

PART 2

50 Ways to Read Deeper

Addiction, Chemical

Avoid moving into the Heartbreak Hotel. It's way too expensive. Learn to read the signs of a drug or alcohol problem.

BODY LANGUAGE

A person must be very far gone before body language reveals addiction. Eventually he/she may **tremble**, become emaciated or beer-bellied, or reveal other obvious signs of a problem. But you'll want to learn the truth before your honey morphs into a wreck.

Likewise, at work, who wants to team up now, find out later that your partner's interesting cologne smells exactly like bourbon?

Apart from expression, eyes can give clues to being habitually under the influence. For pot, beware **dilated eyes** (enlarged pupils) when the light isn't terribly bright. For any drugs, consider yourself warned when your partner habitually wears sunglasses indoors.

Other danger signs, for liquor or drugs, are **bloodshot eyes** or eyes that are partially closed.

If you're an empath, eyes may reveal **spiritual signs** of addiction. Once your eyes meet, do you feel sickened or fearful? Deep within the eyes, that person's soul may seem to struggle, scream, or give up. Never dismiss such an experience as a weakness within yourself.

Exaggerated body language can be a sign of intoxication. Beware over-dramatic or staccato gestures, shaking, or loss of usual social inhibitions.

Voice quality may also become exaggerated when a person is under the influence. Slurred speech is only the most obvious sign. Other auditory warnings are a rowdy voice, increasing loudness, spaced-out conversation conducted in whispers, or other vocal exaggerations.

Personal **hygiene** can show the destruction of brain cells. Beware lost interest in grooming, e.g., unkempt hair, ragged nails, rumpled clothes.

When somebody has a serious drinking problem, you may also notice interesting body language around **the liquor supply**. It could be considered a new type of “business casual.” A one-time employee of mine had an alcohol source that mystified me. When I saw her squirting her mouth liberally with breath freshener, one whiff told me that this would count as “minty fresh” only to others in the saloon. And it was so cute how she pretended that nothing was wrong.

Excessive patience, sad to say, constitutes another tipoff to substance abuse, especially when that patience is demanded of *you*. Ever have someone delay making a simple phone call, completing a routine chore, or sending a deliverable? And when you make a polite request after a decent interval, you’re told, “Be patient.”

Repeated demands that you be patient may parallel repeated rounds at the bar. And **ultra-cool body language** can telegraph, “You and your silly non-stoned reality, when will you learn to be patient?”

FACE READING

Surprise! Although faces will inform you about many things, don’t rely on facial characteristics to reveal chemical addiction. Only in **myth** are the signs of alcoholism obvious. We’re told to beware deep

circles under the eyes, a bulbous nose or broken capillaries. Stereotypes like these are wrong, wrong, wrong. Why?

Deep circles under eyes just mean introspection. When things go wrong, someone who turns within to find a solution (or to blame himself/herself) will develop deep circles. Therefore, if you find bags under the eyes of an alcoholic, it will be an *introspective* alcoholic.

Chunky nose tips relate to valuing financial security. Keeping up a costly drug habit could, over a period of years, cause someone to develop a somewhat larger nose tip. But do you want to stick around to watch it grow?

Burst capillaries point to stress. Interpret them according to location. Ruddiness is positioned to symbolize the life area where stress is felt, e.g., burst capillaries on cheeks relate to power, burst capillaries on a nose tip are about financial worries.

Don't blame addictions, though. Burst capillaries can come from stress on the job... or be a side effect of mountain climbing.

Where *should* a face reader seek out the signs of chemical addiction? Watch **eye glitter** — how light shines out from the eyes. A dull or weird gaze can signal a problem with drugs or drink. Love that healthy twinkle when you find it!

AURAS

At the level of auras, addictions stick out like a sore thumb... to such a degree that you may suspect substance abuse even before you develop much skill at reading auras consciously.

Just one catch! If you partake of the same substance as your partner, your gut feeling may be attraction rather than alarm. A social drinker, for instance, can have a blind spot for alcoholics.

How can you protect yourself from the heartbreak of falling in love with an addict? Avoid chemical interferences yourself. Set a personal limit of two drinks per evening. Then, while you're socializing with your date, read his/her aura. (Use the chakra diagram at the back of the book for quick reference.)

Substance abuse shows in auras. In fact, chakra databanks will even unmask a **secret alcoholic**, someone who seems to put the drinks away with no ill effect.

Long-term dependence on chemicals is especially evident in the Health databank at the Physical Chakra. To investigate either short- or long-term use, begin with your usual Preparation Process: Pay attention to your inner awareness, then Get Big and set an intention to learn the truth about this person. (For more details, see Page 25.)

Plug in and ask: “How clear is his/her body-mind-spirit system?”

For a social drinker or someone who *occasionally* recreates with chemicals, aura distortion is slight. But when someone indulges often, auric deterioration becomes obvious. (Fortunately, when someone stays in recovery, that will show too.)

Another useful place to learn about chemical addiction is the Experiencing Reality databank at the Spirituality Chakra. Plug-in and ask the same question you asked before at a different chakra, “How clear is his/her mind-body-spirit system?”

With practice, you can learn to distinguish the distortions produced by different chemicals, from the uncanny, unsettling high of heroin to the dull stupor of a booze hangover. However, I’d recommend that you not go there, especially if you’re an empath.

What’s that? **Empaths** have a lifelong gift for directly experiencing what it is like to be other people. Until you become skilled as an empath, you’re better off not doing extensive aura reading on anyone who is highly disturbed.

Whenever someone gets a temporary “high” from chemicals, the Spirituality Chakra grows disproportionately big.

It’s a cheat. Coming down, the third eye will shrink faster than a certain part of male anatomy after a cold bath. For an inspiringly big spiritual consciousness, people must *earn* a huge third eye that goes with the rest of the aura.

How is that done? Do your best to make each day count. Keep yourself physically healthy and also do regular spiritual exercise.

More Fun with Drunks... on TV

Once you get used to reading how auras change when someone is drunk, you can enjoy a very sophisticated form of entertainment. It's called AURA-watching TV and movies.

Reading people deeper, you'll find it hilarious when actors play scenes where they're supposed to be under the influence.

Most viewers watch on the surface, so they'll be convinced by a few tricks of body language. But you're becoming way more sophisticated.

The actor's aura is cold sober beneath a bunch of body language tricks on the surface. It's absolutely hilarious. And you thought that watching the show was fun before!