



Your hand-writing reveals everything

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Some believe the pen is the mind's unconscious vehicle of expression.

By examining the loops, lines and dots these folks have an inside look at a person's personality - their strengths, weaknesses and character flaws. These people are called graphologists.

"Handwriting is a remarkable reflection of a person's true, but often hidden character," said Arlyn Imberman, president of Emerging Images, Inc. and the author of *Signature for Success*.

"Since handwriting emanates from our unconscious, our emotions and state of mind influence the way we form our letters. Handwriting is, in essence, 'body language on paper.'"

From handwriting, graphologists can decode a person's energy, state of mind, character and life experiences. They can also assess compatibility between individuals, point out signs of conflict, and match a person to their perfect employer. They can determine an employee's sincerity, integrity and hidden talents and skills, according to Imberman.

Handwriting for character

Kristina Powell, president of www.smarterdating.org in Preston, Conn., uses graphology to help people decide if their current partner is a good match for them. She says that 90 percent of traits in handwriting are neutral - neither positive nor negative. But it's the cumulative effects of traits that lead graphologist to assessments.

If she sees a looped oval in a person's writing it may just mean that they are secretive, or work in a field where they have to keep things to themselves. If she sees a lot of mistakes and touching up in the handwriting, along with the loop, she would say that the person might be dishonest.

Clarity in handwriting sends the opposite message. It tells the reader that the person isn't trying to prove anything. They are good communicators, honest and intelligent, Powell said.

People who print in all caps are often more macho. They have a harder personality, resist expressing emotion and like to be in charge. In contrast, people who write in cursive generally have better communication skills and are more apt to reach out to others, Powell said.

"I think (graphology)'s great for helping to build empathy for ourselves and other

people," Powell said. "We can learn to understand ourselves better. And as we see traits (in other people) we can understand where they're coming."

Graphology's origin

Graphology has been studied and practiced for centuries, and while viewed as something of a "pseudoscience" in the United States, it carries great weight in Europe. In Paris, 85 percent of businesses use handwriting analysis as part of the hiring process, and employers are so convinced of its merits that they often require job candidates to handwrite their cover letters so that they can be examined by a handwriting expert, Imberman said.

The idea of the unconscious mind displaying itself on paper began with the Greek philosopher Aristotle.

Around 330 B.C. he wrote "Speech is the expression of ideas or thoughts or desires. Handwriting is the visible form of speech. Just as speech can have inflections of emotions, somewhere in handwriting is an expression of the emotions underlying the writer's thoughts, ideas, or desires."

Since then the art and science of handwriting analysis has continued to evolve - not just in Greco-Roman culture, but in Indo-Chinese culture as well. Confucius is credited with saying that "handwriting can infallibly show whether it comes from a person who is noble-minded or from one who is vulgar."

But graphology became more codified in the 19th Century when the Frenchman Crepieux-Jamin, founded the "Société Française de Graphologie." He defined the various elements of handwriting which today form the basis of the French school of graphology, and divided these elements into seven categories: Dimension, Form, Pressure, Speed, Direction, Layout and Continuity, according to britishgraphology.org.

Handwriting as Therapy

Expanding on the idea of handwriting showing personality traits, an offshoot of graphology has emerged called grapho-therapy. Graphotherapists like James Dunn, of Donna, and Vimala Rodgers, author of *Your Handwriting Can Change Your Life*, believe that by changing the way one writes a person can transform negative aspects of their life.

Dunn has people use the Vimala alphabet, created by Rodgers, to transcend problems in their lives.

Jaime Villarreal, the general manager of GLG Auto Sales in Donna, began working with Dunn at the beginning of the year. He started reshaping the way he forms letters and within 20 days he started to watch his life change.

"Something inside was transforming - like a flower when it blossoms," he said. "I see things more clearly than what I used to. I appreciate everything now. I think before I do anything. It has brought me a little bit closer to God. I know I'm making the right decisions. It's opened up a new world to me."