

SUBJECT 2: Body Language

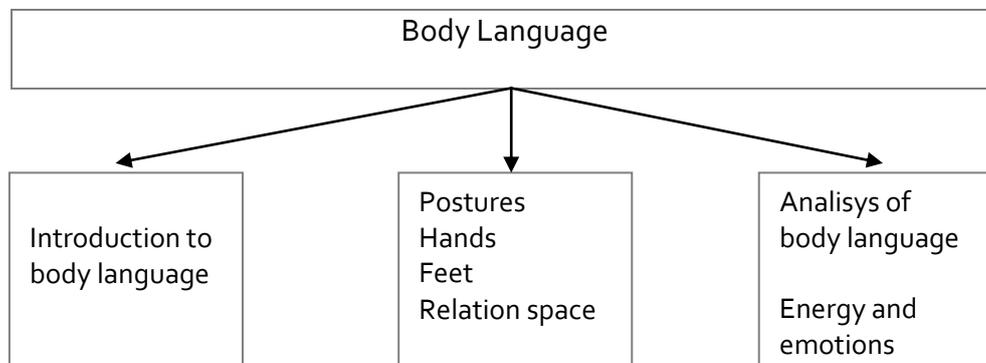
1. OUTLINE OF THE SUBJECT

Body Language

2. OBJECTIVES OF THE SUBJECT

The objective is to know how we express with our body language different signs, emotions, states, sensations, feelings and thoughts. By knowing the basis of our body language referees can easily create, transform or improve their own gestures according to what they are performing in the field of play.

3. OUTLINE OF THE CONTENTS



4. DESCRIPTION OF THE CONTENTS

2. Body language

2.1. Introduction

2.2. Elements of Body Language: hands, feet, body, back, voice, eyes, position, distance

2.3. Analysis of Body Language:

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Relation and Distance

Direction of Arms, Legs, Body, Eyes and Voice

Position of the Back: bended forward, bended back, sunk chest

Central Line

Inner Space

Coordination

2.4. Energy and Emotions

2.1 Introduction to Body Language

By a man's fingernails, by his coat-sleeve, by his boots, by his trouser-knees, by the calluses of his forefinger and thumb, by his expression, by his shirt-cuffs, by his movements - by each of these things a man's calling is plainly revealed. That all united should fail to enlighten the competent enquirer in any case is almost inconceivable.

SHERLOCK HOLMES, 1892

Imagine you arrive to a meeting in your job or with your family and friends and nobody has seen you yet. Look at them. Could you say something about them regarding to what their posture tells you? Imagine you do a loud and sudden noise. How everybody react to it? Before they can think about it their bodies will surely move. Some of them will put their hands over their heads as if something were falling from the sky. Some of them will jump from their seats as they got prepared to run away. Some of them did a louder voice, maybe chilling, screaming, shouting or even crying. Others reacted slowly as if they were dreaming.

Now you present yourself to them. Cross your arms in your chest. What arm crossed before? Left or right?

In this story you can imagine how Body language can give us some information.

After many studies researchers have found that some gestures are genetic and inborn and are almost equal despite the culture you belong to. We move head upward and down to say yes and laterally to say now. We smile if we feel joy (sometimes fear) and we put relatively the same face when we feel anxiety, sadness or anger.

Therefore there are some signals we can use in order to avoid contradictory situations, express our emotions in the proper way or generate confidence or authority to people who relate with. We can prevent violence situations with our body language. We can spread selfsteem and security with our gestures and signs. Then we need to discover, analyze and feel body language.

How should you practise this subject?

I could give you the basic information of the meanings of any known gesture, but it would not help you too much.

In my experience although Body language has its common roots and appearances, it has also its own shape according to each person. The best way to learn about it is search, discover, play and feel Body language.

Therefore the main objective of Subject 2 is feeling some postures, gestures and watching photos or videos. With that training we will be prepared for Subject 3 in order to improve if you wish it or need it, your own Refereeing Body Language.

2.2. Elements of Body Language

We need to know basic elements of body language and feel what they show, hide or inform us.

This information is normally subconscious. It is not 100% true. It may vary depending on circumstances that we can also perceive, but at least it gives us the chance to get new ways of information. Therefore we get more power to decide our actions.

Hands

Hands are connected to brain and mainly to all human activities.

In general terms open hands with open arms show openness and honest approach. People usually find difficult to lie with in open palms position.

Hidden palms usually mean hidden intentions, secrets, selfcontrol.

Palm up means not threatening, opportunity, sharing.

Palm down means ordering, control, security, authority.

Finger pointing palm means greater authority, precise place, ordering submission, insult, choose.

Feet

We don't see feet as easily we can see the hands and they don't express so much. But we need to look at the direction feet is pointing.

Feet direction turns the leg and create a visible gesture.

Usually feet directing to the person means equal situation, interest, participation, sharing, comfort, satisfaction.

Feet outward the person usually means scape, boring relation, hurry, anxiety, dislike.

Body

Body must be in accordance to hands and feet position.

For instance palm up open hands in normal feet position usually goes with a shoulder shrug meaning openness, sincerity, innocent approach, doubt...

Palm down directing a place or person usually goes with expanded chest, stiff abdomen and rigidity all over the body and face.

Back

Position of back relates to verticality. The best way to look at it at the beginning is laterally.

There are three main positions: bended forward, too extended backwards and sank down.

Bended forward usually means non authority, submission, lack of confidence, lazyness, boring situation, lack of energy and vitality, fear.

Too extended back relates to rigidity, excessive authority, selfishness, too clear, difficult relations, false power, self ego.

Back sank down means lack of energy, difficult to create, think and decide.

Voice

Voice must be in accordance with the rest of elements of body language. Authority gestures relates with a higher voice, not too loud but secure and firm. Short and strong word messages are needed.

Open, friendship and sharing gestures need longer word explanations, lower voice in order to create a confidence atmosphere.

Eyes

Eyes should look at the person when we want to show authority. Or they can look to the destiny we need the situation to arrive. For instance we can look at the door and pointing it with our body if we want a person to go out. We need a strong and clear body language to do that. It hardly needs words.

Position

By position we mean the relative position in which you place regarding to a situation. We show examples in Slideshows but in general we need to look at the physical order, time ordering and ordering of appearance.

For instance in a martial art class teacher or master stays in the middle and in first position. Everybody face at him. The students find their position according to their grading system (black belts, brown, blue... white) and if two of the same level arrive the one who is older in the practise gets a nearer place to the master. This apparent rigidity ensures respect to the teaching and protects the master from the lower levels. It also shows visually the way to reach to higher places as you "see" time looking at your partners. It also ensures an objective view of things. The ones who are nearer the master have more level despite their appearance, words, clothes, age or sex.

Distance

There are several distances regarding to the relation we have with a person or group. They may vary a little from a culture to another but usually all people react in the same way to this classification.

- 1. Intimate distance** between 6 and 18 inches (15-45 centimetres).

This distance that a person guards as if it were *Space Invaders - Territories and Personal Space* of his own property. Only those who are emotionally close to us are permitted to enter. These include lovers, parents, spouse, children close friends, relatives and pets. There is a sub-zone that extends up to 6 inches (15cm) from the body that can be entered only during intimate physical contact. This is the close *Intimate Zone*.

If any person enters to this distance and he is not your lover, children, relative or close friend you are in total disadvantage. It does not matter what you do, think or talk there.

- 2. Personal distance** between 18 inches and 48 inches (46cm—1.22m).

This is the distance that we stand from others at social functions and friendly gatherings.

- 3. Social distance** 4 and 12 feet (1.22~3.6m).

We stand at this distance from strangers, the plumber or carpenter doing repairs around our home, the postman, the local shopkeeper, the new employee at work and people whom we don't know very well.

- 4. Public distance** is over 12 feet (3.6m).

Whenever we address a large group of people, this is the comfortable distance at which we choose to stand.

All these distances tend to reduce between two women and increase between two men.

2.3 Analysis of Body Language

In order to study a situation according to body language we need some previous pattern to follow.

Time / Timing

First of all we can easily understand that a posture or movement happens in a time. So you must consider if time is enough or it is too short. Imagine an Alarm signal from a police man or fireman. If it only takes a second you might think it was a mistake or a "false" alarm. It is the repetition and holding of the image what makes the message gets clear.

Think about any daily posture in which time is precise and needed. Think after about sport situations where you have to keep the image as frozen the sufficient amount of time it exactly requires.

Timing relates with coordination. It has the same use as time but timing relates to the proper time not only in length... also in what moment. Therefore maybe a long and slow signal needs a quick appearance. Or a fast signal requires a late appearance.

Relation and Distance

Any posture, movement or sign usually establish communication between people as they share information. Therefore we have to consider to what people attaches our body gesture or movement. This is extremely important. Sometimes in our daily lives we can express properly with our body language... but unfortunately the opponent or person chosen was not there, near or realized we were there. Consider this aspect in order to analyze any gesture.

If relation is about how many and who distance measures the influences of our gesture. As any boxer know we cannot punch longer than our arms reach. So it is important the distance between you and your target. Therefore consider this aspect. Some precise finger movement of your hand will not easily reach a long distance. Better use your hand.

Directions of Arms, Legs, Body, Eyes and Voice

Define what direction you are facing. Upward? Forward? Here or there? Consider if your arms give the proper signal to the direction you are facing. Usually your body stands in the place you are but some parts of you have to face wherever you want to go.

We do this subconsciously when we evade a situation. Maybe we look at the person face but our knees, body or feet face an outer direction. Take a moment to look at this aspects.

Be aware of your body language in daily situations. Don't think directly in refereeing... First go to your general activities.

Sometimes eyes can help to give power to your gesture. So does your voice. Discover where your eyes must not look or point.

Position of the Back

In a stress situation we usually bend backwards or downwards. We feel fear or we want to show power or arrogance or rigidity.

Look at situations where a person sink the chest or inflate it, creating a different arch in the spine.

What do animals? Take a look. They have reached to another solution that connects them to their reptilian brain. We still have that brain. In threatening situations we can use it and as a prevention tool it is relatively easy to do. Please think about this for a moment and search a little about it. It will surely help you.

Central Line

Look at the design of an axe, a ship, a plane wing, a knife. Anything that is designed to get into it has a common shape. In its middle part it is harper.

Our body has its main organs and tissues in the central line. Also energy chakras and main channels are located in the central line. Someone faced you... because he took your central line. Someone faced you because you did not use your arms as a shield, You don't need to use your arms necessarily as a warrior or martial artist. There are easier ways to do because we can always use your arms and hands as they are connected to thought.

Move your arms and protect or open your central line. Feel the difference. Think about ways to protect you without giving the image you are defending yourself.

Inner Space

Hug anyone you love. Is your friend, partner or son inside your arms? Or outside? Anyone who gets in your inner circle has to be someone in which you rely on. If not anyone can easily hurt you, not only physically. Protect your inner space. Think about ways to protect it. Consider what distance is better to establish different relations: love, friendship, work...

Coordination

Now put all this information together. Look at a gesture as a whole. Practise it from time to time. With practise you get easily the information someone is hiding or is unconscious about. Feel your energy, be aware of your body language and you can get information about others in a time.

2.4 Energy and Emotions

Our bodies have the ability to express inner states. When inside and outside work in balance and coordination there is not signs of discomfort, pain or tension.

In a sport situation it is very important to control our thoughts, emotions and feelings. They have to work for us... instead of being their slaves.

Normally that part of training is forgotten. We focus in the physical, technical and medical aspects... but some points are missing. We must train psychologic and energetically.

Dealing with emotions can be a matter linked to the mind and their cognitive processes, but also to the body and its energy.

In subject 2 we treat emotions, thoughts, feelings from the energetic point of view. It is a complement to the psychological approach. Both want to reach to your highest performance beginning from different points.

First of all we should know that the word "emotion" is derived from the Latin e-mot, "outward moving," meaning the outward expression of inner feeling in tone of voice, facial expression, and gesture. Emotions are thus both mental and physical. They imply a movement of energy both within oneself and between oneself and others. An energy practice can help to clear obstructions to the flow of emotions, so that they are expressed gracefully rather than repressed or released impulsively.

With our training in *Energy keys* and *Body posture* we can easily balance the emotions by making ourselves aware of physical components of emotional distress such as tight shoulders, awkward movements, anxious digestion, suspicious eyes, depressed or altered breathing.

From our point of view and regarding to our experience we deeply know that body and mind have influences on each other. We can say that emotions influence the body and what's more... body creates emotions.

For instance, we can express anger into the body by raising the shoulders, tensing the neck, and although we don't notice we are creating a physical and chemical stress to the liver. On the other hand if we keep a posture with tight fists, short and fast breathing and stressed muscles... in a time thought and feelings related to anger appear.

Same happens with sadness. We express sadness depleting our breath, closing our lungs, blocking our diaphragma and creating a curved posture in our back that allows us to sink the chest. On the other hand if we stay there for just a few minutes we produce thoughts, emotions and feelings related to that energy posture.

If we feel (just knowing it is not enough!) our body posture, in a time, with the proper training, we can change inside by adjusting outside our arms, feet, eyes, posture, breathing...

This message arrives to everybody who relate with you and it arrives subconsciously so it gets inside people easily. Therefore we can "produce" and show self confidence or lack of confidence, high or low selfsteem, authority or imperious and so on.

Relax your body, and then relax your mind

Emotions that we repress for long periods of time create specific muscular tensions and postural defects. For instance, if we tense our throat when we are unhappy, rather than releasing the pressure of sorrow with tears, we might eventually become chronic neck pain. If we depress the chest in reaction to ridicule, this could result in breathing and respiratory problems. A child who stiffens the spine because of fright could develop a poor, inflexible posture.

Unfortunately, these internalized tensions tend to stay with us. As we become used to tension, it becomes part of our reality, identity and way of expression. The tension and the situation that engendered it goes into unconsciousness. This is the root of many chronic psychosomatic disorders.

Through Energy practice, we learn how to bring tense areas of the body into awareness. Awareness is so powerful that it is sometimes sufficient to change a fixed pattern of behavior. Emotions that have been locked into the tension come more easily into consciousness. Old memories and feelings go out, released from the frozen tissue. If this does not resolve the issue, it at least makes it available to work with, with one's own introspective process or with a psychotherapist.

In energy work, the foundation is relaxation and tranquility. Instead of making an effort and doing more, it may be important to relax, let go and do less! Through regular practice, you learn how to achieve a relaxed, quiet center. It becomes easier to return to this sensation when you begin to feel overwhelmed by emotions or

preoccupied with particular thoughts. Thus, your emotions are much less likely to become extreme or out of control.

How can you do it? Ask yourself about the keys? Do I feel my hands? Am I aware of my breathing? Do I feel my center? Do I feel the whole body? Do I feel the ground?

Relaxation is not as easy as it sounds. It involves physical and mental transformation. Physical rigidity always produces mental rigidity and viceversa. Obsessive patterns of thinking accompany repetitive internal tensions. Sometimes these tensions are very subtle, as with tension in the jaw, tongue, or deep connective tissue. The tongue and jaw contract, release, and make extremely small, invisible movements continuously. The fact that tension is often unconscious or chronic does not make it any less damaging.

Awareness is the key ingredient in relaxation and self control of emotions. Once the student is aware, it is possible to feel what is wrong and to exercise some control.

As we train relaxation, and energy control our brain waves slow down, moving from quick beta waves, which characterize the use of language and intellect, to the slow alpha and theta demonstrating focused, aware, and intuitive state. The strong presence of slow alpha and Theta waves, commonly seen in the EEGs of Energy practitioners, also suggests that repressed images and feelings can rise more easily on the surface of consciousness.

Thus, we can look at how relaxation and body awareness can encourage the release and resolution of emotional issues from two complementary perspectives. On the one hand, as tension is released, the emotions locked into tense muscles are also released. On the other hand, physical relaxation creates a slower metabolism, slower pulse, slower and more relaxed respiration, and slower brain waves. The slow brain waves correspond to the opening of rigid boundaries between the unconscious and conscious mind, so that, again, we can become aware of repressed and inhibited emotions and, hopefully, express and release them in an appropriate way.

How do we get the ENERGY POSTURE of emotional balance

As you will see in the Slideshows photos some postures face different directions: up, down, left, right, in, out, protection of the central line, hands up, down, fingers pointing...

As we have explained before emotions create energy and physical blockages in our bodies that tight certain muscles, or groups of muscles, change our posture, breathing, eyes, etc...

By training yourself as we propose in the activities you will feel in your body what is up, down, left, right, in and out. With a proper training whenever you feel an emotion it will try to take your body to a certain position...

For instance usually when we feel anger energy goes up. We get stiff muscles, we raise shoulders and we have a short and high breathing. Energy is in the head and muscles, eyes are very open, often red and jaws keep tension.

When we feel joy energy goes out but we usually spread it and we truly open. That is the reason that when someone wants to convince others about their real behaviour or intent... we usually open hands and arms.

Sadness and fear takes energy down or inside. That's why in a panic or threatening situation we can easily urinate ourselves and often legs are trembling.

Fear or emotional trauma also creates spontaneous shrinking of the back, as a cat does when reacting to danger. Fear causes a contraction inward, a withdrawal of energy from the periphery of the body, away from the perceived threat and toward the center. The sacrum and neck become tight and feel as if they are moving toward each other. The spine may become measurably shorter.

Other emotions as depression, anxiety, and poor self-esteem create a posture in which the chest is chronically caved in, making inhalation difficult. One is physically depressed, unable to expand the chest properly in order to take in the new and be refreshed by the environment.

The opposite posture is one of inflation, the chest chronically distended, as though stuck during inhalation and unable to let go. Here, the individual has an inflated and unrealistic self-image, is literally full of himself, therefore arrogance... In a sport situation we usually can see this image. As referees it is not a good image to others. They perceive excess of authority.

Although it is not considered a basic emotion, we can consider the excess of responsibility. Usually we need to control the future so much, that we don't let the future do its own work... and that means your results are 50% depending on you and 50% depending on the mystery of life. If we are able to do our work and enjoy despite the result, our chances for success increase.

In excess of responsibility, the shoulders go up... so we must sink down them. This is an area of the body that responds quickly to anger, fear, and frustration. With lifted, tight shoulders, the natural reach of the arms is inhibited. It is difficult to reach out and receive nourishment from the environment.

Whenever you remember this Subject be aware of your body. Stretch yourself a little bit in all directions. Connect to your energy keys. Be balanced between what you think, feel and do. Train and enjoy. With training you can easily change your mind patterns or emotional disturbances by changing your energy sensations and body posture. Mastering that you will be the master of your own body language.

5. ACTIVITIES

1. Photo Test

In the platform you will see some Slideshows regarding to Subject 2.

Please first take a look at the images. You will see a man or woman in a certain position, whole body or middle body.

Try to analyze the photograph according to the previous theory and to what it makes you feel.

Then choose A, B or C option regarding to the question presented in the title.

Send to me your Slide Show Test by email.

We will discuss some photos in the forum if it is needed

2. Photo Test Practise

Although it may be strange or silly for you please spend at least three times in feeling each photo.

How should you do it?

First wake up your energy keys by moving the hand ball, position of tongue, peripheral vision... Then for a minute keep your photo posture fixed and feel inside and outside.

Do this type of training with concentration although at the same time you can be walking, waiting the bus or in any other daily activity.

For each Slide Show Test of Subject 2 train 3 times each photo. At least 1 minute in the posture feeling inside and outside and keeping mind focused.

This easy training will give more power, presence and commitment to your body language, will easily provide you tools to change some Refereeing Body Language if you wish. Subconsciously others perceive your gestures in a different way.

3. Energy Emotions Exercise

This is a general exercise used for healing emotions, reaching higher states of wellness and keep balanced body, mind and energy.

Do it freely if you like it whenever you feel discomfort, anger, sadness, too much thinking, fears...

It is related as we explained before to organs.

It complements any mental aid from the Psychological Area.

If you like it practises it 15 minutes every day. If it is too much maybe once a week at a set time will help you.

Steps and Procedures

First, open your energy keys and balance yourself.

For that, use your awaken feelings and notice how you breath.

Keep your spine vertical. If it is too difficult just sit near a wall.

- Then visualize your lungs. Go inside.

When you breath in visualize your lungs are full of White vibrating light, plenty of energy, oxygen and stamina. All spaces in the lungs are white.

When you breath out visualize sadness and grief goes away with your breathing. You don't need to know what is going out. Just visualize it goes away.

After a minute just focus in the breath in visualization and the white light.

Feel warmness, respect and thank your lungs for their constant effort to you.

- Go to you liver at the right side of the body. Go inside.

When you breath in visualize your liver is full of Green vibrating light, plenty of energy, good humour and stamina. All spaces in the liver are green.

When you breath out visualize anger, resentment, hate goes away with your breathing. You don't need to know what is going out. Just visualize it goes away.

After a minute just focus in the breath in visualization and the green light.

Feel warmness, respect and thank your liver for its constant effort to you.

- Go to your heart in the middle of your chest. Go inside.

When you breathe in visualize your heart is full of Pink vibrating light, plenty of energy, love and care. All spaces in the heart are pink. If you have children or loved people you can breathe them "in".

When you breathe out visualize sadness, lack of love and selfishness goes away with your breathing. Again you don't need to know what is going out. Just visualize it goes away.

After a minute just focus in the breath in visualization and the pink light.

Feel warmth, respect and thank your heart for its constant effort to you.

- Then proceed to the Spleen. It is located below your left ribs under the lungs and next to the pancreas.

When you breathe in visualize your spleen is full of Yellow vibrating light, plenty of mind clarity. All spaces in the spleen are yellow.

When you breathe out visualize all worries, excessive thoughts, problems go away with your breathing. Again you don't need to know what is going out. Just visualize it goes away.

After a minute just focus in the breath in visualization and the yellow light.

Feel warmth, respect and thank your spleen for its constant effort to you.

- And last go to your kidneys. They are located between dorsal and lumbar area in the back.

When you breathe in visualize your kidneys full of Dark Blue vibrating light, plenty of power, will and energy. All spaces in the kidneys are Dark shining Blue.

When you breathe out visualize fears and doubts, lack of confidence, low self-esteem goes away with your breathing. Again you don't need to know what is going out. Just visualize it goes away.

After a minute just focus in the breath in visualization and the Dark shining Blue light.

Feel warmth, respect and thank your kidneys for their constant effort to you.

Stay with yourself for a while as long as you wish. Feel good with yourself.

This state can always be with you no matter what happens outside.

Feel yourself energized and clear. Keep on with your normal activities.

6. BIBLIOGRAPHY

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7. EXERCICES OF SELF-EVALUATION AND ANSWERS OF SOLUTIONS

After answering the Slideshows please write by email to Energy Performance Area your experience about changes in your body language in your last months.