

# Using Face Reading to Help Your Child Control Stress

*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,  
My teenage son got very stressed about his homework in school last year. As he goes back this fall, I'm looking for ways I can help him deal differently with things. Can Chinese face reading give me any ideas?

Jean's reply:  
Our children are born with unique personalities, patterns of how they'll think, feel, behave, and special ways of perceiving the world. The more

we can understand these inherent patterns, the better we can help our kids deal with stress. Chinese face reading is a branch of Chinese medicine, a method that looks at every detail on the face in order to get a complete understanding of someone's inner world, and what they need to live a healthy, happy and fulfilling life.

You can't tell everything about a person simply by looking at one or two features on his face of course. However, there are some basic things you can observe in your child's face that will give you valuable information about how he can best deal with stress, and also to discover how he may create it in the first place. Here are just a few examples:

Full eyebrows, strong jaw: If the most noticeable features on someone's face are long or bushy eyebrows and a large well-defined jaw, this is a person who loves to be active. He'll have more of a go-go-go personality and you may find him tapping his foot if you don't get right to the point in conversation. He also may have a tendency to procrastinate with homework, not starting a project until the night before it's due or being overly-confident about how easy something will be for him, and then discovering at the last minute that it's more complicated than he thought. To minimize the chances of this kind of stressful situation, it's best for him to break any project down into a step-by-step plan in the beginning, to get a clear vision of what has to be done and create a strategy for how to do it.

If he does become too stressed, what will



## The Wisdom Of Your Face

by Jean Haner

help him most is not a nap or hours spaced out in front of the TV. The best thing to return balance to these types of people is to get out in nature, going for a run, for instance, hiking in the woods, or just sitting under a tree.

Large mouth, full lips: This kind of mouth reveals someone with the potential to sit down and complete a project in the time allowed. But he also loves to enjoy life, so if there is a problem, it could be due to too many breaks for snacks or phone calls to friends. This is also someone whose family and friends play a big part in his life, an other-directed person, who may stress himself about doing a good job, worried about disappointing the teacher or his parents. He may have trouble sleeping the night before a test, his mind spinning with thoughts and worries.

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## THE ANGELS are always there

### Five ways to connect more closely with angels of light

1. Think about them frequently. Ask them to come closer and help.
2. Cleanse and purify your thoughts so that your auric field is more penetrable to their fine vibration.
3. Stop analyzing and overthinking everything. This puts you in your left brain and prevents the connection. Whenever you find yourself in your head, place a white-violet light in your mind.
4. Be receptive to their presence and their messages.
5. Listen to angel music. This is now being channeled by a number of sources. It refines your vibrations allowing angels to penetrate your aura. It is truly beautiful.

Excerpted from *A New Light on Angels* by Diana Cooper (Findhorn Press)

*Continued from front page*

**NSJ: Yes, I sent some of those to people and they loved getting them in their e-mails.**

Diana: It is so important because poverty consciousness is holding the whole planet back. If you absolutely know that your needs will always be met, you can afford to be generous and forgiving. You don't have to hang on any more. The recession is bringing the world together and the angels are working with the world leaders.

NSJ: Is there an all-purpose angel we can call on or do we have to remember the list of angels and what they do?

Diana: The best all-purpose angel is your own guardian angel. Work with your own angel and then let them bring in what you need. If you need a particular frequency angel to work with, they will pull that in. Don't be concerned that you might not have the right angel. You don't have to memorize names. But when you see their name you do call on that vibration so it comes to you and makes the connection with that particular angel.

It is important for your readers to remember this time is the most extraordinary opportunity for spiritual growth and to take advantage of it. We are being watched by the universe to see how we handle this shift. Let's do it with grace and purpose.

*Listen to Diana Cooper and Krysta Gibson interviewed on Conscious Talk radio Sept. 17, 7 a.m. at KKNW 1150 AM radio or streaming at [www.conscioustalk.net](http://www.conscioustalk.net).*

*Diana's website is [www.dianacooper.com](http://www.dianacooper.com). She is collecting true angel stories for a book she is writing to raise funds for schools in Africa. Send yours to [angels@dianacooper.com](mailto:angels@dianacooper.com).*

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