

# *The Relationship Center of Colorado*

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## **The Art of Flirting**

by Pam Babbitt, S.I.

Flirting is an energetic art, a social skill and a biological instinct. It can be playful and attraction based or simply socially engaging. This adult form of play is liberating and can involve coquettish behavior and a negotiation process. It makes communication more personalized, more fun, and often offers a challenge.

In flirting we attempt to read the energy of another person and then bring our full presence and energy to them in an effort to create personal interest. Some flirts seek attention, some seek relationships, others engage in flirting because it is pleasurable in its own right regardless of where it might lead. The most endearing flirting is generated by someone whose heart continually produces goodwill and they desire to share the surplus.

When we feel good about ourselves, we are more likely to flirt with ease, grace and success. Our radiant energy can be a powerful social or sexual attractant. Be generous in sharing that inner “fizz” and focus on building a bridge with another as you visualize a mutually enriching exchange. Try a socially appropriate compliment or your personal comment or question regarding a shared experience. Pick-up lines fail because they are a one-directional bullet and the receiver may feel like prey. If rejection is a concern, visualize a protective shield to deflect any negative energy or response.

Conscious flirting requires us to witness ourselves in the process, gauge our impact and be aware of risks and vulnerabilities. Our heart chakra is open allowing caring, loving and receptive feelings to emerge. Pleasure and that warm feeling of connectedness raise the energetic vibration and expand the heart’s capacity. The energy field created gathers strength and becomes a magnet for others in the vicinity.

In contrast, predatory flirting is objectifying, self-serving, and without reciprocity. There is a predator and a prey. The flirting is often sustained and seductive; and the chakra energy is realigned and unbalanced. The heart chakra is blocked as there is no compassion. Both the solar plexus chakra (power and will) and the sex chakra shift up and expand to run the show.

How do you know if someone is attracted to you? Body mirroring is a strong sign. Humans naturally mirror posture and gestures when they are attracted. Look for full frontal alignment, simultaneous touching, soft laughter, body arching, the eyebrow flash. Prolonged eye contact can be a powerful act of communication. If someone likes what they see, their pupil size increases and so does their blink rate. Comfort levels with interpersonal distance along with vocal tone, volume and speed are significant indicators. Sneak a peak at what the hands and feet are doing. They will often subconsciously point to a person we find appealing. Watch the body language but don’t judge by one sign alone; look for clusters of behavior.

Women, due to their innate social sensitivity, usually control the flirt game. Studies show that women are more skilled at informal social conversation and are more adept at reading

facial expressions and interpreting gestures. Women tend to initiate flirting with non-verbal cues, summoning a man to move closer and engage in conversation; and they also escalate or de-escalate the flirtation progression. Men can easily improve their flirting skills by practicing the art of small-talk and increasing their focus on expressions and gestures.

If you have an abundance of goodwill and radiant energy, sharing it will put smiles on many faces and warmth in many hearts. The Law of Reaping and Sowing (Karma) assures that your supply will regenerate. May you flirt with creativity, pride, joy and integrity!