

"The Micocosm Reflects the Macrocosm"

The *Wisdom of Your Face* is based on the same ancient principles as traditional Chinese Medicine. The Chinese believed that your face is a reflection of your true inner spirit, the blueprint of your original design. The wisdom written there explains why you think, feel, and behave as you do, and can help you find the life path that brings you joy, relationships that nurture you, and most of all, gain a way to feel true compassion for yourself and everyone you encounter.

Please join author Jean Haner to learn the wisdom you can find in the curve of your cheek, the slant of your nose, even the style of your hair. If you have questions for Jean about your own face or those in your life, please send them to Krysta@newspiritjournal.com or mail them to New Spirit Journal, 14911 Chain Lake Rd #431, Monroe, WA 98272.

Dear Jean,

I am a woman with very full eyebrows that I pluck to a much thinner line. Does that have any effect on my personality or energy?

Jean's reply:

One of the principles of Chinese medicine is that "the microcosm reflects the macrocosm." In other words, any one small piece of a thing reflects the totality of the whole. This is why your face can give us so much information about your entire physical, emotional, and spiritual self.



Eyebrows are one of the few features you can easily change, and an especially important feature to not reduce too much. Full eyebrows show a strong level of confidence and assertiveness, as well as drive in life overall.

Every change you make to your face has a corresponding effect on your inner nature. Eyebrows are one of the few features you can easily change, and an especially important feature to not reduce too much! Full eyebrows show a strong level of confidence and assertiveness, as well as drive in life overall. The energy associated with your eyebrows is one of a "push forward." This translates into the ability to work hard, stand up for yourself, and have the self-confidence to keep moving forward toward your goal.

If you make your eyebrows too thin, you actually lower this level of confidence. I often find that women with thin or sparse eyebrows tell me they lack self-confidence. And when



The Wisdom Of Your Face

by Jean Haner

they allow their eyebrows to grow back in more fully, their confidence soars again.

Sometimes women have plucked their eyebrows for so many years that they stopped growing back and they're left with very weak brows. It's been fascinating to see that even drawing eyebrows back in with make-up has the same effect of boosting their confidence and assertiveness. And what's been even more amazing is that when people do inner work on their issues with confidence, their eyebrows suddenly start growing back, even after years of sparseness! Just as any external change you make to your face has an effect on who you are, also any inner change you make to your spirit creates a corresponding change on your face. Your face is just a reflection of who you are inside.

Your eyebrows also show your potential for the emotion of frustration and anger. When stressed, someone with full, thick eyebrows may be more likely to become irritated, frustrated or angry. Our culture tends to have a negative judgment about anger, which can sometimes be a healthy and appropriate reac-

tion to a situation. It's important to understand that a person with thick eyebrows is not an inherently angry person! They do carry more of that dynamic "push" energy in their nature and can go into frustration or anger more easily than others, but this also means they can work hard and get things done.

I'm actually more concerned about anger issues with women who pluck their eyebrows into teeny tiny pencil-thin lines on their faces. This can be a sign that they are suppressing their anger and are not coping well with their angry feelings. This can create real problems in relationship and even affect their daily interactions with everyone.

Extremely bushy eyebrows can make others feel a bit threatened, so avoiding the monobrow look is probably a good thing. But overall, it's best to only minimally pluck your eyebrows. Your full brows are signs of one of your greatest personal strengths, and you want to keep that in healthy balance.

Dear Jean,


I'm working with a life coach who came highly recommended, but I'm really beginning to wonder about some of the things she's advising me to do, such as some pretty intense emotional release work. I don't want to be close-minded but this just doesn't seem to fit with who I am.

Can you read compatibility between two faces? I'm enclosing photos of both her and me for you to see.

Jean's reply:

This is a great question, and face reading is so valuable for this kind of situation. Most of us have had the experience of being given advice by some expert, or even a friend,

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Patrick Martin, Jr. Holistic Health Counselor
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