

## Heartsong @ 1917 This Week – “What Are We Saying When We Are Not Saying Anything?”

Wednesday, January 20, 2016, 10:45 a.m. – 12:00 noon

UAB 1917 Clinic, 1st Floor Library, Room 151

Facilitator: Joe Elmore and Chris Hamlin

Heartsong @ 1917 is a weekly, open discussion about spirituality and finding meaning and purpose in life. Everyone is welcome to attend who is interested in connecting to the spiritual side of life. 1917 Staff are welcome. If you do not want to receive this weekly email, just reply with “unsubscribe” in the subject line.

UAB 1917 CLINIC WEBSITE: <http://www.uab.edu/1917clinic/>

### Video

<https://www.youtube.com/watch?v=QOkrS1v7Ywk>

“A Fun Guide to Nonverbal Communication and Body Language”

### Words on the Theme:



“Electric communication will never be a substitute for the face of someone who with their soul encourages another person to be brave and true.”

Charles Dickens

“There are four ways, and only four ways, in which we have contact with the world. We are evaluated and classified by these four contacts: what we do, how we look, what we say, and how we say it.”

Dale Carnegie

“I speak two languages, Body and English.”

Mae West

“A blur of blinks, taps, jiggles, pivots and shifts ... the body language of a (person) wishing urgently to be elsewhere.”

Edward R. Murrow

“Ariel: But without my voice, how can I...

Ursula: You'll have your looks, your pretty face. And don't underestimate the importance of body language, ha!”

*The Little Mermaid*

### **Reference**

[http://www.searchquotes.com/search/Nonverbal\\_Communication/](http://www.searchquotes.com/search/Nonverbal_Communication/)

[http://humanresources.about.com/od/interpersonalcommunicatio1/a/quotes\\_nonverb.htm](http://humanresources.about.com/od/interpersonalcommunicatio1/a/quotes_nonverb.htm)

<https://www.psychologytoday.com/blog/here-there-and-everywhere/201109/43-quotes-body-language>



**NEXT**

**Heartsong@1917**

**Wednesday, January 27, 2016**

**10:45a.m., 1st Floor Library, Room 151**

**Chris Hamlin, Facilitating**



**SAVE THE DATE**

**23<sup>rd</sup> Annual Alabama Heartsong Retreat**

**“Inspire, Love, Serve”**

**May 4 – 6, 2016**