

# 4

## Rules – No Rules Transformation in the Kashiwagi Family

---

### Introduction

---

The “no rules” policy is what the foundation of our current family structure is. However, this policy is enforced by me, an imperfect human being attempting to become more perfect. To understand this story, I would highly recommend reading the Chapters on IMT and KSM [in this same manual.] Let’s begin with “What does “no rules” mean? “

A “no rules” policy means that:

1. No permission is required for any action within or outside of the home.
2. No penalty is enforced for any action within the home.

This policy extends from the very youngest children to the very oldest. However, on the top end [when children graduate from the university with their undergraduate degree] they are to remain in the home only at the invitation and agreement of the parents. Any requirements placed on the graduated student are not considered a rule. For example, if a 26-year-old graduated student is living at home, it is considered a requirement that the student must contribute to the maintenance and wellbeing of the home. Another requirement will be to be polite and courteous to other members of the family living in the home. These are “rules” or “requirements” that if not understood, could become detrimental to the graduated student in surviving in the “real world.”

---

### Objective of the “No Rule” Policy

---

The objective of the no rule policy is to allow the children in the home to learn at their own pace. It assumes the following:

1. If the children do not understand a concept, exposing them to the concept is a way to help them understand. After being exposed to the concept, how a child reacts is what they can understand. The concepts are already in existence. Parents can assist in making a concept more dominant.
2. There is no evidence that punishment adds insight or motivates any person to change.
3. More visionary people are more loving, positive, patient and helpful and will disdain punishment.
4. Every event is always at equilibrium. If a child gets more punishment, the amount of punishment is related to the parent and the child. They are intertwined. The abuser and the abused may be partners in crime.

The environment for the Kashiwagi family in the period from 1976 – 1992 was shaped by Dean [the father] and the environmental factors shown below:

1. Dean's traditional background from his father (Japanese, father's control practices).
2. Engineering mentality of focusing on details.
3. Dean's ignorance (no knowledge of raising children).
4. Dean's youth (thinking more of self).
5. Dean had an undergraduate degree with a grade point average of 3.0, and in the course of the next 13 years was attempting to receive both a master's and doctorate degree.
6. The family would also serve two years in Saudi Arabia, which meant a long international trip to Saudi Arabia, and a trip around the world in between the trip into Saudi Arabia and returning from Saudi Arabia.
7. Constant moving [7 moves in 14 years] and more moves in schools for older kids.
8. Lack of finances.
9. Ignorance and fear of new and different environments.

This is the environment which the older children were raised in [Ammon, Aaron, Marie, Jacob and Elizabeth]. When Ammon was 19 and didn't know what he wanted to do [1995], I realized that I was too control oriented and the "no rules" philosophy kicked in. This was three years after I came to ASU and worked for Bill Badger, who's only rule was that he had no rules. He was true to his word, and constantly practiced the concept at work, allowing me to do whatever I wanted to do. I taught up to seven classes a semester, started a research program, and moved into bigger and bigger offices [1,000 SF to 2,000 SF to 10,000 SF]. To protect me from my fellow professors [very disturbed by my work ethic, love for teaching, and research objective], Bill Badger hid me by moving me into an office that was in a different building. Bill Badger's no rules philosophy was coupled by the following factors:

1. I saw my success based on the freedom Bill Badger gave me.
2. It was the first time we had been in one location for three years with no planned move in the future.
3. We had bought our first real home in 10 years [earlier home purchase in 1979 in Alamogordo NM for \$3K down], and the home was 50% paid for.
4. Ammon's lack of direction and motivation was the opposite result of my philosophy at work. His confusion woke me up. This is not the result I wanted from other children.
5. I finally understood an earlier recommendation from a good friend Nancy Oliver [1982] to give more freedom to Ammon and Aaron.

The transition from rule based to no rules was more radical than in a normal family. I am a radical thinking person. If I understand a principle like "no control", I will do it. I will not do it at 50%. For this reason, I went 100% for the "no rules" environment. This change was the biggest change in my life. The "no rules" effort led to a complete understanding of the following concepts:

1. Equilibrium in every event.
2. The location of a person is their environment.
3. People control their own life.
4. No influence.
5. Education of children was based on what they perceived, and not what the parents were teaching.
6. The parents had no control over what the children were doing [this was dominantly clear with experiences with the children.]
7. Operation of natural laws to apply not only to the laws of physics but to all actions past, present and future of people.

8. Understanding of my own strengths and weaknesses.
9. Understanding of my family member's strength and weaknesses.
10. Understanding of events that were transpiring [Ammon and Aaron's difficulties in adjusting to our new environment in Mesa, Arizona.]

Below are the perceptions of eight different people in the Kashiwagi family. Interesting observations made with the above concepts are:

1. The difference in opinion of the eight individuals.
2. People who were in the same peer group [older group vs. younger group. sibling's right next to each other] may have such different perceptions.
3. Some people have perceptions of their father not changing, while some see drastic changes.
4. Some are analyzing the family through introspection; some are placing more importance on what the father did.
5. Except for the two oldest children, everyone lived for quite a period together with their father. Yet they still had different opinions on the degree of control that the father was using.

The following observations can be made:

1. The older children thought there was more control.
2. The older children are more likely to use control.
3. The younger children are more introspective.
4. The younger children are more likely to believe in no control.
5. The younger children had more space.
6. The younger children had more stability.
7. The younger children had less fear.
8. The younger children were more likely to hang around the home.
9. The younger children are more likely to want to live closer to home, or in the family home.
10. There are extenuating circumstances [need more detailed information] but just as the father had certain characteristics, the same concept applies to the children.
11. In the same family, raised in different situations due to the changing family, all have a different perception of what transpired with respect to control.

---

### **Person 1**

---

Well, all I can say is that "No rules" without teaching is useless. Just as Person 3 said, you need to teach consequences to each action. And then let them choose for themselves. Failure is a good teacher as well. But knowing both consequences for an action is even better. Also if you don't know logic and how to make a choice it is ridiculous. Without logic how can you take advantage of learning from someone else's experience or from a book or what you have witnessed? I don't like when we teach "No Rules" and do not include teaching. It can't work very well. It takes too long to have to experience everything in life!

---

### **Person 2**

---

I do recall one time when I came home and was going to go to church with the family. I hadn't shaved in a while. Dad said that I couldn't go to church with the family unless I shaved and he got really mad. He then told mom I couldn't visit anymore. That doesn't sound like "no rules" to me. I always felt muted and controlled growing up. From my experience person 3 is correct. There have always been rules even after the no rules change. I think dad just uses the family as a

gimmick. He has always been controlling for as long as I can remember. He is just better at staying calm now. His tactics have changed he is just a more patient controller.

---

### Person 3

---

It depends how you define "no rules". The implementation of no rules in our house was not equal to total freedom.

There are subtler ways to have rules in a house than groundings or extra chores. Mom and Dad's perception of what was a "big deal" changed over the evolution of the family. Things that were a "big deal" to them at the time did have consequences, whether it was anger or a difference of a distribution of time/money/praise from the parents. If a "big deal" item was crossed, you did feel punished or scared. Currently the things that are a "big deal" to Mom and Dad are very, very minimal. So the no rules thing has been a process, and the rate of change, changed over time as well. I am not sure if it is ever completely transitioned, as there are always a few "big deal" items. Just go and lose Dad's water bottle. Ha! That was a joke.

For instance, when I was 18, I wanted to go to BYU. I came to Dad with a plan, of how I would use the tuition money he was using at ASU, and get a job in Utah to be able to pay for my college and expenses. He told me no. If I wanted to go to BYU, it was 100% on my own. Not that it was a bad thing, but I ended up going to ASU because that seemed like my only option. It was Dad's way or totally on my own, which I couldn't swing at 18. Because this was a "big deal" at the time to Dad, he controlled me without rules. However, I think if I were 18 now, and wanted to, Dad wouldn't bat an eye, he would just say, okay, go do it. He would still try to talk me out of it, but he'd support me with whatever decision I made.

On the other hand, we were given a lot of freedom in things that they considered not a big deal. I spent a lot of time at my friend's house, I'd sleep over there, and no one would care as long as I dropped a line. I was always supported in my choices at school and extracurricular activities. We didn't do a lot as a family together, though. I know I didn't feel very loved at all as a teenager. I think it says a lot that we all had a lot of friends that we went to their houses and adopted them as our families in the high school years. We didn't spend much time at our house, even on major holidays, preferring our friends' places. I think the fact that Person 8 always brought his friends over shows the difference in comfort/trust that we felt being ourselves and showing our friends how we were treated with our families. That could all be just me, though. You know how I am.

So, are saying "no rules" also means supported and loved? In that case, I would say that it wasn't till a few months ago that I felt the "no rules" effect. When Dad brought me in to talk to me about something I knew he was a little upset about, and didn't show any anger, but asked me what I was trying to get to, and tried to help me get there. I thought he was going to get mad at me, give me an ultimatum, and make me feel bad. I had already made the ultimatum in my mind, and accepted it. Again, with Dad, it used to be all or nothing. No in between. And that has altered my perception of the family, and my own family's place in the family.

I think the goal of "no rules" is not to have no consequences. I think the goal of "no rules" is to mimic "Free Agency" in life. To help your kids understand that every action has a consequence, and how they choose their consequences in life, past present and future. It is showing them the tools of how to reach their goals, and what they believe to be good or right on their own. Not forcing them down a path, or telling them a path is the way they need to go, but allowing them to follow and trust their inner intuition. This is extremely difficult for me, when all I can hear when I see one of my children hit the other is, "YOUR INTUITION IS TOTALLY WRONG!!!!" But I have noticed that when I can diffuse the immediate emotion from both I and the child in question (take your

pick) and talk about what choices is leading (natural and parental consequences), we can both walk away without the anger we have in encounters driven by frustration and irritation.

My goal for my own personal house right now, is not no rules, but it is dealing with things with love. The rules that we use are logical, and we explain to the child how the consequence relates to the offense. If you rip the book, you can't touch the book. We try to teach them, even though we are far from perfect. But I really believe that love is essential. Specifically a united parental front, where a husband and wife respect, love, and watch out for each other, and have goals that are centered on Christ. I feel, that even with rules, if there is love and tenderness in a home, the Grace of God can cover almost everything else. I think kids take a great deal of their self worth from how their parents treat each other. Children are always learning from us, whether consciously or subconsciously. They seem to be very sensitive to intent and underlying feelings and emotions. As our family matures, I may have fewer rules than the average family, simply because that is how I saw my younger siblings raised. But I also acknowledge that I am a control freak, so my own little munchkins will be an experiment of their own.

---

#### **Person 4**

---

The no-rules policy in the house was accomplished almost overnight. One day there were rules, the next day there weren't any. Yes, there were still some kinks to work out, but for the most part, it happened in one day. For me nothing really changed. I was always obedient and I was a leader in the family (due to my age and the situation in the family when no rules occurred). Most of the chores I would perform anyways (the main ones being, yard work and cleaning the kitchen). In general I never felt like I was forced to do anything. I felt I had somewhat of a say over the management of the house as I was one of the only kid old enough and responsible enough to discuss these things with Dean and Judy [father and mother]. Amazingly, I would get into some really big fights with my Dad (Dr. Dean) and my Mom during my youth (until the age of 22). However, because I knew that he was my father and I was similar to him, and I knew he was 30 years older than me, and I knew that his logic was flawless; I would still listen to him. Many people even in my own family feel that I have bias towards my father because I am so close to him. In fact, even in the professional environment, people feel I work so closely with my father because he is my father. They don't realize that, neither is the case. It is the other way around. I work so closely with my father and I am so close with my father, because I realized that he was an expert. It just so happens I like to be in good company.

Some of the main points in my life regarding the no-rules paradigm are as follows:

1. One of the reasons I feel I never felt controlled was because I always thought of others and what I could do to help:
  - a. Due to someone needing to look after the younger kids, I began coordinating capture the flag with all the neighborhood kids for 5 years (up to 50 kids). So I could take care of the kids and have fun (I was 14 at the time).
  - b. Always enjoyed the family. Always took care of brothers and sisters. Made games and activities to help them do their chores and clean the house.
  - c. Due to my desire to try and help my father make this no-rules policy work, we made a personal rule for him and me: if someone in the family doesn't do something that needs to get done we do it ourselves (washing dishes, washing clothe, cleaning bathrooms, etc.).
  - d. While my siblings hated to clean and work. I was always trying to clean and work well when given the opportunity, to get them to believe that I could help out with the work.
2. I have always felt my environment has supported and protected me in my desires:

- a. I was in a car accident as an infant, where the car was totaled, glass fell all over me, but I didn't receive a scratch.
  - b. As a young child I was almost carried out to the ocean twice by currents but was saved both times by an uncle and a stranger. I was interested in what was out in the ocean.
  - c. Choked on a piece of candy and sister did the Heimlich maneuver on me to get it out (sister was 9 and I was 7).
  - d. Was allowed to buy myself toys for Christmas when young.
  - e. Utilizing expertise of older siblings: Allowed brother to write multiple essays and school projects to spend least amount of time on assignments.
  - f. The only child to be able to go to Hawaii every year (sometimes twice a year) until the age of 19 with Dean. Also have gone on the most trips with Dean all over the world.
  - g. I was a changing point in the family. I was the first child to get drivers license and a car when I turned of age. Given a car to go where ever I wanted.
  - h. Allowed to work where ever I wanted.
  - i. Always was allowed to participate in any activity growing up regardless of cost. I participated in: basketball (age 8), flag football (age 14), band (playing a trumpet), and piano lessons, track & cross country, singing lessons and choir, speech and debate, and model United Nations.
  - j. Parents helping me when getting into trouble at school: English Teacher fiasco (see point 3 below).
  - k. Due to sister, brother, and top engineer, got through undergraduate degree with very little effort.
  - l. Due to my father's mentor, I was able to have freedom to shape my own master's research work.
  - m. Due to research work in the Netherlands found an outstanding professor for my doctorate study that allowed me to shape my own research.
3. I did not feel like I had any boundaries or fear anyone, regardless of age or position:
- a. Transparent: Always expressed to others what I felt, no regard for authority. Told Master's committee how I felt about their comments, discussion with leaders at work, parents growing up, teachers in school, religious leaders, and scout leaders.
  - b. English teacher fiasco - Teacher failed me on all essays. This was due to leaving for Hawaii for 2 weeks, sleeping in classes, and writing a descriptive essay describing sleeping in all my school classes and calling her a micro-managing teacher. Dean eventually re-wrote essays himself and teacher still gave essays a failing grade. Dean sends a letter to principal on racial discrimination, and then vice principal tries to get me to say I don't agree while tape recording me, I walked out of the meeting. Teacher says I will never amount to anything. I get an A in the class after they switch my teachers.
  - c. Almost did not get Eagle Scout due to head scout master requiring me to wear class A uniform for eagle interview and Mom getting upset having to take me home. I told the scout master what I felt about his decision and let him know if a uniform is more important than being a good person to be an eagle scout, I wasn't sure if I wanted to be one. If it wasn't for a scout leader, coming and vouching for me, I would never have gotten the award.
  - d. Arguing with religious leaders of church doctrine. How God could not have created us, or he would have determined who we are.
  - e. Refusing to participate in P.E. class in Saudi Arabia for multiple days (5 years old), teacher finally called parents to try to get me to understand. She was really upset at me. Parents supported me.

4. I made the choice to work in the family business; I was not forced to like the older kids, until I was 16. I worked with a friend's dad making locks who was willing to give me a full time job, dad told me what he thought was best, and I chose to start working at the school.
5. I was creative, realizing I could get what I wanted and needed if I changed the way I operated:
  - a. People would always pinch my cheeks when younger, finally I would run away and say, "none for me".
  - b. Due to speech impediment when younger, I found different ways to say things to avoid words I couldn't pronounce.
6. I did have my flaws and weaknesses that I had to overcome with no-influence:
  - a. Realized that with no rules came accountability. Biggest struggle was learning to make my own decisions. I relied heavily on Dean, due to knowing he knew what would be best. This dealt with all aspects of life: dating, education, profession, etc.
  - b. Bringing home a shady 6th grader to play when in kindergarten. Mom and dad telling him to go away. I wasn't the smartest kid, didn't realize what type of person he was.
  - c. Hiding cold noodles behind toy bin, due to being forced to eat it. Sister threw hers away, so Mom caught me when looking for the empty bowl, but didn't catch her. I remember thinking how smart my sister was for knowing to throw her noodles away instead of hiding the bowl and everything.
  - d. Trying to bribe kids when babysitting. Quickly found out it didn't work.
  - e. Main Type C traits growing up: Not feeling appreciated, fear of the unknown.

---

### Person 5

---

As I look back, I always felt there were "no rules" because I always did what I wanted to do despite the consequences. However, what did change, due to the evolving environment, was how I felt people perceived me and what I felt I could accomplish. I was no longer put down or belittled, but encouraged and taught. I did not feel as loved back then or that people felt I was smart or accomplished, but as time has progressed I feel a lot more loved and understood. The family is now more open and accepting. Dad's understanding of us and acceptance has grown. He is able to teach us without using our personal weaknesses against us. Dad is able to have a less bias opinion and more of an open communication setting. I have always felt, even though there have been no rules, that dad has an expectation of what he wants. My weakness is that I always feel obligated to meet that expectation. As I get older I feel less of that expectation. Now that I am starting my own family I feel how difficult it would be to have a complete no rules policy. Although I agree with it, I am not sure I can actually do it, due to my own weaknesses and observations. To truly move to a no-rules environment you would have to be perfect.

I feel that as my environment changed (my parent's view on life) it helped me to understand what was happening around me, who I was, and to use my strengths to overcome my weaknesses. Below are some experiences from my childhood to adulthood and my evolving thoughts on life that stemmed from our changing family's way of life.

Even though I was young, I always knew what I wanted and would go after it regardless of the consequence. However, there were moments of insecurity and fear. It was hard for me to forgive or forget. Some experiences I can recall include:

1. When I was 4, I got grounded to my room without dinner for hitting my older sister. She felt sorry and tried to sneak me crackers and I told her "I would rather starve" than eat anything she gave me.

2. I started hiding food in my room for the next time I was sent there without dinner. I hid a musubi and ants came from everywhere. My parents were angry so I learned to hide nonperishable foods.
3. In kindergarten, mom dressed me for pictures in shorts that my brothers wore and what I thought was an ugly top. I refused to go to school because I thought I looked like a boy.
4. We weren't allowed to eat before dinner on Sunday so we would open the peanut butter jar and take turns eating scoops out. It was something no one could tell was eaten right away.
5. My dad threw me in a pool to teach me to swim, I almost drowned. I learned to stay away from dad unless I really needed his help and was careful what help to ask for.
6. No one would take the training wheels off my bike, so I lied and told our older foster brother I knew how to ride a 2 wheeler. He took them off; I didn't know how to ride, so I forced myself to learn.
7. When I would get really angry at my siblings, I would take my siblings stuff and give it to my friends at school or throw their stuff away.
8. In kindergarten, the teachers told my mom to stop feeding me sugar before school, she told them she didn't. They said that I didn't know how to color in the lines. What they didn't know was that I didn't care about coloring. I wanted to play on the computers and you could only use them once you were done coloring. I colored fast.
9. When I was five, my best friend invited me to go on vacation with her family. I was afraid to go alone, so my sibling came with me.
10. In 1st grade, I wanted to wear sandals to school and not tennis shoes. Mom said no, so I put them in my backpack and changed into them at school. I forgot to change them back before I went home.
11. In Ohio, 2nd grade, I got a test back that I did bad and was so afraid to get it signed that I hid it for a while and then asked my siblings to forge my mom's signature.
12. Mom told me not to wear short shorts, I bought them myself, or I rolled up the ones she got me when I got to school.

During my teenage years, there were fewer consequences. Although I was still stubborn and self-centered, I learned to be less willful and to pay attention to people around me and to think about others. I became more aware of my insecurities, who I was, and how to become who I wanted to be.

1. My dad called us to a family meeting and told us that he was having trouble paying our mortgage. I decided to go out and get a job. I worked at a preschool after school for a year and gave all my paychecks to my parents.
2. I got into a car accident, hit the car on non-moving objects, and received many speeding tickets. I never was punished. At first, I felt ashamed because everyone knew I was a bad driver, but eventually I began to focus on what my parents were feeling instead of what people thought. I started trying to change my actions to stop the results.
3. I was scared to go to the first day of college so my sibling came with me to my classes.
4. Every Wednesday, I was supposed to go to church activities. My mom forced me to go. As soon as she dropped me off, I walked to my friend's house.

In the last ten years, I can see the principles of IMT more clearly. I have also been able to look back and see that I have always been the same person and have always had control of my life. I learned how to use the principles to help me in all areas of my life.

1. As I went through my Engineering and Occupational Therapy degrees, I learned fast to do the least amount of work by making smart friends. I learned how to learn quickly. Everyone thought that I knew the most, with really knowing the least.



2. I held many callings at church and learned that people were and are doing the best that they can. Having no expectations has helped me to understand them and their capabilities, and to enjoy their company.
3. I have tutored for the last 12 years and have been very successful. I did it not by changing the student, but by learning that once you find out enough information, helping them is easy. You align them with what they are good at, look at what they are most at risk for, and help them with that. We change structure, not who they are.
4. It has been easier getting along with my mom by not expecting her to change, but changing the way I react to her. Accepting what is and who I am.
5. Finding my spouse: I would date people and would know fairly quickly (within a month) if I could marry the person. Every time when I figured they were not the one, I would think for a second, wait, they could change, this could work. It was obvious they would not and we always broke up. With my spouse, everything clicked, decisions were so easy, and my biggest fears (i.e., moving) were easily overcome. This has taught me that life only happens one way and that we attract people who are like us.
6. Moving to CA: All my life, I thought that if my mother wasn't in my sphere, all my problems would be solved. However, when I moved to CA my weakness/perception of what is imperfect in my life, manifested itself in a more profound way. People around you are just a manifestation of yourself.
7. Living with my spouse: transparency is the way to go. By looking at the KSM charts, my spouse is easily predictable as am I. Although it doesn't guarantee no conflict, it prevents many major arguments and frustration.
8. Family: No matter what you tell them or how you try to control them, they will do the exact same thing time after time and it tells you who they are. People are highly predictable with enough information. Despite the predictability of certain people, I through our own weaknesses and insecurities sometimes cannot control the way I react to those personalities because of who I am.

---

## **Person 6**

---

### **Perception**

I suppose you can say we had "No Rules". Similar to Person 3, I believe "No Rules" was a progression. It's obvious that no organization or family can fully shift its paradigm of thinking overnight. Much of the research I have seen shows that the only organizations that have had immediate success are those that fired a large % of their staff, which our family did not have the luxury of doing. As a result I saw the development of the "No Rules" policy over time.

### **"No Rules" brings more Love (Pro-activity) and less Fear (Reactivity)**

Dean stated that "No Rules" was defined as "No Penalty is enforced for any action within the home" or "Permission is not required..." As our father and family started moving to "No Rules" it was difficult, because the focus of "No Rules" was the application, which meant abstaining from grounding kids to their room, prohibiting them from watching movies, going to certain events...and so on. However I believe the principle of "No Rules" revolves around creating an environment where the children and spouses are able to make choices without feeling the fear of physical or mental punishment. When there is fear, there is a reactive mentality, lack of communication and blindness. As long as that fear exists, the family will to some extent be reacting to parents' orders, will not communicate to parents, and will always think about themselves.

### **Example 1**

In 1995 (9 years old) "No Rules" policy was implemented, however our father would still wake up and tell us we need to come out and do yard work with him. I remember reacting mostly out of fear. Most of us feared he would either take away one of our gaming console systems or emotionally attack us (yelling, name calling or "chewing us out" for lack of a better phrase). It wasn't until 2003 (17 years old) I started to see a change. He came into our rooms and told us to come outside and do yard work...but he didn't force us to come outside. He did this for a couple Saturdays, and I just ignored him. This was a sign that "No Rules" had been implemented for me. I had no fear of retribution or punishment from my father or mother if I did not obey the request.

I was in my bed one of those Saturdays's while my brothers were outside doing yard work and it got me thinking about what they were sacrificing at my expense. That sober thought of selflessness is the birthplace of a "No Rules" environment. Now that I was no longer required or I no longer had the fear of punishment, my mind started to think upon why I should do yard work. It was a transformation from a reactive to proactive mentality.

### **Example 2**

In 1999-2003 my brothers and I became infatuated with 2 games call Diablo II and Halo. We spent hours on end playing these games. My father would often become furious with how many hours I would spend on the computer. Similar to any father he tried to find ways to discourage us from playing these games. He used most of the common types of motivators, comparing children, logically explain how we were wasting our times and making us feel bad for playing these games. My already low self-esteem led me to hiding a majority of my game play from my father. My father and mother went on a trip to another country. So, Person 7 and I stayed up late to buy the new release of "Halo II" and stayed home from school to play it all day. We played these games so much that we would have people stand on watch, to warn everyone when our parents were coming home. That way we had enough warning to turn off the game, put it away, and act like we were cleaning the house. Our mother knew how much we were playing these games, but she didn't want our father to get mad at us, so she would even hide our game addiction from him. This was just one example. However it illustrates well how the fear and creativeness led to "No Communication" and "No Transparency" in the home.

Over time our father became so busy with other things, it didn't become as important to hide video game playing from him. We could also leave at any time to play at other friend's homes. It was this time in the family's life that I observed Person 7, Person 8 and I start to reflect upon our video game habits. Although we still played the games, we started to realize the extent of our addiction. I personally started to wean myself off from Diablo II and slowly tried to get away from Halo II. The freedom to play it, with no restraint, left me pondering about what I was doing with my life. The freedom to do whatever I wanted made me reflect on what I wanted for the future.

### **Example 3**

From 1995-2003 (9-17 years old) I always became anxious and emotionally stressed out during report card time. I was never the most studious child and this led to poor grades. I would always fear the emotional punishment from my parents. My father would often times compare me to my other siblings who excelled in subjects such as Math, Science...etc, while I did not. Around 1999 (13 year old) I started to cheat on my homework. I made friends with really smart kids in the class and I would copy their work. I learned how to forge my mother's signature, which helped when I had to get tests or report cards signed. My mother would keep records of all our report cards, but to this day she still does not have all of my cards because I found ways to lose them

(AKA, destroyed them so my father could not see them). Around 2003 (17 years old) I noticed that my father either stopped caring what grades I got or stopped keeping track. As a result there was no need to cheat, forge signatures and lie, so I stopped.

In 2004 (18 years old) a lot of changes started taking place in my life. I started talking to other people about what they were doing after high school. As I talked to church leaders, friends and counselors....it led to my first ever academic goal. I actually proactively sought to do better in school. I went to Person 5 and Aaron for serious tutoring in Math and Science. Although my attempt seemed to be fruitless and a failure at the moment, it was a milestone in my life. It was the first time I remember trying to do anything of my own free will. It was during this time I had also joined my first formal job with Mesa Public School 'Tech Ed Department'. I joined my first school club "DECA", which is the International Association for Marketing Students". I went to my 1<sup>st</sup> academic regional and state competitions. I believe the freedom from fear and the additional love that was felt in the family through acceptance had become a major motivator for these changes in my life. At this time in my life, my brother Aaron had become a great source of love for me. Although I couldn't relate to his ability to comprehend and process things logically, I could relate to "Trying to achieve something and failing".

*Interesting Note: While most of my siblings excelled in grades, my IQ sat below average (Graduated high school GPA: 2.5). My high school GPA was so low that Arizona State University (ASU) wouldn't accept me. From 2007-2013 (21-27 years old) I enrolled in a Mesa Community College (MCC) and after taking 3 semesters, I transferred my 3.8 GPA to ASU. I received my Communications B.Sc. in 3 years (3.8 GPA) Top of my Class and Masters in Public Admin Management (MPA) in 2 years (3.6 GPA), while completing a contract term internship in UT for project management.*

#### **Example 4**

From 2004-2005 (18-19 years old) I felt "No Rules" had met its highest achievements. I had my own car, I had my own job, we were given money for things we wanted to do. It was during this time I had sought guidance and direction in my life. I remember feeling very unhappy. I had found a leader to mentor me. He was helpful because he acted as a substitute father. I gravitated towards him because he taught me about religion and seemed to have a comparable teenage upbringing. We had many conversations regarding my troubles with friends, school grades, and even familial problems. He always coached me to be more studious, more social and more serviceable. I was also being tutored by Child 2. Child 2 loved religion and so it led us to having religious conversations. I asked him to help me read the scriptures, because my reading abilities were terrible. Aaron gave me hope in life. He told me that if I could serve a religious mission faithfully and figure out the purpose of life, I could still secure a happy future. I started trying to help my friends learn about religion. My mentor-ship from my leader and Aaron led me to seeing how much I needed to forgive my family and grow closer to them. I started driving Child 7 and Child 8 to more places...even hanging out with them and their friends. It's why I'm really close to Child's 7 and some of Child's 8 friends now.

#### **Concluding Thoughts**

As far as "Rules" and its ability to control a person is concerned. I honestly believe my father had no control over what I did. Everything is always at equilibrium. What I received in my childhood is a direct reflection of what I needed and although not consciously, I must have desired it. I do not blame any fault upon my family or parents for the way I am. I take full accountability.

For other families seeking to do this I would like to note a couple of things. It is impossible to fully implement a “No Rules” policy immediately. With any change it takes time. Our family is no exception to this rule. No one is perfect and so no one can completely do anything all at once (this goes for children and parents). Similar to what I stated at the beginning. An organization doesn’t change all at once (unless people are fired, which families don’t have that luxury). Similarly **families cannot change all at once!** Children and parents need to go through deep rooted changes. These are changes that I have and am still seeing in my family today:

1. Parents must be willing to accept their children
2. Children must be willing to accept their parents.
3. Spouses and children must be willing to forgive each other of past and present mistakes (Very difficult)
4. Parents must remove bias when counseling children
5. Shifting from fear to love. The hardest thing is to think about others. Regarding family and personal decisions, the most logical (efficient) decision is not always the best. The most loving option is always the best.

---

### Person 7

---

As I look back at it all, a “no rules” life did not have anything to do with what my parents did, in reality nothing ever held me back from what I really wanted to do, but a “no rules” life was directly connected to who I was. In reality the only rules that ever existed were in my mind, the limitations I set for myself and the feeling of being controlled that I created. However, “no rules” does not equal complete freedom from consequences, you can never escape consequences, they are the natural laws which are a part of reality. An environment of “no rules” is an environment where the actions of management, direction, and control are minimized. This can only be completely achieved when both the followers (children) and leaders (parents) are both ready for it.

The rules to no rules environment was not like flicking a light switch on and off, but more like a sunrise, which gradually came and brightened our family’s life. The words of a “no rules” environment were given early on in our family, but as we progressed, this environment “officially” became a reality. Have we completely achieved a “no rules” environment? The answer is clearly no, no one will in this life time, but we have achieved a progression towards it. So when I say I grew up in a house with “no rules” what I am trying to say is that we were consciously, as a family, making the effort to free ourselves from the actions of MDC and even more importantly the mindset of it. As we now and in the past move to an environment and mentality of “no rules” our family has become more unified, loving, forgiving, successful, hard working, fearless and happy.

---

### Person 8

---

The lifestyle that I had in my childhood is very different than other kids because of the fact that I was rarely punished at all for misbehavior. My parents believed in a “no rules” environment, which meant that I could do whatever I wanted without being grounded, given chores, sent to my room, or being restricted to stay at home. So at a young age, I was given more freedom than most kids. As I used my freedom that I was given, I started to see the impact of my decisions and the results of my actions. So instead of my parents yelling at me, grounding me, and punishing me, I was left more with a sadness that came from bad decision making. I grew up with little fear of punishment and a lot of motivation to do what I wanted. I had the opportunity to take more responsibility for my actions. I believe that there is no better way to raise a family than to give children the opportunity to make decision for them. It helps children, at a young age, to take

responsibility for their actions, instead of being forced and controlled to do things. Here are some experiences with "no-rules" in my life:

### **Hermosa Vista Roof**

We got caught up on Hermosa Vista Elementary school roof by the janitor – all my friends were punished but I was just made fun of. I never wanted to do it again but some of my other friends got punished but they still did stupid things all the time.

### **Hole in the walls**

A friend got smashed in the basement wall of the house – I wasn't punished but we helped redo that portion of the wall.

### **Social Studies Teacher**

In my school we had a 15 minute period called "SSR" this stood for silent sustained reading. I never really liked being told what to do and I never really liked reading that much. So every day during "SSR" I slept for 15 mins. The teacher got so upset at me for falling asleep that she would give me detention every time I fell asleep but that didn't really stop me! I went to detention for about a month every day after school where sometimes there I would also fall asleep. Finally she started to get worried about me. She thought it might be because of some disability that I couldn't stay awake. So she called my mom in and had me speak with a counselor. The counselor's solution to the problem was to use different tools to help me to read. Eventually I just ended up pretending like the tools worked but finding a more clever way to fall asleep so that the teacher couldn't catch me.

### **Dishes**

All during high school I had very few chores assigned to me that I was expected to do. One of the chores I had was to wash the dishes. Every night I would come home from school and go to hang out with my friends, disregarding the fact that the dishes were left untouched. I would often come home to find that my brother and my father had washed all the dishes. I would keep telling my dad and brother that I would do the dishes, if they would only leave them until I came home from hanging out with my friends. As I continued to leave the dishes undone, I started to feel bad about not doing my chores. In my head, I felt as if it was their fault for not leaving the dishes unwashed but I still felt terrible. As I came home one night, I could see how tired my brother and father were from work and I realized how much they did for me. So from then on I tried to get the dishes done before they came and before I went to hangout. I did the dishes because I wanted to help my family, and not because my parents told me to.

---

### **Conclusion**

---

By observation of the Kashiwagi family member's perceptions the following conclusions can be made:

1. There was change in the Kashiwagi family.
2. As the father had more experience, the level of control was perceived by the children to be less.
3. The father readily admits he came from a controlling environment, and by observation he attempted to move to a less controlling environment.

4. The father readily admits that he is not perfect, that these ideas are what he is trying to practice.
5. Without naming the children or identifying which are the oldest and the youngest, one may observe that the younger children are more understanding and accepting of the no rules concept.

By observation of his own life, as Dean the father gets older, he understands more clearly how he has made mistakes. In his quest to pass on the information to his children, he has proposed the following concepts which have turned into IMT concepts found earlier in this book:

1. No one controlled Dean the father.
2. Dean can clearly see that the people around him are somehow connected with him.
3. Dean observed that he had no control over anyone.
4. The people who lived longer in Dean's life were more likely to disagree with his perceptions.
5. The people, who understood Dean the most, were the people who serviced others the most.
6. The people, who did the most work, were not necessarily the ones who understood the concepts of no control.
7. There are natural laws that can be used to predict what people are going to do.
8. Everything that applies to Dean the father, probably applies to everyone else because everyone is subject to natural laws, and everyone is predictable given enough information.
9. Transparency is a characteristic that depends on the person who is seeing. The more they understand the more they see. The more they see, the more they will see that there is no control. The less they control, the more they can accept people for who they are.
10. We are mechanisms that may reveal information to others. However, by natural law and equilibrium, if people can see, they will have the mechanisms in their life.

It is very important for Dean the father that he understood the following:

1. There were many people who are "more knowledgeable than him."
2. There were many people who were "more successful than him."
3. He was ignorant, fearful and stubborn when he started his married life.
4. He tried to make a change.
5. He tried to be transparent.
6. He doesn't blame anyone else for the problems he has had.
7. He wouldn't do his life over again.
8. He can accept himself for who he is.
9. He can forgive himself for things he did out of ignorance.
10. He can now understand others better than when he started.
11. He still wants to change.
12. He knows he has no control or influence over anyone.
13. He knows that everyone in his family has been a teacher of himself.
14. His entire family and every member of his family has been service oriented.
15. The strength of the children has been to service others.
16. Without the experiences in his family, he never would have written Information Measurement Theory (IMT).
17. He knows how little he knows.
18. His family is a history of his understanding.
19. Once Dean can forgive himself for a certain characteristic, the characteristic in others no longer causes consternation.

Dean proposes that everyone, to a greater or lesser degree, is unique and will have similar experiences. Everyone's experiences will be related and have a relative degree of what has been in his life. Dean thanks all his family members for their input into this chapter.