and notice out loud and **frame** when a role gets personal. This is when one member of the group starts speaking up not as a role but something personal he/she has experienced with the topic.

For example: when we talked about victimisation of marginalised groups like LGBTQ+ or gender base violence and someone opens up about their personal experience, a facilitator should be aware and ask if the role is personal so as to give room to **amplify** it by making it bigger and come to a completion – a **cool spot** where there is a collective sense of relief, even if only for a moment, and not everyone may be totally satisfied.

Ghost roles. This is a role that everyone is avoiding speaking up about but the role is impactful. For example, in one group process we were talking about cost of living and poor infrastructure and insecurities and how it's affecting our lives. The Ghost role at that moment, was the government, but the group was afraid to mention it. In our Kenyan culture at that time, nobody was supposed to say bad things about the government because it was considered treason. The facilitators should be aware and try to ask the group if it could be possible that it is the ghost role?

Hotspots. This is when one member mentions something and the whole group bursts out against that one member or maybe one member mentions something and the rest of the group laughs. The facilitator should be aware and use his/her **rank** as the facilitator to call in that hotspot so that the group can try to unfold the hotspot.

Example: One time I was a facilitator in a group process where the topic was gender-based violence. In the group process, one male member stood and shouted "some women deserve to be killed because they use men to pay for their bills and also school fees then once they get what they want they leave the man who has provided for them and goes off and marry another man. Such women deserve to be killed."

This made the whole group especially the female burst in anger against this man and started cursing him. This was a hotspot. I immediately jumped in the middle and called for a hotspot which was a hard task since all the members were angry. Luckily after a hard attempt and help from my fellow facilitators, the group calmed down and gave us a chance to try and unfold the hotspot.

At the moment when they calmed down, I didn't know the direction to take because the whole group was angry, so I decided to trust my awareness and ask the man if he was speaking personally or if he was playing a role. He was

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reluctant but then he said that he once had this lady whom he did everything for but then she went on to marry another man and this one hurt him a lot.

One lady responded and said to him that men think that when they help a lady, they own a lady and that is the worst mentality. She added if you are helping someone you shouldn't think you own her.

Another one stood and recounted an incident that was just fresh in the news about a lady who had been killed because of the same issue and now started calling men evil. Now the group process shifted, and became men versus women where men would defend themselves and women started defending themselves.

One of the facilitators brought in the role of money which she thought was the ghost role and said in the role: "I just bring value, I don't exist yet you kill each other for me. You should love each other, and I will help you buy and pay for things that make you happy. I understand I am hard to be earned but I am always here for you. Please don't kill each other because of me.

The group went silent. I asked the group, is this a cool spot? A **coolspot** is a moment of relief. When framed, a coolspot can be a moment of temporary agreement within the group that might bring the group process to an end for now.

Then one lady stood and looked at the man and told him that she now realises her mistake when she just used men for support and then disappears. The guy and the lady exchanged a heartfelt moment where the guy also said he is sorry for thinking he owns women just because he is providing support. They hugged and somehow the group was calm and it felt like this is a coolspot.

It is amazing what group process can do in a society and how many problems it could solve. Because it helps individuals flow in and out of roles and also helps people see and understand other roles.

The difference between group process and art performance is that in art performance, the performer is expected to do everything and mirror the community, but group process allows everybody to take part and bring in roles.

As a facilitator, I witnessed the power of addressing ghost roles, hotspots, and personal stories. Group process facilitation allows individuals to voice silenced roles and transform conflicts, unlike performance where only the artist speaks.

Dreaming and life myth

Exploring night dreams revealed recurring themes of flying, freedom, and fire—symbols of creativity and resilience. Dreamwork linked my personal mythology to my life challenges and aspirations, including education.

Another crucial insight I gained from Process Work is understanding the problems in my life through the lens of my life myth. How I understand life myth – your life is supposed to go in a certain direction, so the universe will send dreams or body symptoms or quantum flirts to guide you on your life path, or show you are on your direction. A quantum flirt is something that happens in the flick of a moment, maybe you see a bird or a color, and when you unfold it you realize the universe was trying to communicate to you, and you realize you are on your right path, your dream path, or it tells you some hidden knowledge that you didn't know about.

If you are lost, dreaming signals like body symptoms, dreams and quantum flirts can bring you back to your right path, or maybe give you some knowledge about the path you are on.

In my earlier life, I used to have many night dreams which I found interesting, and I loved to share with my friends. I never took the dreams serious because my community background always thought that dreams don't make sense or in a religious community they thought that only holy people and prophets' dreams makes sense.

But when I attended one seminar about dreams, I had a different learning about dreams and this changed my awareness. I learnt that there are **night dreams** and there is **Dreaming**. Night Dreams mainly occur when we are asleep and the night dreams are closely related to our life myths. Mostly what you dream in your night dream if you work on it and try to unfold it, you notice that there are things that happen in everyday life (**consensus reality**) that also show up as a dream pattern. I learnt that night dreams can also contain a message from the universe and when unfolded, might have guidance for your consensus reality life.

I once worked on my childhood dream with my coach. I used to dream that I am in space with a fiery appearance and I had other friends with fiery appearance too, and we were flying and enjoying the flying. My favorite part was to fly up and down and being creative in flying around. It gave me a nice feeling. With the help of my coach, I identified the feeling as going up and down a roller coaster. I looked at my life and how the dream applies in my daily life and I noticed that my life has been like a roller coaster, sometimes I am flying up and then going down.

As it is said life is full of ups and downs. With my art side when I am being creative and free to play roles, be funny or being creative, it's like life is all easy and fun. It reminds me of a feeling of flying down with speed and being free in the dream. When life challenges hit me and everything is all difficult and hard, it reminds me of the feeling in my childhood dream when I am trying to fly up as high as possible so that I enjoy the free flowing when going down. So, every time I am stuck in life I try to remind myself of this childhood dream that seemed to create my life myth. It has helped me a lot to remind me to always keep my fiery appearance as I fly up and down. When life gets tough or easy I can remind myself to always keep the fire in me burning.

Three levels of experience

Process Work helped me understand that there is meaning to the struggles of my everyday existence, which I used to find overwhelming and unfair, and they stopped me from using my inner potential in the outer world.

This part I'll try to explain the best way possible because I always find it a bit complicated. According to Arnold Mindell founder of Process Work, we live in parallel worlds. One world is what we see, hear and touch, the **Consensus Reality**, and the other is the one we don't see hear or touch – the **Dreaming** level, but it is there in our imagination and experience. For example, night dreams connect us to the dreaming level. The dreaming level also has two different ways of experience: **dreamland**, which is the subjective and relationship aspect where things get polarized and then we can switch between roles, and the **essence** level which has no polarity, a moment of everything dropping and being whole. In what I have learnt, we can bring information from the world that we imagine – essence and dreamland - into our Consensus Reality. Let me try to give two examples in my life.

In my artist role, I always imagine ideas and in my inner view I always know if I bring it out, the audience or my friends will like it. Let's say I think of a joke, and in my head I see this joke is very funny. But I also think that it may be offensive to other people who have a low sense of humor. I will have inner conflicts about the joke and probably not bring it out and share it (dreamland). That joke will be as good as dead.

But if I go over the "**Edge**" (meaning doing something I would not normally do and overcoming the challenge) and bring it out to the Consensus Reality, I will have feedback from friends or audience and this will give me new ideas for how to deliver these ideas.

In my life I have come to learn that negative feedback or positive feedback is good. Because then it gives you a chance to figure out next steps or how to do it.

Another example. After my high school, I didn't get a chance to go to college, and I knew that this was an impossible dream. But the dream kept burning in me (essence) just like the fiery appearance in my childhood dream. Whenever I saw my friends in college, I would feel jealous (dreamland) because I wanted to be one of them.

My "edge" was addressing my financial difficulties. So after years of dreaming about it, I decided to share the dream with one of my coaches. I told him that I would love to go to college because I felt that it would change my way of thinking and also give me a better chance of the future. That was the first step.

The next step was how will I bring this great **dreaming** into Consensus Reality by crossing over the "edge" of financial difficulties? I kept on working with one of my coaches and one day we worked on a night dream I had a while back.

In the dream, I was rushing to the airport, I didn't know where I was going, but in the dream I felt that it was important. Also in the dream everything was moving slow and I knew that I was late to get to the airport. The traffic was slow and tension was building inside me. When I got to the airport, I hurried to the check in desk but I was told that the plane had already left. I felt so disappointed and hated myself.

When I was coming out of the airport, I met a close friend of mine who told me not to worry. He showed me a ship which was going to the same destination as the airplane. I boarded the ship and it took me to the destination. I woke up and wondered what the dream meant.

The dream later unfolded in real life when I got a scholarship to attend a Deep Democracy Institute intensive in Egypt, I was late to check in at the airport and the plane left me but my friend offered to pay the fine for me and I still made it to Egypt.

But the main point was, when I worked on this dream in one of my coaching sessions, we unfolded the ship part because that was the peak moment of the dream. What unfolded was even though the plane left me, the friend"ship" helped me reach my destination.

Coming back to my college dreaming, it gave me an idea that I could ask for support from my relation"ships" with friends. I started a crowdfunding where I reached out to my friends and they were happy to support me, and my College dream became a reality. Friend"ship" helped me sail through my College and

now I am getting my Bachelor's degree. In conclusion, night dreams at times can be a cheat code to bring dreaming into Consensus reality.

Altered and extreme states

I'll describe the meaning, then say just a little bit on how this topic is useful to me in my struggle with addiction to marijuana.

Altered states according to what I understand, is when you are out of your normal state, for instance: when one is on drugs, or when a religious person is praying and suddenly goes into a dreaming realm where they are in deep spiritual state and start getting messages like prophetic message or like me when I am in my comedy mode and I am performing I am usually in a state deep in a role that is not my normal role. The list could go on and on.

In extreme states mostly according to my understanding, is when one is out of control and doing some extreme things, or in a psychosis where one goes out of control and may even do or want to do harmful things. Also when one is on drugs, or deep in a spiritual role, you might reach a point when you start doing things that are out of control like a shouting, jumping up and down or harmful things like hurting yourself, but not know you are doing it, or maybe not remember later. I am still researching on the topic, but I can give one example where I felt I was in an extreme state.

Sometime back I was addicted in getting high with marijuana. Whenever I smoked marijuana, it would take me to this altered state where I'd feel everything is cool and I'd feel like I am flying. Here you can see how my life myth pattern in my childhood night dream where I was flying around, up and down and feeling free and loving the feeling, also showed up in my addiction.

When I was high, I would love my altered state but as time went on it would start bringing in painful childhood memories and I would sometimes act out and get suddenly angry, or smash something, and shout when I am alone. I believe I had reached an extreme state which made me realize, thanks to my Process Work trainings that I am taking my addictions too far.

I worked on it with my coach which was useful because the altered state made me open up my past painful childhood experiences and she helped me work on them. Instead of them fighting me to the death, they became my ally in helping me be more detached and “fly” when everyday life is too hard.

Inner work – my gift to you

I will give a little **inner work exercise** gift which will guide you on how to explore X and U and try to get over an edge:

1. Think of a challenge you are facing at the moment.
2. Put it aside for now.
3. Close your eyes, Think of your favourite place in nature where you love.
4. Go there, relax and enjoy being there.
5. In your relaxed state, look at the challenge you mentioned in 1. What advice can you advise yourself now that you are in this relaxed state?
6. Good Job!!!!

Epilogue: My life-death walk

My journey shows how humor and Process Work complement each other. Humor creates openness, connection, and resilience.

I had just appeared on a television show and was staying in a slum. With my bubbly personality, I met a guy, and he offered to show me around. He took me to an empty land with no buildings, just bushes and bare ground. When we reached there, he made a call for backup, and some guys came with knives. Now I realize it was him who set me up. One of them tied me up. I didn't have a phone or money, and they started arguing. The guy who set me up sat on my back. Another one said, finish him up, let's go!

My hands were tied behind my back, and he was about to slit my throat. I couldn't do anything, just like a chicken about to be slaughtered. At that moment I understood I could not help myself and now this is the end for me. I decided instead of begging the guy not to kill me (I hadn't learned to crowdfund yet at that point!) I should make light of this moment, so that at least at my last moment I go out with a smile.

So I started telling the guy who was supposed to kill me how I envisioned myself as an old person without teeth, and my back coiled. But then I told the guy, that it looks like the universe has other plans. I forgive him and I won't carry any bad feelings to the other side. I told him because I didn't want to feel much pain, that when people come and find me tomorrow, they wouldn't find me making an ugly face. I was telling him, "Cut me in a way that I would die first without struggling".

I put my neck in front of him to have a good place to cut, I told him I didn't want to disturb him so I could die fast. I had my eyes shut and felt, this is a learning moment. I knew I wouldn't have it twice and I wanted to experience that transition between life and death. After two minutes I was wondering, why isn't he cutting my throat. I thought he was wasting my time. I was lying on my stomach and I turned my head to look. I saw the guy was leaving, and I was disappointed. Because he made me miss that learning chance of experiencing that transition.

My bubbly humorous part got me into trouble and took me into the most serious, sober, not funny moment of my life... , but then it came to rescue me. Just like the roller coaster in my childhood dream.

Process Work never ends. It is a constant unfolding. From childhood play to stand-up comedy, from strict rules at home to DDI seminars, my path has been

shaped by humor and deepened by Process Work. Humor remains my ally and fire.

Process Work has given me tools to work with inner critics, conflicts, altered states and life and death moments. My life myth supports me to be playful and aware and has taught me to 'trust the process,' unfolding challenges into opportunities.

Life, like a dream, is constantly with me through small flashes of beauty. With awareness, these 'quantum flirts' become invitations to transformation. Humor is not just entertainment—it is a transformative tool in leadership, group facilitation, and personal development. As life unfolds unpredictably, Humor remains my gift, my fire, and my ally in navigating life's rollercoaster.

Final reflection

In conclusion during my studies, Process Work never ends. It takes a lot of working with yourself to constantly unfolding your life. In my view once you work on yourself, you will love yourself and this will help you see the beauty in life and how artistic life is.

This will also help in seeing others, understand them as we have learnt in Role Switching. As life unfolds it's like watching a show and you are anxious to see what happens next. I have seen that in my adventurous life of being an artist and also being a Process Worker where you never know what will unfold you just have to trust the process.

There is a beauty in life; and life constantly flirts with us. I have learnt also about quantum flirts: a moment that flirts with you even if it's a flash of second. Like a beautiful bird, beautiful flower, it just flirts with you but most of the time we don't get to understand it. But with awareness when we notice when life flirts with us it can unfold into something beautiful.

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My Coaches

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I never got a chance to meet *Arnold Mindell*, but I think his introducing Process work and the dreaming concept is a gift to all of us. Personally, I have seen my life unfolding through his works, Now I don't take anything for granted. I look

behind and try to understand the dreaming behind it and how it can be an ally or a guidance. I think his work is brilliant and I would like everyone to learn from his work. It's a big gift he left to us to explore and have fun with it.

Process Work Readings

I read these books and article by my teachers during my studies for inspiration and understanding Process Work concepts, and how they refer to my life.

Mindell, A. (1995). *Sitting in the Fire: Large Group Transformation Using Conflict and Diversity*. Portland: Lao Tse Press.

Mindell, A. (2000). *The Deep Democracy of Open Forums*. Hampton Roads Publishing.

Schupbach, M. (2016). *Deep Democracy: Leadership for a Changing World*. Deep Democracy Institute.