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## *The Wisdom of Your Face Change Your Life with Chinese Face Reading!*

By Jean Haner (February 2008)

Most people have never heard of Chinese face reading, or if they have, they think it's a party trick, or something to do with cosmetic surgery, or just another way to judge or 'type' other people. But face reading is actually an affirming and empowering way for you to discover your true beauty.

The wisdom your face reveals shows you why you tend to think, feel and behave in certain ways. It discloses what patterns of emotion you'll struggle with, your personal strengths and challenges, the people you'll be attracted to, the work you'll enjoy. But most of all it shows you a way to finally fall in love with who you are, and to extend that compassion to everyone else in your life as well.

There is no 'cookie cutter' approach to face reading. You cannot look at one aspect of someone's face and declare you know all about them. The features of the face must be considered like parts of a complex tapestry that weave together to make up the unique personality that you are.

Here are a few anecdotes from my work with students and clients:

### ***Who Are You? What Is Your Calling?***

I think these are two of the most important questions you need to ask yourself in life. The wisdom of your face can help you discover the answers.

I recently had a client who worked as a bookkeeper, but her heart's desire was to be a firefighter. She'd trained intensely, and every year for seven years had taken the very strenuous physical test to become a firefighter. But every year for seven years, she had failed miserably. As a last resort, she thought perhaps I could help her.

I happened to be able to meet with her in her home. The first thing I saw when I stepped through her front door was a glossy wall calendar with a photo of a bare-chested firefighter in a sexy pose. And throughout the space there were pictures of fire engines and firefighters - she certainly was focused on the subject! There was even a portrait of a firefighter beside her bed, the first thing she saw when she awoke in the morning.

But when we sat down on the couch together, and I turned to study her face, my heart just sank. Nowhere in her face did I see anything that said 'firefighter' to me. Instead what I saw was a face all about love and relationships. Rather than firefighting, a strong need for intimate partnership and family life was what was written in her face.

I tactfully tried to explain that I didn't think that I could help her figure out how to become a firefighter. As delicately as possible, I described what her face was telling me, hoping that she wouldn't be too disappointed. For some time she stared at me with a blank expression! But suddenly she brightened, grinned, and held up her hand. "I think I get it!" she said. "I don't want to *BE* a firefighter - I want to *HAVE* a firefighter!" And she proceeded to get a firefighter boyfriend and now is happily married, still working as a bookkeeper to this day. She wasn't wrong - she did need firefighter energy in her life. She was just misinterpreting the message about how it needed to appear.

### ***Are You Over-Giving?***

One of the things you can see on your face is if you've been depleting your energy by taking care of everyone else in your life but not making sure you're feeling nurtured as well. Your mouth will give you an indication of if you've been over-giving.

One woman who came to a workshop was a single mother of four children, running her own business with a large staff to manage, and was working herself into the ground. She had wrinkles around her mouth that she was very self-conscious about. This was a mark of a lifelong pattern of over-giving that was destined to wear her out if she didn't pay close attention to balance, which she wasn't. By this point in her life, all work and no play had really taken its toll on her. She found herself exhausted and depressed. On a whim, she signed up for a weeklong spiritual growth workshop at a beautiful retreat center. Not ever having been to this kind of course before, she joked with her staff she was "going to Venus for a week!"

She had to work so hard in advance so that she could be away, that she made herself ill. She arrived with a fever and worried that she'd have to spend the entire time in bed. But partly because of her own determination, and also because of the healing nature of the workshop, by the next day the fever was gone, and at the end of the week, she was glowing with health and vitality. But the most important thing that happened in the workshop was re-discovering how to take care of herself and balance all her giving with self-nurturing.

Two weeks after the workshop, she called to say she had to tell me a story:

"My kids met me at the airport when I got home, and we went out to dinner and a movie to celebrate my being back. All night long, I kept catching my oldest son staring at me. Finally, I asked him why. He looked startled and stammered that there was no reason, he just hadn't seen me in a while. But he kept staring, and as he headed to bed that night, he turned to me and said, 'Mom? Can I ask you a question?'"

"I said, 'Of course - what is it?'"

"But will you tell me the truth?'"

"Well, of course I will, honey!' I had no idea what he was thinking!"

"You didn't go to a workshop, did you?' he said."

"Of *course* I went to the workshop! What are you talking about?'"

"You had plastic surgery, didn't you? Your wrinkles are all gone!' I ran to the mirror and sure enough, my mouth looked normal; I could barely see any of the wrinkles." In the space of one week, her face had radically changed.

Your face is just a mirror of your inner self. When you change on the inside, your face changes as well. This is how quickly change can happen for someone, the internal reflected in the external. In fact she *had* gone for cosmetic surgery, but not had the inner transformation, her scars might be gone, but new markings would have soon replaced them.

### ***Cosmetic Surgery?***

Any external change you make to your face does have an effect on who you are inside. As for cosmetic surgery, I firmly believe that everyone should make the choices that feel right for them, but I'd love for those choices to be educated ones. Some lines actually have a very positive meaning and by removing them, you remove that asset! In fact, every feature, wrinkle and marking on the face is a reflection of who you are, of lessons you've learned and experiences you've had.

Everything important that happens to you in your life marks your face in some way. You may have a small wrinkle to denote the day you were married, another for the lessons learned in a difficult job, or the miraculous moment your child was born.

When you really understand what your wrinkles mean and how your features reflect your inner truth, why would you ever want to change a single thing? It seems to me the equivalent of throwing out your family photo album - the record of your life story. These are badges of courage, marks of honor, and signs of your inner growth and the deepening of your wisdom. Instead of thinking that you have to make your face fit the latest consensus of what superficial beauty is supposed to be, perhaps you can use this knowledge to discover, nurture, enhance, and express your true beauty.

When cosmetic 'queen', Estee Lauder died, there was a lengthy obituary in the newspaper. In it, she was quoted as saying that there is one day in each woman's life when she is certain to be beautiful. That is her wedding day, as on that day, she will take great care with her make-up. When I read that, I jumped out of my chair! A woman is beautiful on her wedding day, not because of her make-up, but because she is in love! The glow of love makes anyone's face beautiful, whether she is wearing make-up or not. The goal of my work is to help you cultivate and enhance that inner glow of love for yourself and others. If you are radiating love, you'll be seen by others as beautiful, no matter if you have wrinkles, no make-up, or a big nose, and certainly without having to cut your face.

### ***Relationships***

People in a wide range of professions come to my workshops - parents, doctors, managers, consultants, salespeople, and many others - and I regularly hear how useful the information is for their professional relationships. But face reading helps improve your personal life as well. I recently had someone in a workshop who was just about to break up with her boyfriend because he always seemed to be trying to create an argument. He actually had a tendency to want to make others angry. In fact, he seemed to almost enjoy the moment when he saw the angry look finally appear on the other person's face.

In a recent study at the University of Michigan (published in the journal of Physiology and Behavior), it was found that people with high levels of testosterone enjoy, and actually try to provoke anger in others. This is in total alignment with what face reading tells us - there are certain features in the face that show you who has a high testosterone level and will be aggressive in this way. For instance, if someone has very large bushy eyebrows, and especially if this is in combination with a prominent jaw, the chances are that they may try to create an argument out of any conversation. They'll view every interaction as a competition they need to win, and they will try to get a rise out of you at the very least. Angry exchanges don't upset them; they even feel energized by conflict.

This is not to say that bushy eyebrows and a strong jaw are bad! Among other things, these features also show a person with confidence and drive, who easily can come up with new ideas, has the ability to make decisions, take action, and get things accomplished. Definitely someone you want on your team.

But back to this woman and her relationship with her boyfriend. Certainly it's no fun being with someone who wants to turn everything into an argument! But with the new understanding that face reading gave her about his natural tendencies, it helped her to stop taking his behavior so personally. It also allowed her to understand him in a new way and make different decisions on how to respond. Rather than be confused, hurt or angry in reaction to his behavior, she learned what to do to avoid getting caught up in the situation. Whether or not she decided to stay in the relationship, she could make the decision in a more balanced frame of mind and with a clear understanding of the issue. This is one of the empowering ways the wisdom of your face can help in life.

## ***Children***

### The 'Highly Sensitive Child'

A mother recently brought her nine year old daughter to see me for a private face reading session, in hopes it could help resolve a problem between them. She told me that things had gotten so bad that her daughter said she didn't even want to be around her mother anymore. Although at first she didn't share with me the details of their problem, I could tell by one look at her daughter what it might be.

I explained the daughter's personality and needs, describing what her behavior was likely to be - that she was extremely affected by small things, even how her clothes felt on her skin could make her uncomfortable, and she might have very precise needs for bedtime rituals or food. She probably got upset if little things were moved or changed. Overall, she'd be more anxious about the details of life than other children.

Her mother's face just lit up as I spoke. She excitedly said this was exactly the problem. But I was giving her an opportunity to see it in a whole new light. She had been looking at this situation as one of a power play. She thought it was her job as a parent to teach her daughter respect, and she had interpreted her daughter's attempts at control as a way of trying to seize authority from her mother. For instance, at night, the girl wanted her bedroom door left exactly halfway open, but the mother refused because she felt it was important to have the final say. However, her daughter cried so hard about the door position, not because she was trying to take charge, but because only that exact position of the door made her feel safe and able to relax and sleep.

Another conflict between them was the mother's tendency to be a bit disorganized and run late. This meant that she often didn't make time to warn her daughter that they only had 5 minutes before they had to leave the house on an errand. Her daughter's personality was one that needed time to prepare. Rushing made her highly anxious, so she became upset when her mother urged her to hurry out the door. Again, the mother had looked at this as a power play, but now she understood her daughter's personal need for space to breathe, time to adjust to a new idea.

A week later, I got a happy phone call. Just this new awareness had improved things so drastically that her daughter was happily wanting to spend as much time with her mother as possible! There was a new relaxed warmth between them, thanks to this mother's ability to accept a new understanding of her daughter's nature, her needs and behavior.

## ***Candidates***

I'm already being flooded with questions about what we might be able to perceive in the presidential candidates' faces! I'd like to start with Barack Obama, as there's so much interest in him. Overall,

Obama's face shows him as a visionary and idealist, but he's not lost in the clouds. This is a man with great clarity of mind, with a focus on thorough planning and decision-making. He'll approach any problem with a laser vision and come up with logical and practical solutions. While he has strong values and integrity, he's capable of considering all sides of a situation and taking into account diverse needs.

His personality includes a deep need to be authentic in what he says and does. But in politics, even the most thoughtful and genuine statement can be misinterpreted or taken out of context. For him, one of the most uncomfortable aspects of the presidential race is that he has to deal with people dissecting and possibly misunderstanding or even twisting what he says.

I see very little in his face to indicate he couldn't be a great president. His temples are slightly indented, which indicates that he may be driven, even compulsive about work, but also that he's highly disciplined, and that spirituality plays an important part in his life. Some aspects of his features show he's not exactly the warm and fuzzy teddy bear personality - he definitely needs to find 'alone time' to keep his energy strong. People may mistake him for being aloof at times. But his eyebrows show his ability to dive in and get involved in even the difficult work, feeling a personal responsibility to stick with any problem until it's solved. And his lower eyelids indicate genuine care for other people. An additional marking, a mole near his nose, indicates that this is a man with a special purpose in the world. Whether that purpose is to be president is yet to be seen!

### ***Get Out Of The Grocery Store Faster!***

As an exercise in how practical face reading can be, you might use it to get out of the grocery store more quickly than anyone else - by reading the faces of the check-out clerks! You may have noticed it's not always the shortest line that will get you out of the store the fastest. Scan the faces of the check-out clerks before you choose a line to stand in. You can read their faces to spot the one who'll be so busy flirting with the bag boy that she'll make mistakes. Or the clerk who'll be so involved in looking at all the photos in everyone's wallet, it'll take forever. You'll know to head for the line leading to the person who will be organized and efficient, or the one who will be meticulous, and doesn't want to "visit"! She may take a bit too long packing your groceries to perfection, but she'll put the cans on the bottom and eggs on top.

### **So, How Did This Red-Haired White Woman.....??**

People often ask me how I came to this very unusual life of bouncing around the world teaching Chinese face reading. As you can see by my photo, I am not Chinese!

In the late 1970's I married into a Chinese family, and spent the next fifteen years immersed in what was often quite a traditional Chinese cultural experience. My poor mother-in-law had so much patience with me, as I had no idea of the expectations for our relationship. She'd waited all her life with great anticipation to finally be a mother-in-law and to have a Chinese daughter-in-law who doted on her every need. But I was woefully unaware of what I should be doing for her! However, over time, we found our balance together, and it was she who gave me the great gift of my future career.

The rest of the family told me not to listen to her talk about face reading, that she was being superstitious. But something about what she was saying intrigued me, and she became my first face reading teacher. I went on to study for the next 25 years with many wonderful teachers.

But it was a long journey of study, analysis, and personal experience, as much of the information that's out there is mired in superstition, misunderstanding and cultural differences. I found that because face reading evolved over thousands of years within the Chinese culture, it needs to be translated to be meaningful and practical for our Western lives. When I was finally able to discern the truth deep below the surface, it transformed my work, my life, and the lives of my clients and students as well.

So I hope that I can be viewed as one of those whose work may help to bridge the two cultures, integrating ancient Eastern knowledge into our Western 21st century lives!

***An Oprah Moment!***

I rarely get a chance to watch TV, but serendipitously, I happened to watch an Oprah show where she was interviewing actress Charlize Theron. Charlize was talking about how she believes each wrinkle on your face represents an experience in your life, and that you should be proud of them, rather than try to eliminate them! The look on Oprah's face was gorgeous, as she declared that an "Aha" moment for her. I wished I could have reached through the screen to hug them both!

Face reading helps you live your life in alignment with your own natural flow, find the life path that gives you joy, relationships that nurture you, and creates a way for you to view yourself and others with understanding and compassion. When you can embrace your true nature, you finally get out of your own way. You can actually be yourself - on purpose.

Who are you? What is your calling? You already have everything you need to know. It's written in your face.