

THE WORLD OF BODY LANGUAGE



a closer look at what lies beneath the words

SARA & HAJAR
TWIN OF WORLD

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INTRODUCTION

Exploring human psychology has always been a unique adventure of its own; an adventure that yielded many attempts to delve into the human nature, applying various approaches including hypnosis and studying the psychological drives to the neurotic disorders treated back at the time. However, one should also pay attention to another form of disorders that can be traced in humans' relationships while raising a question about how we can identify a person without even listening to his actual words during therapy sessions i.e. without him showing any signs of any neurological disorder! At that point, we need to be good listeners; however, we cannot ask a person if he speaks words of truth or not. Moreover, we cannot be certain of his acceptance of our questions or else we will be considered discourteous and ill-mannered. Hence, we need nonverbal language that can assist us to get the "answers" we seek without directing a single "question" and that paves the way for what is known as "**Body Language**".

What is Body Language?

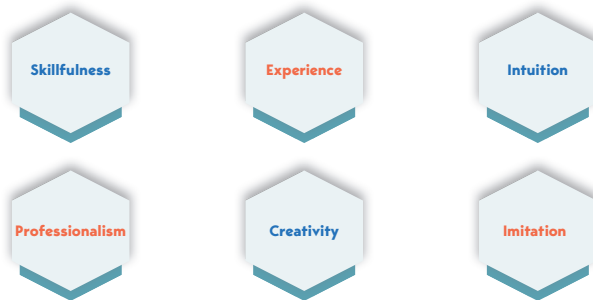
Various definitions have been given to that term, the most important of which are:

- A language for understanding humans' feelings and intentions.
- A set of groundless superstitions and fallacies.
- A science based on various theories in behavioral psychology.

- A tool to communicate with others effectively.
- A semi-science based on unfixed practices or beliefs.

Actually, some of these definitions may be valid; however, and as we see it, reading “body language” is also a very fine art that embraces many of the features that characterize common arts. It is an art that translates feelings and emotions. It is also a tool to express one’s thoughts. Similar to other forms of art (e.g. painting, music, poetry, acting etc) that are driven by one’s natural talent, reading “body language” is mainly based on one’s natural ability to read others before turning to scientific evidence and studies. This is not a mere science/research-oriented approach, as creative techniques do play a vital role in such context of reading “body language”. In other words, a person’s face and body do form a mystery to be solved while showing high levels of concentration and accuracy. Through the pages of our book, we will demonstrate some of our techniques that helped us master such “exceptional language”, which shares the values and features of art as it involves the following:

Using our Instagram page for body language, we have



managed to employ such values and techniques effectively. At the wish of thousands of those, who we have affected one way or another, we have decided to release our experiences letting the reader sink deeper into our minds to have a better understanding of our "Sara & Hajar" body language reading skills via this book in which we deeply tackle issues we have never tackled before in our previous publications.

Skillfulness:

Putting the approach of body language reading into action requires a great number of skills which are the natural result of both theory and practice; as one acquires information and theories first, studies them carefully, understands their contradictions and exceptions and realizes the meaning behind gestures. Moreover, we do not stop at such point of memorizing theories and information; however, we go further to understand techniques and methods validly to move to application and practice giving ourselves the opportunity to identify our mistakes and weakness points to improve them later on.

Many of us may wonder about the proper ways of practicing such a form of art and the best answer to that inquiry is to watch "talk shows" as TVs and computer screens make the most outstanding channels to meet hundreds of people descending from all cultural backgrounds, environments, patterns and lifestyles. They allow their audiences to grasp the meanings lying behind uttered words. These channels are also more efficient than workspaces environments and family

or friends' gatherings; as body language reading skills can be practiced smoothly without being considered as too curious or infringing.

Various number of the readings we have conducted for a great number of celebrities, have proven certain facts that were released later on after being analyzed over our Instagram page. For example, one of our analyses revealed the tense relationship between an Arab celebrity and her spouse, who kept denying there was an issue throughout the whole interview. However, later it -was reported that they were going through a rough time and they broke up eventually. Another analysis argued that a male Arab celebrity was secretly married. After a while, the analysis was released and the skeleton in cupboard was out i.e. the secret marriage was publicly announced.

No one can deny the significance of uttered words; however, such significance is useless when it's inconsistent with the way they are demonstrated. We tend to believe in what we see rather than what they say. Words can convey information like data and facts, but body language sends more messages and deeper information such as emotions and psychological condition.

Professionalism:

Body language is characterized by the fact that it is grounded on the revelation of what lies behind words, actions and behaviors which makes it defy lies, compliments and everything that is fake. A good body language reader is

known for his competence when interpreting others' behaviors and judging their gestures without siding with a friend, a relative or a beloved one as prejudging a certain relationship forms a serious danger that can stop one from reaching the valid interpretation. For instance, when Norah trusts Fatema based on their relationship that has lasted for more than ten years, Norah would never think that she would be deceived by her friend and thus she will fail to detect such deception. The skill of reading body language requires one to get rid of all his feelings and emotions while interpreting least, he may fall into the trap of partiality; as showing sympathy for human cases may blind us from sighting facts. One may judge things by putting himself in others' shoes without considering the differences between them and that may lead him to act subjectively. Moreover, one may side with his own interests when he hears what pleases him. In this case, he may eliminate the thought of being lied to. Actually, one's emotions may suppress his intuition, which could disturb him sometimes. Politicians do manipulate this weakness point as they deliberately say the words that their audience yearn to hear to win them over effortlessly even if they were uttering nothing but lies. Furthermore, a professional body language reader realizes the behavioral variations of individuals, does not pre-judge as a result of previous situations and acts differently with each relationship. People differ in terms of their characteristics, personalities and life circumstances which in turn reflect on their body language. For instance, one may fold his arms because he experiences a feeling of boredom while another folds them because of anger. Details

are the key to interpret such gestures and professionalism lies in one's ability to collect the biggest number of details to reach an accurate interpretation without siding with a party or being driven by emotions.

Experience:

The unremitting practical application of the skill of body language reading, regardless of the outcome (right or not) provides one with a high-level of experience and accuracy of reading. Applying such skill enables one to identify his own weaknesses and strengths and helps him improve. Thus, we tend to say that the skill of body language reading starts with learning, which is followed by practice, practice and more practice. Application helps one to majorly increase levels of concentration and understanding.

Oftentimes, those, who seek to learn how to read body language find it difficult to memorize all gestures and their associated meaning which is a natural scenario in such a case where "learning" is mainly theory-oriented; as learning based on first-hand experience is always carved in one's memory.

Following the various experiences we have gone through in the field of body language reading, we can argue that we do not need to go back to the references we once used as guides for learning; as the information contained in such references, have found their way from the conscious to the subconscious due to continuous practice.