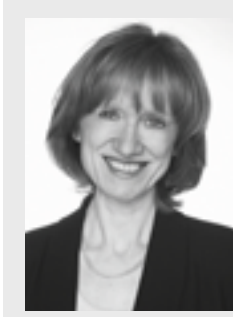


Problems Losing Weight? Tailor Your Program to Your Archetype

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.



The Wisdom Of Your Face

by Jean Haner

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'm just wondering if Chinese face reading can explain why I have such trouble losing weight?

Jean's reply:

It may be that you've been trying to lose weight in a way that doesn't match your personal needs. Our systems are all very different and respond well to some tactics and not to others. I've known many people who've struggled with this issue, picking up the latest diet book in the hopes that this will finally be the answer, only to discover they couldn't stick with it, and ended up blaming themselves. If this has happened to you, it probably had nothing to do with your level of willpower. It may have very well been that the diet was not "you."

In Chinese face reading, there are five personality types, or archetypes that have predictable patterns of thoughts, emotions and behavior, and unique needs for success in life. See if you can recognize yourself below and discover a better way for you to lose weight:

Artist-Healer-Philosopher archetypes have any of the following features: Prominent chin, large rounded forehead, natural shadowing above and/or below the eyes. Women of this type tend to have large hips. Well-known faces of this type are: Jay Leno, Will Smith, Reese Witherspoon, Winona Ryder.

Weight loss tactic: You can summon your natural tenacity and stick to a diet with great determination. However, you are very independent and are drawn to unusual ways of doing things. Avoid a strict exercise regimen or limited meal plan. Allow freedom in times of meals, many options for food choices. Include lots of soup in your diet. Exercise should be flowing, such as yoga, swimming, tai chi, ball-room dancing, skating, or slow walks on the beach.

Pioneer-Entrepreneur-Athlete archetypes have thick eyebrows, and a strong and well-

defined jaw. Their temples (the sides of the forehead) are often indented. Body types are tall and sinewy or short and compact. Well-known faces like this are: Brad Pitt, Hilary Swank, Brooke Shields, Mary Lou Retton.

Weight loss tactic: You have enormous powers of discipline when you're required to find them. Choose a structured meal plan, with lists of approved foods to eat and at certain times of day. Emphasize salads and only the healthiest of foods. Avoid complicated recipes to fuss with, however as those will frustrate you so much, you'll end up going out for a burger. Staying active is an important key, so include lots of exercise, especially strength training and competitive sports. In fact, if you can compete with a friend to lose weight, it'll motivate you the most.

Performer-Lover-Free Spirit archetypes often have very curly hair, red hair, or spiky haircuts. Bald men also share this quality of personality. Their eyes sparkle, there may be a cleft in their chins or their noses are pointed. They talk, move and think fast. Well-known faces of this archetype are: Jackie Chan, Reba McEntyre, Patrick Dempsey, and Shirley Maclaine.

Weight loss tactic: Above all, make the diet as fun as possible. Don't waste your time on any plan that doesn't give you lots of variety, especially with different ethnic cuisines or eccentric meal choices. Select brightly colored foods, with lots of different textures. It's best if you can go on a diet at the same time as your friends, and connect with them frequently throughout the day to chat about how you're doing. Include variety in exercise; anything fast-paced is always the top choice.

Nurturer-Best Friend-Diplomat archetypes have a large mouth or full lips, plump lower cheeks, and/or a fleshy nose. They tend to have tummies even when slim. Women of this type may have large breasts; men may be stocky or have large muscles. Well-known people who have these kinds of faces are: Hillary Clinton, Oprah Winfrey, John Krasinski, and Renee Zellweger.

Weight loss tactic: The last thing you should ever do is to deprive yourself. Never go without dessert, or you won't be able to stick with the diet. Create meals that leave you feeling full and satisfied. Include starches and root vegetables. But have somewhere to go right after a meal, because once you sit down, you tend to not want to get up, and you'll just keep eating. Don't even consider a solitary exercise plan; work out with friends and you'll stay with the program.

Visionary-Perfectionist-Authority archetypes have large noses or prominent cheeks, and/or their eyebrows are arched high above their eyes. They often have very small bones as evidenced by thin wrists and ankles, and tend toward pale complexions. Well-known

faces of this type are Michelle Pfeiffer, Adrian Brody, Meryl Streep, and Lyle Lovett.

Weight loss tactic: You thrive with regularity. Eat meals at the same time every day, and possibly even the same food each day. Predictability is comfortable for you. Depriving yourself (within reason) can make you feel proud of your self-control and help you stick to the diet. But watch out for going too far, it can be too easy for you to get caught up in the whole concept of "doing without." Exercising by yourself is preferable; it's best to avoid team sports.

But lastly, my request to you is to examine your feelings about your body as it looks right now. If you're responding to cultural

pressure to try to look a certain way, I hope you can come to a place of love for who you are in this moment before making any decisions about weight loss. Some of the most breathtakingly beautiful women I know have body types that you don't see in fashion magazines. We need to expand our appreciation for all kinds of beauty.

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.

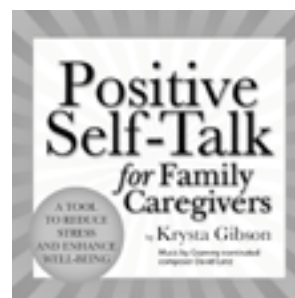
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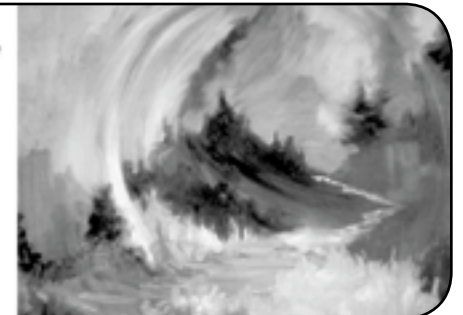
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