

How Do You Use

Q: Body Language to Read Minds?

A: Mentalists have used body language for centuries to make it appear they have the power to read minds. Through analysis of physical cues and using similar techniques from famous mentalists almost anyone can make it seem they know more than they do.

5 PHYSICAL CUES USED BY MENTALISTS.



1

Arms Crossed

Arms crossed and closed can be seen as a defensive shield. When people have their arms closed they are also closed to new ideas or suggestions.

This is most commonly seen in use by 12 to 15 year old girls, in which case it is a territorial display of dominance.

Proceed with caution.



2

Neck Touching

Neck touching is one example of a nervous habit that can betray a person's true feelings on a matter.

They could be nervous because they are concealing a truth. In a bar setting it could be a sign you have been staring at them for too long.



3

Dilated Pupils

When someone finds another person or thing attractive, the pupils will dilate. In turn, that dilation is often found attractive by others. This is sometimes referred to as 'bedroom eyes' because of its sexual connotation.

Conversely, if you're Lindsay Lohan it could just be an alcohol-induced side effect.



4

Leaning Forward

Moving forward can be an act of aggression and so signal anger. Especially, if it is done quickly and in concert with other aggressive signals such as an angry expression on the face.

In debates, it is a sign of confidence. Be sure both debaters are not leaning forward at the same time.

A concussion may follow.



5

Feet Crossed

Crossing your legs or feet is a sign of being comfortable or relaxed in a circumstance or with a person.

If their feet are crossed and they are wiggling around in their chair it is a sign of needing a bathroom break.

Better cut the meeting short.

55%

of communication is nonverbal

the human body can produce

700,000

different signs

The fastest way to build a rapport with another person is to

HIDDER

their actions

7%

of communication is verbal

COLD READING

This is a technique that is frequently used by mentalists that takes cues from a person's body language, clothes, form of speech and ethnicity to convince the subject they know more about them than they actually do. Employs the use of high probability guesses.

HOT READING

This technique requires some foreknowledge of the subject, either from a previous conversation or from a helper. The trick is to make it appear that the knowledge was not previously known.

FORER EFFECT

Developed in 1948 by psychologist Bertram F. Forer, this technique takes vague and general statements and uses them in a manner that makes the reader feel they are being tailored specifically for them. Often seen in fortune telling and horoscopes.

EREK JAN HANUSEEN

1900s. Erik Jan Hanuseen was a Austrian mentalist and self-proclaimed clairvoyant most noted for his visions that aided Hitler. He was executed in 1933 when the SS found out he was Jewish.

GEORGE RASPUTIN

1910s. Georgi Rasputin was a Russian mystic who found favor amongst the upper echelon of Russian nobility and the royal family. He helped discredit the Tsarist government with rumors of an illicit affair with the Tsarina.

WOLF MESSING

1940s. Wolf Messing was an alleged psychic that came to the attention of Joseph Stalin when he was able to pull off a mental bank robbery using only a piece of paper.

COUNT ALESSANDRO DI CAGLIOSTRO

1750s. Considered one of the greatest mentalists and con men of the ages. He is most famously known as the French physician to Benjamin Franklin, even though he was Italian and for his hand in the Affair of the Necklace, disgracing the French Queen Marie Antoinette.

FORMS OF MENTALISM

FAMOUS MENTALISTS

Body And Mind Reading Beginners Guide

Jicheng Xie



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