

Can you tell if someone is a good or bad person from reading their 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 or mail them to New Spirit Journal, 14911 Chain Lake Rd., #431, Monroe, WA 98272.

Dear Jean,

Can you tell if someone is a good or bad person from reading their face? Can you know if they're lying, dishonest, or trying to cheat you?

Jean's reply:

I'm hearing your questions a lot these days. Because of everything that's happened over the last several months in the U.S. as well as the rest of the world, regarding the economy many people are in fear about their financial survival, and angry about the greed they didn't participate in, but are being affected by all the same.

People are coming to workshops, asking where you can see greed on the face, or how you can tell if someone isn't trustworthy or if they're lying, who's a bad person and who's a good person.

The first thing to realize is that everyone has the potential to lie, everyone has the potential to act without integrity, do things that hurt other people.

If someone is out of balance within their own life, they'll be more likely to behave in this way. In other words, if someone doesn't have their stress under control, isn't in healthy relationships with others, is living in fear about money, is feeling unhappy and unsafe in general in life, they could have a need to try to deceive you. If someone



The Wisdom Of Your Face

by Jean Haner

is more in balance, then they won't be acting out of greed, fear, won't be likely to have any need to lie to you.

But one thing you need to consider is the bigger picture here. Why are there people in your life who could be lying to you, cheating you, harming you? Are you out of balance within your own self?

If your own life is in balance, you won't be as likely to attract the kinds of people who will be immersed in deceit, greed or fear. Or, if they do show up, your intuition will be flowing easily and you'll spot them immediately. And in any case, they'll leave quite promptly because they're not comfortable with your energy!

Now, yes, there are places in the face where you can see if someone is lying. For instance, there are micro-expressions in a liar's face that last only a fraction of a second, but these are extremely difficult to learn to read. Aside from that, you can see if someone is having feelings they're trying to hide, not by looking at their eyes, as most people think, but instead, looking at their mouth. When someone is trying to manage their emotions, their mouth will change, often tensing up or becoming momentarily distorted. You can observe some pretty strong acrobatics the lips perform as someone tries to stifle their true feelings!

This is going to sound like I'm changing the subject, but I'm not. There's a term in real estate that I like: "highest and best use." In real estate, it's used to evaluate what a piece of property is best for. Should we build a house there, or a hotel, or a park?

This same concept can also be put to use with people: what is their highest

and best use? This is a big part of my work with "the wisdom of your face," helping people to discover their true calling, what they came here to do, and be.

For example, on the face, if someone has a large, highly defined jaw, they will have a tendency to be competitive. They love to win, they want to win, maybe at any cost. If they're living in stress and fear, if they've lost

for causes, to want to break up the old to make way for the new, so that the whole world benefits. At their heart, they are the true humanitarians.

You may have heard the saying "Everything that has a front has a back."

In terms of face reading, the same features and markings on the face that show a potentially negative tendency also reveal their very best nature – their greatest gifts – which that person may not yet be accessing, may not even see, because they're so stressed, living life so out of balance.

So, my belief is that our job is not so much to learn how to discern signs of dishonesty on someone's face, but rather to bring our attention back to our own lives and how in balance we are in this moment. How are you being true to your own nature? Are you living your highest and best use? The more you are, the less you have to worry about dishonest people entering your life.

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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