

# The Meaning of Temporary Facial Changes

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

Dear Jean,

**Can a temporary change to someone's face, like a spot or a rash, have a meaning? I know you look at features and wrinkles, but what if you have a mark that only lasts for a few weeks? Does that indicate anything special?**

Jean's reply:

Everything on your face has a meaning, even things that are only there for a short time. Those kinds of marks relate to a temporary life situation, and while they're not considered anywhere near as significant as the more permanent characteristics, sometimes they can reveal information that can really help you understand what you're currently experiencing.

For instance, I recently worked with a woman who was curious about a small red area that had suddenly appeared in her under-eye. A few weeks later it turned almost black in color, even though it wasn't a bruise, and after two months, hadn't yet



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by Jean Haner

disappeared.

Of course, any change to the skin like this should be checked by a medical professional, and her doctor had already looked at it and said it was nothing. But when it comes to Chinese face reading, I explained to her that any sign on the face can relate to three different aspects of your life situation. First it could provide a message about her physical health; secondly, it might reveal something to do with her emotional nature; or third, it could be associated with a certain time in her life's journey. Sometimes it's only related to one of those things, sometimes two, and often all three.

In terms of your physical body, the under-eyes reveal the level of overall hydration, and can also reflect how well rested you are, among other things. So for instance, if your under-eyes temporarily become dark, it can mean you're dehydrated, or haven't been getting enough sleep.

When it comes to what the under-eyes reveal about your emotional self, marks in this part of the face have to do with what's called "Unshed Tears." In other words, some emotions are coming up and need to be felt; tears need to be shed. If a red color shows up in this part of the face, it means a current issue is upsetting you, and if the color is dark, it relates back to old feelings from long ago.

And lastly, the under-eyes have to do with your life experience in the decade of your 30s. A marking here, especially a dark one, could mean that something significant that happened in that period of your life is connected with what's occurring for you now.

This was a big "aha" moment for this woman. She shared with me that when this mark in her under-eye first appeared two months before; it was a few days after her sister's 26-year-old son had committed suicide. The whole family was devastated, of course, and she flew home to try to help in this terribly painful time. Trying to hold

it all together so she could be there for her sister, she suppressed her own grief for the time she was there. So the red marking showing up in her under-eyes reflected the fact that she had "unshed tears."

But it was the meaning of why the marking turned so dark that really hit home for her. In her 30s, she and her sister had actually been

pregnant at the same time. However, her own baby had died at a few months of age. So now, not only was the grief around her nephew's death needing to be allowed, but her old sorrow at her own baby's death was emerging again as well. She said this explained why she'd still been feeling so intensely distraught after two months. It wasn't just the loss of her sister's son that she needed to cry about, but for the stirrings of her pain from the loss of her own son long ago, as well.

Several days later, I received an e-mail from her. She said the tears had finally been coming and she felt it was a necessary and wonderful release. And the marking in her under-eye was starting to fade as well.

The minor changes you see on your face are a reflection of the ebbs and flows of your inner nature, your personal response to your life experiences. You can use the wisdom presented there to understand what to focus on in this period of time, and as a map to navigate life overall in a more balanced way.

Jean Haner is the author of "The Wisdom of Your Face," and the upcoming "The Wisdom of Your Child's 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](http://www.wisdomofyourface.com) for information on workshops, consultations and Jean's free newsletter.

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## IF YOU SLEEP..

it may be time to wake up to what you are sleeping on.

Sleep constitutes an entire third of your life and your bed plays a critical role in your achievement of a wakeful and dynamic state of being. We are all trying to wake up and be present in the moment, finding that anytime we reside in the dead past or the non-existent future, it hurts. When we allow ourselves to be in the present moment we are alive—fully alive! Though not always easy, this is the most loving and gracious action we can perform for ourselves, everything and everyone.

We ask that you please take the time to wake up to what you are sleeping on and consider how sleep is often the most overlooked element of optimum health.

So, what are you sleeping with? Unlike beds of forty years ago, mattresses are now manufactured with increasing amounts of petroleum-based foams, volatile chemicals and fire retardants. In fact, you can be made ill by repeated exposure to these chemical emissions during the sleep process.

What can you do? You've taken responsibility for your food, your exercise, your environment...Isn't it time to take responsibility for the one third of your life over which you have absolute and complete control? A commitment to your well being is a blessing. It is a conscious creation of an alter/bed which provides you with the necessary profound rest essential for a dynamic wakeful life and the ultimate attainment of a relaxed and forgiving state of being.

Please, please allow us to serve you. We have found that the more we know about something the more we can appreciate it. We offer links to other like-minded sleep conscious companies along with exceptional resources through our website. We strongly encourage you to do your own research. Finding the right bed for you is our motivation—and it might not be one of our beds. All we ask is that you consider us in your process.

Visit us at <http://www.soaringheart.com> or we'd love to hear from you (206) 282-1717.

Thank You and Sleep Well!

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