

# ABOUT MEN, AND THE RELATIONSHIP BETWEEN MEN, POWER AND VIOLENCE



Sergi Barrientos

Final Project for Processwork Diploma

[sergiproces@gmail.com](mailto:sergiproces@gmail.com)

Instituto de Trabajo de Procesos y  
Democracia Profunda (Barcelona)

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IF WE CONSIDER THAT FEEDBACK PROCESSES ARE THE BASIS OF HUMAN COMMUNICATION AND EVOLUTION, AND TAKE INTO ACCOUNT THE STRONG FEEDBACK THAT IS OFTEN GIVEN TO MEN ABOUT HOW THEY USE THEIR SOCIAL AND STRUCTURAL POWER BY MANY GROUPS AND PEOPLE IN SOCIETY THEN I WONDER:

- > WHY IS IT THAT EVEN THOUGH FEEDBACK IS BEING GIVEN TO MEN VERY CLEARLY, OFTEN THEY ARE STILL NOT TAKING IT?
- > WHY IS THAT IN SPITE OF THE INTENSITY, THE REPETITION AND CONSTANCY OF THE MESSAGE THAT IS SENT TO THEM, THEY KEEP THINKING THAT ALL THIS DOES NOT APPLY TO THEM? OR THAT, EVEN IF THEY AGREES WITH IT, THEY UNCONSCIOUSLY ACTS AS IF IT IS NOTHING TO DO WITH THEM?
- > ARE THEY PERHAPS PROTECTING SOMETHING?
- > IS THERE PERHAPS A FEAR OF LOSING SOMETHING?
- > POWER? THAT WOULD BE THE EASY ANSWER, BUT I HAVE A FEELING THAT THERE IS MUCH MORE.
- > IS THERE ANY POSSIBILITY OF LIVING POWER IN A DIFFERENT WAY FROM WINNING OR LOSING?
- > WHAT STOPS MEN FROM TAKING AGENCY TO PICK UP FEEDBACK AND TAKE RESPONSIBILITY OF THEIR USE AND MISUSE OF POWER?''

THIS IS WHERE IT ALL STARTS. THESE QUESTIONS ARE PROJECTED TOWARDS MEN, IN A WAY THAT MIGHT SEEM THAT THE PERSON MAKING IT (WHICH IN THIS CASE IS ME, A MAN) DOES NOT CONSIDER HIMSELF THE SAME AS THEM<sup>1</sup>. I GET BLOCKED...

SCENE: MY ROOM, WITH ME AND A FRIEND. ALL THESE SENTENCES WRITTEN BIG IN THE WALL AS I LOOK AT THEM TRYING TO UNDERSTAND WHAT THE HELL IS GOING ON AND WHY I CAN'T GO FORWARD (THE BACH'S CELLO SUITES RECOMPOSED BY PETER GREGSON SOUND IN THE BACKGROUND).

"SERGI, HAVE YOU EVER LOOKED AT YOURSELF IN THE MIRROR?" ASKS MY FRIEND. SHE PICKS UP COLORED POST ITS, WRITES MY NAME ON SOME OF THEM AND SUBSTITUTES ALL REFERENCES TO MEN WRITTEN ON THE WALL, FOR THESE WITH MY NAME.

SHIT! AT THAT MOMENT, EVERYTHING BEGINS TO MOVE AND I WONDER:

- > WHAT STOPS SERGI FROM TAKING AGENCY TO PICK UP FEEDBACK AND TAKE RESPONSIBILITY OF HIS USE AND MISUSE OF POWER?
- > WHAT SIGNALS ARE GIVEN WHEN SERGI, HAS DIFFICULTY TAKING FEEDBACK? AT WHAT MOMENTS DOES THAT HAPPEN TO ME? WHAT IS BEHIND IT? COULD THIS SITUATION CHANGE?

DOES ALL THIS HAVE ANYTHING TO DO WITH YOU?

THESE PAGES ARE AN INVITATION FOR YOU TO JOIN MY REFLECTIONS ON THESE ISSUES.

<sup>1</sup> When I say take it, I mean not just listen it, but feel it, and take responsibility for it congruently.

YOU HAVE IN YOUR HANDS THE DIARY OF A JOURNEY, A MAP, AN ENDLESS NUMBER OF ANNOTATIONS, DRAWINGS, ATMOSPHERES, SENSATIONS THAT EMERGE FROM THE MOMENT AND FROM A DEEP REFLECTION AROUND QUESTIONS THAT SOMEONE ASKS ME OR THAT ARISE FROM MY INNER SELF, A PORTRAIT OF MYSELF TORN OPEN AND THAT TRIES TO COLLECT IN MULTIPLE WAYS MY OWN EXPERIENCE AS A PERSON SOCIALIZED AS A MAN IN AN ESSENTIALLY PATRIARCHAL SOCIETY.

THERE IS NO CLEAR LINEARITY, BECAUSE AN INQUIRY PROCESS LIKE THIS IS NOT LINEAR AT ALL. TO SITUATE MYSELF IT HELPS ME TO IMAGINE THE MAP AS A STELLATED SKY, AS A NETWORK OF NETWORKS, IN WHICH STARS CONNECT WITH EACH OTHER, IN WHICH SOME SHINE MORE WHILE OTHERS REMAIN INVISIBLE, BUT WITH A GOOD LENS SUDDENLY SHOW UP, WHILE IN BETWEEN A SHOOTING STAR CROSSES QUICKLY AND MARKS A PATH THAT CONNECTS EACH WITH THE OTHER, AND BEYOND THOSE THAT I OBSERVE I KNOW THAT THERE ARE OTHER GALAXIES AND ALL OF IT FORMS PART OF A WHOLE THAT IS DIFFICULT TO IMAGINE, AND IN ALL THIS, I AM A SIMPLE EXPLORER, AND ON THIS PATH I MEET OTHER EXPLORERS, SOME KNOWN, OTHERS UNEXPECTED.

IF I TRY TO CREATE A CERTAIN ORDER TO MAKE IT EASIER FOR YOU TO ACCESS THIS INFORMATION, WHAT GUIDES ME ARE QUESTIONS. SO LET'S GO FOR IT:

THOUGHTS.....1 - 11

AN INTRODUCTION THAT ALSO PROVIDES CERTAIN CONCLUSIONS: WHAT IS ALL THIS ABOUT? WHY? WHAT FOR? WHAT IS IT THAT MOVES ME? SENSATIONS?

THE STARTING POINT .....12

"THE ATTEMPT IS EVERYTHING!" .....13

TO SUBMERGE ONESELF IN THE VOID, THE WHITE OF PAPER, IN THE UNKNOWN, WITHOUT ANY EXPECTATION.

WHAT DO I PERCEIVE HERE AND NOW? .....14 - 20

WHAT IS IT THAT SURROUNDS ME? WHAT DO I FEEL WHEN I RELATE TO IT? WHAT VOICES DO I HEAR? WHAT AM I MISSING? A SMALL RADIOGRAPHY THAT SERVES AS A STARTING POINT TO SITUATE MYSELF IN THE IMMENSITY. I'LL HAVE TO START SOMEWHERE, WON'T I? IT SHOWS THE IDEA OF FEEDBACK AS THE BEGINNING OF THE JOURNEY AS WELL AS THE THRESHOLD AS A METAPHOR FOR THE PROCESS OF CHANGE.

"HAVE YOU EVER LOOKED AT YOURSELF IN THE MIRROR?" .....21 - 24

"I LOOKED AT MYSELF, I LOOKED AT ALL OF THEM WHO WERE IN THE ROOM, FROM COUNTLESS PLACES IN THE WORLD, AND AT THAT MOMENT THE BARRIER THAT SEPARATED US DISAPPEARED. I BEGAN TO INTUIT THAT PERHAPS IT WAS NOT SO DIFFERENT FROM THOSE FROM WHICH I DIFFERED, AND THAT, IN ESSENCE, I SHARED WITH THEM MORE THAN I COULD HAVE IMAGINED AT FIRST. AT THAT MOMENT, COMPASSION BEGAN TO EMERGE THAT HELPED ME RELATE TO THOSE IN FRONT OF ME, AND THE MORE I LISTENED TO THEM, THE MORE I COULD TELL HOW THEY WERE TALKING ABOUT ME, AND THEN I BEGAN TO ASK MYSELF."

IN WHAT DIFFERENT WAYS DO I PERCEIVE THAT I HAVE DIFFICULTIES IN TAKING FEEDBACK? .....25 - 33

WHEN I AM AT THE EDGE, A SERIES OF SYMPTOMS BEGIN TO UNFOLD ALTERED STATES AND EXTREME STATES, MOODS THAT ARE DEFINED BY THEIR INTENSITY. THAT INNER INTENSITY IS SUCH THAT IT DOESN'T ALLOW ME TO RELATE TO THE OUTSIDE. WHAT IS BEHIND ALL THESE SIGNALS THAT I PERCEIVE?

GOING DEEPER INTO MY ALTERED STATES AND MOOD STATES .....34 - 40

PATRIARCHY AS THE DOMINANT CULTURE .....41 - 52

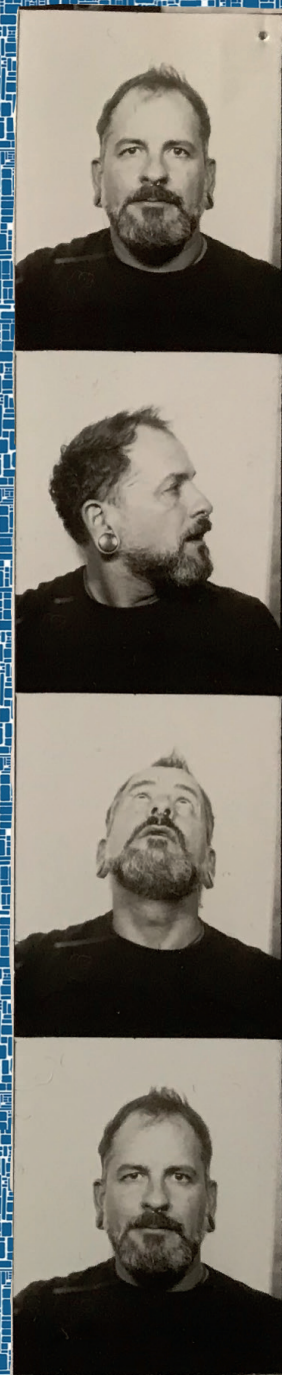
THE MODEL, ITS EXPECTATIONS AND HOW IT IS REPRODUCED INSIDE AND OUTSIDE OF ONESELF, CREATING A CENTER, MARGINS, ROLES IN THE TASK OF PERPETUATING ITSELF.

WHAT'S BEHIND MY REACTION?.....	53 - 55
A BASIC INSECURITY AND THE COVERT SHAME. WHEN MY OWN STORY TAKES ME, MY COMPLEXES EMERGE AND SUDDENLY I DON'T SEE YOU ANYMORE... I SEE HOPELESSNESS, I SEE THE ENEMY, ONCE AGAIN!	
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THE ROLE OF THE INNER CRITIC AND ADDICTIONS AS MEDICATION. TRANSCENDENCE AS A WAY TO GO BEYOND OUR OWN LIMITS IN THE CREATION OF NEW SUSTAINABLE PATTERNS, FOR OURSELVES AND FOR THAT WHICH SURROUNDS US.	
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an introduction to my final project, which could be the beginning as well as a closure...  
...but never the end

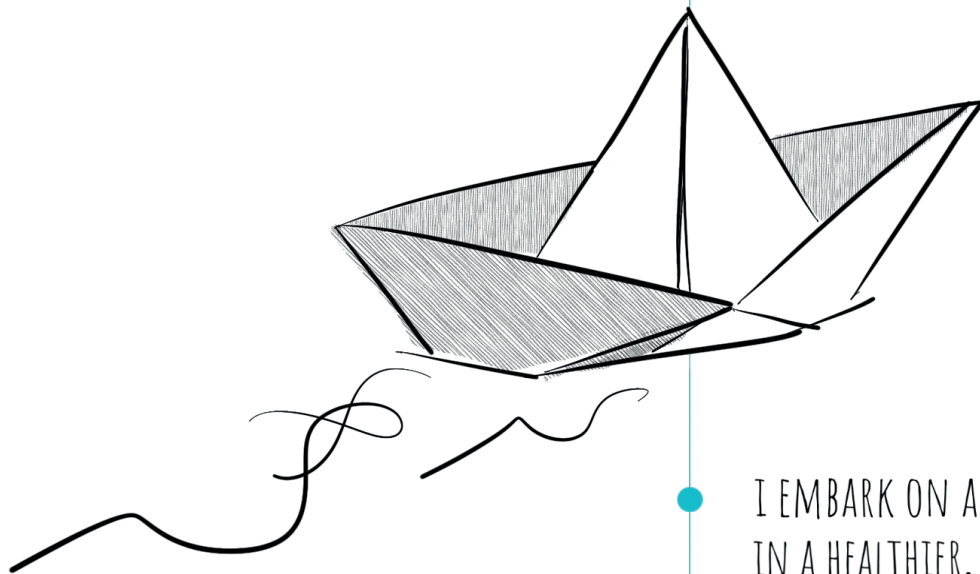






- THIS IS ABOUT HOW I FIND MYSELF IN BEHAVIOURAL PATTERNS THAT ARE HARMFUL, PATTERNS THAT I DO NOT NECESSARILY WANT, BUT THAT I MANTAIN AND WHICH I FEEL I CAN NOT LEAVE.
- IT SEEMS THAT THESE BEHAVIOURAL PATTERNS COME FROM A SOCIETY IN WHICH I HAVE GROWN : INDUSTRIAL, PATRIARCHAL, WESTERN, CAPITALIST, CONSUMERIST, OF A RAMPANT INDIVIDUALISM, WITH A FREE AND DE-REGULATED MARKET.
- THE PERSON WHO SPEAKS, ME, REALIZES THAT THE SYSTEM HAS TRANSPIRED IN HIMSELF
- IT IS AN INTIMATE WORK, IT SPEAKS IN THE FIRST PERSON, IT TALKS ABOUT THE I, BUT...  
IT MAY BE ME, OR NOT.
- WHEN I WRITE ABOUT MYSELF, I DREAM THAT YOU SAY: IT'S ME !





I EMBARK ON A PILGRIMAGE TOWARDS THE POSSIBILITY OF LOVING,  
IN A HEALTHIER, LESS OBSESSIVE, CONTROLLING, AND PATRIARCHAL WAY,  
I TRAVEL THROUGH ALL KIND OF EPIPHANY, DIRECTIONS, UNTIL I REALIZE...

THAT LOVE IS THE ANSWER



- THE ABILITY TO LOVE AND RELATE IN AN ABANDONED WAY IS FREEDOM.
- IT IS A LOVE THAT REJECTS THE SYSTEM, THE DOMINANCE THAT SEEKS TO IMPOSE ITSELF

- WHEN I ALLOW MYSELF TO LOVE FREELY, THERE'S NOTHING I DO IN THE NAME OF LOVE, IT IS INTRINSIC, THERE IS NO BATTLE TO FIGHT, THERE IS NO NEED TO WIN ANY TERRITORY, TO CONSUME ANY PRODUCT OR ACHIEVE ANY VICTORY.




- I FEEL AND I THINK IT IS NOT RIGHT TO ASK THE WORLD TO CHANGE IF IN MY RELATIONSHIP OR RELATIONSHIPS I AM BEHAVING LIKE A DAMN TYRANT.
- IF I'M BEING AN INDIVIDUALIST, HOW CAN I EXPECT ANYTHING FROM SOCIETY?  
BE A GOOD LOVER FIRST, BECAUSE I CAN NOT HIDE ANYTHING IN MY RELATIONSHIP.
- I CAN BE THAT PERSON WHOM MY FRIENDS SEE AS SOMEONE SUPER OPEN,  
BUT IN MY RELATIONSHIPS, MY PARTNER SEES MY WORST PART,
- MY SHADOW...

...FOR ME THAT'S THE LAST FRONTIER!

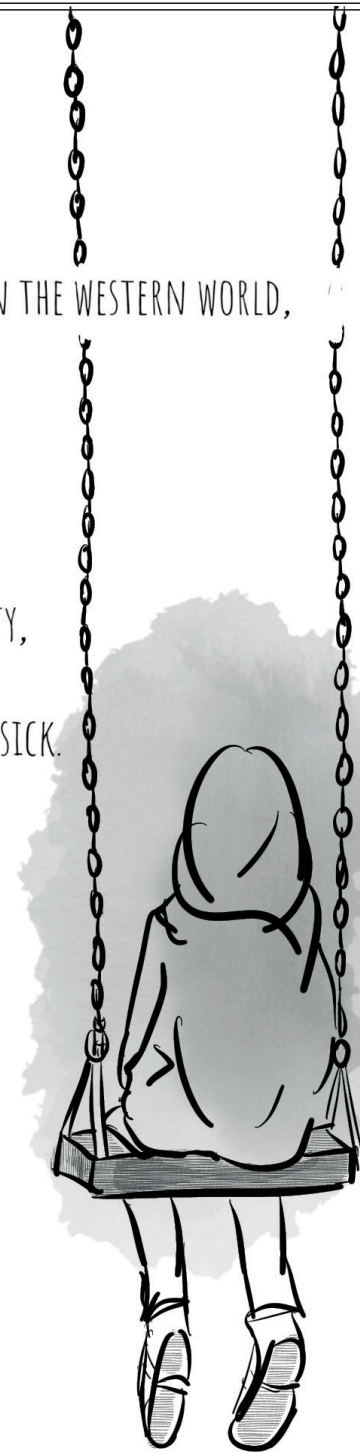
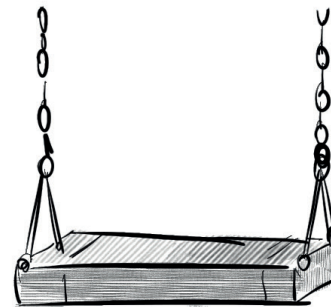
- IT IS POSSIBLE THAT I SPEAK FROM MY PRIVILEGED SITUATION, THAT I AM ABLE TO SAY THIS BECAUSE I DO NOT SUFFER AGGRESSIONS EVERY DAY BECAUSE OF MY GENDER, BECAUSE OF THE COLOUR OF MY SKIN, BECAUSE I AM ABLE TO SIT HERE WITH YOU, TALKING WITH YOU BECAUSE I WAS BORN IN THE PLACE THAT I WAS BORN AND BECAUSE I HAVE A EUROPEAN PASSPORT.
- THESE ARE MY PRIVILEGES, AND FOR ME, IT IS EASY TO SAY THAT LOVE IS REVOLUTIONARY, BECAUSE I'M NOT FIGHTING FOR MY LIFE...
- ...BUT I THINK THAT IF WE CAN ELIMINATE TOXINS FROM OUR SOCIETY, FROM OUR CULTURE, IN THE CONTEXT OF OUR RELATIONSHIPS, IT WILL EASIER TO MOVE FORWARD TO A BETTER PLACE.

- PERSONAL IS POLITICAL, YES!
- IF WE EXPLOIT AND ABUSE IN OUR RELATIONSHIPS, HOW CAN WE EXPECT THAT WE WILL NOT BE EXPLOITED AS CONSUMERS AND INDIVIDUALS, WE HAVE TO WORK FROM WITHIN AND THEN DEMONSTRATE WHAT WE BELIEVE.
- I FEEL IT IS MY JOB TO CREATE THE SPACE IN WHICH MEN CAN FEEL AGAIN, AND RECOGNIZE THEMSELVES IT IS WHAT I ENJOY WHEN I READ NOVELS WITH WHICH I CONNECT, OR WHEN I LISTEN TO RECORDS WITHOUT WHICH I CAN NOT LIVE, OR WHEN I READ THAT POEM ONCE AGAIN AND AGAIN; I FEEL THAT I RECOGNIZE A PART OF MYSELF THAT IS STUNNED, FOR ME IT IS LIKE A REVELATION, I THINK:
- “SOMEONE HAS SEEN THAT PART OF ME!”  
  
IT IS TRANSCENDENT!  
  
I FEEL LESS ALONE, I FEEL ITS MORE A REVEALING EXPERIENCE, LOOKING AT PEOPLE, SEEING AND FEELING THAT THEY  
ARE THERE!



AS I HAVE ALWAYS BEEN SURROUNDED BY AN INEXHAUSTIBLE FLOW OF HUMAN BEINGS, THERE WAS A TIME WHEN I STOPPED REALIZING THAT THEY WERE PEOPLE, STOP REALIZING THAT THEY WERE HUMAN BEINGS CONSTANTLY SURROUNDED BY MILLIONS OF BODIES, I HAD AN EPIPHANY IN WHICH I REALIZED THAT TO REMEMBER TO SEE PEOPLE, TO GET OUT OF MY OWN HEAD, AND FROM MY OWN EXPERIENCE, TO COMMIT TO EMPATHY AND WALK THROUGH THE CITY PUTTING PEOPLE IN FRONT OF ME.

- LONELINESS IS THE SYMPTOM OF OUR TIMES,  
OF THE MYTH OF PROGRESS THAT WE HAVE SWALLOWED IN THE WESTERN WORLD,
- IMPERIAL SIN HAS BECOME UNREPENTANT,
- WE LIVE IN AN INDIVIDUALISTIC AND VIOLENT SOCIETY,  
THE SYMPTOM OF THE SOCIETY IS LONELINESS  
WHICH IS NOT A DISEASE ITSELF, IT IS SOCIETY THAT IS SICK.





CREATIVITY IS LIKE AN ACT OF REBELLION AGAINST LONELINESS, I TRY TO CHALLENGE IT,  
TO CONNECT, TO REACH SOMEONE, THAT IS WHY IT IS SO IMPORTANT FOR EVERYONE  
TO HAVE ACCESS TO THIS

# CREATIVE FORCE,



EVEN IF YOU DO NOT SHOW IT TO ANYBODY LATER, BECAUSE IT IS LIKE AN ANTIDOTE

AGAINST DISPAIR





I TRY TO ILLUSTRATE THIS WITHOUT FOLLOWING ANY FAMILIAR PATTERN...

EVERYTHING IT'S OK  
NOTHING IT'S HAPPENING  
THIS IS NOT RELATED WITH ME





WHERE I FEEL  
LIKE WE'RE RIGHT NOW.

- MY EGO AND THE GIANT ARROGANCE THAT I HOLD AS A "GOOD" MAN, (EVEN IF I DON'T IDENTIFY WITH IT), IS FUCKING ME BECAUSE IT DOESN'T LET ME MOVE FROM A PLACE WHERE I'M SUBDUED, IT DOESN'T ALLOW ME TO BE WHO REALLY I AM AND IT MAKES ME UNCONSCIOUSLY AND CONSTANTLY BEHAVE AND RELATE AS A FUCKING TYRANT, NOT ONLY WITH OTHERS, BUT ALSO WITH ME. I END UP BECOMING MY OWN OPRESSOR.

it's a trap, a conflict between who I want to be and my own ego. in certain situations, no matter what movement I make, a part of me will be unhappy and will take care to let me know.

- "We are in a world run by shadows"

CRISIS OF RELATIONS, ENORMOUS POLARIZATION, NOT ONLY BETWEEN GENDERS BUT BETWEEN DIVERSITIES, CULTURES, EVEN WITH OURSELVES, WITH OUR PLANET.

- in a certain perspective, women picked up their masculine energy by jumping from one side to the other, and now what is happening is that men are not taking the feminine because is too difficult for them.

- **we are at a crossroads, at the edge;  
a time of great escalation in the conflict**

- Taoism would say that the opposing energies are in conflict in the search for a balance

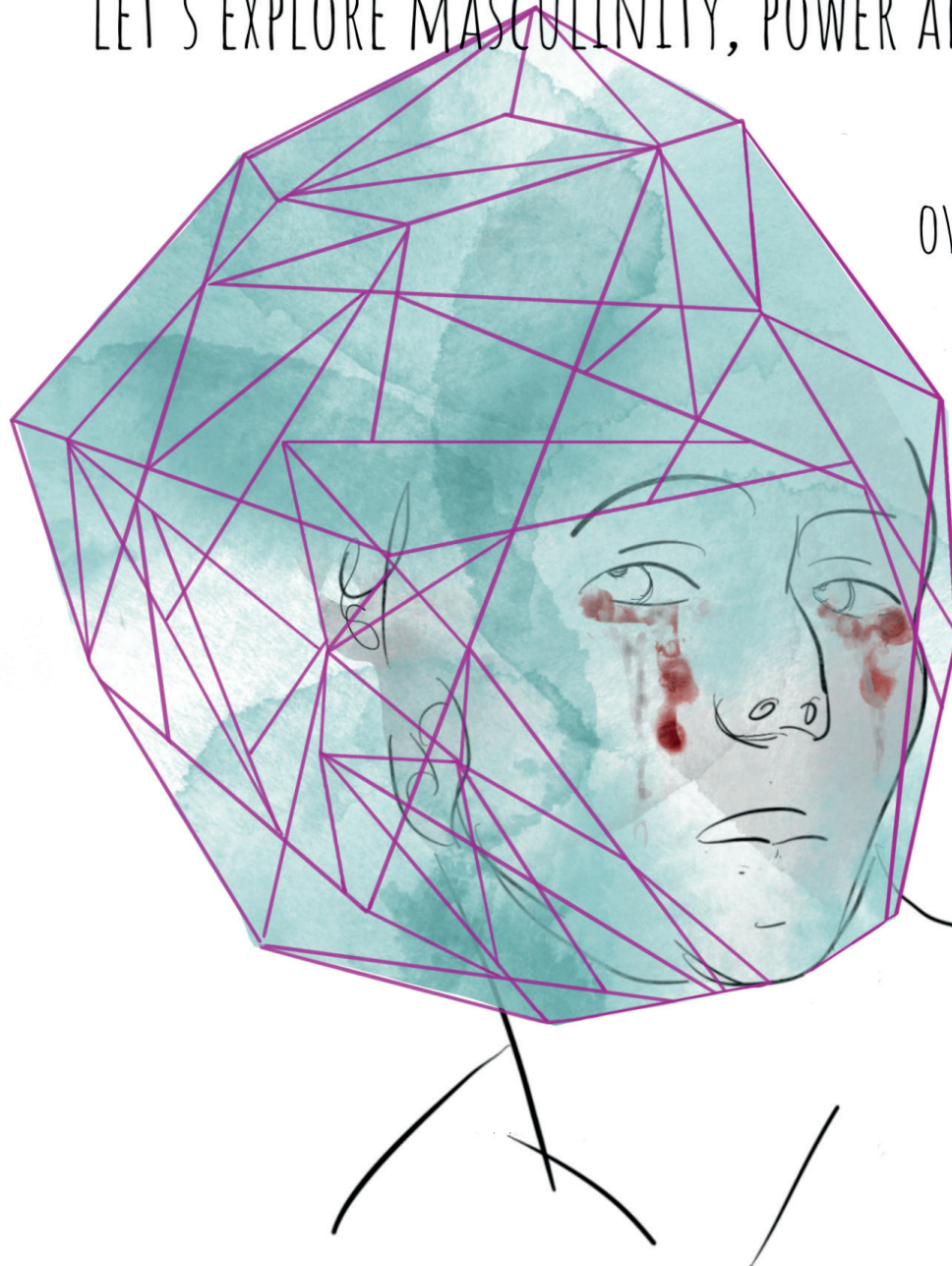
- **male power is based on injustice.**

- LOOKING AT THIS AS A SYSTEM THERE ARE TWO TENDENCIES: ONE THAT SEEKS TO MAINTAIN STABILITY OR HOMEOSTASIS IN AN UNEQUAL CONTEXT, AND AN OPPOSITE TENDENCY (ENTROPY) THAT LOOKS FOR CHANGE TO BREAK STABILITY, MOVE AND PUSH THE FIRST IN SEARCH OF BALANCE.



somebody says:

“LET’S EXPLORE MASCULINITY, POWER AND GENDER DYNAMICS, VIOLENCE...”



OVERREACTIONS

**suicides**

a lot of

**heaviness**

about it

privileged  
misuse of power

the

**Pain**

AGONY

SUFFOCATION

the  
**Defensiveness**

the

**Guilty**

the

**Trauma  
& Abuse**

**hopelessness**

a lot of hopelessness,

frustration, a sense that nothing can be changed

**systemic abuse**

**loneliness**

– “worldwork, change is not possible without working with oneself and looking into us. I’m the world”



# THE THRESHOLD

to be in the threshold in an honour  
it brings you into a sacred space  
the connection space between two worlds

Janus →



b.s.o.  
Nuages: distant  
Nu: Man O To

Wid#break-Through  
→  
Kven Men #  
The Morning Maiden

ANXIETY

who are  
you to do  
this...nobody  
is going to  
be integrated



identity

YOU'RE NOT ENOUGH! (AGAIN)-GATEKEEPER

?

Change of identity  
doesn't mean  
power dynamics  
change

take distance  
from reaction

be more  
proactive

take Responsibility  
of my impact  
in others  
& me

be honest,  
don't hide

be aware of  
my impact  
negative, but also positive

be true to myself

debts &  
manage economy

take agency  
don't split  
be present  
curiosity

my  
moods  
reparation

don't pretend,  
be myself

don't let yourself  
be taken by expectations  
that are not yours

LEADERSHIP &  
RESPONSIBILITY OF  
MY OWN PATH

this is where I am at

I CREATE A WORLD WHERE THE IMPOSSIBLE HAPPENS  
THROUGH. RELATING, WITH MYSELF, WITH THE OTHER, DEEPLY,  
LOOKING AT YOU AND GETTING MY HANDS DIRTY.

a dream,  
a pattern,  
a myth.

a path made by walking...



being a man, instead  
of dealing with pain  
or dealing with the dynamic...

I can just avoid  
the dynamics of power  
& difficulties

been a man  
specially being white  
I can scape from the edge all the time,  
I can slope off my responsibility  
while other people cannot!

ways of  
escaping from picking up feedback:

"woman also abuse!"

"no man will be interested in this"

"who I am to work on this topic?"

"there's no hope with man moving forward in any direction"

"this isn't about me! I've already worked so hard"

"the other person is also responsible" (without  
taking responsibility for how I'm part of the  
dynamic and working to change that).

it supports escalation

you can not get it  
but you need to keep working

very hard

because you find  
all these multiple  
resistances...

you have to go through  
a lot of resistances.

...to get past

the privileges that being  
a white man gives you.

McAkala

THROUGH  
OTHERS...  
(RELATIONSHIP)

THERE'S BEEN A  
BIG FEEDBACK ON HOW  
AS MEN I/WE USE OUR  
POWER

here's an accusation  
take just the 1%

it isn't just an accusation,  
it's also a desperate call

"this is not about us, it's about you  
taking awareness and responsibility,

do something...  
it's enough!"





identity change, doesn't change the power dynamics  
it's a trick that we play with ourselves

**"I'm different"**

but my patterns of behaviour are the same

THIS IS  
THE POINT

aesthetic &  
identity changes  
are not necessary  
connected with deep  
changes in its essence.  
the identity of modern  
man has changed but  
his relation to power  
didn't.

what is it that is beyond  
the identity changes necessary?



**male Power  
is build on  
Unjustices**  
Feminism

levels  
OF male  
awareness

it is possible to experience  
power in a way that there  
are neither winners nor losers?

how to go beyond this point to really  
take responsibility  
& not just rest there



\* how to support men to  
go through this  
**Critical Point?**

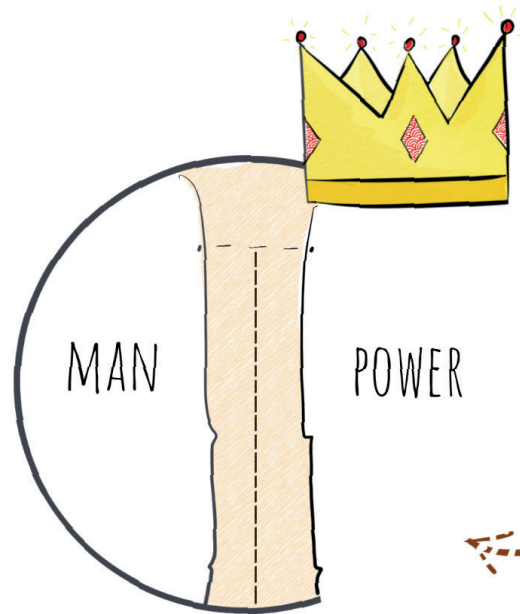
what make it  
so difficult?

\*

THE THRESHOLD  
this is a deathwalk

what stops men from taking agency to pick up feedback  
and take responsibility of their use and misuse of power?

what makes it so difficult to pick up feedback?  
what is it that men are really protecting by doing this?  
how Process Work can help with this topic?



THIS QUESTION LEADS ME TO EXPLORE

I EXPLORE THE RELATIONSHIP BETWEEN MAN AND POWER, AS WELL AS THE IMPACT  
IT HAS ON HIM, OTHERS AND THEIR RELATIONSHIPS

RELATIONSHIPS

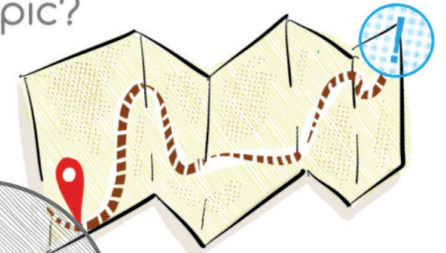
(SINCE POWER DYNAMICS EMERGE IN RELATION TO ANOTHER)

HOW I DO THIS?

SINCE  
I'M PART OF  
A SYSTEM

IF I STUDY MYSELF  
AS PART OF THAT SYSTEM  
I MAY FIND SOME  
ANSWERS

SYSTEMIC  
HEURISTIC  
PERSPECTIVE



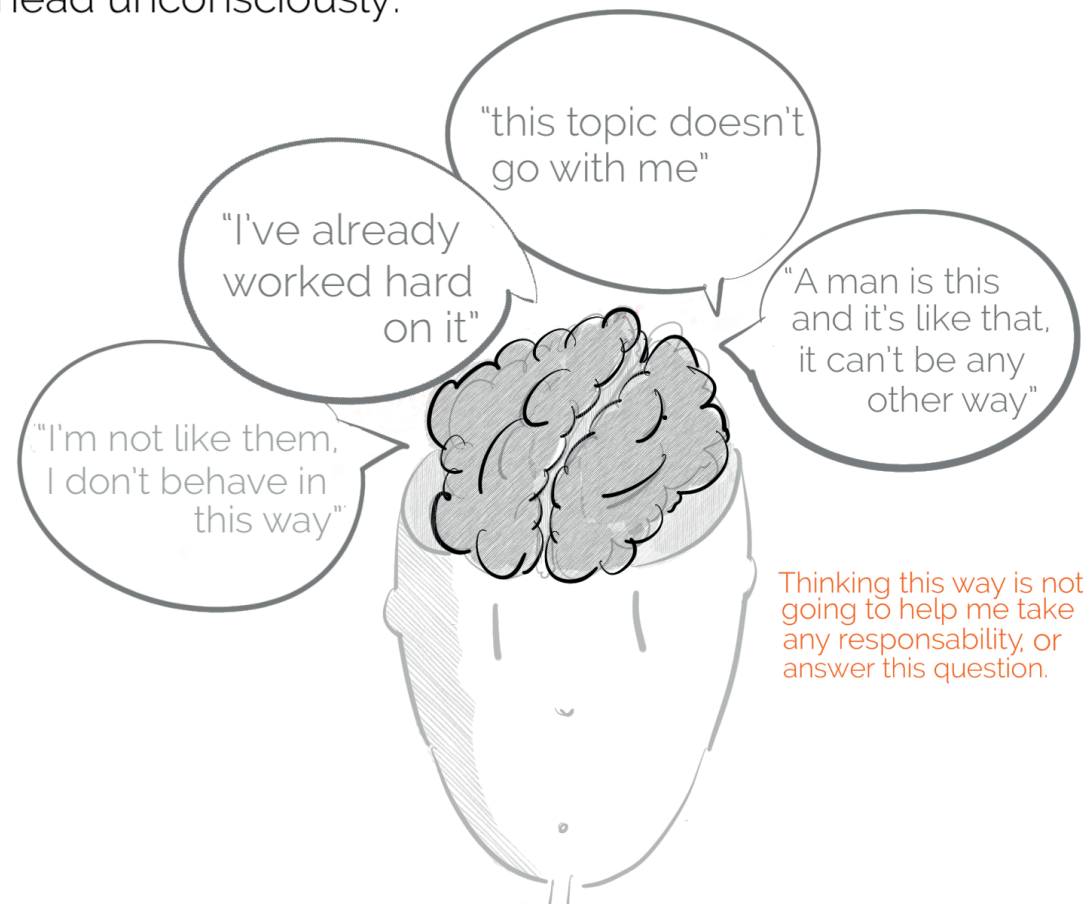


if I think calmly and curiously for a minute about how I wrote this question, I realise some thoughts that go through my head unconsciously:

whatever my identity may be,  
considering that I have been  
educated, and socialised as a  
man and that moreover people  
see in me a man, to pretend  
that I am not could be  
a little pretentious

What  
happens if for  
a minute, I allow  
myself to think that  
this might be true  
**of me?**

(and not just other men)



Thinking this way is not  
going to help me take  
any responsibility, or  
answer this question.

strong prejudices towards men  
implicit in these thoughts

it's like I'm  
against myself!

what stops men from taking agency to pick up feedback  
and take responsibility of their use and misuse of power?

what makes it so difficult to pick up feedback?  
what is it that men are really protecting by doing this?  
how Process Work can help with this topic?



A MOVEMENT  
men = sergi

what stops **Sergi** from taking agency to pick up feedback  
and take responsibility of their use and misuse of power?

what makes it so difficult to pick up feedback?  
what is it that **Sergi is** really protecting by doing this?  
how Process Work can help with this topic?





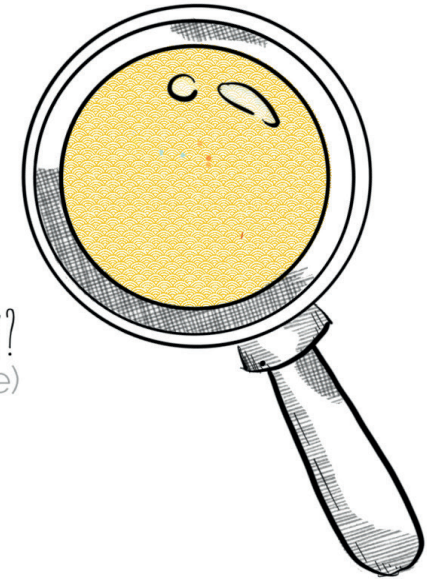
WHAT STOPS ME?  
WHAT IS SO DIFFICULT  
ABOUT PICKING UP  
FEEDBACK

CONSIDERING  
THE BIG IMPACT THAT  
IT HAS ON MY HEALTH, AND  
THE PEOPLE AROUND ME,  
INCLUDING THE ONES  
I LOVE THE MOST



# I start to ask myself:

- WHEN IS IT DIFFICULT FOR ME TO PICK UP FEEDBACK?
- WHAT HAPPENS AT THAT PRECISE MOMENT THAT CREATES THIS DIFFICULTY?  
(both in relationship and inside me)
- WHAT ARE MY FEELINGS WHEN THAT HAPPEN?
- DOES ALL THIS HAPPEN ONLY TO ME?
- HOW DOES ALL OF THIS HAVE TO DO WITH BEING A MAN?



If instead of feeling shame, guilt, judgement, or whipping myself and pretending it doesn't happen, I observe it with curiosity and compassion, What can I see and discover here?

**do not  
underestimate and make  
smaller the impact  
I have in what surrounds me,  
in myself and in my relationships,  
to look with curiosity  
and true interest  
at what I do.**

- is it me and my story?
- what forces guides me?
- what is collective and what's personal?
- do I choose my behaviours?
- if not, who chooses? could I choose?



**How do I perceive in myself  
this edge, this difficulty to  
pick up feedback ?**

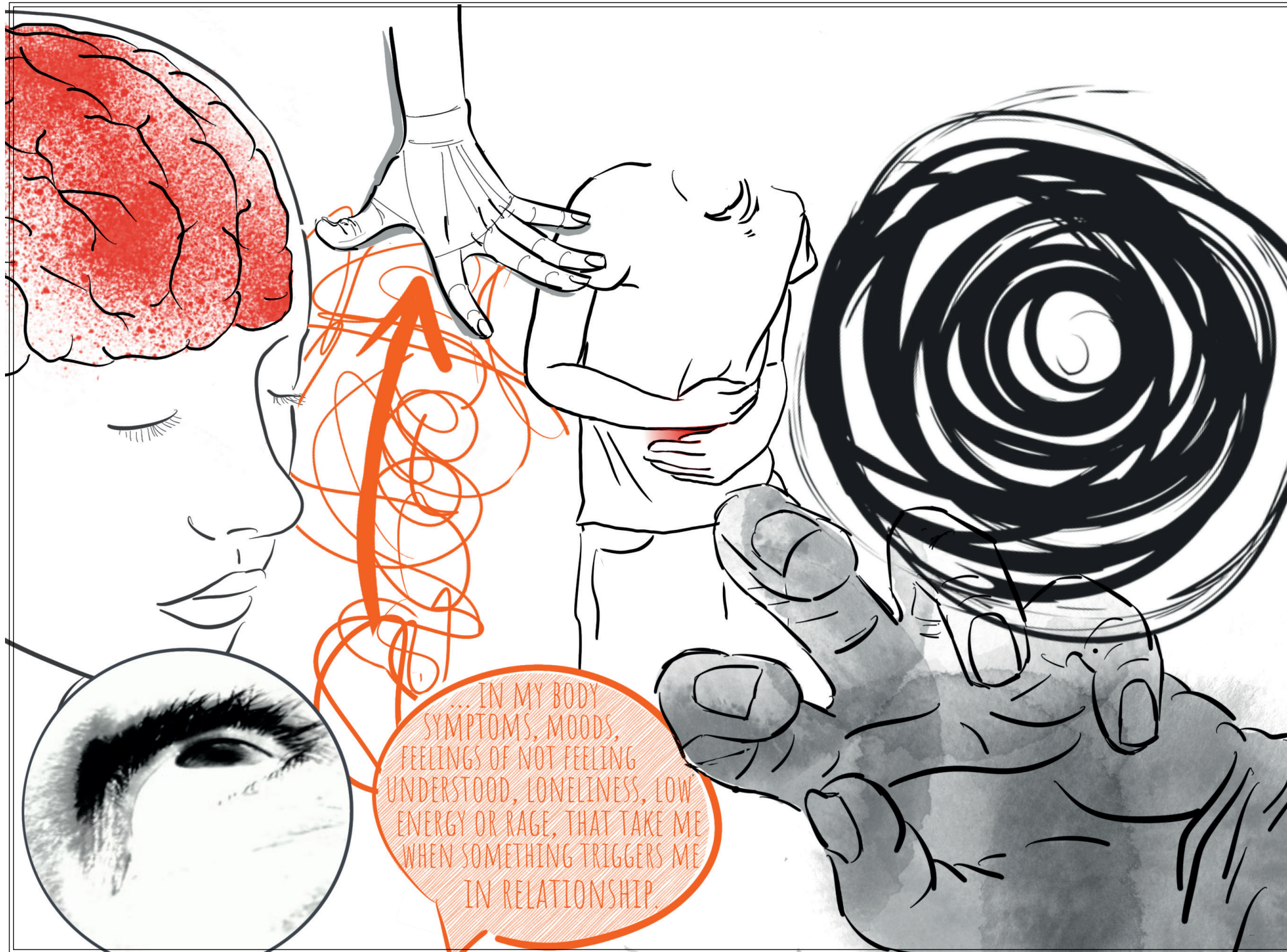
I CAN NOTICE IN ME A BIG  
RESISTANCE IN TAKING FEEDBACK  
IN CERTAIN SITUATIONS

BIG REACTIONS IN RELATIONSHIP  
INCREASES INTENSITY & TENSION:  
BOTH IN RELATIONSHIP, IN THE ATMOSPHERE  
AND IN MYSELF.

= ESCALATION IN THE CONFLICT.







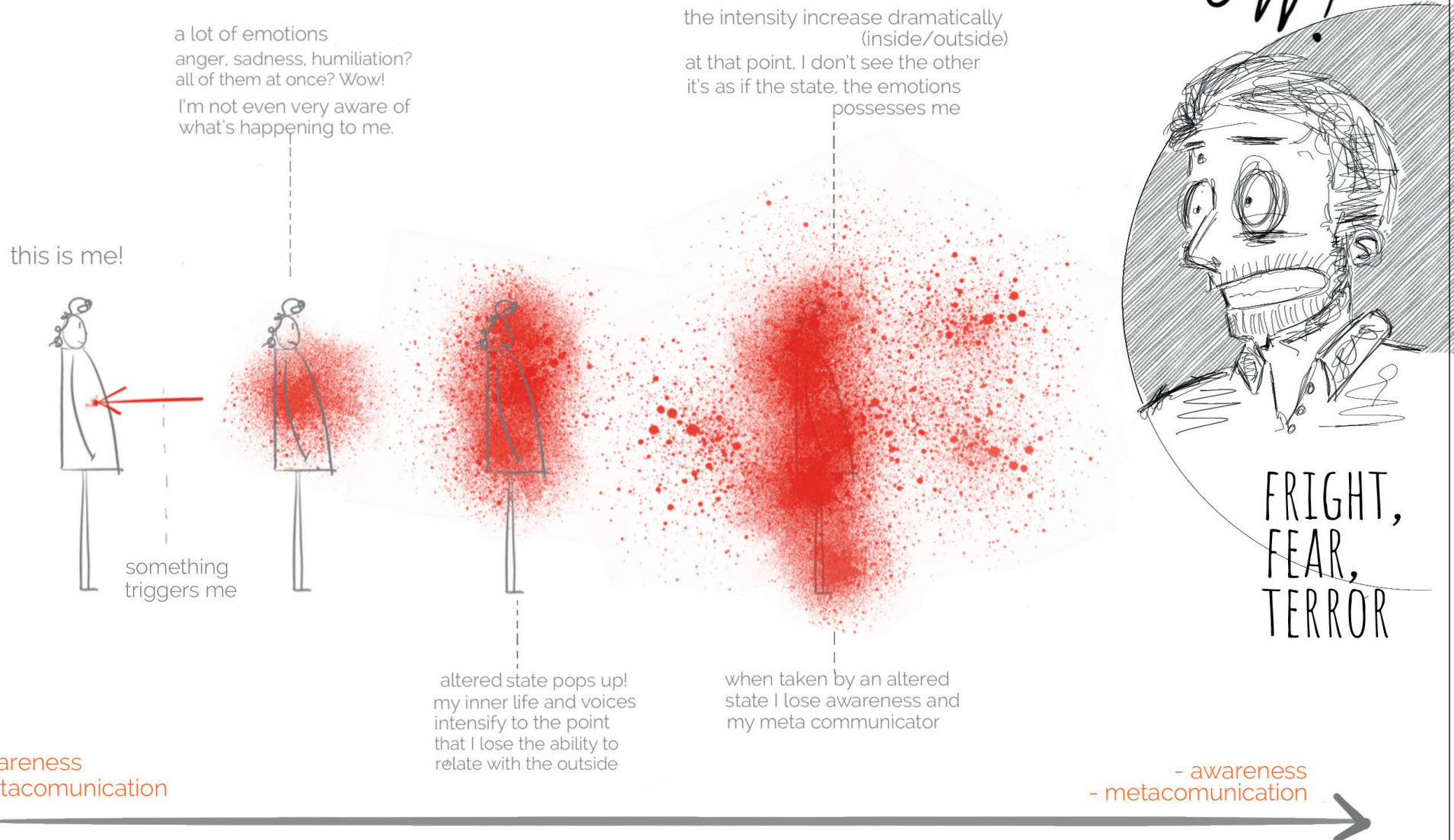
... IN MY BODY  
SYMPTOMS, MOODS,  
FEELINGS OF NOT FEELING  
UNDERSTOOD, LONELINESS, LOW  
ENERGY OR RAGE, THAT TAKE ME  
WHEN SOMETHING TRIGGERS ME  
IN RELATIONSHIP.



In relationship, either with another person or at times with myself (in relationship with my inner voices)

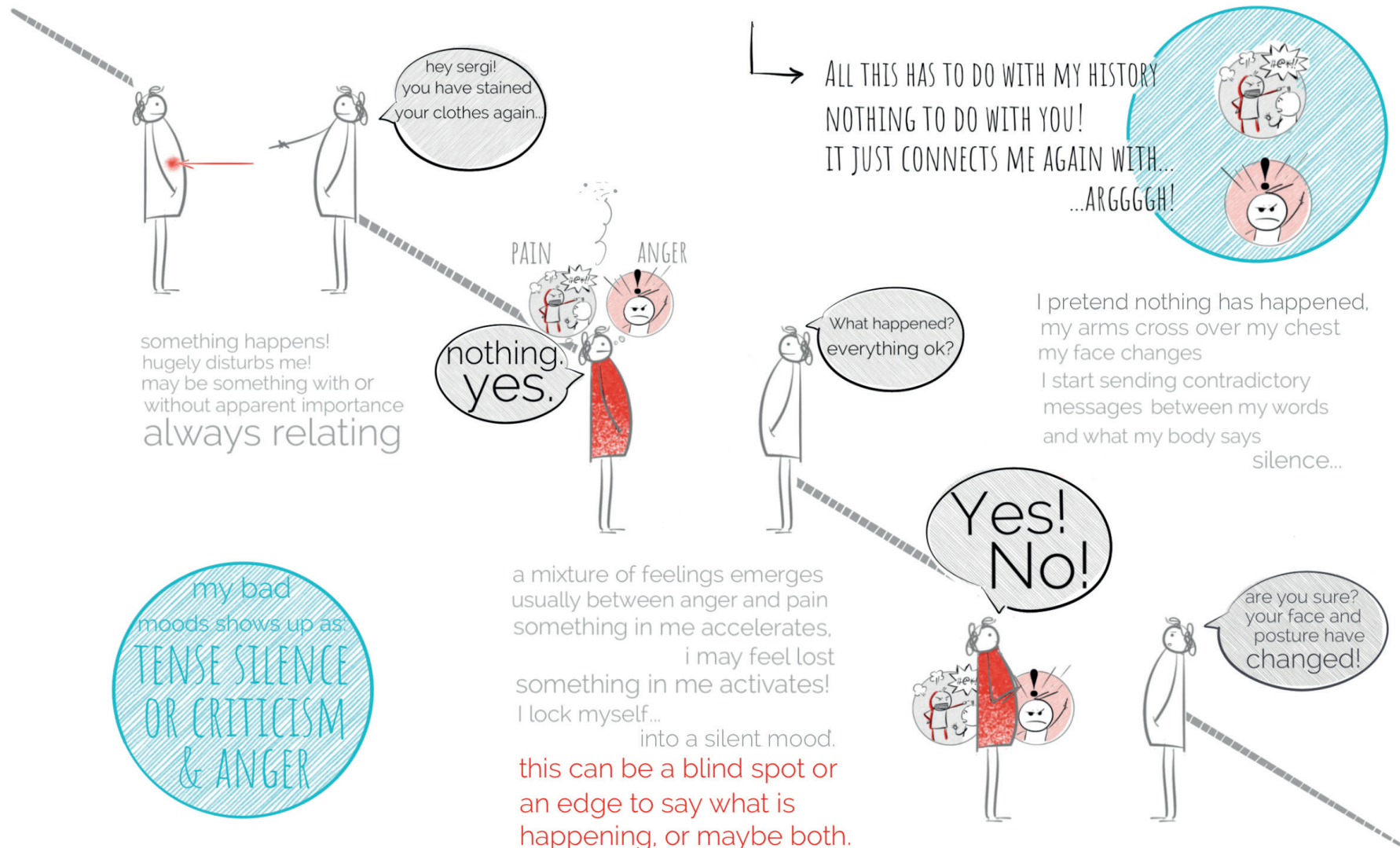
## I perceive this edge because I get into Altered States.

often what triggers these states connects me with my history  
(trauma, pain, abuse & humiliation suffered in school, family or society)



# ...other times I perceive this edge because I get into strong moods

moods are less specific than emotions or feelings, Moods are typically described as having a bad or good mood  
Moods are short term emotional states that usually last for hours, although they may last for days or longer





Nothing  
why do you  
say this?  
...arrrrgggghhhh!



What the  
**hell**  
is going on!

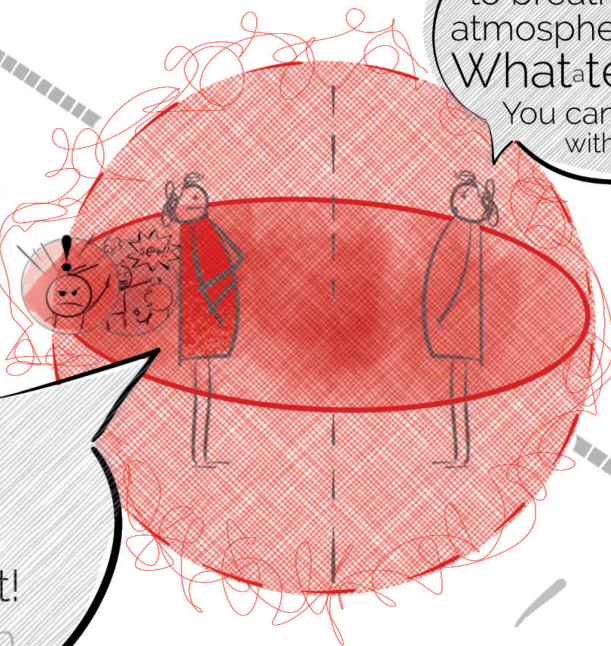


the atmosphere starts to get heavy,  
everybody around me starts to feel it  
There is no air to breathe!  
All I want to do is get the hell out of there!  
...but it doesn't seem like the right moment!  
I find myself trapped!...arrrrgghh!

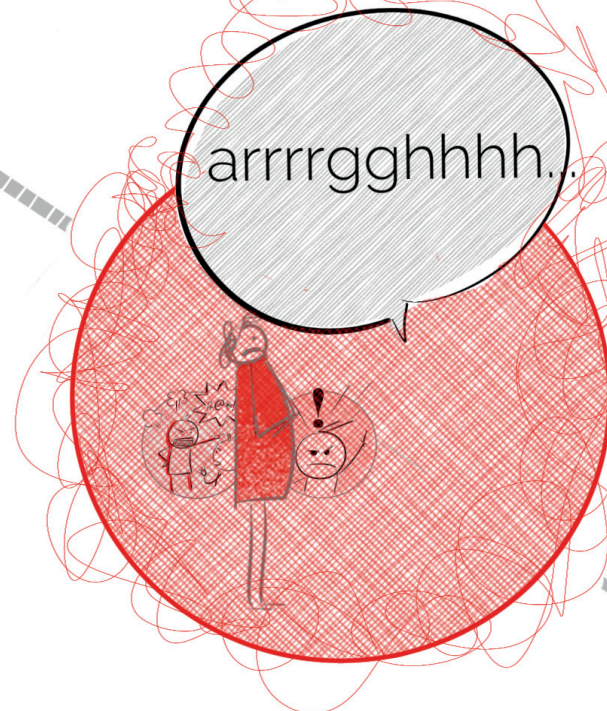
man!  
it's impossible  
to breath in this  
atmosphere!  
**What a tension!**  
You can cut it  
with a knife!

va bene!  
it doesn't seem  
the right time!  
(fuck off!)

I don't feel  
anything!  
No idea  
what you are  
talking about!  
...arrrrgggghhh...



arrrrgggghhhh...



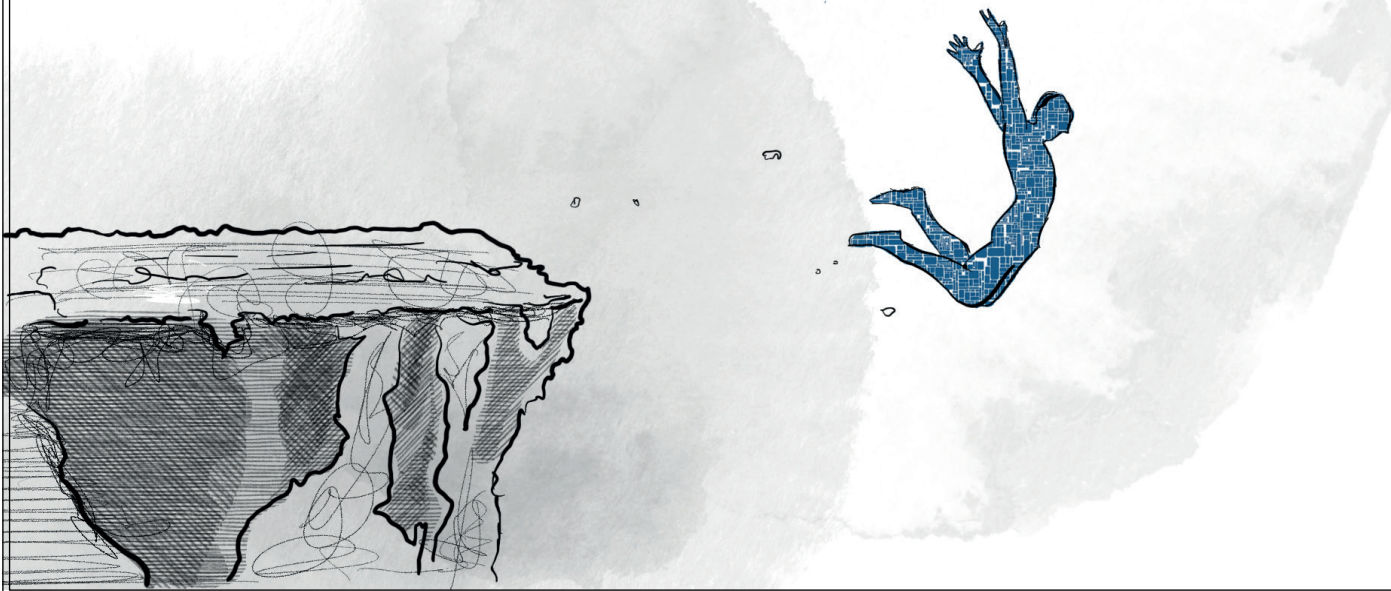
I could start talking about the stupid comment that the other made to me  
looking for the culprit, defending myself...but; wow! it's such a strong reaction  
to a simple comment! (althought it could be an unfortunate comment).

...I feel myself trapped!...arggggh!

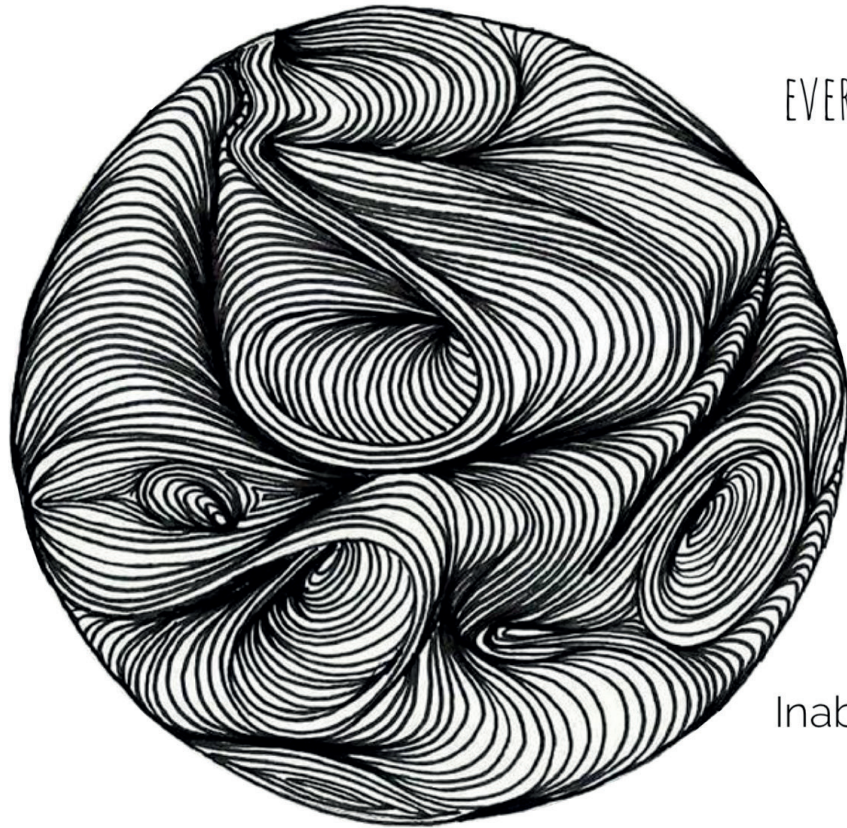


...AT THE EDGE IN RELATIONSHIP (WITH MYSELF AND THE OTHERS) WHERE THE VOICES  
WITHIN ME GET CONSTELLATED AND CRITICISM, SHAME, HUMILIATION AND TRAUMA  
EMERGES, AS THE LIMITED EXPECTATIONS OF SOMEBODY ELSE, CREATED BY MY CULTURE WITH OUT  
EVEN CONSIDERING MY TRUE SELF, OR THE OTHER IN FRONT OF ME...

...AND IN THIS INTERNAL INTENSITY THERE OCCURS AN IMPLOSION/EXPLOSION THAT  
POPS UP WITH TREMENDOUS INTENSITY!







EVERY DAY THERE IS SOME INSTANCE WHERE I GET PARALYZED BY WANTING EVERYTHING TO BE PERFECT

YEP, IT SUCKS

unconscious...

"The History strikes back"

it's not enough!

**I get into a mood\***

Inability or lack of skills to bring in what is happening to me.

it has an impact:

Does not take in consideration the rest of those present.

Has the potential to rot relationships.

just as it has the power to block me

"IN THIS MOMENT THE IMPORTANT THING IS TO REALIZE HOW ESSENTIAL THIS IS:  
TO REALIZE THE HISTORY THAT ENTERS AND POSSESSES ME IN MY COMPLEXES.  
(AND TO FACILITATE) THE LUCIDITY & THE AWARENESS THAT THIS IS HAPPENING .

the publisher  
before there was anything written traps

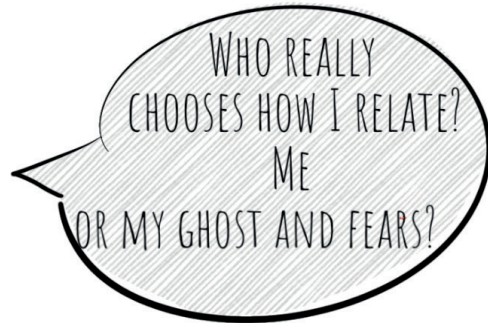
the writer

\*you get Possessed by the Anima, the man's internal\_other - Jung, Marie-Louise Von Franz



BUDDHISM ASKS AND DEMANDS FROM ITS STUDENTS, BEFORE BECOMING MONKS, THE CONFRONTATION WITH THEIR INNER MONSTERS, THOSE THAT PREVENT THE SUBJECT FROM BEING IN ANOTHER STATE AS A RESULT OF THEIR OWN PROJECTIONS.

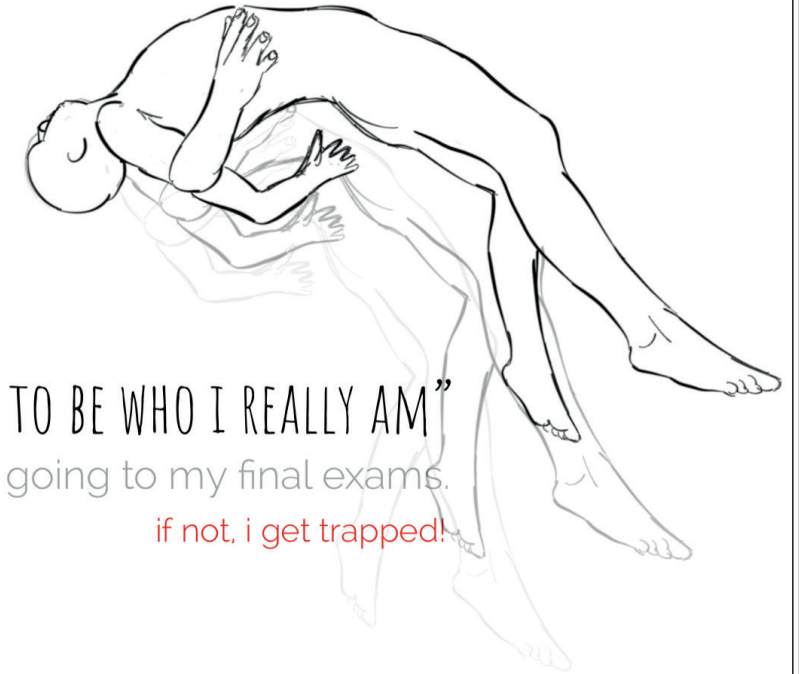
the hungry ghosts



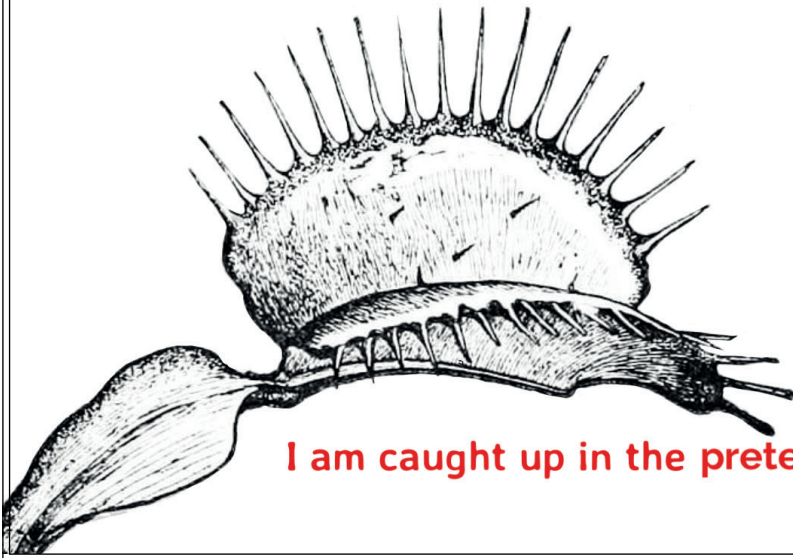
“TO LET GO MY PERSONAL HISTORY, TO “STOP BEING” IN ORDER TO BE WHO I REALLY AM”

this is the challenge to confront, the place where I am, prior to going to my final exams.

if not, i get trapped!



WHAT IF I WOULD CHOOSE TO BE WHO I REALLY AM?



I get caught up in my Ego and it' mission which impedes me from who I really am.

I am caught up in the pretence that has been demanded of me in my school and family system





# The editor:

there's an internal struggle, an "editor" who wants the image I give to be acceptable to the world, to the mainstream, even if it betrays myself and my own nature. → seeks rank & recognition.

The humiliation experienced in my History, the abuse, makes it complicated.

...BUT I HAVE IN MY HANDS THE POSSIBILITY OF BREAKING A GENERATIONAL PATTERN (A FAMILY, SOCIAL, CULTURAL PATTERN)...

**To choose.**

# The writer:

writes his work following his own inspiration, he doesn't worry about what others think.

# Personal history

→ creates the difficulties, the edge to be who I really am, traps me in rank, in the pretended image.

WHAT GIVES ME RANK IS BEING TRULY MYSELF, NOT HAVING TO ADAPT

**to choose ≠ to react**

→ No reaction: a conscious answer I give once I choose.



## ANSWERS VS. QUESTIONS

Answers are valued because they provide certainty, security.  
...are personal and archetypal  
it gives you the perception that it's already solved, so you leave the issue aside.  
ends with the idea of process...

Questions create a dynamic consciousness  
the question moves, and staying with it transforms us  
transformation is movement, process,

**MOVEMENT = LIFE**

questions inspire.

# deepening in my altered states



THERE'S A NICE/KIND PERSON

helloooo!  
THIS IS ME! :)

SOMETHING HAPPENS...

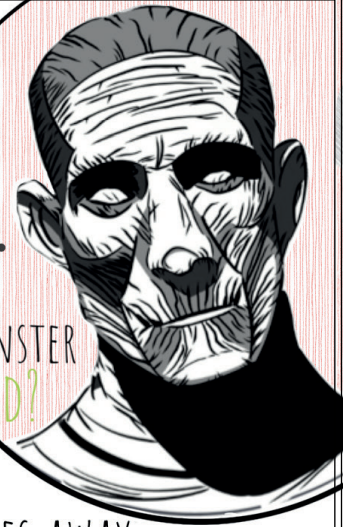
you just said something

THE WORLD IS GONE!

THE NICE PERSON DISAPPEARS & YOU BEGIN TO SEE A MONSTER  
(in front of you)

WHAT HAPPENED?

WTF!!



I PERCEIVE SO SIMILAR PATTERNS: SOMETHING THAT TRIGGERS ME  
MAKES ME ALTERED... THE CENTER THAT ORGANISES MY PERCEPTION GOES AWAY

OVER-REACT  
GETS FROZEN



they are usually experiences of the past that comes in  
All my past experiences activates, not only the pain i may have felt  
in the moment, but also the pain of the past.

no, no!  
i don't want  
this can not  
happen!  
arrrrgh...!

THE BODY REACTS  
I GET FROZEN BUT I TRY TO CONTROL, HOLD  
EACH REACTION IS VERY IMPORTANT,  
WHEN IS THE GOOD MOMENT FOR YOU, GO INTO IT AND EXPLORE IT.

THE PERCEPTION OF THE OTHER CHANGES.

COMMUNICATION CEASES TO OCCUR BETWEEN INDIVIDUALS

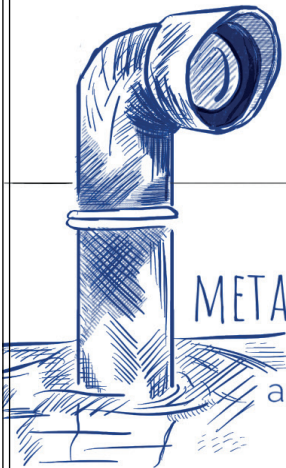
→ my  
METACOMMUNICATOR  
goes away!



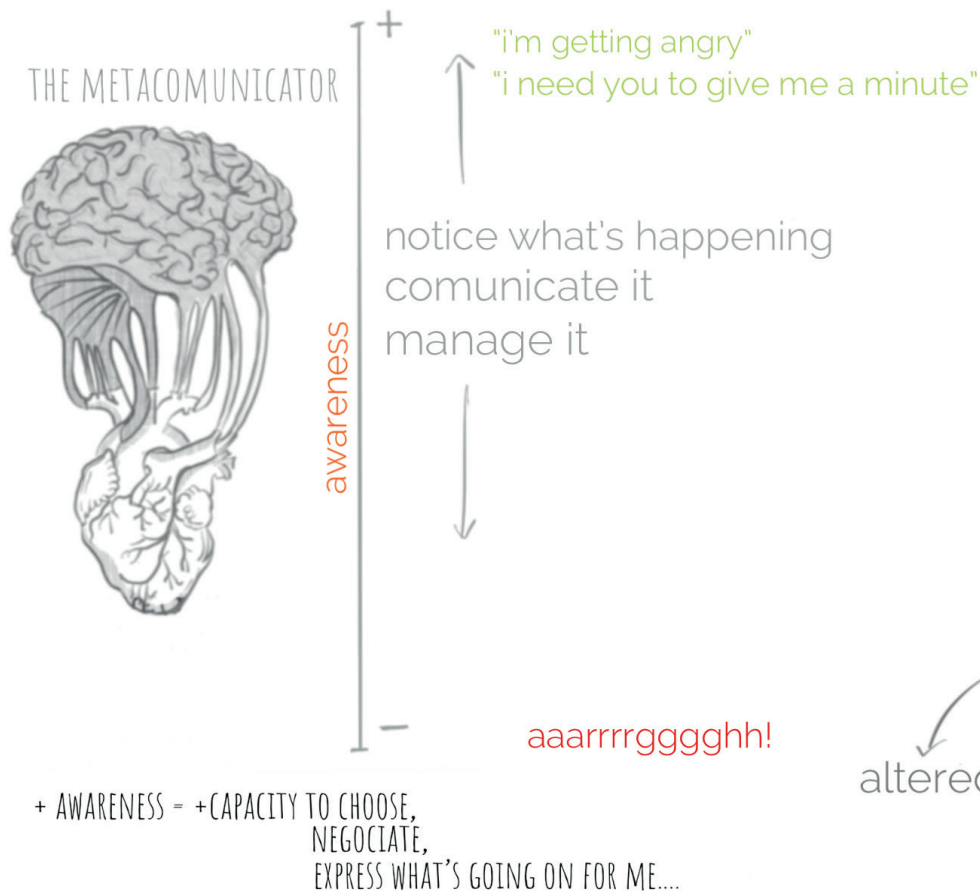
METACOMMUNICATOR:

the part of me that is aware of how  
and with whom I relate in the moment.

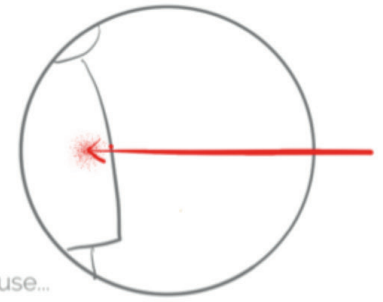
i begin to relate with the figure  
i project onto you, and react to it  
without realizing that it is Not you







often something **triggers** me  
connects me with trauma situations, my father, abuse...  
at that point, i may **overreact**, or **dissapear**  
the other, probably won't understand the reaction  
then after, the **critic** may come in



ex. i feel hurt and I want to smash his face!  
the truth is i love this person, so when i will come  
down, the critic comes in and i will feel awfull.

2 things can happen; maybe more....

"wait a sec. what's going on! I feel no good, I need you give some time"  
or "I get really taken by this state, and smash his face and kill him!"

altered

extreme

all of us have them  
don't underestimate them

the difference is the awareness  
= capacity to choose

The violent side that can emerge at times in my relationships is so connected to my emotional Self.

- The inability to communicate what happens inside me.
- The humiliation I have suffered in my life, the pain.
- These experiences (which I thought were just mine) that I have often not shared.
- The pain and rage of finding myself feeling that once more!



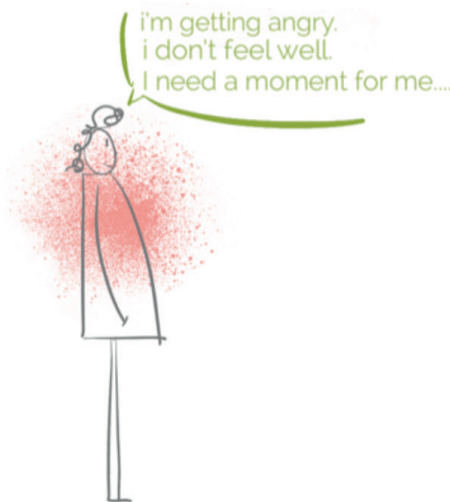
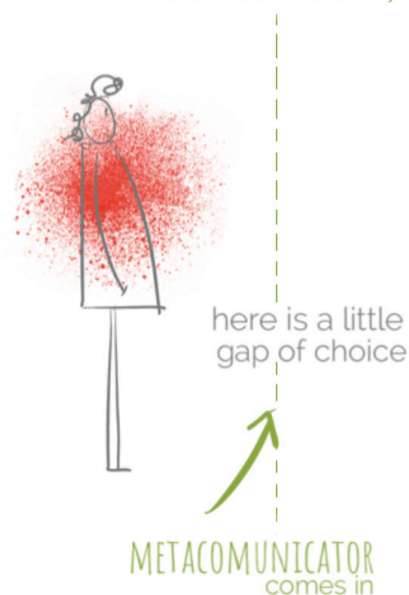
**I feel it's important not to minimize the impact this part has in me and others**

From the moment I get an edge in relationship to someone, until I realize that something is going on (often because I already feel the tension, anger or reaction) a considerable amount of time passes. The more I observe, relate, share and know my altered states, my difficulties, my moods, my edges what irritates me, what drives me crazy, what triggers me, how I'm feeling during and after...

- + awareness of what activates me, how I begin to notice it and how i notice it and evolves
- + quickly I perceive these states/reactions. + time to manage before these states may possess me.
- + I know myself = + aware of the collective aspect of these edges, reactions and behaviours.
- + abilities to relate with myself and others, + lightness, -judgement, prejudice and shame, + lightness

it's the moment before "the state" takes me  
opportunity to express what happens in me  
= relaxes & gives opportunity to manage in  
a more sustainable way.

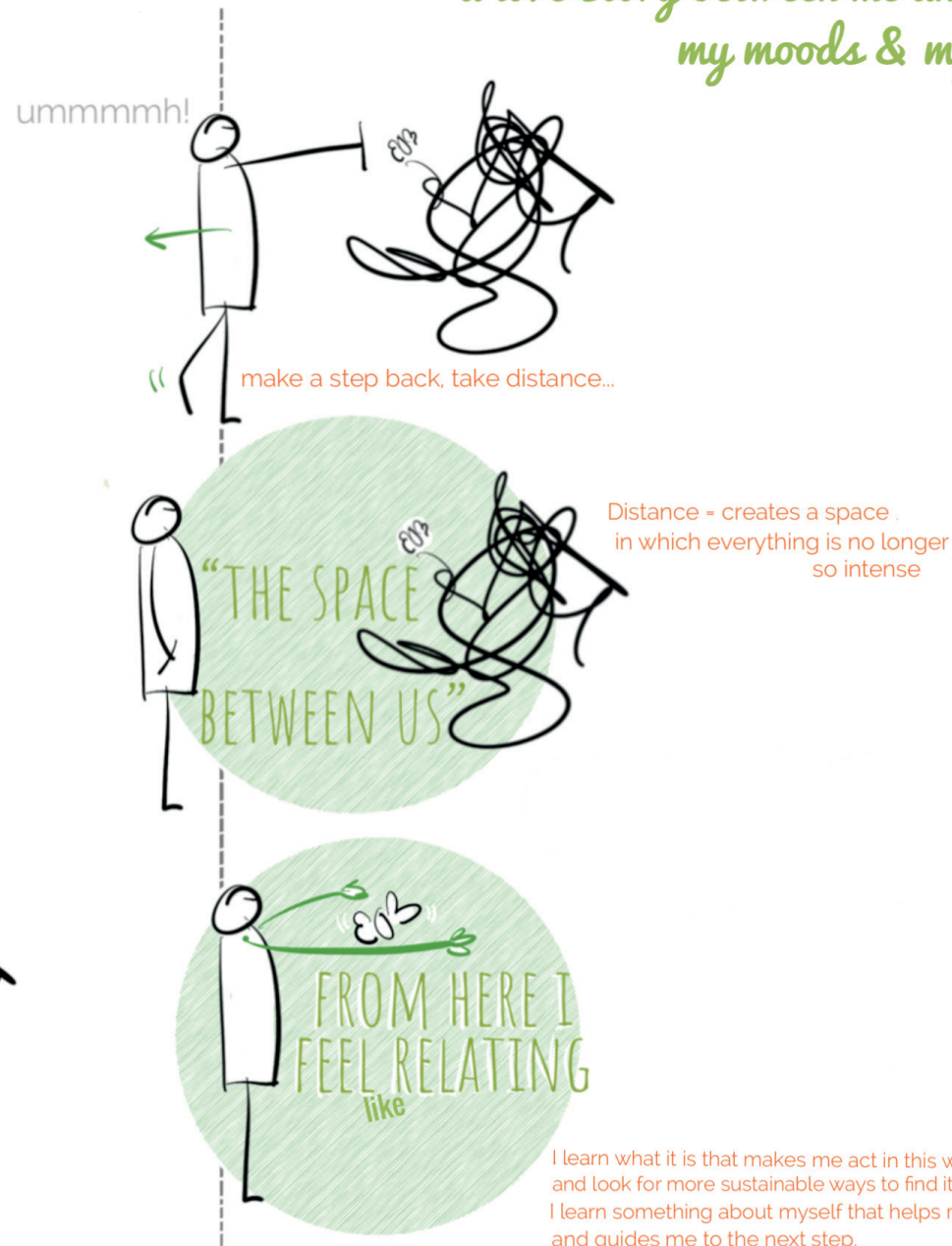
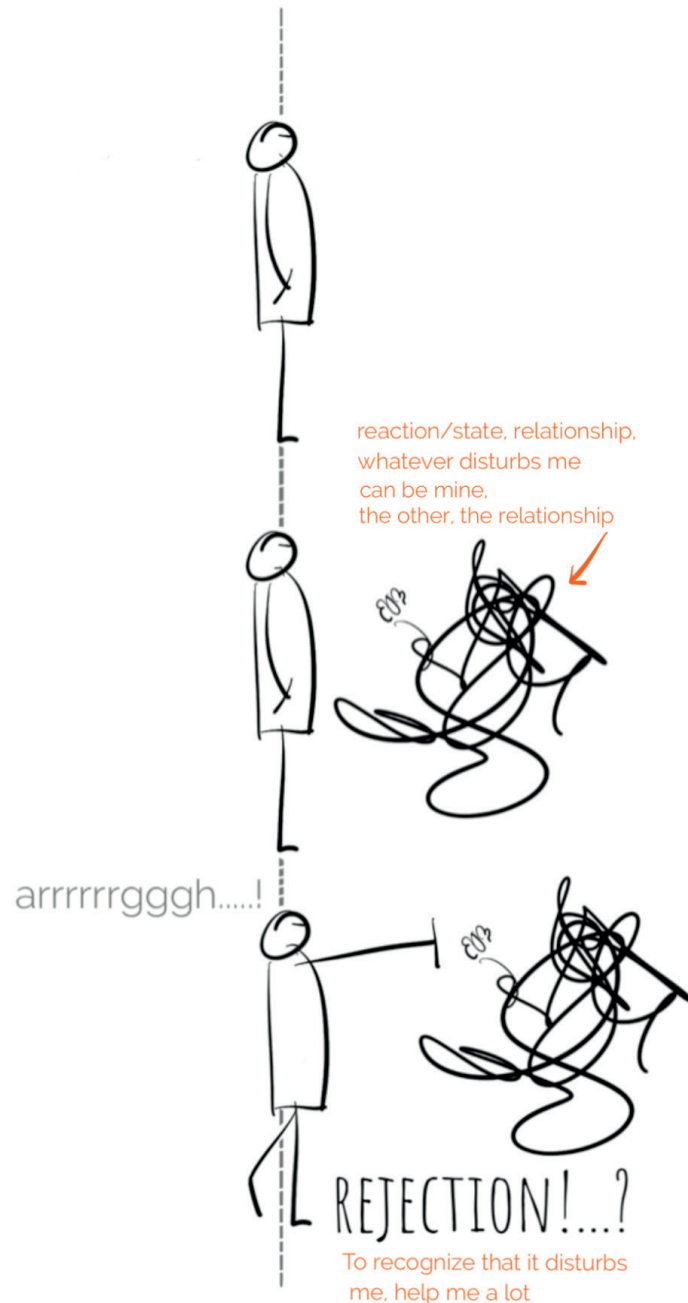
take the time to feel what's happening to me  
see how to express or articulate  
express feelings & slow down helps me





# Creating the Space between us...

a love story between me and my states  
my moods & my symptoms



# deepening into the moods

what happens there? what triggers it? what feelings, sensations, perceptions do I get there?

- Something happens that triggers me in a certain emotional way,
- There's a very strong difficulty/edge that pushes me into a complex
- There's a mixture of feelings of pain and anger/rage, accompanied by anxiety.
- Sense of everything going very fast!
- I feel an immense contradiction between the part that seeks to defend himself (so intense), and the part that feel the pain deeply.
- I have no idea how to hold this.
- Something in me is in a fighting mood, probably challenging the one in front of me.
- (I can't show myself weak, and it is not the place

/moment to start a fight

↳ I get into a double bind (impossible situation)

↳ there's no way to make the right decision  
whatever I do, I'm fucked

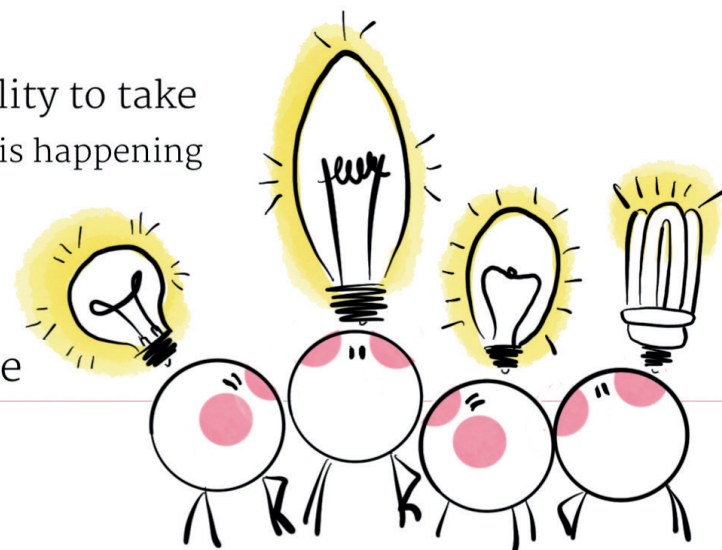
- I just want to get the fuck out of that place!







- If I don't go out, something dissociates in me=  
at that moment I don't feel anything, I don't speak, I close my arms, I lock myself in myself
- There's a loss of clarity in me
- The mood takes me for a long time, hours, the day...  
In that I lose the ability to relate to the other, to concentrate; in a way, it is as if the mood possesses me and I become the mood. Everything revolves around this mood.  
...somehow, I collapse!
- It is something I'm familiar with, it hasn't just happened to me once.
- This experience is related to not having tools to express or handle the intensity that is happening inside me, that is so intense that I lose my ability to express myself to the outside world.
- It's as if I stop seeing the person in front of me, at that point I just think about winning the battle  
...or running away!
- There's a rank dynamic involved, an impossible situation, like a double bind experience inside of me, that may be happening in some way outside?
- Framing it: In this situation I can only be supported by the ability to take a step back, breath and realize where I am and what is happening tell it to myself, and express it to the other.  
If I can do it, it is liberating
- The more I know this state in me, the less time it takes me  
to take a step back and somehow manage it.





- There are in this dynamic, at least, two connected aspects that I relate with gender:

“I need to hold this myself, I need to do it alone, it’s my situation” (=I can not ask for help, I can’t show any weakness)

→ showing weakness = may question my rank

- Inability to express what happens inside me with the outside (feelings, or whatever it is)

→ no communicating = stops the relationship

- Moods have a big impact on relationships, on the field around me, and they are not easy to work with.

I’m not clear about what’s going on, maybe I can figure out the trigger,

but not how to dig deeper into what’s behind it

I’m not sure how to unfold it in the moment

- Moods are very atmospheric and powerful, it occupies all

the space around me; it can be feel it in the ambiance

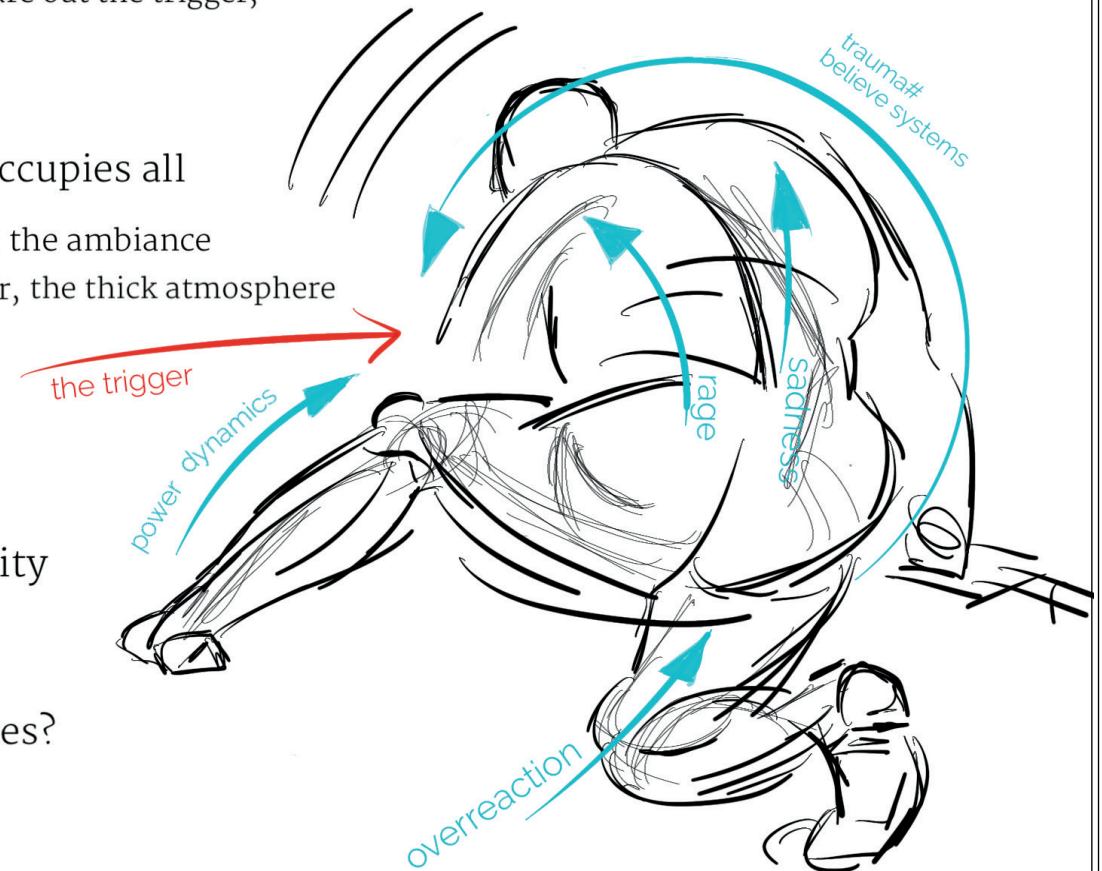
the tension, the heavyness, the lack of air, the thick atmosphere

not only by me, but also by those around me,

or even who may enter into the room where I am.

- If I get into “victim” mode when it happens, usually it escalates. I need to take responsibility but not marginalize that which hurts me.

- What forces are acting when everything activates?



# PATRIARCHY

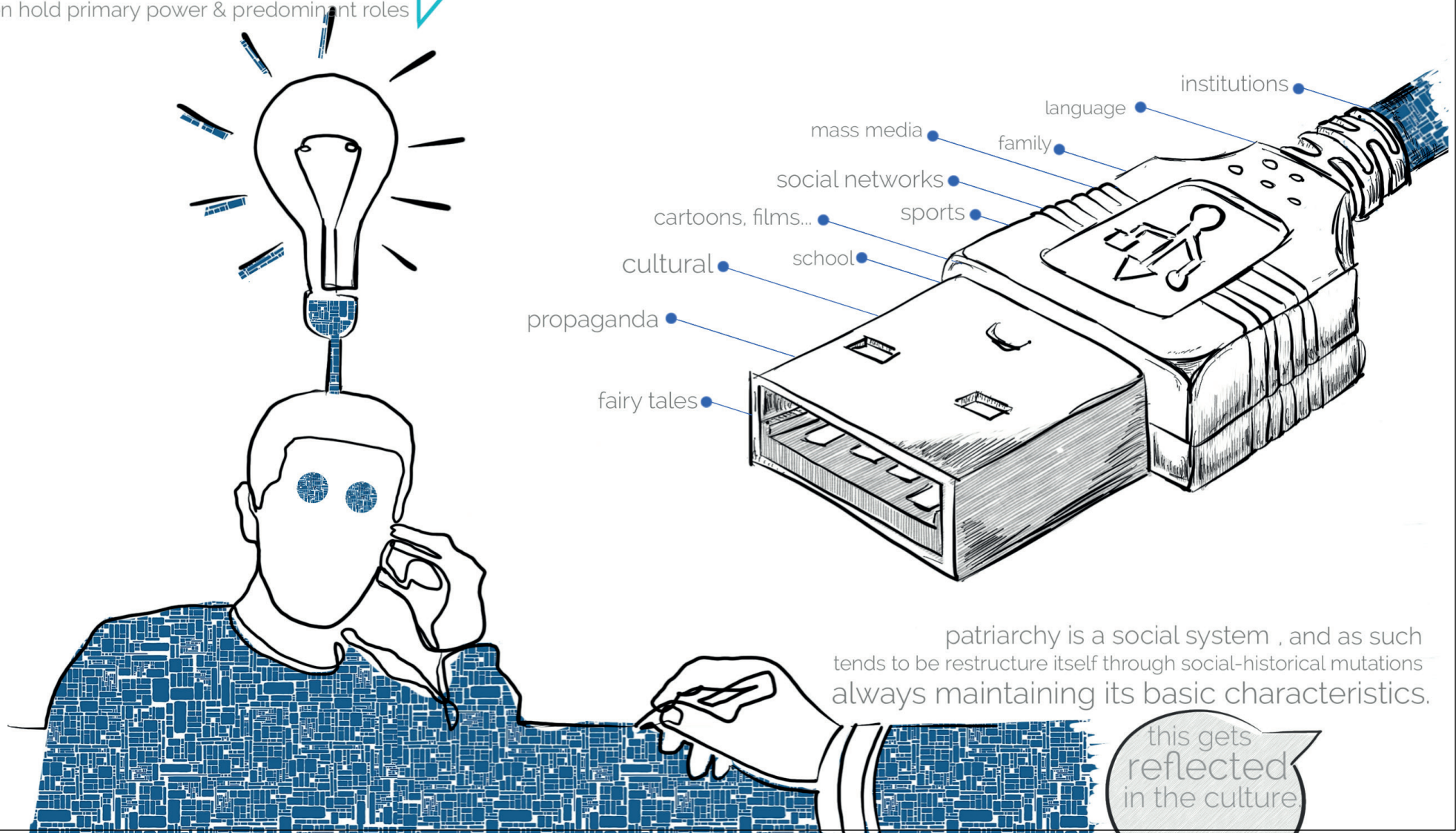
dominant system that creates a culture

A GENERAL PATTERN OF BEHAVIOUR  
→ MALE CULTURE # PATRIARCHY

men hold primary power & predominant roles

DOMINANT  
culture CREATES

attitudes & behavioral scripts  
structures that support its supremacy,  
discourses of the main society,  
dominant cultural belief systems  
models that are acceptable or not.



patriarchy is a social system , and as such  
tends to be restructure itself through social-historical mutations  
always maintaining its basic characteristics.



this is how dominant systems maintain and reproduce themselves

dominant systems create what is real & truth

& becomes invisible

In this way I don't have to change, the others play my world and it seems that they are the ones who have the problem, even if it's not really about them.

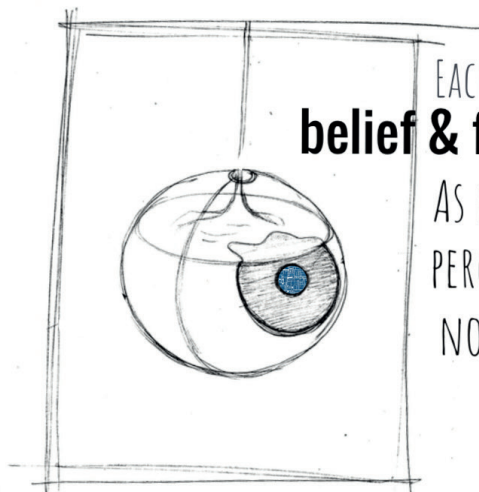
John beat Mary  
Mary was beaten by John  
Mary was beaten  
Mary was battered  
Mary is a battered woman

WHY  
SHOULD I CHANGE?  
IT'S YOUR THING!  
(it is not my issue)

I impose  
this perspective,  
this way  
I am not the one  
who has to  
change.

was done by John, but you can see how John left this conversation long time ago

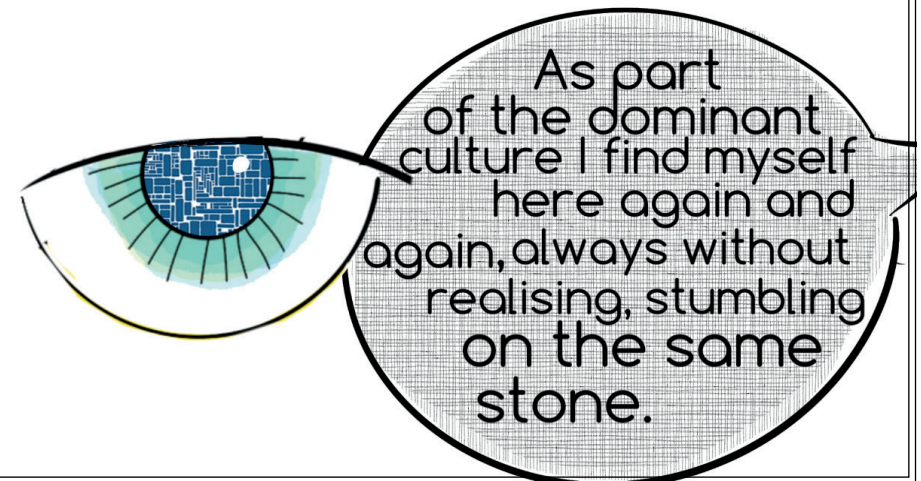
(julia penelope)



EACH CULTURE CREATES ITS OWN  
**belief & feedback systems**

AS PART OF A CULTURE, I WILL  
PERCEIVE THAT FEEDBACK AND  
NOT OTHERS >

what does not fit is  
marginalized and  
attributed to certain  
minority groups.



As part  
of the dominant  
culture I find myself  
here again and  
again, always without  
realising, stumbling  
on the same  
stone.



"be strong!"  
"don't be a girl!"

"YOU HAVE TO BE BRAVE!"

"don't cry!"

"it's not a big deal.  
Take this candy!"

"boys don't cry!"

"don't be sad son,  
you break my heart!"

"NO PAIN! NO PAIN!"

*"Again! you fucked up again!  
there's no solution for you!"*

pressure to be strong,  
succeed and repress  
emotions

(putting the female, homosexual, "the other"  
figure as synonym for inferiority)

AS A MAN, I HAVE THE FEELING THAT  
WE DO NOT YET REALIZE THE TRAGIC  
CONSEQUENCES THAT THESE MESSAGES  
CAUSED US, THE OTHERS AND  
IN OUR RELATIONSHIPS

IT'S MASSIVE!

as well  
as in what  
measure these  
determine  
how I relate



"I'm your father"

Darth Vader

Patriarchy  
is the big father

- with me
- with my inner voices
- with the others
- with what surrounds me
- with the world

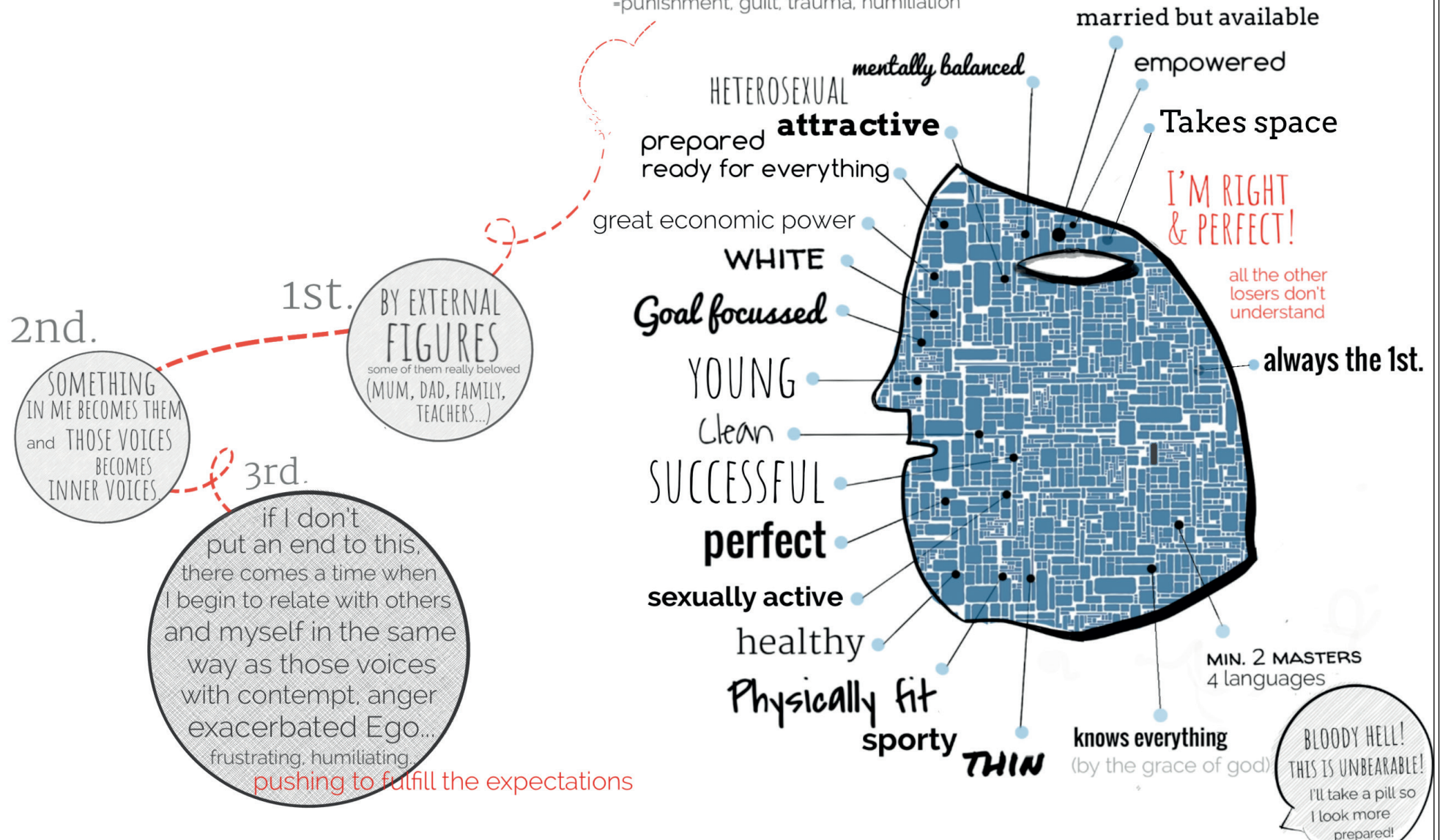


# Culture creates models

this could be the male model that my family, school, community expected from me!

## Expectations

don't fulfill the expectations, as I did  
-punishment, guilt, trauma, humiliation





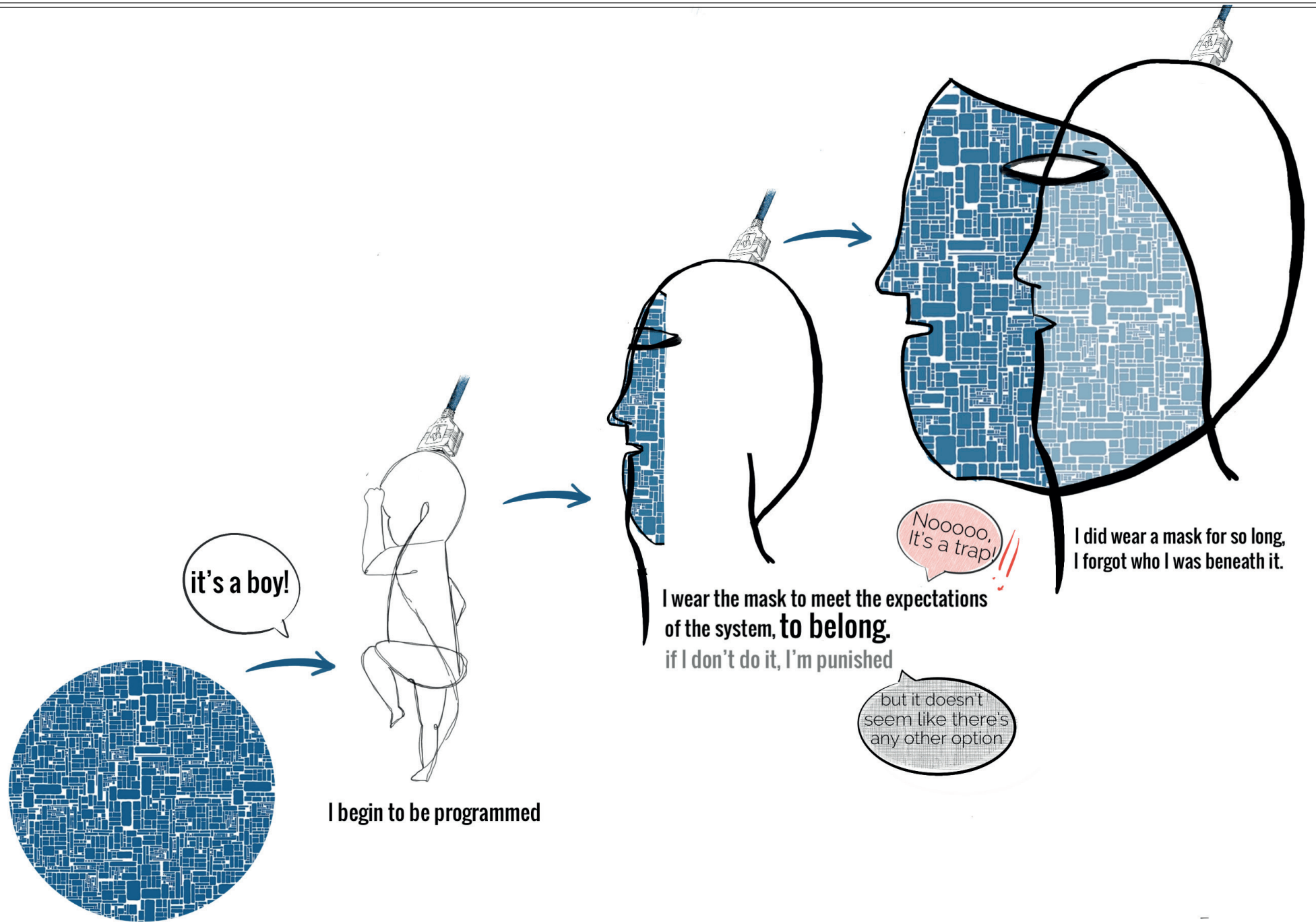
ALL THOSE CHARACTERISTICS THAT ARE NOT  
ATTRIBUTED TO THE DOMINANT MALE MODEL  
ARE MARGINALISED AND PROJECTED ONTO  
OTHER MINORITY GROUPS (DIFFERENT SKIN  
COLOUR, SEXUAL ORIENTATION, LOSERS...)

judging & criticizing

creates the  
**MARGINS, MINORITIES,**

emerge dynamics of  
**MARGINALISATION.**







"I HAVE TO KNOW"

"I SHOULD DO IT BY MYSELF"

"I MUST MAKE IT PERFECT"



I'LL PRETEND WHENEVER "I KNOW"  
AND START TALKING WITHOUT HAVING A FUCKING CLUE  
WHAT I'M TALKING ABOUT, JUST TALKING SHIT!  
probably I'll think "I'm really cool"  
even so the others probably realize  
I have no idea

these ideas  
and beliefs  
represent in me  
part of the dominant  
male culture.

**The Mainstream**  
nowadays

all are  
represented by  
inner voices that I  
hear inside  
my head.

it's your  
fault!

you're  
incompetent!  
stupid!  
nothing!  
you don't know!

**You're nothing**  
**YOU DEFRAUDED ME!**  
I don't have time for this!  
**it's your fault!**  
**you are a loser!**  
again!  
you did it  
wrong!

*I'm always right!*

*They will  
think I'm  
clumsy*

**If I'd  
done that....**  
**I'm not enough!**

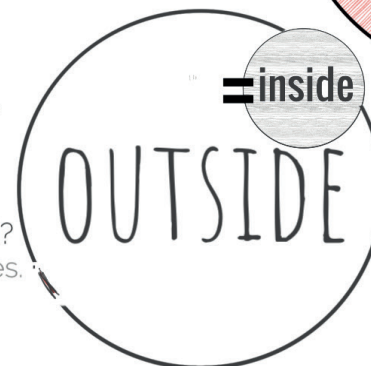
WHEN "I HAVE TO KNOW," I CREATE BLINDSPOTS MYSELF



creates a culture &  
feedback system

perceives the feedback that fits in,  
and marginalises the others

what can be said, or can not be said?  
culture creates boundaries > edges.



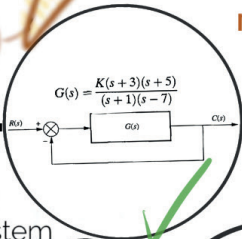


" I did it again, I fucked up again, and again! noooooo  
I get in a negative cycle getting worse again and again if I don't stop the cycle

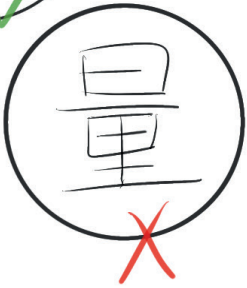


How do I stop this cycle?

if I don't fit, for whatever reason...



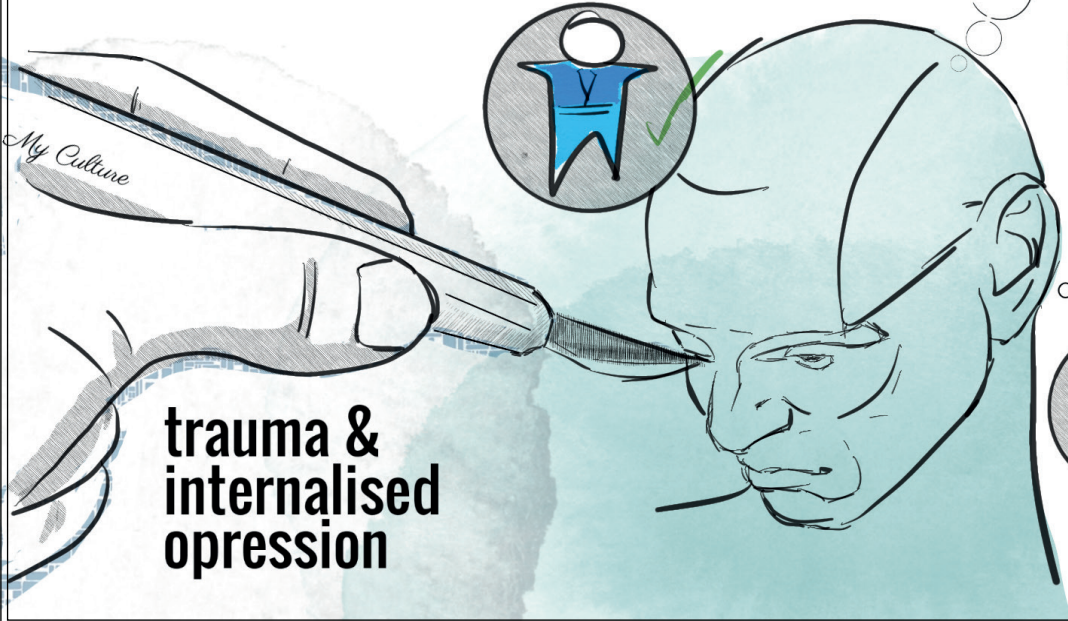
I look for that feedback that fits in my feedback system



don't see/perceive any other possible feedback's.



i like pink  
hey! pink is trending and that guy you like so much wears it!



Adding new info.



I'LL PRETEND WHENEVER "I KNOW"  
AND START TALKING WITHOUT HAVING A FUCKING CLUE  
WHAT I'M TALKING ABOUT, JUST TALKING SHIT!  
probably I'll think "I'm really cool"  
even so the others probably realize  
you have no idea

what if I give  
myself permission  
to be who I really  
am, and not who  
I'm supposed to  
be?

is that possible?

belief systems  
determined  
by the culture

## what's behind all of this?

- an essential insecurity,
- a feeling of obligation to constantly demonstrate that I am better
- A lack of love towards my person,
- a culture that tells me how I should be
- without even taking me in consideration
- a threat to be punished in unnameable ways
- a power dynamic between culture/community and the individual



so often,  
I find myself  
trapped in having to  
prove that I know, that  
I'm good enough,  
both to myself  
and to others.

so  
unconsciously  
ANSWER FAST, EVEN BEFORE  
THE OTHER HAS FINISHED  
THE SENTENCE

when  
this happens  
it's unconscious  
, at that moment  
what I'm doing  
internally  
is to fulfill the expectations  
of my inner critics

maybe at this point  
you feel as if I'm not  
talking to you, but  
someone else

something in me  
that's not  
entirely  
present

"I have to know"



# 1.- "DON'T CRY!" IF I DO IT, THEY CALL ME "GIRL" OR "FAGGOT"

even now it doesn't seem like a big deal, but as a child it was the worst thing they could call me.  
especially my family or teachers, and even more if it was in public. Seems to me humiliating and abusive.

# 2.- I DON'T WANT TO BE WEAK, TO BE VULNERABLE, SO I PRETEND AND PLAY THAT I'M STRONG, EVEN NOT FEELING IT AT ALL.

you put on a façade, and you imagine you're the only one, and everyone else is toff, and you are the only one faking it.

# 3.- AFTER A WHILE, I UNDERSTAND THAT EVERYBODY IS PRETENDING

"we are a multitude of individuals who are only at the service of themselves"

it is as if I forgot that I'm part of everything, as if I was separate, being special with my ego, better than anyone else  
and deserving more attention, almost as if I get in competition to take other's attention, here I'm at the service of my ego,  
and I get trapped. when this thing happens, "The Cree people" says that Witiko possessed you

# 4.- I REALISE THAT PRETEND POWER IS JUST BULLSHIP

pretending to be strong is exhausting and does not get me what I really want  
so much loneliness, solitude, suffering...the potential of men collaborating, is far, far more powerful.

I realize that I'm not as different as I thought I was, that I'm part of a pretending, traumatised society which is  
in an ecological and relational crisis, and that I share much more with other men than our differences.

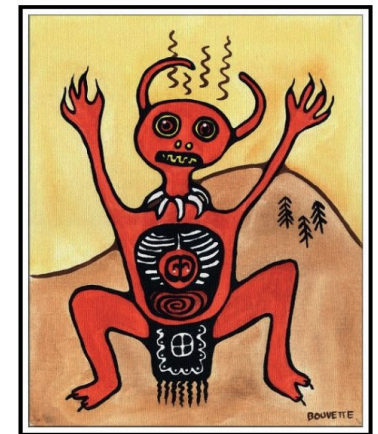
here i feel lightness, i no longer feel so alone

*When the patriarchal values get strongly entangled with capitalism values  
what we get is what we are living right now: an Ecological, and Relational crisis.*

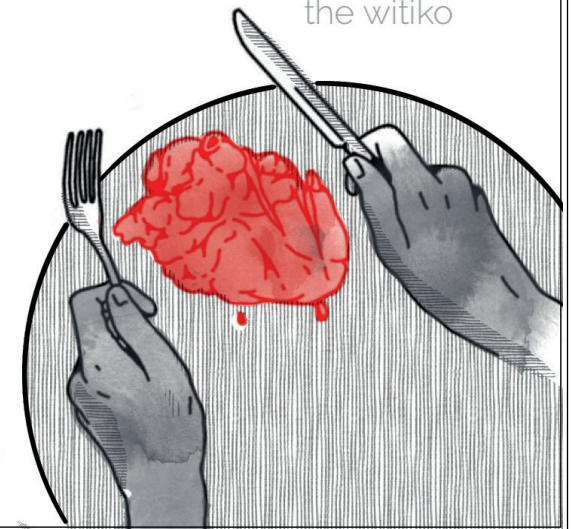
- he's always in competition with the next guy who's above you  
so he always wants more and never gets satisfied  
and that's the energy that runs the world right now  
he's not in touch with his feeling, so he's psychopathic  
ultimately you'll get killed and nobody will care

he knows he can own power & money, the more money he has, the more power, the more influence,  
but everything is built on his façade, because beneath it, he doesn't feel powerful at all  
what is missing is that "real" power is in being able to choose  
not in to be in the hands of an insatiable ego dependent on rank, and what the others will say.

WHEN THE EGO NEVER HAS ENOUGH  
me eating my own heart



the witiko





TRAUMATIC  
EXPERIENCE  
HAPPENS

abuser.

there's generally  
a power dynamic  
in which the victim  
doesn't have/loses  
the ability to defend  
him/herself

even if we forget it,  
some memory remains  
in our body and mind,  
conscious or not.

one day,  
suddenly,  
something  
triggers me

- tone of voice
- certain movement
- a posture
- a certain phrase "i don't like what you did"
- .....

something gets activated

this is what i hear

"you're  
useless"  
"you are not  
good  
enough"

"I'm not  
brave  
not good  
enough!"

it feels like a judgement, like:  
I'm not good enough again! again!...  
I was not good enough before and now  
and now you are telling me  
I'm not good enough again! arrrrggghhh!

the years pass, I don't even  
remember anymore

an abuse,  
or traumatic experience,  
being hit by your father or  
mother, slapped  
for "good sake"  
constant humiliation  
(school, family...)  
"don't cry!"  
said as a threat or not  
...

victim.

channelling

INFO

i defend myself  
intensely

at that point, I no longer relate to the one in front of me  
but to the one who attacked me

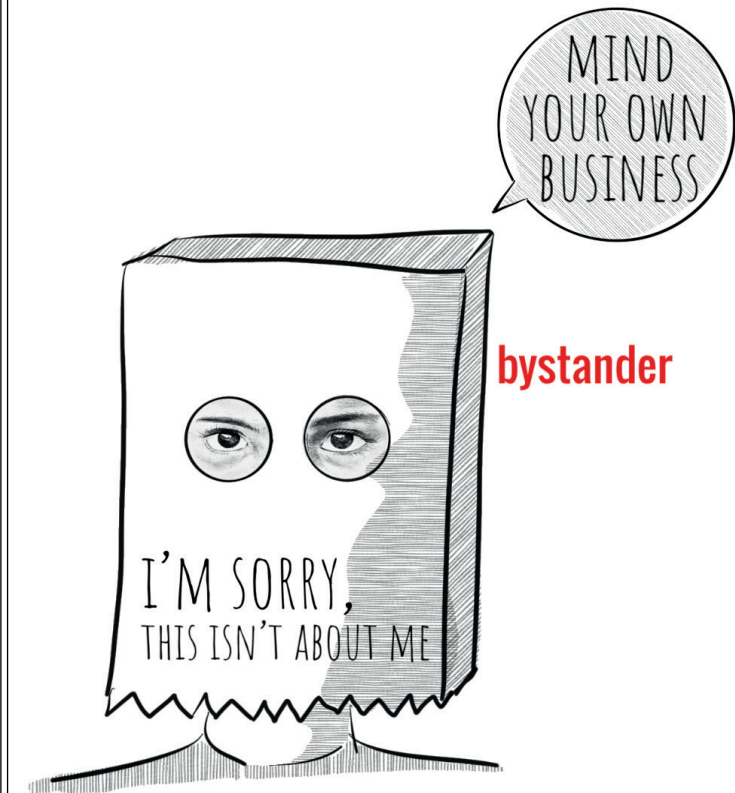
what I'm projecting on the other is my shadow

here I use to become very judgmental,

I project my judgement on the other

all of this happens really fast, no more than 2 sec.

the impact  
this may have on  
whoever is in front  
of me is massive!  
actually, that person  
didn't do anything





IT IS COMMON IN MAN, THAT EVEN THOUGH HE ACCUMULATES SO MUCH SOCIAL & STRUCTURAL POWER, HAS STRONG OVERREACTIONS TO WHOEVER CRITICISES OR QUESTION HIM.

## the basic insecurity

THIS SHOWS ME THAT HE FEELS THREATENED, WHICH SEEMS CONTRADICTORY TO ME:  
at least it is like this when I look at myself

WITH REAL POWER, IF I HEARD THAT I WOULD NOT REACT OR FEEL IT AS A THREAT, I COULD IGNORE THE THREAT, AND THEN, RELATE TO IT.

...EVEN DEFEND MYSELF, BUT NOT AS A REACTION  
a reaction is not even chosen.

"WHO THE HELL ARE YOU LOOKING AT?"

I feel so vulnerable and uncertain, but I was told once and once again not to have feelings or show any vulnerability and this makes expressing my feelings or showing vulnerability is very threatening to me.

when  
I defend myself  
and feel the need  
to express my power,  
it is because  
I feel powerless.

to defend myself  
is pretended power  
real power is to choose  
not to constantly defend my rank  
or attack those questioning me.  
(or those who I feel are questioning me, even if they are not..)

if I have  
power, real power  
**I don't care**  
what people say, I am  
dependant on their opinions  
I won't react to that  
**critic**



when somebody wants to control a child?

**shame them, belittle them**

(so mainstream in my culture)

the emotional self

**shame**

I needed years of support to be able to hold someone's gaze, specially if it was someone I loved

it wasn't like that if it was someone I was willing to challenge and jump into his neck without consideration



**the shamer?**

it come through the eyes  
the eyes contact

I carry that shame with me

**What you're looking at?!**

10 years later  
somebody look  
at me in a funny  
way

the shame gets retriggered

**i'm going  
to kill you!!!**

I'm projecting  
my shamer

it's a key role. When pops up, the shadow organises me,  
I'm in her hands and I stop deciding or organising.

**I stop picking up feedback**

(overreactions, moods, altered states, strong body symptoms)

also connected with suicide and big internalised oppresion: **The No Hope**

**the father** & the role of the father:

- ☒ missing father
- ☐ abusive father
- ☒ bystander

people dies about drugs,  
violence, suicides.... it's so  
connected with having  
no hope for the future

**it's a massive part of the process**

● perhaps this voice of my mother (ot teacher) that humiliates me, has it's origin no only in her need to control (educate) me according to certain values created by a culture that we share, but also in her big expectations projected in me: I was what should define her/his triumph or failure, and nobody wants to fail, isn't it?

● I should rethink what I understand by failure, considering that I treat myself as they did so many times





- Doing it alone I get totally overwhelmed and fall into no hope my believe system is that "I should do it on my own"

when me, as an individual  
look at the big photo

it's when sharing, through relationship and going beyond the personal that hope emerges. and not giving up. I can't do this on my own as there are many triggers, criticism, guilt, and other aspects.

what stops me relating?

I need support to go through my edges, to relate and stay there, holding the relationship, this is something I can not do alone, there are many triggers, criticism, guilty, many aspects.

I need support. Is there anything against asking for support?

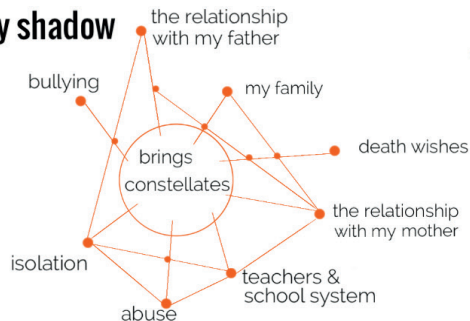
despite the enormous suffering I may be experiencing, it may be months, years, ages, before I ask for help.

when I get stuck, what's the relationship edge, the difficulty?

It is in this difficulty, at the edge, where aggression pops up, and the violence, moods, altered states, the hurting or humiliating myself, frozenness ...as an implosion or explosion, definitely intense, may be scary also.

The altered state potentially becomes extreme (not to minimize the impact)

my shadow



who's relating at the time?

- the angry warrior  
the revenge
- the victim  
the pain

my usual "me" does not usually relate at 100%,  
but always behind my armor, behind the mask

+ shame =

**I enter into a complex  
I get trapped between  
my need to express it,  
and the shame and  
judgement to do that.  
Impossible to do it right!  
double bond # double bind**







when the edges comes in  
**"Stop the World"**  
*Enter deep into it!  
 It's not a big edge...is deep  
 Dive into it, notice  
 the silence, the emptiness  
 Be receptive to whatever  
 may appear there*

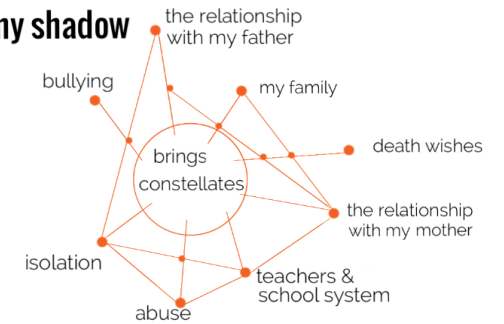
**"may the force be with you!"**

is a body symptom: often, the first signal  
 that I'm getting into an altered state  
 a tension, tightness...auuuch!

the alterate/extreme states & moods  
 appear when the edges are deep.  
 this state blocks awareness and  
 metacommunication = this causes  
 me not to really realize what's going on  
 , and not to be able to really measure  
 the impact it may have at the moment

that I'm getting into an altered state

**my shadow**



the difficulties show me: **my edges**

To know my edges gives me the opportunity:  
**to know unknown parts of me**

to take a step back and communicate "something's happening, let's see what it is?"

to gain awareness of exactly what disturbs me in the moment

=the possibility of communicating and being specific about what bothers or disturbs me.

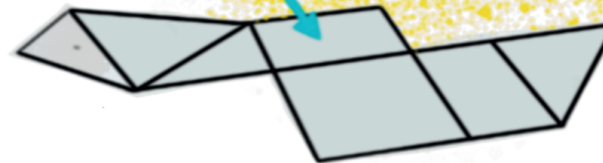
to know my edges, difficulties and create strategies to face them next time its needed,

to support me in developing the ability of choosing.

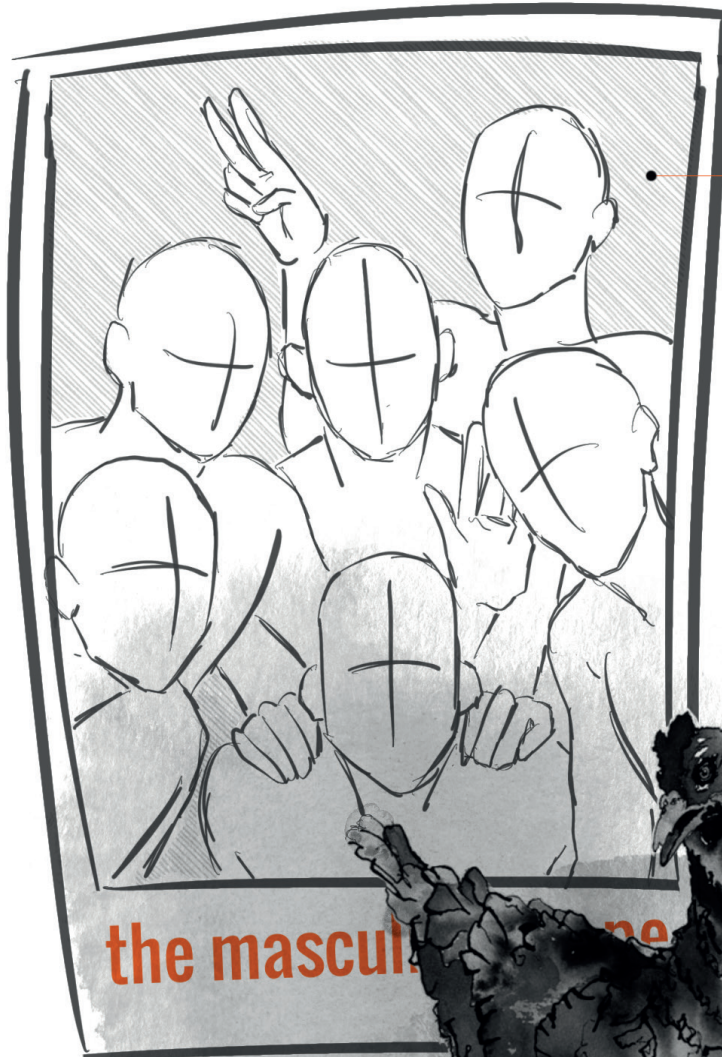
**heal some part of my history-lighter luggage**

What the hell  
 is disturbing me  
 so *Fucking*  
 much!  
 Let's see!

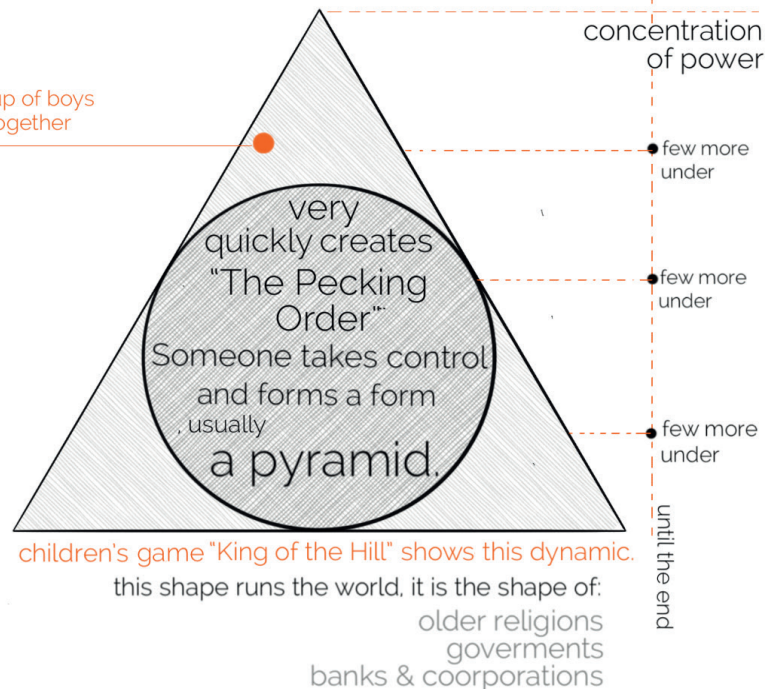
**UNFOLD  
 The**







a group of boys gets together



in this shape  
you are a function  
you are not a human being anymore

I serve  
the pyramid

there are stages, and rank

you take your head off  
to the people above you  
...and look down on  
the people below you.

I think  
that we are  
disconnected  
from our collective  
sense  
of masculinity  
and our  
being.

IT HAS BEEN  
FOR GENERATIONS AND  
GENERATIONS A  
MISUSE AND  
ABUSE OF  
POWER

AND THE  
HUMANITY OF  
OUR MASCULINITY  
HAS BEEN  
DAMAGED.

individuals#groups with privilege & rank may be ok with this

trouble will come when, for whatever reason, that doesn't happen.

I lose my job

I had an accident and I can no longer walk  
or my face gets disfigured.

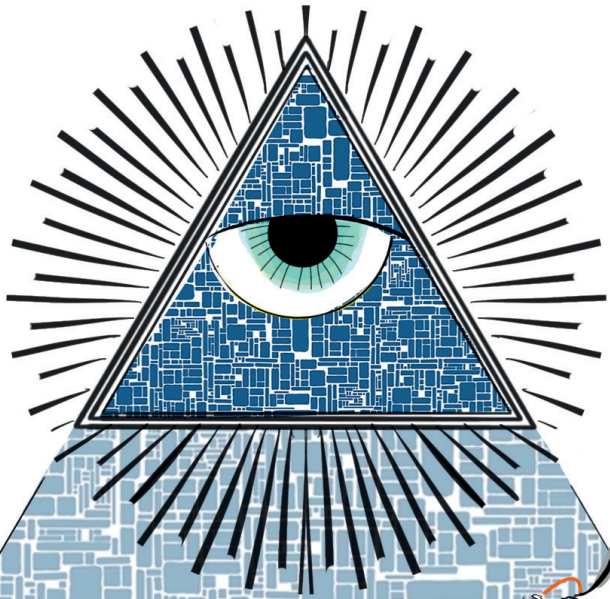
(I may lose part of my rank and privilege)

the human,  
the spiritual,  
the beautiful part  
of our masculinity  
has been damaged by  
the misuse of power  
in a way that seems  
no longer to  
exist.

I only can be in a fighting mood

hope is missing...





once I become a function, an instrument, the higher I ascend, the bigger my mouth gets and the smaller my ears become, and the opposite, the lower I fall, the bigger my ears become as my mouth disappears.

those who are more distressed by the lack of education\* are the most sadistic and those who enjoy making others feel the weight of their authority.

this  
sadistic voice  
could be my inner  
critic, that part of me  
that is against me,  
but it's also me.  
...as the one  
who feels the  
weight

When I  
feel challenged,  
this voice, energy  
defends me, it is strong  
but if I let myself be  
taken by it, i become it,  
that insane tyrant

the more  
I know him, the  
less power he has  
over me, the more  
I can choose, and  
the more he respects  
me, and the less I  
project it  
outside.

\* read:  
"those ignorant  
ones who cannot  
understand the divine\*  
designs that led me to  
where I am now"

"how\*  
hard I've  
worked to get  
here! I deserve  
it! You'd to work  
harder!"

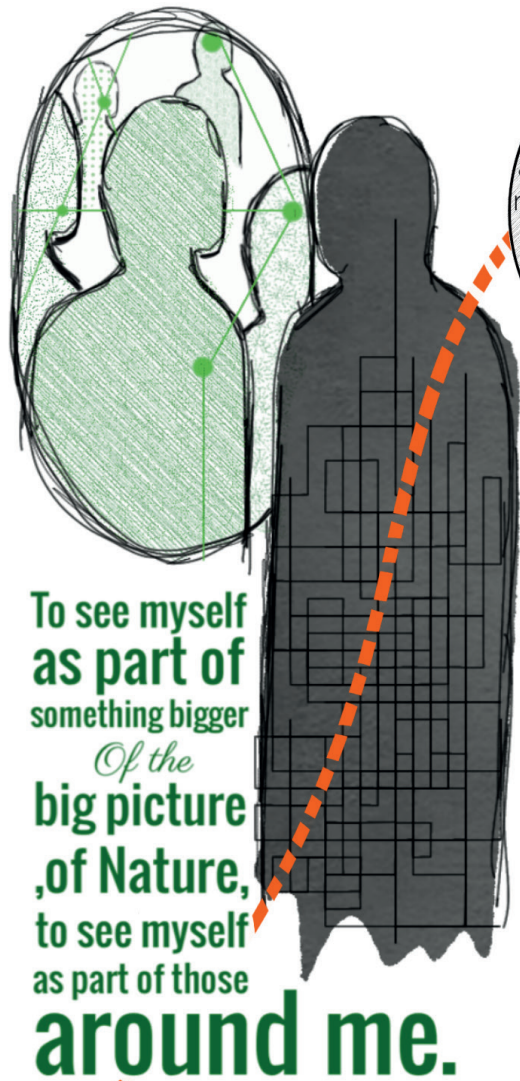
I don't  
believe that  
such a system can  
be maintained for  
generations without  
a high level of  
**violence**  
& injustice

my real me, trying to get out of the closet

Is this  
way of experiencing  
power linked to the sense  
of disconnection that I have  
felt so often throughout my life?

**Is it possible  
to experience  
power in a way  
that there are  
neither winners  
nor losers?**





To see myself  
as part of  
something bigger  
*Of the*  
big picture  
of Nature,  
to see myself  
as part of those  
around me.

NOT TO BE ME AGAINST ALL OTHERS

if power  
has a somatic  
experience, so does  
revolt. The change in me,  
and this culture that oppresses  
me, involves getting rid of that  
imposed body and creating  
myself another one capable  
of feeling, thinking  
and doing  
differently.

**Transformation**  
comes through awareness  
and taking  
**Responsibility**

here is where  
the transformation  
of the physical body  
starts, through symptoms and posture

**A transformation**  
at once happy & painful,  
festive at the same time  
as **Violent**

*"I destroy myself to know that it is I and not all of them"*  
leopoldo panero



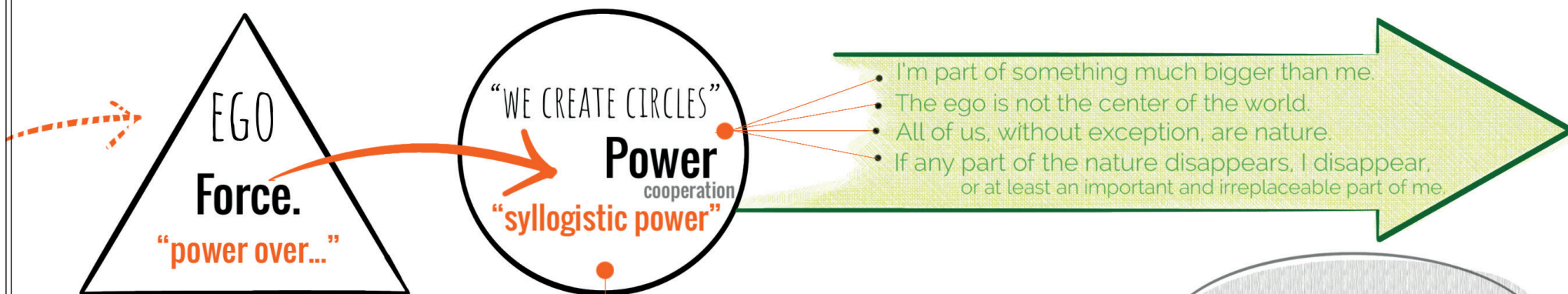
I HAVE TO EMBARK ON  
THIS JOURNEY ALONE,  
BUT I CAN NOT DO IT  
ON MY OWN.

it's a singular journey  
a personal journey,  
and it is as it should be.  
...but I can't do it alone.  
I need other men, references  
...a group of men  
who can support.

when I have embarked on the  
journey, supported by elders,  
suddenly, from here, everything  
seems clearer, because  
**I understand through my experience**  
why the patriarchy operates  
the way it does, and how I  
live it and share my own  
experiences, and how we can  
support each other.

ONCE I FIND THEM, IN THAT MOMENT,  
I CEASE BEING SPECIAL, I BECOME US,  
THE SOLITUDE DISAPPEARS, "I" BECOME "US".  
THE POTENTIAL OF CHANGE OF THE "WE" IS  
**UNFATHOMABLE** infinite





## ...from the triangle shape to The Circle

the Ego glow

The Ego never have in off  
wants more and more power  
and uses the Force to get that power.

"what do you do?"

it's a triangle question  
a call to demonstrate  
to climb a ladder in the hierarchy

- In the circle there is no hierarchy
- There is shared power
- Instead of "power over" we have "sylogistic power"
- There's equality, there's inclusion
- There's exposure and feelings are welcome
- It's about "who you are" rather than "what you will do"
- we all see each other

## a safe container created

- there's nothing to prove here, I come just as a man, you come just as a man.
- We leave everything that governs our lives outside and for a moment we meet the real Us
- Those of us who enter agree to respect the rules of the circle
- a group of elders holds the space

**Once I experienced this space, I realize that I was confused:  
The force that uses the triangle shape is not real power**

a force that I impose, but always subjugated to the power of one who is above me  
and that even though I am above it, has dramatic consequences on me and others

**the real power is in the choice.**

## the ritual

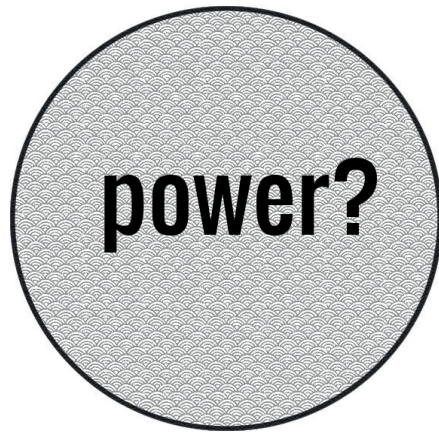
I/WE HAVE THE CHOICE IN EVERY SINGLE MOMENT,  
TO BRING THE MEDICINE OR THE POISON, EITHER COULD BE,  
AND I REALLY KNOW A LOT ABOUT POISON.

BECAUSE I KNOW THE DARKNESS, I KNOW THE SHADOW.  
I CAN MAKE DECISIONS TO GIVE IT LIFE.

I CAN CHOOSE TO BE VIOLENT, I COULD, I'M  
NOT GOING TO LOSE THAT, I HAVE DONE PLENTY  
OF THAT, BUT I CHOOSE NOT.

THAT'S REAL POWER TO ME.





- **is not good or bad, it just is.**

power leads to actions, and actions can be useful and uplifting or hurtful and damaging..  
it always has an impact.

- **gives privileges.**

= special advantage or immunity, or benefit not enjoyed by all.

having power bestows a privilege which means I can do things that other people cannot do  
I can always use privileges to benefit myself or to benefit others.

- **has different origins.**

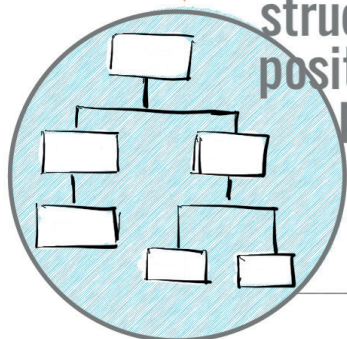


- I have these privileges because my social class, wealth educational background, higher education, gender, race, disability, and so on.
- usually these are partly inherited, or sometimes bad or good luck and they are less frequently earned.
- many are shared cross-culturally, but cultures vary in what they value  
e.g. Matriarchies/accents/body shape, etc....
- does not transfer from context to context.
- If I change the context I may lose the social power I have.



- Inner sense of power that comes from a variety of sources.  
e.g. If I have being through very difficult experiences and I identify as having survived and overcome or endured them, I may have internal Psychological privilege. Or I may have been working on myself a lot, and have a strong focus of evaluation, or listening skills, or handling conflict, etc...
- It comes also from awareness of my skills (including skills from the heart, body and mind)
- It transfers from context to context, "I can take it with me"

## structural positional power



- comes from hierarchy, job descriptions, protocols, conscious or unconscious, organisational rules, and sometimes by association with a person who has high structural rank, e.g. being son-by-law of the Major.

## spiritual power



- can be personal to me.
- it is the strength I may have from a feeling or knowledge of connection to higher power. e.g. if "God is on my" or I have a strong belief in an ideology that feels a mission.

### ● the abuse of power is not a pathology

people who misuse power are ordinary people like me

### ● a main motive for misusing power is feeling weak

many times I may use it to manage my emotions, feel better about myself, protect or defend myself.

### ● the way we use power depends on our self-perceived power

if my self-perceived rank is low, I may be tempted to use my social rank in self-serving ways

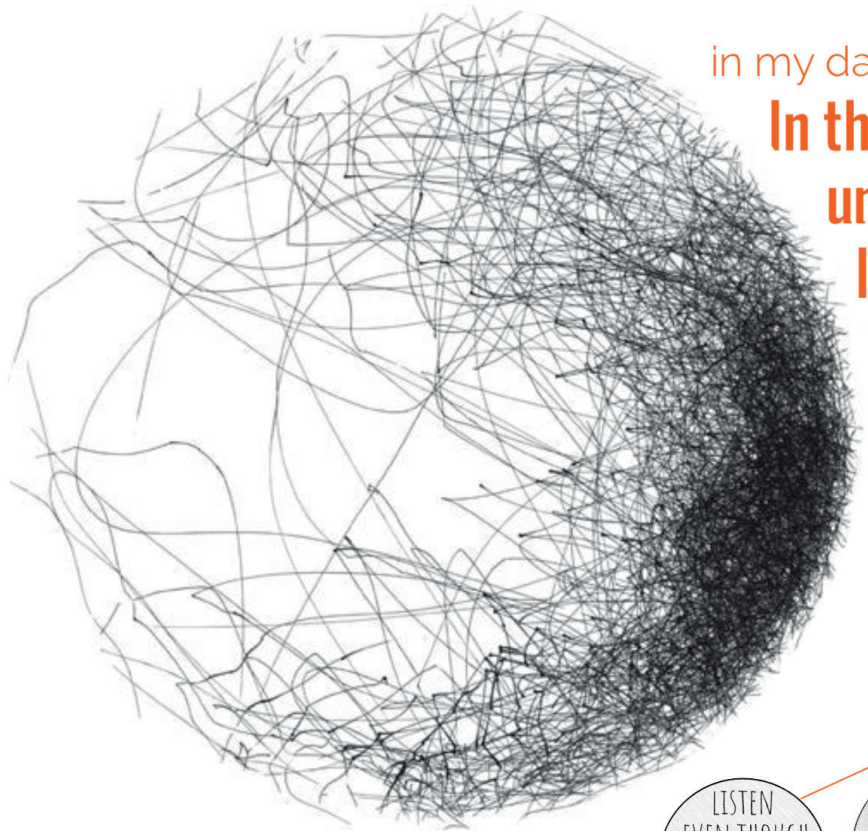
### ● power and privilege awareness helps me to find power.

I may have been unconsciously marginalising the possibilities of choosing to make a useful for myself and others. It helps me not to hurt others or get in conflict unnecessarily.

### ● Finding this personal power supports me to act when I instinctively feel less powerful.

how the privileges associated with these powers interacts with each other creates conscious or unconscious power dynamics.





in my daily life...

**In the territory of emotions, I feel vulnerable,  
uncertain, frightened and emotional.**

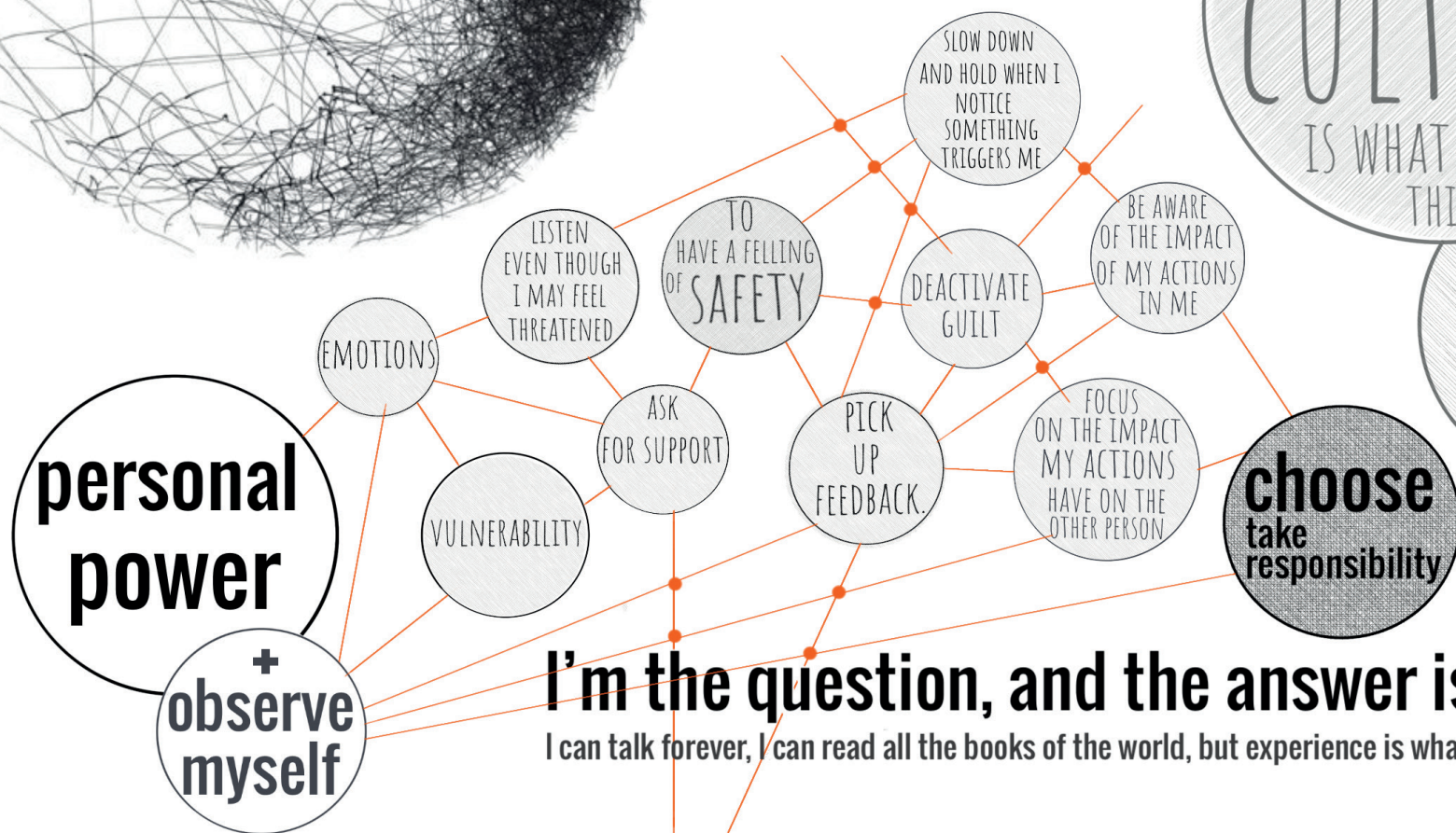
**I have been told not to touch them, and I feel  
so threatened by them.**

**vulnerability is not allowed**

...but now this is moving

THE  
DOMINANT  
CULTURE  
IS WHAT CAUSES  
THIS

it's not my personal  
issue, to think it's  
just my personal is  
a pathologizing gaze.



**I'm the question, and the answer is me.**

I can talk forever, I can read all the books of the world, but experience is what teaches.



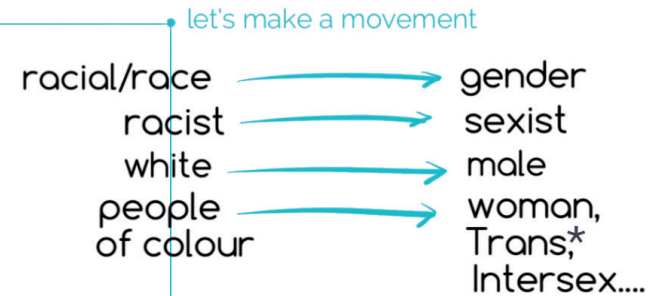
# TYPICAL PATTERNS OF WHITE PRIVILEGE

Robin Di Angelo

male

They seem to me the same patterns of Male Privilege.

this is a false binary.



- Idea that if I am racist I am bad. If not I am good. So I don't want to admit that I have any racism in me, or that I benefit from white privilege. Otherwise I will have to admit "I am bad".  
*sexist male*
- Focus on intent, the intention, not on the Impact on the other
- Sense that race doesn't exist until Persons of Colour are present (Corollary - I don't have to learn about race or racism, unless this persons teach me).  
*gender women, trans, intersex... sexism*
- Individualism: "we're all different. I'm just me".  
*male*
  - denies the advantage of being white.
  - mask the accumulation of wealth over generations
  - Myth of meritocracy says "I deserve what I have" and blames the others for their lack of success, ignoring structural barriers.
- universalism: "We're all the same. We are all human. Deep down we all have the same problems the same core."  
*male*
  - (at core of this is unconsciousness that we are socialized to see whites as the norm)
- Feeling entitled to cross-racial trust and racial confort: e.g. "I don't feel safe"  
*gender gender in terms of gender?*
  - answer: "you mean you usually feel safe racially? that must be a great feeling. It's not something people of colour can take for granted or expect, much less demand".  
*woman, Trans\*, non binary, intersex....*

SINCE WE ARE UNAWARE OF OUR PRIVILEGES, AND THE ADVANTAGES THEY GIVE US, ITS EASY TO SAY: "I WORKED HARD FOR WHAT I HAVE, WHY CAN'T THEY?" THIS TURNS INTO INTERNALISED DOMINANCE.

we're so used to these privileges that we feel entitled to them and make them for granted. we are conditioned to see our position as natural or earned.

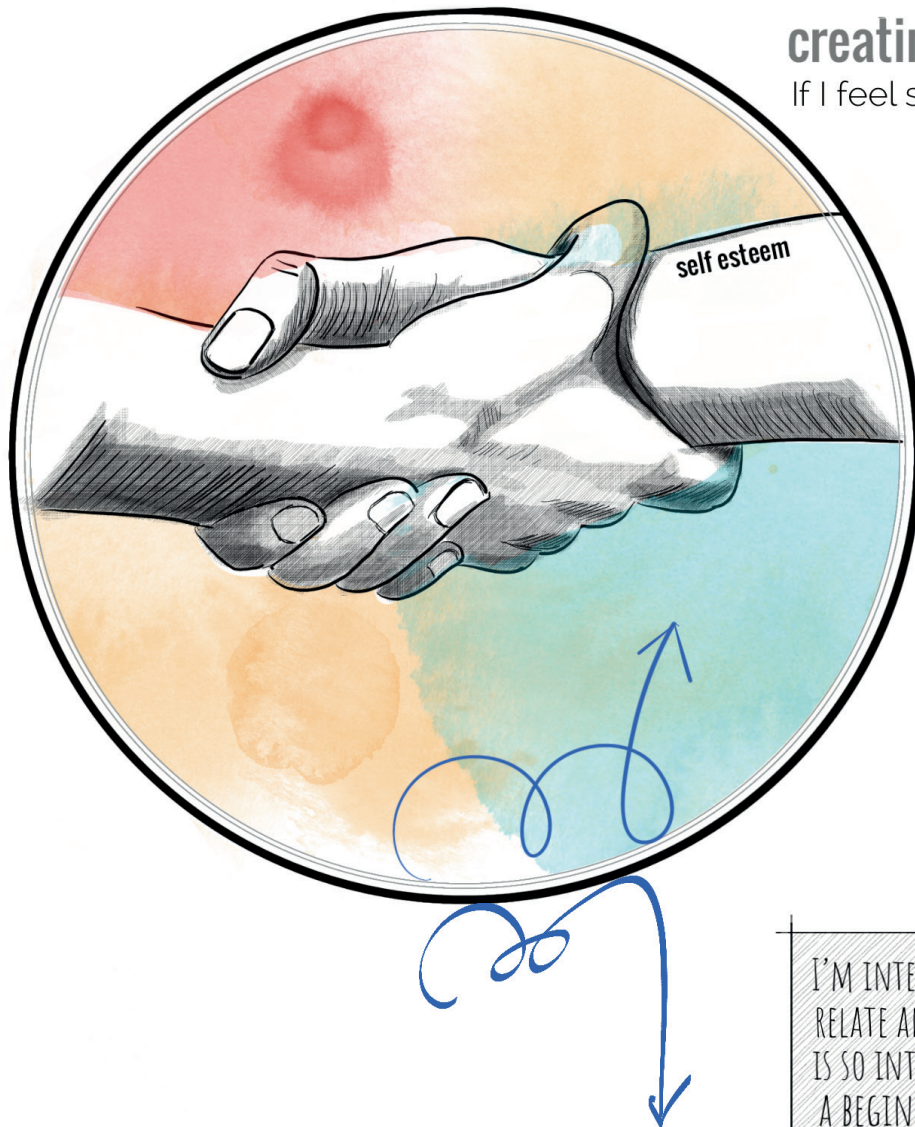




# IS IT DIFFICULT FOR MEN TO PICK UP FEEDBACK?

**creating the right container is a key**

If I feel safe it's not difficult to pick up feedback



**The safety**  
inner/outer

**need to have certain ground rules**

that everybody know and agrees with

- to pick up feedback, I need to be comfortable on my skin
- picking up feedback is the beginning for any kind of changes

my inner sense of safety  
what breaks is often  
more connected to my  
**Story**

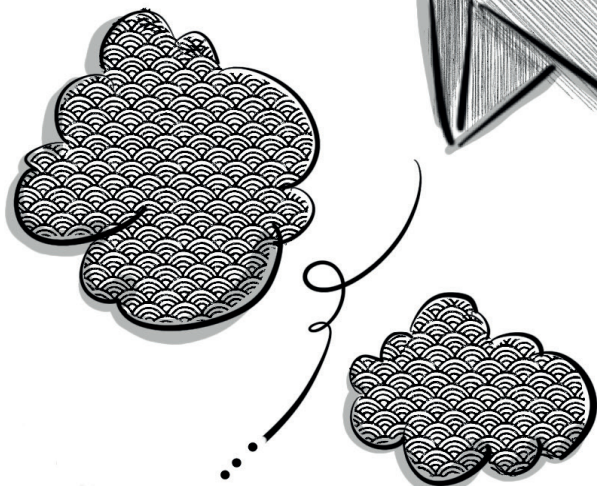
than by what I really have  
IN FRONT OF ME.

To find  
within me  
that safety  
is a key part of this  
Journey

I'M INTERESTED IN EXPLORING THIS TOGETHER WITH YOU, FIND THE ALCHEMY BETWEEN US, RELATE AND FEEL THAT THERE'S SOME HOPE FOR US AS MEN. WE NEED SOME HOPE, THIS IS SO INTENSE AND HEAVY, AND I FULLY BELIEVE THAT IN THIS INTERACTION WE CAN FIND A BEGINNING TO MOVE FORWARD.



you need to meet the darkness to face your shadow

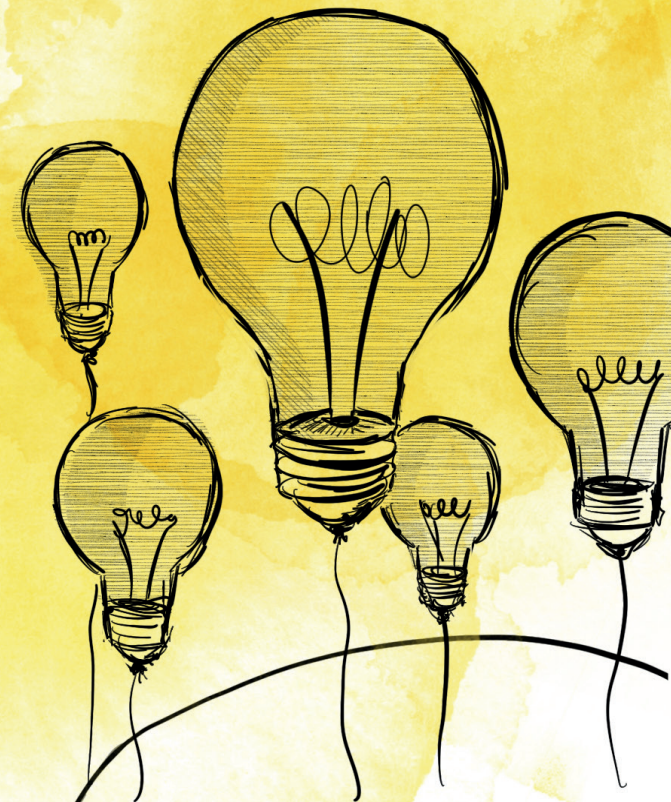


Maybe the trick is to surrender  
like it was going to hurt.  
to life, to love,  
sex, poetry,  
even give myself up  
like they were gonna ban it  
all tomorrow

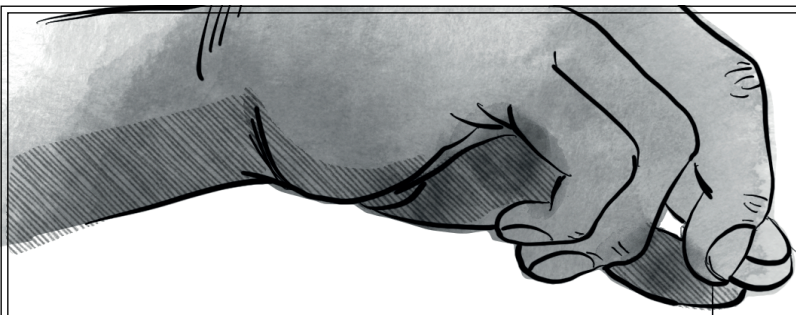


I saw the man taking care of the man,  
the mutual support,  
releasing one's own confines,  
challenging each other with respect,  
seeing each other,  
in that way that it's not possible to pretend,  
(the theatre is over)

I saw the pain, the rage, the tear,  
dignity, a deep love,  
and then... the calm.  
I experienced an unknown intimacy,  
nothing to do with sex,  
but with seeing himself without the mask,  
the search of oneself,  
born in unravelling, scratching in depth,  
and as in a cloth, the lines were hidden,  
with the colour, the weft of the fabric,  
I erase the colours and search until I find  
the deep tissue, so do I find  
my self, my brotherhood.







- humour

brings the quality of lightness, essential on this journey.

- wonder

an inherent trust in what is unfolding, even when sometimes i don't understand anything

- the no judgement

- detachment

don't struggle with it in order to look at it from a broader perspective, without conditions, freer.

me as a 100.000 years old elder  
who has already seen it all, and  
just observes...

- creativity

- beyond your fears -

- unconditional love/support

love myself with no limitations or conditions

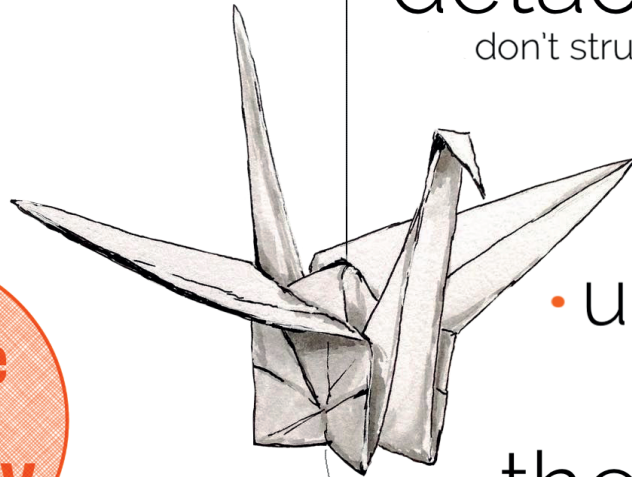
- the beginner's mind

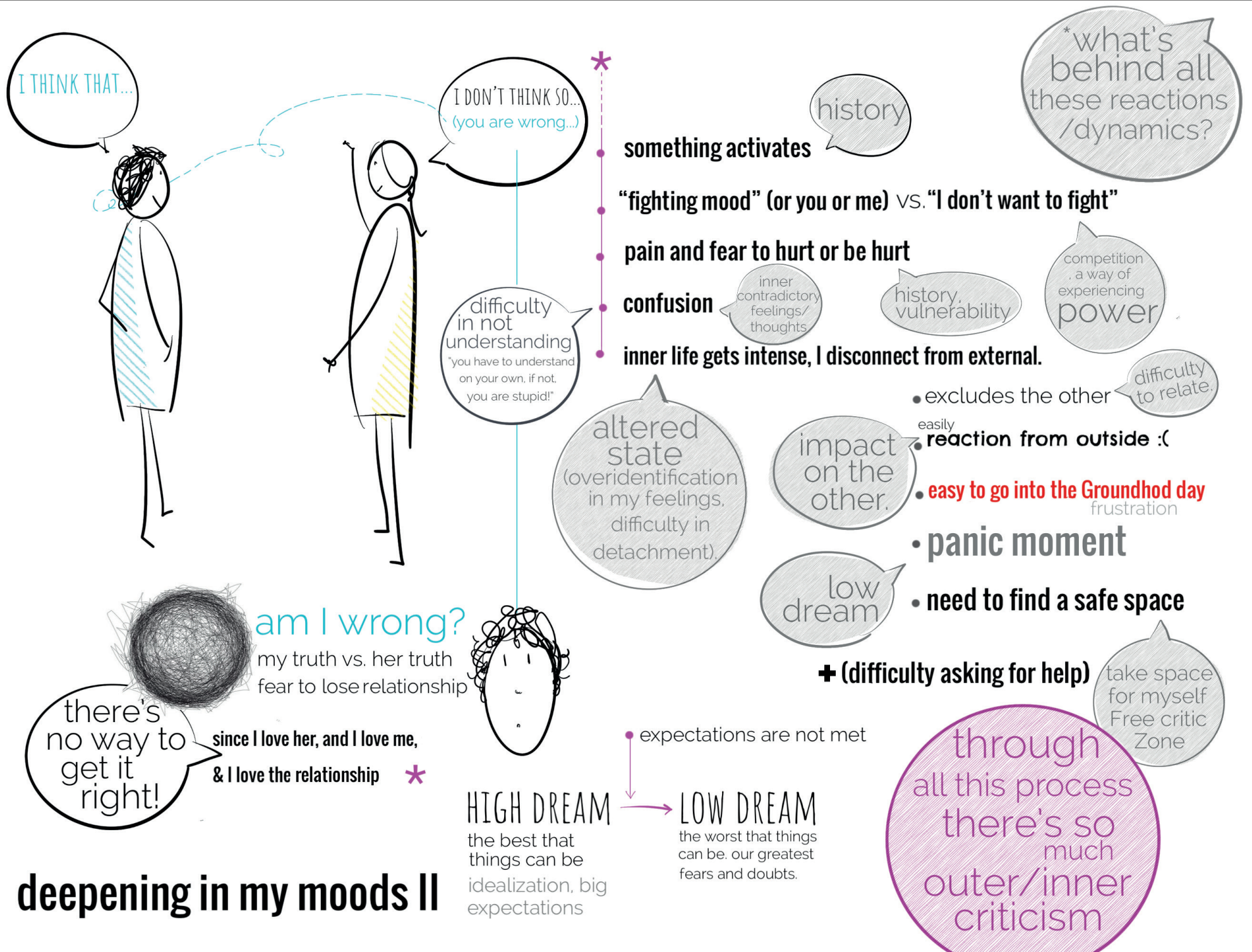
look at it from my eyes as a child, asking myself simple, direct, short questions, with no judgement, from pure curiosity



- Appreciation

recognize and celebrate the path being walked, and the one I'm doing, helps me to keep going.







# FREE CRITIC ZONE

safety



This is  
where there is  
the possibility  
that I drop out of  
the relationship  
(whether friendship,  
love, sexual, work,  
family...)

although  
I will continue  
to be left with my own  
inner critics, unless  
I confront them.

this is  
also the place  
where I can fall  
easily into my  
addictions,  
to not hear these voices  
(drugs, cellular TV,  
running compulsively...)

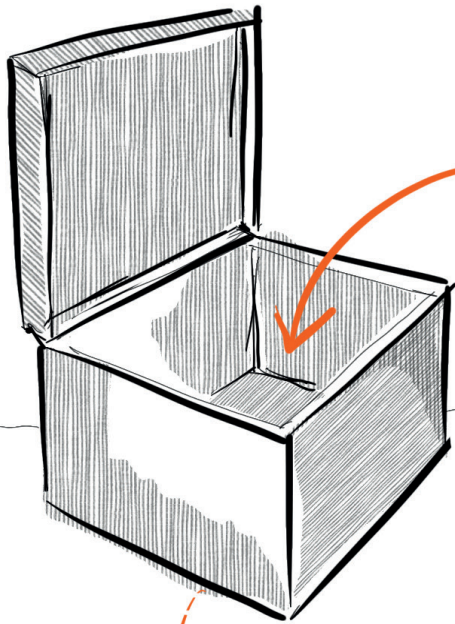
SOLITUDE • (in relationship)  
creates tension  
because somehow  
I'm not keeping the  
feedback loop.

REFLECTION • These leave the  
other alone

LONELINESS •







it is impossible to overcome that dependence if I place myself within it.  
within the same logic that leads me there

IT'S POSSIBLE TO OVERCOME. TO TRANSCEND.

overcome the tragic consequences that dependence entails.

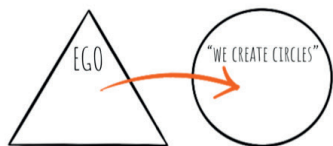
- the ability to think or act without suffering (guilt).
- see & understand the relationship between elements.  
dynamics, impact, consequences...
- affection & empathy  
is capable of overcoming these dilemmas and contradictions.

love  
affection  
empathy  
deep  
understanding

often annihilate the unsolvable problems in which  
I'm imprisoned by my own behaviour  
**I'm not inept, but just another son of this culture.**

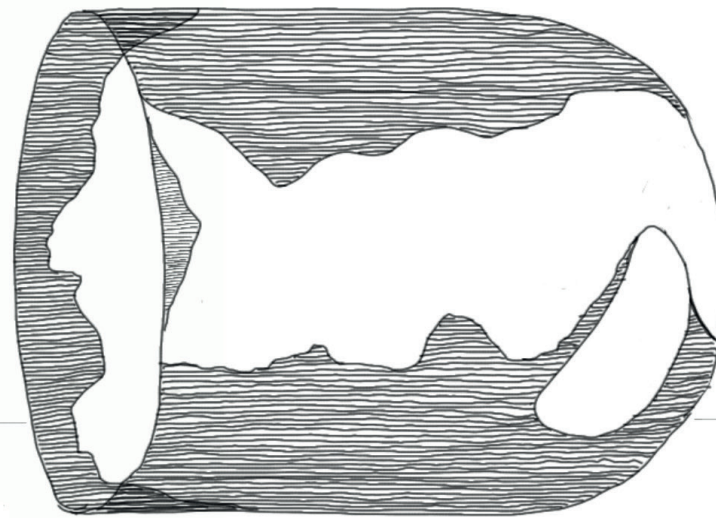
**To change logic is:**

to bet on the ability to establish relationships and to preserve them  
to build a positive and vital relationship on evolutionary cooperation  
instead of relating in a destructive and bloody way.



...from the triangle shape to The Circle.

an  
exploitative  
behaviour that makes  
me terribly ineffective  
and unhappy and leads  
me to absolute extinction  
and the most nefarious  
modes of survival  
above the other.



IT IS POSSIBLE  
TO OVERCOME GUILT AND  
PAIN, TO OVERCOME  
CONTRADICTION BY SHOWING  
THAT  
IT DOESN'T TRAP ME.

**requires from me:**

- taking initiative
- constancy
- firmness
- an intense effort
- appreciative gaze

reinforce the positive side  
of overcoming.

"IT'S NOT ABOUT CONVINCING ANYONE, NOR ABOUT KNOCKING AN IGNORAMUS OFF HIS HORSE  
THE ADDICTION TO THE CURRENT PATRIARCHAL AND CONSUMERIST SYSTEM IS NOT DEFEATED WITH LOGIC.  
IT IS OVERCOME WITH COURAGE, RELATIONSHIP, CONSTANCY AND CONVICTION THAT ANOTHER WORLD  
AWAITS US THERE, BEYOND THIS TERRIBLE PANORAMA IN WHICH I LIVE, IN WHICH WE LIVE".



WHAT COULD  
HAPPEN IF  
INSTEAD OF TAKING  
DISTANCE I COULD  
HOLD UNCERTAINTY?

that creates in me  
this sense of  
vulnerability

I know how to escape very well  
I've done that much in my life in order not  
to be humiliated.

**A survival issue. I know it. It doesn't work anymore.**

Hold the moment, the embarrassment is more unknown to me

**it's challenging.**

When I find myself here, old patterns get activated  
a reflex mechanism

a childhood  
where I was never able  
to meet the expectations of a  
patriarchal model, a fantasy of a culture  
, of what a man should be.

who  
or what is  
behind these  
expectations?

to have to understand  
=to know

**my tolerance to not understand  
and get embarrassed is a bit low**

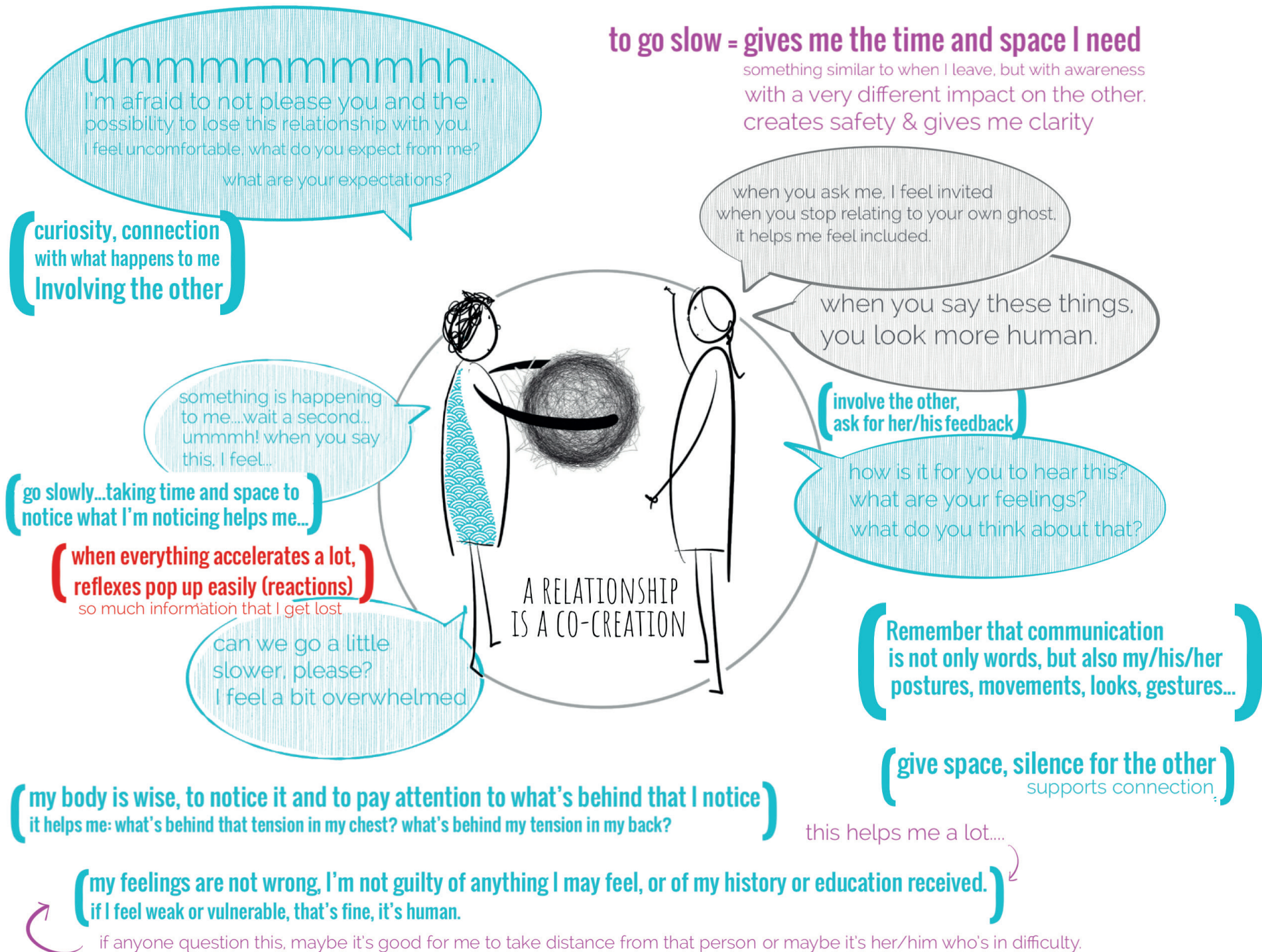
essay - error  
other's feedback guides me.

**To create a new pattern....**

**( it's not that I don't have to protect myself, but rather to know that I'm doing it  
to relate from there, and to respect it, if that needs to be respected )**





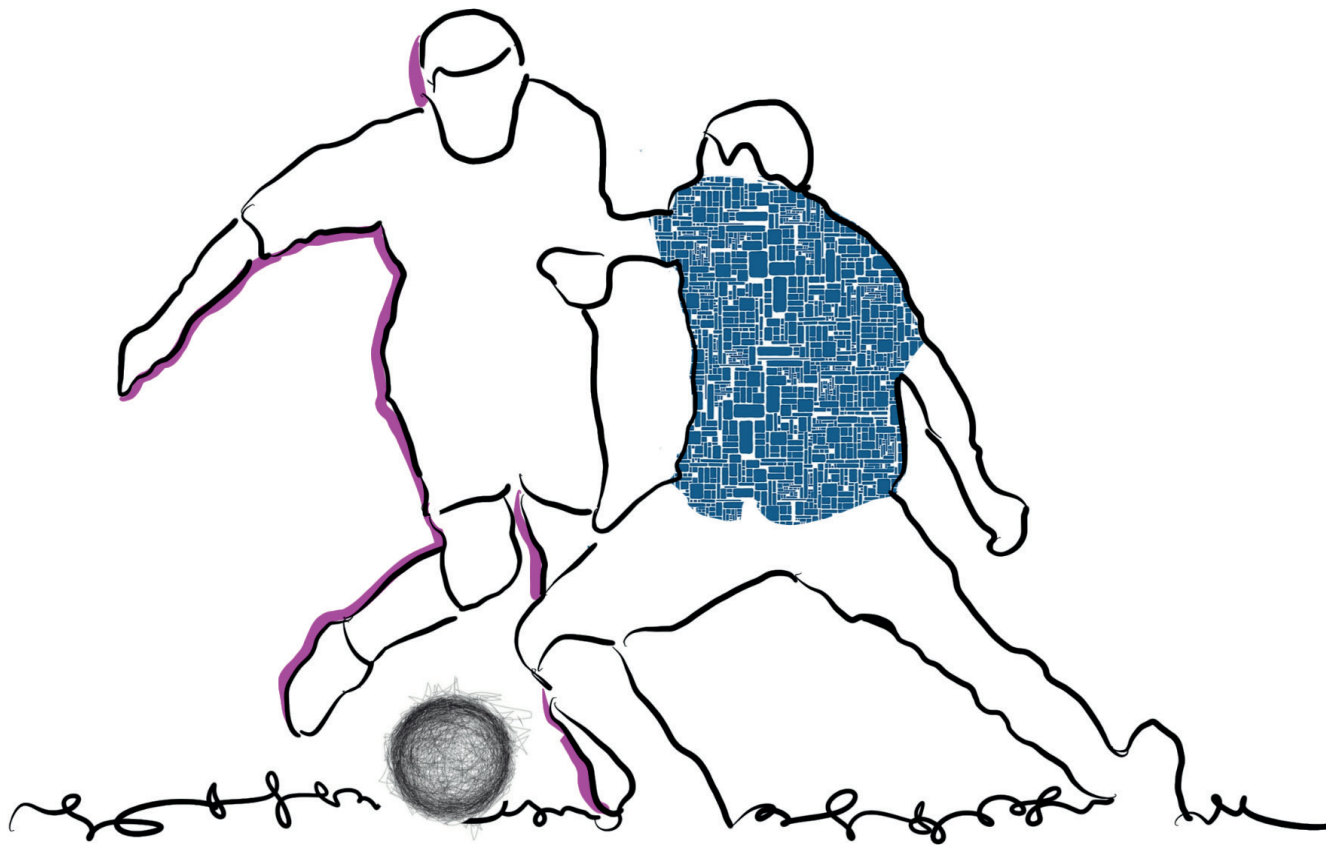


**to go slow = gives me the time and space I need**

something similar to when I leave, but with awareness  
with a very different impact on the other.  
creates safety & gives me clarity



MY NEED TO BE SEEN, RECOGNIZED = IS RELATED TO WHEN I DON'T SEE, OR RECOGNISE MYSELF.  
IF I DO IT, I CAN SAY: "HEY! I'M HERE!"





it's challenging,  
as well as full of joy

new patterns  
of relationship  
inner/outer

new culture

a culture that values  
life, love & care

that promotes

- agency
- commitment
- responsibility
- congruence

a culture that supports  
the need to transcend  
the level and logic of  
thinking.  
That is ecological  
and sustainable.

## DEEP DECONSTRUCTION PROCESS

• life process

• intergenerational

• creative

• there's no beginning  
and no end

• I'm part of something  
much bigger than me

• be aware of who I am  
detachment of the Ego

• consider myself as part  
of a bigger system

• not to pretend  
"this is not about me,  
it's the other"  
all is Me, and I'm all.

**there's not the end  
rather the beginning  
once you cross  
the threshold  
there's no going back  
could I? maybe, but what for?**

it may not be easy, even deeply challenging, but it can be enjoyable.





what the  
hell am I  
missing?









1ST: ACCEPT REALITY  
THIS IS THE SHADOW,  
AND THE LIGHT  
I'M THE OTHER  
THE PAST & THE FUTURE  
it's Present  
HERE AND NOW

WHAT SUPPORTS ME TO  
GO FORWARD/THROUGH  
THE EDGE?

LOVE & COMPASSION  
GRATITUDE  
SUPPORT

WHAT HOLDS THE EDGE?

THE RITUAL  
the threshold

FROM THE INSIDE  
TO THE OUTSIDE

THE SECURITY (POWER)  
TO PICK UP FEEDBACK

RESPONSIBILITY  
and REPARATION

HERE & NOW

defend

integrate

connect



“SOMETHING MOVED”



ENJOY MYSELF  
LIGHTNESS  
AIR TO BREATHE  
CALM  
ME & CHOICE

THE FUTURE  
as a vision  
that is also present,  
already happening

HOPE  
IT'S AN ONGOING  
process

THANKS TO MELANIA BIGI FOR WALKING BY MY SIDE AND FOR BEING A QUEEN AND PART OF A LINEAGE OF WITCHES AND SHAMANS WHO HAVE TAUGHT ME AND ACCOMPANIED ME ON THIS LONG AND INTENSE JOURNEY; FOR WHATEVER REASON SHE DECIDED TO INVITE ME TO A VISUAL FACILITATION WORKSHOP AND HERE I'M. THANKS TO EVELYN FIGUEROA, PAT BLACK AND ANDY SMITH FOR THEIR UNCONDITIONAL SUPPORT AND FOR BEEN COMPANIONS OF THIS TRIP, THELMA AND LOUISE STYLE, WITHOUT YOU THIS WOULD NEVER HAVE HAPPENED. THANKS ALSO TO MILAN BIJELIC FOR HIS ACCOMPANIMENT (I'M YOUR FAN!). THANKS TO JEAN CLAUDE AUDERGON FOR BEEN AN ALLY AND FOR WELCOMING ME AT A TIME WHEN I WASN'T EVEN ABLE TO WELCOME MYSELF. THANKS ALSO TO ARLENE AUDERGON AND CFOR FOR THE INSPIRATION, YOU ARE BOTH A LIGHT THAT GUIDES ME IN MY DREAMS. THANKS TO SONIA SLANY, FOR THE TOTAL SUPPORT OF ANY IMAGINABLE WAY DURING ALL THESE YEARS (YOU ARE MUSIC AND INSPIRATION!). MICHAEL BOYLE: THAT INTERVIEW WITH YOU AND YOUR INVITATION CHANGED MY LIFE... NO WORDS TO SAY HOW MUCH I ADMIRE YOU, YOUR TEAMMATES AND YOUR WORK WITH THEMANKINDPROJECT. ANA RHODES, WHO OPENS PATHS WHERE THEY DON'T EXIST! THANK YOU FOR YOUR GENEROSITY. THANKS TO KATE JOBE, THE SESSIONS WITH YOU WERE KEY TO KEEP GOING WITH ALL THIS MESS. THANKS TO GILL EMSLIE WHO INVITED ME TO LOOK AT MY FUTURE AND DID BRING ME THE MOST AMAZING PRESENT I DID EVER RECEIVED IN MY LIFE: PROCESS WORK (I STILL WONDER IF I'D STILL BE ALIVE IF PW HADN'T CROSSED IN MY LIFE.). THANKS TO JACOB, AJ, AMY SIMPSON BECAUSE YOU SHOWED ME WHAT FLUIDITY MEANS AT THAT TIME IN VANCOUVER. THANKS TO HASTINGS STREET COMMUNITY, THE "FOUR BLOCKS OF HELL", WHERE DESPERATION MADE ME FELT THE STRENGTH AND MAGIC. THANKS TO THE TRANS\*, LGBTQI+ COMMUNITY FOR BEEN TEACHERS IN AN EXCEPTIONAL WAY. THANKS TO MY PARENTS M<sup>re</sup> ANGELES AND JOSÉ, WITHOUT THEM I WON'T BE WHERE I'M, AND MY BROTHER JUAN CARLOS, EVEN NOT KNOWING HOW TO SAY IT, I JUST CAN SAY THAT I LOVE YOU. THANKS TO JOKIN AZPIAZU FOR HIS INSPIRATION, HIS WORDS, AND THE FANTASTIC TIMES SPENT IN ALCACHOFA, A MYTH AND THE MOST

AMAZING AND FANTASTIC COLLECTIVE OF "WHO KNOWS WHAT" THAT GOT TOGETHER TO REFLECT ABOUT OURSELVES. PURE LOVE AND PUNK. AMAT MOLERO, FOR YOUR PASSION AND EFFORTS TO BRING AWARENESS, THAT WEEKEND WITH YOU WAS MAGIC. THANKS XAVI MOYÀ FOR THE EDITION. BUGUI GARCÍA, YOUR SIMPLICITY AND SMILE ENLIGHTEN ME! VERO, ALTHOUGH I DON'T THINK YOU'LL EVER READ THIS, WITHOUT YOU NONE OF THIS WOULD HAVE BEEN REFLECTED, THANK YOU FROM THE HEART. I CAN'T FORGET MARA MENCARELLI, THAT ONE DAY HAD THE CRAZY IDEA TO GIVE ME AN IPAD PRO AS PRESENT THAT I COULD NEVER HAVE BOUGHT IN THE PRECARIOUSNESS THAT SURROUNDED ME AT THAT TIME! A SOURCE OF NEW OPPORTUNITIES. THANK YOU. BRONWYN, WHEREVER YOU ARE NOW, I'M SURE YOU ARE NOT RESTING IN PEACE, BUT TRAVELLING INTO THE UNKNOWN, I HAVE YOU IN MY HEART. AND FINALLY, THANKS TO ALL OF YOU WHO INVITED AND ACCOMPANIED ME TO BE MYSELF, TO SHOW MYSELF WITH NO SHAME AND TO BE PROUD OF WHO I'M DESPITE ALL THE WORK I HAVE LEFT TO DO.

THANKS TO ARNOLD MINDELL, AMY MINDELL AND COLLEAGUES FOR DEVELOPING SUCH AN AMAZING PARADIGM AND FRAME THAT IS PROCESS WORK AND WORLDWORK.

ALL WHAT IS IN HERE IS NOT MINE, COMES FROM UNKNOWN SOURCES (I JUST FORGOT MOST PART OF THEM), FROM THE COLLECTIVE, FROM MOMENTS OF LUCIDITY THAT HAVE EMERGED NEXT TO SO MANY OF YOU IN THE MIDDLE OF SEMINARS, PARTIES, CONVERSATION, RAVES, THERAPY SESSIONS, DAYS OF REFLECTION, FIGHTS, DEMONSTRATIONS, CRIES, FRUSTRATION... THE AUTHORSHIP IS AN ILLUSION, I'M JUST A CHANNEL OF THE COLLECTIVE WISDOM AND I SIMPLY HAVE TAKEN WHAT I HAVE FOUND ON MY WAY TO MAKE A MAP THAT SUPPORTS ME TO BE MORE AWARE OF WHO I'M AND THE IMPACT THAT I HAVE. NOT REALLY TO BE A BETTER PERSON, BUT TO CHOOSE.





