

The Invisible Halo's

Every human has a unique encode (what they send out to the world). Yes, we can inherit quirks from our parents, even pick up quirks that are about things we haven't or don't experience. But because we grow and build our own persona, choices, and opinions as we age and move through our life with different people, influences, environments and cultures we end up with something that's uniquely us.

What are the 'Halo's'?

I tried for over a decade to create 1-3D imagery which described all of the things that humans send out in their encode that I can see. I created the clock face to help people understand what communication might be in play for a person. Used pivots to describe the thought>emotion>body language sequence that happens.

It was only when someone asked me a random question in early 2023 – "I wish I knew how you see the world Steph. What do you see?"

I responded without overthinking it "I see invisible halos around people".

That's when I knew that if other people could spot those halos and interpret them quickly, it would help them make a better first decision about someone or something.

How does it help you?

Being able to read the halos in a few seconds gives you a quick snapshot of the person you are dealing with. However, it doesn't necessarily tell you who that person is ALL of the time. It could be a momentary reaction to a person, comment, situation or environment. But here's the important thing, everything about these halos tells you what someone think about you/things right there **in that present moment!**

Context is vital – If I had time to baseline them first even better. This means what do they NORMALLY look like, sound like. Mannerisms? This helps you to stop when they veer/divert from **their normal**.

How many of you think you know what your own baseline is? What your go to moves are? Whether you cross left over right, or right over left, how your legs look when you sit, you stand. What you do with your hands, what do they look like?

Look around you and you'll spot how many variances there are in these things.

How do you read the halos?

If I were to slow motion the 'pivots' it would look like you were reading them as/in this order:

1. **Clock face (1D)**– basic communication style or what they are showing (circumstantial or baseline)

Imagine a clock face around the front of the body. 6 is at the top of your thighs. 3-9 is belly button. 10-2 is level with your ears. 12 is above your head.

Passive people operate from 6 upwards on the clock face. People who are more empathetic often come in from the mid line, closer to their body (central column). Assertive people are on the 3-9 line and, usually stiffer hands/choppier. Compassionately assertive people are more pliable/enquiry hands on the 3-9 but between them and the recipient. (It's like the difference between T'Ai Chi and Karate). Aggressive people cross the centre line and often move to one hand

Which are you, from those descriptions? What is your encode (what you send out to the world). Does it change depending on who you are with? Why? Does it change how you respond react to people?

2. **Up down pivot of the chin** = confidence, not confident, sad, trauma.

Tells you what they are dealing with right then either because of what's being said or done to them in real time (cause and effect) or something that happened before (a trigger). The trigger could be a single word or tone of voice. How they FEEL!

3. **Backwards and forward rock/lean** = comfortable, dismissive, distancing

Tells you either: a) how much they want to be (or not) in the company of who they are. How comfortable they feel. Or b) how worthy they think you are of being in their company if they feel they need to distance themselves from you.

4. **Side lean closed V between people** = more knowledge of that person, married, worked together a long time, friends

How familiar they are with the person they are with, or how much they like or dislike them. People lean into people they want to be with, often elbows and knees will touch also.

5. **Swivel in and away** – want to be there, don't want to be there

How much they want to be there/where the focus is. Or how much they want to get away/don't want to be there. The exact moment they lose interest or see a side of you they don't like. **Real time reactions.** The furthest away shoulder NEVER lies!

How to read (decode) them?

Put them all together in a few second 'decode' and you should now be able to tell:

- How someone is likely to communicate. What their communication style is.
- How they feel at that moment.
- How comfortable they are.
- How much they like you.
- How much they want to be there.

And, of course, the Halos are a snapshot in time. To build a fuller assessment you would need to add layers. Here are a few extra things to help you.

- Facial expressions (manipulators/micro expressions) People do these over 200 times a day - a direct line to emotions.
- Tone of voice, affected by word choice and intention. Tone is 38% of all body language.
- Comfort zone/central column/inny or outy (self-hugs/soothes/neck) Tells you how people feel about what you just said or did to them. Moral code lives here. Empathy lives here.
- Hand gestures, speech illustrators emphasise important parts of speech, emblems, wind up gestures/rude people indicators, directional body language to aid with clarity.
- Allow for cultural/gender differences (eye contact/emblems/proxemics)

These add up the '**clusters of events**' that happen in human interactions, not isolated body language.

Reach out to me if I can help your team learn more about body language on [**fieldsend2024@gmail.com**](mailto:fieldsend2024@gmail.com). I run virtual classes.

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