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Body Language, Ways to Express Yourself through Gestures by Robin Mackenzie

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Body language is the way in which you use your body postures, facial and eye movements to communicate with others. We usually communicate using our body language without even realizing ourselves. It is a subconscious effort. It has been found that almost 93 percent of what we communicate is through our body language and not using words. Words actually contribute only up to 7 percent of what we communicate. Body language gives you an idea about the attitude of a person and also indicates the state of mind of that person. The state of mind could range anywhere from aggression, attentiveness, boredom, relaxed state, pleasure, amusement, and intoxication, among many other cues.

Body language can send out signals and these signals can be easily comprehended by some and not clearly understood by others. If you show a little bit of attention to certain details, it will be easy and simpler for you to understand what the other person is communicating. Sometimes it is also necessary to give the other person some space and not push the limits. Some people are shy and conscious and they do not appreciate others reading too much into their minds and body language. In such a case, it would be better to respect the privacy of the other person. But apart from this there a lot of tips that suggest what kind of a person she is from her body language.

It is important to see how close a person is to you while she is conversing. The closer she is to you, the more she likes and trusts you. The farther she moves away from you, then it means she doesnâ€™t like to become close with you and the conversation need not be very intimate. On the other hand if she edges closer to you, then it means she likes you and feels completely at ease with you. There is one more thing that has to be kept in mind when it comes to closeness. The level of closeness varies with culture and it varies according to different cultures. Watch the position of the head while she is talking to you. If she tilts her head too much, then she is displaying an act of sympathy but if she tilts her head and smiles, it means that she is acting playful and even flirtatious. When she lowers her head then it could mean that she is hiding something from you and disbelieves in what you say. It could also mean that she is shy and timid.

When her eyes are cocked when you speak, then it means that either she is confused or she is challenging you. The best way to give you an example of a cocked behavior is to think about a dogâ€™s face going weird when you make that funny noise in your ears. When she tilts her head and smiles while conversing, then it means she likes you genuinely and loves conversing with you. When she looks to the side, then it means she is nervous, lying or distracted. Sometimes when she looks down, it means she is a very shy individual. In some cultures, looking into the eyes may even be considered as a sign of disrespect. Sometimes she may look at the ground because she is very sad and thinking about an unpleasant emotion and she wants to hide it away from you.

There is an interesting scenario where she will try to mirror your emotions. It means that she is genuinely interested in you and she likes to maintain a good rapport with you. When she has her hands around her hips, then it just means that she is waiting, impatient or tired. Nevertheless whatever said and done, I find it a very pleasurable experience to watch the body language of people. I have watched a couple of shows on body language on my TV brought through Dish TV Offers. But it is always advisable not to be too conscious of the body language and watch it every time. Itâ€™s good to maintain a balance for a better living.

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Robin Mackenzie - About Author:
Robin Mackenzie is a freelance writer. She has an eye for different types of body languages. She also loves writing on such topics. In her free time, she follows a lot of programs on her television purchased by a Dish TV Offers.

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