

BODY LANGUAGE

We have talked a little about **gender expression**, which is, as we explained, *the outward expression of a person's gender identity, including body language, behaviour, voice, clothes, hairstyle, visual presentation* and so on.

Self-expression in general is incredibly unique, especially in those who are expert at simply being themselves.

We can easily spot the difference between, for example, an **authentic** expression of **confidence**, and a *postured* one.

Something that is felt authentically on the inside **first**, translates **effortlessly to the outside** and is **felt by others with much greater impact** than anything that is forced or not quite embodied before it is intentionally 'placed' on the outside.

You need only try the exercise below for a few minutes to see a living example of this.

- Put yourself in front of a mirror, very close to it.
- Look into your eyes and say hi!
- Move your gaze to the centre of your forehead.
- Now think of something that you have strong feelings about, let's say excited anticipation (about a forthcoming event).
- After a few seconds of thinking about it, when you feel a little thrill at your core, bring your gaze to your eyes.

You see that? **Effortless, genuine self-expression** of the way you're feeling **within**.

It's not postured or posed, it **just happens**, according to **how you feel on the inside**.

(You can continue this exercise with an array of things to think about that make you feel different emotions, by repeating the steps above for each one.

I recommend it – see how remarkable you are!)

Isn't it interesting that people expect us to act and express in a certain way, according to our bio-sex?

- *“Sit like a young lady.”*
- *“Don't throw like a girl.”*
- *“Don't speak so aggressively.”*
- *“Stop walking like a woman.”*

Effectively, they are actually telling us to *feel differently within.*

Who has that right?

Nobody, that's who.

How much do you feel you have been **influenced to take on certain expressions and mannerisms**, simply because you've too often heard **how you're expected to express yourself as the recommended example of a boy/man/girl/woman?**

Well, now is your moment to **consciously set your focus on your body language** for a while, to feel into whether you tend to (or wish to) express how you feel as a man or woman – or whether you're fully **allowing the beautiful individuality** of how you feel as **you**.

Whichever one you allow to come through, your **authenticity**, in your **core**, is your **true compass**.

Perhaps it's time to **focus on that**, and **drop any performative habits that are not really aligned with your innate inner vibe**.

Ready for your mission, Journeyer?

Let's see what this one uncovers!