

## **THE ART OF BODY LANGUAGE**

The art of body language is worthy of its own website, and I will only be able to scratch the surface in this area. However, it is only necessary for a player to have a **basic understanding of body language** in order to see results.

Body language consists of two basic types of gestures: **open gestures** and **closed gestures**. Open gestures are displayed when the woman is interested in or attracted to the person presented to her, while closed gestures are displayed when she is not.

Becoming a master of body language is the ability to **read these signs and use them to your advantage**. You must understand that many things can effect a persons body language. For example, if a woman is having a bad day, she may display closed gestures while she is actually attracted to you. Also keep in mind that many shy people automatically put up a barrier between you and them by displaying closed gestures, and our ability to **break down these barriers** by changing these closed gestures into open gestures is what separates us players from the rest.

Now you know what body language is, and that everyone has the ability to effect and **change someone else's body language** from negative to positive by simply warming up to them (macking). It's time to learn what these gestures are so you can identify and use them to your advantage...

**You give me butterflies!** - Once you make eye contact with a woman, watch her for a few seconds after she looks away. If she does something that implies that she has become nervous due to you making eye contact, this means that she is interested in or attracted to you. For instance, she will play with her hair, adjust her clothing or jewelry, or fiddle with something in her hands.

**"read" her palms** - She will expose her wrists and palms of her hands only to people she is interested in. This is a subconscious display of being submissive to you, in which her body is saying "If you want me, you can have me".

**Locked on target** - Her shoulder orientation is one of the most obvious signs of attraction. Her upper body will be facing you if she is interested, in essence, she points her shoulders at what she wants.

**The lean** - Leaning forward is also an easy sign to pick up. If her shoulders point at you and she is leaning towards you, then you can put your mind at ease, it's yours for the taking.

**You coming in or what?** - When her legs or feet are widened this means she is very comfortable with her surroundings and with you.

**Eyes are not just decoration** - Her pupils will dilate (get bigger) while looking at a person she likes, and will get smaller while looking at a person she does not. Keep in mind that lighting can greatly effect this. For instance, if you are outside when the sun is present, her pupils may appear to be very small no matter how much she likes you, and vice versa. The best method to use for testing this is when you can view the change in her pupils when looking at you and then at someone else.

**Say "cheese"** - This is a no-brainer. If she smiles at you when you make eye contact, get over there and talk to her.

**When did I become funny?** - One of the best signs you can hope for is when she will laugh at just about every slick thing you try to say. You may begin to think that you might actually be pretty funny, but your wrong, she just likes you alot, and that's even better!

**As good as gold** - If she touches you multiple times while she is talking, for instance, tapping you on the forearm when trying to make a point, remember to tell her what you like for breakfast so she knows what to cook in the morning.

**You must do your duty** - She will make eye contact with you and hold it for a longer than usual period of time, almost uncomfortably long. Before looking away, remember to smile at her. This will let her know that you are interested and are a nice guy. Following this, you may also notice her glance at you occasionally. After the second or third look it should become obvious to you that she wants you to talk to her, so it is your duty as a player to give her what she wants :)

**NEW The flip** - If you notice a woman flip her hair and immediately afterward glances your way, she is showing her interest in you and trying to get your attention focused on her by catching your eye.