

INTERNATIONAL MIND FORCE SYNDICATE

AN ASSOCIATION OF THE INTERNATIONAL SOCIETY OF MIND FORCE SPECIALISTS

“ADVANCED TRAINING CURRICULUM, CERTIFICATION, MENTORING & MEMBERSHIP ASSOCIATION”

HYPNOSIS | ATTRACTION | MEDITATION | PSYCHIC ENERGY | HEALING | MENTALISM

“Reading Body Language & Energy”

The Mind and Body are Synched

By noticing Body Language & Energy, You Can Know What is Going on In Their Mind...

The Mind Transmits, the Body Follows.

Subtle and Not So Subtle Messages

- *Their Energy*
- *Facial Gestures*
- *Posture*
- *Body Positioning*
- *Confidence or Lack of*

Emotion	Their Body Language	Your Body & Energy
Anxiety/Dislike	Looking away, fidgeting, pulling an ear, adjusting clothes, hand wringing, rubbing back of neck, looking at an exit- door or window, clearing throat, jingling keys or change in pocket, leaning backwards, looking down, kicking imaginary objects on ground	This person feels uncomfortable with you. Open up your body to them to make them feel at ease. Unfold or uncross arms. Lean into them to show interest. Maintain good eye contact and always smile. Send euphoric energy. Don't mirror them.
Thoughtful/Undecided	Hand to face, chin stroking, frowning, squinting, body partially turned away, occasional smiling	This person is undecided about you. Smile, be nice and open up body as well as mirror their positive body language
Interest/Trust/Like	Leaning forward, body facing yours, head tilting, smiling, grooming themselves, playing with hair or clothes, laughing, making physical contact	They like you and feel comfortable around you. Maintain a great energy of feeling good and euphoric.

Easy Signs	Comfort	Discomfort
Lips	Moist, licking, slightly open	Pressed, raised chin, biting, curl down smile at edges of mouth
Finger Tips	Relaxed, still	Fidgeting, tapping
Hands	Open, visible, palms up, relaxed	Fists clenched, fidgeting, hidden (behind back or in pockets, palms down, holding objects (keys, pens,)), wringing

It's a Two Way Street

Be aware of your body language and energy the same as theirs

- *Mirror the good but not the bad*
- *Put off the energy you want back*

Body Language and Energy Drill

You'll need a full length mirror

- *Look at yourself- body, face, posture, energy*
- *What do you see and feel?*
- *Use different postures and feel the difference*

Conclusion

**Practice Daily to
Get the Results
You Desire...**