

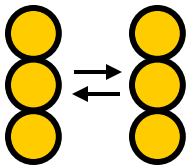
Transactional Musings

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“Get-a-Level Head”

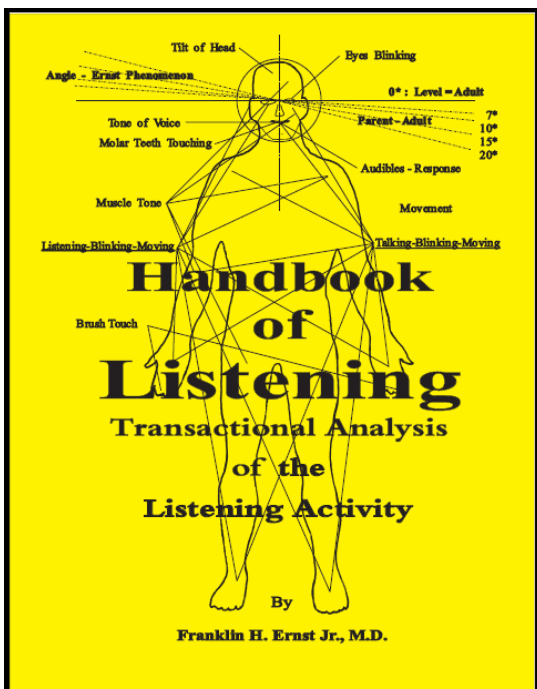
“‘Get-a-level’ refers to the specific activity of the person squaring up his head and face so as to have it be vertical in the horizontal plane, so that a level headed physical posture is evident; so that a straight forward presentation of attitude is apparent to the other person, whether he was the listener or the talker. This technique (more reliably than any other) has the effect of activating (cathecting) the Adult ego state in the talker and/or listener.”



Handbook of Listening - Transactional Analysis of the Listening Activity

by Franklin H. Ernst Jr., MD.

www.ListeningActivity.com



Example:

“Jason, a young man of 23, sought an appointment because he was about to be dismissed from his job as a police officer. As he talked, Jason was initially objective in tone and level in physical attitude. He wanted to keep his job. In fact, he wanted to stay in his present unit with the same personnel and the same duties. He saw that because of his present predicament with his superiors this might well mean his spending some time off-duty and with an unfavorable report in his personnel file, whether he liked it or not. He said his unit commander called him “cocky and unreliable.” During this portion of his treatment session his reasoning about his situation was well thought-out, including his own background motivations. As he went on in his story, he told of instances which showed that this “problem” was an intermittent one for him. In one of the examples he gave, he told of getting back at a particular sergeant and bugging the sergeant with his own rules (known as “cramming the other guy’s Bible down his own throat”). As Jason ended this particular story a broad smile

broke out on his face. His neck and head moved forward some and then to the left. His forehead was furrowed. His face was tipped slightly forward and down, his gaze was directed up at the listener, to be looking almost through his own raised eyebrows. The doctor also noticed a slight pinking of the whites of Jason eyes and thought, “So this is what is called cocky.” Jason was immediately asked if he could guess what his captain would say about his appearance at that immediate moment, if the C.O. could see him. After a second of thought, Jason asked, “Cocky?” Affirming this, he was asked what he felt like at that moment. Jason leveled up his physical posture in the seat and told that inside himself “Right now? Right at this moment? I feel scared!”

Then as he reported the balance of this particular feeling state, his face, physical posture, and head angle and his forehead all came back to the “cocky” appearance. Then he said that what he wanted to show outside himself was “I could care less. You don’t scare me.” Followed by “Why, Doc? What do I look like to you?” Matter-of-factly the doctor told Jason of the physically evident

Special points of Interest:

- “What is it that is weighing down a person’s head more to one side than the other? What is it that at times causes this angling of the countenance when talking or listening to another person? It is often a Parental prejudice or opinion. Angling can also be present when a Childhood belief is under consideration, either to be fought against or protected from attack, or adhered to. Thirdly, an angle may show on the person’s face if the “Child self” spots some potential for (mischievous) playful pleasure in dealing with another person.
- [“Dancing With the Federal Reserve”](#)

Inside this issue:

“Get-a-Level Head” 1

Secrets of the Federal Reserve

by Eustace Mullins. Interesting reading (if you can find the book).

"In my lectures throughout this nation, and in my appearances on many radio and television programs, I have sounded the toxin that the Federal Reserve System is not Federal; it has no reserves; and it is not a system at all, but rather, a criminal syndicate. From November, 1910, when the conspirators met on Jekyll Island, Georgia, to the present time (1984), the machinations of the Federal Reserve bankers have been shrouded in secrecy. Today, that secrecy has cost the American people a three trillion dollar debt (many times that today), with annual interest payments to these bankers amounting to some three hundred billion dollars per year (many times that today), sums which stagger the imagination, and which in themselves are ultimately unpayable. Officials of the Federal Reserve System routinely issue remonstrances [platitudes?] to the public, much as Hindu fakir pipes an insistent tune to the dazed cobra which sways its head before him, not to resolve the situation, but to prevent it from striking him. Such was the soothing letter written by Donald J. Winn,

postural and body attitudinal changes described above, especially his head angling. Then immediately following the verbal matter-of-fact description the doctor simulated Jason's "cocky attitude" in posture and then answered Jason in a second way: "Well, Jason, I'll tell you," etc., in a manner of miming (mimicking?) Jason. Then therapist leveled himself and matter-of-factly talked some more to Jason about the C.O. and Jason. Jason did some homework after this session. He studied himself at home in front of his mirror (his posture and his appearance) on three different occasions during week before the next treatment session.

During the next session, he enthusiastically began "It worked! Doc, you know! You got something there. It really works!" And then he told of his practicing in front of the mirror and of finding that when he could hold his head and face level while talking to the captain or the sergeant that they were straight in their dealings with him. He also told how he had not had as much fun with the two of them. He didn't have

as many laughs with them. They didn't have as many laughs with him. "I reckon this is sort of a reasonable trade off, though."

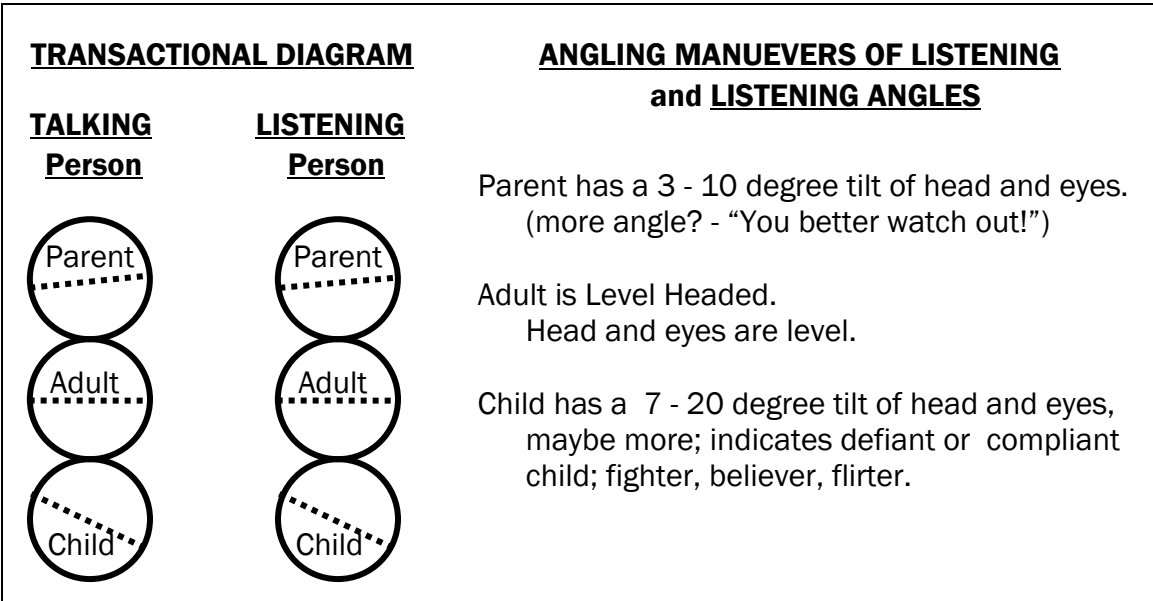
The treatment job with Jason was done. He was cured. Jason did not get fined or fired. After two more weeks he discontinued his treatment sessions. He wrote back a few months later describing that he had in fact not been "canned" and that he had been promoted by the same commanding officer he had been bugging earlier. He was doing the work he wanted to do.

What is it that is weighing down a person's head more to one side than the other? What is it that at times causes this angling of the countenance when talking or listening to another person? It is often a Parental prejudice or opinion. Angling can also be present when a Childhood belief is under consideration, either to be fought against or protected from attack, or adhered to. Thirdly, an angle may show on the person's face if the "Child self" spots some potential for (mischievous) playful pleasure in dealing

with another person. Such as persuading the other person to join with him in a belief to act on. What does it mean "an-angle-in-mind"? What is portrayed by a person with an angled countenance? It means that the person showing an angled countenance has "an-angle-in-mind." Conversely, a person who is "on-the-level" looks like it to the outsider. "Leveling" has been presented to patients by the leaders of groups, as well as by group members to each other. It has been taught to classes of high school students. (See Figure below.)

At an appropriate moment the "tilt" and the "squared up" are identified. Demonstrated as follows:

Using both hands, the group leader places his thumbs on the posterior angles of the right and left side of his mandible (at the back side of the lower jaw). Both index (first) fingers are placed one on each of the bony ridges (zygomatic process) running from the ear forward to the cheek, and the tips of the middle fingers are placed at the outer angles of the two eye sockets. Using these points and



the kinesthetic (balance) sense of the hand, arm, and shoulder muscles with the head position, a good quality leveling of the head, as visualized across the eyes, can be obtained, i.e., within less than two (2) degrees of a horizontal circle (one percent). The level can be verified by a person looking in a mirror. Those wearing glasses often use the upper rims of their spectacles and a known horizontal plane e.g., wall shelving, to aid in aligning their head posture. This procedure can be called a gimmick or a trick; it can be referred to as educating or training the patient, or by any other equally "opprobrious term" to dismiss its self correcting significance.

However, since its "discovery" and introduction as a correcting oneself procedure, "leveling" has been used with beneficial results for cases in various diagnostic categories including sociopathic disturbances, chronic and acute anxiety, panics, psychosis, etc. It has been used by patients in institutional and private treatment settings. Members of training seminars have found it useful when they were having difficulty picking up what was going on. "Is it me or the talker who is angled and angling?" It has been useful as a backup aid in a person counter-checking his own quality of receptiveness and perception; to increase his own individual learning efficiency and capacity, to locate when he is "on-the-level" or is "tilted." It has been used to assess and discriminate when speakers are likely to have an "angle-in-mind" or are "coming on straight."

One high school teacher

of "learning disability" students reported that the "get-a-level" procedure as "the single most useful item to watch in students and to tell the students about themselves. The students don't question it. They use it right now, then later when I've asked them they say 'I don't know why it works, but it works.' " The same teacher told that there was a 15 to 20 point increase of functioning I.Q. in 80 percent of his students after one school year in this Transactional Analysis oriented "Educationally Handicapped" class.

Of those instances studied to date, a level appearance in a visibly moving person has corresponded to an actively activated (cathected) Adult ego-state. That is, individuals who are appraising, objective, thoughtful, reliable, reasoning, etc. are "on-the-level" both in their listening and in their talking. These persons without an "angle-in-mind", without a "tilt" on their faces are, with remarkable regularity, workmanlike in approach, are thoughtfully compassionate and non-opinionated, and are humorless with this attitude.

The "Get-a-level" procedure has been used by married couples. Example:

Ethel, an "Old-Woman-in-the-Shoe-at-twenty-two," late for her first treatment session, arrived disheveled and talking at 350 syllables a minute. By the end of the session she was talking at 250 syllables a minute. On time for the next interview, she started talking at 300 words a minute. After about 30 minutes of this she rather abruptly sat forward in her chair and asked

"What can I do? (pause) I get so mad at him (fiancé). I can't think; I don't want to be screaming at my kids all the time!" and then she stopped for a few seconds. This moment was taken to introduce her to the procedure of "leveling" her facial countenance and head. At that particular moment she did have a level countenance. She had just described her boyfriend's "angle."

Doctor: "You can watch your boyfriend to see when he has his angle going. By that I mean you can watch his face. When he's on-the-level with you his head and face will be leveled. And when he has an angle-in-mind he will very likely have an angle on his face. If you can get yourself to come-on straight with him, then ..., I mean set your own head and your face level, like this ..." describing by example the "leveling" exercise and method to her. She carried out the leveling procedure shown and talked in a more organized manner for 30 to 40 seconds. Then, taking her hands from her head she again began to "angle" her face and increasing her talking rate up to 250 syllables per minute. At her next 0.4 second pause for air, doctor asked: "Why not level yourself again? Looks like it works pretty good for you!" while again demonstrating for her the physical face leveling procedure.

"What? Oh! Okay!" she said. She did the face leveling exercise again. Her composure returned. This was done once more near the end of that session. She had to stop coming after a few more sessions.

A year later, when she was able to resume treatment, she started right off at

Assistant to the Board of Governors in response to an inquiry by a Congressman, the Honorable Norman D. Shumway, on March 10, 1983. Mr. Winn states that "The Federal Reserve System was established by an act of Congress in 1913 and is not a 'private corporation'." On the next page, Mr. Winn continues, "The stock of the Federal Reserve Banks is held entirely by commercial banks that are members of the Federal Reserve System." He offers no explanation as to why the government has never owned a single share of stock in any Federal Reserve Bank, or why the Federal Reserve System is not a "private corporation" when all of its stock is owned by "private corporations."

On 4-27-2011 the Federal Reserve will be "holding" its first "News (Press) Conference", ever, (reportedly) one hundred years after it was formed in the darkness of night.

"Dancing with the Federal Reserve"



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

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300 syllables a minute about her current domestic troubles. After an initial 15-minute burst of Indianapolis Speedway speech she slowed to look at doctor and comment about her own handling of the particular instance of being baited which she had just cited "but that time I kept my level and he didn't get to me!" with a reflective smile of self-assurance and acknowledging glance to the doctor.

As measured across the person's eyes, the Adult of a person will be level with the horizon.

In practice, a listening or talking person will be seen shifting his head forward and back, tipping and moving his head side to side, from moment to moment. What is referred to here is the principal attitudinal mode (posture) and the executive attitudinal view inside the person; the ego state which is "really me" then. There is the additional factor noted by students of "angles-and-levels" that very few people have a perfectly symmetrical face. The nose and the jaw may be more to one side than the other. The eyes may look like they are somewhat off the horizontal. These are the characteristics of facial countenance which are noted by the "hemi-face" student, e.g. photographic studies, and has to do with individual characteristics of a person's physiognomy. What does an angled countenance convey? What does "tilt" on a person's face mean? In the listening (moving) person, it means that when an imaginary line is drawn across the

eyes which is parallel to the horizon, the person is more than likely listening with a reasoning view of the situation, is portraying an objective view, is assessing the particular event in order get the facts. When a person's face is angled off the horizontal as measured by an imaginary line across the eyes, this means that one view of the situation carries more weight for the person than another (internal) view of that same situation.

When the angle is present, it may be that there is a partial withdrawal from the situation to some related fantasy, or it may be that the angle is for cheering-on of the speaker, or the jeering of the speaker. Persons who are "square shooters" and listening-in-a-level attitude are predictably giving a reasoned quality of attentiveness to the situation and are quite likely also influencing the situation toward reasoning.

These references to angles and levels also have to do with which ego state has the executive (Adult or non-Adult) in the particular listener-talker, at the particular moment. Example:

In her twentieth session, Holly was level most of the time. Her eyes were pinking intermittently. About every 3 to 8 seconds her head moved to one angle or another. Periodically she held up her Parental pointing finger to tell of events between herself and her husband, to tell about their children, and to tell about her own background. Her choice of words and voice tone remained objective. There was a lack of impassioned pleading. She returned to the leveled countenance for 6 to 20 seconds at least

once every 20 seconds during that session. At first glance it looked as if she might be trying to persuade the doctor that she was expounding on the right, correct and only true way of raising children as contrasted to her husband's lack of good quality child-raising techniques. Looking and listening closely to her descriptions, it became apparent that she was looking, watching, listening, and carefully assessing how she was being listened to by others she was talking to. AND she was also listening to herself and assessing how she might be influencing the resolution of events in her home.

Holly wanted to get well of intermittent hives. She knew she alienated Howie by her "If it weren't for you" game and "I'm only trying to help you" game. He, her husband, played back his complimentary game of "Yes, Holly, you're entirely right," his variant of "Holly-you're-always-right." In the past, her payoff event for these game sequences had been either to (1) yell and scream him out of the room, out of the house (a Get-Rid-Of payoff for her game) or he'd go to sleep for a Get-Away-From game payoff for his game, or (2) she'd go quiet, as would he, and they would "put each other on silence for hours or days" for a mutual "Get-Nowhere-With" each other quality of mutual payoff. First he and then she had come to recognize that after this latter event had gone on for twelve or more hours then the chances of her breaking out with giant hives would greatly increase.