An idea whose time has come

As I reflect on the past 6 months, I’m reminded of Victor Hugo’s famous quote: “You can resist an invading army; you cannot resist an idea whose time has come.” A relative newcomer to the TA community, I was tentative at first, and gradually became eager to contribute in whatever way I can. SAATA has helped me realize one of my dreams of being a writer thanks to the SAATA Journal, and when I heard about the SAATA newsletter being re-initiated after a gap of about 7 years, I saw an opportunity to realize another dream - of having an editor for a publication.

After initial apprehensions of “Will I be able to give enough time to work on the newsletter?” “Am I good enough to be an editor?” I decided I’d do my best. The support and care I’ve experienced being part of the TA community gave me the strength to take up this responsibility. And then the juggling started rolling.

There are many other heroes who work quietly in the background, helping SAATA move ahead as an organization. Each of them is a single-person army, and I’m lucky to work with one called Reena K Ghirhar. By nudging me to get started with the newsletter design, or sending out mails with inviting content, or managing the technical aspects, or editing the content, or liaising with the BGT, she is the proverbial genie who makes things happen. Thank you Reema A big Thank You to Neharri (I A, for his guidance and positive strokes through the process of re-initiating the newsletter. The SAATA Board of Trustees (BGT) has been very patient and willing to give the idea of re-launching the newsletter an enthusiastic boost. The team and giving a free hand to design and execute the re-launch. They have been non-intrusive in the execution of the project. Susan George, the President of SAATA, has been ever ready, open, encouraging, accepting and approving of whatever is best for SAATA and its members. Thanks a lot Susan Such remunerative people, working with love for the community, make SAATA special.

In this issue of the SAATA Newsletter, you’ll find a variety of context. "Intra-Intrigue orchestrates the Outcome" is a viceroy piece by P.K. Saur, about the experience of hosting the SAATA Conference 2016 in the aftermath of terror. Kanchana Karthikhevan ("Elegantly through Connection") and Samanta Vait ("Co-Creating Bridges and Boundaries") dwell on their unique learning experiences enabled through the Multi-Level Learning (MILL) conferences. Suchita Pralaphoti’s journey of "Helping Me Softly to Help Others" illustrates the need to look within to bring about changes around us. Eblana Jayaraman, in "Shaping NC", explores her journey of learning to respect and take care of oneself. Finally, in the Creative Corner, Prasad Nanees takes to Mandala and his creative representation of the TA concepts of Eco States and Contracting.

It is with great hope, excitement and love that welcome you on behalf of the entire SAATA community to experience the first issue of the resurrected newsletter. Our goal is to publish an issue every quarter, and to realize that, we need content. If you’re a TA practitioner, please send your entries on any TA-related topic (600-600 words in MD Word format) to newsletter@saata.org. As we together embark on this journey again, your suggestions and ideas are invaluable for us to know if we’re serving content that interests you. Please click on “Feedback” and pour in your thoughts.

Wish you a wonderful reading experience!
Srinath Nadathur
Managing Editor

President’s Note

Greetings from SAATA! - A newsletter is a bulletin issued periodically to the members of an organization or group and is generally about one main topic, often related to its members. In this case the topic is – Translation as a practice, and more importantly, news about the TA community in general and the South Asian region in particular.

There has been a need for increasing the networking and communication among different TA Training Groups and the community as a whole. I congratulate the editors and all those who have in different ways contributed to making this issue a reality.

For regular publication and enhanced awareness, we need the support of each one of you by your feedback in terms of what you like and what could be changed or added. We also invite short articles of any type you have done within the training groups or in the community. News about upcoming events – both TA and non-TA that will benefit the readers or help in the spread of TA is welcome. We would also like you to send in anything you want to celebrate personally or professionally – be it poems, drawings, paintings, quotes or any other expression of your creativity!

Inviting you to enjoy the Newsletter!

Warm regards,
Susan George
President, SAATA

Share your email ID with us to receive SAATA Newsletter in your inbox. We promise not to spam you!
SAATA Highlights

C. Suryaprakash TSTA (O), outgoing Secretary (2015 – 2017), and Trustee

The South Asian Association of Translational Analysts (SAATA) was formed in November 2007 by a handful of TA experts committed to the professional development of TA in the South Asian region. Since then we have grown in numbers and strength as a significant player in the worldwide TA community. Sensing the need for a newsletter to keep the membership well informed of our activities, but also keep them engaged with our mission, I conceived the idea of a newsletter in 2016 and the first and only issue so far was released in 2017.

After a long hiatus of 7 years, I am pleased to see the renewed energy to relaunch SAATA with a newsletter, under the stewardship of Binita & Ruma with the guidance of Mohan. My best wishes to the newsletter team for a thriving success of their efforts.

My present appeal to all members of SAATA to write to the newsletter of your accomplishments and activities.

Happy reading and learning!

I am pleased to have served as Secretary of SAATA for a short stint during 2015 – 2017. I wanted to step down for personal reasons and Mohan was willing to take over the mantle. Since then he has stepped up to the role with ease and elan and is successfully steering the various operations. As Secretary of SAATA, I am pleased to be part of the team, available to share my inputs for growing SAATA into its mission. I wish Mohan and his team of volunteers all success.

L.A. Mohanraj, CTA (O) Secretary (from September 2, 2016 – 2017), and Trustee

I stepped in to the role of Secretary and took charge from C. Suryaprakash on September 2nd, 2016 at the end of the meeting of the Board of Trustees (BOT) in Coimbatore. C. Suryagrakash has done a commendable job as Secretary in coordinating and harmonising the various projects. As Secretary, I have tried to coordinate various projects of SAATA, including that of the website. So far, I have been engaged in the following activities:

- Working with volunteers and Treasurer regarding online membership issues. The login for membership has been approved and their web accessibility is on.
- The liaison with web designers is yet to be streamlined regarding various updates on the website.
- Newsletter re-launch

The SAATA Journal gets a new name

Two years back we started out with an ambitious goal to increase the awareness and practice of Translational Analysis in the South Asian region. With this intention, we have published 4 issues so far. Every issue has been a learning experience for us and we have been committed to continuously improving the standards of the journal. Our reach has extended to attract 626 readers across different countries on the map. We consider this a very good start and hope to keep the graph climbing. We owe significant credit to the authors who contributed to these issues. Their thoughts, experiences, and perspectives have added immense value to the journal, because of which it appeals to a diverse and international readership.

SAATA as an organization is welcoming and inclusive of practitioners from different parts of the world and the journal is no different.

We have seen the journal attract sufficient attention now and crystallise an identity among readers. We thought this the right time to christen it with a new distinct name that had a nice ring to it. So here we present SAATA, the South Asian Journal of Translational Analysts! This name will be used from next issue. Wish you an enriching reading experience!

You can read the published issues of the journal [here].

Editorial Board,
SAATA
ITSA News

Priththa Gangopadhyay reports on Indian Regional Trusts

I have been a member of the ITSA for more than 6 years and an advanced TA training for 10 years. ITSA has been around the TA and the Script, which have helped me to understand TA theory and build my work as a psychotherapist. I have benefited a lot from the community and a personal and professional capacity. I aim to extend my role to becoming a regional representative of the ITSA Board so that I can contribute to the community here. I hope to bridge the gap between the ITAs and regional members, facilitating communications between the two and promoting awareness, cohesion, and harmony in the TA community. I want to play a key role in addressing queries, issues, and suggestions that emerge in this region. As a simple framework that combined my local philosophies on health, I propose to promote wellness and interdependence. I want to spread the message in our region so that it benefits the community here, and I hope to learn and grow in the process.

This was first published in the Script Vol. 47 No. 3 dated March 2017. Reprinted here with permission from the ITSA.

International "Finish" Supervision Programs offers discounts for supervision

This project has been created to provide an exchange of professional expertise between ITSA members, thereby tapping into the professional wisdom within the ITSA as well as creating a new income stream for the association. We are a community of learners at different levels of expertise, and it is important that we reach out to one another. This project opens a new way for TA practitioners and our organization to become an active learning community. ITSA members who are qualified at the level of PSTA-I and ITSA-I are invited to meet some of the time to the ITSA supervisors so that we can meet in supervision from them at a discounted rate. The fees are subject to future sales and are available in all parts of the world. The consultations will be entirely private and subject to the ITSA Code of Ethical Conduct.

Benefits:
- Trainees may access trainees across the world and take supervision at a lower rate than they paid the trainee directly (see rates listed below).
- Trainees may work with trainees across international regions, thus enhancing their own learning and supervisory experience.
- The ITSA will generate revenue through this learning exchange.

Fees and Conditions:
1. You have 3 months from the time you have received email from us.
2. Rates for ITSA Members:
   - Developed countries: US $60
   - Talent countries: US $30
   - Talent countries: US $18
   - Non-ITSA members will pay additional $5 on the above rates, irrespective of the category of the country

Those who are interested please click here.

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2017 World TA Conference in Berlin

Organized by EDAF, ITIA, and ITSA, and hosted by the German Association for Transactional Analysis (DThA)

In Berlin, peace and war have been close neighbors, and people love that boundaries can mean limits, challenges, and choices. For more than 25 years, Berliners were strictly bound with the Cold War, represented by the Berlin Wall and the fact that people could be shot because they wanted to be free. Even so, Berliners appreciated the support of many people all over the world, as they did when John F. Kennedy said, "Ich bin ein Berliner."

In Berlin, boundaries and borders have played a vital role both as a source of inflexibility and protection. Creating, maintaining, and bridging a border is part of the history and memory of the city. As we celebrate more than 25 years after the fall of the Wall, we are now faced with the challenges of a world in which rich and poor people are increasingly imprisoned, where places to meet are often arbitrary, where identity and the search for it is hard work. Our challenge is to help people develop the ability to be safe in managing the uncertainty of today’s world. How do we as transactional analysts respond to these challenges and live as responsible people? What are the answers, ways, and perspectives we can offer?

How can we use our theory and practice to build a safer world? What are the meanings of borders and boundaries to us? How do boundaries help us to define our identity, and connect ourselves with others or establish contact with them? Is it possible to define borders without crossing them?

These and many more questions will be taken up during the 2017 World TA Conference. As transactional analysts can contribute to answering them, individually and communally. We invite you to meet and express your enthusiasm for TA and excitement about transnational analysis in the world. Welcome to Berlin!
Intention Orchestrates the Outcome - PK Saty

PK Satu, TITA (ITC) is the founder director of ASHA Counselling and Training Services. Recipient of the "The Mortel James Living Principles" award and SAATA Professional Excellence Award.

SATA Conference of 2016 September was unique and one of its kind in many aspects. It was an exemplary manifestation of Transactional Analysts using their autonomy and choosing the best option to move on from 1 to OK position.

The theme of the conference was "Freedom Within" – in every moment of the planning and execution of the conference, that "Freedom" was put forth to play and the entire team worked strongly, exhibiting it in all sincerity and authenticity.

The conference was originally held in Dhaka, Bangladesh where there is an enthusiastic and vibrant TA community. Their total commitment and hard work everything was in order by June – the venue, the scientific programs, keynote speakers, delegates and even the menu for the food. And then came as a bell from the blue, the shocking terrorist attack, one of the worst in Dhakas history in the elite locality of Gulshan, killing 29 innocent people. This happened on 2nd July 2016 at Holey Artisan Bakery targeting mainly the non-Muslim foreigners.

The entire TA community of Bangladesh, India and the world over plunged into grief, disappointment, confusion and anger. Anger for the gross violation of human dignity and respect. Confusion, as to how to move on? Can we take risks in holding the conference in the face of such impending danger? How do we ensure the safety of the foreigner who had registered and they were quite a few (about 25 to 30) of them. The BOT of ITA was travelling to Dhaka, nearly 70 Indians had registered for the conference in their eagerness to visit Bangladesh and interact with the TA community there since many of them had come to India on several occasions. Disappointments loomed large on each and every one of their faces.

Aim a Shalish Kendra (ASK), one of the well-known NGOs of Dhaka was playing host to the conference along with SATA. The executive council of ASK, after deep deliberation about the risk and safety of the foreign delegates, decided, using all their Adult resources, not to convene the conference in Dhaka in the larger interest of all concerned. It was a sad but bold decision after all the preparations and excitement of convening the event. Many Bangladesh TA people were looking forward to the meeting of connecting with the international stalwarts in TA. Some westerners had the view that we should not succumb to the threats of these anti-social elements and instead, challenge their threats. But for ASK it was too much of a risk and with great sadness and disappointment they related to the decision.

India took it up as a challenge – ASHA & RELATIONS together with SATA members mustered all our resources and held the conference with pomp, splendor and depth, on the appointed dates. The conference was a rousing success – professionally, scientifically and aesthetically.

The team work, support and cooperation was unparalleled. Each one put their best foot forward, with creativity, commitment and confidence. Every single detail was attended to with utmost credibility as the convener of the conference at the helm. I was overwhelmed, thrilled and humbled by the way we worked – when I look back my heart swells with the attitude of gratitude – except a few, many of the delegants from the west and ITA-BOT members travelled to India – changing their plans in less time. We could also muster a good number of about 250 delegates which clearly showed the quality of the scientific program offered.

For me personally, it was a special conference as I was celebrated and decorated with "Professional Excellence Award" of SATA at the conference. A huge recognition for who I am and what I am meant for the TA community.

My strong philosophy is "Intention Orchestrates the Outcome" and our committed intention did bear fruit in the most successful and enjoyable way.
SAATA Newsletter

SAATA Highlights

Helping My Self to Help Others - Suchitra Bhaskar

Suchitra Elgnaar, Head, Talent and Organisational Consulting Practice, Abbott Labs. She has Diploma in TA with a keen interest to further TA learning for organisational development and personal transformation.

The journey started on a wet July morning of 2013... 10 of us met for our first TA-OD session in Mumbai, the fast-paced financial capital of India (comparable to New York), where people are in a constant rush, running a race to stay where they are. Surprisingly, in such a city, the one thing constant has been our group with 3 years of learning, sharing, developing a symbiotic bond, growing thicker through our common love for TA. As an HR professional, I entered the group with some expectations of bringing about transformative changes in my organisation. Quickly, I realised that a long journey of patience, acceptance and perseverance lies ahead.

My application of TA concepts was akin to the ‘Safety announcement in aircrafts’ “Please put on the oxygen mask for yourself before helping others.” So, what started as a grand plan to change the world, actually had the first year dedicated to bringing about shifts in myself through challenging my own set beliefs, changing my habits and making gradual (read as painstakingly slow) progress. Often, I remember “The road runner show” character - Coyote, who would run so fast only to suddenly realise there is no road below. This was exactly like the internal process that goes through every such race between my mind and my tongue. Words would flow out of my mouth and fall with little awareness of the Critical Parent in me, followed by a “gosh, I need to shift gears”, a reminder of my “functional fluency” commitments finally managing some degree of control... well, interestingly, the tongue thinks it wins the race only to be chased by the mind for the rest of the day! An intra-personal process that would undoubtedly be still it was a good progress (according to my TA trainer Prof. Dillipaksh) – From unconscious incompetence to Conscious Incompetence, and with some more practice it will shift to Unconscious Competence.

As a manager, I learned to introspect on my leadership style. How do I step away from the need to have all the answers, how do I empower others, and allow a free flow of ideas. I challenged my beliefs and operating style and the hierarchical structure. A sharp realisation was that I need to support and over-parent, acting as a crutch for my teams. I took to coaching and started discovering the joy of powerful questions, listening and allowing an open dialogue in my team. The first principles of TA which prompts us to value & respect the potential within each one of us, has helped me witness some results of coaching with team members so far in progress in life.

Application of TA at workplace beyond my team was even more interesting, an understanding of Organisational dynamics, appreciation of various Games, Imagery made me observe to these processes in meetings – it was like watching a live Soap opera. I became mindful of patterns and could decipher when there was a Game being played in meetings. Group dynamics and psychological contracts helped me surface the unspoken and facilitate conversations with authenticity and transparency. At a macro level, it was fascinating to see the Organisational script being an extension of the Leader’s The decisions, policies, engagement levels and trust being guided by the psychological aspect of what the employees experience – the unspoken, unspoken words that provided access to the real voice of the employee.

Having said that, these are changes that will take time and only further with the active sponsorship of the leader. As my trainer often asks “Whose needs is it to change?” I have developed sufficient to not get affected by what goes around me, change what I can and accept what I can’t and step out of Games before I collect any negative payoffs. There is a group apparatus through the TA community for me to lean on and reflect when I need some answers. It’s not the destination but the journey that makes TA such an appealing process, an evolution so gradual that it can take us sometimes years to see changes in the environment. What helps us going is the belief and the internal change that can only be experienced and felt. No words to justify to describe it.

Yet, I’m attempting that by sharing some verses of a poem I came across.

Don’t give up when you still have something to give
Nothing is really over... until the moment you stop trying,
Don’t be afraid to admit that you are less than perfect,
It’s the simple thread that ties us to each other
Don’t run through life so fast that you forget where you’ve been,
But also know where you’re going.
Life is not a race, but a journey to be savored every step of the way.

- “A Crew to Live By”, by Nancy Sims

CONFEERENCE AFTERWORD

Intention Orchestrates the Outcome - PK Dour

OUR TA JOURNEY...

Helping My Self to Help Others - Suchitra Bhaskar

Saying “No” - Gobindya Jhara

MILL 2017 EXPERIENCES

Belonging through Connecting - Krusula Karmi

Co-Creating Bridges & Boundaries - Darshilki Moni

CREATIVE CORNER

A Mandala of Contamination & Contracting - Prasad Naveen

TA PROGRAMS

TA-OD (Mumbai)

TA-161 (Pune)

TABS (Coimbatore)

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I recollect an incident from a few years back, when I was standing outside my son's school. All of two years, he was in the third month in one of the toddler environments of his Montessori. It was excursion day and the children (about 50 of them) were going to visit the zoo, approximately 30 kms away. The school had meticulously planned for the day. Every bunch of three or four children had an adult assigned to them. Several school buses had been chartered out for the day with each bus assigned for children from specific environments. Parents of children in the toddler environment were given the choice to accompany their child if they wished. I was uncomfortable sending my little one all by himself, so I decided to accompany him. As I stood there amidst the hustle and bustle of the structured activities of that morning, a mother walked up to me, smiled and asked me to keep an eye on her child through the day. What said next took me by surprise and I said, "Im sorry no!" Saying no, for me, was like committing a sin. It put me in a spot which was new, unfamiliar and yet comforting. In that situation, I would have felt more comfortable saying yes, because that would mean I had to face a familiar (dis)comfort. I would have managed the yes with a lot of tact because of all the years of practice I had. I have called it (dis)comfort because for me it is exactly that — discomfort, disguised as comfort. Due to its familiar, this kind of (dis)comfort is easier to manage, but it fails me when the authentic person wants to be seen and as a consequence adds no value to my life. Hence this (dis)comfort is nothing but ineffective comfort that was certainly undesirable. And I wanted to move away from that zone.

From saying yes to saying a no was not an easy or quick change. It was an intense and gratifying journey that was embarking on a journey about moving from an old ineffective comfort zone into a new zone of discomfort. And this was just a beginning.

As I allowed this new discomfort to settle in, over the next few months, I became aware of a few questions that were emerging. Was this shift happening in every area of my life? Was it specific to some people? If so, why? What was I doing to make this specific change?

It was not that I had changed overnight, or that I could just say no easily and effortlessly every time I wanted to. I realised that with some people I found it easier to be myself and with others I hadn’t quite reached that paint yet. And with the latter kind, I kept finding residues of the old ineffective comfort zone. I also understood that these were people who I had experienced as significant to my life. They were people who I had put on a pedestal.

I remember a time many years ago, when I was literally stalked by a self-proclaimed artist, forcefully selling handmade art to me. I ended up buying one piece from him much against my will. This has now changed. I am now able to have a chat with very persuasive salespeople and say no to them with grace, warmth and patience.

So what was so different about these significant relationships that I found (and sometimes still find) it so difficult to be myself? As I pondered about it, another thought popped up. What need of mine was getting fulfilled by holding on to this ineffective comfort?

Identifying and getting in touch with this need was the crux. It was both a very poignant and cathartic experience for me. I got in touch with my need to suffer in silence. A mechanism I had developed early on to cope with not having my needs met as a child. Perhaps as a little girl with a limited understanding of the world and its workings, it was the only way I could bring cognitive closure to not feeling accepted by the people around me. So I had decided that I could only feel accepted so long as I suffered in silence.

When I identified the source, and did some personal work, everything seemed to fit into place like the last few pieces in a jigsaw puzzle. It is no longer about a yes or a no anymore. It is about enriching my experiences by tailoring care of my needs in each and every moment of my life.
Multilevel Learning (MLL) dawned in the New Year to connect with the TA fraternity. I cherished the fact that this was my 5th MLL and felt proud of myself. Through TA training, my flow of life has changed course in a very meaningful way. I accept each experience as a lesson and look forward to achieve new heights. In that way each MLL has been important, helpful and significant.

This year I experienced a sense of rootedness with my fellow community people. I contemplated on it because I knew this cannot happen like magic. With some skepticism I wanted to know what happened in the process of this experience. I listed all the MLL topics I had attended so far and interestingly I found the connectedness in all the five. They served as a foundation to build my personality with respect to identity and still as a counselor.

In 2013 the MLL was named MLL—Multilevel Training, with the theme being Protection. Many TSTAs, PTSTAs, and CTAs were discussing and presenting on the theme. I was only an observer listening to them. The experience was contradictory to the theme, as I felt aloof in the crowd and not protected. After that I took small steps to understand the concepts in TA especially at a cognitive level.

In 2014 the theme was “Tools and Techniques”. This year I learnt how TA can be applied in personal and professional life. The structure of the program served well to think and understand.

In 2015 the theme was Supervision. It was modeled by the TSTAs, PTSTAs, and CTAs to the aspiring counselors. I was fascinated by the skills, knowledge and the state everyone possessed. I started fabricating my CTA dream. I took a break from TA training and read journals and books. I felt that material which I could not find anywhere was written by him, his experiences along with the intelligence and knowledge they have. I realized it is important to connect the TA concepts with my experience than understanding it literally. Having this in mind I started writing journal especially incidents where I was in much discomfort. This year I started to practice counseling and took supervision. After my first supervision, I occurred to me that only now I am learning. I found the importance of supervision in how it protects and serves me to integrate my skill.

On hearing the theme as Case Study for the 2016 MLL, I said to myself. ‘Oh this sounds interesting and now I will learn how to structure my work!’ In attending the MLL, I learnt to structure each session. I learnt contract, diagnosis, treatment plan, action plan, and prognosis as vital steps in each context. Joining these dots I could play with many concepts, theories and models. After this MLL my confidence grew and I experienced myself applying TA learning in various contexts and situations.

All these years I saw myself as very loosely connected in the TA community. In 2017 it was not the same. The MLL topic was Roles and Relationships. The participants were categorized as beginners, intermediate and advanced. I was in the third category having the qualification of six years of training in TA.

I wasn’t sure about how I will contribute to mutual learning in the group. Will I substantiate my role here? How will I establish the relationship with my fellow community? I was in a confused state for some time. Yet, as I said earlier, I trusted that this experience would give me a lesson for sure. TA Philosophy, Principles, Ethics, boundaries, symbiosis, identity, Contract, Contract, transference, counter transference, conscious, unconscious, blind spot, ego states, transactions, contaminations, games, scripts and many more topics related to the theme were discussed, argued and clarified. I initiated to relate with others and be there in a learner’s role for 2 days.

When my views are heard and I am acknowledged, I feel the expansion of learning taking place. I experienced the sense of deep rootedness in my learning space. I foresee myself achieving new heights and fulfilling my dreams.

I conclude quoting David Kolb, (1984) "Learning is the creation of knowledge through the transformation of experience."
Co-Creating Bridges & Boundaries - Sarmishtha Mani

Sarmishtha Mani is a student of Dr. Susan George. She has chosen specialisation in TA psychotherapy. Her philosophy includes her belief that every human entity finds meaning and purpose in life from expressing and developing one's unique self, alongside establishing and maintaining nurturing and supportive relationships. She believes that an individual has repeated opportunities to become aware of one's path towards self-actualisation, and evolves, in her practice, to facilitate her clients' movement towards their

In this article I reflected on the topic for the recently concluded MLL 2017, ‘Roles and Relationships in professional TA practice’ and my learning. Prior to the MLL, I looked at the word role with some prejudice. In my view to identify a role was in some ways to limit the potential of the person in the role. I was also under the impression that it considered the scope of being human to a set of expectations thrust on the person. Since the conference, this understanding has expanded to include the impact one makes by being in a role. I also noticed that my personal and professional roles influence each other and the people interact with, in both capacities.

Helping me towards this changed understanding were some processes such as exploring and defining my meaning for certain aspects of roles, which I had not paid attention to till this time. I have begun to see the roles one undertakes as an emerging from exercising personal choice. To me, how aware or unaware one is of making that choice likely distinguishes whether one takes responsibility for the role or not. As I see it, to undertake responsibility for the choice of role includes setting appropriate boundaries for both getting needs met and supporting others in a similar quest. Eventually, one's choice of role in the light of the current reality of a situation, appreciating the capacities, talents, and abilities that are expressed through a role, etc.

I have now begun to view roles as bridges that extend a person to the others in their world. In creating and maintaining relationships, one transacts with each other. One particular session in the small group I was part of made me wake up to the following. I had referred to the feeling of awe (fear and admiration) I was experiencing towards the other in a professional relationship, and the resulting confusion from wanting to relate more personally with that person. I proceeded to discern that we had both come together for a particular purpose, and as long as that purpose was clear to me, I had the freedom to relate to the other and above that role, in any other role.

I recall a conversation I had with a counsellor some months back. She had the following to say as we were discussing the chance of an overlap between our roles as professionals and as friends. Sometimes friends would accuse her of being a counsellor when all they wanted was their friend. At other times they would accuse her of remaining too professional and not helping out with her counselling skills. Deliberating on this delicate situation for some time, she offered an option to them. She would ask them what they wanted: the friend or the counsellor. She explained to them that the friend would get anxious with them when they fell troubled and the counsellor would explore with them to understand and resolve their trouble. She left the choice to them and was willing to take on either, according to which role they required. With this distinction clear to her, she offered friends what they wanted, while protecting herself from entering a game involving a negative payoff. When I revisited her sharing now, I realise that she was demonstrating the implications of being in a role, the value of awareness, the necessity for boundaries and self-responsibility.

That brings me to an experience I underwent in the Co-creative Personal Development workshop after the MLL. Towards the end, I became aware that, the Sarmishtha of the moment, share a significant relationship with the Sarmishtha of the next moment, and we are in co-creation together. I am wondering as I'm finishing this article and toying with the idea that being Sarmishtha is being in a role at a spiritual level, as I continue on this journey of self-actualisation. I do, after all, use the unique set of talents/beliefs/endorses that came more naturally to me as I meet my needs while being guided by the values I stand by, pick up the ones that I would now like to include, drop the ones that no longer seem valuable, as well as create and maintain interpersonal relationships that seem meaningful and fulfilling to me... outcomes that I want to believe correlate with the clarity one has over one's role.
**A Mandala of Contamination & Contracting** - Prasad Naveen

Prasad Naveen is a therapist and facilitator at Ankaa, Coimbatore. He uses techniques based on eastern philosophy, yoga, audio, energy management, dance and movement, psychodrama, Gestalt, TA, Mandala art, Yoga nidaa based tools and techniques. He is passionate to train sports personal in integrating these techniques to enhance their ability and better their achievement. He is also a advanced TA trainee.

Creative Representation of Ego States.

This art can be viewed with 2 interpretations:

1. Vertically, depicting Double Contamination
2. Horizontally, depicting unclear and clear Contracting structures

**Vertical view:** Double Contamination

The left mandala and the central mandala depict an unclear contracting structure, visualized through the blurry boundary between the two. The right mandala and the central mandala depict a clear contracting structure. The intersection of the layers exists strategically providing harmony or forming a consistent whole. Clarification at various levels gives protection, permission and power to all the parties.

Reference: Tactics, by Rosemary Napper & Trudi Newton, Section 3, Contracting for learning

**Horizontal view:** Unclear and Clear Contracting structures

PAC - When slopes from the Parent (topmost mandala) and belief from the past (Child - bottom mandala) mix with reality and cloud the grown-up thinking (Adult - central mandala).

Reference: TA Today, by Ian Stewart and Vann Jones. Chapter 6, Structural pathology

The artist, in the picture, has depicted multiple layers in each mandala to bring out the intensity.

**Language:** Visual
**Style:** Mandala art
**More details available in Mathematics:** Set theory and Venn diagram.

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**CONFERENCE AFTERWORD**

- Intention Orchestrates the Outcome
  - PK Sanu

**OUR TA JOURNEY...**

- Helping My Self to Help Others
  - Suchitra Bhaskar

- Saying “No”
  - Shobana Jayaraman

**MLL 2017 EXPERIENCES**

- Belonging through Connecting
  - Kousalya Karthikeyan

- Co-Creating Bridges & Boundaries
  - Sarimsha Mani

**TA PROGRAMS**

- TA-OD (Mumbai)
- TA-101 (Pune)
- TABS (Coimbatore)

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