



MIND FORCE

Secrets

ATTRACTION



HYPNOSIS



MEDITATION



PSYCHIC ENERGY

Mind Force Syndicate

**“Subconscious Body
Language & Lying”**

Liar Liar, Pants on Fire!

“ Have you ever known anyone that was a good liar? Maybe You’re a good liar.
I will teach you how to spot a liar every single time.”

It's All About The Body Language

- **People make subconscious movements that they are unconsciously un-aware of.**
- **There are many ways to tell if someone is lying.**

Making Eye Contact

Eye Contact is One of The First Keys

- **Most people will maintain eye contact when telling the truth**
- **Most liars break eye contact**
- **Liars will overcompensate by “staring at you”.**

Eye Positions

- When accessing memories, people look up and to the left.
- When people are lying or making something up, they look down.
- A change in eye movement may indicate a lie.
- Sometimes, the eyes will move subconsciously to a door or window as means of escape.

Blinking

- **Some blink more or some may blink less while lying.**
- **The key is to notice different blinking patterns**

Read The Face, It Never Lies

- The stress response on the face could be a reddening of the face or the face going pale.
- Sometimes the face can become “immobile”, so as to give nothing away with their facial gesture.
- Covering the face, stroking or nose or rubbing the eyes are other signs.

The Voice Response

- Often times under the stress of lying, the person's voice will rise due to the anxiety

Subconscious Body Response

- Under the stress of telling a lie, the person will use a “Displacement Activity” to reduce the anxiety
- They will move or fidget in their seat or have an object in their hand that they may nervously play with.

Body Position

- Is their body in a “closed position”
- Are their arms or legs crossed?
- Is their body turned slightly away?
- Are their hands hidden behind them or in their pockets?

Speech Pattern

- Liars talk quickly
- Liars may say more than necessary
- Liars try and build an elaborate ruse of a story to cover the truth.

Is The Liar Defensive?

- Sometimes they become angry or defensive
 - “How dare you accuse me of”
 - “Not in a million years”
 - “ I swear to God”
 - “ Are you calling me a liar”

How to “Out” The Liar

- Be in a physically higher position. You are standing while they are sitting
- Maintain an open body position reminding them of your openness- This is a Position of Strength
- Silence is golden. Most liars don't like silence and will break it.

Conclusion

Spend some time
each week trying to
spot people who are
lying to you...