

Nanta Bag Notions

Can You Judge a
Book by it's Cover?
May 2011

Dear Ann,

Is using intuition the only way to receive information about the character of someone or can we get that information simply by looking at a person's physical characteristics?

In this Newsletter we are going to skim the topic of Physiognomics. For those of you unfamiliar with the term, it basically means determining the character of someone based on their outward physical appearance. The practice dates all the way back to the Greeks and throughout various historical periods, focused on multiple physical attributes including a person's face and the shape of the head. It was also used as a popular divination method in early China and is still popular today.

These days there has been a revival of sorts in regards to reading physical characteristics. Rarely will you hear the term physiognomy, although the essence of today's intrigue in regards to translating the meaning of physical features has its roots deeply planted in history.

More than ever the way a person looks can be crucial in our society. At any time, somewhere, someone is making some type of determination about us based on the way we appear to them. Is it true? Are they right? Was this theory of the past on the mark? Are the current practices and studies in regards to physical traits accurate?

How many times have you judged a book by it's cover and been right? How many times has an attractive cover turned out to be a really bad read? Maybe there were patterns that you missed that could have helped give hints along the way.

Maybe we see what we want to. You be the judge.

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Can You Judge a Book by it's Cover?

When I was small, I can remember my Mother making comments on the physical features of people in reference to their character and wondering how she knew this to be true. I never understood how the shape of someone's lips, or the size of their eyes in relation to their face made them untrustworthy. When I got a bit older and more rebellious I tuned it all out. As I got older still, I decided that it was her way of being controlling and judgmental, especially when it came to the people in my life.

Now, after years of study behind me, I understand that she was not randomly judging people with no regard, but had been going by patterns that she had learned somewhere along the way. Whether she was right or wrong, I'm not sure, but when I think back now, some of those pleas she made to me for caution because "someone's eyes were too small", actually turned out to be spot on.

Is there credence to reading a person's face, head, hands, body shape and yes, even toes? Can it be done in a way that is not prejudiced? It's very hard to put aside old thought patterns and work away from subconscious memories associated with features that are similar to, or remind us, of the ones we are looking at. I have myself, practiced Chinese face reading, palmistry and toe readings, and have studied the theories of physiognomy from it's early history in Greece through it's jaunt in the Middle Ages and the early twentieth century.

It seems most cultures have practiced some form of body reading, trying to link everything from mental illness to criminal activity with different aspects of physical qualities. I have to say what I have found sometimes collaborates these theories in amazing ways. It also seems like a very scary tool to use to create generalized rules and has to be accepted for what it is. Just like anything else work it for yourself to prove or disprove what validity it may have.

Chinese Face Reading

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In this system of face reading the rule is, left for the male and right for the female. So when reading a man's face you begin from the left side first and for a woman's face you read from the right side first. In the Chinese tradition, this also applies to reading the palms. And much like reading someone's hands, a good place for someone to start, even with little, to no practice in face reading is to observe the shape of the face.

There is much to be learned by observing the facial shape of a person. The Chinese art of face reading corresponds each shape to an element, which sometimes makes it easier to remember the associated qualities. They are broken down as follows.

A **Round Face** is considered to be a **Water face person**. They will have a full, plump, chubby sort of face. According to the traits associated with the element of water you can expect some aspect of emotional sensitivity and empathy with these people. Relationships of all kinds are important to them, and they are good at using situations to their advantage. They usually appear happy and friendly but might sometimes seem to move too slowly for some people.

It is thought that if water face people do not express themselves emotionally their skin can develop a blue tinge with dark rings under the eyes.

An **Upside Down Triangle Face** is considered to be a **Wood face person**.

They have a wide forehead that narrows down to a long, thin face. Because of this broad forehead the wood person has the ability to see the overall picture easily in their heads. They are methodical, intelligent and success oriented. They can be planners and visionaries, but because of their intense motivation the wood person may experience frustration working toward their goals which may lead to relationship problems.

It is thought if the wood energy is not balanced, it can cause headaches, issues with the liver and gall bladder or stomach problems.

A **Triangular Face** is considered to be a **Fire face person**.

They generally are associated with prominent cheekbones and a pointed chin. They have an energetic air about them and may be quick on their feet. They are warm, creative, energetic people that look forward to excitement. Their temperament can sometimes match their fiery characteristics. If they feel as though they are being held back, their motivation will dull and they may become withdrawn.

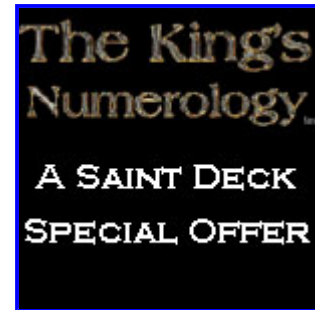
If the fire energy is unbalanced it may affect the heart, skin, cause anxiety or sleep problems.

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A **Square Face** is considered to be an **Earth face person**. They have square, usually solid, short faces framed with a strong jaw. The stronger the jaw line the more determined they may be. Just like the element itself, earth face qualities reflect structure and stability. They are generally good providers and handle money well. They are most comfortable when they feel grounded and tend to do things in an organized traditional way. If the Earth energy is unbalanced it can cause worry and stress which may involve digestion issues.

An **Oval Face** is considered to be a **Metal** face person. They can have far set pronounced cheekbones and an overall oval shape to their face. The element of metal represents the mind and they are intelligent and witty with good problem solving skills. They have the ability to excel in most occupations and can fast talk their way out of most situations. If the Metal is out of balance they may meet with issues involving depression or respiratory issues.

The Eyes

The eyes are the windows to the soul so if you are looking at someone who has :

Uneven set eyes They may like to analyze things and may have a different way of looking at things. They have the knack of seeing things from all angles.

Sleepy looking eyes They may be prone to lethargy or laziness, may also have a healthy sensual nature.

Upward slanted eyes They may be assertive in getting what they desire.

Downward slanted eyes They may be push overs.

Whites that show underneath the pupil When a significant amount of white shows up underneath the pupil this can signify someone who may be prone to violence.

Outside corner of a man's eye If the depression in the corner of this area dips enough to fit your little finger into it, the Chinese believe the man with this type of eye should wait and marry later in life.

Palmistry

When you look at someone's palm, you begin by looking at the shape of the hand. There are four different types of hand shapes to consider in palmistry.

Water, Fire, Earth and Air

Even if you don't know what the lines on someone's palm means, you can gather information by studying the shape of the hand. Most hand readers begin by reading your dominant hand first.

The Water Hand

In the **Water hand** you will find that the palm and fingers are long and tapering with lots of lines that may not all be clear on the palm. These people are creative and emotional. They have a spiritual connection and can be very intuitive whether they realize it or not.

The Fire Hand

In the **Fire hand** you will find the palm to be longer than the length of the fingers themselves, with lots of lines. The palm may be square or rectangle shaped and has a flushed look. They are energetic and intelligent. They like adventure and have a passion for new things. They can be risk takers.

The Earth Hand

In the **Earth Hand** you will find that the hand is solid with square palms, short fingers and strong, thick skin with deep lines. They are grounded people who are hardworkers. They are honest and loyal and usually very traditional.

The Air Hand

In the **Air Hand** you will find that the palm of the hand is square or rectangular in shape and the fingers are long. Sometimes the knuckles have a knotty look to them. These people can be very intellectual, and are flexible and adaptable with a great need for social interaction and stimulation.

Look at the fingers of each hand, if the fingers are long they represent an analytical nature. If the fingers are short you see a nature that is more practical and intuitive. If they are in proportion you have a well mixed balance of both practical and analytical.

Each individual finger on the hand represents different characteristics.

Thumb Willpower

Index Finger (Jupiter) Ambition, Confidence, Ego

Middle Finger (Saturn) Discipline, Boundaries

Ring Finger (Sun) Beauty, Fame, Emotions, Creativity

Little Finger (Mercury) Mental, Expression

Individual fingers that are longer or shorter, angled or even those that get damaged can provide you with clues as to

what may be going on in your life or the life of someone else if you prescribe to the theories of physiognomics.

Toe Reading

In toe reading the right foot represents what you show to the world. The left foot represents your internal side.

When we examine the individual toes on each foot they all have different meanings.

Right foot

Big Toe (Ether) Joy

2nd Toe (Air) Desire, Ambition

3rd Toe (Fire) Attachment, Control

4th Toe (Water) Fear

5th Toe (Earth) Trust/Sex

Left Foot

Big Toe (Ether) Sorrow

2nd Toe (Air) Feeling

3rd Toe (Fire) Creativity

4th Toe (Water) Love

5th Toe (Earth) Trust

When looking at someone's feet, just like the hands, or the face you want to pay attention to the shape of the toes. Are they blunt, short, long? If the toe is blunt or square it can denote stubbornness or pragmatism, long toes may show someone who is a dreamer or is full of energy. Remember to examine each toe independently. It is not unusual to find a mix of shapes throughout the foot and can be very telling in regards to which toe you find a particular shape.

You also want to look at the direction a toe is curved, it may be tilted forward towards the little toe or backwards towards the big toe, or may be straight. Sometimes you'll find toes horribly twisted. In toe reading, all of this has a meaning. Are you looking at the past, are you thinking towards the future, are you moving in a direct line to your desire? And then you apply it to the representative toe. Of course paying close attention to the relationship of the whole foot. If you see toes that look as though they are curling under it may mean they are trying very hard to stay grounded.

We have simply touched on the very basics in regards to a few of the ways to read a person through physical traits. The studies are endless and fascinating. Look at the shapes of your own face, hands or toes and see if you can find new information.

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The Eye Color Ditty

Blue Eyes - Sensuality and sighs

Green Eyes - Energetic ties

Gray Eyes - Deepness lies

Dark eyes - Caring hides

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