

Face Reading – What Is It?

Face reading and discovering one's own innate nature dates back as far as Cro-Magnon cave drawings. Throughout history, reference to facial structure and their corresponding function appears in literature, the arts and medicine. Aristotle was the first person to write a treatise on face reading called Physiognomonica.

From ancient times to the present, face reading has evolved from an art to a science. In the late 1930's Dr. Edward Vincent Jones, combined brain and genetic research with the philosophies of physiognomy, the assessment of a person's character based on their facial appearance, and phrenology, the study of human behavior based on the measurements of the human skull, to create personology, the study of facial structures and their corresponding behaviors.

Dr. Jones' work was carried on with a five-year research study done by Robert and Elizabeth Whiteside. I have been fortunate to study with their son, Daniel Whiteside, who continued their research. Together with Gordon Stokes and Candace Callaway, Daniel refined the information into what is called *Structure/Function*, the study of how the physical structure of the face, head and body relates to human behavior and function.

Each physical structure is a clue to our innate behavior: who we are, how we relate to others and how individuals see and respond to us.

Studying facial structures gives us a new perspective on relationships. Respect and understanding is developed for those with whom we want to effectively communicate.

Each individual structure represents one or all of the following:

- * **A strength;**
- * **An ability;**
- * **An advantage;**
- * **A talent;**
- * **A gift or**
- * **A lesson to be learned.**



For example, let's look at the shape of the face. Face shape has to do with **self-confidence** - innate or learned.

The person with a *long, narrow face* is by nature cautious. Their self-confidence and assurance comes from having learned all of the steps. They experience self-doubt when approaching unfamiliar people and projects. If you have a long, narrow face, demand to know and then learn the steps, build your confidence and respect the self-assurance that you have earned.



Long, Narrow Face = **STEP BY STEP**



The opposite face shape is called *broad-shield*. The width is through the eyes. This person is innately confident. They feel that they can handle anything and tend to face challenges head on. They are very direct and will often be in a leadership position. Need a volunteer for a project or committee? Someone with a broad-shield face is likely to jump right in and fill the need. They don't even need to know what the assignment is.

Broad – Shield Face = **INNATE SELF CONFIDENCE**

There are no good or bad facial traits to have. Your life story is written on your face. All of your experiences, perceptions and natural abilities are there for the world to see. Share the essence of YOU!