

Summary

The message of the behavior overwrites that of the words.

The metacommunication is much more ancient and is rooted in us much deeper than the speaking which developed in the course of evolution into man.

Our words took possession of the consciousness of our ancestors with the „aggressiveness of the newcomers”, thus outplacng the previously prime form of communication. This takeover (along with the development of the hand) opened the door to become man, and to create the civilisation.

But, like an „*éminence gris*”, in the background the metacommunication continues to be essential factor of our relations. Those who estimate a situation exclusively on the basis of the spoken words may be wide off the mark.

For the most part, the metacommunication is unconscious, but it can be brought to consciousness.

Although the books about the body-language published in the past decades indicate some change, nevertheless the majority of people don't aspire to form consciously their „tested” and accustomed reflexes. There are some actors anxious about their „personality” and „character”; the majority of non-actors consider such interventions downright „manipulation”. Eventually, both group of people are concerned for their *sincerity*, in the belief that in the sight of others (the audience) this is the main (if not only) sign of their genuineness.

Actually, this is a misconception, wherefore it is not at all unlikely that while being *sincere*, we send a message that we don't want to send. The unconscious habits and reflexes of the earlier periods of our lives overwrite the content of our words, thought otherwise sincere.

Actually, sincerity and authenticity aren't portable ideas. Making conscious the principles of metacommunication helps to find the narrow path, where actor and non-actor alike can be sincere and at the same time authentic in the sight of others.

And walking on that path one sends exactly that message what he/she really wants to send.