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Visual Constructed:

If a person looks up and to their right they are looking in an area that will stimulate their brain to access visual or picture information related to items (ideas or thoughts) they maybe constructing or creating. Moving their eyes in this area could also be a signal that the person is accessing painful memories from their past. Contrary to popular belief, looking in this direction does not mean the person is lying.



Try it: Visualize yourself some time in the future, maybe 2 weeks or 2 days from now. Where are you looking to create this picture?



It is thought that 80% of people in North America are dominantly visual in the way that they learn and process information. This doesn't mean they aren't capable of using their other senses. They just have a preference. And, even though they dominantly use visual ways of processing it doesn't mean that they don't go through other sense to complete their processing. Generally, we use many more of our senses to process information. So 80% of North Americans (maybe) mostly start visually and then use some other sense and and then another sense and on and on - This accounts for our very different and unique learning and information processing styles and explains why so many people these days are diagnosed with learning disabilities who aren't really learning disabled.



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Visual Remembered:

If a person looks up and to their left they are looking in an area that will stimulate their brain to access visual or picture information related to items (ideas or thoughts) they are remembering. Great spellers, language learners and people with photographic memories tend to store their information here as well as use this as an access point for their memory strategies.



Try it: Think of the last time you saw a bird. Or, visualize yourself some time in the past, maybe 2 weeks or 2 days ago. Where are you looking to create this picture?



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Hail Mary:

If a person looks straight up they are looking in an area that has them say to themselves "I can't believe..." also known as "consulting the virgin" because this is the eye position you would use in prayer or where your eyes go when you can't help by say "Oh, my lord or G-d!" This is why it has been named "Hail-Mary." It is located in a visual no man's land and usually where we store the ever changing present information.



Try this: Think about something lame that once happened to you. Where do your eyes go? This is what people access when they usually can't believe their experience - An OMG! moment.

If you are a dominantly visual person, you might try and place the objects (the visual information surrounding what you are trying to remember) you want to remember in this space. Then when you need the information look up in that spot to get all of it.



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Kinesthetic:

If a person looks down and to their right they are looking in an area that will stimulate their brain to access Kinesthetic or feeling information related to items they constructed. This is also where people hold their most painful feelings. In fact if you try and read while holding book in this area you may be distracted by the painful feelings your brain is being bombarded with and make it difficult to concentrate on the words (Solution: Try lying down and reading and it should be easier because your painful emotions are not being stimulated by where the position of where the book is.). If a person looks down and to their left they are accessing feelings from their past. Many times you can't actually see people's eyes when they access feeling information and only have the direction of their pupils from under their eyelids to identify what's going on. Check these pictures closely and then try and put yourself in these poses to experience the feelings presented.

It is thought that 5% of people in North America are dominantly kinesthetic in the way that they learn and process information. This doesn't mean they aren't capable of using their other senses. They just have a preference. And, even though they dominantly use visual ways of processing it doesn't mean that they don't go through other senses to complete their information processing. Generally, we use many more of our senses to process information. So 15% of North Americans (maybe) mostly start kinesthetic and then use some other sense and and then another sense and on and on - This accounts for our very different and unique learning and information processing styles and explains why so many people these days are diagnosed with learning disabilities who aren't really learning disabled.



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Auditory Digital:

If a person looks just below the horizon (maybe 15 degrees below) and to their left (or to their right if they are left-handed) they are looking in an area that will stimulate their brain to access Auditory Digital information related to sounds they remember and stimulate internal talk. This is a sign the person you are talking to may be having a conversation with themselves. I happen to have a perfectly balanced brain (I'm ambidextrous.) so when I look directly straight like this, I could be having a conversation with myself. The key is that I'm looking down a 15% grade from the horizon. Then you want to figure out if I'm right handed or left handed to determine if I am having a conversation with myself.

Try this: What was the first thing you said out loud today? Most likely to answer this question will have you eyes position themselves just below the horizon and to your left (or to your right if you are left-handed).

It is thought that 15% of people in North America are dominantly auditory in the way that they learn and process information. This doesn't mean they aren't capable of using their other senses. They just have a preference. And, even though they dominantly use visual ways of processing it doesn't mean that they don't go through other senses to complete their information processing. Generally, we use many more of our senses to process information. So 15% of North Americans (maybe) mostly start auditory and then use some other sense and then another sense and on and on - This accounts for our very different and unique learning and information processing styles and explains why so many people these days are diagnosed with learning disabilities who aren't really learning disabled.



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Auditory Constructed: If a person looks out to the horizon and to their right they are looking in an area that will stimulate their brain to access Auditory Constructed (but this is an example of a Tonal position in comparison to a Digital position) or sound information related to sounds they may be constructing or creating. Eye accessing in this area could also signal painful sounds/voice memories from the person's past. When people dominantly look to the left, others suspect (due to mis information) that they might be lying. This is usually the reason for sunglasses in poker games. If a person is dominantly auditory in their internal processing others may think they are shifty-eyed or untrustworthy but it actually means they are hard at work listening to you intently. They key to determining this is finding the eyes at the horizon or ear level and then being able to distinguish if the person is looking to the right of the midline of their face.

Try this: Combine the sound of a fog horn turning into a wind chime. Most likely the sound will have you look towards your right ear.

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Auditory Tonal:

If a person looks to the horizon and to their left they are looking in an area that will stimulate their brain to access Auditory Remembered information (but this is an example of a Tonal position in comparison to a Digital position) or sound information related to sounds they remember. If a person is dominantly auditory in their internal processing others may think they are shifty-eyed or untrustworthy but it actually means they are hard at work listening to you intently. The key to determining this is finding the eyes at the horizon or ear level and then being able to distinguish if the person is looking to the right of the midline of their face.

Try it: Can you recall what your the fire drill bell at your high school sounds like?

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