

What Does Your Forehead Reveal About You?

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,

My friends always tease me because of my round protruding forehead. I look something like Reese Witherspoon. Does that kind of forehead mean anything good or bad?

Jean's reply:

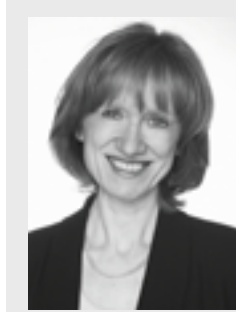
Every feature and marking on your face holds valuable information about who you are inside, what lessons you've learned, and what you need in order to be happy in life. I think of it as your "user's manual;" your face reveals how you were designed to be in the world and how to put that design into use successfully.

One of the things the upper forehead represents is what I call the gifts from your ancestors. The more rounded your forehead is, the stronger the connection you have with your ancestral lineage. Your rounded forehead shows us that you have inherited talents, traits and abilities from your ancestors, and these are important to put to use in your own life in some way.

You may already recognize how your ancestral lineage is affecting your life today. It may be that you inherited your grandmother's talent with music, or your father's interest in philosophy. Perhaps you're working in the same field as one of your parents or grandparents; you may even have a special interest in genealogy and have traced your family tree back for generations.

But if you've set a course that veers in an entirely different direction and there's no trace of your ancestors' traits or talents in the life you're living today, it would be valuable to explore how you may not yet have claimed those gifts that are available to you through your lineage. It's important to pay attention to the stirrings that are coming to you through your ancestral qi. You may try to ignore them because you think you can't make money with them. But they will still come knocking on your door until you finally integrate them into your life.

When my son was 13, his teacher somehow convinced his class that they all had to decide what college they were going to go to, what they would major in, and what profession they'd work at for the rest of their lives. Needless to say, he felt quite pressured. As I



The Wisdom Of Your Face

by Jean Haner

attempted to reassure him, I told him that he could easily study many different things in his life and work in various fields. I reminded him of how many options he had available, while when I was his age, my choices were much more limited. In the 1950s and 1960s when I was growing up, women were expected to become nurses, secretaries or teachers – and that was only until they moved into their true calling – being wives and mothers!

"Both Grandma and Grandpa were teachers," I reminded him, "and I was expected to become a teacher too. But look at me!" I thought back through all the different kinds of work I'd done in my life: writer, photographer, real estate appraiser, feng shui practitioner, face reader, now traveling all over the world leading seminars....

"Yeah," he said, with a look of bemused disgust on his face, "you're a teacher." He laughed as my jaw dropped with the realization that he was right! All that long journey of exploration had taken me right back to my natural inheritance. My rounded forehead meant I could not turn my back on the gifts from my ancestors.

But if I'd have had to work in a typical teaching situation, stuck in a classroom each day, I'd have been very unhappy. I was expressing my inheritance in a way that was perfect for me. And that will be the task of anyone with a rounded forehead; to discover how to make use of the gifts they've been given in a way that suits their own needs in life.

If someone has a flat forehead, that has no curve to it, this doesn't mean they have no gifts! But instead, this kind of feature reveals they can pave their own way in life without attention to family karma, possibly doing something very different from their forebears. This is often a great relief to someone who feels the calling to travel in new directions from family.

Some people's foreheads slant back. This is usually most easily seen when viewed in profile. It's sometimes called the "Dealmaker's Forehead" and is a reflection of someone who can always figure out how to make something work. They're often successful entrepreneurs because they're resourceful and confident about finding a solution to solve any problem, or to make a deal happen. Other people can sometimes perceive them as a bit pushy or ambitious, but this is not always so, and these are the people who can make things work.

It's often the features we're most self-conscious about that are the very ones that reveal our greatest strengths.

Jean Haner is the author of "The Wisdom of Your Face." With her 25-year background in ancient Chinese principles of balance and health, Jean places an emphasis on compassionate and affirming ways for people to live in alignment with their own true selves. Please visit www.wisdomofyourface.com for information on workshops, consultations and Jean's free newsletter.

Our Human Self and Our Soul Self: Be Comfortable in Your Humanity, But Don't Believe In It

by Jennifer Yost, MA

At some point in every person's life the question is asked, "What am I doing here?" Many of us search lifetimes seeking the answer to that question. The answer is really not that complex; it is simple, yet profound. We are here to transform ourselves and the planet. We are here to remember the true essence of who we really are, the essence that transcends our bodies, space and time.

As human beings we forget, and as we forget, we become increasingly dense, more aligned with matter than with truth. One could say spiritual awakening is the remembering of where you came from. We are 100% human and 100% divine, all at the same time.

When you are born, you start your training to become a "somebody." The part of you that is the "nobody" (spirit) gets lost from the "somebody." As we grow up, our ego is developed. We become so busy seeing ourselves as separate, we lose how we are part of the earth and universe.

The part of us that lives in time and space, the "somebody," is special and unique. However, there is another part that is just here. We are both one with everything and separate simultaneously. Of course we have to be a "somebody" to function on the earth plane. We must take on roles to come together; it is how we meet. How much do you invest in these roles, in the somebody-ness?

We all have hundreds of identities. The art is sitting behind the identities rather than getting caught in them. Once you realize you are nobody, you can be anybody. As long as you think you're somebody, you're trapped. Be comfortable in your humanity, but don't believe in it. You can perceive our physical bodies as costumes that our souls inhabit and are necessary for the earth plane.

When you are able to move your awareness where all things are seen as perfect while still holding profound respect for the

human experience, you become a bridge to both worlds. Viewing the world through human eyes can be very sad. It is joyful when viewing it through the observer's eyes, watching the dance, having the pain and the joy at the same time. Our life experiences are the outer symbol of what the soul is seeking to know.

Judgment comes out of our own feelings of lack of power and fear. The one who is afraid is always the "somebody;" it's never the nobody. When you begin to feel fear, confusion, disease, that is a signal that you have stepped out of the soul's perspective.

Suffering teaches you where you are still holding on. Learn to trust and let go, freeing yourself from attachment. Spirit did not design pain and suffering; resistance did. There is nothing wrong with attachment as long as it does not limit you.

Start to view painful circumstances as lessons not as retribution. It is more than enough to feel your emotions, then let go of what stirred them. Drop it. By practicing this, you will begin to move through your life much more gracefully. What seemed like mountains turn into molehills.

Here is a metaphor to help you in shifting and expanding your perspective. As children, we've played with shadow puppets. Do you choose to see the shadow puppet as your only reality, or are you also aware of how those shadows were created and of the light that stands behind the illusion? Not only are you the shadow on the wall but you are the hand that makes the shadow and you are the light.

Enlightenment can be defined as the awareness of your human and soul experiencing at the same time. Yes, you are separate in your humanity, but you are also one with everything and everyone.

Jennifer Yost, MA, reiki master, has a private practice and teaches reiki. Visit www.integratehealing.com.



Join us for lunch and good company!

www.goodcompanylunch.com

This is a relaxed networking lunch where we gather to share great food and even greater company. We visit, network, and make referrals. Find out why some people say this is their favorite networking group!

First Tuesday: Dec. 2, Jan. 6, Feb. 3, March 3
11:30 a.m. to 1 p.m.

No reservations required. • No prepayment required
Cost is the price of your lunch - the buffet costs \$6.99!
(Vegetarian available.)

Chef Chen's, 15704 Mill Creek Blvd. #9 Mill Creek, WA
425-338-3300 (for directions only)

For information about Good Company, call 425-356-7237 or 206-799-7753

A Monthly Gathering of People Of Positive Influence

People of Positive Influence (PPIs) are those who are living their lives in such a way as to be a positive influence on the world around them. It doesn't matter what kind of work you do or where you do it. If you are helping to make the world a better place, if you are reading New Spirit Journal, you are a PPI! Join us for a monthly network gathering.

Sponsored by Krysta Gibson and Rhonda Dickson of New Spirit Journal