

# How can I prevent signs of aging on my face?

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](mailto:krysta@newspiritjournal.com) or mail them to New Spirit Journal, 14911 Chain Lake Rd., #431, Monroe, WA 98272.

Dear Jean,

How can I prevent signs of aging on my face?

Jean's reply:

Most of us tend to look in the mirror and cringe when we see wrinkles developing or changes to our faces as we grow older. This isn't surprising since our culture has such a limited definition of beauty, and with enormous pressure to fit into narrow parameters of what's considered attractive. And as we see signs of our aging, we're also reminded that



## The Wisdom Of Your Face

by Jean Haner

we're coming closer to the end of our lives here, which can contribute to our viewing getting older with fear and resistance.

But I still find it fascinating that our culture's reaction to aging is so extreme. What if we approached other stages of life with this mindset? What if we felt our 10-12 year old children, on the brink of adolescence, should delay puberty? What if there were drugs and procedures, creams and potions to stop their bodies and faces from developing into this next natural stage of life? What if we tried to prevent our babies from learning to walk, and churned out books for parents about how not to let your children look their age? How ridiculous and horrifying that sounds.

And yet we look at the later phases of life with their associated changes as bad, to be delayed and resisted for as long as possible. But Chinese face reading reveals that many of the wrinkles and other changes to our faces at this stage are actually powerfully positive signs of the lessons we've learned, experi-

ences integrated, and wisdom gained.

Now, there are signs of aging that develop on our faces when our energy becomes out of balance, due to our falling into patterns of negative emotions, such as pessimism, anger or sadness. Our faces are just reflections of who we are inside,

the history of our reactions to our life experiences, our choices about how we feel, and our expectations about the future.

For instance, by middle age, it's not uncommon for a person's mouth to be turned down, or with their lips held very tightly. This can be a reflection of how stressed they are overall, and frequently it also shows they're holding on to the disappointment in their lives, and carrying a more negative attitude as a result.

They may have had a truly difficult time, had important hopes and expectations go unfulfilled. But by falling into a pattern of negativity, they're almost ensuring these experiences will continue. One of the many things our mouths represent is how well satisfied we feel and how receptive we are to other people and life in general. A turned-down mouth or tight lips basically gives the message, "I've been disappointed so many times in the past, and I'm sure I'll be disappointed again." And the universe will certainly comply.

This certainly is a sign of the kind of aging that we want to avoid. One thing I suggest is to occasionally tune in to how you're holding your mouth as you go through the day, much like you check your rearview mirror as you drive. If you become aware of tension there, or feel your mouth turning down, consciously relax your lips, and create a small smile. You'll be amazed at the impact a simple practice like this can have on changing subtle but longstanding patterns of emotion, thought and even behavior.

Another sign of aging that we might want to transform is a change that happens to some people's eyes. This change is not the usual sagging eyelids or wrinkles around the eyes. Those have meanings as well, but not negative ones. Instead, it's the people who hold their eyes in a more and more narrowed fashion as they grow older that are of concern.

One of the things the eyes represent is how we feel about letting others into our hearts. People who hold their eyes in a more squinting fashion are not so open to others. This can be a helpful tendency; they are not easily taken advantage of, and they evaluate situations carefully, looking at things realistically. But if someone's eyes become more and more narrowed as they age, it's a sign they're growing more closed to others, less open-hearted, and probably more negative and unnecessarily distrustful. If this is you, you could experiment with consciously relaxing your eyes, holding them wider open, to see how that feels and how it impacts your life.

There was a recent study of women identical twins' faces, to see how environmental and

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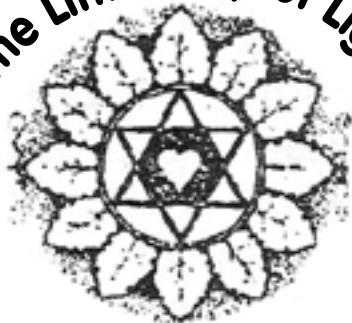
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