

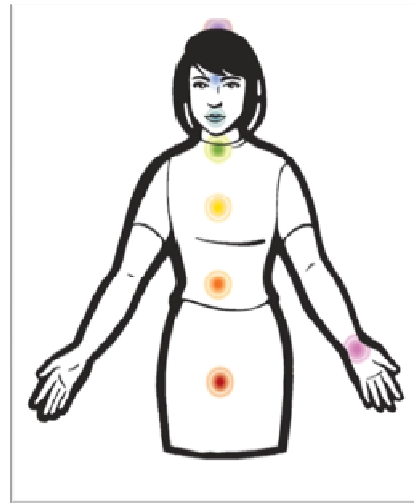
The body language target points

By: <http://www.bodylanguagecards.com>

Body language is a form of non-verbal communication involving the use of stylized gestures, postures, and physiologic signs which act as cues to other people. Humans, sometimes unconsciously, send and receive non-verbal signals all the time.

The **body language target points** is a concept referring to wheel-like vortices which, according to traditional medicine, are believed to exist in the surface of the etheric double of man.

The **body language target points** are very similar to the identified Chakras as used in Yoga. In Yoga the Chakras are said to be "force centers" or areas where energy permeates from. They are points on the physical body, the layers of the subtle bodies in an ever-increasing fan-shaped formation (the fans make the shape of a love heart).



According to Yoga, the Chakras are centers of energy, located on the midline of the body. There are seven of them, and they govern our psychological properties. The Chakras located on the lower part of our body are our instinctual side, the highest ones, our mental side.

The Chakras can have various levels of activity. When they're "open," they're considered operative in a normal fashion.

If you think about it, each one of the Chakras and one of the main body gestures relate to one of the **body language target points** and ideally contribute to our being. Our senses would work together with our feelings and thinking, anytime there is a gag between what we think, feel or say, the body language sends a signal to us and to the environment. For example, one of the most basic and powerful body-language signals is when a person **crosses his or her arms across the chest**. This can indicate that a person is putting up an unconscious barrier between themselves and others. If you try to understand the meaning of this gesture you will see it is a gesture that is indicating we are protecting our chest against a possible attack, just like in animal behavior.

1 – The Basic Body Language Target Points

The **Basic Body Language Target Points** are associated with the color red. Like the base Chakra, it is the grounding force that allows us to connect to the earth's energies and empower our beings and about being physically there and feeling at home in situations.

If it is open, you feel grounded, stable and secure. You don't unnecessarily distrust people. You feel present in the here and now and are connected to your physical body. You feel you have sufficient territory.

If you tend to be fearful or nervous, your Root Chakra is probably under-active. You'd easily feel unwelcome.

If this BLTP/Chakra is over-active, you may be very materialistic and greedy. You're probably obsessed with being secure and resist change.

Some gestures that relate to the Base *Body Language Target Points*:



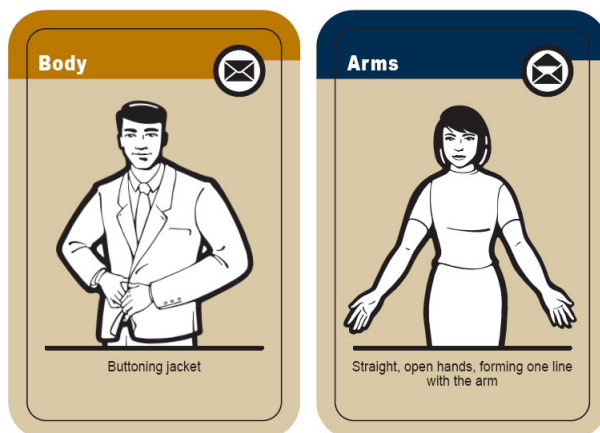
2 - The Sacral *Body Language Target Point*

The Sacral *Body Language Target Point* is associated with the color orange or red-orange. The Sacral BLTP/Chakra is about feeling and sexuality. When it is open, your feelings flow freely, and are expressed without you being over-emotional. You are open to intimacy and you can be passionate and lively.

If you tend to be stiff, unemotional or have a "poker face," the Sacral Chakra is under-active. You aren't very open to people.

If this Chakra is over-active, you tend to be emotional all the time. You'll feel emotionally attached to people and you can be very sexual in activity.

Some gestures that relate to the Sacral *Body Language Target Point*

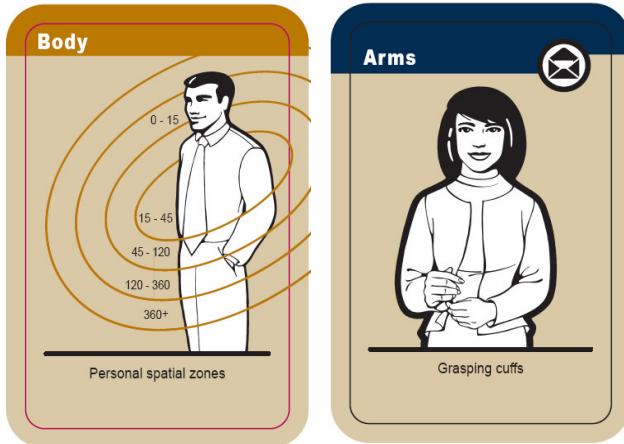


3 – The Navel *Body Language Target Point*

The Navel *Body Language Target Point* is associated with the color yellow. The Navel BLTP/Chakra is about asserting yourself in a group. When it is open, you feel in control and you have sufficient self respect.

When the Navel BLTP/Chakra is under-active, you tend to be passive and indecisive. You're probably timid and don't get what you want and your body language will improve that, but if is over-active, you are domineering and probably even aggressive.

Some Gestures that relate to the Navel *Body Language Target Point*

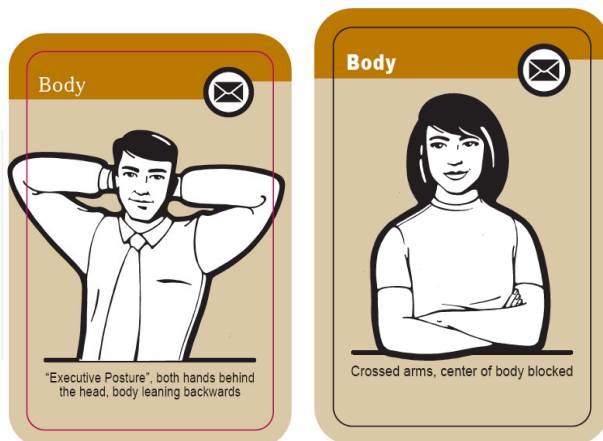


4 - The Heart *Body Language Target Point*

The heart *Body Language Target Point* is associated with the color Green. Green symbolizes harmony, creativity, health, abundance and nature. In the oriental cultures it is the combining of yellow (soul) and blue (spirit). Green, nature's color, offers new energy and revitalizes tired nerves.

Located near the center of the breastbone or sternum, this point represents higher consciousness and love. As a Chakra the heart Chakra acts as the balance point for all the Chakras. It governs our relationships and how we interact with other people. A balanced heart Chakra is expressed in acceptance of self and others, personal values and ethics, following one's unique direction in life.

Some Gestures that relate to the Heart *Body Language Target Point*



5 - The Throat Body Language Target Point

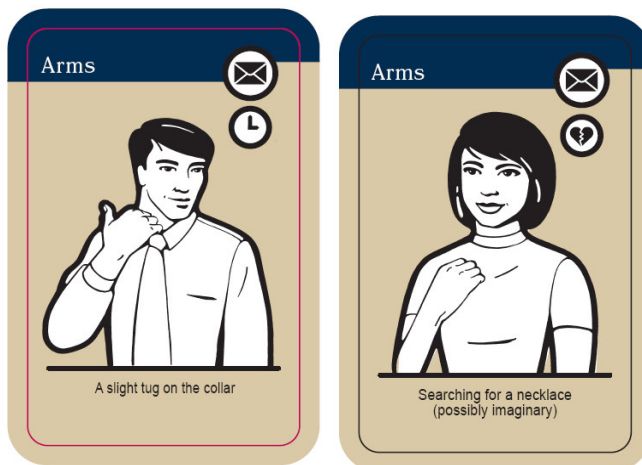
The Throat Body Language Target Point is associated with the color blue.

The throat point allows us to communicate our thoughts and feelings. It is directly connected to the ability to express inner creativity.

Touching the neck is example of the **Throat target point**, this gestures is about protecting the main artery.

This point is most interesting; all the gestures that relate to this point are almost cross cultures as see even in animals' behavior. A lot of times animals make their attacks against their enemies by attacking the enemy in the throat.

Some Gestures that relate to the Throat Body Language Target Point



6 – The Mouth Body Language Target Point

The impact you make on others depends on what you say (7%), how you say it (38%), and by your body language (55%).

The vocal part: pitch, speed, volume, tone of voice is 38%. so the **Mouth Body Language Target Point** plays a major role in the in verbal communication.

The mouth is involved in the expression of many different emotions, from happiness to sadness, from fear to disgust. In emotions, the lips play a major role in creating visible shapes, with able backup from the teeth and tongue.

We usually breathe through the nose, but when we need more oxygen we use the mouth to gulp in greater amounts of air.

The mouth sends additional signals when it is speaking. If the mouth moves little, perhaps including incoherent mumbling, this may indicate an unwillingness to speak, for example from shyness or from a fear of betraying themselves.

A mouth that moves a lot during speech can indicate excitement or dominance as it sends clear signals that 'I am speaking, do not interrupt!'

The mouth is also used for eating, and the way people eat can tell things about them.

A person who is lying to you will avoid making eye contact and his hands will try to cover his **mouth**.

Based on Yoga this point doesn't feature in the 'Ancient Indian 7 Chakra System'. In accordance with the 'Egyptian 13 Chakra System'.

Some gestures that relate to the *Throat Body Language Target Point*



.7 – The Eyes *Body Language Target Point*

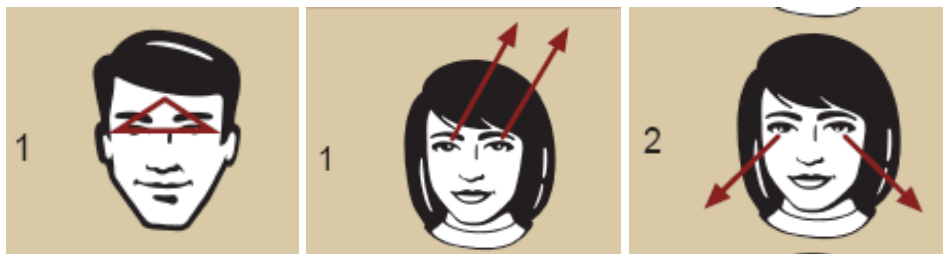
The Eyes & Third Eye *Body Language Target Point* is associated with the color Blue. The Eyes point is about insight and visualization. When it is open, you have good intuition. You may tend to fantasize.

“The eye sees only what the mind is prepared to comprehend.”
- Henri Bergson

If it is under-active, you're not very good at thinking for yourself, and you may tend to rely on authorities. You may be rigid in your thinking, relying on beliefs too much. You might even get confused easily.

The eyes communicate more than any other part of the human anatomy. Maintained eye contact can show if a person is trustworthy, sincere or caring. Shifty eyes, too much blinking can suggest deception. People with eye movements that are relaxed and comfortable yet attentive to the person they are conversing with are seen as more sincere and honest.

Some gestures that relate to the *Throat Body Language Target Point*



.7 – The Crown Body Language Target Point

The Crown Body Language target Point is located at the very top of the head and associated with the color Violet. This point is identified by Yoga as the 'Crown' or "Thousand-Petaled Lotus". When it is open; you are unprejudiced and quite aware of the world and yourself. This point is about wisdom and being one with the world.

If it is under-active, you're not very aware of spirituality. You're probably quite rigid in your thinking.

If this Chakra is over-active, you are probably intellectualizing things too much. You may be addicted to spirituality and are probably ignoring your bodily needs.

Some gestures that relate to the *Throat Body Language Target Point*



You can learn more in our website:
<http://www.bodylanguagecards.com>

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