As we step forward into another issue, there is a change of guard at the editorial desk... here I come, with important announcements to share... the foremost being the ITAA - SAATA Conference 2018, themed ‘Dance with Culture’ to be held in Kochi, India in August 2018. Mark your calendar and let’s meet in the conference to share and experience the evolving cultures.

As we speak of culture, we discern the cultural implications on the boundary settings. Boundaries bring order, strengthen the relationship and are very essential. In keeping with this context, MILL 2018 will focus on “Walls & Bridges – Exploring Boundaries and Relationship”

Tossing plenty of confetti in air to celebrate the successful examinees – Saitaja TSTA (P), Ragini TSTA (P), Pratiksha CTA (P) and Deepak – the first TA trainee to have dared SAATA Advanced Diploma Written Exam and passed with remarkable scoring. Congratulations!

visuaizers, soulful influencers, compassionate professionals and mindful coaches who work with skills, experiences and frameworks that are parallel to Transactional Analysis to help change, to lend a hand in support, to comprehend emotions and to playfully create magic in the lives they touch. The writers have experienced TA either by training, reading or through personal experiences and therefore know that the spirit of all frameworks is in harmonizing intentions and outcomes...

ta-da... the book reviews are here, ‘Healing the Shame that Binds You’ and ‘Sex in Human Loving’ referred by Sarmishtha and Shrinath are comprehensive with content details, candid in review and convenient in perceiving the clue before reading the book.

I am happy and chesty to let you know that our very own Managing Editor, Shrinath and his wife are eagerly awaiting their bundle of joy to arrive into their family... any time now... sending lots of love and wishes to them....

We will be happy to receive your contributions. Please send your content to newsletter@saata.org

Happy reading! Please send us your feedback and it’s the only way for us to know if we are in good shape!

Rima K Ganesh
Co Editor
SAATA Newsletter

The Exams
Congratulations to Successful Examinees

Regini Rao, TSTA (P), Siblaja Manacha, TSTA (P)

The exams

Prathita Gangothri, CTA (P)

Conference Afterword
- World Conference of TA - 2017, Berlin, Germany
  - Rosanna Kurian

Experiences
- The Strength of a Woman
  - Dr. Namita B
  - Inner GPS
  - Namita Shetty
- Peacefully Messy
  - Shoaib Yaqut
- A Curriculum to Release, Recognise and Respond
  - Karuna Gunprasad

Book Review
- Healing the Shame that Binds You
  - Samara Wani
- Sex in Human Living

Creative Corner
- Rainbow Bridge
  - Prasad Naveen

Feedback
- Feedback received.
  - Thank you for including me on the mailing list for your newsletter. I loved exploring it. What a wonderful job you have done!
  - Read more...

Please send your content to newsletter@saata.org
Click here for guidelines

First Trainee to pass SAATA Advanced Diploma Written Exam

Deepak Dhananjay
SAATA Advanced Diploma Written Exam

Receive our newsletter

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Multi-Level Learning (MLL) was born in 2001 to enhance the professional and ethical competencies of the TA community in South India. This annual event has grown over the years, catering to specific needs of trainers and trainees. While there is no topic or theme to the sessions, the process is learner-centered, allowing for learners to contract for outcomes and walk away with varying outcomes. This encouraged us to MLL offers a semi-structured, process-driven learning context as opposed to traditional content-driven training. Learners would reap maximum benefits if they sign up with an awareness of this, own their learning, and participate with an open mind. Process-driven learning allows for several here-and-now opportunities to see TA concepts in action and allows for rich learning.


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<tr>
<td>October 28—29, 2017</td>
<td>Bangalore</td>
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<td>November 10—11, 2017</td>
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<td>Chitra Ravi TSTA (P)</td>
<td><a href="mailto:chitra.sed@gmail.com">chitra.sed@gmail.com</a></td>
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<td>December 2—3, 2017</td>
<td>Mumbai</td>
<td>Suryaprakash C TSTA(O)</td>
<td><a href="mailto:suriya.sunshine@gmail.com">suriya.sunshine@gmail.com</a></td>
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**SAJTA Journal – Call for Articles**

SAJTA (South Asia Journal of Transactional Analysis - originally was named SAJTA, Journal) is an initiative to promote transactional analysis application in various fields: psychotherapy, counselling, education and organization. This is published online twice every year (January and July).

SAJTA Editorial Board call for Articles to be published in next issue. Theme for January 2018 issue is “Boundaries in Relationships”. Deadline for submissions November 1st 2017. Please write to journal@saata.org.

Read the journal at [http://www.saata.org/sajta-journal/](http://www.saata.org/sajta-journal/)

**SAATA Newsletter – Call for News, Information and Articles**

SAATA Newsletter editorial board call in content for January 2018 issue. Please do send in your contributions before December 16th 2017. Please send in your contributions to newsletter@saata.org.
The Dance of Culture
ITAA-SATAA Conference 2018
August 17-19, Kochi, Kerala, India

BOT Meeting | Trainers meeting | IBEC Exams Conference of the
International Transactional Analysis Association
Hosted by the
South Asian Association of Transactional Analysts

CITA and TSTA exams: 15-16 August, 2018
TEW: 20-21 August, 2018
Venue - Hotel Abad Plaza, Kochi, India
www.sataa.org/conference2018
contact@sataa.org | www.sataa.org

The theme of the conference is focused on the cultural traditions, social and economic impacts of globalization, and the increasing diversity we are witnessing around the world. The conference is the perfect platform to explore these issues and to learn from others who are also engaged in this field.

Feedback
Thanks for letting me know your feedback. I would love to hear your comments!

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CONFERENCE AFTERWORD
World Conference of TA - 2017, Berlin, Germany
- Rosamaria Kurian

EXPERIENCES
- The Strength of a Woman - Dr. Naima G
- Inter GPS - Namrata Sethi
- Peacefully Bsern - Shreya Verma
- A Curriculum to Review, Recognise and Record - Karuna Komprad

BOOK REVIEW
Healing the Shame that Binds You - Sarita Kaur
Sex in Human Loving - Ian C. Kerner

CREATIVE CORNER
Rainbow Bridge - Pratiksh Naik

Fee Details
The Dance of Culture
ITAA-SATAA Conference 2018
August 17-19, Kochi, Kerala, India

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Refund Policy
Settlements of Refunds after the Conference
90% Refund - Upto May 17, 2018
75% Refund - Upto July 17, 2018
5% Refund - After July 17, 2018

Key Note Speakers
Dr. Sujit Poojary
Julie Kay (TSTA-OUEP)
Dr. Shikha Basavdekar
Adarshree Lee

Please send your feedback to feedback@sataa.org
www.sataa.org for details
World Conference of TA - 2017, Berlin, Germany - Rosemary Kuriyan

Boundaries – a place ... to meet ... to develop ... to define identity

This was my first international TA conference. Needless to say, I was walking around the whole-time wide-eyed with the excitement of a six-year-old in Disneyland. You have to excuse my enthusiasm because, in my defence, I would like to say that I have been an avid reader all my life but I had never really met an author in person yet. And here I was, surrounded by so many authors whose works and ideas I have read with such amazement. Can you imagine my delight? I very nearly went up to Julie Hay for a selfie but ended up blurring out something that I don’t remember now. I have made a mental note to indulge my Child by actually taking a selfie with her when we meet next.

Berlin, with its history, was indeed the right place – walls that separate, walls that unite, walls that protect, walls that distance and of course, walls that can be broken. Berlin is the living example that really demonstrates how by not holding on to one’s history, one can change one’s destiny – that it is possible to stoke into a beautiful future, no matter what the past was. I could feel this hopefuliness, positivity and freedom in the air, plus, the weather was very good (going there from Chennai, it was pure bliss!).

This, certainly, was one of the busiest conferences I have been part of, with over 1000 delegates from all over the world – different ethnicities, cultures, beliefs, languages, with the common thread of TA holding everyone together. The burst of languages inside the elevators was one thing I absolutely enjoyed. Listening to the sounds, the tone and the tune of different languages and yet, the commonality in spirit making the other barriers fade. This really was at the heart of most of the workshops that I attended. From Giles Barrow, Trudi Newton, Rhae Hooper, Jan Grant, Mark Widdowson, John McLeod, Eylene Papius – all such invigorating workshops, each offering new and fresh perspectives about how TA can constantly evolve and present exhilarating interpretations of the present that are valid and useful.

There were constant invitations to fearlessly and responsibly experiment with TA and to think beyond the borders with curiosity. Mark Widdowson, who is the first winner of the ITAA Research Award, emphasized on the importance of evidence-based studies in TA. TA research journals are available for online access at www.itaarpg.org

Adrienne Lee’s Muriel James award acceptance speech summarized my learnings from being part of this TA community. She says the 4 Ps that she goes by are Potential, Passion, Perseverance, and Procticy. And really, what TA offers is the 'courage' to hold on to those 4Ps to grow, not out of fear but out of cheer will to grow, change and evolve.
The Strength of a Woman - Dr. Navina S

Dr. Navina. Completed schooling in Coimbatore and is Medicine graduate from Truwell Medical College, Currently pursuing M.D. Psychiatry at Sri Ramachandra University, Chennai. Her interests include spirituality, philosophy and social work.
Email: navina.rishnavardan@gmail.com

Yesterday was any other day as usual at the psychiatry outpatient clinic in urban Chennai. I sat attending to old patients and "review cases" when a new patient walked in. She was a petite woman in her late thirties with a calm yet apprehensive demeanor, an air of sadness about her. She sought psychiatric guidance to help her with some unwelcome changes in life had unceremoniously ousted her. Her husband of eighteen years, her faithful companion, had been whisked away by a brain haemorrhage four months ago and she now found herself clutching at loose ends and tending, bittersweet memories struggling to make some sense of life and all its injustice.

She spoke of her grief and loss, her worries for her young kids in school, one just on the verge of manhood, the other still immersed in the innocence of childhood, of their grief for a father who had been in a void that would never be filled. She spoke of her ageing in-laws who mourned the loss of the son they expected would take care of them in their twilight years, their bitterness at having been deprived of a safe and comfortable old age, the uncertainty of the future that lay ahead and how in their pain they lashed out at her, heaping blame and stinging accusations on her for his untimely demise. She spoke of how she needed to pull her children out of the school they were in and admit them in a government school for she could no longer afford the fees, of how she was not allowed to visit her parents' home where she would at least find some mental solace in kind words, of having started attending typing classes to prepare herself for her husband's job that she was due to get in a few months.

But amidst the pain and tears, I could see streaks of what I hoped was the innate strength that would help her weather the storms of her life. I could sense the determination she had, to keep herself together for her children's sake, to put together their lives as best as she could. The courage of womanhood touched me as it often does on any mundane working day. Here was a docile woman, with a tenth standard pass, so far having lived a sheltered if somewhat restricted life, content in domesticity, in her roles of daughter-in-law, wife and mother, being forced to reinvent herself, to acquire skills that she would need to survive, to stand in as both father and mother for her two sons at a sensitive age when they would miss a father the most, to take care of and support cantankerous ageing in-laws who were often hostile to her and critical of her. I wished she could see herself through my eyes, of how I was inspired and moved by her strength of character. But people in the thick of the battle have no such mercies. They are too busy fighting to stay afloat to see how amazing they are. It is an undeniable feminine quality to nurture others, to put oneself last.

She's not the first and would not be the last of many women who have had the carpet pulled out from under their feet, yet managed to keep going on, often becoming the backbone of the family and thus, the society. It made me think of how as a society we should do more for our daughters. Given the unpredictability of life, why should women be forced to face their battles ill-equipped? Why not give them education and knowledge that would go a much longer way than any dowry or material inheritance can? Why not encourage them to work and be financially independent? Why not teach them the fundamentals of finance, of handling a bank account, of filing tax returns? Why not teach them self-reliance and self-sufficiency from childhood? After all, is that not what you would want the mother of your children to have if you woke up one day to find yourself unexpectedly dead?
In search of Our Inner GPS: Dependency is definitely a psychological term. However, what exactly does "being dependent" mean in real life and how does one become dependent? My 8 year old daughter has been my source of inspiration on how we learn, what we see and how we see life as we are growing. Her insights on life and learning as a child offer a treasure of wisdom in my therapeutic practice especially in my inner child work. We were traveling with rickshaw and on the way she told me "Let's play a game mumma. You ask me questions on Maths and I will answer them." So as the game continued I gave her some numbers for addition and she was using a unique way of addition she learnt in her school (she is a Waldorf student). The methodology of teaching children is based on Steiner education. However, during our conversation my mind wandered to the way I had learnt addition. I knew how to add with the help of numbers, multiplication, subtraction, etc. However, learning to learn in school had answers in fixed ways through on the process of learning. Finding answers through a fixed way by someone (that is, my parents) believed to be intelligent (even intelligent enough to know what is good for me more than I know about myself). I learned dependency very early in my education, in emotions, in behaviour. somebody outside me told me that they knew what was good for me. I am supposed to feel what I am feeling. I am doing what I am supposed to be doing. I looked for validation for myself all the time. We are not trained to come to answers on our own through our intuition and our inner knowing of what we are feeling and seeing. This is true for us. People like Einstein and Stephen Hawking questioned outer intelligence. They were so aware and in touch with the universal intelligence that allowed them to give new theories and concepts to the world, which became the way we look at the world today.

Dependency is "depending on something outside of you, people and answers about life". So much so that when we grow-up there is such dependency that we cannot function. We are not connected to our inner GPS, the curiosity and the courage to challenge the truth that does not fit our inner GPS. This dependency leads to feeling lost and confused, not knowing what one wants in life. Even if we know we lack the courage to walk the path. What if you educate yourselves and your children to trust their inner knowing? Finding their own answers and living their answers (Mark Zuckerborg) which gives you the courage to be who you are. Because you know I repeat "YOU KNOW who you are and not what the world sees you or wants you to be. When we are connected to our inner GPS, we are connected to our purpose on earth. A question most of us are looking answers for. What is our contribution on earth? We can only contribute to this earth when we identify this uniqueness, celebrate it and live it. When each one of us contributes to the world with their uniqueness, we help in uplifting the consciousness of humanity. Ask these questions to yourself today: What would it take for me to be connected to my inner knowing? What is unique in me that is contribution to consciousness. In a therapeutic setup I facilitate my clients through this inner journey. And once you are connected you don't need a therapist or teacher or guru to lead you. You become your own leader.
I am curious about how people (friends, couples, colleagues, lovers, siblings or other relationships) deal with being with each other when they decide to be in touch anymore. How do you choose to be with a relationship that was once, in some form or other, positive, life-giving, inspiring, supporting, fun, nurturing or loving? These must have been something nourishing in that relationship, or something that was learnt out of the experience of that relationship that was worth remembering or cherishing.

Do disagreements and differences in points of view matter so much that we walk away from relationships by hardening our hearts? I am sure there would have been many circumstances that caused these relationships to be where they are, and there are many justifications for the actions we take. And yet, I...

I have seen and been in situations where we as people deal with such circumstances. There is a couple I know, whose relationship went sour the husband returned all the gifts that his wife had given him, not just gifts, every single thing that he had bought for her. Another time, a friend unfriended another from Facebook because they couldn’t see eye to eye anymore, and sometimes common friends were stuck, not knowing whose side to pick, who to invite to a party, with the fear of offending the other. There are couples who are in constant conflict even after the divorce or separation that it has a negative impact on each other and their children (if they have any), some children who haven’t spoken to their parents for years, siblings who don’t speak to each other for years and that tradition is being carried forward by their children.

It saddens me to see how relationships can disintegrate to nothing. And how we make those choices. Are we trying to claim ourselves back, claim our hearts back, so that we get some form of closure? So that we can move on without hurting? And is that the only way to go about it? And do we really stop hurting when we do that?

I have been divorced once many years ago, and now when I look back, I am very thankful for the dignity and respect with which it was handled. My father taught us to hold on to peace and compassion even when it got messy but you, my father is not a saint, nor is he perfect. He had some messy relationships in his life too, but how he made sure we maintained respect for each other, for each other’s families throughout the difficult time, had a huge impact on me and my children.

There were times when my father and his brothers were not talking to each other. He would remind us that, what was between him and them, was just that – it was between them and we had nothing to do with it. We still did the house visits, spent time with our cousins, had our silly – even. Many a time, these visits were initiated by my father or his brothers even though they still didn’t meet eye to eye.

I am forever grateful to him that it has left a lasting impression on me. I learnt to not take conflicts to heart, to not write people off my life. I can justify my acts and feel sorry for myself then I should be able to do the same for the other person too, for he/she has a heart just like mine.

And, on a bigger scale when we read and get impacted by wars, conflicts and its impact in the world, what makes us think that it is any different from the ones we have in our own little worlds? If we cannot have an open heart in our own little worlds, how can we even dream of World Peace?

It is not easy, and I’m sure it will not be. I will be hurt, sad, mad, scared, angry or enraged by my different experiences of life. I might want to shut off and harden myself too.

Call me naïve, or a fool if you must. But I CHOOSE TO KEEP MY HEART OPEN! I WILL KEEP MAKING THAT CHOICE!
A Curriculum to Release, Recognise and Respond - Karunya Guruprasad


"Is there a prescribed curriculum? Is there a book or something, go."
"There is a curriculum with only indications, which have already given you in the training. There is no prescribed text book sort of thing."
"But then how do I work as a teacher?"
"The real curriculum is in the child."

Fascinated, I say to myself, "My God! This is impossible."

After a few months, during the next training, I share a big monologue about my inspiration, details of a short experimental work and of course, plot about the frustration of not having a standard curriculum.

"My dear, there is no need for doubt! A great big hug and the words "Have faith".

This has been the most frustrating part of training in Bothmar Gymnastics with Dan Freeman. No prescribed curriculum. No text book. No standard assessment tests to be handed out. Yet, this is the training is inspiring enough to pursue it despite what is not there.

I began working with 4 batches of grade 3 children. A hundred odd to 9 year old children. By that time, I had managed to patch the compilation made by one of the senior trainers, in addition to my own, feeling confident and secure. What security a piece of paper could bring on the first day as a teacher?

The lesson plan for the previous day worked beautifully. It was almost magical. And the next day, I figured out that it may not have a magical effect each week. And in the third session, the lesson plan had to be abandoned. The program did not happen the way in which I had expected it to. There was too much resistance from the children that I had to think on my feet and bring in something else, unless I choose to ignore what was coming from the children. It is at this point of time that I felt back and reflected on what was actually going on. Why did it work? And why?

And the answer to it flashed in the question that the children had posed in all the four groups: "But how do we release?" In that moment I knew what was meant by 'The curriculum is in the child' and why the work would work with a prescribed curriculum. The many 'indicators' shared during the training program began to flash one after another.

Seeing that these children needed a bit more of 'releasing' experience, I introduced the game for the day and explained how the children with the golden hand can 'release' others when they do 10 x for it together with the ones caught. One child says wide open, squalid. "This is like the punishment....."
He wanted to feel the sensation and ran into the group ready to play. It was quite a moment to witness the change in expression on the child's face. What began as a thrawn changed into a delightful smile. And another child completed with yes. "We can release.

The children 'thrust' to wear the golden bands must have done at least a hundred 'scoop' each in the bit and their legs might have acted with all the running, crawling and sit-ups. Yet, no child complained or gave up. They continued to do their best to 'release' and get released, to join back into the joyful hum of the game.

In "Turning to Resilience and Power", Trudi Newton writes, "Education is the pre-eminent way that a society or culture passes its beliefs, practices, philosophical hopes and expectations to each generation." (Newton, 2016). In the process, we may and do pass on our fears and frustrations too. What better magic wand does one have than an idea of 'punishment'. Weave the wand and-and the true to the former's words; we can successfully make 'tricks' out of 'process'; that the release of the act of punishment causes more harm than the very act itself to no myth. And that there exists a possibility to change the way one feels towards the same act, in this case sit-ups, was loud and clear.

An act of punishment could become an act of 'release'. It made me wonder what 'image' would come up in each child when someone calls for doing sit-ups as a punishment. I hope and pray that at least a handful would be able to chuckle inside and 'release' themselves from its clutches.

As the days pass by I'm also experiencing 'release'. Release from the belief that I need to have a concrete curriculum. In addition to making lesson plans from the indicative curriculum, I'm more at ease to recognise the curriculum that the child brings and respond to what arises in the process. Couldn't help wondering true it is that "When teachers give attention to, and reflect on, their relational, behavioral norms with an awareness of the importance of those in influencing healthy script development for their pupils, they promote their pupils freedom and augment their developing personhood." (Newton, 2016).

Each session ends with the children and I nestled in sweat. Sweat that may taste salty but feels sweet within.

References:
- Dan Freeman – www.mercerdale@diamond.net.edu/danfreeman.html
Healing the Shame that Binds You - Sarmistsa Mami

Sarmistsa Mami is a student of Dr. Susan George. She has chosen specialization in TA psychotherapy. Her philosophy includes her belief that everyone being faced with meaning and purpose in life is expressing and developing one's unique self alongside establishing and maintaining nurturing and supportive relationships. She believes life offers repeated opportunities to become aware of one's path towards self-realization, and sees in her practice, to facilitate her clients’ movement towards their.

The book, “Healing The Shame That Binds You” by John Bradshaw (Health Communications Inc, Doorfield Beach, Florida) centers around the affect of shame, positioning it among all the effects discovered by Silvan Tompkins as the most important to one’s sense of self, identity, dignity and honor, as also for one’s ethical and spiritual life.

Bradshaw distinguishes between two forms of shame: normal, healthy shame, and its toxic version. Normal, healthy shame is presented as necessary for us to be truly human, teaching us our limits and our fallibility; whereas, with shame, there is a sense of its origin, manifestation, consequences, impact, etc.

The middle part of the book explores steps to heal and release toxic shame, thereby reclaiming one’s connection to healthy shame, and through that, one’s connection with fellow human beings and one’s spiritual source.

The last part is a portion titled Spiritual Awakening: The Discovery Process that explores spiritual wholeness and integration, ending with the author sharing a personal transformative experience through which he experienced the love and acceptance of his higher power.

Throughout this book, Bradshaw quotes sources of several professionals from whose work he substantiates his understanding of the subject of shame, including Thomas and Shimler.

For a practitioner, the book may appear to rest in itself to one topic extensively, but the depth of coverage has much to offer Bradshaw into toxic shame to the dysfunctional compulsions behind, an exhaustive list of harmful behaviors such as substance abuse, eating disorders, obsessive-compulsive disorders, perfectionism, empowerment, people pleasing, rescue, to name a few, and explains their unproductive developments. He elaborates on the processes that lead to the conversion of naturally occurring healthy shame into its dehumanizing and destructive form. He sheds light on how some of the systems that indiscriminately depend upon in order to belong, feel protected and connected with fellow humans, such as families, schools, religious organizations, etc., could influence the above processes. His experience with a client who belonged to one such family is shared in detail for the reader to follow along.

Bradshaw offers a wide range of suggestions and techniques to guide in the process of recovery, covering practices from meditation, Twelve step programs, NLP, CBT, REBT, Inner Child Healing, Firestone’s Voice Work, Grief Work, Confronting Inner Voices, and so on. This spread of exercises makes it more likely for a reader to find at least one activity that they could implement on themselves or others in their work.

The book left a significant impact on me. Bradshaw’s exploration conveys an awareness and a sense of faith in his experience and learning. His humility in sharing his own journey from dysfunction to health through healing and transforming toxic shame inspired me deeply. The tone in which his ideas are communicated came across to me as non-judgmental. I find this, for example, in his respect for each person’s choice in determining what constitutes their spiritual source. On the challenges front, I did not find the book to be an easy read. I had to return to sections several times, to get the essence of what was being conveyed, which personally did not find Easy. Also, the exercises provided may not be new to the reader.

To sum up, hence, a book which seeks to provide an honest, well researched, relevant, insightful and wholesome experience to its reader, with a strong message of hope that one gets back in touch with one’s potential.
Sex in Human Loving - Srinath Nadathur

Srinath works as an Agile Coach, enabling IT organisations transform to agile ways of working. A TA trainer in the Organisational Development field, he enjoys writing, listening, speaking and creating comics when time permits.

In Dr. Eric Berne’s words, the “official” title of this book is “Cerebral and Behavioral Correlates of Coupling in Higher Primate Communities.” His inimitable wit, use of colloquialisms, metaphors, imagery and case reports bind an academic appraisal of Sex into a free-flowing narrative in this book. Berne starts off in his usual style by delving into the vocabulary of the topic, primes the pump by getting the reader closely acquainted with the requisite knowledge (sex organs, the sexual act), deep dives into the human relationship angle of sex, and finishes off as the doctor prescribing healthy ways of interacting with sex.

This is a serious reference book for psychotherapists and counsellors, providing an in-depth view of Berne’s thoughts on the topic. One of the interesting insights is the fact that Berne himself was a practitioner in the Jane Gimbel Sex Psychology lectures that Berne gave in 1956, this book includes further developments in the field of sexual knowledge till the time it was first published in 1970.

I found this book to be an eye-opener in terms of looking at sex from various angles - educative, as a topic of academic interest, evocative, with a child-like wonder; and reflective, as it helped me understand some of my own behaviors. Here’s an extract from the “Admiration” section in “Part II: Sex and people” that helped me understand my childhood crushes on my teachers through the Ego States metaphor.

“In admiration, it is the Adult who looks the person over and tells the Child to go ahead. The Adult says, “Boy! He really knows how to do whatever it is — swim, or dance, or recite poetry, or whatever you may admire most and know how to judge — and the Child takes it from there. Sex may come into this in the case of a schoolgirl crush on a boy or on a female teacher. The girl starts off admiring the teacher in an Adult way for something she does or is, and then her Child takes over and she may get hung up on the teacher and follow her around and perhaps begin to have sexual pictures about her. If the teacher keeps her to her position, she will be like a good mother in dealing with the girl’s attachment to her, but if she changes the contract, what might be an edifying relationship between a Parent and a Child is turned into a frolic between two uneasy Children.”

The footnote acts as a unique thread binding the book together. Berne collected feedback from women on the manuscript of the book and included many of them in the footnote of the published version as comments by the "Emancipated Woman" (EW). On occasion, he has responded to these comments with his own remarks under the initials E.B. (for Eric Berne).

In summary, this book is a wonderful example of an open and intelligent conversation on the subject of sex.

CONFERENCE AFTERWORD

- World Conference of TA - 2017, Berlin, Germany
  - Rosemary Kuran

EXPERIENCES

- The Strength of a Woman
  - Dr. Naikta S
- Inner GPS
  - Namita Shetty
- Peacefully Messy
  - Sheena Yusuf
- A Curriculum to Release, Recognise and Respond
  - Kanuun Gunjuprasad

BOOK REVIEW

- Healing the Shame that Binds You
  - Samirshita Mani
- Sex in Human Loving
  - Eric Berne

CREATIVE CORNER

- Rainbow Bridge
  - Prasad Naveen

Feedback

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The Journey though the Rainbow Bridge

The imagination of an artist portrays the concept of the journey towards being autonomous and spontaneous in nature.

The mandala on the left hand side is depicted with disconnected patterns yet connected and balanced as it is arranged in a circle, it depicts adapted nature of a personality adapted based on the rules of the environment, culture and society.

On the right hand side is the mandala depicting the being after the journey though the rainbow bridge (an adult structure).

From a non-integrated state to an integrated state where the heart is fully open and there is intimacy with the self and world around. Balanced and integrated.

The inspiration is drawn from Norse Mythology, where the rainbow bridge connects between Asgard and the Midgard.