



Transactional Musings

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Special points of Interest:

Insurance rates will be increasing 18%.

Unemployment is 20%+ overall, 50% among college graduates, higher among high school drop outs. Among the elderly and more mature the unemployment rate is, well, it's a guess. Retirement has become a joke for many.

The Adult is objective, reasoning and reasonable. The person is methodical in activities. The Adult is a person who is processing information like a computer, he assembles what he has learned and figures out solutions.

Inside this issue:

"Unnecessary Expenses"	1
"Free Trade"	2
"Adaptability"	2
The Parent-Adult-Child Differentiated	3
Personality Structure	4

"Unnecessary Expenses"

Recently I received a letter from my insurance company informing me that my monthly insurance premium will be increasing 18%. This is on top of the increase two years ago. Then, the premium jumped approximately 45%.

These increases have become surprises, annoying, seemingly arbitrary, and expensive.

Most of the increases have a common thread: political intervention. I'm paying for stuff I don't require or want.

Here's what the letter says:

"The main reason for your rate change is an increase in medical costs where you live.

add substantial value to your insurance coverage but those added benefits also add to the cost of your plan."

The letter goes on: "On July 1, 2012, health insurers in California will be required to cover professional services and treatment programs, including applied behavior analysis and evidenced-based behavior intervention programs, for the treatment of Autism."

"On July 1, 2012, health insurers in California will be required to include maternity benefits for individual insurance policies."

Unreal.

I'm hearing, reading, listening to reports of "austerity," "deficits," "unfunded liabilities," "program cuts," and a host of other awful government related activities.

I, too, ask myself, why?

The elected and their "consultants" are passing too many expensive new laws. Government is in trouble, is having trouble paying its bills, is making promises it can't keep, and is pretending to be things it is not.



Some of the elect like giving away the money of other people.

I'm looking for ways to cut back, where I can make up the difference.

One area is obvious. Cable TV? Yes, I pulled the plug on broadcast cable television.

It's not so bad. The withdrawal lasts only a few days.

Looking at cutting back on some other expenses now, too. Telephones?

I'm getting a lot done with the time: reading, enjoying the days more, getting more exercise, eating less,

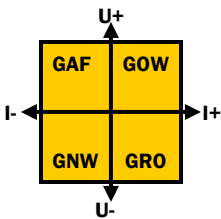
The State of California is now in the business of mandating insurance programs and benefits.

This increase may be a direct result of people using more health care or from health care providers charging more for their services. In addition, effective July 1, 2012, all California residents will have two new state mandated benefits included in your plan, expanded coverage for autism and maternity services. These benefits

Two years ago I figured the increases were because of the new U.S. health insurance law. I'm now required to pay for myself, the uninsured, and uninsurable.

I know, I know. You too, are experiencing the same

Government seems to be getting into everything.





The Encounterer.

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edited by F.H. Ernst Jr., MD

Named Hellos

Rx for Better Control of Your Own Destiny and Getting-Well of Personal Deflation and Inflation: Selectively give 25 individuals a named hello each day. By named hello, say the person's name when hailing him, "Hi Jim". In the acts of selectively giving out 25 named hellos a day among those you greet you increase your value to them. You are giving each one an extra external verification of his personal worth. Within a few days of starting this you will be getting back no less than 80% of the number of hellos given, many with your name attached. AND you will like it! As it becomes your program to give these 25 (or even 50) a day to people of your choice then it comes to be less important whether you say it first as the stimulus-initiator or the other guy is 1st & you are the response-initiator. As you become less demanding on getting your own name back you will be discerning more clearly who could be an authentic friend and who is out to work you for their own ends. For some, as you start getting up near 50 a day you might consider including a few from your enemy list, sometimes to see how it goes.

Comparatively, a barely perceptible grunt, nod or raised hand would have stroke value of one. A clear vocal "Hello" or "Hi" without a name would be worth ten units of stroke value. And by the same token the impact of a named hello, "Hi Sarah", would be worth 100. In other words by comparison, a barely noticeable greeting is a penny's worth, a vocal hello is a dime's worth and a named

"Free Trade"

We all hear and read about political candidates espousing their "positions." I'm wondering how they are going to downsize government. And there is the need for jobs, jobs, jobs.

Well, it is pretty obvious more jobs are needed. Unemployment is 20%+ overall, 50% among college graduates, higher among high school drop outs. Among the elderly and more mature the unemployment rate is, well, Retirement has become a joke for many. Many are leaving the States.

"Government statisticians" are "doctoring" the unemployment numbers, [manipulate

the numbers].(Makes the President look good.)

Recently there was a big deal made about a new class of super sized cargo ship from mainland China passing under the Golden Gate Bridge.

And then recently on a trip to Sacramento I saw a mile long train moving east with shipping containers stacked two high, marked "China" in black and blue colored letters.

"Free Trade," NAFTA, "most favored nation status," "open markets" ?

Most of the neat stuff these days is made offshore: telephones, TVs, computers, game players, music players, stereos, cameras, videos players, and so on. A lot of it with American ideas, innovation.

While at the local "neat stuff" store, I checked out the video CDs. I came across two that caught my eye: "Atlas Shrugged" and "The Company Men." Very good dramatizations of what has happened, is happening to America: "outsourcing," "downsizing," "realignments"; **code** for making stuff in foreign countries for pennies / bringing it back here for huge profits, firing employees, reorganizing, **selling out**.

"Adaptability"

"Aviation Week and Space Technology" has shown there are many thoughtful people well aware of the difficulties facing free society. Many people are cutting through the baloney of social engineering and management manipulation. Two articles in particular stand out: "Adapt Or Fail" and "Nervous in the Service." Page 50, March 7/14, 2011.

Successful private company strategies (models) are mentioned in the first article. Those vendors selected "often reveal themes of discovering and understanding user needs; dividing tasks among small, multi-discipline groups; reducing the number of meetings; slashing management layers; and simplifying acquisition, all moves intended to speed needed or desired products to the user."

The second article "Nervous in the Service" describes "adaptability" in the military organizational structure. The study referenced is "Enhancing Adaptability of

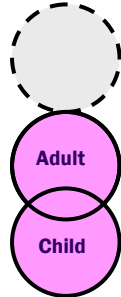
U.S. Military Forces." The report states "that the services must screen their men and women to find those who adapt easily to chaos, either naturally or with training."

"As easy selecting adaptable people sounds, the eight adaptability attributes identified in the study do not correlate well with one another. Few people have them all."

"The four core attributes in an Army-generated model are handling crisis and emergency situations, handling stress, thinking creatively and dealing with changing or ambiguous situations. Two

enabling attributes are physical adaptability and the ability to learn tasks, technologies and procedures. The two supporting categories are interpersonal adaptability and cultural adaptability."

What's missing is a reference to what ex-military people do with themselves outside of the chaotic military life style: time structuring in civilian life [can they function as independent, autonomous people?]. And then there are those young people who have allowed their core Parent self to have developed holes in it. The Situational Personality Structure does not have an internal moral compass.



In the case of the "**Situational Personality**" the **personal PARENT has been replaced** by the "**Situational-Committee**" PARENT and its "**Situational**" **ethics, values & instructions.** (& "peer review")

In the background, extensive "committee work" has gone into preparation of the unit, (**deactivating personal value** after personal value) and a regular testing program implemented to make sure those personality elements are not coming back to life.

DIAGNOSTIC of the situational personality: **No Personal Parent.** Self-rekidding is active. Independent decisions are impossible.

“The Parent-Adult-Child Differentiated” by FHE Jr.

The Adult is objective, reasoning and reasonable. The person is methodical in activities. The Adult is a person who is processing information like a computer, he assembles what he has learned and figures out solutions. An Adult makes measurements, which can be verified by another. It is a person whose head is level as measured across his eyes. A level-headed person who is blinking is a listening Adult. Following directions in a manual or a recipe is an Adult activity.

The Adult may have an active thinking life going on, reflecting on personal actions, keeping track of the actions of others in terms of possible modification of his own approaches to the situation at hand, in view of personal objectives. A person's Adult self can be the one in charge of programming personal participation in discussions of “issues.”

Child behaviors include expressions of emotions and beliefs. Beliefs? Ever try to objectively discuss a person's beliefs with him. Such discussions almost invariably become emotional in nature. Child appearance often includes a tilted head, raised voice, animated gesturing, more rapid words and other actions of a real child.

For some, their personal childhood was an unpleasant experience and getting to be “grownup” was the solution. They may have a problem with classifying some of their present day behaviors as Childself in origin. They may even claim being insulted to have their Childself identified to them.

Child behaviors include cursing, defiance, rebelliousness, argumentativeness and epithets. Giggling and belly

laughing? Emotional expressions. The Child is the imaginative person, the one who enjoys being entertained, the one who can be entertaining. The Child is all the ways a child can be.

Hurt feelings, sulking, silliness are expressions of emotion, as is over talkativeness. Emotional blackmail and coercive feeling (psychological) rackets are Childhood based.

Managing one's Child *does not mean* shutting his Childself down, suppressing his Child expression or changing it. You have a set of beliefs about “liberalism,” or “conservatism,” in Jesus and Jehovah, or not? You can be in charge of the expression of those beliefs (Adult); have these emotional expression be in charge of you, or you can be in charge of them.

Belief systems are the basis of one's perceptions, how you “see” the world. For some people the “environment” is in severe danger from “acid rain,” “ozone layer depletion,” “nuclear waste,” “toxic waste,” dangers from “smoking” tobacco, etc.

Belief systems are in your Child and what propagandists work on to influence and gradually shift, to shift a perception about a fact, to introduce a belief that causes a measurable shift in behavior about willingness to, for example, use or not use measurable facts in shaping one's opinions and views.

The Parent in you is the one most insistent that you provide food, clothing and shelter for yourself and family, that you regulate and discipline yourself. The thoughts and behaviors of a Parent are primarily directed to the preservation and protection of the integrity a Child, whether the Child inside oneself or the Child of another person such as

your own offspring. The Parent in the person has as its function, the preservation and protection of the integrity of whatever the focus of activity is, one's own Childself, another Child, law and order, concern for the destitute, the US Constitution. For example “It's not right to pass this huge national debt onto our grandchildren.” “We want our children to live in the land of the free, under the US Constitution and Bill of Rights.”

The Parent in a person will likely be the one who notices whether a public official adheres to the oath of office he took. Before taking any public office in the country, the individual first “freely takes an oath of office.”

The Parent in some people pays particular attention to whether someone person keeps his word, does what he says he will do. A public official takes an oath before assuming his office. An oath of office is a solemnly and publicly spoken promise followed by the person placing his signature under the same set of written words. **A signed oath of office is a contract.**

As a rule, the oath of office of an elected includes the words “to support and defend (the US and State Constitution) without mental reservation or purpose of evasion.” It is, however, obvious that both **mental reservation and purpose of evasion** play a prominent part in the words, actions and votes of many of these oath taking officials in the executive, legislative, judicial and administrative branches of the different levels of our government.

Purpose of evasion and mental reservation (crossing their fingers behind their

hello greeting is a dollar's worth in stroking economy terms. The ultimate greeting to a person, a named Happy Birthday, eg “Happy Birthday John” would be 1000 or \$10.00. But this as a surprise opening greeting could be expected to be thrown-up on.

A named hello is a “natural” stroke and takes little education to appreciate. A dollar given instead, would itself be stroking but the mean-ing of that kind of stroke would involve much more learning, be that much less natural a stroke. There is a cult who says and would have you believe that names and saying them to a person is not important, but they probably caught this from trainers who call them and refer to them by name, whether by birth name or an adopted one.

Beginning this program of (giving) 25 named hellos a day will lead you to be more in charge of your life. You will be more actively deciding who your friends are going to be. You will be doing more of the picking and leaving less time for being picked. Students who name their hellos to 90% of their classmates are routinely in the 90th percentile of their classes both academic-ally and socially. This is regardless of race, creed, color or gender and whatever the status of any “Affirmative Action” program extant.

It is proposed that if this Rx were adopted as part of the National Physical Fitness Program and pushed as hard as daily exercise (running in a circle) there would be at least as much added improvement in the general level of health, eg a drop in days off work for illness. It is estimated when 25% of the population over 4 yrs. old has taken up this Rx there will be a flattening out, a stabilizing of the current economic escalator of inflation. . . .

To be continued



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"Mastery of the universe is proportional to the symbols man has by which to represent his universe."

WE'RE ON THE INTERNET

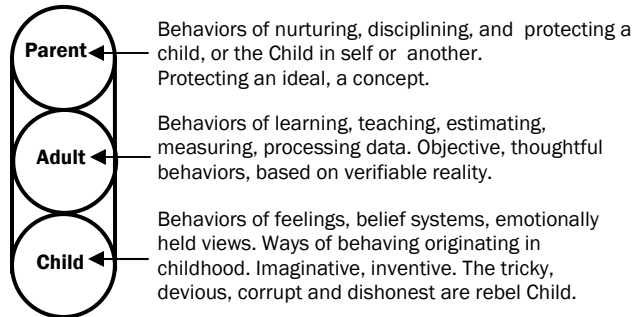
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backs) are the **hallmarks of the tricky (rebel) Child** in some of our government officers. The majority of non-elected personnel working for the government are also required to take that same oath.



Behaviors of the Parent, Adult, and Child in a person.



Personality Structure

From **The Encounterer**, Vol. 2, No. 35, edited by F.H. Ernst Jr., MD

Personality Structure

The PAC circles are used here to describe the structure, the component of the personality in use, i.e., the personality muscle from which a quality of behavior originates, comparable to the biceps muscle. Letter No. 1 (The E 2:33 showed the FUNCTIONS of the three ego states. The functions are analogous to physiology, e.g., the biceps can contract or extend (relax). Letter No. 2 (The E 2:34) showed the OPERATIONS: "Where am I going with this other person?" "What am I going to do with him and me for this NOW event?"

"The Professor" ("the little Professor" by those offering succor) is to be differentiated from the intuitive Child. "The Professor," as structure, is the Adult of the Child (A-1), is the position selector. "The Professor" is the one who scrambles for the stimuli and responses in games in a sophisticated-manner.

The intuitive C is the zestful Child, open and charming, saying "Umhum" "Umn'thurmn,"

keeping transactions flowing in a smooth style with just enough provocative playfulness to oil the psychological machinery of others to be responsive and stimulated. INTUITION IS the process of taking in SECONDARY PERSONAL INFORMATION about others and making good estimates about their internal workings. It is the Adult in the Child of the Child that Berne was referring to in his "Studies on Intuition." There are two and at most three major decisive childhood commitments made. The last of these is the decision by "The Professor" of selecting the person's position; the one or two decisions earlier in life are from among the oral, anal, and/or genital stages and take place before 4 years. "Character dis-

orders" made "pre-genital" decisions. "Genital characters" postponed their decisive commitments until they had more equipment and information.

To be specific, "natural Child" refers to the function while "Professor" and "intuitive Child" refer to the structure used. To not distinguish the "natural Child" from "the Professor," to not separate the "adapted Child" from the "witch" is to portray a lack of sophistication, an incomplete understanding of function vs structure, an angle-in-mind or a lacuna in TA information theory. A person interchangeably or inexactly using these terms, may very well not know what he is talking about.

