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Gestures and Expressions



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Gestures and Expressions

Introduction

In our ever changing highly pressured lifestyle, perhaps the only constant is lack of time. With it being at such a premium lengthy interactions are parse. Body language with its gestures and facial expressions comes to our rescue.

“Gesture' means the movement of part of the body to express an idea or meaning. Gestures are like words in a language, they give meaning to an action”. It is merely an outward expression of inward condition just as are laughter or a frown. The most largely observed group of gestures is facial expression. Our eyes focus more on the face than on any other part of the body. Often people are able to speak more through their expressions than through words. Lack of correct expression dilutes the intensity of the spoken words.

“In eloquent speaking,” declared Elbert Hubbard, “It is the manner that wins, not words”. Note in detail the furrows of the forehead, eyebrow positioning exaggerated opening of the eyes, flaring nostrils etc., these expressions speak loads than what words do. Often lack of correct expression dilutes the intensity of the spoken words.

Facial Expressions

In a catalogue of 135 distinct gestures of face, head and body, 80 were involved in face and head gestures.

Eye to Eye

Your windows to the world can be used to convey the following:

- Raised eyebrows and wide open eyes express astonishment
- When eyebrows are usually down, particularly at the inner end they produce a frown
- Eye contact while talking reflects how confident you are and while listening shows your interest in what the other person has to say.
- Shy individuals avoid eye contact or at least try to minimize it. Studies reveal that such people could be the most honest, sincere and dedicated individuals around.
- Gaze aversion is employed when a person is uncomfortable or guilty about a question being asked. But eye contact increases dramatically in a defensive, aggressive or hostile situation.
- Eye contact may express adoration between lovers or be symbolic of a lull before the storm goading two hostile individuals to a fight.
- Squinting the eyes slightly expresses the wish to for see an answer to your problem.
- Slight blinking of the eyes shows involvement in some sort of meditation.

A Mouthful of Gestures

Do you realize that your mouth, which does lot of the talking, literally can say a lot more physically too? Here's how...