



IT'S IN YOUR --- **FACE**

The True You
Revealed

FACE READING:
An Essential Guide

Your face contains all the information needed to understand who you are, how you relate to others, and how others see you.

Ginger Bisplinghoff, RN, BS



Iris Size

Emotional Expression

As children, we all had a large iris, the colored part of the eye. We absorbed and experienced life with awe and wonder and expressed our emotions freely.

When prolonged stress occurs, the musculature of the eye contracts, eventually reducing the size of the iris. The result is a small beady eye where more of the sclera, or white of the eye, is present compared to the iris.

“The eyes are the mirror of the soul.”

~ Yiddish proverb



Small Iris Size *2/3 white or sclera*

“I am self-controlled.”

“I’ve learned that big emotions create big waves, so it’s safer to stay under control. I also learned that ‘big boys don’t cry.’ I feel emotion, but don’t feel comfortable expressing it. I am also uncomfortable with other people’s expression of anger, fear, sadness and even joy and enthusiasm.”

Consider:

You know it’s not difficult to express displeasure or irritation. The hard part is expressing positive feelings like affection and love and genuine appreciation and gratitude. Practice expressing what you feel in words and/or action. The result will be more positive communication.

Large Iris Size

2/3 iris

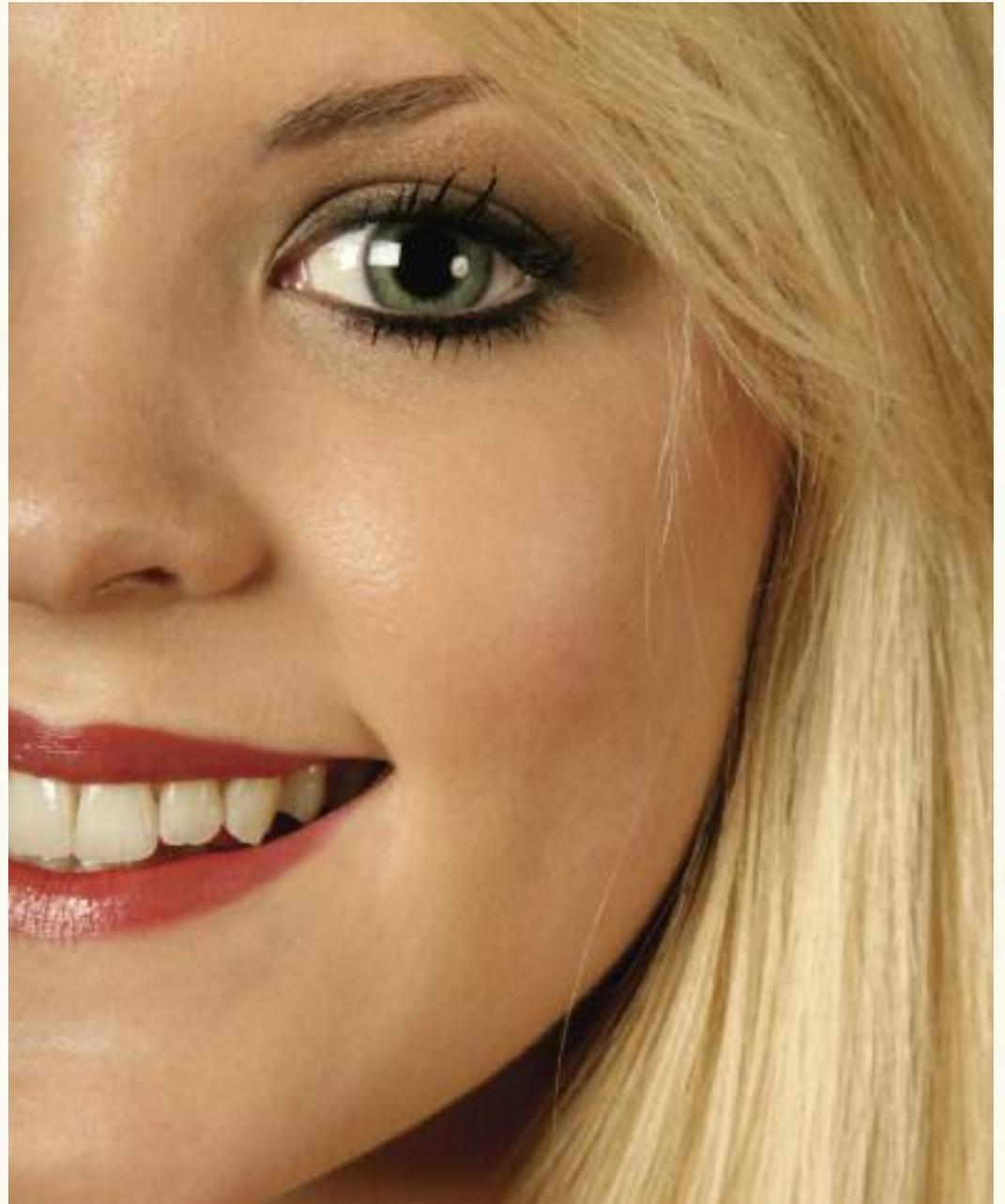
"I am impressed by emotion."

"I love expressing all emotions! I seem to laugh more, cry more, get angrier and happier, sadder and more joyful than other people. I need tissues with me at all times. You never know when something will touch me and the tears will flow. I **AM** what I feel."

Consider:

Not everyone is able to express or appreciate emotion to the degree that you do. Stay true to yourself and your emotions, while respecting that not everyone is comfortable with self-expression.

Most of us start out with large irises, which explains the range of expressions and emotions that babies and children show us. How wonderful for those adults who have maintained the large iris and who have been allowed to stay true to their feelings.





Small Iris Size

People with small iris size more often show the following characteristics:

- ★ They are not comfortable with expressing or witnessing big emotions.
- ★ Their preference is to keep quiet and calm.
- ★ The tendency is to see this trait more with men, "Big boys don't cry."
- ★ Most often this is a learned trait.
- ★ They may appear cold and impersonal.
- ★ These people will avoid confrontation.

Large Iris Size

People with large iris size frequently exhibit the following characteristics:

- ★ This person **IS** their emotions.
- ★ Sympathy comes easily to this person.
- ★ They can fall into self-pity.
- ★ This person needs to understand that not everyone can express to the same degree.



The Highly Sensitive Person and Iris Size

Most of my clients are Highly Sensitive People (HSP) and have large irises. They laugh more, cry more, get angrier and happier, sadder and more joyful than most people. They feel more than most and for much of their lives people have tried to get them to tone it down.

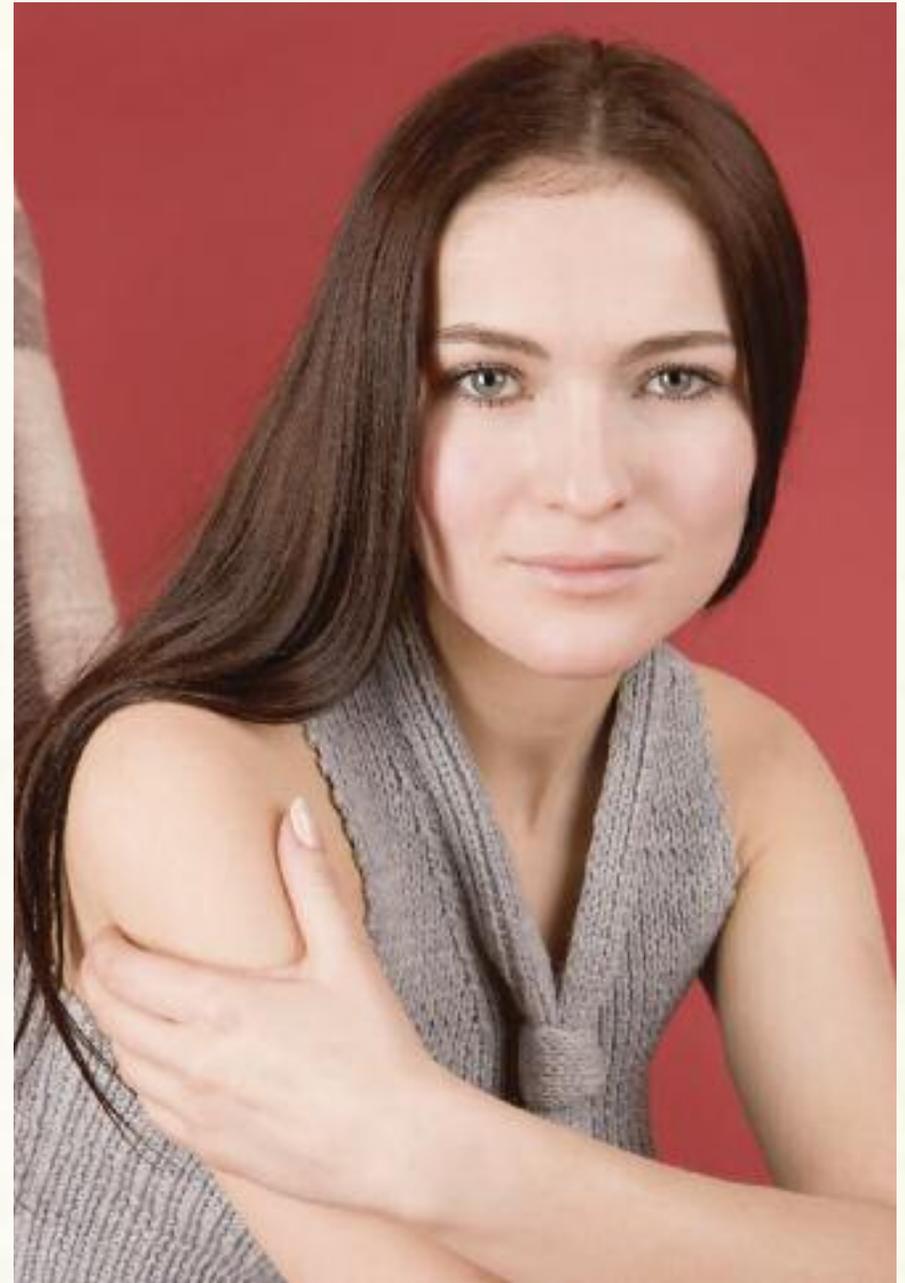
***You are what you feel!
What you feel is what you believe.***

As a highly sensitive person, you will also feel other people's pain, anguish and emotion. You have almost certainly taken it on and felt it as if it were your own.

To stay as emotionally healthy as possible with this specific trait, it is imperative that you have someone or something as a sounding board or release mechanism. That might include talking to a friend or a therapist, having body/energy work, exercising, journaling, crafting, dancing, yoga, singing, doing whatever allows you to express yourself.

Because you feel emotions on a large scale, you want to avoid stuffing or repressing your feelings.

***Big energy that is suppressed
can create BIG physical symptoms.***



Many of the clients I work with are experiencing physical symptoms as a result of repressing their emotions. Learning a new approach to self-expression is a process. I believe that 99% of the transformation is AWARENESS.

For those who wish to learn more about emotions and their impact on the physical body, I offer a few book suggestions:

Hay, Louise L. *You Can Heal Your Life*. Hay House, 1992.

Myss, Caroline. *Anatomy of the Spirit*. Harmony Books, 1996.

Richardson, Cheryl. *The Art of Extreme Self-Care*. Hay House, 2009.

Segal, Inna. *The Secret Language of Your Body*. Atria Paperbacks, 2010.

Shapiro, Debbie. *Your Body Speaks Your Mind*. The Crossing Press, 1997.

Truman, Karol K. *Feelings Buried Alive Never Die...* Olympus Distributing, 2007.

