The Meaning of Those Wrinkles On Your Chin

The Wisdom Of Your Face

by Jean Haner

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 just developed some new wrinkles on my chin. Does this mean anything?"

Jean's reply:

I'm so glad you wrote in about this, because I love to help people understand what wrinkles are really all about. Everything on your face means something and can have an important message for you. Your face is considered to be like a hologram of who you are inside. Your features indicate how you will tend to think, feel and behave. Your wrinkles are the results of those patterns of thought, emotions and actions.

Some wrinkles develop on your face because you've learned a life lesson and have gained some wisdom as a result. Often the actual experience of learning the lesson was stressful, and the repeated patterns of expression you made during this time slowly and subtly created the new wrinkle. As you know, the most powerful growth experiences usually are difficult as they're happening. But the resulting wrinkle is a badge of honor, proof that you've grown as a person. If the new wrinkle on your chin is a single horizontal line, it could be this kind of indicator.

Other wrinkles are gifts that I call "early warning signals." These wrinkles appear when you've been going in a direction that is putting your system out of balance. If you know the meaning of that kind of wrinkle, you will also know what's going wrong and how to re-balance your life.

So, we need to consider what these kinds of wrinkles on the chin could mean. One thing the chin represents is our overall willpower in life. It reflects the level of our inner strength, the power to endure the difficult times, the tenacity to stick it out when the going gets tough. People with prominent or large chins have a deep supply of this kind of stamina. They make it through hard times through their sheer determination. It's a wonderful strength, but can also show up as a good dose of stubbornness as well.

Another aspect of our inner nature that the chin reveals is how full the supply of our reserves is, and how good we are at tapping into that deep reservoir of nourishing life energy that we can draw from to keep going. Many people don't do this for themselves often enough. Our culture doesn't value down time, that quiet, floating time when we can just let go and "be" instead of "do," and thus replenish our energy.

So these meanings come into play when we consider what the wrinkles on your chin mean. One common cause of developing these kinds of wrinkles is after you've gone through a difficult time in life, when you've had to really reach down and pull up all your willpower to make it through. There are times when this can be necessary as a natural part of life. But if you have to draw too deeply or for too long, and the reserves aren't replenished, then your inner will and life force can become depleted. Wrinkles on your chin can be an early warning sign that this has happened.

Seeing wrinkles appear on your chin means it could be time to examine if you have indeed had to summon a great amount of your willpower to survive a difficult time. And if so, the message is that it's now important to pay attention to refilling that reservoir. This can be done in small and simple ways. One question to ask yourself is, what do I do that makes me go "Ahhhhhhhhhhhh...," like that beautiful feeling of sinking into a deep, warm bath or hot tub. Or stretching out on the couch in the dark and watching a movie. Or sleeping late and having breakfast in bed. What allows you to sink down with a smile, and feel every cell in your body relaxing?

If this situation applies to you, then these kinds of activities are like medicine for you at this point in time; essential to help you re-balance and restore your vital spirit. Many people feel guilty about any time spent being "unproductive," because our culture values work more than rest. Some people almost brag about their non-stop schedules, and those who choose a balance of quiet time with the active can be judged as slackers. But in the long run, those who make space for deep rest are the people who will maintain their health, physically, emotionally and spiritually.

If you now re-balance in this way, you may actually see those wrinkles fade. But if they don't, their message will then be important in an ongoing way, to allow you to notice any consistent patterns you have of overdoing, or thinking you have to do everything yourself, and a wonderful reminder to take excellent care of yourself.

A special invitation from Jean: "I'll be in Seattle April 4 and 5 for The Wisdom of Your Face workshop. I'd love to meet you there!"

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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