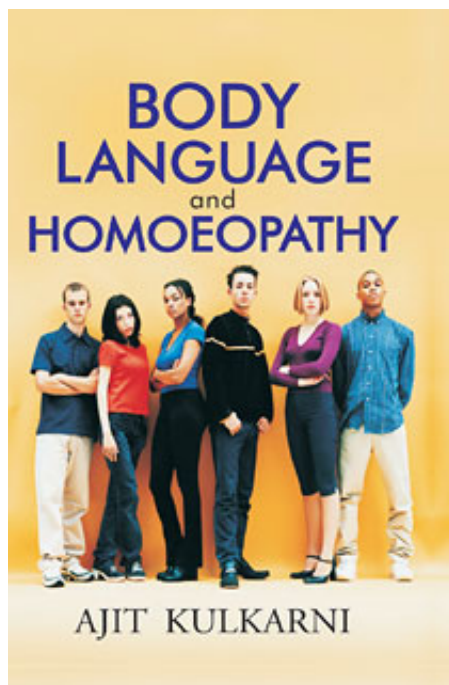


Ajit Kulkarni

Body Language and Homoeopathy

Reading excerpt
[Body Language and Homoeopathy](#)
of [Ajit Kulkarni](#)



<http://www.narayana-publishers.com/b9133>

Copying excerpts is not permitted.

Narayana Verlag GmbH
Blumenplatz 2
D-79400 Kandern, Germany
Tel. +49 7626 9749 700
Fax +49 7626 9749 709
Email info@narayana-publishers.com
<http://www.narayana-publishers.com>

In our [online-bookshop](#) we present
all english homeopathy books.

[Narayana Publishers](#) is a publishing company for homeopathic books. We publish books of top-class and innovative authors like [Rosina Sonnenschmidt](#), [Rajan Sankaran](#), [George Vithoulkas](#), [Douglas M. Borland](#), [Jan Scholten](#), [Frans Kusse](#), [Massimo Mangialavori](#), [Kate Birch](#), [Vaikunthanath Das Kaviraj](#), [Sandra Perko](#), [Ulrich Welte](#), [Patricia Le Roux](#), [Samuel Hahnemann](#), [Mohinder Singh Jus](#), [Dinesh Chauhan](#).

[Narayana Publishers](#) organises [Homeopathy Seminars](#). Worldwide known speakers like [Rosina Sonnenschmidt](#), [Massimo Mangialavori](#), [Jan Scholten](#), [Rajan Sankaran](#) und [Louis Klein](#) inspire up to 300 participants.



Contents

Dedication	iii
Acknowledgements	v
Foreword	vii
Prologue	xi
Publisher's note	xv
Non-verbal consciousness...	xvii

SECTION I INTRODUCTION

1. KINESICS: THE SCIENCE OF BODY LANGUAGE	3-23
<ul style="list-style-type: none">• Body language is all around us...• Body as a dynamic constellation of symbols• Communication: The warp and the woof• Kinesics: The science of human understanding• Body language and emotions• The elements of visible code• Decoding non-verbal messages: Some examples• Movements need interpretation• Opening up new vistas of perception in homoeopathy...• Why is there a need to study body language in homoeopathy?	
2. HISTORY OF BODY LANGUAGE	25-34
<ul style="list-style-type: none">• Gestures first, words second• The writings on body language• Charles Darwin and other researchers' contributions• Are body language gestures inborn?• Are body language gestures inherited?• Are body language gestures ingrained?• Are body language gestures learned?• Further evolution	
3. ON LANGUAGE...	35-52
<ul style="list-style-type: none">• Can there be a world without language?• Definition of language• Language of human beings• Language and brain• The 'living' language: Known and unknown	

- The linguistic diversity
- Importance of language
- Resemblance and distinction between body language and verbal language
- Language and gesture: A single integrated spectrum
- The 'script' of body language
- Paralanguage
- Body language in relation with paralanguage
- Neuro-linguistic programming (NLP)
- The incompleteness of words
- Blog discussion
- Language as an embodied experience

SECTION II ON COMMUNICATION...

- | | | |
|-----------|--|---------------|
| 4. | BODY LANGUAGE AS COMMUNICATION... | 55-70 |
| | <ul style="list-style-type: none"> • World as a sensory dimension • Problem with words • All behaviour is communication • Body as a true medium • Role of feedback • Insight through awareness • Representational systems • Chronemics • Categories of non-verbal communication • Telegraphy of body language • Therapeutic functions of body language • Scientific basis of body language • Prodigious cosmic form of Lord Krishna | |
| 5. | COMMUNICATION SKILLS: A PRACTICAL APPROACH | 71-105 |
| | <ul style="list-style-type: none"> • Communication: A critical component • Communication: Meaning • Critical skills • Adherence • Barriers to communication: 'Noise' • Explanation of some terms of noise • Basic qualities of communication • Homoeopathic interview: Requisites • Techniques of communication | |

• Interview hints: General	
• Hints for different types of patients	
• Conclusion	
6. INTRA-PSYCHIC COMMUNICATION, BODY LANGUAGE & HOMOEOPATHY	107-118
• IPC: A symbolic internal process	
• Types of IPC	
• Carl Jung's contribution	
• IPC and dreams	
• Theories of dreams	
• The role of a homoeopathic physician	
• Talking with the self	
• Touching the self	
• Recapitulation	
7. THE MUSICAL MELODY OF SILENCE...	119-131
• The silent communication	
• To listen means to be here - now	
• Silence - The ultimate musical melody	
• Types of silence	
• Resonance	
• A human being: A multi-faceted composite entity	
• Conclusion	
8. CHARACTERS OF BODY LANGUAGE	133-144
• Positive characters	
• Negative characters	
• The pivotal points	
• Body language: A double-edged sword	
• Notes to remember	

SECTION III ELEMENTS OF BODY LANGUAGE

9. PERSONAL APPEARANCE	147-176
• The first impression	
• Clothes and colours	
• Footwear	
• Hair-styles	
• Ornaments	
• Make-up	
• Aromas	
• Bodifications	

<ul style="list-style-type: none">• Elective and non-elective traits• Personal appearance and body language• Warning signals• Homoeopathic perspective	
10. GESTURES	177-230
<ul style="list-style-type: none">• Definition• What do gestures serve?• Each gesture is like a word in language• Types of gesticulations• Characters of gestures• Head gestures• The neck• The nose• The ear• The mouth• Arm gestures• Talking hands, palms and legs• Walking gestures• Gestures with mobile phone• Female courtship and come - on gestures• Smoking gestures• Conclusion	
11. POSTURE AND STANCE	231-284
<ul style="list-style-type: none">• The meaning of some terms• Gesture and posture: The 'movement' and the 'still'• Posture and energy• Posture and inter-personal relationship• Emotional postures• Posture and health• Sitting styles in a chair• Sitting postures• Closed and open postures• Submissive and fearful body postures• Myths and knowledge about postures• Static positions• Body stance and interpretation• Sleeping, noble and dancing postures• Car and scooter driving postures• Postures of some remedies	
12. FACIAL EXPRESSIONS	285-324
<ul style="list-style-type: none">• Face: The visual trademark• Face: The index of universe	

- Face: The attractiveness Halo
 - Face: The organ of emotions
 - Facial analysis: A difficult task
 - The concept of facial expression
 - Physiognomy
 - Facial signs as predictors and reflectors of disease
 - The sketching of emotions on face
 - Are facial expressions inherited?
 - Trustworthy or dominant faces: A research report
 - Some facial expressions
 - Weeping gestures
 - Body language of ears, nose, cheeks, lips, mouth and chin in different cultures
 - Homoeopathic perspective
 - Body language of crying babies
- 13. EYES: THE VISION WITHIN... 325-350**
- Eye: The greatest wonder
 - Eye: A symbol of consciousness
 - Brain and eyes
 - Face and eyes
 - The function of seeing the 'true' image
 - The eyes and mind: Synthesis through body language
 - How the eyes communicate
 - Eyes in parlance
 - Eye contact
 - Eye movements
 - Gaze
 - The brows, the lids and the eyes
 - Decoding eye messages: Some examples
 - Love and eyes
 - Tears in the eyes
 - Interpretation of dreams of eyes
 - Cultural variations
 - Homoeopathic perspective
- 14. VOICE AND INTONATION 351-366**
- Carving out the identity
 - Sound of the universe
 - Vocal cords, voice mechanism and key functions
 - Attributes of voice
 - Elements of speech
 - Interpretation of voice
 - Effect of stress on voice
 - Speech in psychiatric illness

• Some do's and don'ts for ensuring good communication	
• 'Voicing' of homoeopathic remedies	
15. SPACE AND DISTANCING	367-394
• 'We' and the 'Space'	
• Space and self-image	
• How near, how far and the boundaries...	
• Personal space bubbles	
• Personal and shared space	
• The win/win situation of shared space	
• The zones	
• Maintaining territory	
• Handling of space	
• The role of culture	
• Automatic and deliberate reactions to violations of personal space	
• Sitting postures for a doctor and a patient	
• Space, tactile communication and time	
• In the living room of a homoeopathic clinic	
• Homoeopathic remedies vis-a-vis space	
• The effect of stressors on space and distancing	
• The basic modes and their relation with space and distancing	
16. TACTILE COMMUNICATION	395-421
• Touch: The earliest sense	
• Touch: The basic form of communication	
• Touch in parlance	
• Touch: The action forward	
• Characters of Tactile communication	
• Tactile communication and self-esteem	
• Examples of tactile communication	
• Handshake	
• Hugging and kissing	
• Touch as a healing therapy	
• Homoeopathic perspective	
17. VOCABULARY OF BODY LANGUAGE	423-430
• Openness	
• Enthusiasm	
• Defensiveness	
• Anger	
• Keadiness	
• Evaluation	
• Nervousness	

- Suspicion
 - Secretiveness
 - Rejection
 - Confidence/authority/leadership
 - Needing reassurance
 - Frustration
 - Boredom/indifference
 - Acceptance
 - Dishonesty
 - Grief/sorrow
 - Embarrassment
 - Indecision
 - Disgust
 - Fear
- 18. UNIVERSAL GESTURES 431-439**
- Gestures are the real universal language
 - Gestures in vogue
 - Argyle's list of universal gestures
 - Universal body language signals
 - The impact of culture on gestures
 - Differences in interpretation

SECTION IV HOMOEOPATHIC PERSPECTIVE

- 19. RELEVANCE OF BODY LANGUAGE IN
HOMOEOPATHY 443-466**
- Hahnemann's view
 - Man as a multi-dimensional, composite entity
 - Homoeopathic interview
 - Alignment with vital force
 - Utility of body language for a homoeopath
 - Resemblance between body language and homoeopathy
 - Redefining the concept of totality
 - Body language : An analytical process
 - From 'symptoms' to a 'person'
 - The phenomenological concept
 - Fusion: The patient and the drug
 - Objective of study of body language
 - Selecting the rubrics
 - Body language as pointers to diagnosis

Contents

- Learning Materia Medica through body language
 - The living Materia Medica
 - Linking personality of drugs to body language
 - Conclusion
- 20. BASIC MODES OF BODY LANGUAGE AND HOMOEOPATHIC MATERIA MEDICA 467-485**
- Materia medica: An enormous gamut of human suffering
 - Understanding basic modes
 - Linking remedies with basic modes
 - Conclusion
- 21. THE KINGDOMS AND BODY LANGUAGE 487-532**
- The remedy as a personality
 - The concept of karma, reincarnation and kingdom
 - Vedas and Patanjali yoga
 - The evolution from lower to higher
 - Memory and reincarnation
 - Past life regression therapy
 - Relation of human beings with plants, animals and minerals
- 22. DISCOVERING THE PATTERNS 533-549**
- The study of patterns
 - Pattern: Matching, recognition and formation
 - Layers of information
 - Dynamics of pattern in interrogation
 - Patterns and personality disorders
 - Entropy and patterns
 - Message clusters and pattern formation
 - 'Up' and 'Down' positions for pattern formation
 - The vital sign
 - Deriving the vital sign
 - Pattern, vital sign and synthesis
 - Some illustrations
- 23. HANDY TIPS FOR A SUCCESSFUL PRACTICE 551-567**
- What makes practice a success?
 - Forming a psychic map
 - What Stanley Bing says
 - Guidelines concerning use of each element of body language
 - Follow-up patients
 - Your own aura
 - Key points
 - Need for constant polishing

24. CLINICAL REPERTORY OF BODY LANGUAGE	569-655
• Repertory as a micro-filming of Materia Medica	
• Using the tool	
• Repertorial rubrics and body language	
• Clinical repertory of body language	
25. LEARNING THROUGH CASES	667-723
26. CONCLUSION	725-736
• Homoeopathy: The science of synthesis	
• Kinesics, machines and man	
• The unresolved maze of progress	
• Attention to body language pays dividends!	
• Analyzing the self	
• The reality beyond all change	
• Homoeopathic practice: A crusade	
• Defining an individual in totality	
• Sharpening the perception	
• Buddha on consciousness	
REFERENCES	737-743
COMMENTS...	745-750