



جامعة الناصر
AL-NASSER UNIVERSITY

Exploring Nature: An Entertaining Look at Psychology

Dr. Mohammed Al Muhtadi

AUTHORIZED BY AL-NASSER UNIVERSITY'S RESEARCH OFFICE

جميع حقوق النشر محفوظة لمكتب البحوث والنشر بجامعة الناصر

Abstract

Looking at ordinary things around you tells you a lot about nature. The lovely handwriting of a poet, a periwinkle colored flower, the big, brown eyes of a puppy or an attractive face of a man or woman; all these components have an effect on our psyche. Even though these items mentioned are common enough, most people don't know that there are scientific studies for them all and all have definitive meanings which can positively or negatively affect our moods and outlook on life.

Introduction

The natural components and the psychological meanings and effects they bear on human beings are listed below and will be explained extensively. These categories will provide you with pertinent information for healthy living, analysis, and advice designed to give you advantages in business, school, and your personal and social life.

Categories include:

- Graphology - Hand writing analysis
- Florigraphy - Flower meanings
- Color meaning – Art Symbolism
- Physiognomy - Face analysis
- Oneirology -Dream study/interpretation
- Homeopathy – Natural healing

Graphology

This world-wide, popular art is used as a diagnostic filtering process in many high profile companies to determine future employees. Graphology is the study of human personality traits

through the uniqueness of individual's handwriting. It is a character determining art that is as old as physiognomy.

Graphology was used in ancient times and despite, what some people say, persons interested in graphology as a science should understand that it is in no way connected to the occult.

Graphology cannot predict the future! It can only tell about one of the most important subjects on earth; human beings! Graphology can display a person's mood, character; reveal whether they are healthy or unhealthy and reveal the emotional level to which they perceive life.

This category is for the honest soul searcher; only those who are genuinely willing to know the truth about themselves, or anyone else, should pursue an evaluation. Graphology has an accuracy level of greater value than physiognomy. One of the best documentations of handwriting analysis, and its uses, is recorded in a book written by Sean Callery.

In *Handwriting Secrets Revealed*, Sean Callery, the author, talks about graphology which is the study of human personality traits depicted by handwriting. In the area of zones, we learn that the three major drives are sex, physical activity and food. These are our primitive or basic drives. If at least two of these drives are unsatisfied then the other is unable to function adequately.

Graphology Test

A graphology test is taken by having the participant give a written sample to use as a specimen. They can use any kind of pen they choose, but the sample must be written on blank paper. Only 1-2 paragraphs consisting of 5-6 lines are necessary. Before they begin writing make sure they are comfortable. Instruct the participant to place their signature at the bottom of the writing as well; a lot is obtained from signatures!

Using the following instructions as a guide will give you a brief but accurate analysis of your specimen.

Hard pressure – a bold and sometimes overbearing personality

Light pressure – weak, passive

T bar crossed in the middle – average deportment

High T bar crossing – ambitious, imaginative

Handwriting slanting to the right – looking forward to the future

Handwriting slanting to the left – has fears and inhibitions

Circle i dots are a dash – hurried nature

I dots flow into other words – extremely intelligent

Signature in the middle – wants to be the center of attention

Signature same size as the rest of the writing – humble

Period at the end of signature – everything ends with them

Very large signature – big ego

This should give you quite enough to start with. I must reiterate that this is a commonly used practice in many businesses to access the characters of prospective employees.

Florigraphy

Roses are red

Violets are Blue

What do Flowers

Say to You?

No matter how you may view it, receiving flowers still make some peoples day. A gift of flowers sends an unmistakable message saying more than words ever could.

Long ago, flowers were used to send secret messages to those who knew how to use it. People relied on it as a communicator for family, or comrades in prison, lovers used them as ways to of foretelling the next secret rendezvous, and friends used it as a way to pass the time.

Flower meanings and dreams often go hand-in-hand. In less complicated circumstances, they do a better job of interpretation than most dream interpreters. If you happen to see a plant or flower in a dream by someone, it means they are trying to tell you something. If you are one of those

fortunate people who own a birthday/flower/birthstone guide than you will know the flower and its meaning for your month.

Kate Greenaway's Language of the Flowers is a good read for people who want a full understanding of the meaning of flowers.

The Use of Flowers to Transmit Messages

Flower language was and can still be used to transmit messages to people. Picture being in a room full of people and wearing a boutonniere or corsage with flowers that give a message to a friend, co-worker, family member or member of U.S. Government intelligence. It may sound far-fetched, but it works.

Color meaning – Art Symbolism

Did you ever notice how often people use colors to describe their moods?

She was **green** with envy!

He was in a **blue** mood all evening.

There are several interpretations as to the psychological aspects of colors and their significance toward people and what part they play in their lives. This topic includes color significance related to the emotions, personality and character and what your color preference tells about you!

Here is the color code:

White – Purity

Yellow – Light

Red – Ultimate Sacrifice in Love

Blue – Depression

Pink – Sex

Green – Life/Envy

Maroon – Marooned, or deserted

Brown/Beige – Doubt

Purple – Royalty

Black – Death, funeral

Orange – Distrust

Color Therapy

When you see someone wearing your favorite color, how does it make you feel? If you see car, building, or book cover in a color you don't like what effect does it have on you? Color therapy is the use of colors to create healing/aesthetic value for the viewer. Some schools paint classrooms green because it exudes a soothing effect for children. Beige is the neutral color used in most modern apartments because it is practical. By looking at a painting, the ocean, or anything that has good color combinations to make you feel relaxed, you can actually heal yourself of stress which calms and releases tension resulting from demanding situations in your life.

Physiognomy

Physiognomy is the study of defining human character through physical features. I discovered this method of analysis about fourteen years ago during some extensive graphology research. I must admit that I was completely amazed when I first tested this (I was my first specimen!) The results I got were 100% accurate! Between the two types of character studies, I find this to be a simpler {and more exciting!} form of analysis.

The study of Physiognomy dates back to ancient Egypt. During the 17th century it caused quite a bizarre situation in Salem Massachusetts. During the witch hunt dilemma any unusual characteristic (such as a mole or birth mark) on anyone's person resulted in their being branded as a witch.

These days people are still influenced by how others look and tend to lean toward persons they feel are beautiful, or attractive. However, since beauty is in the eye of the beholder, taking a scientific approach to understand an individual's persona is best if you are serious about knowing them for other than casual reasons.

Physiognomy Sample

Take a portrait picture of yourself, or anyone else you know. Make sure the forehead and ears are not hidden by clothing or hair. Write down the facial features on a piece of paper:

- Face
- Forehead
- Eyes
- Eyebrows
- Ears
- Nose
- Mouth
- Lips
- Jaw
- Chin

Let's create a male's face. He has a high, broad forehead, thick, bushy eyebrows that are low over the eyes – which are average size and wide set. His nose is large and full. He has a heart shaped face with large ears that are close to his head. His lips are thin and he has a small mouth and a large, square jaw. Now, let's see what we can learn from this.

Face: heart shaped – Intelligent, witty

Forehead: high, broad – determined, persistent

Eyes: wide set – confident, open-minded; heavy eyelids – good at keeping secrets

Eyebrows: thick, low over eyes – a leader, strong and independent, spontaneous

a great sense of adventure

Ears: large, close to the head – enthusiastic, practical

Nose: large, full – easy going; creative

Mouth: small; thin lips – sincere, reserved; slow to open up

Jaw/Chin: large, square – physically strong, down-to-earth; level headed

The man I have just described is James Cagney: July 17, 1899 – March 30, 1986

Oneirology

How many people keep a dream journal? I know I did and it is a good investment as well. I started recording my dreams in 1988. Some of them are still coming to pass. Through dreams I received accurate future predictions, timely advice, encouragement and answers to many of the problems I faced and choices I had to make.

Dreams can be termed as *Divine Intervention* or a result of indigestion. The question is, how can you tell when it is or not? How often have you had a dream and wished you could make heads or tails of it? If you would like an answer to a recurring dream, a scary dream or a dream you just can't get out of your mind you can always look up oneirology on the net. Many times, good old common sense will tell you a dream is no more than just that; a dream. It could result in over-work, or improper diet. But if you have had dreams on more than one occasion which came to pass, then it might be a good idea to track them down in writing as I did.

Below is an example of what I mean.

Dream: a little girl with big eyes wearing a brown short set is sitting at a table. She is writing something. She is writing so fast that the writing is illegible. She stops then slowly raises her head and looks up at you in an appealing way. You realize it is your daughter. As you come out of the dream a voice asks, "Does she like eggnog?"

Brown signifies doubt. Fast, illegible writing is a sign of nervousness and lack of communication.

A person who has large eyes is open and friendly.

Raw egg yolk alone is a power food containing more **trace minerals** than most foods.

Shortly after this, you pick up a book and, miraculously, it entails everything that is happening with your child.

Did my analysis predict the future? Do we know what is going to happen to the little girl? We don't, but putting all the pieces together, we can get a pretty good idea of the outcome. That is what these psychological components do: help you get to the root of problems and resolve them.

To continue with the analysis; you realize your little girl is acting unusual, but you haven't had the time to really spend time with her. She wants to tell you something, but is either afraid to, or doesn't know how. The dream is a wake-up call and gets your attention as it appeals to the subconscious, bringing a full picture of the issue to the conscious mind.

Raw egg yolk contains magnesium and manganese, one the relaxer, the other master nerve controller! Drinking two glasses of homemade eggnog a week -minus the white part and along with a healthy diet - and you feel like you can conquer the world!

This is the very simplest form of diagnosis. There are other cases more complex, but this is explained simply enough so that you can understand it and use some of these methods if need be.

Homeopathy

Illnesses that don't require surgery to be treated are cured through homeopathy. This is the use of natural - and sometimes synthetic – materials to make medicines that heal. Professional homeopathic practitioners can administer these treatments not only to cure, but to also strengthen the body's resistance and life force. Some tinctures are easy enough to dose yourself.

This practice is common enough, but the fascinating part is that homeopathic treatment works in conjunction with the personality of the individual.

Type of Person

The plant - Aconitum Napellus [Aconite; Monkswood; Wolfsbane] buttercup family

Grows in - Asia, Europe, Russia, Scandinavia

Where it's found - Wet fields and mountains

Preparation – use entire plant at blooming stage

Cures – ear infections, colds, fevers, dry cough and sore throat and (oddly enough) fright.

People who need – or responds best to Aconitum – are highly nervous, verging on hysteria and experience rapid heart-beats. They fear impending death, need company, but are afraid of crowds and are often agoraphobic. These people do better on cool, sunny days and need rest and relaxation.

Conclusion

One of the best ways to deal with issues is to **read a book**. This may sound too simple, but I have lost count of the times that this has worked for people. It is a practical and effective method of therapy - which may even be free if you can get to a mainstream-multi-genre library – compared to paying up to a \$100 for a psychoanalyzing session. Authors possess the given talent of getting to the problem and solving it through their own life experiences or the experiences of others and recording it for your reference, therefore helping you cope with life's situations!

Being the owner of over 4,000 books, I have found it to be a tried and true method to pick up a book and read my-self out of a situation, read the answer to my problem, or read about someone who is living my identity at the time.

I am grateful for the true-to-life encounters of people who lived to tell about it and was brave enough to record it. The possibility of finding books with related issues similar to yours is endless.

There are many people who may have queries and/or doubts about these scientific components and I want people who read this to understand how their uses are effectiveness in today's society.

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