

The Wisdom of Your Face is based on the same ancient principles as acupuncture and 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 answers two of the most important questions you need to ask yourself in life: Who am I and what is my calling?

By discovering your unique inner design, you can become a more integrated expression of your authentic self, 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.

Join author Jean Haner in this new column to learn the wisdom you can find in the curve of your cheek, the slant of your nose, even the style of your hair. This is a fun and fascinating experience, but with profound implications for deep and effective personal change.

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 have always wondered why I have the nose I have. It's large, with a prominent bump at the bridge. I have always hated it and it always has made me feel unattractive. I have had a difficult life, growing up with an abusive father. I now have a son who is disabled, and it has been a very difficult, heart-breaking experience to raise this child. There are special moments too,



The Wisdom Of Your Face

by Jean Haner

but overall I have had a tough time of it. What can my face, in particular my nose, have to do with all of this?

Jean replies:

Even from the brief information you've shared, it sounds like you've had to summon a lot of strength and courage in life, and I want to acknowledge that your large nose may well have been part of what empowered you to make it through. Our noses represent several different aspects of our inner selves, but one important thing they show us is our ability to achieve power in our lives. The larger your nose, the more the potential for personal power, and the greater the need to feel in command of your own life.

In some countries in the Middle East, they used to pull on the noses of the young princes, because they believed no one could be a king without a large nose! (Barbra Streisand's nose is one of the reasons for her great success, as well as her famous desire to be in control of any project!)

So your large nose is actually a sign that you have the power to survive these difficult

times and reach a place of greater strength because of them. The prominent bump on the bridge of your nose has an extra significance: it indicates that you have an even stronger ability (and need) than most people to "be in charge," to hold authority, in career or life in general.

For instance, it may be especially uncomfortable for you to be supervised by others in a job, or to experience people trying to tell you what to do in your personal life as well. This is often because you already know far better than they do how to get something accomplished in the best way possible!

You may well also be a highly sensitive person overall, with a greater level of awareness than others. This

can translate into a beautiful ability to sense what someone else is feeling, and to create ways to make them comfortable and at-ease. This means that you're probably exceptionally good at reading your son's needs and knowing how to help him far more effectively than someone who doesn't sense all the subtle nuances of any situation.

This degree of sensitivity can be a challenge. When you walk into a room, you will absorb much more "information" than other people. If a picture is hanging crooked on the wall, you'll probably not be comfortable unless you can straighten it! You'll notice the tiny details in any project that others miss. And if someone else in the room is stressed, you may be affected by their energy and feel stressed yourself. Places like crowded shopping malls or big parties may be especially difficult for you because there's too much energy for your system to deal with.

Obviously, this can create difficulties in life. It may be you can too easily feel overwhelmed, because you're almost like a psychic sponge in any situation. If you're feeling overly affected by the sub-

tle energy of people or places, it can help to try to sense where the boundary of your own energy field is, and imagine pulling it back in towards your body or feeling it more intact around you. You can also remind yourself that much of what you're feeling has nothing to do with you; it may belong to someone else!

Also, remember that it's this same sensitivity that allows you to open your heart to others, and carves your path into living an even more sacred and authentic life.

You have a "nose of power!" Now that you know what it means, I hope you'll look into the mirror with a new joy and acknowledge-ment.

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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MEDIUM AND ANIMAL INTUITIVE

Kim has always been able to "know" things that other people could not, although it wasn't until the death of her mother that Kim discovered the depth of her unique talent.



Kim Miller

Because of the deep grief that she felt for the loss of her mom, Kim has dedicated her life to providing a way to help others overcome the grief caused by the death of a loved one. She has proven time and again that death is only a doorway to another world and that life indeed does continue after what we call death. Kim is a gifted medium, grief counselor and animal communicator. She has discovered the unique ability to feel and sense what the animal is feeling and is able to translate it into words. Kim has appeared on "Northwest Afternoon," "Martha Norwalk's Animal World," and "Kevin McDonald Presents" and has received rave reviews about her work.

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